

The Champagne Village Times



CHAMPAGNE VILLAGE Property Owners' Association

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Volume 11 Issue 8

BOARD MEETING NOTES

By Tom Riggs

1. A request from the Chorus for permission to purchase a used piano was tabled until a suitable piano has been located.
2. The Board confirmed the purchase and installation of a new gate operator, including a new circuit board and battery backup in the amount of \$2,850, charged to Access Gate Reserve.
3. The 2014 complete reserve study was approved by unanimous vote of the Board. The study shows the Association to be fully funded at year's end.
4. In their executive meeting the Board approved a request for an underage child to reside with the parents pursuant to Civil Code 799.9.
5. They also approved foreclosure action on a delinquent unit per the Association's Collection Policy.

SECURITY DISCLAIMER

We always 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, for guests of residents to commit crimes, and for employees 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 workmen for identification; installing a security system; locking your car; etc.

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Directors/Officers

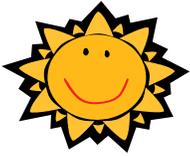
Everett Smith, President
Ken Hazzard, Vice President
Sandra Sidars, Secretary
Ken Sumner, CFO & Director
Jack Cox, Director
Doreen Smith, Director
Jean Slaughter, Director

Standing Committee Chairs

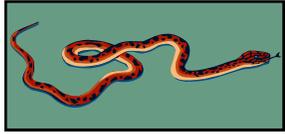
Architecture & Landscape, Ken Hazzard
Social Activities Committee, Peggy & Michael Holder, Sherry Russell
Disaster, Charlie Service

CV Times Editors,
Janet & Pat LeRossignol
(jleross1@gmail.com)

- Next Agenda Workshop is Friday, August 16 at 9 am in the Card Room (always held the Friday prior to the Board meeting).
- Next regular Board of Directors Meeting is Wednesday, August 21, 2013 at 1 pm in the Village Hall.
- Board minutes and financial statements are available in the Library for your reading. SAC financials are posted quarterly and may be viewed at this same location.



Have a Great Summer!



SNAKES ALIVE

Due to the warm weather, snakes are on the move again. Please be careful where you walk and when you put your hands around plants in your yard and in the Village.

PLEASE DON'T KILL SNAKES. Snakes are valuable predators that keep the rodent population under control.

If you find a snake we will be glad to come and remove it for you. We then take them to a remote location in the mountains and release them in a safe place. Thanks for your help and consideration.

- BILL COWAN #368 749-5957**
- TERRY QUIMBY..... #329 749-8422**
- CHARLIE SERVICE #259 749-0575**
- STEVE THACKER #254 751-4247**

POOL USE

Smoking is **not allowed** in the pool area. As it states on the signs in the pool area, **"ONLY CHILDREN WHO ARE TOILET TRAINED MAY USE THE POOL"**. Swim diapers **DO NOT** negate or supersede this rule.

A FEW REMINDERS FROM THE KIOSK

Please remember to call the Kiosk if you are expecting visitors or workers. It will save time and prevent a delay at the gate if we don't have to call you for confirmation.

The speed limit in the park is 15 mph. There is no need to speed as you round the corner to exit or come in and cross the bridge. Check your speed as you drive in the park, especially downhill. We have many residents who walk, ride motorized scooters, or are in golf carts. Don't let it take an accident to slow you down.

HOW TO REPORT AN EMERGENCY

If you need to report an emergency that may endanger life or property (fire, gas leak) please call 911 immediately. To report maintenance emergencies call the Office number **(760) 749-8008** and stay on the line until you get a live person.

During office hours you will get either Karin or Tom; after hours you will get an operator who will contact us so we can determine the proper course of action for the particular emergency. One of your staff is on call 24 hours a day seven days a week 365 days a year to handle emergencies. You may leave a non emergency message on the after-hours message service.



Golf carts ARE NOT allowed in the parking lot adjacent to

WALK FACING THE TRAFFIC



For all of our avid Champagne Village walkers: for safety reasons, please walk facing the traffic.

SUMMER POOL HOURS

June 16 - September 15

- ADULTS - 8 am to 9 pm**
- CHILDREN - 11 am to 2 pm**
- 5 pm to 7 pm**



Social Activities Committee (SAC)

Michael & Peggy Holder, Sherry Russell, Steve Thacker and Bev Purdy

2013 CHAMPAGNE VILLAGE EVENTS

AUGUST

Lions Breakfast Sun, Aug 4 7:30 am
Chili Cook-off..... Fri, Aug 16 5:00 pm
Movie - "42" Sat, Aug 24 6:00 pm

SEPTEMBER

Swing Band Picnic Dance Sat, Sept 14..... 3:30 pm

OCTOBER

Oktoberfest..... Fri, Oct 4 5:00 pm
Men's Breakfast..... Sun, Oct 6 7:30 am
Halloween Party Sat, Oct 26 5:00 pm

NOVEMBER

Men's Breakfast..... Sun, Nov 3 7:30 am
Vet's Dinner Sat, Nov 9..... 5:00 pm
Lions Fashion Show Sat, Nov 16..... 11:00 am
Free Movie Sat, Nov 23..... 6:00 pm

DECEMBER

Men's Breakfast..... Sun, Dec 1..... 7:30 am
Christmas Caroling & Chili..... Mon, Dec 2..... 5:00 pm
Christmas Dinner Dance..... Sat, Dec 7..... 5:00 pm
CV Chorus Concert Sun, Dec 8..... 2:00 pm
Holiday Home Tour Sun, Dec 15..... 1:30 pm
Christmas Eve Service..... Tues, Dec 24 4:00 pm
New Year's Eve Party..... Tues, Dec 31 6:00 pm

LIONS CLUB BREAKFAST



Sunday, August 4
7:30 to 9:00 am
(or until the food runs out)

Eggs, Bacon, Pancakes, Juice,
other goodies

ALL FOR ONLY \$3

All Villagers and their guests
are welcome!

All net proceeds will go to charity.



We in SAC realize that although many residents love to attend the events and would like to help out, they do not wish to make a commitment for every event. A suggestion was made that perhaps residents could volunteer to help out with one or two events a year.

To implement this great idea, SAC will be putting up sign-up sheets for each event on the bulletin board in the Copy Room. If you would like to be on the committee for an event, just add your name, phone and space number. When the event rolls around, you will get a call and be asked to attend the planning meeting. Each SAC get-together is a fun and friendly occasion for all who work on it. We hope you will join in and give us a hand.

The events that will be posted are: Super Bowl Party, Valentine's Dinner/Dance, St. Patrick's Day Party, Luau, 4th of July, Halloween Party, Christmas decorating, Christmas Dinner/Dance, New Year's Eve Party.

