



The hometown monthly newspaper of Hidden Meadows, California



Beautiful living Christmas Wreaths!

## Deck the doors with X-mas Wreaths – Fa-la-la

By Idalia Rewar / Local Resident

The Hidden Meadows Garden Club gathered in November at Barbara Rangan’s lovely home. Our 007 Mission: decorate a succulent Christmas wreath. All the ladies came with their bags or boxes of succulents, dried flowers, season accents, etc. The Garden Club provided the other necessary items: wire mold, around mesh cloth, scissors, glue, moist moss, moist dirt, and wire. That’s it – nada mas.

So we gathered at different tables – all anxious to get started. The wonderful hostesses posted a board with the instructions. Most of us were antsy and forged ahead with starting, ignoring the board: we have the materials, and hey, we don’t need instructions. Well, it seemed those that did it last year, (like myself), went ahead and started. I can’t remember where I put my cell phone, but I can remember wreath decorating from last year. No problem.

Au contraire Madame. I put my gloves

on, put the mesh cloth on the wire mold, dug into the dirt up to my elbows, and oh, oh, moss or dirt? OMG I forgot, I have to read the instructions! Some had forgotten and went ahead and did it wrong and had to start over. Oh well, we are a senior group so a learning curve is applicable here, have mercy. That’s half the fun, right?

Then we scoop up the moist earthy dirt, aah... its saying “what are these ladies doing to me?” We’re putting you on the wire wreath so be quiet. Then you place another mesh cloth on top, easy does it, calm yourself, now the moss – it’s in water because you have to put it on moist, you put your whole hand in the bucket of water with moss and feel its texture, a little gushy, and now you have the job of wringing it out to its last breath, poor thing, but you lovingly put it around the wire mold – a few trips will do it.

WREATHS / See Page 5

## Pat Archer will lead the 68th annual Jaycees Christmas Parade

By DAVID ROSS

Pat Archer, a beloved Escondido institution who taught history at Palomar College for decades and was a Boy Scout leader for over 40 years, will be the grand marshal of the 68th annual Jaycees Christmas Parade

The theme of the parade, which will begin at Escondido High School and go down Broadway to Grape Day Park, is “A Quest for Christmas.”

As is traditional, the Christmas Parade is on the second Saturday of December, which this year is December 14.

The Times-Advocate talked to Jaycees Parade Co-Chairman Zachary Cypher, 25, who has been involved with the parade in one way or other since he was a teen. He explained the origin of this year’s theme: “The idea with

A Quest for Christmas was to have Arthurian legends and Lord of the Rings,” he said. “A lots of participants are dressing up in shields and armor. The idea is they are looking for something. We even have a couple of elves.”

The biggest change from past parades was to shorten it to 60 entries, down from the 76 they had a year ago, and which dragged the length to well over two hours. “We tried to shorten it so people wouldn’t have to stand outside so long. We are about ten entries shorter this year. We are shooting for an hour and a half,” said Cypher.

This is Cypher’s first year as co-chairman. “I started being in the parade since 2006 and helping it in 2013. I’ve been involved for quite a few years,” he said.

Parade entries will include all of the high school marching bands, Escondido’s Boy Scout Troops (naturally!) and several equestrian entries. “It’s all going to be fun,” said Cypher. “It’s kind of a different

## Toys for Tots: Saturday, December 7th

Hidden Meadows is ramping up for our annual Toys for Tots Toy Drive & Breakfast

By Sarah Sealey / President, Hidden Meadows Community Foundation

Most of you have probably heard about Toys for Tots, a marvelous program run by the US Marine Corp Reserve, that provides new toys to children who might otherwise not receive a Christmas present due to family circumstances. What you may not know is that our Hidden Meadows community has been supporting Toys for Tots for over 18 years and that we are one of the largest contributors in North County. Each year, we typically collect between 8 and 10 full boxes of toys, last year that was over 600 individual toys!

Toy Collection Boxes: During the month-long drive, please bring a new, unwrapped toy and deposit in one of the collection boxes set up in your area. Collection boxes will be available soon, but will only be up until December 6th. The boxes will be placed at The Meadows Deli Market, The Market at Hidden Meadows, at all three Deer Springs Fire Stations, and in the pro shop/bar area of the Boulder Oaks Golf Clubhouse.

The drive is celebrated at the annual Toys for Tots Breakfast, on Saturday, December 7th from 9am to 11am.

This fun, family friendly breakfast is located at the Meadows Homes Association Pavilion, located at 28208 Meadow Glen Way West.

We expect Santa Claus to make an appearance, arriving by fire truck, accompanied by some of his elves, the crew from our local fire station. Please bring a new, unwrapped gift to donate, as your admission. Afterwards, all of the toy collection boxes will be gathered up for the Marines and the Toys for Tots Volunteers, who will distribute the toys to children in need.

We always love to have volunteers to help prepare and serve food and drinks at the breakfast, help with crafts for the kids attending, and be elves for Santa, since he’s a pretty popular guy that day! We also welcome cash donations to put towards event food and supplies. Please volunteer by contacting Sarah Sealey at Sarah@bretandsarah.com or 619-808-3023

Lastly, one item that will be new at the breakfast this year: a check in table. As we continue to comply with county regulations applicable to non-profit organizations, you’ll see some small changes to long-standing events, such as this one. Please stop by to check in at the Welcome Table with your Hidden Meadows address.

I, and so many others, look forward to this event every year. We hope to see you there!



A Boy Scout Troop in an earlier parade.

mix this year.”

