

HIDDEN MEADOWS NEWS

The Hometown Monthly Newspaper of Hidden Meadows and Rimrock, California

Beautification Projects to Be Discussed at Town Hall Meetings

By WENDY SMITH-ROGERS

The Hidden Meadows Community Foundation, along with the management team from Boulder Oaks Golf Course, will be holding three town hall meetings to update the community about the ongoing effort to upgrade the landscaping surrounding the main entrance to Hidden Meadows.

The meetings will be held in the Clubhouse at the Boulder Oaks Golf Course on the following dates:

Tuesday, 10/17 7pm
Saturday, 10/28 10 am
Tuesday, 11/14 7pm

Everyone wants to be proud of their neighborhood. We in Hidden Meadows live in a slice of heaven with wonderful people, amazing views, and the privacy that one doesn't get in suburbia. Those who have lived here for more than a few years remember the lush entrance to the community that used to welcome you as you approached the four-way stop on Mountain Meadow Road. One of the reasons the area looked good was that the median had been landscaped approximately fifteen years ago with \$30,000 in funding from the Association of Residents and Owners (ARO). The golf course had not yet eliminated the three holes closest to the four-way stop sign.

Over time, however, the median became overgrown and the native plants, which do not have a long lifespan, died. In addition, the golf course dra-

matically cut back on its landscaped areas in response to a multi-year drought. Local residents have become increasingly concerned about the unattractive appearance of the area, often expressing their frustration on social media and in other community forums.

Finding ways to beautify our area is a top priority for the Hidden Meadows Community Foundation Board. We created a "Median Beautification Committee" under the able leadership of Patrick Reilly and brought in a landscape architect to develop plans to create a more inviting and sustainable entrance. Volunteers on the committee have spent endless hours prioritizing the work that needs to be done.

We also have begun developing a collaborative relationship with both the management team at Boulder Oaks and the owners of the property at the corner of Meadow Mountain and Hidden Meadows Roads. We all believe that by working together we can create a much classier first impression for people entering our community.

Early this spring, the Foundation initiated a major fundraising drive to support the Foundation's four goal areas, which include beautification, community events, Neighbors Helping Neighbors, and scholarships. To date, we have raised a total of over \$20,000. Approximately \$6,000 of those contributions were designated by the donors

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Last year's Trunk or Treat event in Hidden Meadows.

3rd Annual Trunk or Treat

By ERIN AMOS

Hidden Meadows' 3rd Annual Trunk-or-Treat is fast approaching!! Since Halloween falls on a Tuesday, Trunk-or-Treat will be held on Saturday, October 28th from 3:30pm-5:00pm at the Pavilion parking lot.

What is a Trunk-or-Treat? It's a super fun way for kids to go trick or treating in a safe and flat area while it's still light out. People from the community come to the parking lot with their cars or other vehicles festooned with Halloween decorations and then hand out candy to the kids who move from "trunk to trunk" to get their treats.

Many of us live where there are no trick-or-treaters on Halloween; we invite you to join us as well to see all the kids in the costumes. It is also a great

event to mingle and meet neighbors! We had over 270 Meadowites attend last year's event and we are looking forward to seeing everyone again this year!

This event is not possible without community involvement, however. We need your trunks!

We have 23 spaces in the Pavilion parking lot for people to hand out their spooky treats! Don't miss this opportunity. Have fun decorating your car, truck bed, golf cart, tractor or whatever you can drive to the Pavilion. Grab a friend and decorate your trunk together. Pinterest has some awesome and easy ideas.

To reserve your trunk space, please email Erin Amos at erinlape@gmail.com.

Local Residents Rally Around Stray Pit Bull Now Known as Meadow

By SUSAN WOLKING

It's pretty clear that Hidden Meadows is a community that loves animals. When pets go missing or strays are observed in the area, residents are quick to post notices and expressions of support on NextDoor and other social media sites.

Postings on NextDoor went wild last month when a red Pit Bull was spotted wandering around in the eastern side of the Meadows. Numerous people expressed concern that the exhausted stray female appeared to either be pregnant or to have recently had babies. They worried that she might be attacked by coyotes or would feel threatened if protecting pups.

Mary Bell, a recent transplant to the Meadows, is one of the people who responded to the call to help. A volunteer with a non-profit animal rescue group called Dream Team Angels Rescue, Mary jumped in the car and drove to a location where the dog had last been spotted. She saw the dog but it quickly ran away. When she returned to the area later that evening,

she was stunned by the growing number of residents who had joined the search. Ranging in age from young children to women in their 80's, concerned citizens were out looking on foot and on motorcycles, in cars and in golf carts...one was even searching on horseback.

Mary, who has four rescue dogs including a Pit Bull of her own, said the scene brought tears to her eyes. "Many people are afraid of Pits, because the mass media have unfairly portrayed them as dangerous animals. The people here in Hidden Meadows, however, didn't view this poor girl as a menace; they simply saw her as scared and hungry and in need of help."

After the group effort to locate the dog failed, Mary sought assistance from Laura Bidinger, an expert trapper. Homeowners throughout the neighborhood volunteered their properties as sites for traps, which were baited with rotisserie chicken and kibble. Unfortunately, a check of the traps the next morning turned up no dog.

Sightings continued to be posted on



Meadow shortly after her Hidden Meadows rescue.

NextDoor though, and Laura came back that evening prepared to try a different approach. Armed with a stack of hamburgers and her own Pomeranian puppy, she sat down on the ground in an area where the dog had last been

see **MEADOW** ▶ 2

OCTOBER HIDDEN MEADOWS EVENTS

Town Hall Meetings
re: Beautification
Tuesday, October 17 • 7 pm
Saturday, October 28 • 10 am
Golf Course Clubhouse

Bunco for Boobs
Friday, October 20 • 4:00-9:00 pm
Williams Barn (San Marcos)

Singles Social Group
Saturday, October 21 • 4:00-7:00 pm
Vintana Wine & Dine

Trunk or Treat
Saturday, October 28 • 3:30-5:00 pm
Pavilion Parking Lot

Couples Social Group
Saturday, October 28 • 4:00-6:00 pm
Pavilion

Meet Jane Glassett:

The Most Recent Addition to the Foundation Board

By HIDDEN MEADOWS COMMUNITY FOUNDATION

Jane Glassett has lived in Hidden Meadows since July 1991. She and husband Kevin raised their two children here. Melissa is 24 and recently graduated from UCSD. Jeffrey is 23 and will finish at Cal Poly Pomona in December. The Glassett family are avid campers and their travels often involve adventures on motorcycle.

Having begun her accounting career in Chicago, Jane is now the Controller of a contract manufacturing company in Carlsbad, a position she has held for 19 years.

Jane has a long history of service in the community, and her name appears on one of the stepping stones in the median garden established by the ARO to honor "lifetime volunteers" in the Meadows. In addition to volunteering for years with Toys for Tots, Jan was treasurer of the Hidden Meadows Community Foundation from July 2009 through December 2014.

Jane decided to re-join the Foundation Board because she says, "I love



Foundation board member, Jane Glassett.

this community and the great people here. I enjoy giving back." We, the other board members, are delighted to have her with us again.

