



Champagne Village

CV TIMES

JULY 2022

CVPOA HOURS

OFFICE

Monday through Friday
9:00 – 11:30am and 1:00 - 3:30pm
Closed Monday, July 4th

FRONT GATE KIOSK

Monday through Friday
8:00am – 4:00pm

Saturday and Sunday
10:00am – 4:00pm

July 4th Holiday Hours
10:00am – 2:00pm

TRASH

Thursdays
Holiday week, trash pickup is delayed
1 day - Friday, July 8th

POOL HOURS

ADULTS 8:00am – 9:00pm

KIDS 11am – 2pm & 5pm – 7pm

BOARD MEETING

THURSDAY, July 21st
6:00pm Village Hall

UPCOMING EVENTS

Refer to the calendar, page 23

July News

The CVPOA Board of Directors did not meet in June. Per our CC&Rs, the Board meets regularly, but is not required to meet monthly - and typically a few meetings are skipped throughout the year as the agenda allows.

The CVPOA Board is scheduled to meet July 21st in the Hall.

Poetry Corner, Independence Day Celebration

Kristina McLaughlin #169

As we celebrate our nation's independence, I think it's important to remember the sacrifices made by those who fought for our independence. Francis Scott Key, a lawyer and amateur poet, witnessed the bombardment of Fort McHenry during the War of 1812. He was so inspired to see the battered American flag still flying over the fort at dawn, that he wrote this poem which was later renamed "The Star Spangled Banner," and became our national anthem almost 100 years later. American history is, to me, an amazing story of courage and bravery that must never be forgotten.

DEFENCE OF FORT M'HENRY

By FRANCIS SCOTT KEY

O! say can you see, by the dawn's early light,
What so proudly we hail'd at the twilight's last gleaming,
Whose broad stripes and bright stars through the perilous fight,
O'er the ramparts we watch'd, were so gallantly streaming?
And the rockets' red glare, the bombs bursting in air,
Gave proof through the night that our flag was still there —
O! say, does that star-spangled banner yet wave
O'er the land of the free, and the home of the brave?

CHAMPAGNE VILLAGE PROPERTY OWNERS ASSOCIATION

8975 Lawrence Welk Drive #461, Escondido CA 92026

Office email: tsteigely@associatedasset.com Board email: CVPOAboard@gmail.com

Website: ChampagneVillage.org Office Phone: (760) 749-8008 Fax: (760) 749-8036

OFFICE NOTICES

Fireworks Not Permitted in the Village

ALL consumer fireworks are illegal in the County of San Diego. This includes sparklers, firecrackers, cherry bombs, bottle rockets and even poppers.

There is no safe way to use consumer fireworks. Far more U.S. fires are reported on a typical Independence Day than on any other day, and fireworks account for nearly all those fires.



The San Diego Fire-Rescue Department Bomb Squad urges you to obey the law and leave fireworks to professionals. **If you hear fireworks in Champagne Village, please don't hesitate to contact 911.**

After-Hours Emergencies

If you have a non-life-threatening emergency after the CVPOA Office closes, please dial the office phone number (760) 749-8008 and wait on the phone for a live person who will answer your call. If it's a life-threatening emergency, always call 911.

Just a Reminder

An insurance assessment of \$72/home was approved at the May 2022 Board Meeting. This is to cover the \$33,000.00 budget shortfall for insurance in 2022. An additional amount of \$12.00/month will be added onto your billing beginning with the July billing and ending after the December bill. If you have any questions, please contact the office.

Please use a towel when sitting or lying on the new pool furniture. This will prevent damage from lotion or perspiration.
(or pineapple juice)



OFFICE

Tom Riggs
Community Manager

Tami Steigely
Assistant Community Manager

BOARD OF DIRECTORS

Wade Steverson President
Charolette Steele Vice President
Greg Lorton CFO
Steve Caves Assistant CFO
Tom Bossmeyer Secretary
Donna Perez Director
Jorn Daugbjerg Director

BOARD COMMITTEES

Architecture & Landscape
Donna Perez

Common Area Facilities
Jorn Daugbjerg

Common Area Landscape
Charolette Steele

Communications
Tom Bossmeyer, and
Steve Caves as Assistant Chair

Emergency Planning
Greg Lorton

CV TIMES EDITOR

Lynne Caples #78
CVTimesEditor@gmail.com
(615) 491-1831

DEADLINE FOR ALL ARTICLES AND ADVERTISEMENTS

The 15th of each month.

Residents are encouraged to write articles, submit photos and provide feedback on our newsletter.

When submitting photos for publication, please attach to an email rather than attaching to a phone text. Texting photos can reduce resolution and may not be suitable for print.

The Editor reserves the right to edit or print any item submitted.

