

Champagne Village

CV TIMES

AUGUST 2020

CVPOA HOURS

THE OFFICE WINDOW REMAINS CLOSED. OFFICE STAFF ARE ON SITE AND AVAILABLE BY EMAIL, PHONE OR THE HALL DROP BOX

9:00am – 4:00pm M-F
(lunch 11:30am – 12:30pm)

KIOSK 8:00am – 4:00pm M-F
10:00am – 4:00pm S-S

TRASH THURSDAYS

POOL HOURS

ADULTS 8:00am – 9:00pm

RESIDENTS ONLY: NO GUESTS ARE PERMITTED UNTIL FURTHER NOTICE

BOARD MEETING

THURSDAY, AUGUST 20

via ZOOM

Details and time TBA

UPCOMING EVENTS

Chair Yoga

Mon, Weds, Fri at 8:00am, Picnic Area

Gathering Place

Mon - Sat, 8:30 -10:00am

Pickleball

Mon, Fri, 8:00am, Tennis Courts

August News

New Emergency COVID Rules, adopted by the Board during its monthly Zoom-based meeting on July 23rd, went into effect on Friday, July 24th. In a joint effort with the Association's legal counsel, the Board developed these rules to allow the opening of as many outdoor areas as possible, while still maintaining compliance with both county and state orders. By following these rules, we can keep everyone safe as possible, maximize the use of our outdoor facilities, and minimize the risk of legal liability.

These emergency rules govern the use of common areas and recreational facilities throughout Champagne Village, and remain in effect through November 20th or until they are revised or replaced. The rules apply to all members, residents and others visiting or working within any part of the Village. **It's important to note that, by using any of the Village's common areas and facilities, you are subject to the terms of these emergency rules and agree with the waiver of liability.**

PLEASE TAKE THE TIME TO READ AND COMPLY WITH THESE RULES. Copies of have been delivered to all CV residences. If you have questions, please contact the Office. See page 3 for new openings.

Other business conducted during the July Board meeting included the approval of a contract to perform asphalt repairs and seal coat the entire community at a cost of \$145,200, to be charged to the Paving Reserve Fund. In addition, approval was given to repair and resurface the tennis courts and restripe them, while adding two more Pickle Ball courts.

The next Board meeting will be held via Zoom on Thursday, August 20th, when ballots for the election of new Directors will be counted and the results announced.



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 Phone: (760) 749-8008 Fax: (760) 749-8036

Upcoming Election Dates

Deadline for Submitting Ballots to Office.....**August 16**
Board Meeting when Ballots are Counted.....**August 20**

Common Areas are Non-Smoking

As a reminder, all common area facilities in Champagne Village, including the Pool area, Picnic area and Mail Center, are designated as non-smoking.

Contacting the Office

The Office window remains closed, but the staff is here: please email (tsteigely@associatedasset.com) or phone us (760-749-8008) or use the drop box located to the left of the Office window.

IF YOU NEED HELP

Contact the Office (760-749-8008) for help getting food or prescriptions: we have a list of kind and caring residents ready to shop for you!

If You Need to Report an Emergency

If you need to report an emergency that might endanger life or property here in the Village (a fire or injury, for example), call 911 immediately – whether or not the Office is open.

To report a maintenance emergency during Office hours, call the Office (760-749-8008) to speak with Tami or Tom.

To report a maintenance emergency after hours (the gate not fully closing, for example), call the Office (760-749-8008) and remain on the line until you get a live person who will take your message. One of our staff is always on call to address these issues.

To report any non-emergency issue, please email or phone the Office (tsteigely@associatedasset.com, 760-749-8008).

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, 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 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.

BOARD OF DIRECTORS

Charlie Service President
Jean Slaughter Vice President
Wayne Steele Secretary
Roger Elyea CFO
Joe Rossi Director
Karen Smith Director
Greg Lorton Director

BOARD COMMITTEES

Architecture & Landscape
Karen Smith / Joe Rossi

Common Area Facilities
Jean Slaughter / Joe Rossi

Common Area Landscape
Greg Lorton

Emergency Preparedness
Greg Lorton

Communications
Everett Smith

Governing Docs
Everett Smith

Social Activities
Linda Steverson

CV TIMES EDITOR

Susie Riley #311
CVTimesEditor@gmail.com
(603) 938-5283

DEADLINE FOR ARTICLES AND ADVERTISEMENTS

15th of each month

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

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

FAQS: CV Events, Activities, Areas

How will we know when activities/events are back open?

The Executive Committee (the Board President and two rotating Directors) meets weekly, and closely monitors county and state mandates to determine when it's safe to reopen common areas and resume activities. Updates resulting from these meetings will be sent via one-calls and notices posted at the Mail Center and Hall Lobby.

What about packages in the Hall?

The Hall remains open for you to pick up your packages. Bring your mask and please don't linger or congregate while collecting them.

Can I walk my dog? Take a walk? Drive my golf cart?

Yes, but you must socially distance and wear a mask when you can't.

RULES: REOPENED COMMON AREAS

Pool Area

HOURS: 8:00am – 9:00pm

Residents only: NO GUESTS

Maintain six feet of social distancing

Pool time limit: one hour

Chairs, tables and loungers cannot be moved other than turning

THE SPA IS CLOSED UNTIL FURTHER NOTICE

Dog Park

Residents only: NO GUESTS

Maintain six feet of social distancing

NO MORE THAN EIGHT PERSONS at a time

Chairs cannot be moved other than turning

No personal chairs are allowed

Time limit: 30 minutes (with at least one hour before re-entry)

Pickleball / Tennis Courts

Residents only: NO GUESTS

Maintain six feet of social distancing

NO MORE THAN EIGHT PERSONS at a time

Sanitize equipment after use

Gathering Place Patio

Open only for outdoor use (only hosts allowed inside)

Residents only: NO GUESTS

Maintain six feet of social distancing

NO MORE THAN EIGHT PERSONS at a time

Picnic Area

Open for recreation only (Chair Yoga, Line Dancing)

Residents only: NO GUESTS

Maintain six feet of social distancing

NO MORE THAN EIGHT PERSONS at a time in the same area

CHAMPAGNE VILLAGE

FACILITIES CLOSED

HALL: Stage Room, Kitchen, Seating (Living Room) Areas, Card Room, Pool Room)

HALL Office Window

GYM (Fitness Room)

SPA inside Pool Area

CHAMPAGNE VILLAGE

FACILITIES OPEN

HALL: Lobby (for notices and package pickups)

Gathering Place (**OUTSIDE ONLY**)

Laundry Room

Library

Tennis and Pickleball Courts

Bocce Ball Area

Picnic Area

Ping Pong Tables (**OUTSIDE ONLY**)

MASKS PLEASE!

Per the County of San Diego and the State of California, Villagers must practice social distancing, and wear face coverings when they can't socially distance by at least six feet.

USING COMMON AREAS THAT ARE OPEN

- You must abide by all **EMERGENCY COVID RULES**.
- If you're not well or you have tested positive for COVID-19, **STAY HOME**.
- Distance yourself from others who do not live with you by at least **SIX FEET**.
- Wear **FACE MASKS** whenever you cannot create six feet between others.
- **NO GUESTS** (including family members) are currently permitted.
- You agree that you are using these areas **AT YOUR OWN RISK**.
- You are responsible for providing your own **HAND SANITIZER**.
- When done, **WIPE DOWN AND SANITIZE** all furniture and bathroom surfaces that you touch.

What are those Red Flags for?