MEADOW from 1

seen. As Laura started feeding bits of burger to her pup, the Pit Bull appeared in the bushes. Apparently, hunger overrode the elusive stray's fear, and she slowly came closer and closer. She finally began nibbling on the hamburger in Laura's hand and Laura was able to catch her.

The Bell family took the dog into their home to care for her until her situation could be properly assessed. She had no tags, so Mary decided to call her "Meadow" in honor of the community that had rallied behind her. Within an hour, Meadow the stray Pit Bull was kissing Mary and her husband, playing with toys, and rolling on her back for belly rubs. "She's an absolute sweetheart," said Mary, "and she got along just great with our dogs."

After checking Meadow for a microchip, making calls to every Humane Society in San Diego County and posting on several lost pet boards, Mary came to the sad conclusion that Meadow may simply have been dumped. She took Meadow to a vet who determined that she was not pregnant nor had given birth recently. "I guess she just looked that way to us because she's such a chunky monkey," laughed Mary. While at the vet, she had Meadow vaccinated and arranged to have her spayed.

Several Hidden Meadow residents sent in donations to cover Meadow's medical expenses. One family offered to foster her while Mary and her husband had to be out of town for a several days. "This community has really restored my faith in humanity," shared Mary.

Mary and the Dream Team Angels



Meadow, the red Pit Bull, blends in easily with the other dogs in her temporary foster home.

are now working to find Meadow a forever home. She's being fostered by a volunteer up in Washington, and the rescue organization is reviewing several applicants who have offered to adopt her. "Her previous owner may have seen her as disposable, but I know she's going to have a great new life with a family that will love and cherish her," said Mary with certainty. "Once they get to know them, people realize that Pit Bulls are a truly wonderful breed."

If you have been touched by Meadow's story and would be interested in fostering or adopting an animal, please contact Dream Team Angels Rescue. They are committed to saving the lives of shelter and stray dogs of all breeds and ages. They can be reached through their website: DreamTeamAngelsRescue.com.

What are you thankful for?

November is the month we celebrate Thanksgiving and reflect on the blessings in our lives. Here in Hidden Meadows, we have so many good reasons to be grateful.

If there is something about this community or some Meadowite that you really appreciate, take this opportunity to acknowledge them publicly. Write down a couple of sentences describing the person(s) or thing you are thankful for and send it to volking.susan@gmail.com by October 20. We will publish your thoughts in the November issue of the *Hidden Meadow News*.

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Small
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of the Year
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HIDDEN MEADOWS/RIMROCK

CALENDAR OF EVENTS

Regular Meetings/Activities

Every Week

T,Th	Yoga, 8 am	297-1207*
MWF	Fitness Workout, 9 am	749-6523*
W	Bridge Group, 10 am	751-0261*

October 2017

2	VCMWD Board Mtg., District Office, 2 pm	749-1600
2	HM Community Foundation, 7 pm	749-5652
3	Bookmobile, MLGC Pkg. Lot, 1:00-2:00 pm	643-5125
3	MHA Architectural Rev Com Mtg., 6:30 pm	749-7278*
9	Artisan Guild, 7-9 pm	749-5652
11	Deer Springs FPD. Bd. Mtg., 2:00 pm	749-8001
11	HM Condos, HOA Meeting, 4:00 pm	407-7575*
12	MHA Board Mtg., 6 pm	749-7278*
16	VCMWD Board Mtg., District Office, 2 pm	749-1600
17	Bookmobile, MLGC Pkg. Lot, 1:00- 2:00 pm	643-5125
17	CERT Monthly Mtg., 6:30 pm	525-5170*
20	Garden Club Meeting, 10:00 am	749-8723
26	Ranch HOA Mtg., 4-6 pm	407-7575*
26	HM Sponsor Group Mtg., 7:00 pm	809-6898*

November 2017

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6	HM Community Foundation, 7 pm	749-5652
7	Bookmobile, MLGC Pkg. Lot, 1:00-2:00 pm	643-5125
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21	CERT Monthly Mtg., 6:30 pm	525-5170*
23	Ranch HOA Mtg, 4-6 pm	407-7575*

* Held at Meadows Community Center. 28208 MGWW
Meadows HOA email: meadowhoa@att.net

Call Weekdays 9-12 pm 760-749-7278 to reserve Pavilion* The pool or park cannot be reserved.

Submitted by LeEtta Rudolph , Home Smart Realty West
www.leettasellsmart.com leettarudolph@gmail.com

Free Backyard Composting & Intro to Vermicomposting Workshop

Saturday, October 21, 2017 - 10:00 a.m. - 12:00 p.m.

Grangetto's Farm & Garden Supply • 530 E. Alvarado St • Fallbrook

Improve the quality of your soil, reduce waste and air pollution, while saving energy, money, and water with composting. Learn the basics of traditional composting and composting with worms at this presentation by Solana Center's composting experts. Vermicomposting is a great method for small spaces! We'll help you find a composting method that's right for you.

Pre-registration required.

Info: www.solanacenter.org/free-compost-workshops or (760) 436-7986 x700

This workshop is funded by the County of San Diego.

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Saturdays	8:30 AM



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Instructor: Lynn 760-741-0401

www.oasisnet.org

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Special Events in Hidden Meadows

June-December

Sellers' Faire	Second Saturday of each month	Clubhouse parking lot
Scholarship Reception	Sunday, June 11	Pavilion
Fourth of July Parade/Picnic	Tuesday, July 4	Clubhouse parking lot
Summer Family Movie Nights	June 17, 24, July 8, 15, 29, August 5	
Bunco for Boobs	Friday, October 20	Williams Barn
Trunk or Treat	Saturday, October 28	Pavilion parking lot
Golf Tournament	Saturday, November 18	Boulder Oaks Golf Club
Turkey Trot	Thursday, November 23	Clubhouse parking lot
Toys for Tots	Saturday, December 2	Pavilion
Progressive Dinner	Sunday, December 10	Throughout HM
Outdoor Decorations Contest	December 16-25	Throughout HM
Christmas Caroling	Sunday, December 17	Fire Station

Community Information

Hidden Meadows Community Foundation

Wendy Smith-Rogers – President
(760) 749-5652
hmc92026@gmail.com

Meadow Homes Association

Office: (760) 749-7278
Weekdays 9 a.m. – noon
28208 Meadow Glen Way W.
meadowhoa@att.net
meadowshomesassociation.com

Share-a-Ride

Airport Ride Exchange
Ron Piritz • (760) 749-7604

Town Crier

Towncrier@hiddenmeadows.us

Hidden Meadows News

News@HiddenMeadowsNews.com
(760) 749-1112

Hidden Meadows Community Sponsor Group

Bret Sealey
(760) 297-1057

Child Play Group

Mike Low
meadowsplaygroup@gmail.com

Hidden Meadows Community Foundation Board

Wendy Smith-Rogers
President

Sarah Sealey
Vice-President

Toni Wozmak
Secretary

Lisa Lonsdale
Treasurer

Rob Enfield
Board Member

Kim Riha
Board Member

Co-chairs, Community Events
Denise Haase • Susan Sciacca

Chair, Neighbors Helping Neighbors
Christina Stendall

Chair, Communication
Susan Wolking

Chair, Beautification
Patrick Reilly

Co-Chairs, Social Groups
Noe Silva • Mary Friel

Questions? email us at hmc92026@gmail.com

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Deadline for article submission is the third Friday of the month.
Send drafts to wolking.susan@gmail.com

The HMN is a free monthly publication mailed directly to approx 1600 addresses within the Hidden Meadows and surrounding area postal routes, and approximately 100 at local businesses. HMN is published by Roadrunner Publications, Inc., in affiliation with the community of Hidden Meadows and Hidden Meadows Community Foundation. Our liability for errors and omissions on ads is limited to the price of the ad for a single issue run. Letters to the Editor should not exceed 400 words and are subject to editing length. View on all matters will be accepted, but are subject to editing for obscenity or libel. Each letter must be signed and must contain name, address and a daytime telephone number. One letter per household in a month. Anonymous letters or those published in another newspaper will not be accepted. Contact HMN with any questions.