Having Pat Archer as grand marshal is kind of a personal thing for Cypher. “He was my Scout Master and I’m an Eagle Scout. He’s one of the reasons I’m in the Jaycees.”

Jaycees, for those unfamiliar with the club, stands for Junior Chamber of Commerce. It’s a small but mighty organization, but it could use help. “We’re always accepting new Jaycees member,” said Cypher. “Our membership is at ten members. We used to be well over thirty.”

The parade judges will be posted in front Broadway Baptist Church, where entries will perform for a TV filming of the event. Announcing stages are located at Mission & Broadway and Washington

& Broadway.

Broadway and several streets surrounding the parade route will be closed at 8 a.m. sharp. Motorists need to be aware of alternate routes and to allow for extra travel time.

The Christmas Parade Awards Ceremony is tentatively scheduled for 12:30 p.m. at the Grape Day Park Train Depot, where the Multicultural Association will be putting on their Holiday Festival (see below) and they will let the Jaycees use their stage and PA system.

Trophies will be given for Best Marching Band, Best Dancing Group, Best Novelty Floats, etc., with three trophies awarded in each category.

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### WASHING YOUR CAR



Washing vehicles with a hose NOT equipped with an automatic shut-off valve can be very wasteful.

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### WATER FOUNTAINS



Using non-recirculating water in a fountain or water feature can use large amounts of unnecessary water.

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### OVER WATERING LANDSCAPE



Over-irrigating landscaping and having water run off on your property is a large source of water waste.

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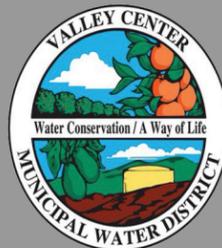
### WATERING AFTER RAINSTORMS



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# Book Talk

**By Lynn Clark - Resident**

JoJo Moyes is a new author for me. This is the first book I have read that she has written and I really enjoyed it.

*"The Girl You Left Behind"* by JoJo Moyes

If you appreciated *"The Nightingale"* by Kristin Hannah you will like this new book by Jo Jo Moyes. The beginning is set in a small occupied village in France during WWI. The year is 1916. The village is called St. Peronne.

Part I. Sophie Lefevre and her sister Helene live in rooms above a restaurant they own. Both their husbands have enlisted in the fighting. They do not know if they are alive or dead. Together, along with family members, they are trying to survive, but it is becoming extremely difficult due to the lack of food and supplies.

One of Sophie's prized possessions is a portrait of her, painted by her husband, that hangs in the restaurant. It symbolizes how they met and fell in love. The German Kommandant\* in charge of the troops becomes fascinated with the portrait and with Sophie. Because he and his troops start eating at the restaurant, food supplies no longer remain a problem for the two sisters. A welcome relief from hunger, but a dangerous situation for Sophie.

When she finds out her husband has been imprisoned, she forms a plan using the only thing she has of value: the portrait and herself. Knowing her husband will die if he stays in prison, she goes to the Kommandant and begs for his help in finding and releasing him. What follows is an ill-fated rendezvous resulting in Sophie later being rounded up by the soldiers and transported in a cattle truck to Germany.

Part II. The book picks up in London and the date is 2006. Liv Halston lost her beloved husband four years ago, and she hasn't been able to pick up her life and move forward. She is still a young woman, but she can't seem to find interest in anything or anybody. She lives literally in a glass house designed by her late husband. Her most favorite possession is a portrait of

a young woman that her husband bought in Paris on their honeymoon. It hangs in her bedroom.

Paul is an investigator and works for a company that handles cases involving lost valuables taken during the war. He seeks restitution for the alleged owners, and sometimes the work he does weighs heavily on him. Unfortunately, it is a costly business if ownership is contested and the decision must be made by the courts. His new case involves a portrait of a young woman. The artist's family seeking the painting found it missing when an audit of his work revealed it was gone. Apparently it has become very valuable, and they say the Germans stole it during the war. It was discovered again through an old "Ideal Home" magazine. It was shown displayed on the wall of a London home.

When Paul leaves work that night he goes to his brother's bar and finds and rescues Liv, who is a little tipsy, and has just had her purse stolen. That is the beginning of a very rocky, but serious relationship that eventually ends up in the bedroom where Paul discovers the lost painting he is investigating on Liv's wall.

Liv really loves this painting and believes it was purchased in a legitimate manner, and she has no intention of giving it up without a fight. Paul is trying to do his job, yet for the first time, he questions what he is doing as the facts concerning the painting start to be revealed. The publicity that is generated by the hearing turns the public against Liv. During the investigation the history of what happened to Sophie and the painting is revealed.

The stress of the trial directly affects the relationship between Paul and Liv. You might agree or disagree with the conclusion of how the ownership of the painting is decided, but I looked forward to reading this book every day. It was an informative as well as a well written love story, and it made me a fan of JoJo Moyes' work.

\*Kommandant is the term used by German soldiers for their commanding officer and is spelled with a "K". The English spelling starts with a "C".

# Boulder Oaks Ladies Golf Club

**By Kathy Figueiredo / Resident**

Attention Lady Golfers! The 2020 membership drive has begun for the Boulder Oaks Ladies Golf Association. We meet on Thursdays to play at our local and great Boulder Oaks Golf Club.

If you are interested in joining this fabulous group of women, please contact Kathy Figueiredo at (442)217-2042.

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AS THE SAVING GOES ...