Greg Lorton #346

Occasionally as you pass the Mail Center or the west entrance to Champagne Village, you will see a red flag flying. What do these flags signify?

The red flags indicate that we are having or soon will have weather conditions that create a 'critical risk' of a wildfire. Issued by the National Weather Service, these warnings result when weather forecasts indicate a combination of the following factors:

- Strong winds
- Low relative humidity
- Warm to hot temperatures

For us, these critical fire weather conditions usually occur when we are experiencing Santa Ana winds. These winds occur when temperatures are already high and a high-pressure area forms over the deserts of California, Arizona, Nevada, and/or Utah. Santa Anas result as air from the high-pressure area flows towards lower pressure areas. The temperatures become even higher as these hot, dry winds descend into the lower elevations.

The intent of these red flag warnings is to alert everyone to the potential of a wildfire, and to plan accordingly. The Emergency Planning Committee maintains these flags, and flies them when the National Weather Service posts a warning. One flag is placed on the bulletin board in the Mail Center, and two additional flags are posted on a sign just north of the stone Champagne Village sign at the main CV entrance on Champagne Boulevard.

If you have questions or would like more information, contact me (Greg Lorton, Emergency Planning Committee chair) at (760) 877-9627 or email me at greglorton@yahoo.com.

DID YOU KNOW...

If you opt out of the ONE-CALL system, you will not receive any further calls, **including those made by the Office in times of emergency**. To be returned to the list and not receive non-emergency calls (or to receive all calls again after having opted out), call Tami in the Office.



Watch for red flags through August through December, and always be prepared in the event of a wildfire: see page XX for helpful tips.

ABOUT YOUR CVPOA COMMITTEES

The Common Area Facilities Committee

On behalf of the CVPOA Board of Directors, the Common Area Facilities Committee oversees maintenance and improvements of the CVPOA buildings and structures throughout the Village. This includes the Village Hall, Pool and Fitness Center, Picnic Area, Tennis Courts, Mail Center, Gathering Place and Laundry Room, Front Gate Kiosk, Maintenance building, restroom and storage buildings, and other fixed assets that must be maintained to keep Champagne Village operating.

The committee oversees maintenance, long-range planning, and capital projects.

In addition to supporting the maintenance of these assets, the Common Area Facilities Committee also recommends improvements, writes statements of work for replacement, repair, or maintenance, aids in soliciting bids and determining costs, and monitors the activities of contractors or others doing work for Champagne Village.

Currently, Jean Slaughter is the chair of the Common Area Facilities Committee.

This article is one of a series intended to help readers better understand the role and responsibilities of CVPOA Committees.



NEW, LARGER CVPOA FLAG RAISING. On July 4th, the old 3x5 foot flag on the pole in front of the Village Hall was lowered and retired, and a new 6x10 foot Ole Glory was raised in celebration of Independence Day. Wade Steverson noted, "it was hot that day but not as hot as the firefights at Bunker Hill, WWI, WWII, Korea, Vietnam, Desert Storm and Afghanistan. God bless those who fought for our freedom, God bless America."

AUGUST IS NATIONAL WELLNESS MONTH

I'LL TAKE CARE OF MYSELF WHEN I....

How many times have we said those words only to get put on the back burner due to appointments, traffic, family obligations and other stressors. The truth is, most people tend to put everything before their own self-care. It's no wonder why health conditions like high blood pressure, heart attacks, compromised immunity, depression and anxiety are on the rise. Research has shown that self-care helps manage stress and promotes happiness.

This Wellness Month, take time to care for yourself!



I miss the 90s when bread was still good for you and no one knew what kale was.

Yesterday my husband thought he saw a cockroach in the kitchen. He spent the entire day spraying everything down and cleaning thoroughly.

Tomorrow, I'm putting the cockroach in the bathroom.



WILDFIRES: Are YOU Prepared?

We know that fires are a part of living in North County, but preparing ahead of time is the best tactic we can use to fight them. Use the following tips to get ready for wildfire season.

- Assemble an emergency evacuation kit (see list).
- Have an evacuation plan in place.
- Design and landscape your home with fire-resistant materials and plants.
- Know where your fire extinguisher is located and how to use it. Make sure it's up to date.
- Install dual-sensor smoke alarms in your home.
- Keep a sturdy pair of shoes and a flashlight near your bed and handy in case of a sudden evacuation at night.

For more information on preparing for wildfires and emergency supplies, visit [ready.gov](https://www.ready.gov) and [readyforwildfire.org](https://www.readyforwildfire.org).

Think about your needs.

Be sure to keep your glasses, hearing aid, cane or wheel chair close to your bed at night. If there is an emergency, you will be able to grab them quickly as you leave.

U.S. Fire Administration | FEMA | The Fire Extinguisher

SUPPLY CHECKLIST

Assemble an Evacuation Kit

Create your kit long before a wildfire and keep it easily accessible so you can quickly grab it when you have to evacuate. A backpack works great for storing most of these items. Keep your kit light enough to be able to easily lift into your car. Be sure to plan with COVID-19 in mind.

NOTE: this list does not cover those items you'd need to shelter in place following an emergency. For a list of those items, visit [ready.gov](https://www.ready.gov).

THE BASICS

Keep these items permanently in your kit.

- Face masks/coverings
- Prescriptions and special medications
- Change of clothing
- An extra set of eyeglasses or contact lenses
- An extra set of car keys
- Cash or traveler's checks
- First aid supplies
- Flashlight
- Pet leash, food, medications and water
- Chargers for your cell phones, laptops, etc.
- Purse or wallet with license and other IDs

DOCUMENTS

Place copies of these in in a sealed plastic bag and store permanently in your kit.

- Copies of birth certificate(s)
- Copies of passport(s)
- Copies of your insurance policies
- A list of credit cards and bank accounts
- Copies of your prescriptions and other important medications
- A list of emergency contacts and their addresses/phone numbers
- A list of your healthcare providers and your insurance information
- Copies of your pet's meds and their vet's info.

TAKE IF TIME ALLOWS

Attach a list of these items to your kit so you'll remember to grab them if there's time.

- Easily carried valuables
- Family photos and other irreplaceable items
- Laptop, tablet or computer (if it's a desktop model, leave the monitor and keyboard)
- Non-perishable food and bottled water

FAQS: Election for Directors

What's the deadline by which my ballot needs to be delivered to the Office?

No later than **SUNDAY, AUGUST 16TH.**

Which Board seats are up for election?

THREE SEATS are available, currently held by Charlie Service, Jean Slaughter and Wayne Steele.

Who are the candidates for these seats?

SIX CVPOA MEMBERS have applied for candidacy:

Joanne Hansen
Donna Perez
Susie Riley
Charlie Service
Charolette Steele
Wade Steverson

Who votes in this election?

All CVPOA members (homeowners) may vote. One vote is permitted per home, for a total of 457 votes.

How do I fill out my ballot?

See the instructions on the right side of this page.

What is Section 5115?

The note on your voting instructions refers to Section 5115, which is California's law that requires voting by secret ballot (using the outer and inner envelope).

What if I need a new ballot?

If you've lost or did not correctly fill out your ballot or envelopes, contact the Office for replacements.

Can someone else fill out my ballot?

NO. Proxies are not allowed. Only you or a co-owner of your home can fill out your ballot.

Can someone else deliver my ballot for me?

YES, but all envelopes must be sealed first. If you need someone to pick up your ballot, call the Office.

I just moved to the Village: can I vote?

