

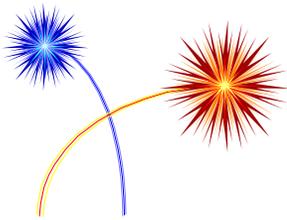
# The Champagne Village Times



July 2003

Volume 1

Issue 7



Happy July 4<sup>th</sup>!

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## Directors/Officers

**Doreen Smith, Pres.**  
**Priscilla De Arman, VP**  
**Gerry Adams, Sec.**  
**Don Harrington, Dir.**  
**Tom Mc Cue, Dir.**  
**June Crane, Dir**  
**Brita Colburn, Dir.**  
**Mary Starkey, CFO**

## Standing Committee Chairs

**June Crane,**  
**Architectural**  
**Mimi Baca,**  
**Social Activities**

## Board Meeting Notes

### Approvals:

To purchase new cabinets for the Village Hall kitchen.

For Hidden Meadows Planning Group to use the Village Hall for informational meeting.

\$80.00 contribution, for the development of photos, to the Vial of Life Program.

**Next Board "Workshop": July 14, 2003, at 9:00 AM, in the Card Room. (Always held the Monday prior to the Board meetings.)**

**Next Regular Board of Directors Meeting: July 16, 2003, at 1:00 PM, in the Village Hall.**

## Office Notes

### Assessments:

Please remember, assessments are **\$164.00**, starting July 1<sup>st</sup>, 2003.

### Water Meters:

If your water meter is inside of a cabinet, please do not close the lid on the water meter. Doing so, will result in the meter reader having to pull out your cabinet and it will not be put back. Be sure there is clear access to your meters, cars parked to close, debris piled up, etc. will result in meter not being read.

### Offsite Residents:

If you are a resident that resides elsewhere part of the year, please

let the office know when you leave and when you come back. This will insure that you will receive the Newsletter and any correspondence from the office.

### **New C.V. Directory:**

The new directory is ready for you to pick up. Please hand in your information form (from May's Newsletter) into the office. If you do not have one, we have extra's in the office.

### **4<sup>th</sup> Of July:**

Have a fun 4<sup>th</sup>. We wish you, your families and guest an enjoyable holiday. Let's all help make it a "safe and sane" 4<sup>th</sup> by observing the traffic laws – particularly the rule that golf cart drivers must be at least 16 years old. Enjoy!

### **Office Closed:**

The Champagne Village Office will be closed Friday, July 4<sup>th</sup>.

**Board Minutes and financial statements are available in the small card room for your reading. SAC financials are posted quarterly and may be viewed at this same location.**

### **New Residents:**

#52 George & Beverly Baker 751-7413  
#427 James Beaver No Phone Yet

### **Omitted from Directory:**

#51 Ken & Sharon Espiau 751-3070

## MESSAGES FROM THE TIMES

To Chuck Chandler: Thank you.

In the summer of 1982, Chuck and Naomi Chandler moved into their new CV home.

Last month, some 20 years later, Chuck moved to Utah.

Our story:

*About the man.* With malice toward none, with kindness, goodwill and friendship toward all, he is an exemplary citizen. One of a kind.

*About the deeds.* About accomplishments, which distinguish icons from others. With aid and encouragement from Naomi, the love of his life, he

originated the July 4<sup>th</sup> decorated cart parade and awards. Grand Marshal of the first parade (from the rumble seat of a Model A Ford) and leader of many subsequent parades.

started the organized Christmas season custom of tram-transporting carolers to visit "shut-in" residents.

created the CV Welcome Wagon, providing new residents with the comforting assurance that new neighbors meant new friends.

is a Charter Member of the CV Lions Club, active in collecting fund-raising donations of goods, and obtaining White Cane Fund contributions.

### Neighborhood stories

Operated Chandlers Hardware, his fully equipped shed "store," with tools available to all. For the lesser skilled borrowers, free professional advice. For the hacks, free personal labor as well. For the widows, an angel-plumber.

Celebrated neighbors' special days, like birthdays and anniversaries, with commemorative signs and posters on their "lawns."

This tribute is a labor of love; with his departure, our Village is, indeed, a lesser place.