**Friday,
August 16**

5:00 pm - 8:00 pm

Picnic Area

\$5 per person



**TABLES
CANNOT
be reserved
until AFTER
9 am on
FRIDAY**

1st place: \$50

2nd place: \$25

3rd place: \$15

Hosted by the CV Tennis Club

Salad & Lemonade will be provided; BYOB

COOKS - IMPORTANT INSTRUCTIONS

- ⇒ Sign-up sheet will be posted in Copy Room two weeks prior to event
- ⇒ Bring a crock pot full of your favorite chili to the Picnic Area by 4:15
- ⇒ Cards will be provided to list your ingredients
- ⇒ You will be refunded \$5 at the event (only 1 cook per household)

JUDGES

- ⇒ Five neutral judges to be selected by the Tennis Club



*Entertainment
by Gary Seiler*



**Put checks payable to SAC (no envelope) or cash (in envelope with name/space)
in CVPOA dropbox by Monday, August 12!**

FREE MOVIE NIGHT - SATURDAY, AUGUST 24 - 6 PM

42

THE TRUE STORY OF AN AMERICAN LEGEND

Starring:

Chadwick Boseman

Harrison Ford



The life story of Jackie Robinson and his history-making signing with the Brooklyn Dodgers under the guidance of team executive Branch Rickey

PG-13

Biography / Drama / Sport

SCAM ALERTS

don't get scammed

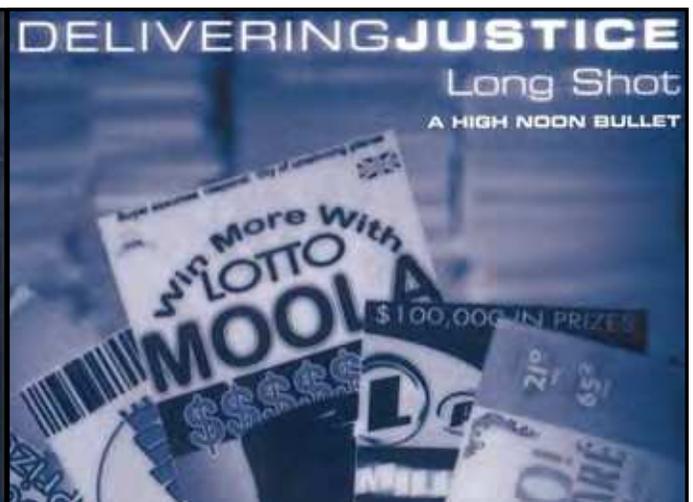
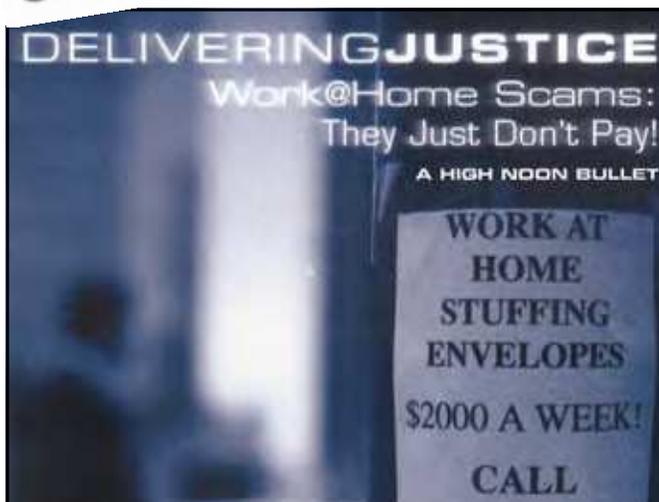
**TWO SHORT FILMS COMING SOON TO CV -
DATE TO BE ANNOUNCED**

"WORK AT HOME FRAUD"

&

"FOREIGN LOTTERY SCAMS"

PRESENTED BY THE US POSTAL INSPECTION SERVICE





Winner - Nota & Ron Morey



Winner - Carmen Pena & Marilyn Fraser



Winner - Cindy Simunec



**4th of July
Parade & Picnic**
**Sponsored by SAC and
the CV Men's Golf Club**

Health Insurance News
Understanding Enrollment Periods

By Carla Grills

The “Affordable Care Act” is rapidly changing how we deal with health care. Very important to our success in the new system is understanding the enrollment periods and how they affect us.

Coming October 1 is a new enrollment period called Open Enrollment that is not about Medicare. It is for tax paying adults under 65 who are not already insured. Your local insurance agent will be able to help you sort this out. Penalties will be on your next year’s tax return if you are not covered by March 31 of 2014.

Medicare’s yearly enrollment period is now called the Annual Election Period (AEP) which is Oct. 15 to Dec. 7. During this time one can change between Original or Advantage Plans, change between Advantage Plans or change, drop or join a drug (Part D) plan. All changes take effect January 1 of the new year.

January 1 to February 14 is another Medicare disenrollment/enrollment period. If you are in an Advantage plan you can disenroll and return to Original Medicare. With Original Medicare (A&B) you will have until February 14 to join a Prescription Drug Plan. Each will be effective the first day of the following month of enrollment.

Important to dollar savings is a review of your Annual Notice of Change letter. Every company is required to send you one. On this sheet you will find any changes in your coverage benefits or your drugs.

Another important mailing is called The Evidence of Coverage. It is more detailed in costs, rights and responsibilities.

You need to be diligent in reviewing your medications to see if they are still covered the same. Know where you stand regarding your drug coverage and benefits before October 15 so you have plenty of time to compare your options.

Dollar savings can be had for those who are younger, healthy and are not low income. It is best to buy now before the new policies come out. Today’s premiums are cheaper and you will not have to buy into higher premiums until your anniversary date 2014. Those who gamble on the penalty being cheaper are doing just that, gambling. If you get sick or go to an ER after March 31, you will be responsible for 100% of the cost. You will not be able to get insurance until the next enrollment period October 1 of 2014.

California is well on its way to developing its exchange (Covered California) in support of the Affordable Care Act. Insurance Agents will be able to sell insurance in and outside of the exchange program, but only the IRS can verify premium credits.

Welk’s home for sale

BISMARCK, N.D. (AP) - North Dakota’s State Historical Society is considering a plan to buy Lawrence Welk’s boyhood home to bring in tourists and preserve the musical legacy of one of the state’s most famous sons.

The Legislature this year included \$100,000 in the historical society’s budget to buy the six-acre parcel in tiny Strasburg.

Historical Society director Merl Paaverud says the agency’s board meets July 12. The site would also highlight the importance of agriculture and the region’s German-Russian heritage.

The idea comes two decades after Congress earmarked \$500,000 to develop a tourist industry in Strasburg. The money included a museum of German-Russian heritage that was intended to draw visitors to the bandleader’s birthplace.

Lawmakers later withdrew the money when the idea was mocked as a symbol of wasteful spending.

(From an unknown Canadian newspaper)

Verle Williams receives ASHRAE Distinguished Member Award

The award is given to individuals who have been a member of the American Society of Heating Refrigeration and Air Conditioning Engineers for a minimum of 50 years, and are a past Society president, ASHRAE Fellow, Distinguished Service Award recipient or have performed outstanding service to ASHRAE or its predecessor societies.

Williams is president, Utility Services Unlimited in San Diego. He is dedicated to energy efficiency and utility bill reduction and works to improve control systems’ performance. In the 1960s-70s, Williams designed, installed, managed and transferred operations of the very first known computer driven central control systems, what we know today as energy management control systems, among other names.

Verle and his wife Mary Sue have lived in CV since July of 2008.



BOOKWORMS OF THE VILLAGE

By Judy Johnson

Back in 1815 Thomas Jefferson exclaimed to John Adams, "I CANNOT LIVE WITHOUT BOOKS!" It is a famous quote that is now printed on much of Jefferson's Monticello memorabilia. Judging by the interest in books here, a large number of CV residents certainly agree with Jefferson's sentiment.

A few special people help to keep all the Village "bookworms" happy. They are the five Village Hall library helpers, as well as Betty Mortz who organizes the San Diego County Mobile Library visits.