CHAMPAGNE VILLAGE JULY 4TH 2022 GRAND MARSHALS



JOE AND ANNETTE
ROSSI

Joe and Annette Rossi settled in Champagne Village six years ago. They are married 62 years this coming August. They're both from San Francisco then settled in Sonoma County where they raised their family. They are now happily enjoying their lives here in the Village with the many friends they've come to know and enjoy here. They are proud parents of three children, 7 grandchildren, and seven great grandchildren. It is special when the family can get together and enjoy one another's company. Some of the families have been able to come to cheer Joe in the murder mystery plays here in the Village. Joe and Annette joined SAC shortly after moving here. They've been active in the many SAC functions enjoyed by all. Joe has served on the Champagne Village Board as a director for two terms and has been a member of many committees of Champagne Village and is currently serving on the Facilities Committee and the A & L Committee. Annette has kept busy with yoga classes and various card games as well. We are both proud and happy of the many special times and activities spent here with our many friends.

CHAMPAGNE VILLAGE

4TH OF JULY PARTY IN THE PARK

MONDAY

JULY 4TH

Check in at 3:00pm

Menu : Kentucky Fried Chicken
Potato Salad; Cole Slaw; Chips
Ice Cream Cups; Lemonade; Water.

Entertainment: George James

Tickets: \$5:00 Each

Register by June 27th

Make Checks to SAC; put In Office Dropbox

**GOLF CART DECORATION
AND PARADE**

1st, 2nd and 3rd Place Prizes

**Line up @ 11:30am for Judging
Parade Starts @ 12pm**





CLOTHING DRIVE



FREE UP YOUR CLOSET

Celebrate the Independence Day holidays by donating your old clothes to your Lions Club, free-up space for that new fall wardrobe -- and get a tax-deduction!

The Lions' clothing drive will run from July 1st through the 10th. Deposit your serviceable old clothes and shoes into the Lions recycle bins, located in the hallway near the Card Room in the Village Hall. Your Lions Club is working together with another Lions Club to see that your donated unneeded clothes go to San Diego's homeless community.

If you have more than a few items to donate, please place them in a box or a bag and then into the Card Room hallway. If you need extra bags, call Club President Steve Caves, 619-520-6090.



In addition, Solutions for Change is a Vista group which helps adults re-enter society, where a key factor is having a job. They need men's and women's business attire in larger sizes (L, XL, 2X & 3X) and dress shoes in wide sizes. Must be in good condition, suitable for job interviews. If you can fill this need, please call Barbie Floyd at 530-925-2319 to arrange to drop them off at her house.



Champagne Village Lions Club

Our 28th Year
Lion Alan Rings #386
“WE SERVE”



The new Club Officers

Lions' District Vice Governor **Julio de Guzman** inducted the new Club Officers for fiscal year 2022-2023: President **Steve Caves**, Past President **Tom Bossmeyer**, Vice President **Carol Cox**, Secretary **Arlene Belt**, Treasurer **Alan Rings**, and Director **Mary Brown**. Tail Twister **Dave Belt** and Lion Tamer **James Salvini** were also inducted. Director **Nancy Thweatt** was unable to attend.



Club members attended the June 8th installation

Lions **Mary Brown**, **Alan Rings** and **Ralph Rognlie** screened the eyes of 46 preschool students at Community Lutheran Church on East Valley Parkway over two days, resulting in six students being referred to a doctor. When defects are discovered before age 7, while eyes are still developing, they can often be fully corrected.

During the July Fourth Holiday, your Lions Club will sponsor a Free Up Your Closet clothing drive. Donated clothes will go to San Diego homeless.

Thank you for your recyclable can and bottle donations. **We can only recycle DRINK containers: water, soda, beer and some juices**, which say “**CACRV**” on the label. No wine, liquor, milk, food or anything else. The bottles and cans must be completely drained.

Locations:

- | | | |
|---------------|--------------|---------------------|
| 44 Sycamore | 100 L. Welk | 172 Terrace |
| 205 Camphor | 232 L. Welk | 288 Leaf Pine |
| 311 Ironwood | 348 Ironwood | 386 Mulberry |
| 396 Mulberry | 407 Myrtle | 435 Live Oak |
| Village Hall | Mailboxes | Laundry |
| Swimming Pool | Dog Park | Tennis Courts |

FREE KARAOKE PARTY

CV HALL JULY 30 5:00

BYOB SNACKS

Get into the swim of things
SING DANCE
 Support your friends
 Have fun!!

MORNING GATHERINGS

The Gathering Place is located behind the Laundry Room



Monday through Friday
8:30am - 10:30am

Enjoy a cup of coffee! Meet a new friend!

