

# Crisis, Change & Community

By Sarah Sealey  
President, Hidden Meadows Community Foundation

How quickly the world has changed... just a couple of weeks ago, I was promising Pat (Pat Fox, our outstanding Editor) that I wouldn't be late with an article about our Foundation Easter Egg Hunt for the April newspaper. As the news reports came out, our marvelous volunteers quickly revised the event to a back-up plan: an Easter Egg Drive Through (because kids need Easter Eggs, right?) but then, in what feels like the blink of an eye, we're all Sheltering in Place at home, unable to leave except for essentials, with no contact with each other.

The Easter Egg Hunt, in any form, has been cancelled. As has the April Sellers' Faire, the April Foundation Board meeting, and I'm sure many things in your own lives too. I'm still holding out hope for May, but I'm trying to be realistic too. We'll keep you all posted, I know how both buyers, and especially the sellers, look forward to the community-wide Garage Sale.

We all know this is a public health crisis, worldwide. Be safe, follow the policy changes intended to keep the virus from spreading, follow credible sources of data and guidance. This is also an economic crisis of unparalleled magnitude. Our economy is virtually stopped, as some of you know all too well.

My heart breaks for all the small businesses and their employees, the many restaurants, drivers, bartenders, golf courses, movie theaters, entertainers and more, who are being absolutely crushed economically, by our present situation. I'm looking for ways we can try to help.

At our house, we've made a list of the small businesses still operating – mostly family owned restaurants and essential services – that we can patronize. Consider, if you're able, donating to a food bank, or a charity that helps folks employed in the service or travel industries, or even giving blood. Blood banks have had to cancel drives and are now facing critical shortages for emergencies.

Find ways that you can help the community around you, while staying safe. We're all in this together, and some of us need more help than others right now. Give the donation you were planning to give to the Foundation's annual fund-raising campaign. We'll make it work.

Finally, check up on your neighbors, especially the ones who live alone. I saw a tragic quote from a longtime restaurateur in New York City who said "even in 9/11, we could hug each other". This situation is particularly difficult for all of us who are social animals, who enjoy or take comfort in connecting with our family, friends and neighbors and getting together.

The Hidden Meadows Community Foundation is dedicated to making our neighborhood a special, wonderful place to live. Our efforts are paused, at present, but we can all still make a difference, in our own way, individually.

## County extends 'stay at home' order

The County of San Diego - Government has extended the previous Stay at Home order indefinitely at this time. Only essential businesses are to remain open. To find out what qualifies as an essential business visit: <https://bit.ly/2UsehsS>

You can support Escondido's local restaurants, bars and wineries by purchasing to-go food, gift certificates and gift cards. For a running list of open restaurants, bars and wineries in Escondido visit: <https://www.escondido.org/support-local-food-drink.aspx>

For more information about the City's response and additional resources visit: <https://www.escondido.org/covid-19.aspx>

The City of Escondido's parks, trails and open spaces remain open, as long as strict social distancing is practiced.

APRIL HIDDEN MEADOWS EVENTS  
are Cancelled

Sellers' Faire: Cancelled  
Easter Egg Hunt: Cancelled



Left to Right: Frances Munk, Linda Collins, Pat Witman, Lynn Wheeler, Joann Anglin, Summer Sports

## Breakfast - at Rosie's!

By Linda Collins / Resident

Last month, the Hidden Meadows Women's Social Group went to Rosie's Cafe. I'd been there twice before. Once was before the makeover by Restaurant Impossible, the Food Network television series, and the other was after. I have to say this time made a very different impression. I liked it!

There has been a fair amount of press on Rosie's. But if you haven't heard, "Rosie", or Kaitlyn Rose Pilsbury, bought Champions, which had been a long time resident of main street. They were having a tough time getting started. So, around October or November two or three years ago, we scheduled one of our breakfasts there. I remember I had pumpkin or some kind of fall themed pancakes. Everyone came away saying it was just okay, food wise, but as always, we had a great time at breakfast together.

Then Restaurant Impossible had a cancellation by a restaurant somewhere in the San Diego area. How they found Rosie's, I don't know, but Rosie's was chosen to fill the cancellation. In an intensive makeover, the restaurant was repainted, redecorated, deep cleaned, the menu was updated and the chef and kitchen staff were taught how they could run the kitchen more efficiently. One of our neighbors, Frances Munk, was among the volunteers that helped

in the two-day race to remake the restaurant.