Is our home too big? Time to downsize!

By LEETTA RUDOLPH

I talk to a lot of people these days (mostly baby boomers), who are wondering whether or not to downsize. To help them with the decision process I suggest they ask themselves a few key questions. The following are some of the answers I hear:

- 1) Why are you thinking about downsizing?
 - My home and/or property is too large now
 - The cost of upgrading and/or the upkeep of my home is too costly
 - Household clutter is taking over my home
 - Health reasons (e.g., our home has too many steps)
 - Our location is no longer convenient to current needs
- 2) What do you see as the advantages of living in a smaller home?
 - More time to travel and/or enjoy the beautiful community we live in.
 - Less time cleaning and doing yard work
 - Family will enjoy the heirlooms, pictures and valuables we'd give up
 - Journey will be an adventure.
 - Bigger isn't always better
- 3) What steps would you need to take in order to downsize?
 - Identify a timeframe as to when we want to move
 - Set up a calendar and plan out our goals
 - Start cleaning out our closets or one room at a time
 - Make a list of items that are essential (survival items only)
 - Invite our family and friends to help us declutter
 - Identify how much space we really need

Going through this questioning process helps people sort through their emotions and priorities and come to their own decisions about downsizing. It's not my place to tell them what to do, but there is one suggestion I do make — "Don't feel like you have to move out of Hidden Meadows." One of the wonderful aspects of this community is that we have houses and properties of all shapes and sizes. There's sure to be something out there that just right for you!

LeEtta Rudolph, Local Realtor, Specialist in luxury and acreage properties. www.leet-tassellsmart.com.

Now for something totally different — Golf Balls from Heaven!

By WENDY SMITH-ROGERS

You probably have heard about the golf tournament that will be taking place at the Boulder Oaks Golf Club on November 18. But did you know that at the end of the tournament, a helicopter will fly over Boulder Oaks Golf Club, hovering for a few seconds to drop hundreds of numbered balls on the putting green? Now that's a real first for Hidden Meadows!

The owner of the dropped ball that rolls into the hole or is closest to the pin will win \$500! Beginning in mid-October, anyone can purchase a ball for \$10. You don't have to participate in the tournament and you don't have to be present to win. You won't want to miss out on the fun, so stay tuned on Nextdoor.com and the Town Crier for details on purchasing one or more golf balls for this truly unique event.

MEETINGS from 1

specifically for beautification. After combining the designated funds with carryover from the now-defunct ARO, we currently have \$20,000 to spend to the median project.

If any of you have landscaped your property in recent years, you are keenly aware of the time and cost of such projects. Clearly, it will take more than \$20,000 to make the medians look great again. We are grateful that Boulder Oaks has stepped up to host a golf tournament on November 18 that will benefit the median project. Ongoing community support will still be needed. Only 20% of Hidden Meadows households contributed to the Foundation's 2017 fundraising drive. Imagine what we could do if everyone contributed!

The upcoming town hall meetings

have been scheduled in response to the questions and concerns residents have raised about the condition of the medians and surrounding areas. I will be co-hosting the meetings with Mike Skala, the new Director of Golf Operations at Boulder Oaks. Mike has been in his position for a very short time, yet has great ideas and, along with the owner Mr. Kim, is committed to making improvements to golf course property.

At the meetings, we will be sharing more details about our respective beautification projects and the timeline for completing them. Please choose one of the three times listed above and come out to get the facts about the things being done to enhance our neighborhood, and perhaps find out ways that you can help.

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Hidden Meadows/Rimrock



Holiday Progressive Dinner

Sunday, December 10 — 4 PM

Start the holiday season in style with friends and neighbors! Participants will begin this special evening with appetizers and wine served at one of three host homes. Next, guests will move on to other homes to enjoy a lovely sit-down dinner. Finally, everyone will come together at the festively-decorated Boulder Oaks clubhouse for dessert and holiday singing.

Make your reservations NOW! Attendance is limited to 60 people. The deadline to buy tickets is December 1. "Early bird" pricing is \$40 per person until November 10. After that, ticket price will be \$50 per person. Please use the registration form below.

For more information, call Wendy at (760) 749-5652.

Detach here

Names: _____

Address: _____

Phone Number: _____

Email address: _____

Make checks out to Hidden Meadows Community Foundation (HMCF) and send them with this registration form to HMCF, 9856 Canyon Country Lane, Escondido.

Super Crossword

ACROSS

1 "Seinfeld" actor Alexander

6 Per normal procedures

13 Lemon drink

16 "The Big Bang Theory" aier

19 Surfing site

20 Actress Dillon

21 24-hour time

22 Pilot's fig.

23 1998 film with Joseph Fiennes as the Bard

26 Stew morsel

27 That ship

28 Tennis divider

29 Poem form

30 1987 Dustin Hoffman film

32 Whom you might have had your first kiss with

39 Pallid

41 Beige shade

42 Otherwise called, briefly

43 Magnate Onassis

44 Dodged, as a duty

47 "Li'l" Al Capp character

49 Gerbils, e.g.

53 Friend of Peter Pan

55 Pulitzer-winning William

56 Guevara in "Evita"

57 Work unit

58 Lyle Lovett's "If I Had —"

59 Wii or Xbox aficionado

61 It's ere noon

62 Spock player Leonard

64 "Isn't that adorable!"

66 Novelist Joyce Carol —

69 Bad pun

72 Words on a help-desk sign

73 Neonate

76 Hit the roof

79 Gucci rival

80 — board (séance tool)

81 Words after guilty or ugly

83 First lady?

86 Formal promise

87 1976-81 skit series

88 What the Promised Land is said to flow with

92 Double nature

94 Singer Griffith

95 Fail, as a business

96 Partner of hither

97 Old name of Tokyo

99 DeLuise and DiMaggio

101 Discontinue

102 Observing one's curfew, idiomatically

108 Brown and simmer

109 Italy's cont.

110 Beseech

111 With 65-Down, car tank topper

114 Suffix with fact

115 1983's Best Picture (and this puzzle's theme)

122 China's Chou En- —

123 Academic email ender

124 Become flat

125 Big blood line

126 Albeit, briefly

127 Bread variety

128 Backs out

129 Stroll along

DOWN

1 Joke around

2 Sore feeling

3 Hunting (for)

4 Acorn maker

5 Oklahoma-to-Iowa dir.

6 Jazzed up.

7 Rage silently

8 Suffix with form

9 Title for Churchill

10 Parisian "a"

11 "Ta-ta!"