\*\*\*

Chuck is living with his sister in her big house in Utah, and is enthusiastic about starting his new life. Don't be surprised to read about innovations like golf cart races on the Bonneville Salt Flats!

N.B. Chuck Chandler  
78 West 725 North  
Linden, UT 84042  
(801)785-6557

## VIALS OF LIFE COMING TO CHAMPAGNE VILLAGE

The Vials of Life is a county-wide project to have vital information available immediately for paramedics in a time of emergency. The purpose is to have this information available in an easy, uniform location when needed, so the personnel doesn't have to search for it or try to communicate with you during your time of stress.



You will be given a small plastic box, which attaches by magnet to the refrigerator door. Fill out the card inside the box with your vital information, medications, etc. and a photograph. You will receive a box for each senior member in your household.

These boxes are being provided free of charge by the Palomar-Pomerado Health System.

Members of the Palomar Medical Center Auxiliary will be distributing the boxes on July 10, 2003 from 8:00 AM until noon in the Village Hall.

### **TIDBITS FROM THE GATE...**

As many of you have noticed...the entrance "bar" on the resident's side is REGULARLY broken off...No, it isn't usually from workers or delivery people, but rather owners and/or their guest try to "beat the system"! **ONLY ONE CAR** at a time can get through the gate...It is NOT motion controlled

but rather responds ONLY to the sensor card and will let ONLY one car in at a time.

Often it is “broken off” due to residents telling their guest to follow them in. Obviously, this is a No-No and can result in the homeowner having to pay for damages.

A “tip”...the electronic sensor is on the top of the pole to your right as you approach the entrance. It is NOT on the bar itself...when you drive in notice the green utility box and the pole that is adjacent. If you drive past this spot too quickly, the gate will NOT open (no matter how much you wave your card in front of it) and you will have to back up and try again.

The speed limit within the park is **15 miles per hour**. We have many elderly walkers, carts, visiting children...please obey the speed limit rule.

**AMERICAN FLAG:** Is your AMERICAN FLAG old and in need of being destroyed? If so, bring it to the Office; it will be picked up by Resident Bruce Cripe, who will take it to the Boy Scouts in Temecula for proper disposal.



As a retired Marine, Bruce teaches the Boy Scouts, through his Rotary Club, the proper ritual (ceremony) for laying a flag to rest when it is no longer in good enough condition to fly.

## **S**OCIAL ACTIVITIES BULLETIN

By Mimi Baca

### **JULY 4<sup>th</sup> PICNIC:**

This year's picnic will be from 4:00 PM to 7:00 PM. Please read the Schedule of Events you received in your social box in mid-June.

The entertainment for the picnic will be the North County All-Stars. The 7 member jazz group has been together for 11 years and usually performs along the coast. The All Stars were here some years ago when Gladys hired them for an event. Two of the members may be on each of the two trams with their trumpets.

We will have two food lines this year. If you indicate that you are handicapped and need help getting food, please ask Donna Shaw or one of the other food people for help.

### **GOLF CART PARADE:**



We will have 4 outside artists judging the carts this year. Please be sure to re-read your letter from “Ever Ready” your loyal golf cart. It was placed in your social box, along with the Schedule of Events.

### **A LOOK BACK:**

The Media were Marvelous!

The people lucky enough to attend the Ladies Luncheon Tea in May and the Mens Luncheon in June were treated to two delightful, entertaining members of the press. Both Irv Erdos and Logan Jenkins certainly proved that they can speak and write well.

### **DANCERS –read this–**

We have not heard from any resident who was willing to be in charge of a dance in late July -- so guess what.....

### **GAME LOVERS.....**

Do you like to play board games? Join us on Monday, July 14<sup>th</sup>, at 5:00 PM for lots of different board games. Just bring some finger foods to share. This is one night to get out of the kitchen and it's a great opportunity to meet your neighbors.

### **CHAMPAGNE SINGLES**

By Mimi Baca

### **JULY POTLUCK**

The monthly potluck will be held on Friday, July 11<sup>th</sup>, at 6:00 PM. Last month we had an interesting speaker. Nina Couturiaux, of Indoor Outdoor By Design who spoke on Feng Shui.

### **THE GOING OUT TO DINNER BUNCH**

There will be no “Going Out to Dinner Bunch” in July, because of the July 4<sup>th</sup> Picnic.