CV SOCIAL HOUR

Every Friday at the Gathering Place
4pm - 6pm

meet new people
bring your own drinks

contact: Inge Stein (858) 335-9885



Crafters & Conversation

Thursdays, Card Room - 10am to 4pm

Whether or not you craft, come join us! We're a friendly group and would like to learn more about our Village people! Bring lunch if you want and have a friendly outing!

**Questions? Call Julie Conner
(626) 536-9167**

TAI CHI YOUR WAY

WITH INSTRUCTOR SIFU GLENN BUMACOD
Assistant Instructor Kitty Koss
**MONDAYS / WEDNESDAYS
4:00pm Village Hall**

Come play, sing or just listen

One Friday per month, the park will be open to anyone who would like to play, sing or enjoy music from some of the talent living here in Champagne Village

WHERE: CV PICNIC AREA
WHEN: 6/24; 7/22 8/26; 9/23
TIME: 11:00AM - 2:00PM

BYOB, SNACKS, BEACH CHAIRS, BLANKETS

everyone is
welcome!
 Vespers Sunday Worship
join us!

July 10th
4pm, Card Room

VESPERS is a NON-DENOMINATIONAL group that gathers for fellowship, music, prayer, sermon and Communion. Everyone is invited to join us. For more information or to be added to our All Call list, contact Doreen Smith at (760) 751-3305.

DONATIONS APPRECIATED



MARK YOUR CALENDAR
LIONS BRUNCH
 White Elephant and Bake Sale
Saturday
August 6th

Found a Snake in your Yard?

Snakes are valuable predators that keep our rodent population under control. If you find a snake, call one of these residents: they'll take the snakes to a remote location in the mountains and release them in a safe place. Want to help? Call Terry Quimby.

- Gary Krumweide #262..... (760) 310-8827
- Anna Marie Montoya #173 (cell) ... (619) 200-0415
- Terry Quimby #329..... (760) 749-8422
- Paul Scott #428 (760) 975-1186

PROUDLY PRESENTED BY THE CV BOOMERS

RSVP BY AUGUST 10TH

\$5 per person

DROP CHECK OR CASH IN CV LOBBY BOX
(MAKE CHECKS PAYABLE TO CV BOOMERS)

**NO FOOD SERVED:
BRING YOUR OWN!**

50/50

**COSTUME
CONTEST**

**TABLE DECOR
CONTEST**

**LIVE MUSIC BY
THE LIFE TIME
ROCKERS**

OUR FIFTH ANNUAL

WOODSTOCK

in the park

SATURDAY, AUGUST 13TH

CHECK-IN AT 5:00PM CONCERT AT 6:00PM

THIS IS A BYE* EVENT

***BRING YOUR EVERYTHING: FOOD AND BEVERAGES, PLATES/NAPKINS/CUPS ETC.**

DECORATE YOUR TABLE FOR A CHANCE TO WIN!

Honor Flight San Diego - an interview with Claudie Matlock

by Karen Smith #152

The Village has several Nonagenarians in our midst, but one of these special persons is also part of the "Greatest Generation" who volunteered service to his country in WWII. Claudie Matlock, who lives at 153 Terrace, was born in Oklahoma on Feb 22, 1926. He arrived with his twin brother smack dab in the middle of 6 other siblings. The family came to settle in Kearny Mesa soon after, and in February 1942 Claudie graduated from Kearny High School.

He and his twin brother immediately volunteered to join the US Army and they served in the Army Air Corp. His brother was wounded while fighting in Okinawa but the Army had other ideas for Claudie, who had aced the testing for mechanical skills. After all his father was a car mechanic and taught his sons everything he knew. Claudie became the flight engineer on twin-engine piston, C47, transport airplanes and flew the big brass (Colonels and Generals) all over the United States to visit all the forts where the troops were preparing to be deployed. Some of the planes landed on makeshift airfields and there were hazards to be dealt with. These included broken struts because of gopher holes, and various other mishaps for him to fix - including stomping out all the gopher holes. He was stationed in Birmingham, Alabama for 34 months and was discharged after VJ day.

Piston airplanes could not fly over 10,000 feet, which was normally not an issue. But when the pilots had to take the plane to 13,000 feet, suddenly Claudie noticed his passengers' lips and fingers were turning blue. He informed the pilots they better get down to 10,000 feet quickly. For 45 minutes Claudie went from officer to officer providing oxygen to revive each one using the small tank that was available on the plane. Everyone landed safely, but the oil tank exploded - which was yet another thing for the young aerial engineer to fix and make the plane ready for the next flight.