What is the history of CV's library? "As the story goes," describes Joann Galarneault, "back in 1997 two 'little old ladies' just threw a whole bunch of novels on the existing shelves in the entrance room to the Village Hall." There is also the story that Sue Kessler and Linda Harper made a valiant attempt to organize these early donations. But it was not until 2008 that past resident Nikki Kettenring really got the ball rolling. She is the gal responsible for sorting, labeling, and shelving them all in their current perfect "alphabetical by author" condition. She also got shelves built for a second paperback room and then asked Connie Phillips, Joanne Galarneault, and Liz Ruffin to become permanent librarians. "Being librarians gives us the first crack at the new donations," Liz smiles. Priscilla DeArman and Judy Johnson were later added to the crew.

How big is it? Actually, no one has ever really counted all the volumes. There is a constant input and output of contributions. There are two entire rooms filled with books...certainly well over 2,000 in all. The committee is constantly having to "weed out" books and ask for more shelving. "We still need more space," says Connie Phillips, "but we are grateful for the great upgrade a few years back." The library is organized into two main divisions, one for hardcovers and one for paperbacks. Within the hardcover arena, further delineations exist: a section for biographies, two racks for magazines, and even shelves for audio books, DVDs and movie tapes. A section on large print volumes and a special spot for new donations are also included.

Where do we get the books? Oh, there is absolutely never any shortage of contributions to the library. Quite the opposite. Actually too many books are donated, most of them from residents or their estates. "There have been some very strange and interesting offerings in the past," the ladies remember. The challenge is to find a place for all of them, so a great deal of work is involved with removing duplicates and eliminating unnecessary titles. Residents Wayne and Sylvia Clark take care of passing those on to Veteran hospitals, nursing homes, the Escondido library and even Goodwill.

If you are inclined to donate, please keep these helpful hints in mind:

1. No cookbooks, please. We are tired of cooking.
2. No self-help books, please. We are too old for so much self-help.
3. The newer and more current the titles, the better.
4. Everyone loves mysteries.
5. Here is a quick list of everyone's favorite authors: Baldacci, Thor, Clancy, Sparks, McComber, DeMille, Cussler, Parker, Patterson, Grisham, Jance, Clark, Brown, Grafton, Childs, Woods, (and, of course, Steele).
6. No, don't ever put those books on the shelf yourself, just in the basket, please.
7. Call one of the librarians in advance if you have a large donation so we can summon help to shelve.

How many residents use it? The CV Library is definitely popular, even more so now with all the new comfy couches and tables. The library is very heavily used and the committee works hard on a daily basis to shelve the returned books and keep the area tidy. Their “payment” is the knowledge that the work is appreciated and people are reading more than ever.

What then is the Mobile Library? In addition to the Village Library, the San Diego County Mobile Library rolls into the Village twice a month filled with new releases and recent hardcovers just waiting to be checked out. And on top of that, they come back to get the books when you are finished. What an abundance of riches for all us “bookworms”. Even Thomas Jefferson would be impressed. “The colorful mobile library started to visit us in 2001,” tells coordinator Betty Mortz. They are here between 10 and 12 noon on the first and third Tuesday of each month. They offer everything new in the way of books, magazines, videos, movies and audios. Forget Barnes & Nobel and Borders...this is better and it’s free.

Driver Luis Damian pulls in right in front of the Laundry Room and puts out a staircase for us to crawl into this colorful and exciting collection of books hand picked for Village residents. Be sure to take advantage of them. It would be horrible to lose this service for lack of participation. Luis’ assistant Martha Mauritz says, “Thank you to the Champagne Village community for so enthusiastically supporting the mobile library program over these years. It is always a pleasure to be here and to work together.”

Be aware also that you can actually order books on line and have them delivered to you. Just sign up for a library card at www.sdcl.org. Your card gives you access to over 33 million books, movies and music at over 33 branch libraries around the county. Happy reading!

Martha Mauritz, Luis Damian, Betty Mortz



Connie Phillips, Joann Galarneault, Judy Johnson

THE GOOD OLD DAYS

Submitted by Maria Kolster

In the year 1960, my husband and myself with our parents, brothers and sisters immigrated from Holland (The Netherlands) to the United States of America, "the land of the free". Here our parents' journey begins for a future with great opportunities for us children. Therefore we love you our Dear Parents who are with us in Spirit and those who are present for your sacrifices and the beautiful memories you have planted in our hearts. As you read and follow the story of growing up in this beautiful country of the U.S. it is my hope that this will never vanish.

THOSE WERE THE DAYS

To all kids who survived the 1930's, 40's, 50's, 60's and 70's - First, we survived being born to mothers who smoked and/or drank while they were pregnant. They took aspirin, ate blue cheese dressing, tuna from a can, and didn't get tested for mercury, and we ate real ice cream.

We were put to sleep on our tummies in baby cribs covered with bright colored lead-base paints. We had no childproof lids on medicine bottles, locks on doors or cabinets. As infants and children, we would ride in cars with no car seats, no booster seats, no seat belts, no air bags.

We drank water from the garden hose and not from a bottle. We shared our milkshakes with our friends, drank from coke bottles and no one actually died from this. We ate cupcakes, white bread, real butter, and bacon and eggs. We drank Kool-Aid made with real white sugar. And, we weren't overweight.

We would leave home in the morning and play all day, as long as we were back when the streetlights came on. No one was able to reach us all day. We would spend hours building our go-carts out of scraps and then ride them down the hill, only to find out we forgot the brakes. And after running into the bushes a few times, we learned to solve the problem.

We did not have Play stations, Nintendo's and X-boxes. There were no video games, no cable, no video movies or DVD's, no sound-system or CD's, no cell phones, no personal computers, no internet or email. We had friends and went outside and played with them!

We fell out of trees, got cuts, broken bones and teeth and there were no lawsuits from these accidents. We made mud pies from dirt, and the worms did not live in us, they entertained us.

Little League had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment. Imagine that!

The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law! These generations have produced some of the best risk-takers, problem solvers and inventors ever. The past 50 years have been an explosion of innovation and new ideas. We had freedom, failure, success and responsibility, and we learned how to deal with it all.

ADULT:

A person who has stopped growing at both ends and is now growing in the middle.

BEAUTY PARLOR:

A place where women curl up and dye.

CHICKENS:

The only animals you eat before they are born and after they are dead.

COMMITTEE:

A body that keeps minutes and wastes hours.

DUST:

Mud with the juice squeezed out.

EGOTIST:

Someone who is usually me-deep in conversation.

HANDKERCHIEF:

Cold Storage.

INFLATION:

Cutting money in half without damaging the paper.

RAISIN:

A grape that got too much sun.

SECRET:

Something you tell to one person at a time.

SKELETON:

A bunch of bones with the person scraped off.

TOOTHACHE:

The pain that drives you to extraction.

TOMORROW:

One of the greatest labor saving devices of today.

YAWN:

An honest opinion openly expressed.

WRINKLES:

Something other people have, Similar to my character lines.

STAYING SAFE IN THE ALLURING LAND OF SOCIAL MEDIA

(By Chris Shourds, Elder Law attorney, from the Newsletter for the Prevention of Elder Abuse and Consumer Fraud in San Diego County)

“You look like you’re having an amazing trip. I hope you enjoy the final week of your vacation.” These are the exact words I typed to family friends last week after they posted real time photos of themselves sitting at a beach front restaurant in Cancun, Mexico.