12 Big battle on the ground

13 Big whoop

14 Boat hoist

15 Visor

16 18th-century British exporer

17 Make dim, as with tears

18 Commence

24 Hit skit show, in brief

25 Onion cousin

31 See 113-Down

33 Buffalo group

34 Dark black

35 City SSW of Jacksonville

36 Asteroid path

37 Comic Nora

38 Moola maker

39 "... — forgive those who ..."

40 "Fer —!" ("Def!")

45 Mild yellow cheese

46 Actress Olivia

48 Instigate

50 Grimm brute

51 Play lazily, as a guitar

52 Smell, e.g.

55 Old-style emblem with a motto

60 Wonderment

61 Hazy stuff

62 Neighbor of S. Dak.

63 Alternative to "equi-"

64 Baler input

65 See 111-Across

66 Like many Netflix flicks

67 Alphabet sequence

68 Walkie-talkie, e.g.

70 Old British rule in India

71 U.S. leader #44

74 Birds of myth

75 Mulling spice

77 Boxing place

78 Cancel out

81 Big name in lightweight metals

82 Be too frugal

83 Puts in peril

84 Signs flashed by Churchill

85 Brontë heroine Jane

87 Darkly evil

89 — -Chinese

90 Fictional Finn

91 "That's — hadn't heard"

93 TV's Anderson

94 Abstaining individual

98 "Carpe —!"

100 Overcome

102 Bit of hardware with a crosspiece

103 — Heap (Dickens villain)

104 Strapped treasure

105 Hidden

106 Runs across

107 Links letters

112 Hand's cost

113 With 31-Down, "Don't go anywhere"

116 Deplore

117 Marshy area

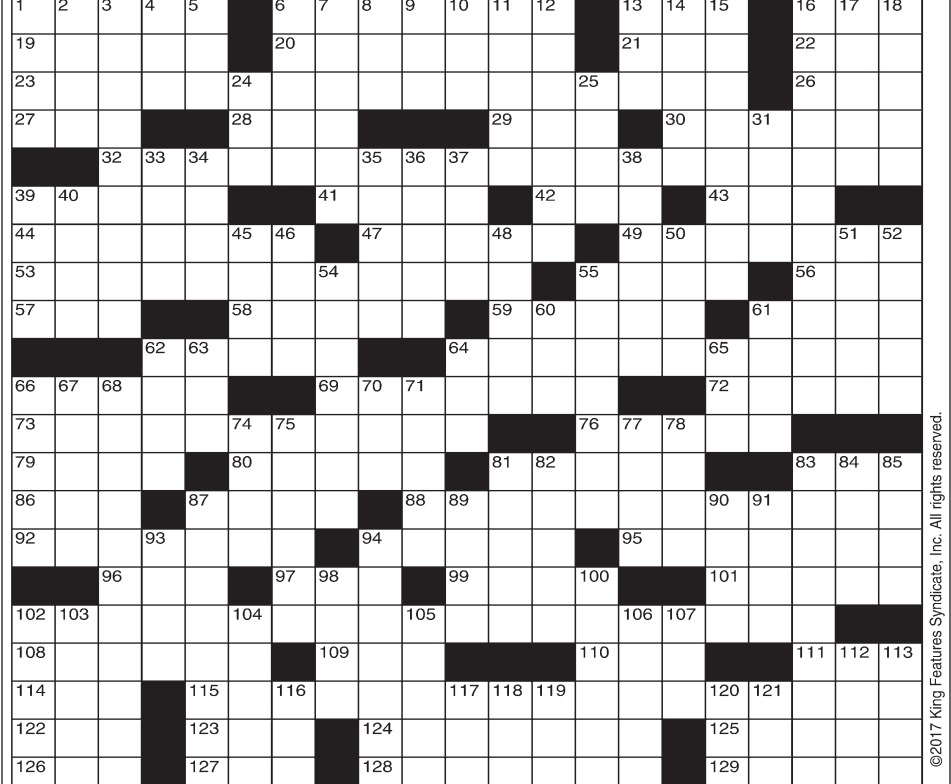
118 Butyl ending

119 Yule quaff

120 Hit forcefully

121 Cattle call

PET NAMES



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Bunco for Boobs coming October 20!

By KIM RIHA

Calling all Hidden Meadows women! In case you haven't heard, the Sixth Annual "Bunco for Boobs" will be on Friday, October 20, from 6:00 to 9:00 pm.

This popular fundraising event is loads of fun while raising money for breast cancer research and awareness. Last year's event raised \$6,500 for four selected charities: American Cancer Society, Helen Knoll Foundation, Susan Love Research Foundation, and Susan G. Komen.

In the past, women of all ages have attended and participated in the fun. If you're not sure what to expect, here's a quick run-down!

The event will be held at the Wil-



Committee members Marilyn Holmes and Pat Buntin welcoming guests at the 2016 event.

liams Barn, 1952 Sycamore Dr. in San Marcos (just down the hill at Walnut Grove Park, off Twin Oaks Valley Rd.). There is plenty of parking but carpooling is always a good idea.

You will check in at the door and pay \$5 (cash) to play bunco and \$25 (check or cash) to contribute to one of the above mentioned four charities.

Once inside, the first thing you should notice is a lot of PINK and a very lively atmosphere! Start mingling and grab yourself some food and beverage. (Wine will available for \$5 a glass, by the way!) Check out the silent auction and make a bid on one (or more) of the incredible gift baskets with items from local businesses and artists. Spend a few minutes at the Memory Board, reading stories about



THINK PINK
October is
Breast Cancer
Awareness Month!

SUPPORT
THE
FIGHT!

the personal experiences women in our area have had with breast cancer. Friendly committee members will be there to assist you with buying your 50-50 raffle tickets. This year we will be using a new "point of sale" system which will make it even easier to use a credit card to buy raffle tickets and auction items.

Soon you will be asked to find a seat because BUNCO will be starting! If you haven't played before, no need to worry. It's a super easy dice game,



Williams Barn is the lovely location for Bunco for Boobs.

and you'll be an expert before you know it. In the process, you'll have lots of time to laugh and chat with the ladies at your table.

Door prizes will be given throughout the evening. At the end, the winners of the 50-50 raffle will be announced.

Reserve your spot now! We only have room for 120 women. Signing up is simple...just RSVP to bunco4boobs2017@gmail.com.

P.S. If you or someone you love has had breast cancer, we'd love to share your story on the Memory Board at the event. Send a brief description of your/their experience (with a picture if you like) to kimriha819@gmail.com.



Just a few of the great desserts at last years event.



Sew and So Ladies Group meeting at Boulder Oaks Grill.

Sew and So Ladies Group gathers at the Boulder Oaks Grill

By MARY FRIEL

Lisa Nunez and Jennifer Hill co-hosted the Sew and So Ladies September luncheon at the Boulder Oaks Bar and Grill. The staff, Ashley and Tyrone, prepared a lovely buffet table which offered a sandwich, soup, salad, lemonade, coffee and water, and Erica served drinks from the bar. It was fun to get back on our monthly schedule and we are all looking forward to our fall festivities. Most of our luncheons are held in the homes of our members but it was a treat for all of us to simply show up at the clubhouse and be served by the very friendly and kind staff.

