



# THE VIEW SEPTEMBER 2004

*Mountain View Community Association*

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Hi Folks!

Another month of hot, sunny days has past and we can look forward to fall and the many great activities planned for Mountain View residents. The Social Committee has been working hard to bring you a great variety of events, classes and activities. The Luau sounds like a lot of fun, good food and entertainment (and a delightful surprise planned for those in attendance). So, check out the calendar and articles in this newsletter and enjoy!

As most of you know, Katie Wenke has stepped down from president to vice president of our Association. Congratulations to Bob Vernlund, our new president. And thank you Katie, Bob and board for all your time and hard work.

Be sure to check out the progress on our website ([www.mountainviewhoa.org](http://www.mountainviewhoa.org)). Although a work in progress, it is fun to watch it grow.

## The Prez Says

We are going to pick up where Katie left off. There will be no big changes or new directions. You will notice that our regular monthly meetings will have a new agenda that is more in line with our bylaws and books on parliamentary procedure. This is something that we have been planning for a long time. Also, we post the agenda at the clubhouse up to three days in advance of the meeting and will have time in the agenda for homeowners to address items on the agenda before a vote is taken. We will continue to have an open forum at the end of the meeting for owners to talk about subjects that are not on the agenda. There will be a sign-in sheet with a column to indicate if you wish to speak. We will be limiting the time to three minutes per person with a total time of 15 minutes.

I am proud to live in a community where everyone cares about how their property appears. If you look around, you will see that most residents do park inside their garages and most front landscaping is improving every day. As your new president, I want to assure you that, as a community, we are all in this together. I would hope that a reminder of something out of compliance (violation) would be all that is needed to resolve a situation. Those communities that have CC&R's and enforce them continue to be the most desirable communities to live in (i.e. higher property values). As a Board of Directors, we need your support as well as your input. The future of Mountain View is great—we have a good thing going and the best is yet to come.

# MOUNTAIN VIEW HOMEOWNERS ASSOCIATION MEETING HIGHLIGHTS – August 18, 2004

*submitted by Joanne Phillips, Secretary*

Nissho, our landscape company, presented a plan of action for the common areas in the community.

Board and resident participants in the Community Association Institute workshop on July 24<sup>th</sup> stated their appreciation for the opportunity to attend and discussed the valuable information contained in the presentation. Depending on the interest from the community, an additional workshop, “The ABC’s of Community Associations,” will be scheduled after the first of the year.

- ***Facilities Committee*** - sprayed for varmints in the kitchen and card room closet; air conditioning filters are changed every three months; putting green will be repaired next week; three lounge chairs in the pool area are broken and need to be replaced; spa pump has been repaired.
- ***Landscape Committee*** – all is going well.
- ***Design and Review Committee***– are keeping up with applications.
- ***Social Club*** – Luau on September 12; collecting tabs from soft drink/beer cans to donate to dialysis patients.
- ***Web Page*** – discussions on their agenda include advertising on the web page—this would generate income for the HOA.
- ***Neighborhood Watch*** – will now be a subcommittee of the HOA.

At the last HOA meeting, the Board requested volunteers for a seven-member committee to review the Rules and Regulations again. Fifteen residents volunteered to participate in this review. A drawing was held and the following seven homeowners are on the committee as voting members: Don Teague, Eunice Kang, Frank Pavlik, James Wilson, Michael Hannah, Robert Shoemaker, and Wayne Williams. Board President, Bob Vernlund, encouraged the other volunteers to attend the committee meetings to give their input to the proceedings.

Wayne Williams volunteered to check out sound systems for the clubhouse, as the present system is inadequate. He will report his findings to David Lidyoff.

During the “Open Forum” a suggestion was made that we attempt to improve communications between the homeowners and the Board of Directors by developing a “delegate” system for each 50 homes that can keep closer links with what is going on in each area and the entire community. The Board will consider this suggestion and discuss the issue at the next HOA meeting.



## ***BOOK CLUB***

By Shirley De Carlo (242-1624)

The Book Club will meet at 10:30 a.m. on Thursday, September 23rd, at the Clubhouse. We will be discussing “Girl With a Pearl Earring” by Tracy Chevalier. The story takes place in the 1660’s in Holland. It is an ingenious blend of fact, fiction and insight into Vermeer’s artistic view of the world around him.

Come join us and then perhaps **you** would like to choose a book for all of us to read. We do have some very lively discussions.