**ACROSS**

1 Capital of Bosnia and Herzegovina  
9 Super deals  
15 Stage back-drop  
20 Aired in installments  
21 Martial arts instructor  
22 City near Dallas  
23 Focus applied when covering a surface with concrete?  
25 Styx setting  
26 Ill, to Italians  
27 Jai —  
28 Solo in sci-fi  
29 Hanker for  
30 Prefix for tax or charge  
32 College between two hills?  
36 Suggest  
39 Puts forward as fact  
40 Bakery decorator  
41 Try to be like  
43 "Pinball Wizard" band  
46 Shrek is one  
50 Great review of George Washington?

53 Scandianavian king's lubricant?  
56 Certain iPad  
57 German coin  
58 Harvest yield  
60 Crooner Vic  
61 Tailor, e.g.  
63 Cut, as a 58-Across  
65 Hitter Gehrig  
66 Cause trouble to  
67 Question to an animal doc at an amusement park?  
71 Star, e.g.  
73 "Illmatic" rapper  
74 Drop-leaf table  
78 Butlers  
80 Ruby and scarlet  
81 See 31-Down  
83 Crooner Pery  
84 Caesar's hail to a mariner?  
86 Buck that's toiling away?  
88 Enumeration  
89 Loafer liner  
92 Grand Slam tennis events

93 Completely engrossed  
96 President before Bush  
99 — -lance (pit viper variety)  
100 Seamstress who was Adam's mate?  
105 Downed  
106 Italian cry at a dinner table  
107 Canon — (camera line)  
108 Caspian Sea feeder  
110 "Attack, mutt!"  
113 Not as young  
114 Tennis great Rod who keeps everyone safe?  
119 Pixar figures  
120 "In this way"  
121 1970s-90s carrier to Lima  
122 Collagist Max  
123 Positive responses  
124 Eased up on

**DOWN**

1 Month after Aug.  
2 On — with (equal to)  
3 Paris' — Gauche  
4 — already said ..."  
5 Actor Voight  
6 First name of Poe  
7 Perfumery bottle  
8 6x9-inch book size  
9 One-eighty from NNW  
10 "X" amount  
11 Psych up  
12 Like a Thai  
13 Téa on TV  
14 Moral error  
15 Ball  
16 School unit  
17 Arm bones  
18 Nonreactive  
19 Amble along  
24 Aunts, in Baja  
29 Month after Nov.  
30 More briny  
31 With 81-Across, Beehive State NCAA team  
33 Lo-fat  
34 Suffix of ordinals  
35 Cello forerunner  
36 "Byzantium" actress  
37 AOL letter  
38 Hip-hop DJ's equipment  
39 Scrutinizes  
42 — kwon do (martial art)  
44 Carpenter's adhesive  
45 Clued in  
47 Is a little too proud of  
48 Queen in a sari  
49 Stunt master Knieval  
51 Boot part  
52 Sailors, say  
54 Take too much of, for short  
55 Member of an early-1900s art movement  
58 Debt memos  
59 Director Clair  
62 — -Cop (1988 film)  
64 Commercial on the tube  
65 Olympic sled course  
68 "How — to know?"  
69 Celebration  
70 Jailbreaker  
71 Indy path  
72 Shankar on the sitar  
76 Edit, as text  
77 Scandianavian  
79 Hormones in some replacement therapies  
80 Harry Potter pal Weasley  
82 Draft inits.  
85 Its cap. is Vilnius  
86 Kaput  
87 Toss high up  
90 Brother of Iphigenia  
91 Director Ang  
94 Something novel  
95 Sch. org.  
97 Supply that's too abundant  
98 Operating skyward  
100 Theatricalize  
101 Courage  
102 Finish with  
103 Weird  
104 Out-of-the-way corners  
105 Bygone Olds  
109 Bygone Chevy  
110 Swedish film shooter Nykvist  
111 French noun suffix  
112 Gunky stuff  
114 Use skillfully  
115 Ending for Brooklyn  
116 Abbr. in trig  
117 Part of L.A.  
118 Lemur cousin