The Sew and So group is made up of community volunteers who have worked especially hard over the years

to make a difference in Hidden Meadows. Our motto is Food, Fun and Friendship with no agendas.

Although the Sew and So's are not currently taking in new members, there are plenty of other social opportunities in Hidden Meadows. Check out Noe Silva's article in this issue about the new social groups that are forming. Noe and I are co-chairs of the Social Group Committee, he representing the younger generation of residents and I the older end of the spectrum. We'd be happy to help you get connected. If you are interested or have questions, feel free to call either of us. You can reach me at maryfriel66@gmail.com or (760) 877-5555. Noe's contact info is: noesilva09@gmail.com and (858) 527-8385.

Hidden Meadows resident publishes book

Hidden Meadows resident Laurel Nicholson has just published the first book of a trilogy called *MAGICK The Awakening*. With Halloween just around the corner, you might want to check out this adventure series for young adults - adults. The book is available through Amazon books or her website: LANicholson.com.

Laurel will be signing books at the following events. If you're in the neighborhood, stop by and say hello!

· Saturday October 7, 2 pm, Laurel will be doing a Halloween event and book signing at the Mysterious Galaxy bookstore, 5943 Balboa Avenue, Suite 100, San Diego.

· Saturday, October 14, 10 am - 2 pm, Laurel will be at the Indie Author's book fair at Carlsbad library, 1775 Dove Ln.

· Saturday October 21, 10 am - 2 pm, Laurel will be at the Indie Authors book fair at the San Luis Obispo library.

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My Green Thumb

A butterfly co-op

By LISA LONSDALE

In early September, I got a call from fellow garden club member, Shirley Cail, who said she had 5 or 6 Monarch caterpillars that needed a new home. Her small patch of milkweed (the only thing the little darlings eat) was decimated by the many "cats" that had been feeding on it since spring. My own large patch of milkweed had had only a few visitors this year, so I was eager to make use of the food supply. We agreed I would adopt her cats and let them feed, grow, pupate and hatch at my house. To our surprise, we found not 5, but 25 cats, many that had left the milkweed in search of more plants, but were still confined inside a mesh corral Shirley had built to protect them from predators. As we collected them in a plastic container, a mother butterfly continued to land on the plants and lay eggs on the few tiny leaves that still remained. In order to prevent more egg laying, which would guarantee their death without a food supply, we cut off all the remaining leaves.



When I arrived home, I placed the cats onto the leaves of my potted milkweed plants and then moved the plants inside special mesh butterfly cages set up in the dining room. I combed through the leaves we removed and discovered 5 eggs which I placed on a wet paper towel inside a shallow Tupperware container. This constituted my incubator; the eggs would hatch in 4 days. I took cuttings from in-ground plants and put them into special water-filled holders to keep them fresh, also finding some eggs and some tiny hatchlings along the way. As I worked, a Monarch mother arrived to lay more eggs, which I also collected. By the time I was finished, I had 71 potential butterflies! Since then, I have been busy monitoring eggs, moving the hatchlings to the cages and supplying them with a constant supply of either potted or cut milkweed. They grow from a hatchling of 1/32nd of an inch to a maximum of 3 inches, in about 10 days, at which time they pupate and change into a chrysalis.

By the time you read this article, most

of my captives will have hatched into stunningly beautiful Monarch adults and been released outdoors. Some won't make it to adulthood, due to various reasons, but success rates rise when raised indoors. These early-fall butterflies are the ones that migrate to our coastlines to spend the winter and then start the new generations of butterflies in the Spring. It's very rewarding to know that we can play a vital role in the preservation of these amazing creatures. A special thanks to those who have participated in our little "Caterpillar Co-op" this year and in the past two years: Shirley Cail, Edi Demik, Chris Dailey, Ken Krieger and Georgia Herman. If you are interested in growing milkweed or just finding out more about the raising of butterflies, email me at ldlonsdale4@gmail.com or call me at (760)749-8723.

Hidden Meadows Community Foundation

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Garden Club News

Nursery hopping in September



Garden Club members surrounded by the Totem Cacti at Serra Garden.

By LISA LONSDALE

Fall is the perfect time to buy and plant new items into your gardens. On September 15th, seventeen members of the club carpoled to Fallbrook to spend the morning at two very interesting nurseries: Serra Gardens and The Mad Potter. The cooler weather was a real treat and perfect for this type of excursion.

Serra Gardens was founded 10 years ago as a wholesale business but is now open to the public. The owner, Don Newcomer, grew up as a “plant nerd” in Santa

Monica and start his nursery with a stock of plants he inherited from a nurseryman in that area that had mentored him.

The nursery is located off Santa Margarita Drive, across the street from the Masonic Cemetery. Maybe the proximity to the cemetery explains some of the unique, somewhat spooky-looking cacti the nursery specializes in. One called the Spineless Totem Pole Cactus had bulbous and twisted features and looked like something out of Mother Nature’s experimental phase (see photo). The Totems are

from Mexico and are very rare very expensive. The nursery actually sells them by the inch. Everyone in our group would have loved to own one, but only a couple of folks bought small specimens. The plant is very slow growing, so the rest of us have little hope of getting cuttings from them any time soon.

The nursery had many other unique cacti and euphorbias, as well as a variety of other more common succulents, all available in many sizes. We walked the grounds with the assistance of Don and two of his employees, who answered our questions. Most everyone came away with new ideas and at least one purchase.

Next, we headed back on Mission Road toward the I-15 to The Madd Potter, to see its eclectic collection of pottery, plants and yard art. If you are looking for a large selection of pots, this is the place for you,

as they have everything from very small to super extra-large sizes, a large number set up as fountains. They sell a variety of succulents, as well as many flowering perennials. We enjoyed their milkweed display of caterpillars, with Monarch butterflies flitting about feeding on the nectar-filled blooms. A few of us caught photos of a very large red dragonfly enjoyed a dip in a water-feature. A portion of the group stayed to enjoy bag lunches at one of the many picnic tables located throughout the property.

Special thanks to Ken Krieger and Shirley Cail for arranging the nursery visits and to Edi and Harry Demik for providing water and fresh-baked cookies for our dessert. If you are interested in our club and would like more information, please contact Lisa at ldlonsdale4@gmail.com or call (760)749-8723.

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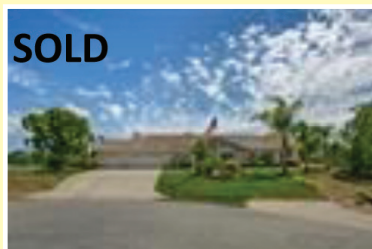
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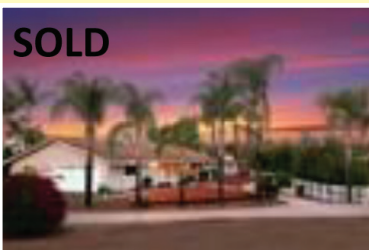
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A Movable Feast



Pho Truc Xanh, a Vietnamese & Chinese Restaurant

By CHRIS HOLMES

“What spices do you use in your pho (pronounced ‘fuh’)?” I asked when the perky waitress served us steaming bowls of the stuff. She laughed. “I don’t know. I don’t cook! My husband does all the cooking.” My eyes watered at the irony. More was forthcoming.