Contact the Office to find out whether a vote from your unit was already cast. (If the Office receives two ballots from the same unit, both will be discarded.)

Filling Out Your Election Ballot

To complete your ballot for the election of three Directors for the CVPOA Board, follow these instructions.

1. Review your packet to be sure you've received a ballot (marked OFFICIAL BALLOT) and two numbered envelopes (envelope 1 and envelope 2). If you're missing any items, contact the Office.
2. Complete your ballot by voting for your chosen candidates:
 - a. You may vote for UP TO THREE candidates.
 - b. If you choose, you may vote for less than three candidates, but voting for any more than three will result in your ballot not being counted.
 - c. Don't sign, address or write ANY identifying information on your ballot: doing so will result in your ballot not being counted.
3. Fold and place your completed ballot in the envelope marked ENVELOPE #1. **Don't write anything on this envelope: doing so will result in your ballot not being counted.**
4. Place envelope #1 inside the envelope marked ENVELOPE #2.
5. **Complete all information needed on the outside of envelope #2** in the upper left-hand corner.
6. Deliver this envelope to the Office drop box **NO LATER THAN SUNDAY, AUGUST 16TH.**

**BALLOTS WILL BE COUNTED AT
THE AUGUST 20 BOARD MEETING,
HELD VIA ZOOM.**



We can do it, San Diego!!
Stay home. Stay strong.
If you leave your place,
cover your face.

www.coronavirus-sd.com



Care and Concern News

Charolette Steele #334

Care and Concern has no news at this time, so here are some tips to keep and improve our health as we get older.



Eat healthy. Eat high-fiber fruits, vegetables, and whole grains. Drink plenty of water, since seniors are prone to dehydration.

Get preventative care. Screen for cholesterol levels, colon cancer, heart problems. Get your vaccinations for influenza, pneumonia and shingles.

Manage medications. Regularly review medications with your doctor. Check for drug interactions if using new medications.

Get plenty of sleep. Try reading before bedtime rather than watching television. Keep your bedroom cool and quiet.

Maintain good mental health. Do crossword puzzles, read, write, and try new hobbies. Keep a positive outlook: people with a rosier outlook live longer!

Have regular checkups. If you wear glasses, have your prescription checked every year. Good vision helps to reduce chances of falling. Check to see if you get free annual physicals, if so, do it! See your dentist at least every six months: the risk for cavities goes up with age.

Socialize with others. Spend time with friends, family, children and grandchildren.

Stay physically active. Check with your doctor first, but long walks or even short strolls help. Staying active alleviates depression and improves energy.

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

Champagne Village Lions Club

Our 25th Year

Lion Alan Rings #386

WE SERVE



Welcome to our new member, Lion Joanne Hansen! She is the eighth new Club member in eight months.

Due to the re-shutdown, the club did not hold a membership meeting in July. However, the Board did meet and several members attended as well.

We appreciate all Villagers who donate aluminum cans and plastic or glass bottles for recycling by the Lions. The recycle yard we use has advised that they will no longer accept plastic bottle caps, as they are made from a different type of plastic than the bottles. Please remove the caps and completely drain the containers. Thank you.

Lion Doreen Smith has donated another lift to us. Your Lions Club now has a third lift to loan for free to Villagers. If you use a wheelchair or have difficulty with stairs, contact Lion Tom Bossmeyer #13 (442-217-8194) or Lion Alan Rings #386 (858-295-7572).

The Lions Club International Foundation has again received a four-star rating from the Charity Navigator for 2019. Only a small percent of charities is awarded consecutive four-star ratings, based on the highest percentage of funds collected going for charitable purposes. The Foundation recently announced that since its founding in 1968, it has surpassed \$1 billion in grants and programs.

Wouldn't it be great if we could put ourselves in the dryer for 10 minutes and come out wrinkle free and three sizes smaller?

Food Assistance

Meals, delivery and pickup

Aging & Independence Services (AIS)
(800) 339-4661

Jacobs & Cushman San Diego Food Bank
(858) 527-1419 OR call 2-1-1

Feeding San Diego
(858) 452-3663

Meals on Wheels of San Diego County
(619) 260-6110

Stay Home SD
(619) 800-3252

ElderHelp
(619) 284-9281

Partner in Aging
(858) 480-1453
pharmacy and grocery pickup assistance

Free Fitness Classes

Scripps Health offers **FREE** classes via Zoom:

Chair Yoga & Meditation
Mondays, 11:00-11:55am, Meeting ID 657 852 723

Balance
Tuesdays, 11:30am, Meeting ID 438 562 730

Arm-ercise
Wednesdays, 11:30am, Meeting ID 290 592 779

Slow Flow Yoga
Wednesdays, 7:00-8:00pm, Meeting ID 114 630 925

Free Physical Therapy

Physio2Go provides **FREE** physical therapy via Telehealth to whomever needs it, no questions asked. A physical therapist will listen to your problem, watch you move, and give you special tests to determine the best plan of action for you.

Phone: (877) 827-8246
Email: referrals@physio2gopt.com

LIFE IS SHORT
eat dessert first



CATCH THE METEOR SHOWER!

The Perseids, the most popular meteor shower, will peak on warm August nights as seen from the northern hemisphere. **They will be active from July 17 through August 24, and reach a strong maximum on August 11 and 12.** Normal rates seen from rural locations range from 50-75 shower members per hour at maximum! On these nights, however, the moon will be 40% full so observation could be limited.

The Perseids are particles released from comet 109P/Swift-Tuttle during its numerous returns to the inner solar system. They're called Perseids since the radiant (the area of the sky where the meteors seem to originate) is located near the prominent constellation of Perseus the hero when at maximum activity.

Need a Ride?

Facilitating Access to Coordinated Transportation

FACT offers **FREE rides** in San Diego County (including North County and the Escondido area) for seniors, persons with disabilities, students, veterans, and other residents who need assistance to make essential trips for medical, pharmacy or grocery needs.

TO ARRANGE A RIDE, call (888) 924-3228
8:00am and 3:00pm, Monday - Friday
Call ahead, 3-7 days in advance if possible.

Have the name(s) of the rider(s) to be transported, the pick-up address and time, and specify if any rider uses a mobility device such as a wheelchair or scooter.

Rides are available on a first-come, first-served basis.



The newly installed fence and plants along Oak Shadow Drive replaces the older wood fencing that was recently removed, and was funded by both Champagne Village and The Welk Resort. Photo by Hil Sybesma (#127)

HOA vs. POA: What’s the Difference?

Homeowners associations (HOAs) and property owners associations (POAs) are easy to confuse because they’re similar in nature – but they do have key differences:

With an HOA, homeowners own the property on which their house sits, but the Association – not the homeowners – typically owns the common area. Owners are granted the right to use the common area through an easement, but they have no vested interest in common areas.

With a POA, each owner typically owns an equal share of the common area. This combination of owning your space and an interest in the common area is known as a *unit*. Per our CC&Rs: *the ownership of each condominium shall include the ownership of a Unit and of a 1/457th undivided interest in the Common Area as tenant in common and membership in the Association.*

Regular Visitors? Add Them to the Gate List

If you have family members, vendors, care providers or friends who regularly visit, you can have them added to the list for quick access to the Main entrance. Two types of access can be granted (contact the Office for details):

Access via the right-side RESIDENTS lane. This allows your visitors 24/7 access from the swing-arm Residents lane at the Front Gate. Each resident is permitted access for only five vehicles, including your own. To grant someone this type of access, contact the Office.