Moments later I realized this elderly couple’s online post was alerting the general public to their absence from their home. My well-wishes drew further attention to this fact.

It was the perfect invitation for a burglar to visit their house, especially considering that a brief scroll through the rest of their social media photos showed the interior contents of their home including valuable artwork and electronics.

Searching my Facebook allows me to know who is out of town, which park my neighbors take their grandchildren to on Sundays, and who just purchased a new flat screen television. How easy would it be for me to pull up to your front door, pop open a window, and calmly walk out with your jewelry box or that original painting I now know is mounted above your fireplace? Thank you kindly for using your social media account to inform me of what you own, who you babysit, and when I could snatch them if I were a criminal.

Opening your life up to social media always carries the very real possibility that you are exposing yourself to predators and scams that specifically target senior citizens. By no means am I telling you to draw the blinds and stay offline. However, exposing personal information to the public without first exploring and understanding privacy settings can attract the unwanted snooper or scam artist.

Be leery of connecting with people online who you don’t already know. Also, use extreme caution if someone in your social media network attempts to sell you an investment or product over the internet or attempts to borrow money.

Basic precautions such as limiting the personal content you display online, being selective about the people you interact with over the internet, and waiting until you return home from vacation to post your photos can make all the difference in the world when it comes to protecting yourself and your property from predators.

Be consciously aware of who can access the information you are posting online. Ask a trusted family member or friend to assist you if you are inexperienced with setting up privacy protections. Then go ahead and social network to your heart’s content.

SPAGHETTI!

For several years, a man was having an affair with an Italian woman. One night she confided in him that she was pregnant. Not wanting to ruin his reputation or his marriage, he said he would pay her a large sum of money if she would go to Italy to secretly have the child. If she stayed in Italy to raise the child, he would also provide child support until the child turned 18.

She agreed, but asked how he would know when the baby was born. To keep it discreet, he told her to simply mail him a post card, and write 'Spaghetti' on the back. He would then arrange for the child support payments to begin.

One day, about 9 months later, he came home to his confused wife. “Honey”, she said, “you received a very strange post card today.” “Oh, just give it to me and I’ll explain it later,” he said. The wife obeyed and watched as her husband read the card, turned white, and fainted. On the card was written: Spaghetti, Spaghetti, Spaghetti, Spaghetti. Three with meatballs, two without. Send extra sauce.

Two elderly women were out driving in a large car. Both could barely see over the dashboard. As they were cruising along, they came to an intersection. The stoplight was red, but they just went on through.

The woman in the passenger seat thought to herself “I must be losing it, I could have sworn we just went through a red light”.

After a few more minutes they came to another intersection and the light was red. Again, they went right through. The woman in the passenger seat was almost sure that the light had been red but was really concerned that she was losing it. She was getting nervous. So she turned to the other woman and said, “Mildred, did you know that we just ran through two red lights in a row? You could have killed us both!”

Mildred turned to her and said, “Oh crap, am I driving?”

New Residents - Welcome to CV!

#171 Tom & Lana Mallaney (749) 214-6480

Tom and Lana have lived up and down the West Coast but most recently in Fallbrook. In 2000 when Tom retired from Delta Airlines (pilot) they lived on a catamaran sailboat off the East Coast for 6 months out of the next 3 years. They both enjoy traveling and working at their church. Lana (former teacher) also enjoys cooking, reading and walking.

#434 Mike & Judy Formico (760) 297-4517

They both hail from Minnesota. They recently moved to CV from Poway after living in Mira Mesa for a few years. Since 1983 they have both been employed in the reverse mortgage business, even recruiting their two daughters into the business. They are dog owners and Judy likes to sew and swim, while Mike is into hot cars and hot boats. They both would love to learn how to golf.

#15 Rebecca Donaldson (951) 966-6266

Rebecca Donaldson raised her two sons in San Diego, then moved to Beaumont after they had grown to be near her elderly parents. She worked for 15 years as a criminal defense appellate attorney. But her first love was teaching so she quit and became an eighth grade English teacher which suited her much better. She moved to Champagne Village to be closer to her son and three grandchildren who live in Escondido. She does freelance writing and also loves to read.

#13 Tom & Caroline Bossmeyer (602) 859-0048

Caroline, Tom and Snuggles moved here in July from Phoenix, AZ. Together they are creating a new Inclusive Dance Company in San Diego and have been busy inspiring local executives to the "Power of Dance, music and movement among the developmentally disabled community". Tom is a semi-retired executive consultant who is passionate along with his bride Caroline in enjoying living life to the fullest. We are very excited to be a part of CV and have already met some new friends and amazing people.

#72 Janet Meeks unlisted

WHEAT OR NO WHEAT?

By Etta McQueary, MPH, MSW, Health Educator

Recently, I read an interview with William Davis, MD, a cardiologist and author of the book, Wheat Belly. He stated that the number one cause of heart disease is too many small LDL particles in the blood from consuming too many grain foods. Many of us already believe that everything is connected and you can't just do one thing to correct a health challenge. In order to be healthy, we must pay attention to the whole body and a combination of lifestyle habits. Dr Davis discovered that most of his heart patients had blood sugar issues or already had diabetes. When they followed the doctor's recommendation to eliminate wheat and sugars from their diet, they got healthier in general and corrected a multitude of health conditions.

He discovered through extensive research on the development of our modern wheat, that it has a very high glycemic index of 72, higher than table sugar. The glycemic index of a particular food is related to the amount of fiber in the food and how fast the sugar is absorbed into the blood stream. The higher the index, the faster the sugar surge and the more adjustment your pancreas must make with insulin. This has become a major contributor to our epidemic of diabetes among adults and children. Many Americans are unaware that they are pre-diabetic as a result of eating too much food containing wheat and sugar. I have had the unfortunate experience of working as a healthcare provider in a dialysis center, witnessing the devastating effects of kidney failure. Diabetes, the number one cause of kidney failure, causes much pain and suffering and the drug treatments are only somewhat effective. Making dietary and lifestyle changes is necessary for health to be restored.

What he discovered has contributed to our new recommendations as health educators to not only eliminate wheat from the diet, but to cut back on all grains and buy only non-GMO (Genetically Modified Organisms) foods. Dr. Davis learned that the hybridization of wheat in the 60s, which seemed harmless at the time, started a series of mutations, changing the chemistry of the wheat so it no longer is a life-giving food for us. I remember learning in the 70s that our wheat had lost its life-force and could no longer reproduce itself. That is when many of us started buying organic food. When a food is classified as Certified Organic, it has been grown under certain guidelines, which includes being grown without pesticides and herbicides, and also has not been Genetically Modified.

The educational film entitled Forks Over Knives, teaches us the why and how to make lifestyle changes that will completely turn around health conditions like heart disease and diabetes. Take the time to watch the film (you may borrow it from me) and live healthier longer.



LIONS CLUB

By Alan Rings

Lion King Alan Rings opened the July meeting by leading the Pledge of Allegiance. The members then sang, "America the Beautiful." The Lion's toast and an invocation were given, as is the tradition.

Lion Alan introduced the guests, Scott Leslie, former District Governor, John Ruiz, Second Vice District Governor, and Village resident Bob Birk.

Vice Governor Ruiz, past President Jack Cox and Lion Tamer Billy Smith installed Nan Klee as the Club's newest member.