## ***Neighborhood Watch***

***by Rick Hansen***

Things are progressing nicely. However, we still have some problems that we are working to correct.

One project is to have metal plates installed on the inside of the pedestrian gates to prohibit anyone from reaching through from the outside and use a key, credit card, screwdriver or any solid item and to open the latch on the lock (handle). Another project is to have metal screens installed at the bottom of the automatic gates. Right now, the gates are too high off the ground and most people can crawl underneath them. We are working to make this community as safe as we can and to make it difficult for someone to enter who doesn't belong here.

The next zone captain meeting will be on Wednesday Sept. 8th at 6:30 pm at the clubhouse. If you have any questions or comments that you would like addressed at the September meeting, call me and we can discuss them, or attend the meeting on the 8th. It is open to all residents.

## **PULL TABS**

**Save all those pull tabs from all your cans to help dialysis patients—Five minutes of treatment per tab. Benefits are for the City of Hope and the Ronald McDonald House. Look for the collection jar at the clubhouse and at our TGIF parties.**

**Thank you. For information, call Nancy**



## ***THE GARDNER'S CORNER***

*by Carole Sweeney*



*From the gardener's corner...* Fall is a great season in the garden. You can plant everything during late September. The soil is warm and roots will get a head start before the winter rains begin. Start thinking about **spring flowering bulbs**. You can buy them now while the selection is best; but put tulips, crocus and hyacinths in the refrigerator for 6 to 8 weeks before planting. Some bulbs that can be planted right away are Babiana, Freesia, Sparaxis, Tritonia and Watsonia.

Bringing new plants into your garden? Be sure to amend your soil. Start by watering thoroughly to bring up the weeds. Once the weeds are up, use Round Up and wait until all weeds are eliminated. Dig soil and spread organic amendments: a 2" layer of amendments, 2 pounds of an all-purpose fertilizer and 10 pounds gypsum. This recipe improves about 100 square feet of garden (an area of 10 by 10 feet or 4 by 25 feet).

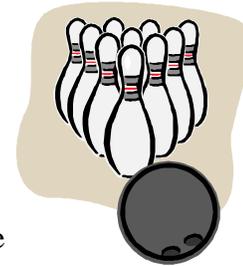
Speaking of **weeds**, they don't take vacations this time of year, so keep after them or they will spoil your beautiful garden.

Now that all residents have moved in, I would like to remind everyone that we have a wonderful gardening resource close by—UC Riverside Extension. The **Master Gardeners** have a hotline at 683-6491, ext. 228 where volunteers answer your gardening questions daily from 9 am to noon.

On September 1<sup>st</sup>, I will call Encinitas Chamber of Commerce to reserve tickets for the Poinsettia Farm tour in November. Let me know if you want to go. Happy Digging in the

## **BOWLERS ALERT**

*by Nancy Berger*



Inflation Fighters League starts Thursday, September 9<sup>th</sup> at 8:30 am at the Brunswick Moreno Valley Bowl at 24666 Sunnymead Blvd. Price is \$8 per week for 40+ weeks, plus a one-time \$15 fee for a one-year sanction card. If you don't have bowling shoes, rental fee is \$2.29 per week.

Congratulations to "The Mountainviewers," Judy Hedger, Janet Jarosh, Jerry Little and Wayne Williams for taking top honors in the Summer League.

Come and join us. It's fun and good exercise.

# Ladies Luncheon

Tuesday, September 21, 2004  
1:00 pm



# Brittany's Cafe

12190 Perris Boulevard  
Moreno Valley

*Meet at the Clubhouse at 12:30 pm to carpool.*

*Deadline to RSVP is September 17th.*

**Call Joyce Collins at 485-8042**

PHOTOGRAPHS WANTED

W H T  
H A

Please call Nancy Berger if you can help with photos.

# BUNCO

*We've Had a Great Turnout and the Winnings Have Increased.  
Come Join the Fun!*

Most Buncos - Michael Frahm (\$25.00)  
Most Baby Buncos - JoAnn Foronjy (\$5.00)  
Most Wins - Margie Kross (\$24.00)  
Most Losses - Peggy Meddings (Got her \$3.00 Back!)



**TUESDAY, SEPTEMBER 14, 2004**  
*(2<sup>nd</sup> Tuesday of the Month)*

**6:30 PM**

The appetizers were a big hit so we'll do it again in September.  
We'll have wine and margaritas!