The press associated with the Restaurant Impossible makeover brought people in from all over San Diego before the show even aired. We were one of the groups that checked out the new fare. Not being one who favors ham, I was frustrated that everything seemed to come with a "pork roll", which was actually just a thin slice of ham. The new menu was very short. A picky eater like me would have a hard time finding something appealing. And the rest of the group said it was just "okay".

Rosie's heard the customers and modified the menu to some of the new and some of the old with some playful, main street related names. They've modernized their menu, moving away from the pork rolls on every plate, an innovation introduced in the Restaurant Impossible make over to give them a unique menu.

On this month's visit, I ordered breakfast tacos. They were fabulous. Lynn Wheeler had one of the breakfast sandwiches. Francis Munk had the All American breakfast and found it to be too much food! Summer Sports had a combo plate with eggs and French toast. She left her plate clean. Pat Witman had the avocado toast with cucumber.

ROSIE'S / See Page 3

## Seller's Faire Cancellation

By Michelle Zipse / Resident

The Seller's Fair on Saturday, April 4 has been cancelled. We hope to have the Seller's Faire starting on the first Saturday of the month later this year. We hope, but are not sure, the next Seller's Faire will be on May 2, which is also the date for the neighborhood Garage Sale, Check on nextdoor for updates. Stay safe everyone!

After the Seller's Faire, whenever it is safe to reopen it, remember to stop by the Golf club for a drink or a bite to eat. Mr. Kim, who owns the club and golf course, has generously let us use the facilities and parking lot for this event and many others. Let's show our support by stopping at the club, one of the bartenders will greet you with a smile!

We are so lucky to have a local watering hole where we can meet our neighbors!



# Attorney General Becerra warns of false advertising related to coronavirus

California Attorney General Xavier Becerra this week issued a consumer alert about deceptive advertising related to COVID-19 in California.

AG Becerra reminds all Californians to be mindful of any products or services that falsely claim to treat, diagnose, prevent, or cure COVID-19. According to the Centers for Disease Control and Prevention and the World Health Organization, there is no vaccine to prevent COVID-19, nor is there a medicine that treats or cures coronavirus.

“Do not be hustled by opportunistic tricksters claiming to have a miracle cure. There is not a cure for COVID-19,” said Becerra. “Californians should take preventative measures to stop further spread of coronavirus, such as washing their hands, refraining from touching their face, avoiding large groups, and staying at home as much as possible. I encourage anyone who has been the victim of a snake oil scam or who otherwise has information about products that are falsely touted as coronavirus treatments, tests, or cures to immediately file a complaint through my office’s website at <http://oag.ca.gov/report>.”

California’s consumer protection laws — including the Unfair Competition Law, False Advertising Law and Consumers Legal Remedies Act — prohibit false, deceptive, or misleading advertising, including any advertising that explicitly claims or implies that a product treats the coronavirus. A statement does not have to be literally false to be illegal; any claim that is likely to mislead a consumer may result in action by the Attorney General’s Office. Compliance with federal requirements or

industry standards is not a defense to liability under California law.

In addition, Becerra reminds all Californians that, under Penal Code Section 396, price gouging is illegal in all California communities during the declared state of emergency. California law generally prohibits charging a price that exceeds, by more than 10%, the price of an item before a state or local declaration of emergency. This law applies to the prices of certain goods or services when a declared state of emergency results in disruptions of the market, including with respect to food, emergency and medical supplies, and other consumer goods. Exceptions to this prohibition exist if, for example, the price of labor, goods, or materials has increased for the business.

Violators of the price gouging statute are subject to criminal prosecution that can result in a one-year imprisonment in county jail and/or a fine of up to \$10,000. Violators are also subject to civil enforcement actions including civil penalties of up to \$2,500 per violation, injunctive relief, and mandatory restitution. The Attorney General and local district attorneys can enforce the statute.

For the latest in coronavirus preparedness, information, and response, please visit the websites of the California Department of Public Health, Office of Governor Gavin Newsom, and Office of Emergency Services. If you are a worker or employer who has been affected by COVID-19, you can find guidance and resources on the California Labor and Workforce Development Agency’s website.

# Tax deadlines postponed

State Controller and Franchise Tax Board (FTB) Chair Betty T. Yee this week announced an extension of time until July 15, 2020, for California taxpayers to complete certain time sensitive acts pertaining to state taxes due to the COVID-19 pandemic.