**BLOOD PRESSURE CHECK:** Have your blood pressure checked free of charge. Friday, July 4<sup>th</sup>, in the Village Hall from 8:30 AM to 10:00 AM. *Fresh coffee and refreshments.*

## **1<sup>st</sup> SUNDAY BREAKFAST**

By Mark Henderson



Sunday July 6<sup>th</sup>, from 8:00 AM to 10:00 AM, in the Village Hall. Cost is only \$2.00. Bring your own table service.

## **FRIENDS HELPING FRIENDS**

By Jan Denny



“Friends Helping Friends” is an organization of volunteers who drive fellow Villagers to medical appointments when they have no other means of getting there. If you are in need of our services, please call

749-4255 (Jan Denny), and she will find a driver for you. Please call as far in advance as possible. If it’s a real emergency, of course, call 911 for assistance.

We can always use more drivers, so if you would like to help out occasionally, please call the above number and volunteer your services. We need you.

## **Getting To Know...Billy And Doreen Smith**

By LoReta Phelps

This year’s Fourth of July golf cart parade will have two Grand Marshals. Who better to have than Billy and Doreen? They are notorious for their involvement here in the Village.

Billy is both the past and incoming president of the CV Lion’s Club. He is their official pick-up man for aluminum cans. The money from them goes to purchase eyeglasses for needy kids. He is also the

co-ordinator for collecting items for the Interfaith Council’s Thrift Store. The proceeds from the Thrift Store helps feed the homeless in the Escondido area.

Doreen has been the treasurer for the Lion’s Club for the past three years, and she is now the incoming secretary. In addition to this, she is the new president of the C. V. Board of Directors. This is her fourth year on the Board, and she has been the secretary and vice president.

They take a very active part in golf. Billy is Tournament Coordinator for the Oaks Course. He collects the money, and then pays it out to the winners. Doreen is the incoming secretary for the Oaks Ladies Club.

In the past, they have been the Welcoming Host and Hostess for SAC which they did for two and a half years. Billy is a past president of the Tennis Club. “Friends Helping Friends” is on their list of current activities.

With such an impressive list, one would think that they have lived here for many years. Actually it’s only six! They came here from Vista, where they had lived for 31 years.

Doreen spent 30 years in the banking business. She started out working at Bank of America, and wound up opening and managing the Fallbrook branch of the Temecula Valley Bank. She also opened and managed the main branch in Temecula.

Billy was a store manager for Lucky Markets and Safeway for a number of years. He ended his career managing a food specialty store named “Cream of the Crop” in Oceanside. With a chuckle, he says that he has worked in every town in North County.

Indiana was Billy’s home until the Marines got him and sent him to Camp Pendleton. Why are we not surprised that he was in the Supply Department?

Los Angeles was the place where Doreen started out. Her dad was a traveling preacher so the family moved a lot, going as far east as Oklahoma and Texas. In fact she was teaching Sunday School when she met Billy.

Doreen was working in a bank in Escondido and Billy had been transferred from a store in Solana Beach to one in Escondido. One of the checkers told him that she knew this nice lady who taught Sunday

school and belonged to "Parents Without Partners". Both Billy and Doreen had previous marriages with 3 children each.

The checker told Doreen that possibly Billy would be interested in joining "Parents Without Partners", so Doreen took an information packet to the store. Billy wasn't there, so she left the packet. In it was a schedule of their meetings. Billy attended the next meeting, but had to leave early to go to a bowling league. Doreen assumed he wasn't interested.

Shortly afterwards, he went to a party the group was having. Strangely, it was at his ex-wife's house because she happened to belong to the group, also. At the party, he met Doreen. Two months later, they were married in the Methodist Church in San Marcos.

It was no doubt meant to be, because recently, they celebrated their 38<sup>th</sup> anniversary.

### **LIONS CLUB**

By Billy Smith

### **WE HAVE CHANGED!!!**



We now meet only once a month, on the third Wednesday of the month. Our board meeting will be held at 4:30 PM – regular meeting at 5:30 PM.

We are a service club that is dedicated to assisting the blind. We buy glasses for the needy, help in the training of Seeing Eye and care dogs, and send blind kids to camp.