For more information contact:

Sue Janssen - 242-0959 or Sharon Shavce - 247-2772  
[ESJanssen@adelphia.net](mailto:ESJanssen@adelphia.net) or [SShavce@Gmail.net](mailto:SShavce@Gmail.net)



## ***Paint on Glass Class***

***The paint class will meet on September 15 at 6:30 pm at the Clubhouse. There will be a \$5.00 charge for supplies. Bring something glass to practice on...an empty jar is good. Sharon Cristino will demonstrate the one-step painting technique and give you a practice guide, and Jo Pavlik will demonstrate free hand designs, and give you glass painting hints. You will see different painting techniques and be able to practice them. Be thinking of your glass item(s) and a design that you might want to paint; finding them on greeting cards, note cards, napkin or plate designs are suggestions.***

***If you have any brushes bring them to see if they would be appropriate. Whether you want to match glasses to holiday dinnerware, a cloth napkin design, or create an all-new pattern, bring your ideas. We will be painting our items on the second evening session, date and time yet to be arranged. For questions, please call Jo Pavlik or Sharon Cristino***



# Here's to Your Health

*By Georgene Tacke, RN, MS*

Good news for those with a sweet tooth! Just like drinking red wine, eating dark chocolate in moderation can actually protect against heart disease. Dark chocolate is believed to contain polyphenols—potent antioxidants that destroy free radicals in the body and have been found to lower the risk of heart disease and other illnesses. Also, the substantial amount of flavonoids in dark chocolate decreases LDL, the “bad” cholesterol in your body. But while a little bit of chocolate can be a good thing, try to resist the urge to chow down on those chocolate goodies all at once. Limit your intake to a small amount of dark chocolate each day for optimum results. It still has those pesky calories.

In order to avoid neck problems:

- Keep your reading materials at eye level as much as possible. This will keep your neck in a neutral, relaxed position.
- Keep your upper back, neck, and head in a straight line when you're partially reclined (e.g., watching TV or reading in bed). A wedge-shaped pillow can help.
- Don't cradle the phone between your ear and shoulder.
- Make sure you are looking at your computer monitor screen straight on.
- Take frequent stretching breaks throughout the day.
- Keep your neck and spine on one long, straight extension when you sleep. A specially curved cervical pillow may help.
- Don't carry a heavy purse or shoulder bag on one shoulder.

I hope you are enjoying the summer. Don't forget your sunscreen, water and hat.

## **NUTRITION AND WEIGHT CONTROL GROUP TO RESUME IN SEPTEMBER**

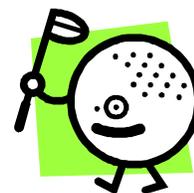
After a summer off, the Weight Control Group is ready to start in strong again. Of course, we all did extremely well this summer, and have lots of ideas and thoughts to pass along to our friends concerning weight control and nutrition.

We will meet the last Thursday of each month at 7:00 pm at the Clubhouse. Among the topics to be discussed will be different methods of weight reduction, metabolism and different body types, emotional eating, the role of water and liquids, appropriate exercise for weight loss and health, as well as other topics of interest. We encourage open discussion and participation.

Please attend our first meeting this fall on September 30 at 7:00 p.m. in the Clubhouse if you are interested in nutrition, weight control and a healthy lifestyle. For

# Golf—We're Surrounded by It!

by Meredith Teague



Just to get you “in the mood” for a terrific talk by James Ricks next month at our Social Club meeting on October 6, here’s a bit of information on Golf.

## *What is "Golf?"*

The earliest known reference comes from King James II of Scotland, in 1457, who issued a ban on playing golf and football (soccer) because those games kept his archers from their practices. James III and IV in 1491 re-issued the ban. But, in 1744, the first known rules were put down in writing in Edinburgh. The USGA Museum states that stick and ball games were widely practiced throughout the British Isles during the Middle Ages, and also in France, Rome, Germany, and the Low Countries.