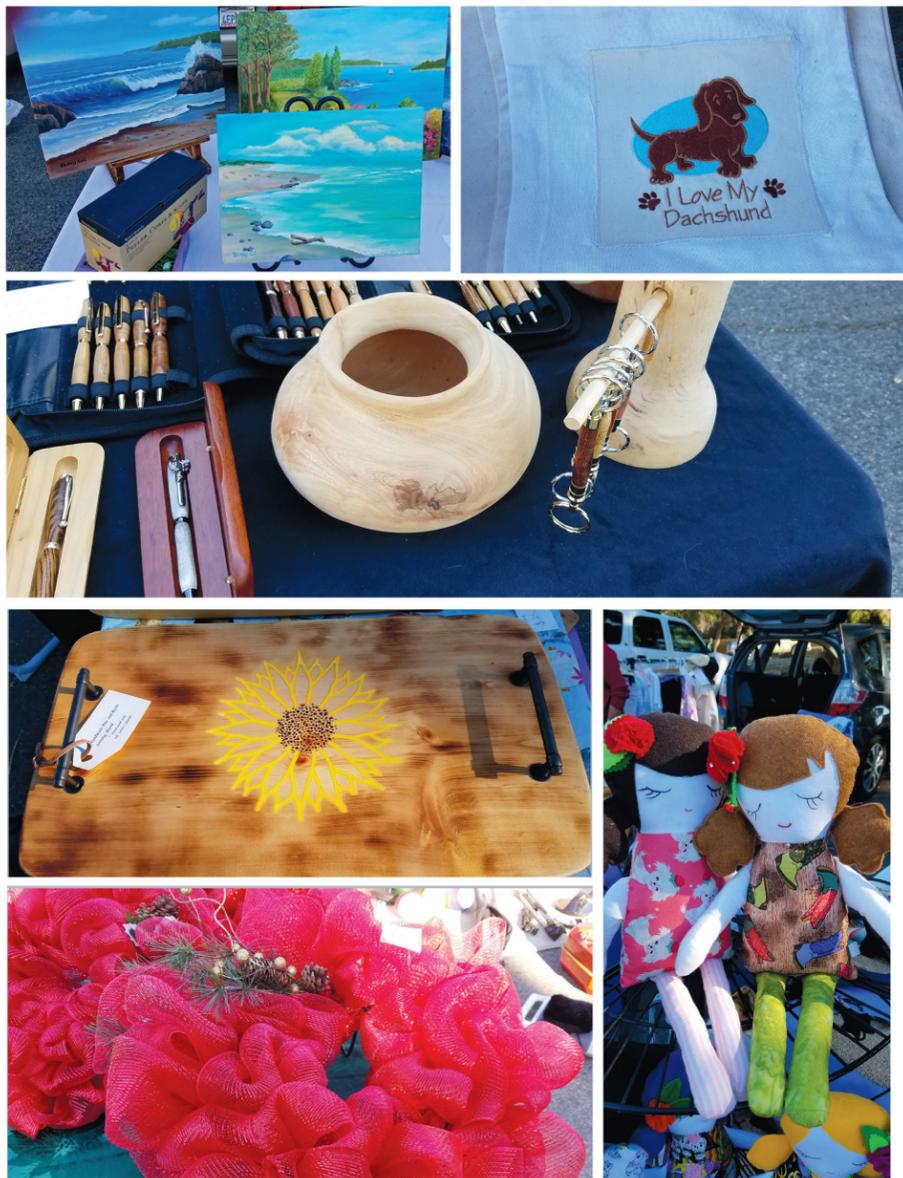
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Garden Club members assembling wreaths

**WREATHS / From Page 1**

Next you top it off with the other part of the wire mold, take wire and wrap it around the entire mold -- we are ecstatic by now, we are getting there, ladies, don't give up. Ahh, the succulent babies were waiting on the side saying "it's my turn now."

You prick the mold to make a hole, take a succulent, put glue on the tip, and down you go baby. Ooh, that feels so good, we are at last decorating our wreaths. And voila, ... (applause) -- I now have given you instructions on succulent wreath-making. But it's been a couple of days, gee, I wonder if I forgot one of the steps??

Many thanks goes to Barbara and Mary Ann Senior the hostesses and all the brave ladies who painstakingly worked and made some very beautiful Christmas wreaths. Merry Christmas to all, Feliz Navidad, les deseo salud, dinero y amor. I wish you health, wealth and love!



Dawn Takajo admiring the artistry

## Goodbye to the 2019 Seller's Faire

By Linda Collins / Resident

What a year! March was incredibly cold. April's Seller's Faire got rained on. In May or June, we were tagged by the health department on food safety. Thanks to Sarah Sealy's quick work, we had a basic permit in place before the next event. Each month we saw new vendors, seasonal products and decor items. We had a succulent exchange, an Oktoberfest, electronics recycling, and knife sharpening. It was the best year ever!

Next year, we will start in April (and hope for better weather). We will be working on having some food after we get our new permits for 2020. Many thanks to CERT and the Fire Safe Council for providing our required safety booth each month.

Thanks also to the great team that coordinated the Seller's Faire: Joanne Anglin, Dawn Takajo, Karen Birch, Danielle Rivera, and Susan Cline. And Dawn Fuller for updating our seller's lists for the permit and for our MailChimp account. Everyone's efforts sure paid off this year!

We wish everyone a pleasant holiday season and look forward to seeing you next year!



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# 5th Annual Trunk or Treat

By Kathy Moore / Resident

While I know most of you are scrambling to get the tree up & the presents bought & wrapped, I just wanted to take a quick minute to distract you from that, to reflect back to simpler times.....back when kids & cars, candy & fun were the only worries in the world!

With that said.....this year's Trunk or Treat was a BLAST. We had such incredible participants & the turnout of parents & children was phenomenal. We received a lot of wonderful feedback & have collected thoughts & ideas to make next year's event even grander!

We covered all sorts of scenarios, from spooky creatures, to graveyards, to Pirates, to candy shop themes. We had families show up in themes such as law enforcement, super heroes, sports teams and more! Our local firefighters, Engineer Mike Hannaberry, Firefighter Medic Wixon and Firefighter Cauzza, also joined in the fun – an amazing crew who enjoy being part of the community. I feel like no-one left anywhere near empty handed & there were scoops full of laughter & excitement!

I want to thank all of our dedicated & tremendous residents that took time out of their busy Saturday afternoon to put on this event. As you all know, we

cannot have fun like this without participation from the great people of Hidden Meadows.

If you did not get involved in this year's event but are intrigued by the idea or concept, please feel free to call, email or text me (480.296.8518 or KMooreRE@yahoo.com) & I can add you to our list of wonderful volunteers for this event, or other upcoming community events! Get involved! It's such a great thing to do to get to know your neighbors.

For information about other upcoming events, and ways to meet your neighbors and participate in the planning and organizational fun, contact Sandra Grafrath, HMCF Community Events Chair.







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## What's Happening in Hidden Meadows?