Upon discharge from the service, Claudie married his first wife, Jane. They met in Birmingham, and in 1952 he brought her to settle in Encanto, CA. They had two children who graduated from Grossmont High School. He saw an opportunity to provide cleaning services for the bathrooms in AT&T facilities. He grew the janitorial services to 28 employees and a successful small business. He retired and sold the business. But never one to stay still, he volunteered to drive a school bus in the Cajon Valley for handicap kids and did so for 14 years. Yes, they insisted on paying him.

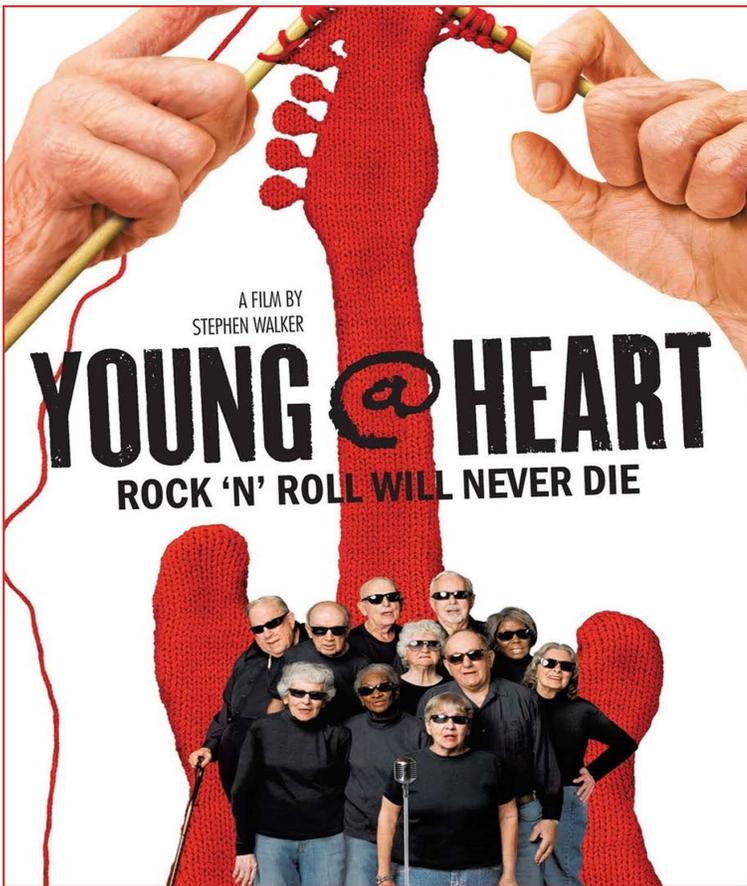


Claudie and Jane living on Mulberry

After retiring again, he and Jane moved to our village and lived on Mulberry where he honed another skill, GOLF. He played with the Men's group and became a scratch golfer. His beautiful Jane died in 2010 but he carried on just like always and stayed very active in his church in Linda Vista. In 2011, he married a longtime friend WillaDean and they lived together in a new house on Terrace.

His daughter had an opportunity to arrange for Claudie to take the Honor Flight San Diego to Washington from April 28 to May 1, 2022. There were 30 accompanied Veterans from Korea, Vietnam and Gulf Wars on this flight. Most of the veterans required either assistance or wheelchairs as they were transported around D.C. Claudie was unaccompanied and never required any assistance. He was totally awestruck by the Washington memorials. He had never been to Washington before and found the environment very imposing. Sitting on the Capital steps looking at the Washington Monument and observing the changing of the guard at the National Cemetery are memories he felt privileged to have been part of.

He lost WillaDean last year but they had a good run and he is eager to face each day and wouldn't mind a few more memories, because he doesn't want those great genes of his to go to waste.

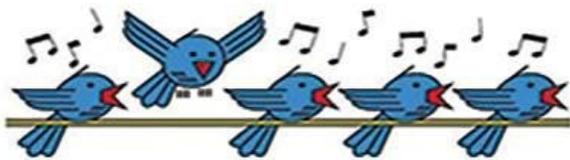


YOUNG@HEART

This film chronicles seven weeks in the lives of the members of The Young@Heart Chorus as they prepare for a one-night-only concert in their hometown of Northampton, Massachusetts.

WEDNESDAY
JULY 20TH 3:00PM
CV HALL

FREE ADMISSION
FOR ALL CV RESIDENTS
AND GUESTS



JOIN THE CHOIR

**Champagne Village Chorus
Christmas Concert Rehearsals
begin**

TUESDAY, AUGUST 23

CV Chorus meets in
Village Hall Card Room @ 10:30
For questions contact
Nancy Thweatt (619) 209-1422



Upcoming Safety Fairs

7/16 - Viejas Casino East End Parking Lot
5000 Willows Rd, Alpine CA 91901
9 a.m. - 1 p.m.