Lion Alan announced the committee appointments as follows: Program Committee – Paul Fischer and Carolyn White; Membership Committee – Pat McGuire and Rosie Uyeda; Student Speech Contest – John Raymond and Nan and Larry Tewes; White Cane Day – Alan Rings; Recycling – Ernie and Rosie Uyeda, Billy Smith and Paul Fischer.

Past District Governor Scott gave an exciting program on the history and purpose of the Lions Clubs. He noted the Lions Club is the largest service club in the world. There are 61 chapters in San Diego and Imperial Counties alone. He concluded by asking everyone in the room about how each viewed the various works of the Lions. Each person's positive story helped paint a picture of the many great things the Champagne Village Club does in the name of service.

Vice District Governor John then spoke about the Lions' Eyeglass Program. Glasses are collected by the thousands of clubs nationwide. They are shipped to collection points where they are cleaned, graded and then shipped to wherever there is a need. The Village Club had collected over 300 pair of glasses and 54 hard eyeglass cases, which were turned over to John for processing.

The Lions Breakfast will be held on Sunday, August 4 from 7:30 until 9:00 am. Everyone in the Village is welcome. Eggs, bacon, pancakes, juice and coffee all for only \$3!

The next meeting will be Wednesday, August 21 at 5:30 pm with the Board meeting at 4:30.

MEMORY KEEPERS SCRAP BOOK CLUB

By Janet Hyman



Saturday, August 24, 10 am to 4 pm

If you love scrapbooking or would like to learn more about it, please join us in the Card Room. Just bring your supplies and a light snack and have some fun. It's a great way to share our individual creativity and learn new and clever ways of making our memory books even better. If you need supplies or have a question, call Janet Hyman (749-8120).



HAPPY HANDS

By Janina Garvey

Tuesdays - 1 pm to 4 pm

Join us at Happy Hands every Tuesday from 1 pm to 4 pm in the Village Hall. We are a group of "lightly organized" ladies who enjoy crafts, needlework, knitting, crocheting, etc. We invite any residents who enjoy hand work, would like to learn, or would just like to get acquainted with some friendly Villagers.

We are accepting handmade caps and baby blankets. Any donations of materials or time will be greatly appreciated. For more information call Janina Garvey (749-1730).

FACTS YOU MAY NOT KNOW

- It takes glass one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!
- Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.
- Your tongue is the only muscle in your body that is attached at only one end.
- If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.
- Drinking water after eating reduces the acid in your mouth by 61%.
- Everything weighs one percent less at the equator.



CV PET LOVER'S CLUB

By Doreen Burchett & Doreen Smith

Many dog owners and their pets meet in the Pet Park to socialize with others between 3 pm and 4 pm at this time of year. It's a good time for new residents to get acquainted. You don't have to own a dog to stop by to socialize with us and enjoy the pets at play.

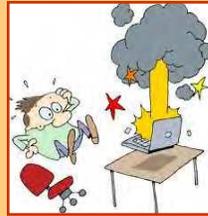
The Pet Park is for the use of CV residents anytime **except Tuesday mornings** when it is closed for maintenance. Residents may obtain a key to the lock from Karin in the Office. Please abide by the rules and regulations which are posted, and lock the gate when you leave. Also, please be sure your pet is registered with the Office and review the map of the areas where pets can be walked on leashes in Champagne Village.

REMINDERS WHEN WALKING IN PET AREAS:
Watch for snakes and coyotes. Coyotes have been seen near the Pet Park and on Ironwood during the day. Fish and Game suggests that you carry an air horn or pepper spray when walking your dog, especially at dusk or dawn. Use caution by keeping small dogs on leashes when outside. **Watch for cars.** Please walk on the sidewalk along Live Oak Lane and close to the sides of Ironwood View in the Pet Park area to avoid a run in with a vehicle. **Drivers, please drive slowly when in pet walk areas.**

PLASTIC BAG DONATIONS! Thank you to CV residents who continue to donate your newspaper and produce bags for us to use in the Pet Park. Your response is appreciated and a "green" thing to do.

REMINDER: PLEASE BE A RESPONSIBLE OWNER AND ALWAYS PICK UP YOUR PET'S WASTE AND DEPOSIT IT AT HOME OR IN WASTE CONTAINERS BY THE PET PARK OR RV AREA TRAIL, BUT NOT IN THE PICNIC AREA OR BAG STORAGE CONTAINERS!

PLEASE DO NOT USE THE PET PARK UNLESS YOU ARE WILLING TO MONITOR YOUR DOG AND CLEAN UP ITS WASTE. THE GRASS IS PRIMARILY FOR PLAY AND WAS NOT CREATED AS A BATHROOM!!! Regular users of the Park are tired of picking up or stepping in the waste left by other people's pets. Doreen Smith (751-3305), Doreen Burchett (751-4008)



DIGITAL DIARY & MORE

By Richard Coffman

Computer Repair in the Village - If you haven't noticed, **there is a computer repair person in the Village.** Her name is **Marilyn Downs (718-2201).** Instead of reaching for a hammer, give her a call! I have not used her services, but have had good feedback on her work.

What Do You Do If You Are Gone Before Evacuation? We all know to **take important documents** with us if we have to evacuate in case of fire or other disaster, but what if you are on vacation, visiting family or on a cruise? **If you are going by car,** you could simply take a list of company names, addresses, phone numbers and policy numbers (or the like) with you. This could include mortgage, insurance, and credit card documents. This is assuming the originating company already has the confirming documents in their file. You might want to take with you documents that might be difficult to replace: your birth certificate, deed, passport, etc. If you are flying or taking a cruise (Carnival?!?), you might want to put the list and these documents in a safety deposit box. I would be happy to receive pro and con arguments on this proposal.

Join the Village Email List - If you would like to be on the **Village Email List,** simply send an email to me at welkman1@gmail.com asking to be put on it for late-breaking news, Villagers' things for sale and other helpful information. I do not share the names on the list.

- Life isn't about waiting for the storm to pass, it's about learning to dance in the rain.
- Attitude is everything. Be kinder than necessary for everyone you meet is fighting some kind of battle.
- Live simply, love generously, care deeply, speak kindly.



CHORUS

By Mimi Baca

Here's a little background on the early years of our CV Chorus. It began somewhere in the late 80's or early 90's. Our first accompanist was Gladys Lundstrom. When Gladys retired we were very lucky that Mary King, who does not live in CV, responded to a story we placed in the North County Times.

In those early years the themed shows were written by chorus members. The costumes were also designed and made by the chorus members. How times have changed!

Will you join us in September? Contact Barbara Houg (291-8518) to answer your questions.

(Note: I appreciate Joan Van Ingen's providing me with historical facts on the chorus.)

BUBBLY BABES

By Mary Starkey



On June 27 we went to the San Diego Botanic Garden in Encinitas. Marlene Montooth was our hostess and she did an outstanding job of gathering 15 Babes for a spectacular event!

After our garden excursion, we went to eat at Chin's Chinese restaurant nearby the gardens for a delicious meal.

Please keep watching your mailboxes and emails for details of upcoming hoots!



BUNCO

Meets the second and fourth Fridays at 1 pm in the Hall. This month we meet on August 9 and 23. Bunco is an easy dice game. The cost is only \$3. Contact Delores Madsen (751-3472) to reserve your seat.