Access via the left-side GUESTS lane. This places your visitors on a permanent list at the Kiosk, thereby eliminating the need for you to contact the gate whenever they’re expected. In this case, visitors stop at the Kiosk to check in with the Gate staff. When the Kiosk is closed, your visitors will need to use the numeric keypad to contact you and gain access through the gate. To grant someone this type of access, contact the Office.

What Does our Management Company Do?

Recently, there’s been some speculation that Associated Asset Management (AAM), CV’s property management company, calls the shots here at CV, making all the important decisions regarding our community. This is not true.

The CVPOA contracts AAM to assist with HOA management activities. These functions are administrative in nature, and include accounts management, accounting, personnel management, billing, dues collections and a variety of homeowner communications and interactions. AAM also provides important training for our Community Manager, staff and Board members. Our AAM staff in Oceanside plays an important role in supporting the day-to-day operations of CV.

As always, the Board of Directors remains the principle policy-making body that sets policies, standards, procedures, programs and budgets for Champagne Village, overseeing all operations. Contact the Office if you have any questions.



Our Crepe Myrtles along Live Oak in glorious bloom!
Photo by Hil Sybesma (#127)

Found a Snake in your Yard? Don't Kill It!

Snakes are valuable predators that keep our rodent population under control. If you find a snake, call one of these residents to remove it for you. We 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 #262 310-8827
- Anna Marie Montoya #173 751-0287
- Terry Quimby #329 749-8422



C,mon, guys... don't look so serious!

From the Editor



Thanks to COVID-19, Zoom is now a thing for pretty much everyone, including older adults who are 'zooming' for family time, wellness visits, happy hours, yoga classes, religious ceremonies and a host of other activities. Including HOA meetings.

Out of sheer necessity, many of you are now video chatting like tech-savvy teenagers. You know that insulting stereotype, 'seniors can't learn this stuff...?' You're kicking that right to the curb, and I applaud you!

Although this leap into new technology has been fairly painless, it's not without some bumps, and last week's Zoom Board meeting had its own... well, struggles. But those struggles must also be applauded! We all fall before we fly. I appreciate the Board's willingness to be uncomfortable with this new online tool while they master it. They've turned crisis into an opportunity and we've all benefited. Well done!

The other benefit to meeting via Zoom is how great it is to see faces not seen in so long. I actually had to force myself not to violently wave at everyone! It's also fun to see everyone's home surroundings. Must be the HGTV addict in me... A harmless voyeurism, so to speak.

Soon, we'll all be back together in the Hall. Meanwhile, ZOOM ON, CV!

P.S. Can I just say how AMAZING those green walls are, Daugbjergs? LOVE IT! (see left)

Think you Know THESE Villagers?

Jan Nyberg #221 and Nancy Thweatt #93

Our spotlighted couple of the month came to Champagne Village in November, 2018, from the far off community of Rancho Bernardo via Placerville and other San Diego communities. Wishing to downsize and move to a 55+ affordable retirement community, our couple found themselves drawn to our beautiful village. And so here they are along with their little dog, Daisy.

Not wishing to divulge age, suffice it to say that the couple is at a Medicare+ age and have been married 46 years. They met in 1973 while they both were employed at the San Diego Sheratons, he as a bellman and she as a greeter/hostess. They now have two children and four grandkids.

Mr. is currently a School Psychologist, working in Special Education conducting assessments for a variety of disabilities for the Lakeside School District. He happily reports that he has only one more year until full retirement. Mrs. has had a varied career path, including preschool teacher, hospice patient care volunteer supervisor, Reiki (alternative therapy) practitioner and substitute special educational teacher.

Favorite past-times include reading/listening books (sometimes three or four at a time, believe it!) yoga, ballet (pre-Medicare years), off-roading (customized Toyota 4- Runner), and of course, walking Daisy.

A fun Champagne Village couple!

DO YOU KNOW WHO THESE VILLAGERS ARE?

Check later in this newsletter for the answer.



Welcome, New Residents!

#169 Kristina McLaughlin
(760) 310-2611

#295 Jim and Kelly DeMassimo
Jim (619) 318-2341, Kelly (619) 318-2342

#279 Steve and Susan Penacho
Steve (858) 245-2057, Susan (858) 245-2056
(they are also owners of #29 but rent it out)

#207 Russ Greene
(619) 518-9997



If You Cut it, They'll Chip it

Deer Springs offers free* chipping service

If you've cleared combustible vegetation to provide your home with defensible space, Deer Springs Fire Protection District can help get rid of it. Cut and stack it where it is accessible to their chipping crew, and they'll chip it for free. Email chipping@dsfsc.org for details.

*This offer is limited to residents of the Deer Springs Fire Protection District.

Have Breakfast and Help SAC

Eat at the Golden Egg Omelet House, and 10% of your receipt is contributed to SAC when you mention you live here Champagne Village!

GOLDEN EGG OMELET HOUSE
316 W Mission Ave, Escondido
7:00am to 2:30pm every day



They're Just Doing Their Job

Kindness is everything to essential workers AND our own staff

As the COVID crisis continues, so does the stress and anxiety that comes with it. And under these circumstances, we're all experiencing frayed emotions that sometimes leave us more easily irritated.

Unfortunately, that irritation is leading to some folks taking out their frustrations by berating cashiers, waiters, essential workers – and our own staff and Board members here in Champagne Village.

“Everyone is under so much stress, and one of our key defense mechanisms is transference,” noted psychiatrist Dr. Gayani Desilva in a recent interview. “You transfer your anxiety and anger, your inability to control the situation onto somebody else. Unfortunately, our unconscious, stressed-out, anxious minds let go and vent on these people who are just trying to help us.”

And they ARE just trying to help, under extraordinary circumstances in moments when they are stressed out as well. Mario, Fil, Tami, Tom and the Board are trying to perform their jobs and help us get through this. **They are OUR essential workers.** This is new for ALL of us, them included.

So the next time you see them around the Village or you're on the phone with them, please be patient and kind. They're just doing their job!

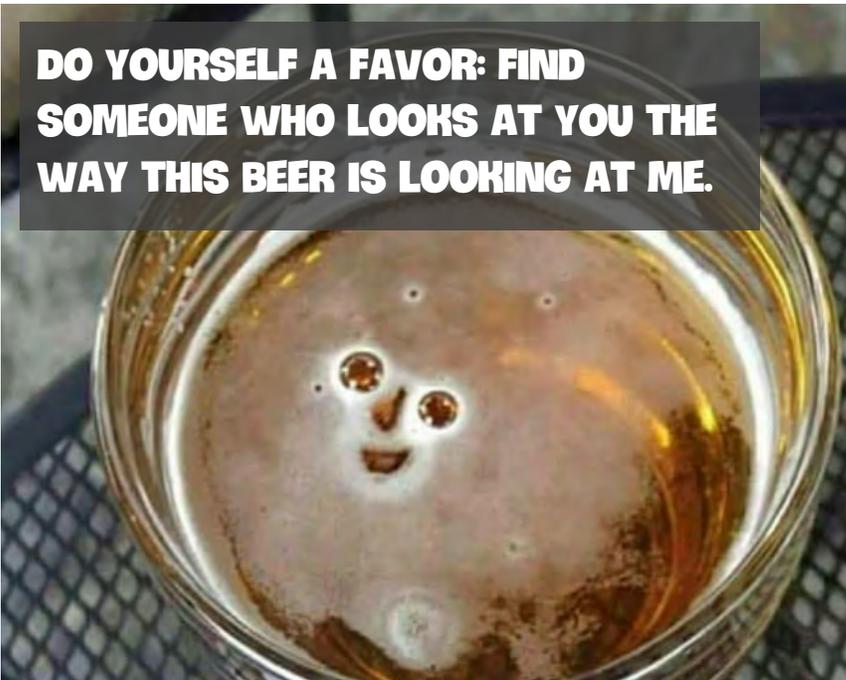


Use Your Dishwasher!