Although pho is a simple rice noodle soup, typically served with chicken, pork or thin slices of beef, the broth is incredibly layered and complex, with the taste of a half-dozen or more spices.

With chop sticks and a spoon, my wife Marilyn and I eagerly dug into it. Failure! We couldn’t manhandle the thin, 12-18 inch long noodles. Rescue! The waitress appeared again with — what else — scissors! After some minor surgery to downsize the noodles, we successfully devoured our meal. It was delicious.

Pho Truc Xanh is located in Escondido at 503 W. Mission at the corner with Center City Parkway. The building is trimmed in green. (Truc xanh means green bamboo, I’ve been told). The decor is Southeast Asian: well-lit, bright, and as complex as the pho itself. Statues of Buddha, with dollar bills taped to his belly, are stationed around the room and the walls are festooned with photos of various menu items.

The menu itself features a mix of Vietnamese and Chinese dishes -- again, with their photos. I particularly enjoyed the crispy vegetable egg rolls, the pho with chicken and the Mongolian Beef.

In sum, Pho Truc Xanh offers excellent food, reasonable prices, generous portions, friendly service, and a bright, interesting décor. And you can choose your dinner from the menu – or off the walls!



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Don't hurt your back raking leaves this fall

By **AMY VANLIEW**

Early September my friend Bill came to visit us in San Diego. At home in Indianapolis, he owns a wellness center where he is a massage therapist and physical therapy assistant. "What is the number one reason people come to you?" I asked. "Back pain" he answered without hesitation. I wasn't surprised based on what I have also seen with my clients. "Ok, so what besides massage do you do to help your clients keep from getting that nagging low back pain?" I countered back. Teach them to SET THEIR CORE when they do EVERYTHING.

Setting your core is not a new concept to me. If you have ever taken one of my exercise classes or exercised with me personally, you've heard my rant. The issue is that setting your core isn't just important when you are exercising – it should be practiced ALL THE TIME! It helps to prevent injuries in everyday life activities from housework, to walking, to golfing to raking those fall leaves!

The technical description of setting the core is to contract the spinal stabilizer muscles, particularly the transversus abdominis (the deepest abdominal muscle). It is the "corset muscle" of the spine and pelvis. This

muscle works in partnership with muscles in your back and butt to keep your posture tall and your back safe from any strains or unwanted forces that can cause pain or injury down the road.

Now I want you to practice setting your core:

Stand up and put your hands on your belly with your fingers pointing towards your belly button. Now cough. This contraction is what I mean by setting your core.

You can also think of setting your core the same as bracing yourself for a punch in the gut. Don't let anyone punch you though!

This contraction or bracing is what I want you to do during daily activities and exercise to prevent that nagging low back pain that might feel worse than a punch in the gut.

Congratulations if you were able to find these muscles and set your core. Now go practice doing this as you go about your day and let me know how it feels. If you'd like more ways to prevent back pain, send me an email and I will send you a PDF of Simple Core Stability Exercises ANYONE can do. You can reach me at amy@amyvanliew.com or my website, amyvanliew.com.

Happy Fall, Amy

Sellers Faire October 14

The Sellers Faire for October ushers in Holiday Items for sale. Please bring your ornaments, gift paper, gift items and anything else you might have stored and want to sell. Your unwanted items might be treasures for someone else.

In addition, this is the last month for garage sale items. So don't be shy, bring your "stuff" to sell. Make room in your storage spaces so you can fill the empty space with new stuff!

We will also have the drawing for a free pizza. September's winner was Donna Hinke. She and her husband love the pizzas from the deli.

We welcome everyone who has items to sell. We are located in the golf course parking lot across from the Deli. Everyone gets one parking space; however, if you overflow a bit to the neighbor space it is OK.

Please bring your tables or whatever

you need to display your merchandise. And remember, there is no charge for the event.

On another note, thank you everyone who donated a ball gown/cocktail dress for the Wounded Warrior Ball. I collected 86 gowns more than a dozen pair of shoes and assorted accessories. The wives and mothers get to pick first. They have such a great time "shopping" for the perfect dress. Then the wives of the helicopter pilots go next. What is left over, and there is not much, goes to the local thrift shop with the stipulation that the gowns not be sold, but given away. The ball is usually attended by about 1000 Warriors.

If you missed this year, please save your gowns for next year. My goal is to collect 150 gowns!

If you have questions about the Sellers Fair or Warriors Ball, please call Tania Orlova at 760 877-8777.

Super Crossword

Answers

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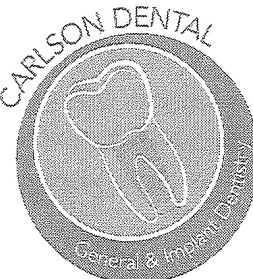


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Firefighters prepare to go up against the Gate Fire, which burned 2,056 acres in Jamul in May. Photo courtesy of CAL FIRE

CAL FIRE Warns: Don't let your guard down

By THE DEER SPRINGS FIRE SAFE COUNCIL

Your regional firefighters have a message for you: Don't Let Your Guard Down. Yes, we enjoyed unseasonably-cool weather through much of August and September. Yes, there have been relatively few wildfires this year in San Diego County. But that can change, especially when Santa Ana winds kick up in the autumn.

"The biggest piece of advice I would give folks is: Don't get complacent," says CAL FIRE Capt. Isaac Sanchez, the department's spokesperson for San Diego County. "October is actually a high risk season for fires. We still have hot, dry weather coming ahead of us."

On Aug. 21, the Eclipse Fire broke out near Campo, and 175 firefighters responded, containing it to 200 acres. The county's largest fire so far this year was the Gate Fire, which burned 2,056 acres in late May. That fire, in Jamul, took six days to contain.

The Gate Fire followed a scenario that fire officials warned about early this year: the winter's wet weather promoted the growth of grasses, which provide flashy fuel for wildfire. The Gate Fire broke out in dry grass and spread quickly.

"With the Gate Fire, it was 10 acres before an engine ever showed up," Sanchez noted. "When you have uninterrupted fields that are largely grass, that's a concern."

"There are several factors that influence the type of fire we will have," he said. "Those are fuel, weather and topography."

Where and when it starts, the fire will be influenced by one or all of those factors. When you have all three line up, the fire can grow larger.

"What we can't predict is ignition. We don't know where and when it will start. That's unknowable."

Sanchez said it is important for CAL FIRE to beef up staffing when weather conditions favor ignition. Quick detection makes a big difference, because the sooner a fire is reported the faster firefighters get to it.

And it is important for property owners to do their part by maintaining defensible space around their homes.

County Fire and CAL FIRE Unit Chief Tony Mecham reminded everyone that defensible space can help determine whether a home survives a fire.

"I cannot stress enough the importance of people doing 100-foot clearance around the structure," Mecham said in a news conference during the Gate Fire. "We have over 40,000 structures that are in high-risk wildland areas in San Diego County. On any given day, all 40,000 of those homes are threatened."