### ACTIVE LISTINGS

ADDRESS	LIST PRICE	ADDRESS	LIST PRICE
Oak Ranch Lane	\$530,000	Cerveza Baja	\$792,500
Tricia Place	\$630,000	Pinion Trail	\$795,000
Lake Meadow Lane	\$649,000	Calle De La Reina	\$798,000
Meadow Glen Way E	\$669,000	Burned Oak Lane	\$824,000
Sage Hill Way	\$679,950	Aspen Glen	\$800,000 - \$834,900
Gladstone Court	\$689,000	Faircrest Way	\$879,000 - \$979,000
Meadow Glen Way E	\$699,000	Tricia Place	\$1,249,900
E Meadow Glen Way	\$724,900	Hidden Meadows Rd	\$1,399,000
Aspen Glen	\$749,900	Alps Way	\$1,495,000 - \$1,595,000
Mountain Meadow Rd	\$775,000	Mountain Meadow Rd	\$2,199,000

### PENDING LISTINGS

ADDRESS	LIST PRICE
Treeside	\$600,000 - \$639,000
Sandhurst Way	\$600,000 - \$645,000

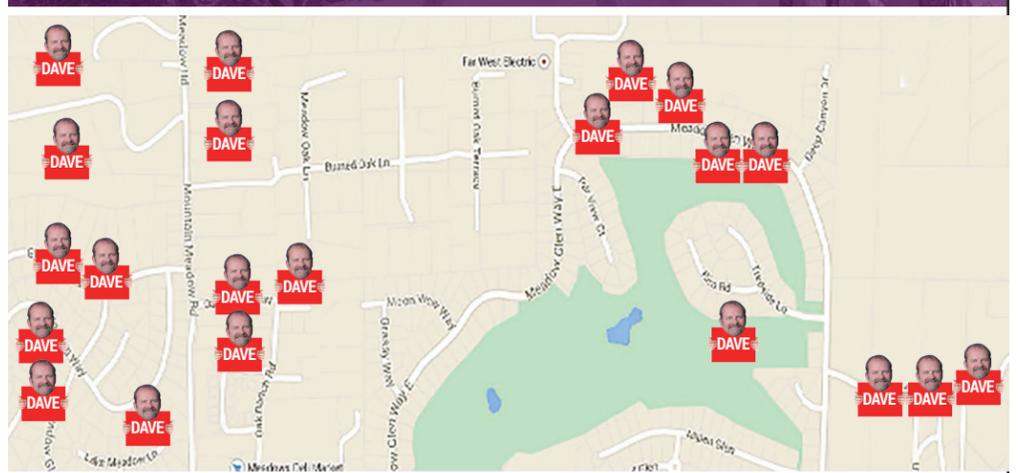
### SOLD LISTINGS

ADDRESS	LIST PRICE	SOLD PRICE
10563 Meadow Glen Way E	\$599,000	\$579,000
10381 Oak Ranch Way	\$529,000	\$529,000
28021 Grassy Way	\$575,000	\$575,000
28103 Par View Court	\$689,000	\$685,000
10617 Carla Court	\$699,900	\$699,900
10605 Carla Court	\$699,900	\$690,000
9744 Indian Creek Way	\$699,000 - \$724,000	\$680,350
10412 Oak Ranch Place	\$725,000	\$715,000
10631 Pinion Trail	\$748,800	\$725,000
10664 Aspen Glen	\$778,900	\$740,000
11177 Meadow Glen Way E	\$759,000 - \$799,000	\$770,000
27704 Willow Trail	\$799,900 - \$839,900	\$807,143

\*\*Data from SANDICOR, Inc. for 11/02/2019—12/02/2019 and represents properties listed or sold by various brokers. If your property is currently listed this is not meant as a solicitation.\*\*

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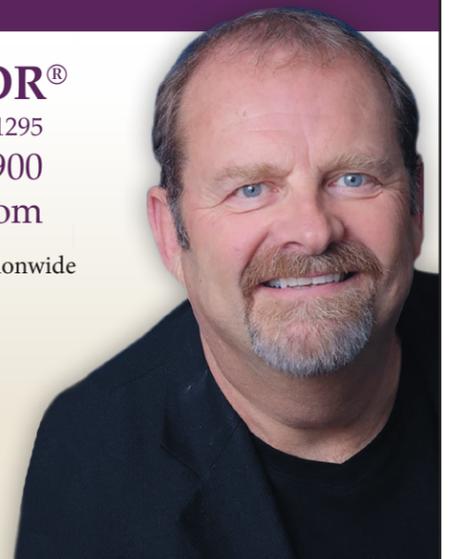
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# Give the Gift of Good Posture!

By Amy Van Liew/ Resident

Stop right now and notice your posture. I bet you are slouched over reading this article. Now look over at your loved one or friend – see the same thing? We are becoming a nation of SLOUCHERS. I see it in my husband when he is working on his computer, I notice it in my clients when we are exercising and I catch myself doing it when I am really into reading Facebook or writing an article. Reading on our mobile devices, sitting more than we should at work or putting ourselves in bad positions as we binge watch TV is leading to this epidemic of bad posture.

Did you know that just 1 inch of a head tilt forward adds an extra 10 lbs of pressure on your cervical spine (upper spine area)? To compensate the body lays down fat and bone to protect the spine which in time will grow into that unflattering hump (imagine Mr. Burns from the Simpsons or that slouched over posture in many older people). Forward head posture can also lead to chronic pain, numbness in the arms and hands, improper breathing and pinched nerves.