Our meetings are held right here in the Village, dinner is served at each meeting, and we have interesting speakers. Please join us! Just call President Billy Smith (751-3305), to let us know you are coming.

Thank you for donating your old glasses in the Lion's box in the Village Hall by the copy machine. You can help us by donating your aluminum cans. The proceeds go to our charity fund, which is used to assist those in need. We pick up good condition, re-sellable used furniture, clothing and household items. These are given to the Interfaith thrift store on Valley Pkwy in Escondido. The monies

received from the sales go to feed the homeless. Call Billy J. Smith (751-3305) for pick up.

### **NEW OFFICERS!**

President: Billy Smith

Vice President: Bob Gallagher

Secretary: Doreen Smith

Treasurer: Dorie Sherwood

Program Chairman: Willard Youtz

Director: Bob Spencer

Director: Brita Colburn

Tail Twister: Al Bunnell

### **CV MEN'S GOLF CLUB**

By Ken Johnson

Our "Red White and Blue" Invitational for the Ladies will be held on the Oaks on July 8<sup>th</sup>. If you haven't signed up yet, be SURE to get in on the fun! There will be a lunch at the Picnic Grounds following the Tournament. You can also sign up your non-playing guests for lunch only.



It looks like Ray Urbaniak is well ahead of everyone for Golfer of the Year on the Oaks, and Joe Meyser is leading on the Fountains.

The last Safari winners were:

A Flight – Paul Hughes

B Flight – Jean Slaughter

C Flight – Tom Clatworthy

The next Safari will be at Reidy Creek on July 14<sup>th</sup>, the cost will be \$23.00, and carts may be arranged on the day of play. Make checks out to Bud Steen by July 10<sup>th</sup>.

The Jr. World Tournament will be held on the Fountains on July 15-16-17 – Come out and watch these 11- and 12-year-olds ...they're AWESOME!

A Reminder: The Closest-To-The-Pin holes on the Oaks MUST at least be par or better to enter one's name on the hole.

\* \* \*

Never bet with anyone you meet on the 1<sup>st</sup> tee who has a deep suntan, a 1-iron in his bag, and squinty eyes.

\* \* \*

## FOUNTAINS LADIES GOLF CLUB

By Doris Wright

The Classic Guest Day June Bloom was a big success. Weather was gloomy but all the colors worn by the ladies, flowers on the tee boxes and beautifully decorated tables for our lunch, catered by Victoria, made for a very bright day.

Fountains Ladies would like to thank the Mens Club for all the help they gave us. We could not have done it without their help.

Gifts were given to each guest and member. The table was filled with beautiful gifts and baskets. A special thank you to Sally Olsen for so many gifts made possible by Avon.

Team Prizes: Low Net

### A Flight:

1. J. Humphrey, Estes, Render, Adams
2. D. Smith, Humphrey, Sommers, Ruscetta
3. Keenesh, Lloyd, Anderson, Callinan
4. D. Adams, Macioci, Chapin, Debbon
5. Olsen, More, Whitney, Troutman
6. DeArman, Krocch, Southwell, Browne

### B Flight:

1. Burchett, Wright, Chandler, McGalliard
2. D. Moore, Beetz, Merritt, Harvey
3. Antunes, Wilson, Ashorn, LaMont
4. Balogh, Lyle, Mills, Murphy
5. R. Smith, Rose, Higby, Murdock
6. Guthrie, Huddleston, Ellison, Johnson



Individual Prizes:

### Low Gross:

- |                       |                      |
|-----------------------|----------------------|
| 1. Jeanne Humphry 70  | 1. Audrey Chapin 49  |
| 2. Doreen Burchett 71 | 2. Joyce Ruscetta 53 |
| 3. Nancy Troutman 75  | 3. Pat Merritt 54    |
| 4. Char Mills 76      | 4. Janet Kunesh 55   |

### Contests:

- |                       |                   |
|-----------------------|-------------------|
| Longest Drive #12     | Shyrlene Somers   |
| Straightest Drive # 7 | Doreen Burchett   |
| Closest to Pin # 3    | Mari Lee Ashworth |
| # 8                   | Joy Lloyd         |
| # 11                  | Stella Huddleston |
| # 17                  | Joetta Murdock    |

### Money Hat Draw:

\$100.00 Flo Beetz

\$ 75.00 Marigene Balogh

\$ 50.00 Dottie Moore

## OAKS LADIES GOLF CLUB

By Priscilla De Arman

Our June meeting was filled with lots of excitement. President of the Club, Lue Guthrie, retired by preparing an excellent lunch, with the assistance of Deanna Clatworthy for a gathering of 29 members. We said farewell to Ione Lenninger Macioci and then sang Happy Birthday to Doreen Smith.