8/13 - Bates Nut Farm
15954 Woods Valley Rd, Valley Center CA 92082
9 a.m. - 1 p.m.

8/27 - Julian High School
1656 Hwy 78, Julian, CA 92016
9 a.m. - 1 p.m.

Admission is FREE – for more details:
<https://www.sdge.com/2022-wildfire-safety-fairs>

Health Insurance News

Carla Grills #105

When the Affordable Care Act was implemented in 2013, two computer systems were linked together. The enrollment into the California exchange and the Medi-Cal system. The California exchange is a state-run system and Medi-Cal (or Medicaid) is a Federally subsidized program.

In the beginning, there were many problems with these two computer programs being compatible. The Medi-Cal system can override the ACA program and completely eliminate and or change information in the ACA system. Most of the glitches were worked out in the first couple of years. However, these same issues occasionally still happen. One example happened last December to a couple who had a plan through Covered California. Their son was on Medi-cal. The son applied for a food subsidy program listing his mother as a contact person. That information got interpreted in the system that she and her son were connected. The husband's information was deleted, and the mother's insurance plan was cancelled, and she was relegated to Medi-cal. The son, who is 25 was terminated from Medi-Cal. No one was notified of these changes. It took months of calls and frustration to get everyone reinstated to their original coverage.

Why am I bringing up this snafu? Well, at the beginning of the pandemic the annual renewal protocols were suspended so no one was dropped from Medi-Cal because of income changes. That suspension ends July 15th. There may be an extension offered but it has not yet been purposed. There may be (probably) errors in the system once again regarding qualifications for Medi-Cal. Millions of people nationwide are expected to be dropped from Medi-Cal. If you find yourself dropped in error the best first step is to call Medi-Cal immediately.

The San Diego office for Health and Human Services is 886-262-9881. If that doesn't get results, contact Health Consumer Alliance 888-804-3536 and/or finally call Department of Social Services (855-795-0634) or fill out a request online. You can request a fair hearing before an administrative law judge. It is all taken care of over the phone. Keep these numbers handy for any insurance issues you encounter that cannot be settled through your local agency or Insurance Company.

Tennis & Pickleball Club

Jan Nyberg #221

Our monthly potluck meeting was held the 3rd Thursday at 5:00 in the Hall.



Many thanks to Nancy Thweatt and Delores Madsen, who hosted about 22 members. Mark your calendar, July's potluck will be held in the Park at 5:00. Dianne Hoadley and Debbie Chappie are hosting. More info will be announced as the time draws closer. Our monthly meeting is a wonderful way to connect with new and old friends while enjoying a delicious meal away from home. Sign up in the Hall if attending.

Good news music lovers! Tennis & Pickleball Club will be selling cool, refreshing ice cream treats at Jammin' In the Park, Friday June 24th, 11-2. Cost of treats: \$3 for one or 2 for \$5. We are working to generate money toward the purchase of a Pickleball machine. We are 1/2 way to our goal and your help is greatly appreciated. Please come out and support our talented Village musicians on 4th Fridays, 6/24, 7/22, 8/26 and 9/23. What a fun way to enjoy a beautiful summer day!

Wednesday, 5:30 PM on the courts, a volunteer teacher will be available for new players who are interested in learning about the exciting sport of Pickleball. Please make a prior arrangement. Also, there is a group of men who are dedicated tennis players. If you are interested in joining any of these racket activities, contact: Clay Albert or Jan Nyberg for more information.

To Pickleball players - start time for summer games: 8:00 on Monday, Wednesday, Friday and Sunday. See you there!

Memorial Day Golf Cart Spirit Parade

Here's some highlights from the many golf carts that paraded through Champagne Village and the Welk Resort, in support of Memorial Day on May 30th. Thanks to everyone for participating - either with your decorated golf cart or from the cheering sections along the route!



Photographs by
Etta McQueary
#299, and Lynne
Caples #78

New “Hand and Foot” Card Group

Charolette Steele #334

A new “Hand and Foot” card group may be starting at the Gathering Place on Wednesday afternoons.

If you do not know how to play and would like to learn, that’s great. If you already know how to play but Wednesdays don’t work for you, no problem - we can always change the day and time to work for all players. If you can’t be there every week but would like to play when you can, that’s just fine, also.

If you are interested in coming to the group please call Charolette Steele at 760-913-5345 or 760-805-2611. Hoping to have at least 4 to 12 people who would like to play! If we have enough interest, we will meet one day and discuss day and time that is best for everyone. Looking forward to hearing from you!



Architecture & Landscape Committee

Donna Perez #252

Our committee meets at 9:00am on Tuesdays if there are any applications to review. The purpose of our A & L Committee is to keep our park looking well-maintained.