You can combine cleaning jobs, saving time and money on your water and electricity or gas bill, when you drop some of these items into your dishwasher to help fill it up:

- Baseball caps
- Bathroom wastebaskets
- Soap dishes
- Toothbrush holders
- Figurines
- Sponges
- Plastic flowers and plants
- Dish drainers
- Plastic hairbrushes and combs
- Manicure/Pedicure tools
- Garden tools
- Flip flops
- Exhaust fan filters
- Fridge shelves and bins
- Shower poofs
- Plastic bath and pet toys

DO YOURSELF A FAVOR: FIND SOMEONE WHO LOOKS AT YOU THE WAY THIS BEER IS LOOKING AT ME.



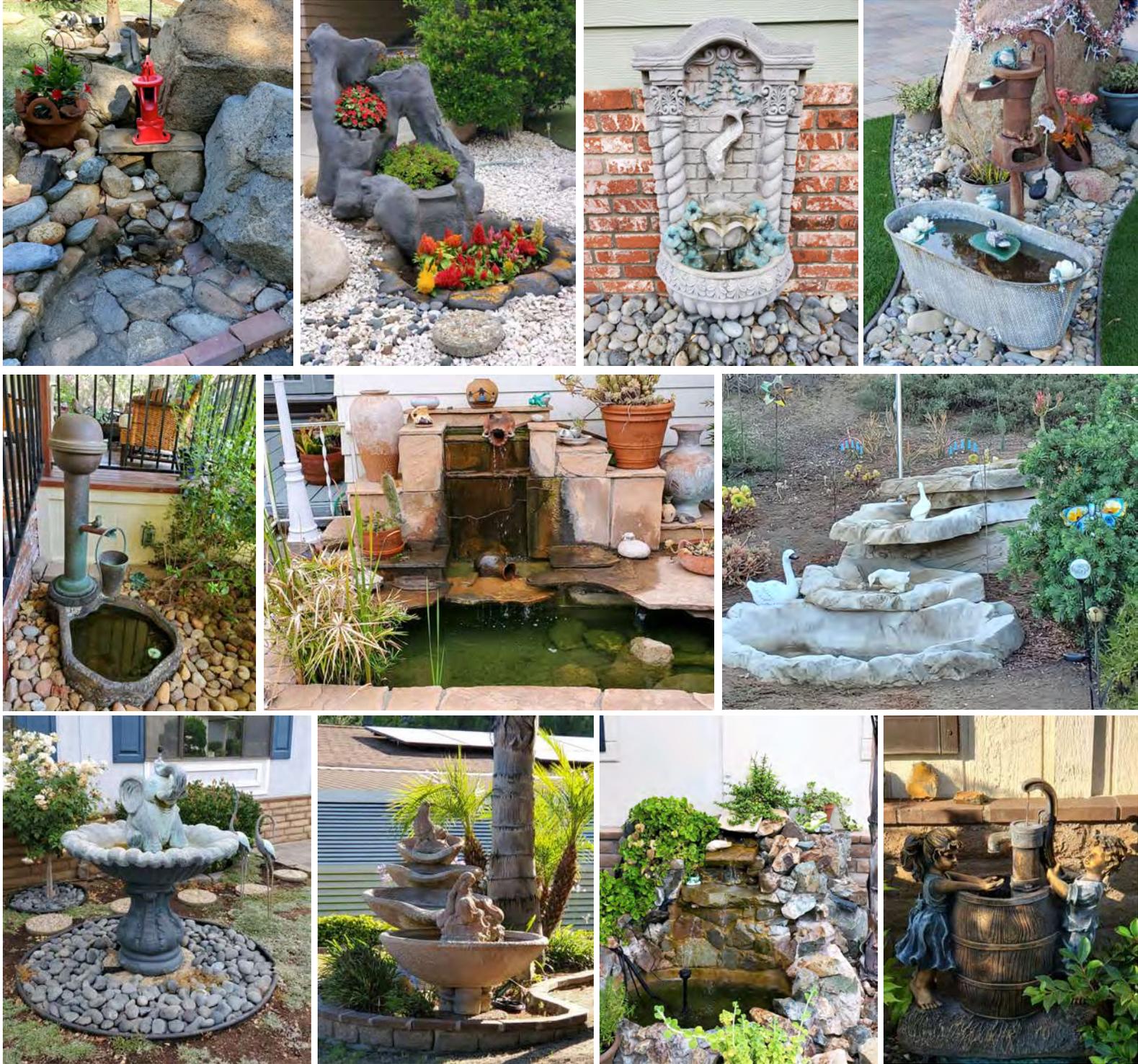
KINDNESS IS FREE SPRINKLE THAT STUFF EVERYWHERE



AROUND THE VILLAGE: WATER FOUNTAINS

Victoria Moore #432

I found these beauties while on my search for the Fountain of Youth, rumored to be located somewhere within Champagne Village...



THE NEED FOR CONNECTION AND COMMUNITY IS PRIMAL, AS
FUNDAMENTAL AS THE NEED FOR AIR, WATER AND FOOD.
DEAN ORNISH

CV Men's Golf

Pat LeRossignol #435

As I mentioned last month, the Club is still growing! In addition to the three new members mentioned in July, we have five more that have joined us



on the Fountains. Paul Ibbetson, Doug Mayfield, Winston Purkiss (6 hcp!), Tim Schmidt and Larry Walker have all recently been playing at Reidy Creek and 'discovered' Welk when it was the last course to close and then the first course to open during the activity shutdown. Hopefully we can convince some of them to come out for the Tuesday Oaks tournaments.

I've also heard that there is a possibility that a few more from RB Oaks North could be joining us as well. We are now scheduling seven tee times each Thursday, something that hasn't happened in years! Good times!

Level of play on both courses is very good in spite of the layoff. On the Fountains, Walt Van Dien is still leading the Golfer of the Year rankings with a sizable lead over Bill Glenn, Bob Bolt and Tom Zynda, but with several new low handicap players, the weekly competitions will be tough from here on out.

Our CVMGC meeting plans are still on hold due to the distancing restrictions. We'll let you know when we know something.

DO YOU NEED FACE MASKS?

Per the County of San Diego and the State of California, the wearing of face masks is required when you cannot safely distance from others.

If you need them, the following residents are offering quality handmade face masks to Villagers:

CAROL REPAS (#370) (760) 749-6484

VICKI McCALMONT (#56) (619) 345-1709

Oak Ladies Golf

Betty Service #259

Not much happening with the Oaks Ladies this month. Karen has decided to fly off to Michigan for a month. She will be back the middle of August.



Both courses appear to be in great shape and receiving lots of play. If you are interested in playing golf with the Thursday morning group or joining us for lunch (once restaurants open again), please contact me at betty.service@gmail.com or call me (619-933-8887) for more information.

The ladies play Thursday mornings at 8:00am (could be earlier in the summer months). I am currently taking a break from golf (bum knee), you can also contact Karen Smith (760-751-9762). When she's here, Karen usually plays weekly.

Tennis and Pickleball

Nancy Thweatt #93

Learn Pickleball!!