The "NINEHOLE" CLUB president Liz Ruffin reported on her group's activities during the month of May. Gado Hawkins won the first prize for Low Gross. No holding her back now.

Reports are that Edie Fashing is doing well...hope to see you on the golf course soon.

New Officers for 2003 - 2004: President, Linda Cherry; Vice President, Sharon Groepper; Secretary, Doreen Smith and Treasurer, Pat Slaughter are off and running. Installation will be held at Dixie Talbot's home on Monday, June 16<sup>th</sup>. It was announced that the theme and cuisine will be "Oriental", so we should wear something Chinese. D.B. said that there should be no problem, as we all own something "made in China" right?!!

Sheila Osbourne has again made a name for herself: Ace of the Year 2002-2003!! What a gal!

Lue gave a very concise recap of our activities in the past year. How quickly we forget...all the good times, that is. She also presented all her committee people a delightful gift of chocolates as a token of her appreciation. Thank YOU Lue, for a job well done!

## TENNIS CLUB

By Tom Mc Cue

Tennis Club Notes:

The weather has been kind to all the players this last month. No worries about heat stroke.

July Potluck Dinner meeting is on Thursday, the 10<sup>th</sup>, at 4:30 PM, hosted by the Stevanus' and Mackey. Remember, we are still seeking new members.



See flyer for details on tennis and pizza with Martha and for singles play.

### **LADIES MONDAY BRIDGE**

By Melba Crandall



Monday Ladies Bridge is from 1:00 PM to 4:00 PM. Everyone is welcome. Call Norma Moore, our April Hostess (751-1784).

### **BRIDGE TUESDAY EVENINGS**

By Maxine de Guehery

Play bridge with your friends – every Tuesday evening – 7:00 PM in the Village Hall. July Hostess: Alda Pickard (749-3594).

### **BRIDGE FOR EVERYONE**

By Pat Peterson

Every Tuesday afternoon, starting at 1:00 PM, in the Card Room. No stress, no pain. Just relax and have fun. Singles welcomed. Call Pat Peterson (751-0887)

### **COUPLES BRIDGE**

By Luella Guthrie

Wednesday, July 9<sup>th</sup>, in the Village Hall. Hosts are Cliff & Theresa (749-3985) and Dwain & Lu Ann (751-0172).

Sign up on the bulletin board to make your reservation, and indicate whether you will be bringing hors d'oeuvres or dessert to serve 12. Cocktail hour at 5:00 PM. Bring your food donation, libation and \$1.00 per person prize money.

There are three prizes for men, and three for women. The more people who sign up, the larger the prizes. As you know, paper plates and cutlery are there for your use.

Come early, circulate and visit with friends while partaking of the always succulent food you have all brought.

### **HAPPY HANDS**

By Nancy Musko



Join us at Happy Hands every Tuesday, from 1:00 PM to 4:00 PM. We are a group of “lightly organized” ladies who enjoy crafts, needlework, knitting, crocheting, etc. Many of our projects are donated to “Piece by Piece”, that supplies articles of clothing to abused and neglected children in San Diego Co., St. Clair’s Home for abused women and children, and we donate pieces of new material to the “Heart in Hands” group at Palomar Hospital for the Hand Puppets and Heart Pillows they make for hospitalized patients. We want to thank the generous residents of CV for their donations of yarn and material for these various projects. It is greatly appreciated.

We would like to invite any resident who has a craft project they need help with to join our group and we will try to assist you.

Everyone is welcome! For further information call Nancy Musko (749-1125).

### **CANASTA = PENNIES**

By Dori Sherwood

Meets 1:00 PM to 4:00 PM every 1<sup>st</sup> and 3<sup>rd</sup> Thursday at the Village Hall. Call Dori Sherwood (749-9505), for more information.