All residents are required to landscape their space in a clean and well-kept fashion to the satisfaction of the A & L Committee and Community Manager. All residents need to be in conformance with the rules and regulations of the Association.

Now that summer is here, it is a good time to assess your own property. If you have a neighbor that might need help, think about reaching out to the resident and doing a good deed. It’s amazing how rewarding it can be.

Common Area Landscape Committee

Charolette Steele #334

The Common Area Landscaping Committee met on May 24th with four members and Tom Riggs, property manager, present. Members of the committee include: Hil Sybesma, Greg Lorton, Sandy Grubb, Paul Scott and Charolette Steele.

The new proposal for the plaque area at the entrance has not been received yet from Green Horizon’s Brian Butler. We will review it at our next meeting in June.

We discussed new issues of mowing for the fire break, irrigation repair or readjustments needed, some plants that are looking bad, and tree trimming.

Follow-up items included community well usage and palm tree trimming at the pool area. There are also two different areas within the Village that have hillsides with dead material to be removed and new plantings, as well as a few other minor issues.

Our next meeting will be held June 21st.

Line Dancing Lessons!

If you’d like to learn the line dances we do at the CV parties, come to the Hall on Mondays at 10:00. Please wear comfortable shoes that will slide on the wood dance floor. No sign up is necessary, just show up. Feel free to call Janet LeRossignol at (760) 749-7934 if you have any questions.





Memorial Day Moment of Silence

Many Champagne Village residents came together at the Veterans Memorial on Memorial Day for a moment of silence at 9AM, to honor U.S. military personnel who died while serving in the United States armed forces.



Our Champagne Village workers...

Work that our guys did in the past months:

- Shut off water mains and hot water heaters for sewer repair and turned them all back on at the end of the day.
- Cut concrete out for sewer repair at different residences. Then did the cement work to repair the areas after the sewer was complete.
- Painted the front light posts.
- Installed blue reflectors in the street.
- Checked all of the fire hydrants.
- Adjusted Village Hall exit doors and several of the interior doors.
- Removed two old thermostats and repaired wall in the Village Hall.
- Hauled off damaged pool lounge chairs, umbrella and table.
- Painted yellow curves around the park.

Thanks to Fil and Mario for all they do to keep our Village looking good!



GYM:TIME



Stay healthy, stay fit - move more!

Etta McQueary #299

The more we move, the more “fit” and healthy our bodies will be. There are those who overexercise causing extra stress to the body, but I don’t think any of us here fit that category of folks.

Movement makes blood flow, which carries vital oxygen, nutrients and hormones to the brain and all other organs. The increased blood flow from movement helps carry hormones to the brain keeping us happy and decreasing inflammation. Movement also produces a chemical called nitric oxide, nicknamed NO, which acts as medicine in the body. NO keeps our brains working, blood flowing to all organs and carries anti-aging anti-oxidants to all our cells. Producing NO requires some form of aerobic exercise but even breathing exercises can produce NO for those who can’t move much. This is a simplified summary of very complex functions, just to make a point.

Other benefits of movement include better sleep, calmness and balanced hormones, which are all related. Any form of movement also creates better physical balance, important for preventing falls as we age. There are several forms of exercising the body, which are all important for different reasons. Isometric exercises can be done anywhere and are especially valuable for anyone who is already limited in movement. It’s simply flexing your muscles in place. Even that simple movement increases circulation to the muscles you are using and helps to keep them stronger. Try tightening and releasing all the muscles in the body one by one. This is great for relaxation and reducing stress. Stretching is a low movement, low impact exercise, which improves mobility and overall wellness. Just observe someone who does yoga. Stretching is even more important as we age since everything starts to tighten up. Do this daily, if you do nothing else.

Strength training exercise takes isometrics to another level. It’s flexing muscles while using a weight, along with some movement involved. When you purposely exercise some muscles with a weight, it will generate growth hormone to grow more muscle, which is a very good thing. Remember, muscle burns more calories than fat, so work on those muscles. Strength helps prevent injuries in our daily life, as I’m sure you know from experience. I would love to see more of you at our gym, especially you gals. It has exactly what we need to work on strength.

Aerobics are exercises that get your heart pumping, also called cardio. Walking, swimming, biking, jogging, and dancing are all forms of aerobic exercise. Let’s also include tennis and pickleball. This improves lung capacity and produces NO.

Here is a way to increase your cardio movement without straining yourself. HIIT is high-intensity interval training. For instance, you walk normally for five minutes, then you walk very fast for one minute. You repeat this multiple times and gradually progress to a 3:1 ratio. This increases your endurance better than anything. It works very well on an exercise bike, too. You will be surprised at the progress you make if you try this.