FTB Issued Notice- 2020-02, detailing the new deadlines to file:

- Claims for refunds with FTB
- Protests of proposed tax assess-

ments with FTB

· Appeals to the Office of Tax Appeals of Notices of Action denying claims for refund or affirming tax assessments

On March 4, 2020, Governor Newsom proclaimed a State of Emergency in California as a result of the threat of the spread of COVID-19. He fol-

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TAX / From Page 2

lowed this proclamation with Executive Order N-25-20 on March 12, 2020, where he ordered that FTB use its administrative powers, where appropriate, to provide extensions of time to individuals and businesses affected by complying with state and local public health officials' imposition or recommendation of social distancing measures related to COVID-19. These extensions apply to filing, payment, audits, billing, notices, assessments, and claims for refund, as well as relief from subsequent penalties and interest.

California Revenue and Taxation Code (RTC) section 18572, which incorporates Internal Revenue Code (IRC) section 7508A, gives FTB the authority to postpone these deadlines in accordance with the governor's orders. Notice 2020-02 also gives FTB until July 15, 2020, to issue a proposed tax assessment for years where the statute of limitations expires during the March 12 to July 15, 2020, postponement period.

For more details regarding FTB COVID-19 tax relief, see the FTB's website at [ftb.ca.gov](https://ftb.ca.gov) and search COVID-19.

If possible, taxpayers should continue to file tax returns on time to get their refunds timely, including claiming the Earned Income Tax Credit and Young Child Tax Credit. During this public health emergency, FTB continues to process tax returns, issue refunds, and provide phone and live chat service to taxpayers needing assistance.

ROSIE'S / From Page 1

The cucumber was a little heavy, but it was good. Then there's Joanne, who raved about the corned beef hash. She was not disappointed. It was as good as she remembered. She shared tastes with everyone around the table and everyone agreed, it was darn good hash!

Our recommendation: If you haven't been to Rosie's Cafe or were there before all the changes, go try it today. We think you will be pleasantly surprised. Oh, and it is not just the food! The staff there is amazing, friendly and accommodating, quick to share a smile.

Things were looking pretty good, until . . . . According to the article on the wall at Rosie's, the owner Kaitlyn Rose was struck head-on while riding her motorcycle near her home December 21, 2019. The driver of the SUV that hit her jumped from the car and ran from the scene. After weeks on a ventilator and several surgeries, Kaitlyn woke up in January 9. When she did, she had no memory of the accident or anything that happened in the six months before. She is currently in rehab and building her strength for walking. She has a great support group.

On Feb 17, 2020, Robert Irvine the host and chef of Restaurant Impossible, hosted a fundraiser on Grand Avenue to help cover Kaitlyn's medical costs after earlier setting up a GoFundMe campaign. The Union Tribune quoted Robert Irvine stating "Makeovers are tough, period, but this one was tough emotionally because I truly believe in her and she's inspiring to me. It's the first one in many episodes where I really wanted her to succeed. I wanted to teach her." And people came to the fundraiser donating over \$100,000 to Kaitlyn's recovery. To follow Kaitlyn's progress on CaringBridge, visit [caringbridge.org/visit/kaitlyn-rosepilsbury](https://caringbridge.org/visit/kaitlyn-rosepilsbury).

SUBMIT CONTENT FOR HMN

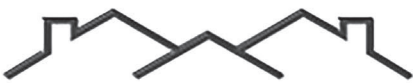
Deadline for local article submission:

17th of the month for the next issue.

Photographs submitted for publication should be hi-resolution, unmodified originals, hi-res/300dpi. We cannot accept photos taken from social media sites such as Facebook.

Send drafts and photos to Patricia Fox at

**LocalEditor@HiddenMeadows.news**



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# Stress, Cabin Fever, Anyone?

By Patricia Fox / Resident

While we all practice good, responsible behaviors - self-quarantine or shelter-in-place, and, as a community, work to minimize the risk that we will contract or pass on the Coronavirus, there are significant risks to these good, responsible behaviors. Disruption of any long term habits, whether by choice or by necessity, is uncomfortable, unsettling, and combined with isolation and uncertainty of safety, risks boredom, depression, anxiety. Stress mounts and cabin fever sets in. Being active and involved help.

Here are some ideas and resources to help you remain on good terms with yourself and the people and pets that you love.