**No reason to be bored-
learn a new sport!**



Have you ever had an interest in learning to play Pickleball? Now is the perfect time! It is a great way to exercise and make new friends. If you've ever played tennis, ping pong, racket ball or volleyball you will be surprised at the crossover skills.

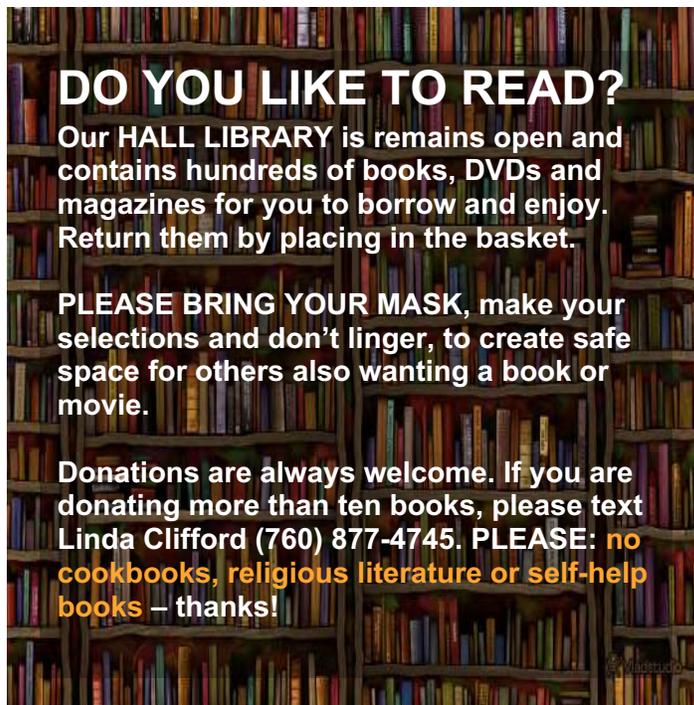
General fitness helps too as some running is necessary. **Call ahead or just show up at our regular scheduled sessions on Mondays and Fridays 8:00am.** We have extra paddles. We're happy to take you through the basics!

Call: Jan (661-203-9352) or Nancy (760-519-0161). See you there!





This is a REAL sign from Redwood City, California. Take a closer look at the fine print!



Pets and Anxiety

Reprinted from Purdue University

The COVID-19 pandemic is creating emotional stress and anxiety for humans, but chances are that your furry companions are also feeling the same way.

Anxiety results when we anticipate possible dangers from the unknown. Right now, there are lots of unknowns! This increases our own personal anxiety, and it's hard for our pets to not be directly impacted by that. They'll experience second-hand anxiety from us as we cope with lifestyle changes caused by the pandemic.

Use the following tips to help your pets deal with or avoid anxiety:

- Stick to a routine for both yourself and your pets, and avoid disrupting that routine as much as possible. Disruption can induce anxiety in animals, especially if they already have underlying anxiety issues.
- As you start participating in social gatherings in your home or yard, pets can become overwhelmed, especially if they've been isolated for several months. Provide a safe, quiet spot for them to retreat to so they can gradually interact when they're ready.
- Leaving your pet alone for the first time in months can cause anxiety. Plan to gradually transition by initially leaving them for short periods of time, if possible.
- If it's not possible for you to walk your pet, arrange for them to be walked. As with humans, exercise will reduce anxiety issues, leaving everyone calmer and happier.

More than anything, experts advise that owners keep a careful eye on their pets. Watch for any changes in eating, sleeping and behavior, note any increase in depression or aggressiveness, and consult your veterinarian when necessary.

REMEMBER: our pets are calmer when WE are!

**I don't always go the extra mile,
but when I do it's usually
because I've missed my exit.**

What We Need to Eat and Why!

Etta McQueary #299

My hometown is Cincinnati, Ohio, the land of meat and potatoes. We had dairy at every meal and my salad, when we had it, was a chunk of iceberg lettuce. Sounds like a Standard American Diet, right? It still is for many but today, some of us nickname it SAD. I wasn't very healthy on this diet so when I had children of my own, I decided to learn how to eat healthier. Advice from the government educators included the Four Food Groups, the Food Pyramid and the Five-A-Day campaign, which all failed to help us eat healthy. Now we have The Plate, which shows half of our plate at each meal being fruits and vegetables. Our health organizations and experts are recommending 7-13 servings of fruits and vegetables daily. Here is a quick look at why we need so many.



All produce, which is any food that does not come from an animal, contains a huge array of nutrients. These micronutrients, sometimes referred to as phytochemicals, include vitamins, minerals, antioxidants and enzymes. Many of these nutrients are destroyed when we cook our food, especially the enzymes, which are important for breaking down our food for digestion and assimilation. Also, the soil our food is grown in has been depleted over time, so we need more to make up for the loss.

Studies show that 80% of Americans are not eating enough fruits and vegetables and many don't like to eat them. We can acquire a taste for vegetables by eating small amounts more often and lots of different colors. Mixed in a summer salad, they are quite delicious – and in California, we are able to get them a little fresher.

Let's look at some Super Colorful foods and what benefits they provide:

Red: Apples, tomatoes, cherries, pomegranates, red beets, raspberries - supports bladder health, the prostate, our DNA and cardiovascular health.

Purple/Blue: Grapes, blackberries, plums, eggplant, raspberries - good for the heart, brain, arteries, bones and cognition.

Green: Broccoli, swiss chard, kiwi, avocado, honeydew melon, spinach - supports, eye health, artery function, lung health, liver function and cellular structure.

White: Onions, white beans, cauliflower, pears, garlic - support healthy bones, circulation, and artery function.

Yellow/Orange: Carrots, pineapple, papaya, pumpkin, yams, bananas, peaches - good for eye health, healthy immune function, growth and repair.

In addition to these, all plant-based foods reduce inflammation, help keep our systems alkaline, help detox our liver and kidneys, and contain protein: all very important for prevention, protection and repair. More on these topics in a future article. Meanwhile, Eat Your Greens!

REBUS PUZZLES! (answers on page 22)



1



2



3

COME
TABLE
TABLE
TABLE
TABLE

4

RESIDENT HAPPENINGS!

Do you have a new grandchild? Are you celebrating an anniversary or birthday? Have you recently retired or returned from an adventure? Email the editor (CVTimesEditor@gmail.com) and we'll add it to this page!
REMEMBER: the deadline for all submissions is the fifteenth of each month.

From Lee and Pat Martin (#137)

Our newest great-great granddaughter, Karsyn Briar, was born June 12th – that makes 20 great-great grandchildren! Our oldest great-great grandson, Cayden (nineteen years old), entered the Marine Corps earlier this summer.

From Tom and Ginny Walker (#144)

We have a new granddaughter! Emmeline Marie Walker, born July 12th, 8lbs 13oz. This is our seventh grandchild. We celebrated our 33rd anniversary on July 18th on a Hornblower Dinner Cruise! (photos below)



Thank You's!

Thanks to Caroline and Tom Bossmeyer for designing and handling orders for the CV SPIRIT shirts that honored our CV Spirit parades, held through July 4th. They're great!

Sent in by several Villagers



Thanks to Jan Nyberg for coming up with so many terrific ideas for current and future CV Times articles. Keep them coming, Jan!

Susie Riley, Editor

Planting Seeds of Kindness: A Happy Story

Susie Riley (#311)

Ray and Joan Yorke have lived here in Champagne Village (#109) for 20 years. Wheelchair-bound with other ailments, they're hardly in any condition to landscape. Last month while sitting on their porch, a resident they'd never before met stopped at their home and asked if they'd like some help with their garden. Skeptical at first, they said YES, not knowing exactly what kind of help would be provided or whether any cost would be involved.