- ***What does "golf" mean?*** You could write a book about it! Old Scots termed it "golfe," medieval Dutch, "kolf," meaning club or stick. The Dutch and Scots were trading partners; and the Scots acquired balls from Holland.
- ***Just what were the first balls made of?*** The first primitive balls were iron, wood or lead. A "feathery" ball was made from 3 pieces of hide stitched together with waxed twine, turned inside out and stuffed with boiled goose feathers. The ball maker used more pressure to round it out and put in the last few stitches.
- ***Why 18 holes?*** Prior to the mid 1760's and up to the early 1900's it was common to find a course that was comprised of 12, 19, 23, or 15 holes. In 1764, St. Andrews converted 22 holes to 18. Why? Easier to take care of.
- ***Fore!*** It is another word for "ahead!" (As in a ship's fore and aft).
- ***Mulligan.*** A "do over." No single reason for this one, but here is an example from the USGA Museum. A man named David Mulligan frequented the St. Lambert County Club in Montreal, Quebec in the 1920's. He let a shot rip off a tree and wasn't happy; so he re-teed and hit again. He called it a "do-over." His partners christened it a "Mulligan."
- ***Birdie and Eagle.*** American 19th century was very patriotic. "Bird" was applied to anything great, the 1800's version of "cool."
- ***Bogey.*** The Bogey Man was a character in a British song, "Catch Me if You Can." The USGA Museum states that golfers of that era were chasing after the perfect score, now known as "par." The Bogey is par plus one.
- ***Gimmie.*** A putt that puts the ball so close to the hole that the next shot cannot be missed. I think we see a lot of these at Moreno Valley Ranch Golf Club.
- ***Good Lie.*** What a golfer tells his/her spouse.
- ***Nineteenth Hole.*** The bar.



# The Taste Testers Dine Out Group

*By Kay Howe*

Hello. My name is Kay Howe. On behalf of your Mountain View Social Club, I'd like to invite you to join the Taste Testers when we dine out as a group. We will visit different restaurants in our area throughout the year. What could be better than a night out of the kitchen and making new friends!

Our Fall Kickoff for the Taste Testers will be on Sunday, October 24th at the Chicago Pasta House here in Moreno Valley. To view the menu, go to [www.chicagopastahouse.com](http://www.chicagopastahouse.com) and click on the "Specials" tab.

A new feature of the Taste Testers column will be a restaurant guide. You are invited to share your favorite dining spots in our area. Your suggestions will not be considered advertisements or endorsements, but rather helpful tips for new places to dine. We will appreciate your input.

**\*\*\* SAVE THE DATE \*\*\***

**Sunday, October 24, 2004  
5:00 pm**

**Fall Kickoff for the "Taste Testers"**

**CHICAGO Pasta House  
24667 Sunnymead Boulevard  
Moreno Valley  
(Northern Italian Cuisine)**

**For reservations, contact Kay Howe  
RSVP no later than Tuesday, October 19th.**



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## Taste Testers' Guide

- **Harvest Festival/Tomato Tasting**  
Rustic Acres Herb Farms, Temecula—Taste many different varieties of tomatoes and gourmet food products. Free Admission. Catered lunch may be purchased. September 11 & 12 from 10 am to 4 pm (760-731-7349).



## **WELCOME NEIGHBOR**

*by Meredith Teague*

We live in a very busy community. Sometimes, our residents have lived here for a few weeks before I catch them in. Recently, I have met some wonderful people.

**Barbara Warren:** 14705 San Jacinto Drive, from Ontario, CA

**Kyu and Chong Park:** 28810 Rainier Way, from Riverside, CA

**Joyce Drake:** 14749 Pikes Peak Way, from Moreno Valley, CA

. . . and my partner in crime, working in the Library,

**Maggie August:** 14540 Grandview Drive, from Milwaukee, Wisconsin.

## **NEIGHBORHOOD HEROES**

Recently, Joan Brodowsky stepped outside to check on her garden and saw her neighbors' wooden fence ablaze with flames shooting almost to the eaves of the house. She immediately called **911** and Joe Brodowsky ran over with their home fire extinguisher. Joan woke the neighbors by banging on their windows. Joe also worked with the firefighters. The fence was burned, and the garbage cans melted, emitting noxious fumes. One of the homeowners was slightly injured.

Apparently, the neighbors had stained their fence that day and left wet rags and cans of stain in the hot sun behind their gate, causing the rags to spontaneously combust. Remember to be extra cautious with our solvents and paints. Dispose of your used rags, paint brushes and other tools safely—wash them thoroughly to remove any traces of the solvent or paint, and store them in an airtight metal container.

## **Partner Bridge**

By Betty Thomas

Beginning September 2  
1st & 3rd Thursdays at 7 pm  
At the Clubhouse

Bring a treat, a drink, and a partner.  
For more information, call Betty Thomas.