1. Get some of those around the house and garden projects done:  
--organize/clean out the garage, closets, cupboards – you know you’ve always intended to -- someday. You’ve got the time and you know you should! HOWEVER, give some thought to how much stress that ‘should’ involves; if it’s high, don’t do it!!! This is not the time to increase your stress. If you’re feeling the pressure of that ‘should’ either from yourself or others, consider how to keep your stress level manageable – would doing it all at once, or in small scheduled increments work better for you? Would doing the easier areas first or eliminating the worst first be less stressful? Would scheduling organizational forays help, or not? The sense of satisfaction when you see you’ve made a difference can be a real boost.
2. Exercise – go for walks, plenty of opportunities here, both easy and strenuous. Or visit the website of Amy Van Liew, one of our neighbors, for 5 Minute videos or a free 2 week work from home program: behealthyenough.com or give her a call at 760.310.8938
3. Stay in touch with people, siblings or cousins or friends you’ve been thinking about – today’s electronics make it easy and safe: phone, facetime, skype , facebook, nextdoor.
4. Scan old family photographs and upload them to flickr or one of the other free online sites and share them with extended family and friends. I did that last fall with a second cousin once removed (I think I have that right – his mother was my father’s first cousin once removed) and his mother was delighted to see pictures of her father and uncles when they were kids.
5. Share and record old family stories, you and your kids may not be that interested now, but there will be a time when you may wish you had. If you’re interested in genealogy, you already know that.
6. Do you have a hobby or interest you haven’t had time for – well, you have time now.
7. Sit out in your garden; plant those seeds you have squirreled away somewhere. Grow tomatoes, and green peppers and those ever popular zucchinis. Grow your own pumpkins for Halloween and pie. Or just sit and watch the light move across the trees and hills.
8. Journal. Start one, or go back to one. Include pictures. I’ve kept a journal since high school – I write in bad times as well as good times, but find it most helpful when I’m stressed. It helps me to write it down, do the intellectual work of choosing what events I want to include, how I want to describe them, what my emotions are. Journaling requires a distancing from the events, standing outside the moment (and especially when the moments are overwhelming), and thinking about what is critical, what can and can’t be done, what comes next, what does and doesn’t make sense. I’m journaling a lot these days. I’m also taking pictures – my camellias are still in bloom and I’m taken by their loveliness; the succulents in my garden glow in the sun. There is such beauty here, and it helps to be reminded of that.

\*Visit this article on [www.HiddenMeadows.News](http://www.HiddenMeadows.News) for clickable links below.

## Practical Resources:

Channel 7, San Diego has list of resources from unemployment info to food for pets and humans:  
<https://www.nbcsandiego.com/news/local/resources-available-for-san-diegans-affected-by-the-coronavirus-outbreak/2292054/>

The Center for Disease Control and Prevention website “Stress and Coping” with information on managing stress for yourself and your children  
[https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html)

San Diego’s Coronavirus Hotline: **2-1-1**  
San Diego phone operators are ready to answer the public’s questions about the novel corona virus

## Interesting, Amusing, Educational Resources

7 Virtual Volunteer Opportunities Where You Can Make a Difference Without Leaving the House  
<https://www.apartmenttherapy.com/virtual-volunteering-36740085>

Visit the Vatican: explore the gardens, art collections, the Sistine Chapel: <http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/cappella-sistina/tour-virtuale.html>  
Take a quick trip through many of our National parks: <https://artsandculture.with-google.com/en-us/national-parks-service/hawaii-volcanoes/nahuku-lava-tube-tour>

**10 Ways to Explore The Internet Archive For Free**  
<https://blog.archive.org/2018/03/07/10-ways-to-explore-the-internet-archive-for-free/>  
--Prelinger Archives have old film including Classic TV Commercials, Wartime Nutrition, Eisenhower Campaign ads, Coney Island, and many others – nostalgic, funny, terrifying...  
--Live concerts of the Grateful Dead  
--free books, old time cartoons, classic games you can play on the website – remember Atari? And more  
Try googling ‘virtual field trips’ to see many choices on line.  
**Library books on line** – you can borrow ebooks (epub or kindle format ) on-line from the Escondido Public Library. On the library website, click on “Digital Resources During Library Closure” and follow the instructions – you will need your library card number to borrow up to 5 books at a time.

**Where to Find Free eBooks During the Coronavirus Shutdown:** <https://life-hacker.com/where-to-find-free-ebooks-during-the-coronavirus-shutdo-1842456736>  
You can watch ‘Star Trek: Picard’ for free thanks to Patrick Stewart  
<https://www.space.com/watch-star-trek-picard-free-patrick-stewart-gift.html>

**Online Classes at an Ivy League School for Free**  
<https://www.travelandleisure.com/trip-ideas/educational-travel/syndications-free-ivy-league-classes-online>  
The Science of Well Being’: Yale’s most popular class ever is available for free via Coursera:  
<https://news.yale.edu/2018/02/20/yales-most-popular-class-ever-be-available-coursera>  
Enrollment is free; class starts March 28.