He said that when firefighters arrive in a neighborhood where several homes are threatened, they have to make quick decisions about which ones are defensible.

"I can tell you, if you do not do the clearance around your homes, I do not care to risk the lives of my firefighters to save your home, if you have not done your part to give our folks a fighting chance," Mecham said.

Leak is stopped at Turner Lake Divers Shut Valve that was Jammed Open

By THE DEER SPRINGS FIRE SAFE COUNCIL

Divers have stopped a leak at Turner Lake by shutting a valve that was jammed open, causing the reservoir to shed water through an outlet.

Valley Center Municipal Water District General Manager Gary Arant said the water was leaking at a rate of 150 gallons a minute and the district will undertake a permanent repair. He said the leak is not a threat to people downstream, and the district will be able to repair it using its own staff.

The leak does not affect water supply, because Turner Lake has not served as a water source since 1993.

Turner Dam was built on the upper reaches of Moosa Creek in the early 1970s to take advantage of untreated water coming from the San Diego Wa-

ter Authority aqueduct, which is routed nearby. The district treated the water, but the lake's water quality deteriorated severely over time as impurities collected in the lake, raising the treatment cost.

When the district began receiving treated water from the aqueduct in 1993, it was no longer feasible to treat Turner Lake water.

"It does support fish and bird populations, but as far as a water supply, it's no longer usable," Arant said. Firefighting helicopters occasionally draw water from the lake to refill their tanks during wildfires, but under normal circumstances the lake serves no water supply benefit.

Turner Lake lies just north of Alps Way between Hidden Meadows and Valley Center.

Boulder Oaks Ladies Golf

SWEEPS RESULTS

Aug 24: Par Fours: This week winners were: First with a net 39 was MaryJo Moore. Second scoring net 45 was Ellen Koury. And third with a net 46 was Helena Kim.

Aug 31: Better Nine: Helena Kim was the winner with a 29. Second Place was Pauly Schoolcraft with a 33 and third this week was Donna Williams with a 33.5!

Sep 7: Low Net Ace. The Ace of the month for September was Renee Neuzil with a net 67, Pauly Schoolcraft was second and Queen with a net 72, and Ellen Koury was third with a net 80.

Sep 14: Eclectic Tournament – Day 1: The scores for the first day of the Eclectic Tournament are as follows: MaryJo Moore net 66, Renee Neuzil net 76, Ellen Koury net 77, Donna Williams net 79, Pauly Schoolcraft net 83, Sue Winje net 89, Dorothy Aleshire net 92, and Janet Dopp net 106. Big scores for sure, however a good time was had by all. These same ladies will be back to play next week.

Sep 21: Eclectic Tournament – Day 2: And the winner is.....Mary Jo Moore with a net 62, 2nd place Renee Neuzil with a net 64, and a tie for 3rd between Ellen Koury and Sue Winje with a net 67.

THIS AND THAT

A General Meeting was held on September 14. We discussed the summary of the changes being made to the Red Tees. Ellen announced that we have a Nominating Committee, consisting of Mary Jo Moore, Dorothy Aleshire, and Renee Neuzil. A slate of nominees needs to be presented before November. Also discussed was the Boulder Oaks Golf Tournament to be held in November for the benefit of Home Owners Association and the median improvement at Hidden Meadows. Also, we discussed our Christmas party venue via email after the meeting.

MOST IMPROVED PLAYER

Most Improved Golfer for the Month of August is our newest member Brenda Vatnsdal! She started with a hcp of 19.9 and ended with a hcp of 19.4. Donna Williams came in second with a starting hcp of 27.4 and ending with a hcp of 26.8



Mary Jo Moore, winner of this year's Individual Eclectic.

MEMBERSHIP INFORMATION

Membership information for Boulder Oaks Women's Golf Club is available by contacting Jude Begell at 760-505-5188 or email judebegell@cox.net.

The Boulder Oaks Women's Golf Club formerly Meadow Lake Women's Golf club invites all ladies who like golf to join our club. We play sweeps and tournaments. We welcome new and/or experienced golfers of every handicap.

For golf on Thursdays, please contact Donna Williams at 760-751-1787 or email dcwmsretired@yahoo.com

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South & Central County: (619) 236-2341

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California Highway Patrol
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Deer Springs CERT
(Community Emergency Response Team)
(760) 525-5170

Deer Springs Fire Protection District
Hdqtrs/Station 1: (760) 749-8001
Station 2 Deer Springs/I-15: (760) 741-5512
Station 3 Hidden Meadows: (760) 751-0820
Fire Marshal: Sid Morel
Sidmorel@dsfd.sdcxmail.com
Fire Protection Specialist: (760) 749-8001
Andrew Modglin
Andrew@dsfd.sdcxmail.com
Burn Permits: (760) 749-8001

Emergency Information Recording
(Deer Springs Fire Safe Council)
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HIDDEN MEADOWS NEWS

*A newspaper by the community,
 for the community.*

The majority of articles used
 for this paper are provided by
 residents of Hidden Meadows
 and Rimrock.

This is *your* paper!

New Social Groups Starting to Emerge

By **NOE SILVA AND MARY FRIEL**

As co-chairs of the Hidden Meadows Social Group Committee, we are pleased to announce some exciting news for everyone who has been patiently waiting to join a social group here in Hidden Meadows and the Rim Rock area.

On Saturday, October 21st, from 4-7 p.m., everyone interested in our SINGLES group is invited to meet at Vintana's atop the Lexus dealership in Escondido for the half-priced Happy Hour. They have a great deal on drinks and appetizers! We will need to reserve space for our group, so please RSVP as soon as possible, and no later than October 15th. Our plan is to hold monthly singles gatherings at other amazing spots around the city and your suggestions will be very important to us.

On Sunday, October 29th, from 4-6 p.m., everyone interested in our social groups for COUPLES is invited to join Mary and Noe at the Pavilion next to the community pool on Meadow Glen Way West. At this time we will discuss how our couples potluck dinners work and we will try and place everyone in an age appropriate group. Please bring an appetizer and a bottle of wine or drink of your choice to share. We will need to reserve the Pavilion so please RSVP as soon as you can, and no later than October 20th.

Please send your RSVP for these events to Noe Silva at noesilva09@



Noe Silva and Mary Friel, co-chair of Social Group Committee

gmail.com or Mary Friel at maryfriel66@gmail.com. Feel free to contact us if you have any questions or would like to be added to our distribution list for future events.

At a later date, we will be looking to form a group for parents that would like to meet other families for play dates and kid-friendly get togethers, so please stay in touch.

We look forward to meeting and connecting with all of you.

CLASSIFIEDS

HELP WANTED

Group Home in Valley Center is currently hiring Child Care Workers for our adolescent boys group home. F/T awake overnight and P/T shifts, including weekends and evenings. Supervise "at risk" adolescent boys. Ability to pass background checks including DOJ, FBI, Child Abuse, and drug screen. Must be 21 or older, have a valid California driver's license, and a good driving record. One year previous related experience, BA or 12 units Early Child units + 100 hours experience working with youth is required. \$12.50 to \$14.00 per hour. Full time positions include medical, paid time off, and paid holidays. Call today for an application and more information. (951) 765-6955.