BRIDGE FOR EVERYONE

Meets on Tuesday at 1 pm in the Card Room. No stress, no pain. Just have fun. Singles welcome. Contact - Ernie Uyeda (749-1940)

COUPLES BRIDGE

Wednesday, August 14

Meets the second Wednesday at 5 pm in the Hall.

Hosts - Margaret Koeppel (749-5327) & Tom McCue (749-1725). Sign up in the Copy Room. Please bring your own drinks and \$2 per couple for the prizes.

CRIBBAGE

Meets Monday at 1 pm in the Library. No charge! We need more players! Contact Billy Smith (751-3305)

HAND AND FOOT

Meets Monday at 1 pm in the Multi-purpose Room. It's an easy card game that you can learn in one hand! Contact - Rosie Uyeda (749-1940)

MONDAY GAME NIGHT

Meets at 6 pm every Monday - just show up! On the second Monday there is a 5 pm potluck before the games. We play Mexican Train, Mah-Jongg, Hearts, Spades, Sequence, Wii or bring a new game to play! Contact - Linda Harper (751-0075)

PENNY CANASTA

Meets at 1 pm on Thursday in the Card Room. Contact - Sandra Watkinson (749-0164)

PINOCHLE

Meets the first and third Friday at 1 pm in the Card Room - Cost - \$1
Contact - Marion Psota (751-3940)

POOL PLAYERS CLUB

Meets Tuesday's & Thursday's from 1 pm to 3 pm

CV MEN'S GOLF CLUB

By Pat LeRossignol



Early morning golf! Because of the World Juniors Championship and to beat the heat (and the public!) we started at 6:32! It was Beat the Pro in the morning and 14 of the 19 participants beat Josh, who shot 68 - 2 = 66 net. Starting early, we did just beat the heat.

The July meeting started a little early and we enjoyed pizza with extras. Minutes were read, the financial report was made, and money was passed out for the Fountains' players. John Pugh was the big winner this month. He's gone back to Texas for a few months so it'll be a little easier for everyone else to win money for awhile.

Bob Olsen told us that the weekly fee for the Oaks tournaments on Tuesdays will go up \$1 to enhance the payouts there. Good idea.

It was stated, yet again, this time very eloquently by Ken Morgan, that we need more volunteers/participants to help out with CVMGC activities and duties so that the same 8 to 10 guys don't have to do all the work all the time. Man up and participate!

The 50-50 winners (\$24 each) were John Sutphen and Bud Clavell.

OAKS LADIES GOLF CLUB

By Betty Mortz



The Oaks Ladies Golf Club met July 11 with president Joyce Morgan conducting the meeting. A lovely lunch prepared by Bev Bedwell and Jackie Waite was enjoyed by all.

Upcoming dates announced by the president include: October 24 Safari in Carlsbad, November 14 Turkey Shoot, December 5 Christmas luncheon, December 7 bake sale in the Village Hall during the monthly men's breakfast. A suggestion for 9 hole play for those interested in less activity will be further considered at the August meeting. Happy birthday was sung to president Joyce Morgan. The 50/50 was won by treasurer Debbie Chappie.

CV TENNIS CLUB

By Diane Hoadley



The CV Tennis Club held its monthly meeting/potluck on Thursday, July 11.

The Treasurer reported our current balance, and the minutes from June were read and approved. The members discussed the new Pickle Ball court, and looked forward to learning how to play. PLEASE NOTE THAT THERE WILL NOT BE A POTLUCK/BUSINESS MEETING IN JULY DUE TO OUR CLUB'S HOSTING OF THE CHILI COOK-OFF ON FRIDAY, AUGUST 16.

The next monthly potluck/meeting will be a picnic in the park in September, hosted by Billy and Doreen Smith.



Congrats to Phil Mickelson for winning the British Open!

"When someone saves your life and gives you life, there is gratitude, humility; there's a time you've been so blessed you realize you've been given another chance at life that maybe you did or didn't deserve." Quote by Pat Summerall, the Giant's place-kicker and long-time NFL broadcaster, referring to the help he received as an alcoholic. He died earlier this year at the age of 82.

GET UP AND MOVE!

Visit the CV gym.
It's important for your physical
and mental health to stay active!

AEROBIC DANCE - Mondays - 2 pm

We do chair aerobics for the first half hour, then work out with Richard Simmons' workout videos.
Contact - Peggy Holder (690-3798)

AEROBIC DANCE/ZUMBA - Tues/Thurs - 8 am

30 min. of aerobics, then 30 min. of Zumba.
This session is a more energetic workout.
Contact - Linda Harper (751-0075)

NEW

BEGINNING LINE DANCE - Tuesdays at 6:00 pm

(There is no class on the 4th Tuesday of each month)

[Before you come to your first class, please call Janet LeRossignol \(749-7934\)](#)

INTERMEDIATE LINE DANCE MWF 9 am

Try the Tuesday evening dance class to learn the steps to popular line dances. If you already dance and catch on quickly by watching others, the intermediate sessions are for you.

PICKLE BALL AT CV

Pickle Ball is now available at Champagne Village! One of the two tennis courts here at the Village has recently been painted with the lines for two Pickle Ball courts, and lightweight aluminum nets are on the court ready to be moved into position for play.

Pickle Ball is played with a small plastic ball, a type of paddle or racket, but it covers only about 1/4 of the area of one tennis court. The amount of movement is reduced, which will hopefully be a little more forgiving on our joints!

Please stay tuned for upcoming one-call messages regarding times to come to the court and learn how to play!

EARLY BIRD WALKIE TALKIES - Mon-Sat 7:30 am

Meet at the mailboxes and join a group of women who walk through the Village for about a half hour of exercise.

WATER EXERCISE - MWF - 10 am, TTh - 4 pm

This is 40 minutes of water aerobic exercises to a guided CD. Come join us for a workout that's easy on your joints! Contact - Deanna Clatworthy (751-0204)

CHAIR YOGA FOR MEN & WOMEN

M/W/F at 8 am in the Village Hall

In these sessions of Chair Yoga you will be following the instructor on the DVD while sitting in a chair. It feels great!

BOCCE BALL

BOCCE BALL IS STARTING AGAIN! We are setting up teams and tournaments. Please call or email Billy Smith if you are interested. We can play early evenings or mornings while it is still hot.
(751-3305 or billydoreen@yahoo.com)

NEW



Care & Concern Committee

By Bev Davenport

This committee loves the people in Champagne Village. We try to show love for our neighbors by praying for the needs of the people, taking them soup when they are sick, and writing notes of encouragement. We are challenged to live at peace with everyone and to help the needy. I hope that you feel how loving this Village is by the friendliness and care you see in the people around you. If you are lonely, get out and join one of the many small groups which meet throughout the month. If you need prayer or encouragement, call our committee (751-3025).

BUZZ OFF

"How's your summer been?" asks bee number one.
 "Not too good," says bee two. "Lotta rain, lotta cold. There aren't enough flowers, therefore not enough pollen."

The first bee has an idea. "Hey, why don't you go down to the corner and hang a left? There's a bar mitzvah going on. Plenty of flowers and fruit."

Bee two buzzes, "Thanks!" and takes off. An hour later, the bees bump into each other again.

"How was the bar mitzvah?" asks the first bee.

"Great!" replies the second.

The first bee, however, notices a small circle on his friend's head and inquires, "What's that on your head?"