### **BUNKO**

By Shirley Henderson

Our Bunko group meets once monthly during the summer months (second Friday), at the Village Hall. Everyone is welcome. Those interested in playing, please call Shirley Henderson (749-6447), or Barbara Schulte (749-1808).



## EZ TENNIS

By Doreen Burchett

EZ TENNIS meets in the Village Hall every Friday from 10:30 to 11:30 AM. Doctors say that laughter and exercise help to give you the better things in life by improving your health. You can get both by first coming to watch EZ Tennis, and then joining the merriment. There is no cost of any kind, as everything is furnished...just wear tennis shoes when you are ready to play. The equipment is plastic rackets and a foam ball. No reservations required...drop in when you can and settle back in a chair in the comfort of the Village Hall. For more information, contact Jay and Doreen Burchett (751-4008).

## EXERCISE AND COUNTRY LINE DANCE

By LuAnn Rowe

Keep in shape with fun and easy exercise and country line dancing every Wednesday and Saturday – 9:00 AM – 10:00 AM. New beginner classes will start in November.

## WATER EXERCISE

Open to all interested ladies. Held at the pool on Monday, Wednesday & Friday at 10:00 AM.

## MEN'S POOL

By John Dolan



Come play with us weekdays. Call John Dolan (751-8500), or Skip Skillion (749-1811), for information.

## ART CLASSES

By Bette Pickford



For the past six months, professional artist Gordon Olson has conducted an exciting art class here at Champagne Village on the first and third Wednesday of every month from 1:30 to 2:30 PM in the multi-purpose room, which is located behind the laundry room. The class has brought sunshine and smiles to both beginning and advanced art students, as they exercise their self-expression and relish the feeling of accomplishment from their artistic creations.

There is no closed enrollment in this wonderful class. You pay a fee of \$4.00 only on the days that you are able to attend the class. The teacher supplies all of the art materials including: art paper, colored pencils, paints, charcoal, water-color, ink, and pastels. Each student chooses which medium he/she wishes to use. If you desire, the teacher will take your signed and finished drawing, before it is colored, to shrink it down and make greeting cards that you will be able to color and send to relatives and friends.

Gordon is a retired architect and former owner of an art studio and gallery. He is presently a member of the San Dieguito Art Guild and teaches art classes at various active retirement centers and at other facilities. His students are taken step by step through the creative process, as they explore such techniques as shade and shadow, perspective drawing, and the illusion of shape. You get to choose whatever you would like to draw.

If you have any questions about this fun class, please feel free to call Bette Pickford (751-1445). Due to travel and vacation plans, there will be no art classes held during the months of July and August, 2003. Art class will resume on September 3<sup>rd</sup>, at 2:30 PM, in the multi-purpose room. Everyone in Champagne Village is welcome to attend this marvelous class and share the sunshine and smiles that accompany your artistic masterpieces. Hope to see you there!

## TRAVEL

By Charlene Thompson



**LAGUNA BEACH PAGENT OF THE MASTERS** - August 12, 2003 - \$69.00 per person. Contact Cliff or Char Thompson.

### **CHAMPAGNE COMPUTER CLUB**

By Richard Coffman

The Computer Club will not meet on Friday, July 4<sup>th</sup>. The next regular meeting will be Friday, August 1<sup>st</sup>.

### **PRAYER FOR PEACE**

By Leonore Alvarado



Starting in the month of April, our Prayer for Peace Service has joined forces with the Vespers Service.

Come join us on the second Sunday of each month at 4:00 PM, as we lift up our voices in prayer for peace. More than ever, our country, our leaders, our Military and their families need our support and encouragement. What better way to show our appreciation and gratefulness to the many who are sacrificing their lives for us. Let's show them we care and love them. Our world is crying out for people to turn to their hearts to God.

**“God Hears the prayers of the righteous and answers their plea”**

Mark the second Sunday of each month on your calendars; 4:00 PM in the Village Hall. We will see you there. Together we can make a difference!  
Rick & Leonore Alvarado (751-2291).

“If my people, which are called by my name, shall humble themselves and pray, seek my face and turn from their wicked ways: then will I hear from heaven and will forgive their sin and heal their land.” Chronicles 7:14.