**Broadway Shows:**  
BroadwayHD : streaming service offering a free 7-day trial for their streaming services. After the free trial, users are charged \$8.99 a month for continued unlimited access. Cats, Bye Bye Birdie, Kinky Boots, 42nd Street are some of the 300 choices.  
<https://www.apartmenttherapy.com/virtual-broadway-show-performances-36737099>

**Aquariums and Zoos Sharing Live Videos of Animals:**  
<https://www.apartmenttherapy.com/aquariums-zoos-animal-live-streams-36736902>

**Five Gorgeous Gardens You Can (Virtually) Tour From Home**  
<https://www.prevention.com/life/g31823505/gardens-you-can-virtually-tour/>

Computer games are always an option – I have recently become addicted to the jigsaw puzzles included in Windows 10 – click on the Microsoft Solitaire Collection, and you will see a bunch of games including Microsoft Jigsaw. The true experts (or masochists) will choose the 600 piece versions, I am satisfied with the 400 piece versions – they meet the sweet spot between challenge and frustration.

Some last thoughts:  
First, we are, all of us, descended from survivors. They had to be, they lived long enough to bring our ancestors into the world, and many generations did it under conditions worse than we can imagine. Survival is in our genes. William Faulkner said: I believe that man will not merely endure; he will prevail. I believe that of us, too.

Second, the best predictors of who will manage stress well, are good social support networks and a sense of humor.

Good luck to us all.  
And many thanks to my good friend and researcher of all the internet resources: Crista McDaniel

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# A Little Wine Day!

By Idalia Rewar / Local Resident

Darn those day trips! Aarg! Woke up to a cloudy, yukky day, and asked myself should I go, should I stay under these warm cozy covers. What the heck, live a little – go you lazy woman!

So off I went to the Bernardo Winery, the oldest family owned operating winery in San Diego. Plenty of parking, and a short walk on the grounds. Then you enter what it seems like a charming small vintage village. I first spotted a farmer’s market going on. Great place to walk around – there were fruit and vegetable vendors, handmade jewelry, etc. All the usual items you see at the San Diego outdoor markets. But I spotted my favorite – French bakery items. The croissants were calling me – “over here, over here.” I could not resist, so I bought it - later for you with a cup of coffee, yummy.

I was at the winery to listen to a lecture about the history of the area in a one-room museum on the premises. As you enter the museum, there’s a large replica of a mud wagon (stagecoach) - restored and very shiny. A docent came and lectured on the history of the San Diego Rancho Bernardo area.

In 1769 a band of Spanish soldiers and Franciscan missionaries arrived in San Diego and began the colonization process that would be repeated over the entire state and was run by the Missions until 1821. Lands were granted by the Mexican government to people for settling

and working the land. A man named Joseph Snook was granted 17,763 acres - Rancho San Bernardo! Nice.

Then the Mexican/American war broke out, and in 1848 the American flag was flown over Rancho Bernardo. The docent spoke of the transformation of the area and those involved in its infancy. The subdividing of the land that took place featured prominent names such as Ed Fletcher, William Henshaw, and others such as George Daley, who in 1943 bought the Rancho San Bernardo to develop it into a planned community called Rancho Bernardo (sans San). Ultimately Rancho Bernardo incorporated and was annexed by San Diego in 1962. In 1963 people started communities in the area which now has a population of approximately 40,000 citizens.

After the lecture (the sun was out – yeah!) we went to the tasting room where the present owner and Master Vintner Ross Rizzo greeted us, and as we walked around, he explained how the family got started in the wine business. In 1889 immigrants from Sicily came to live in the neighborhood of Rancho Bernardo. Among them was the Rizzo family who in 1922 bought a sprouting winery which was founded in 1889. In its infancy the winery had many acres but many portions were sold off and it is presently 13 acres in size. Mr. Rizzo showed us



San Diego & Escondido Stage

the old fashioned machinery, which, combined with modern methods, they still use to make wine. The winery has 65 employees, and hires many more during harvest, since the grapes are still picked by hand to make 10,000 cases a year. He spoke of the many wines they produce. We then went into a room that displays some of the Rizzo family photos taken since they started the business. He went on to describe the various buildings on the grounds, which are more or less in their original state. Interesting was the barrel room where huge redwood vats sit grandly and were used to store the