## **IMPORTANT INFORMATION FOR ANIMAL OWNERS**

Submitted by Joan Brodowski

For *emergencies only* when your veterinarian cannot be reached, you can take your pets to:

Animal Emergency Clinic  
12022 La Crosse Avenue  
Grand Terrace, CA 92312  
(909) 825-9350 or (909) 783-1300



Hours are: Week nights 6 pm to 8 am  
Weekends & Holidays 24 hours

## ***DRAIN THE THREAT***

Submitted by Wayne Williams

*(The following news article was found in the Press-Enterprise.)*

The recent local deaths from the West Nile virus--the latest just last week--make it jarringly clear that stagnant water poses a health risk to the region. But apparently, some still don't get it, so cities have begun to take a get-tough approach. Standing water provides fertile breeding sites for mosquitoes, which carry the virus and spread it to people and animals. And during dry spells, most mosquito larvae thrive in people's yards.

So code inspectors, armed with aerial photographs, track down stagnant water in places such as pools or birdbaths and order residents to clean it up -- or face a fine. While justified, looming fines and code enforcers shouldn't be necessary for people to drain or clean standing water. It's easy enough for Southern California residents to eliminate any possible breeding site for mosquitoes. The West Nile virus doesn't kill most people who contact it, but why risk that danger at all? Keep family and neighbors safe by draining away stagnant water, before the code inspectors come rapping on the door.

## **THOUGHTS ON RETIREMENT**

*For over 40 years, grandfather put in long hours at his job, so we were a little curious about the way he filled his days since his retirement. "How has life changed?" we asked.*

*A man of few words, he replied, "Well, I get up in the morning with nothing to do, and I go to bed at night with it half-done."*

# WHAT'S COOKING?

by Jain Householder



Hello Neighbors . . .

Well, here it is the middle of July and time for another recipe column. Time sure flies when you are having fun . . . especially when the fun involves eating. Speaking of "cooking," I feel like I am stepping onto the barbecue grill every time I walk out my front door. Not only the weather, but what is the deal with all these fires?! This is *crazy!* I was driving through Corona yesterday and there was a helicopter above me dumping a load of water (or whatever they dump) on some houses on the top of a hill. The fire was on the side of the hill and working its way up . . . right there next to me in the middle of town . . . and people just seemed to be going about their business as usual. Amazing! Then last night coming home down Redlands in the dark, I saw this orange glow coming from behind the mountains to our east. That must have been some huge barbecue!!!

Speaking of barbecues, I missed two of them—the Memorial Day shindig and the 4th of July celebration. But I heard from very reliable sources that the food was "outstanding". Here is Peggy Meddings' recipe from the Cinco de Mayo celebration.

## Cinco De Mayo Chicken Casserole

by Peggy Meddings

- 3 cups shredded chicken thighs
- 8 oz. pepperchinos
- 1 cup cream mushroom soup
- 1 cup cream chicken soup
- 1 cup milk
- 12 flour tortillas
- 2 cups shredded jack/cheddar cheese
- cilantro

Boil chicken, cool and shred. In a saucepan, mix soup with milk and heat. Layer tortillas, chicken, pepperchinos, cheese, cilantro, and soup mix in a casserole dish.  
Bake covered at 350° for 1 hour.

**WANTED**

## POKER PLAYERS

(Men & Women)

DEALERS CHOICE

FRIDAY NIGHTS 6:30 pm beginning in September

**Call Henny Panell if you are interested.**



# **WHAT'S HAPPENING**

*by Joan Williams*



Oh boy! Do we ever have a good time planned for September! It's LUAU time, and we have even arranged for entertainment. Pull out your South Sea garb and get ready. By now you should have seen a copy of our flyer, so get your checks or cash and reservations in ASAP.

If you have been to Hawaii before, please lend us a photo of you on your earliest trip. We'd like to make a poster board (like our veterans board at the Memorial Day function), and have a contest to see who can guess the most homeowners. Please send your photos to Nancy Berger, 14662 Mountain Vista Drive, phone 485-3052.

We are always happy to have volunteers to help with our functions. It's a great opportunity to meet and get to know your neighbors, plus it helps to make the activities the huge successes that they have always been. If you would like to volunteer to help at the LUAU, please contact Nancy Berger at 485-3052, or Sharon Cristino at 413-6655. Remember,

***the more you do, the more fun you'll have!***

Sue Janssen has taken over the responsibility for the Mountain View Directory (whew!). Thank you, Sue. Corrections, additions or deletions to our directory should go to Sue Janssen at 242-0959 or email [ESJanssen@adelphia.net](mailto:ESJanssen@adelphia.net).

Our next Social Club meeting will be in October when our neighbor James Ricks will tell us about his experiences caddying for celebrities. We're really looking forward to that.