### **CHAMPAGNE VILLAGE WISDOM CIRCLE**

By Larry Stevens

We are an interactive sharing group motivated to co-facilitate one another in areas of holistic-based health, love and prosperity - all while exploring expanded levels of consciousness and our innate human spirit. All beliefs are welcome. There are no dues, fees or sacred oaths required. There is no fostering of dogma, judgment, specific religion or absolute truth - just an all-inclusive forum for realizing our true and magnificent potential.

July is Food Relationship Month: Special guest Ms. Kathy Bowes will present:

"THE ROAD LESS TRAVELED WITH FOOD." Learn to live happy, joyous & free of our bondage to certain "trigger" foods. Kathy has invested over 25 years seeking a solution to her tendency to get into what psychology experts call "food addiction cycles." Kathy will show us solutions to those painful binge cycles, to be replaced by a loving, accepting but balanced relationship with food. Her multifaceted approach includes; Education, Biochemical Aspects, Food Allergies, Inner Child Work, Spirituality, Body Mechanics and how to match a food plan to one's individual mind-body-spirit chemistry.

The Wisdom Circle meets on the Second and Fourth Thursday of every month - except on National Holidays - at the Champagne Village Multi-Purpose Room (adjacent to the laundry facility).

This program is being hosted by former Vietnam Navy pilot, North County Institute of Noetic Sciences (I.O.N.S.) coordinator, human potential/Science-of-Spirit researcher and resident of C.V., Larry James Stevens. Call (749-7056) for more info or to register your guests.

### **ADVENTURES WITH RICHARD & ANNETTA**

By Richard Coffman

Dining at hospitals is not just for the sick!

Try Palomar Hospital in Escondido for either lunch or dinner! The meal costs about \$3.60 and includes a drink! If you get there after 4:30 PM for dinner and you are a senior, you get to use the salad bar for



free! The food is delicious! The cafeteria closes at 7:00 PM. Follow 15 south to 78, take the exit to Escondido and go to Broadway. Turn right on Broadway, drive past Mission and Washington and turn left on Pennsylvania. Follow Pennsylvania to the "back" of Palomar Hospital. Drive into the parking lot and park by the white tower (to the left).

You can walk up a driveway east of the tower and enter the cafeteria from the outside. Enjoy yourself!

### ODDS AND ENDS

**VAN TRIPS:** The Village Van leaves the first and third Wednesday for North County Fair (Westfield), Trader Joes and Henrys. The van leaves the Village Hall at 9:30 AM, and returns at 2:30 PM. Sign up at the Village Hall. All residents are welcome.



The Village Van also goes to the Von's Shopping Center on El Norte Pkwy., every Friday at 9:00 AM.

**SEE'S CANDIES:** I have See's gift certificates for \$9.20 a pound compared to the retail price of \$12.40. Please make your check payable to Linda Harper, and leave it with your order at #186, or in the Village office mailbox. Any questions...call (751-0075) or email to [linda8975@yahoo.com](mailto:linda8975@yahoo.com)

### **FREE HEARING AID SERVICE:**

Where: Champagne Village Hall

When: 2<sup>nd</sup> Wednesday of each month, 2:00 PM – 4:00 PM

Services: Hearing Aid Cleaning  
Battery Purchase  
Hearing Evaluation Scheduling

### BOOKMOBILE

The San Diego County Library Bookmobile will be in Champagne Village on July 1<sup>st</sup>, July 15<sup>th</sup>, and July 29<sup>th</sup>, from 10:00 AM to 12:00 PM. *They are scheduled to be in CV every two weeks.*

### GOLF CART CLINIC

A-1 Golf Cart clinic is held the second Friday of each month at the picnic grounds beginning at 9:00 AM.



Victors Mobile Cart Service will have a clinic on the last Friday of each month, at the Picnic Area, beginning at 9:00 AM.

### TRASH COLLECTION SCHEDULE FOR 2003

**Trash normally is picked up on Fridays in the Village. The following list shows the holiday weeks in 2003 that trash service will be delayed one day, from Friday to Saturday.**

**Thanksgiving Day – November 27, 2003**  
**Christmas Day – December 25, 2003**  
**New Year's Day – January 1, 2004**