A few days later, Ray (88 years young) awoke from a nap to discover that the work had been completed while he slept. His garden looked wonderful! Both were delighted, but later realized that they'd never asked the name of the resident and now did not know who to thank for this kindness. Joan said to Ray, "call to see if the CV Times will help!"

The kind resident (whom I will refer to as the Drive-by Gardener) has since been located and asked to remain anonymous. *Wish granted.*

TO JOAN AND RAY: I've passed along your heartfelt thanks! TO THE DRIVE-BY GARDENER: well done – thanks for spreading that CV love!

Making the Best of the 'New Normal'

Kathy Gay (#217)

I have lived in Champagne Village for little more than two years with my faithful companion, Mocha, a black Lab mix. Enjoyed meeting new people and joining activities. Then came COVID-19. Pandemic, lockdown, I'm so over it. There's only so much shopping and waiting for the arrival of new purchases from Amazon. Binge-watching television shows is brain-numbing (I have 300 plus Law & Order episodes recorded).

One day I asked Mocha what she thought of my new slippers, and I expected an answer. She didn't. That's when I decided to go back to school, Palomar College, after 30-plus years and of a certain age. This would not be without challenges, but nothing that can't be overcome.

I went on the Palomar website and attempted to navigate the pages. I really just wanted to talk to a real live person, which nowadays is not that easy, and especially now with many workers working from home. Was able to schedule a Zoom appointment with the counselor and was given my list of classes. Contacted (online, of course) other schools I had attended to send transcripts over to Palomar. The counselor recommended I should complete the financial aid form (FAFSA), and I did.

My summer class is Ceramics for two days each week, which is an online class as are all classes now. Started school on June 23, on June 25 went to campus and picked up two boxes of clay (each box weighed 50 lbs. and contained two blocks of clay). Converted space in my laundry room for my new studio.

You may hear noise coming from my house on some days as I pound or throw clay (actual term). I work on projects every day for at least three hours. There's something fulfilling about creating something using my hands. Yes, my ceramic pieces are clumsy and not refined (I prefer the term rustic). And, yes, it is quite satisfying to know that this work can actually be done by me.

I consider the whole thing — pandemic and going back to school — interesting, challenging (for sure), and frustrating.

On a side note, FAFSA returned my form requesting clarification on one of the sections completed. Big red mark around my birth year and asking if the year I wrote in was accurate. In other words, *are you really that ancient?* I am very glad I decided to go to school, it has helped me physically and mentally. And, Mocha agrees!



Kathy Gay and Mocha take a break from online classes at Palomar College. You go, girls!

Does anyone know which page of the Bible explains how to turn water into wine?

Asking for a friend...



Health Insurance News

Carla Grills #105

It's been a while since I wrote about the differences between Original Medicare and Medicare Advantage Plans. So here's a refresher on the basics.

Medicare is made up of several parts: A, B, C and D.

- Part A is hospitalization coverage
- Part B is for doctors, labs etc. outside of a hospital
- Part C refers to Advantage HMO Plans
- Part D is drug coverage

You qualify for Part A and/or B by working 40 quarters and paying into the Medicare fund. Once you reach 65, you can enroll. If you've stopped working and don't enroll, you'll pay a penalty for the rest of your life on parts B and D.

While there's is no premium for Medicare Part A, there are premiums for parts B and D. Part B's current monthly premium is \$144.60. Part D's premium depends on the drug plan you choose, and can range from \$13 to \$100. You can purchase a drug plan with either Part A or B coverage. You cannot, however, sign up for an Advantage Plan (Part C) unless you have both A and B coverage.

Original Medicare has no doctor network, so you can see any doctor who accepts Medicare patients. An Advantage Plan is an HMO and the Doctor network is restricted to their Doctors and service area. Part D is usually included in an HMO plan (although there are exceptions).

Advantage Plans (C) are sold by private companies, where bills are paid by the plan you choose. There are copays and coinsurance and sometimes a premium. With an Advantage Plan, you cannot have any additional drug or Medical coverage (Medigap). But with **Original Medicare**, you can purchase a Medigap policy to cover copays, coinsurance and a standalone drug plan.

If you choose an Advantage Plan, you have a 12-month test period that allows you to switch back Original Medicare and purchase a Medigap plan and drug plan with guaranteed issue. This is a one-time enrollment period. There are other Special Enrollment periods when this can happen, such as a move.

Consult your local agent if you have further questions. This is just a quick comparison.

IRS: Seniors, Retirees Not Required to Take Distributions from Retirement Accounts this Year Under New Law

Ken Cozzens #421

The Internal Revenue Service reminds seniors and retirees that they are not required to take money out of their IRAs and workplace retirement plans this year.

The Coronavirus Aid, Relief, and Economic Security Act, or **CARES Act**, waives required minimum distributions during 2020 for IRAs and retirement plans, including beneficiaries with inherited accounts. This waiver includes RMDs for individuals who turned age 70½ in 2019 and took their first RMD in 2020. Roth IRAs do not require withdrawals until after the death of the owner.

What if you already took your RMD?

If an individual has already taken an RMD in 2020, including someone who turned 70½ during 2019, the individual will have the option of returning the distribution to their account or other qualified plan. Since the RMD rule is suspended, RMDs taken in 2020 are considered eligible for rollover. Therefore, RMDs can be rolled over to another IRA, another qualified retirement plan, or returned to the original plan.

An IRA owner or beneficiary who has already received an RMD in 2020 can also repay the distribution to the distributing IRA no later than August 31, 2020, to avoid paying taxes on that distribution. IRS Notice 2020-51 also provides that the one rollover per twelve-month period limitation and the restriction on rollovers to inherited IRAs do not apply to this repayment.

The CARES Act provisions apply to most retirement plans, including traditional IRAs, SEP IRAs, SIMPLE IRAs, 401(k) plans, 403(b) plans, 457(b) plans, profit sharing plans and other defined contribution plans. The RMD suspension does not apply to qualified defined benefit plans.

Where can you find more information?

For more information on the CARES Act and retirement plans, including FAQs, go to [irs.gov](https://www.irs.gov) and scroll down to **Coronavirus Tax Relief**.



BATMAN AFTER QUARANTINE

For a community to be whole and healthy, it must be based on people's love and concern for each other.

Millard Fuller



WHERE CAN YOU WALK YOUR DOG?

The dog-walk area starts at the Car Wash on Live Oak, then continues along the street ONLY until the rear of the stage. Starting there, off-street areas may be used (including the picnic area). The dog-walk area then continues up to the intersection of Live Oak and Ironwood, then along Ironwood to the RV area, and up the hill to the intersection of Ironwood and Sumac.

No dogs are allowed in the Grill/Stage area, Tennis Courts, Maintenance area or their parking areas.