One more way to get multiple benefits for your efforts is to go walk in nature. Get your feet in some dirt, grass or sand. It’s not only good for the body, it’s very good for your mood, your brain, and your immune system. Studies are showing nature walks do more for us than any other form of movement. Go for a beach walk, take a hike or walk at our park. Those of you who walk your dogs are lucky! Keep moving and happy summer!

Jammin' in the Park

Residents gathered on May 27 in the CV Park to enjoy music with their fellow Village neighbors. We hope you can join the upcoming Jammin' in the Park sessions on June 24 (*may be past already*), July 22, August 26, and September 23, 11AM – 2PM.



Pretty blossoms by the gazebo near the pool.

Linda Clifford #186,



Care & Concern News

Charolette Steele #334



July Meeting

We will be having our semi-annual Care and Concern Meeting on Monday, July 11th at 10:00 a.m. in the Village Hall Card Room. We would like to see a lot of people there, our 'old' members, anyone who is new to the group and anyone who is thinking this might be a good group to join. Come on down to the Card Room and see what is happening with Care and Concern Committees!

Barbie Floyd's Message

When asked to be the Coordinator of Care and Concern I agreed to do it for a year. That was six years ago! It has proven to be a privilege and a joy. Though retiring from that position, I look forward to serving as an active member and supporting Delores Madsen, who has graciously volunteered to be our Coordinator. I thank the following ladies who served as my planning team providing encouragement and wisdom.

- Sharon Sybesma - Assistant Coordinator
- Donna Perez - Treasurer
- Charolette Steele - Secretary
- Bev Davenport - Devotional Leader

Thank you to the team leaders and individual committee members who planned the wonderful events for our Village. And, to everyone who participated to make the events happen. I also thank the other CV organizations who joined with us to demonstrate care and concern to our Village, especially during the pandemic. I feel blessed to have had this opportunity.

Looking Forward

Everyone who is a member of Care and Concern wishes to thank Barbie for all she had done for our group and the whole community. She has proven to be a thoughtful and encouraging leader. We wish her well with all endeavors in the future.

We look forward to the leadership of Delores Madsen. She is coming with new ideas and is hoping that everyone will lend their new ideas also. Please come to our July meeting to thank Barbie and welcome Delores!

Care and Concern is composed of volunteer teams who provide support for residents of our community through prayer and care.

Dog Park Updates

Photographs by Janet LeRossignol #435

The Dog Park parking lot is complete! Construction is still waiting on permits to finish the rest.



What is Foundation Mathew 633, Inc?

John Raymond #118

I have been asked what is “Foundation Mathew 633?” It is a nonprofit service organization that provides food and diaper distribution to disadvantaged people in North San Diego County, along with the San Diego Food Bank. We are located at 1800 North Broadway Escondido, CA 92026.



Every Monday and Friday from 10:00am to 11:30am at our drive through distribution site, we provide vulnerable people with groceries they need to make it through each week. We have faithful volunteers who pick up food from warehouses, fast food restaurants, and grocers (Vons, Jimbo’s and McDonalds) plus food from the San Diego Food Bank.

VOLUNTEER with US; we have many opportunities for you to serve and/or donate. Also, we welcome anyone who needs help to stop by and sign up. If you want more information please contact me, John Raymond #118, my phone number (619) 322-9060.

SECURITY DISCLAIMER

We hope that our entry systems provide some deterrence to crime. However, no matter what steps we take, the Association can never be completely safe and secure. For example, it is possible for someone to enter the property under false pretenses to commit crimes, for residents to commit crimes against their own neighbors, or for guests of residents to commit crimes.

As a result, the Association is not and can never be free of crime, and we cannot guarantee your safety or security. Accordingly, you should NOT rely on the Association to protect you from loss or harm. Instead, you should provide for your own security by taking common-sense precautions such as carrying insurance against loss, keeping your doors locked, refusing to open your door to strangers, asking workers for identification, installing a security system, locking your car, etc. You may also wish to check various websites and law enforcement lists to be aware of those living in your area.

Treasures for Sale at the SAC Garage Sale

From the SAC Garage Sale on May 21, here's just a few of the residents with their treasured items for sale, and the treasure seekers who were thrilled to find them!



Deer Springs Fire Safe Council (DSFSC) Educational Seminar

DSFSC has held numerous community seminars throughout the Deer Springs Fire Prevention District, which includes Champagne Village. The seminars focus on fire prevention, structure hardening, fire safety and evacuations which are tailored to meet the need of the individual communities.

The DSFSC training on May 21 was hosted by Steve Kerrin, President Deer Springs Fire Safe Council, at Hidden Meadows Home Associates, 28208 Meadow Glen Way West. Members from CV were present.