"A yarmulke," is the answer. "I didn't want them to think I was a Wasp."

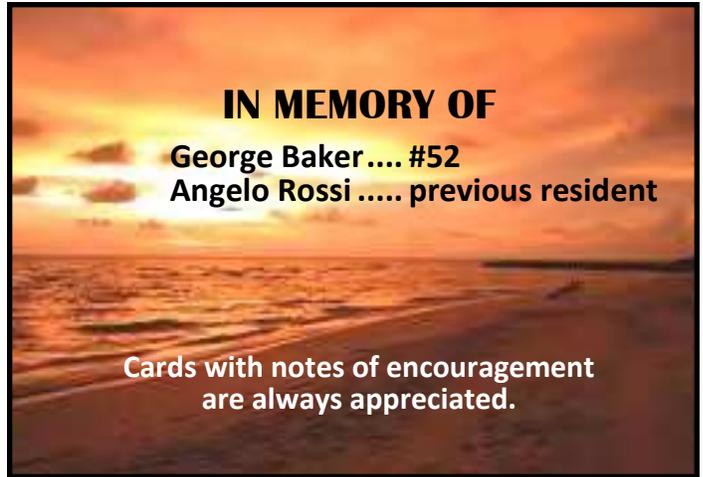
Baseball in Heaven

Two old men had been best friends for years, and they both live to their early 90's, when one of them suddenly falls deathly ill. His friend comes to visit him on his deathbed, and they're reminiscing about their long friendship, when the dying man's friend asks, "Listen, when you die, do me a favor. I want to know if there's baseball in heaven."

The dying man said, "We've been friends for years, this I'll do for you." And then he dies. A couple days later his surviving friend is sleeping when he hears his friend's voice. The voice says, "I've got some good news and some bad news. The good news is that there's baseball in heaven."

"What's the bad news?"

"The bad news is that you're pitching on Wednesday."



VESPERS - Sundays at 4 pm

We hold a non-denominational service every Sunday from 4 pm to 5 pm in the Card Room. We celebrate Communion on the first Sunday of each month with fellowship following the service. Contact: Margaret Meadows (749-7573).

CATHOLIC BIBLE STUDY - Wednesdays at 6:30 pm

The Bread of Life Catholic Bible Study is held every Wednesday from 6:30 pm to 8:30 pm in the Multi-Purpose Room. It includes Praise and Worship, sharing the Sunday Readings and time for Prayer of Petitions. All are welcome. Please bring your Bible. Contact: Jim or Carol Kostick (749-8313).

VILLAGE CARE GROUP & BIBLE STUDY - Thurs. at 6:30 pm

The Village Care Group & Bible Study will be on summer break during July and August. The group will resume studies in September. Contact Ken Sumner (751-4012).

PRAYER GATHERING - 1st and 3rd Wed. at 10 am

Meets at the home of Eunice Dirks at 406 Myrtle Court. Contact: Eunice (913-5040).

SHABBAT CLUB - 7 pm last Friday of the month

This month we will meet at 7 pm on **Friday, August 30**. We will have a Shabbat Supper so be sure to bring a covered dish, dessert or some snacks to share! Family and friends welcome! Also, if you want to be on our One Call or email list, let us know. Shabbat Shalom ALL Y'all!
 Contact: Al Estus & Barbara Lita (751-4342)

ODDS & ENDS



LIBRARY

By Joann, Connie, Liz,
Judy, Priscilla

We all thank Bev Bedwell who has volunteered to help out in the Library over the summer while some of our members take vacation time. Her time and effort is very much appreciated.

The UT-San Diego newspaper is now available daily in the Library. Please do not take it out, but enjoy your read and leave it for someone else to see.

BOOKMOBILE

By Betty Mortz

Tuesdays, Aug. 6 and Aug. 20
10 am - 12 noon

The Bookmobile will be visiting our Village on Tuesdays August 6 and 20, parked near the Laundry Room. Martha and Luis are very helpful taking care of our reading needs. Come between the hours of 10 am and noon and visit the lovely van.



VAN TRIPS

The Village Van goes to the Von's Shopping Center on El Norte Pkwy every **Friday at 9 am**. Please call the Office to sign up (749-8008). All residents who no longer drive are welcome.

FRIENDS HELPING FRIENDS

By Pat LeRossignol



We are volunteers who drive CV residents to medical appointments when they have no other means of getting there. If you need a ride, please call **Pat LeRossignol (749-7934)** and we'll find a driver for you. **If it's a real emergency call 911!**

**See's
CANDIES**

By Linda Harper

I have See's gift certificates and can get boxed candy for you. Please specify what type of candy you want, put your order and check made out to Linda Harper in the CVPOA dropbox or in my mailbox at 186 Skyline. The price is \$14.50/lb and I'll deliver your order to your home.



GOLF CART CLINICS

Fridays - 2nd, 3rd, and last
9 am at Car Wash area

The A-1 Golf Cart Clinic is held every *second* Friday.

The Golf Carts & More Clinic is held every *third* Friday.

The Escondido Golf Cart Service Clinic is every *last* Friday.

NEED YOUR FRUIT PICKED?

If you have fruit on your trees and cannot pick it yourself, **please call resident Etta McQueary (619-606-1062)** and she'll send someone to do it for you. You can keep what you want, and the rest will be placed at the mailboxes to share with everyone.

AVIATION & OTHER LIFE LESSONS

- Weather forecasts are horoscopes with numbers.
- There are more planes in the ocean than submarines in the sky.
- Basic flying rules: Try to stay in the middle of the air. Do not go near the edges of it which can be recognized by the appearance of ground, buildings, sea, trees and interstellar space. It is much more difficult to fly there.
- The only time you have too much fuel is when you're on fire.
- Airspeed, altitude and brains. Two are always needed to successfully complete the flight.

The Golden Egg Omelet House Fundraiser

10% of Food and Beverage is contributed to SAC if you mention you live at CV!

**316 West Mission Ave.
Escondido, CA 92025**

**(760) 489-6420
Open Daily 7 am - 2:30 pm**

- The moon moves about two inches away from the Earth each year.
- The Earth gets 100 times heavier every day due to falling space dust.