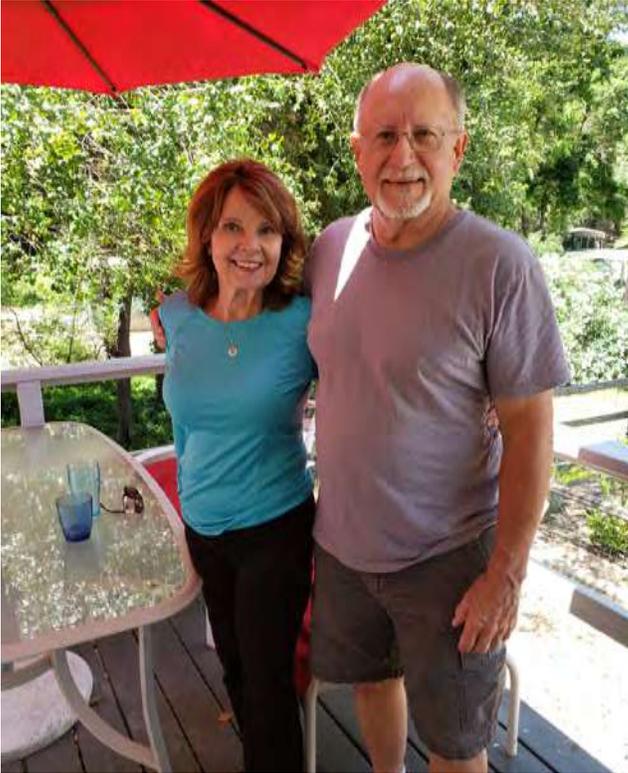
**Please Remember!
YOU ARE RESPONSIBLE FOR PICKING UP AFTER YOUR DOG.**

Governing Documents: A Refresher

CC&Rs. (Covenants, Conditions and Restrictions) Details the rights and obligations of both the Association and its members. Describes common areas and their upkeep and use, membership and fees, insurance and other topics. Basically, they state what you may, may not, or must do with respect to your home and Association membership.

Bylaws. Describes how the Association is governed. This includes how owners become members, how they vote, when elections are held, the rules that must be followed when elections occur, etc.

Rules and Regulations. Provides specific rules on how members should abide by the CC&Rs. For example, the CC&Rs give the Association the power to manage the common area, but never detail how to do that. The Rules and Regulations clarify how to reserve the Hall or picnic area, and offer other details on using, managing and maintaining the common area.



ANSWER: WHO'S WHO on page 13

Above, Richard & Deborah Stravasnik 425



In late July, flowering rose plants were installed on Terrace near the shed by the well. These beauties will quickly fill out and enhance the beauty of our Village. (Funds for this effort came from the Reserve Funds that were set aside for the well project.)
Photo by Hil Sybesma (#127)



Thank You Volunteer Librarians, Linda and Jerry

Jan Nyberg #221

Have you been to the CV Library lately? It's become a popular stop right after picking the mail. Many residents drop into the library to check on new titles for books, magazines and DVDs. But who does the work of sorting and organizing? No, little elves don't come in every night to tidy up: just two very dedicated volunteers who've made it their mission to prepare the shelves for our use during this time of being housebound.

Linda and Jerry Clifford walk from their home up on the hill (#186 Terrace) each evening to sort, label and shelve. Their efforts are appreciated by the many of us who use and appreciate our Village Library. Now you know who to thank!

REBUS ANSWERS

1 One-night Stand. 2 Circles under the Eye.
3 Domino. 4 Comfortable.

Hope you had fun!

You look
really
funny
doing
that with
your
head...



CV ACTIVITIES/CONTACTS

CARDS AND GAMES

Bridge for Everyone
Bunco
Game Night
Hand and Foot
Pool Players

WHEN AND WHERE

Tues - 1pm Card Room
2nd & 4th Fri - 1pm Hall
Mon - 6pm Hall
Thurs - 1pm Gathering Place
Mon, Weds, Fri - 1pm Hall

CONTACT

Wayne Steele (760) 913-5345
Delores Madsen (760) 751-3472
Anita Amaro (760) 913-5055
Martie Jenson (760) 201-5520
Mike Mann (714) 323-8417

CRAFTS, HOBBIES, ETC.

Bird Watchers
Chorus
Crafters & Conversation
Drama Club
Ukulele Group

WHEN AND WHERE

various
Tues 10-12 Card Room
Thurs - 10am Card Room
Most Tues & Thurs 2-4 Hall
Thurs - 9:30am Hall

CONTACT

Deanna Clatworthy (760) 751-0204
Nancy Thweatt (619) 209-1422
Julie Conner (626) 536-9167
Jennie Shaw (760) 751-8909
Hil Sybesma (760) 751-8764

EXERCISE, SPORTS, DANCE, WELLNESS

Bocce Ball
Body Groove Exercise
Chair Yoga
CV Hikers
Line Dance - Beginners
Line Dancing (no lessons)
Meditation
Men's Golf
Oaks Ladies Golf
Pickleball
Ping Pong - Beginning
Table Tennis
Tennis Club (meeting)
Water Exercise
Water Exercise

WHEN AND WHERE

set your own time
Tues & Thurs 4:00pm Hall
Mon, Weds, Fri - 8am Hall
Various
Mon - 9:45am Hall
Mon, Weds, Fri - 9am Hall
Sat - 8am Card Room
Tues, Thurs morning
Thurs mornings
Mon, Fri, Sat - 8:30am Tennis Ct
Weds - 2pm Card Room
Mon -Thurs - 4:30 Card Room
2nd Thurs - 5:30pm Hall
Mon, Weds, Fri - 10am Pool
Tues, Thurs - 9am Pool

CONTACT

Bev Strobl (858) 695-9077
Joanne Hansen (619) 743-3823
Linda Clifford - text only (760) 877-4745
Mark Seebach (760) 644-8838
Janet LeRossignol (760) 749-7934
Janet LeRossignol (760) 749-7934
Sue Seebach (760) 224-5899
Rich Magnuson (442) 248-1916
Betty Service (619) 933-8887
Jan Nyberg (661) 203-9352
Al Kezis (207) 385-6926
Leo Soldatenkov (858) 382-7918
Anna Marie Montoya (760) 751-0287
Deanna Clatworthy (760) 751-0204
Jan Nyberg (661) 203-9352

RELIGIOUS

Ladies Bible Study
Myron's Bible Study
Vespers Sunday Worship
Village Care Group

WHEN AND WHERE

various
Tues - 7pm Gathering Place
1st Sun - 4pm Card Room
2nd/4th Thurs - 6:30pm Card Room
5th Thurs, 5pm potluck Hall

CONTACT

Bev Davenport (760) 751-3025
Myron Baker (760) 802-5471
Linda Clifford - text only (760) 877-4745
Don Densmore (760) 751-8865

COMMUNITY

Bookmobile
Care & Concern Committees
CV Lions Club
Library
Memorial Assistance
Men's Breakfast

WHEN AND WHERE

1st/3rd Tues, 10-12 by Laundry Rm
Various
3rd Weds, 5:30pm Hall
CV Library
Call if needed
1st Sat (Oct-May) Hall

CONTACT

Linda Clifford - text only (760) 877-4745
Barbie Floyd (530) 925-2319
Alan Rings (858) 395-7572
Linda Clifford - text only (760) 877-4745
Martie Jenson (760) 201-5520
Tom Bossmeyer (442) 217-8194

SOCIAL AND CLUBS

CV Boomers
CV Democrats
CV Republicans
CV Social Group
Karaoke
Social Activities Committee
Veterans Memorial
The Young and The Rest of Us

WHEN AND WHERE

various
various
various
Fri - 4:00pm, Gathering Place
various, Hall
various
various, Memorial
various

CONTACT

Joanne Hansen (619) 743-3823
Susie Riley (603) 938-5283
Pat Martin (760) 703-7776
Inge Stein (858) 335-9885
Wade Steverson (760) 297-4810
Linda Steverson (760) 297-4810
Susie Riley (603) 938-5283
Susie Riley (603) 938-5283