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 for just \$9.99 per issue.*



SAVE THE DATE
Date: Saturday, December 2nd, 2017
Time: 9 a.m. - 11 a.m.
Location: Hidden Meadows Pavilion, 28208 Meadow Glen Way West
Breakfast provided. Please bring an UNWRAPPED gift to donate.
Volunteers needed. To volunteer please contact:
Andrea Goodwin @ andreakgoodwin@gmail.com

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Astronomy Corner

Shooting the Stars with a DSLR Camera

*"I've loved the stars too fondly to be fearful of the night."
~ Galileo Galilei*

By **CHRIS HOLMES**

Have you ever pointed your camera at the night sky and opened the shutter, just to see what you'd get? A meteor streaking by? A full Moon? A constellation that seems like an old friend?

I love taking pictures of the heavens and often do so with my camera attached to a telescope. I'm innocent enough, however, to be amazed at what I can do with a just a simple DSLR camera. If you're interested, here are 3 basic suggestions for taking great photos of the stars.

Equipment: Having a DSLR camera with interchangeable lens will make it possible for you to zoom in closer to your celestial subjects. Other essential equipment include a remote trigger and a solid tripod to reduce vibration as you take your pictures.

Photographic Technique: One of the most important things to consider is exposure time. Leaving the shutter open longer will bring in more light and allow you to get a more detailed image. How long should you expose? The glib answer is, for as long as it takes, but no longer. Leaving the shutter open too long could lead to "rotational streaking" of the image caused by the earth's continual movement. Some photographers recommend the "500-second rule," which says that the maximum exposure – in seconds

-- is roughly 500 divided by the focal length of your lens. For a standard 55mm lens, this is approximately 10 seconds; for a 250mm lens, it shortens to 4 seconds. (I've personally been able to double those values without ruining my pictures. So much for rules!)

Fortunately, digital cameras allow you to see your images right away. That immediate feedback allows you to adjust your settings and shoot again... and again until you get what you want. Trial and error always wins!

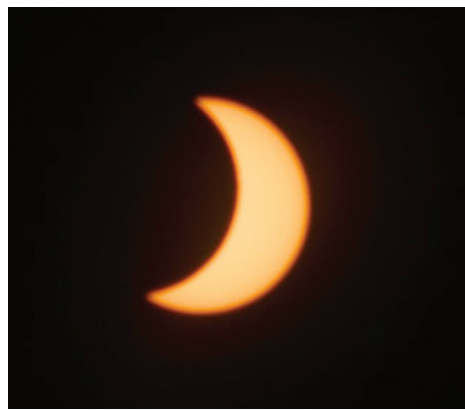
Post-processing: Even when you've taken a decent shot, it's possible to make it even better. You can find a wide variety of photo processing applications in the market these days, and many of them are free! These programs allow you to change the size of the image, adjust its brightness and contrast, change the color or hue, and, by using curves and levels, grab every bit of detail from the image. One of my favorite packages is called Gimp. I had to go through a bit of a learning curve with it at first, but now that I've got the hang of it, I find myself spending as much time with post-processing as I do with taking the photos themselves.

To give you a taste of what you can do with the ideas I've just shared, I thought I'd show you a few of my recent pictures.



The Moon

You would think this would be an easy target, but I shot a dozen images before I got what I wanted. I used a 135mm lens, tripod and remote trigger. I tweaked the color afterward with Gimp to give it that "harvest moon" effect.

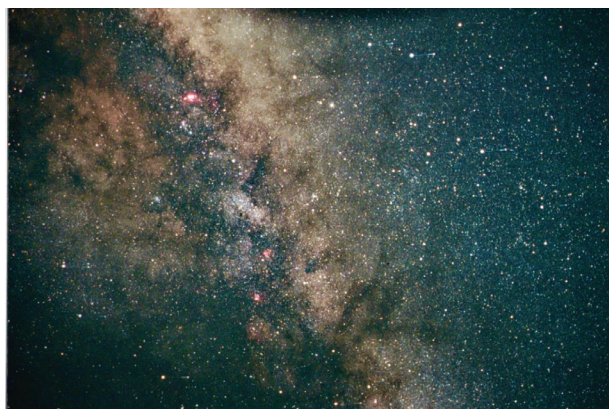


Solar eclipse

To get this picture, I simply added a solar filter over the 135mm lens. I took several test shots before ending up with 8 images that captured all phases of the eclipse.

Milky Way in Sagittarius

Can you believe this picture was taken with the same camera and lens?!? Needless to say, I was pretty excited with how this came out. Not only does the image have a gauzy, ethereal quality, but several reddish nebulae can be seen scattered throughout the cloud. Your naked eyes would never see this, no matter how long you stared at it.



I was able to get all that incredible detail by bumping up the exposure to a full 15 minutes. To keep the image in focus during that long exposure, I did a little trick — mounting the camera on a motor so it would move in sync with the earth's rotation. I'll share more information about that technique in a future article.

So there you have the keys to beginning astrophotography. I encourage you to go out there, shoot the stars and see what happens. Who knows, maybe some day your photos will appear on the cover of Astronomy Magazine...or at least in the Hidden Meadows News.

Women's Social Group: More Than Just a Gab Fest

By **SUSAN WOLKING**

Get a bunch of women together, fill them up with wine and good food, and what do you get? Well, with the Hidden Meadows Women's Social Group, you get non-stop conversation and laughter. It's not just a bunch of silly chatter or superficial interactions, however.

Meeting once a month has given us a chance to really get to know each other and to develop genuine friendships. Attendance tends to be around 20 or so, and it's not always the same gals, so we have lots of opportunities to connect with new people. There are no cliques and the vibe is always friendly and welcoming.

Each month the party is hosted by a different member of the group. We've gone to homes all across Hidden Meadows and each one has been unique. In the process, we've learned about our community and have been inspired by each other's different styles of landscaping and decorating.

The party at Sima Kashani's home on September 14 was no exception. Her house sits on the top of a hill with a commanding view of much of Hidden Meadows. It was fun to stand on her deck and try to figure out where we each lived in the panorama below. The home was deco-



Socializing in the kitchen.



Sima Kashani, our hostess, and Pat Witman on the deck overlooking Hidden Meadows.

rated inside and out with an eclectic assortment of artifacts from Sima and her husband's worldwide travels. I was particularly enchanted by two statues carved out of lava. Sima explained that the pieces, which depicted three youngsters enjoying themselves in an idyllic seaside setting, were intended to represent the Kashani's own three children.

As always, the conversation over dinner was free-flowing and educational. I sat with Sima, her sister and a friend who had lived in Hidden Meadows until recently. All three were born in Iran and had fascinating stories about growing up in that country and emigrating to America. It was very interesting to talk about the differences and similarities in our life experiences. One delightful piece of information I learned from my new friends was a technique for drinking the juice out of an unpeeled pomegranate. I had never even thought about trying that before!

If you would like to spend time with a group of really nice women who love to talk, try out the Women's Social Group. Send your contact information to hmwsg92026@gmail.com and we'll put you on the distribution list for our monthly invitations.



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**Some restrictions apply.*

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