DSFSC May 21 Seminar presenters were:

- **Carl Lofthouse**, VP Deer Springs Fire Safe Council, Professor Emeritus Fire Science - Palomar College, Retired firefighter Sacramento Metro FD
- **Neil Czapinski**, CAL FIRE Captain
- **Frank Lococo**, CAL FIRE Captain
- **Ty Davis**, CAL FIRE Deputy Chief

The seminar was from 9-12 and filled with helpful information. However, attendees were so engaged, the presenters continued the session past 12 outside the building with discussion on the building structure and surrounding hillsides. DSFSC has presented to CV residents in the past and we hope to host them again soon. Please visit the DSFSC website: <https://www.dspsc.org/>



CV ACTIVITIES/CONTACTS

Please let us know if there are any changes to this list!

CARDS AND GAMES

Bridge for Everyone
Bunco
Game Night
Mixed Duplicate Bridge
Pool Players

WHEN AND WHERE

Tues, 1:00pm Card Room
1st and 3rd Fri, 1:00pm Hall
Mon, 6:00pm Hall
3rd Friday, 12-4pm, Card Room
Mon, Weds, Fri 1:00pm Hall

CONTACT

Wayne Steele (760) 913-5345
Marci Burns (619) 559-3609
Kitty Koss (760) 580-8283
Mary Allen (760) 913-5344
Wade Steverson (760) 297-4810

CRAFTS, HOBBIES, ETC.

Chorus
Crafters & Conversation

WHEN AND WHERE

Tues, 10:45am, Card Room
Thurs, 10:00am Card Room

CONTACT

Nancy Thweatt (619) 209-1422
Julie Conner (626) 536-9167

EXERCISE, SPORTS, DANCE, WELLNESS

Bocce Ball
Chair Yoga
CV Hikers
Exercise Line Dancing

Men's Golf

Line Dancing
Line Dance Lessons
Pickleball

Table Tennis

Tai Chi

WHEN AND WHERE

set your own time
Mon, Weds, Fri, 8:00am Hall
Second Weds each month
Mon, 11:00am, Hall
Tues, Thurs, 9:00am, Hall
Weds, Fri 10:00am, Hall
Tues mornings, Oaks Course
Thurs mornings, Fountains Course
Mon, Wed, Fri 9:00am, Hall
Mon. 10:00am, Hall
Mon, Fri, 8:30am Tennis Courts
Beginners Lessons Weds, 8:30am
Mon-Weds, 1:00pm, Card Room
Thurs, 8:30am, Card Room
Mon, Weds, 4:00pm Hall
Fri, 3:00pm Picnic Area

CONTACT

Janie Hamilton (760) 913-5534
Linda Clifford - text only (760) 877-4745
Mark Seebach (760) 644-8838
Susan Larson (619) 850-2197
Susan Larson (619) 850-2197
Susan Larson (619) 850-2197
Rick Magnuson (442) 248-1916
Rick Magnuson (442) 248-1916
Janet LeRossignol (760) 749-7934
Janet LeRossignol (760) 749-7934
Jan Nyberg (661) 203-9352
Jan Nyberg (661) 203-9352
Leo Soldatenkov (858) 382-7918
Leo Soldatenkov (858) 382-7918

Glenn Bumacod (818) 632-6949

RELIGIOUS

Women's Bible Study
Life Group Bible Study
Vespers Sunday Worship

WHEN AND WHERE

Weds, 10:00am Card Room
Thurs, 6:30pm Hall
1st Sun, 4:00pm Card Room

CONTACT

Gail Jordan (808) 633-3295
Mary Brown (760) 807-1358
Linda Clifford - text only (760) 877-4745

COMMUNITY

Care and Concern
CV Lions
Library
Memorial Assistance
Men's Breakfast
Veterans Memorial

WHEN AND WHERE

various
2nd Weds, 5:00pm Hall
text if needed
call if needed
1st Sat (Oct-May), Hall
various

CONTACT

Delores Madsen (760) 751-3472
Alan Rings (858) 395-7572
Linda Clifford - text only (760) 877-4745
Charolette Steele (760) 913-5345
Tom Bossmeyer (442) 217-8194
Contact the office for info (760) 749-8008

SOCIAL, CLUBS

CV Boomers
CV Morning Gathering

Karaoke
Social Activities Committee
Young and the Rest of Us

WHEN AND WHERE

various
Mon-Fri, 8:30-10:00am,
The Gathering Place
various, Hall
various
various

CONTACT

Joanne Hansen (619) 743-3823
Wade Steverson (760) 297-4810

Wade Steverson (760) 297-4810
Linda Steverson (760) 297-4810
Julie Conner (626) 536-9167