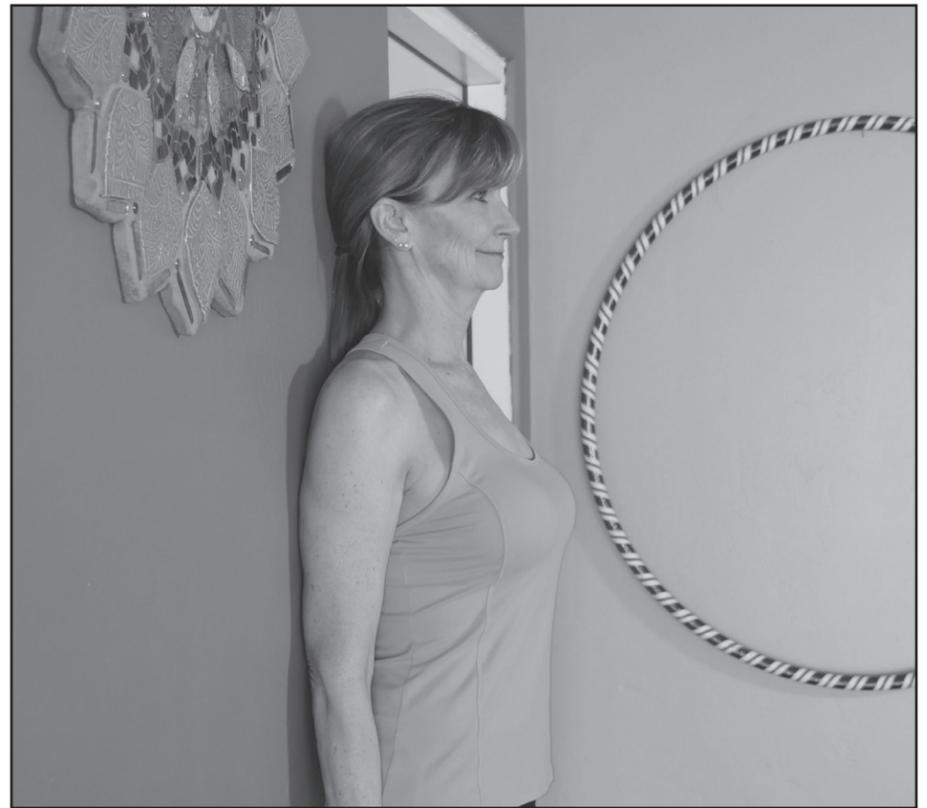
Many people do not realize they are doing it because it's becomes habit, the easier, more relaxing way to sit or stand.

This holiday season why not give the gift of good posture. Take the time to notice when your friend or loved one is leaning their head forward or slouching and ask them to do the same for you. Gently remind each other to sit up straight and pull that head back. Better yet, do this simple exercise together at least 3x per week for 6 weeks and I guarantee you will notice a difference.

### Simple Posture Correcting Exercise

1. Stand with your back flush against a wall. Adjust your heels so they are shoulder width apart, your buttocks against the wall and your shoulder blades touching the wall.

2. Notice as you get into this stance whether the back of your head touches the wall or not. If it does not touch the wall, or you have to look up for when it does touch the wall, you have forward head posture. Take the time to regularly rejuvenate, stretch and strengthen the muscles in your



Amy demonstrating this simple posture correcting exercise

neck, chest and shoulders

3. Now touch the back of your head to the wall. Pretend that there is a string going from the base of your neck to the top of your head. Imagine someone is pulling that string up from the top creating a longer neck. Make sure the back of the head stays on the wall.

As the back of your neck gets longer, your chin should tuck forward slightly (these are called chin tucks). Hold this position for 30 seconds, relax and do this 3-5 more times. Work up to doing this exercise for a full minute.

If you need more help with your posture I created a FREE eBook called 4 Simple Steps to Improve Your Posture. If you'd like a copy just email me at amy@behealthenough.com or visit my website behealthyenough.com and go to the Discover Tab.

Sit Up Straight and Happy Holidays!

## HIDDEN MEADOWS/RIMROCK

### Regular Meetings/Activities

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

#### Every Week

TTh,	Yoga, 8 am	751-0261*
MWF,	Fitness Workout, 9 am	749-6523*
W,	Bridge Group, 10 am	751-0261*

#### December 2019

2	VCMWD Board Mtg., District Office, 2 pm	749-1600
2	Bookmobile, MLGC Pkg. Lot, 1:00-2:00 pm	643-51257
3	MHA Architectural Rev Com Mtg., 6:30 pm	749-7278*
11	Deer Springs FPD. Bd. Mtg., 2:00 pm	749-8001
11	HM Condos, HOA Meeting, 4:00 pm	407-7575*
11	HM Community Foundation, 7 pm	sarah@bretandsarah.com
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*
26	Ranch HOA Mtg., 4-6 pm	407-7575*
26	HM Sponsor Group Mtg., 7:00 pm	809-6898*

#### January 2020

6	VCMWD Board Mtg., District Office, 2 pm	749-1600
7	Bookmobile, MLGC Pkg. Lot, 1:00-2:00 pm	643-5125
7	MHA Architectural Rev Com Mtg, 6:30 pm	749-7278*
8	Deer Springs FPD. Bd. Mtg. 2:00 pm	749-8001
8	HM Condos, HOA Meeting, 4:00 pm	407-7575*
8	HM Community Foundation, 7 pm	sarah@bretandsarah.com
9	MHA Board Mtg, 6 pm	749-7278*
10	Garden Club Meeting, 10:00 am	809-8889
20	VCMWD Board Mtg., District Office, 2 pm	749-1600
21	CERT Monthly Mtg., 6:30 pm	525-5170*
21	Bookmobile, MLGC Pkg. Lot, 1:00-2:00 pm	643-5125
23	Ranch HOA Mtg, 4-6 pm	407-7575*
23	HM Sponsor Group Mtg., 7:00 pm	809-6898*

\* 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.