ACTIVITIES AT A GLANCE

<u>BRIDGE</u>	<u>TIME</u>	<u>CONTACT</u>	<u>PHONE</u>
Bridge for Everyone	Tuesday - 1 pm	Ernie Uyeda	749-1940
Couples Bridge	2 nd Wednesday - 5 pm	Linda Harper	751-0075
Mixed Duplicate Bridge	2 nd Thursday - 1 pm	Ernie Uyeda	749-1940
<u>CARDS & GAMES</u>			
Bunco	2 nd /4 th Friday - 1 pm	Delores Madsen	751-3472
Cribbage	Monday - 1 pm	Billy Smith	751-3305
Game Night	Monday - 6 pm (5pm 2 nd Mon)	Linda Harper	751-0075
Hand and Foot	Monday - 1 pm	Rosie Uyeda	749-1940
Penny Canasta	Thursday - 1 pm	Sandra Watkinson	749-0164
Pinochle	1 st /3 rd Friday - 1 pm	Marion Psota	751-3940
Pool Players	M-F afternoons		
<u>CRAFTS, ETC.</u>			
Scrap Book Club	4 th Saturday - 10 am	Janet Hyman	749-8120
Happy Hands	Tuesday - 1 pm	Janina Garvey	749-1730
<u>EXERCISE</u>			
Aerobics	Monday - 2 pm	Peggy Holder	690-3798
Aerobics/Zumba	Tues/Thurs - 8 am	Linda Harper	751-0075
Chair Yoga	M/W/F - 8 am	Linda Harper	751-0075
Line Dance-Beginning	Tues - 6 pm (no class 4 th Tues)	Janet LeRossignol	749-7934
Line Dance-Intermediate	MWF - 9 am	Janet LeRossignol	749-7934
Walkie Talkies	Mon-Sat - 7:30	Linda Harper	751-0075
Water Exercise	MWF - 10 am & TTh - 4 pm	Deanna Clatworthy	751-0204
<u>RELIGION</u>			
Catholic Bible Study	Wednesday - 6:30 pm	Jim/Carol Kostick	749-8313
Prayer Group	1 st and 3 rd Wednesdays - 10 am	Eunice Dirks	913-5040
Shabbat Club	Last Friday - 7 pm	Barbara Pittman	751-4342
Vespers	Sunday - 4 pm	Margaret Meadows	749-7573
Village Care Group	1 st and 3 rd Thursdays - 6:30 pm	Ken Sumner	751-4012
<u>SPORTS</u>			
Fountains Ladies Golf	Wednesday morning	Betty Service	749-0575
Men's Golf	Tuesday/Thursday morning	Lee Rabeneau	751-2544
Oaks Ladies Golf	Thursday morning	Barbara Houg	291-8518
Table Tennis	M-Th - 4:30-6:30 pm	Lee Conner	749-2857
Tennis Club Meeting	2 nd Thursday - 5:30 pm	Delores Madsen	751-3472
<u>VOLUNTEERING</u>			
Care & Concern Committee		Bev Davenport	751-3025
Friends Helping Friends (rides to doctor appointments)		Pat LeRossignol	749-7934
<u>MISCELLANEOUS</u>			
Bubbly Babes/Red Hats	Various	Mary Starkey	751-0825
Chorus	Tuesday 10 – 12	Barbara Houg	291-8518
Library		Joann Galarneault	751-0223
Lions Club	3 rd Wednesday - 5:30 pm	Alan Rings	(858) 395-7572
Social Activities Committee		Peggy/Michael Holder	690-3798
Village Solos	2 nd Friday - 5:30 pm	Judy Johnson	749-2611
		Marlene Montooth	749-7445

For changes to this list contact Karin in the Village Office

CHAMPAGNE VILLAGE CALENDAR - AUGUST 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5 8:00 Chair Yoga 9:00 Line Dancing 10:00 Water Aerobics 1:00 Bridge 1:00 Hand & Foot 1:00 Cribbage 2:00 Aerobics 4:30-6:30 Table Tennis 6:00 Game Night	6 8:00 Aerobics/Zumba 10:00 Chorus 10:00 <i>Bookmobile</i> 1:00 Bridge for Everyone 1:00 Happy Hands 1:00 Shanghai 4:00 Water Aerobics 4:30-6:30 Table Tennis 6:00 Beginning Line Dance	7 8:00 Chair Yoga 9:00 Line Dance 10:00 Water Aerobics 4:30-6:30 Table Tennis 6:30 Catholic Bible Study	8 8:00 Aerobics/Zumba 1:00 <i>Mixed Duplicate Bridge</i> 1:00 Pennies 4:00 Water Aerobics 4:30-6:30 Table Tennis 5:30 <i>Tennis Club</i>	9 8:00 Chair Yoga 9:00 A-1 <i>Golf Carts</i> 9:00 Line Dance 9:00 Shop/CV Van 10:00 Water Aerobics 1:00 <i>Bunco</i> 5:30 <i>Village Solos</i>	10 8:00 Aerobics/Zumba
11	12 8:00 Chair Yoga 9:00 Line Dancing 10:00 Water Aerobics 1:00 Bridge 1:00 Hand & Foot 1:00 Cribbage 2:00 Aerobics 4:30-6:30 Table Tennis 5:00 Game Night Potluck	13 8:00 Aerobics/Zumba 10:00 Chorus 1:00 Bridge for Everyone 1:00 Happy Hands 1:00 Shanghai 4:00 Water Aerobics 4:30-6:30 Table Tennis 6:00 Beginning Line Dance	14 8:00 Chair Yoga 9:00 Line Dance 10:00 Water Aerobics 11:30 <i>Fountains Ladies Golf</i> 4:30-6:30 Table Tennis 5:00 <i>Couples Bridge</i> 6:30 Catholic Bible Study	15 8:00 Aerobics/Zumba 11:30 <i>Men's Club</i> 1:00 Pennies 4:00 Water Aerobics 4:30-6:30 Table Tennis	16 8:00 Chair Yoga 9:00 <i>Golf Carts & More</i> 9:00 Line Dance 9:00 Shop/CV Van 9:00 WORKSHOP 10:00 Water Aerobics 1:00 <i>Pinochle</i> 5:00 Chili Cook-Off - Picnic Area	17 8:00 Aerobics/Zumba 8 - 8 Private Party in Picnic Area
18	19 8:00 Chair Yoga 9:00 Line Dancing 10:00 Water Aerobics 1:00 Bridge 1:00 Hand & Foot 1:00 Cribbage 2:00 Aerobics 4:30-6:30 Table Tennis 6:00 Game Night	20 Meter Reading Day 8:00 Aerobics/Zumba 10:00 Chorus 10:00 <i>Bookmobile</i> 1:00 Bridge for Everyone 1:00 Happy Hands 1:00 Shanghai 4:00 Water Aerobics 4:30-6:30 Table Tennis 6:00 Beginning Line Dance	21 8:00 Chair Yoga 9:00 Line Dance 10:00 Water Aerobics 1:00 BOARD MEETING 4:30-6:30 Table Tennis 5:30 <i>Lions Club</i> 6:30 Catholic Bible Study	22 8:00 Aerobics/Zumba 1:00 Pennies 4:00 Water Aerobics 4:30-6:30 Table Tennis	23 8:00 Chair Yoga 9:00 Line Dance 9:00 Shop/CV Van 10:00 Water Aerobics 1:00 <i>Bunco</i>	24 8:00 Aerobics/Zumba 10:00 <i>Scrapbook Club</i> 6:00 Movie - "42"
25	26 8:00 Chair Yoga 9:00 Line Dancing 10:00 Water Aerobics 1:00 Bridge 1:00 Hand & Foot 1:00 Cribbage 2:00 Aerobics 4:30-6:30 Table Tennis 6:00 Game Night	27 8:00 Aerobics/Zumba 10:00 Chorus 1:00 Bridge for Everyone 1:00 Happy Hands 1:00 Shanghai 4:00 Water Aerobics 4:30-6:30 Table Tennis 6:30 <i>Bunco</i>	28 8:00 Chair Yoga 9:00 Line Dance 10:00 Water Aerobics 4:30-6:30 Table Tennis 6:30 Catholic Bible Study	29 8:00 Aerobics/Zumba 1:00 Pennies 4:00 Water Aerobics 4:30-6:30 Table Tennis	30 8:00 Chair Yoga 9:00 <i>Escordido Golf</i> 9:00 Line Dance 9:00 Shop/CV Van 10:00 Water Aerobics 7:00 <i>Shabbat Club</i>	31 8:00 Aerobics/Zumba