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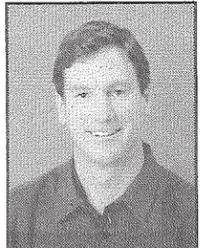
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# Hidden Meadows Community Resources and Organizations

## Resources

### Community Emergency Response Team (CERT)

The Deer Springs CERT program is comprised of volunteers who have completed a 24-hour training program designed by FEMA that includes instruction in basic disaster response skills, such as fire safety, light search and rescue, team organization, disaster medical operations, ways to improve home and work place safety, and how to prepare for an emergency. The volunteers are also trained in CPR, first aid, and in the use of a defibrillator. Contact Marc Weissman at 760-525-5170 or marcweissman11@gmail.com.

### Community Sponsor Group

The members, appointed by the San Diego County Board of Supervisors, meet monthly to provide a communication link with the San Diego County Planning and Land Use Department. They review and make recommendations on all types of land use, building matters and other planning issues that affect our community life. Their areas of interest include property north of the city of Escondido, east of I-15, south of Old Castle Road, and west of Valley Center. Contact Chairman Jim Chagala, at 760 751-2691 for more information.

### Deer Springs Fire Safe Council

The mission of the Deer Springs Fire Safe Council (DSFSC) is to preserve lives, property and natural resources by mobilizing all members of our community to make our neighborhoods fire safe. This is accomplished through the following:

**Education-** Through the use of instructional literature, meetings, the website www.deerspringsfire-safecouncil.com and newspaper articles, the Council shall disseminate proven measures for fire safety. This information will be provided to every district resident at least once each year.

**Prevention-** The council shall take the necessary steps to mitigate future wildfires and other uncontrolled fires within the community.

**Communication-** The Council shall acquire and develop the necessary capabilities to communicate to all our residents during an emergency event.

Contact Steve Kerrin at 760-807-1141.

### Emergency Communication System

The Deer Springs Fire Safe Council sponsors its own Emergency Communications System (ECS) that will call registered residents in the event of an emergency. This is a free service provided by local members of the council but you must be registered to receive a call. A system-wide test is conducted each summer to make sure everyone who has registered will receive a test call. Any phone number in the United States may be registered. To register, visit www.deerspringsfire-safecouncil.com.

An information hotline is updated during emergencies or noteworthy events and may be called 24/7

at 949-472-1407. Red flags are placed on the "Fire Danger Signs" during red flag warnings.

### Homeowners Associations

The Meadows Homes Association (MHA)  
760-749-7278  
Rimrock Homeowners Association  
760-749-4008  
Hidden Meadows Ranch Homeowners Association  
760-407-7575  
Silverado Management Services  
Oak Meadows Glen Homeowners Association  
760-749-4796

## Organizations

### Artisan Guild

The Hidden Meadows Artisan Guild seeks to Inspire, foster and promote arts and crafts of all mediums, Promote supportive networking, marketing, and social opportunities, Encourage member empowerment, educational opportunities, and fun. Develop an appreciation of the arts within our community

Contact Chalon Campbell at Chalon@cha-la-la.com for information about the guild's monthly meetings, art show, and activities.

### Bridge

Weekly Bridge for women is held Wednesday at the pavilion. Contact Joanne Boessow at 760-751-0261 or mljab33@cox.net.

### Bunco

There are several women's Bunco groups in the community, but are independently run by groups of women who want to have fun once a month. If interested, consider putting an ad in nextdoor.com for other interested residents.

### Garden Club

Everyone in the community who is interested in gardening is invited to participate in the Hidden Meadows Garden Club. Monthly events include field trips around the county, plant exchanges, plant and garden crafts as well as ongoing exchanges of ideas and expertise on the local flora and fauna. Contact Frances Munk at 760-809-8889 or francesmunk17@gmail.com .

### Hidden Meadows Community Foundation (HMCF)

At the heart of the community events and activities lies the Foundation whose purpose is fourfold:

• Beautification programs such as the maintenance of the medians

• Neighbors Helping Neighbors (temporary assistance for residents in distress)

• Scholarships for residents who are graduating from high school

• Community events

All donations are tax-deductible and can be sent to HMCF, 9856 Canyon Country Lane.

For more information, contact Sarah Sealey at sarah@bretandsarah.com

### Ladies Bible Study

The group meets weekly from 9 to 11 am on Tuesday mornings from mid- September through May at the Boulder Oaks Golf Course. For more information, contact Bonnie Miyamoto at 760-297-1508, Debbie Hamer at 760-297-1278 or Nancy Smith at 619-857-9187.

### Social Groups

Several social groups have been organized in Hidden Meadows over the years for those who want to meet other singles and couples throughout the community. Typically twelve households make up a group so that a gathering can be organized once a month at each other's homes. Each group has its own way of planning the gatherings, such as potluck, drink and appetizers, outings, brunch, or hosts providing everything. For more information, contact Toni Wozmak at toni.wozmak@hotmail.com

### Tennis Club

Current tennis players range from 25 to over 90 years young. Some matches are organized according to ability, but most are just fun matches where everyone can play. Contact Katy Freeze at 760-749-9722 or clarkfreese@gmail.com.

### Women's Golf Club

The Boulder Oaks Women's Golf Club is a member of the San Diego County Women's Golf Association and Santa Margarita Women's Golf Association. The latter offers inter-club competitive matches with nearby clubs. Thursday is Ladies Day at the course with a variety of tournament formats played throughout the year. Membership in the Boulder Oaks Golf Course is not required for women wishing to join this club. Contact Dorothy Aleshire at 760-749-5694 or dorothyaleshire@gmail.com if you are interested in knowing more about the club.

### Women's Social Group

Monthly gatherings at members' homes for a potluck dinner and conversation are a wonderful way to meet new faces in Hidden Meadows. For information about upcoming gatherings, send an email to hmwsg92026@gmail.com.

### Yoga

Free Yoga sessions are available at the Pavilion on Tuesday and Thursday mornings at 8:00. Contact Joanne Boessow at 760-751-0261 or mljab33@cox.net for more information.

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Summer Sports, Marsha Raftner, Mary Dragoo, Chris Cassidy, Pat Buntin, Danielle Milliken, Diane Beckel, Hostess Dawn Korinek, Susan Clyne, Melissa Mitchell, Sima Kashani, Julie Brooks, Francoise Santore

# To Live In Hidden Meadows You Have To Be.... Fortunate, Blessed, Appreciative, Lucky,...

By Rosemary Tulis / Resident

Whenever the Women's Social Group meets, the marvel of our good fortune to call Hidden Meadows our home is enthusiastically celebrated. Enjoying the charming hills and valleys of Hidden Meadows is to rejuvenate the soul. The Women's Social Group allows guests a chance to relish this and other experiences together, in an informal pot-luck evening, conveniently here in our beautiful neighborhood.

In November, hostess Dawn Korinek chose the theme "Giving Thanks for Friends" when she graciously hosted the meeting in her beautiful Rimrock home decorated with Thanksgiving finery. In the spirit of the season, guests were invited to bring kitchenware in good condition to donate to Casa de Amparo's Residential and New Directions programs. The items would help to equip young adults with basic necessities as they transitioned from foster care to independent living. Grateful friends and neighbors flocked to attend the evening and provided generous loads of household donations.

While guests treated themselves to a wide selection of delicious offerings, old favorites and new temptations, conversations ranged from swapping travel tales, shopping adventures, family fracas, health and beauty trends, diet tips and more. Arm chair travelers at one table were riveted listening to tales from climbing Mt. Kilimanjaro to trekking through ruins at Machu Picchu. For those looking for a less arduous adventure, discoveries of local area finds from restaurants to wineries, boutiques to theater opportunities were shared. Unexpected area charms are a never-ending delight.

To spend an evening relaxing and relishing the great company of neighborhood friends here in Hidden Meadows is one of the many benefits. The Women's Social Group is open to all residents, recent and long-timers. Contact hmwsg92026@gmail.com for more information and to join our invitation list.

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Fig1: Messier's List



Fig 2: Orion belt and sword



Fig 3: Great Orion Nebula

**Answers**

S	A	R	A	J	E	V	O	S	T	E	A	L	S	S	C	R	I	M	
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Fig 4: M-42, M-43 and the Running Man



Fig 5: Flame and Horsehead Nebulae

# Astronomy Corner

By Chris Holmes / Resident

## The Winter Sky, Part 1

Many of the night sky's most glorious objects arise in the east this time of year: Orion, the hunter; Taurus the bull, Canis Major, the big dog, and Gemini, the twins – to name but a few. All these constellations hold spell-binding nebulae, star clusters and galaxies, thanks to a little-known astronomer named Charles Messier.

Messier (1730-1870) gained fame not for what he discovered, but for what he discarded. Desperate to get his name on a comet – like Edmund Halley – he compiled a list of 110 objects which were NOT comets (they hardly moved across the sky, were pin-point like stars, or were diffuse like nebulae). Once he'd noted their coordinates, he ignored them and continued his comet search.

Ironically, this list of discarded objects -- not the 13 comets he actually discovered -- was what made him famous. Listed by M-numbers, it's still found on the data base of every serious amateur astronomer's telescope (Fig. 1). M-42, for example, is the Great Orion Nebula, which is where we're going now.

### Orion, the Hunter

Easily identified by the string of three stars which make up his belt (Fig. 2), this is the most popular object in the sky, and its Great Orion Nebula is the most sought-after item on Messier's list (Fig.3). In the middle of Orion's sword, the nebula looks at first like just another star. But magnified through binoculars or a small telescope, it becomes a swirling, greenish cloud, and a riot of colors when photographed over a long period of time.

The center of this nebula holds the Trapezium, an open cluster of the 4 stars which power the light emitted from the nebula. At the top – separated from it by a distinct dust lane -- is M-43, a satellite nebula.

### A Stellar Nursery

The births of numerous stars in the Orion Nebula have been recorded and studied. Basically, the gas and dust in the cloud collapse under their own gravity, heating up until the core reaches the temperature where nuclear fusion can occur. And then a new star is born.

Outside M-42 and M-43 is a dust cloud containing a dark nebula called the "Running Man" (Fig. 4). And, finally, there are two other nebulae in Orion's belt which deserve mention. One is the "Flame," a bright, complex emission nebula near the eastern-most belt star. The other is the Horsehead, a dark nebula just south of the Flame (Fig. 5). Neither of these can be seen with the naked eye, binoculars, or even telescopes. To be visualized, they must be photographed with long exposures.

There it is: The constellation Orion. With naked eyes or a pair of binoculars – or better yet, a small telescope – you can see the size and shape of the constellation. And with a long focal-length camera, mounted to a telescope or riding on a stand-alone sky tracker, you will be amazed by the colors and complexity found in this constellation.

Figures 2, 3 and 4 by the author. Figures 1 and 5 from public domain sources.