Redwood wine vat – holds 11,625 gallons of wine

WINE / See Page 9

## What’s Happening in HIDDEN MEADOWS?

ACTIVE LISTINGS			
ADDRESS	LIST PRICE	ADDRESS	LIST PRICE
Gladstone	\$649,000	Aspen Glen	\$800,000 - \$834,900
Oak Spur Way	\$659,000	Cerveza Court	\$949,000
Meadow Glen Way E	\$675,000	Canyon Country Lane	\$980,000
Sage Hill Way	\$739,900	Meadow Mesa Drive	\$989,000
Meadow Glen Way E	\$749,000	Sandhurst	\$1,099,000
E Meadow Glen Way East	\$757,000	North View Lane	\$1,150,000
Cerveza Baja	\$789,000	Meadow Mesa Lane	\$1,179,000
Meadow Glen Way W	\$799,000	Mountain Meadow Rd	\$2,199,000
Glengarry Lane	\$825,000		

PENDING LISTINGS			
ADDRESS	LIST PRICE	ADDRESS	LIST PRICE
Glenmeade Way	\$659,000	Mtn. Meadow Rd	\$769,999
Aspen Glen	\$725,000	Faircrest Way	\$899,000 - \$945,000
Faircrest Way	\$729,000	Tricia Place	\$1,249,900
Sage Hill Way	\$729,888	Alps Way	\$1,499,000
Aspen Glen	\$699,000 - \$749,000		

SOLD LISTINGS		
ADDRESS	LIST PRICE	SOLD PRICE
10715 Meadow Glen Way E	\$575,000	\$565,000
10232 Sage Hill Way	\$589,000	\$590,000
28677 Faircrest Way	\$599,000	\$599,000
9640 Galatea Lane	\$624,937	\$630,000
10127 Lake Meadow Lane	\$649,000	\$628,000
10737 Meadow Glen Way E	\$664,900	\$655,000
9911 Sage Hill Way	\$669,000	\$660,000
28530 Mountain Meadow Road	\$749,000	\$749,000
28357 Cavalier Court	\$1,195,000	\$1,250,000

\*\*Data from SANDICOR, Inc. for 02/27/2020—03/24/2020 and represents properties listed or sold by various brokers. If your property is currently listed this is not meant as a solicitation.\*\*

## Who’s Selling Hidden Meadows? DAVE BUCKLEY

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**Lynn Wheeler, Joanne Anglin, April Fernandez, Susan Penacho, Dannielle Miliken, Mary Russell, & our server, Bobby.**



**John and Vicky in front, Summer Sports, Connie Brumley, Jess Sorrentino, Pia Courser, Terese Vasil, Vicky Long**

## Full House at the Tavern - Mexican Train Night

**By Linda Collins-Mitchell / Resident**

The Hidden Meadows Women's Social Group held their monthly Mexican Train Night at the Meadow Oaks Tavern on Feb. 27. While this rowdy group often has the restaurant to themselves, this night the room was comfortably cozy with diners and a group planning for the Easter Egg Hunt.

13 people showed up for Mexican train; we needed two sets of dominos to play this month! The group is very appreciative of the Tavern letting us

use the space so all participants are encouraged to order something from the restaurant, not just a beverage.

Several of us arrived early and feasted on beef dip sandwiches, hamburgers, potato skins, and more. Yummy! I do think chef Dave is doing an excellent job!

There were several newbies to Mexican Train so we did teaching and playing. Mexican Train is really quite easy to play. However, everywhere you play it will have different game rules. Taking some from the rule book, some

from previous play, and creating some to make the game go faster, we have our own set of rules. We call them "Linda's Rules" because I made them up. (What a feeling of power to be the rule maker!)

Like most versions, if the center tile is a double 12, you must play a double twelve before you can get started or play on anyone else's domino "train". In our version, there can only be one "Mexican" train that anyone can play on. Doubles have to be "satisfied" before anyone can play again, unless

it is a player's last tile. At the end, we give smiley stickers to the person that goes out first instead of counting dots on remaining tiles. And, much like bunco, all tables stop when the first person goes out and players rotate through the tables.

We can get pretty rowdy sometimes: It sure can be a fun night out!

For more information on the Hidden Meadows Women's Social Group, email [hwmwsg92026@gmail.com](mailto:hwmwsg92026@gmail.com).

## Hidden Meadows Garden Club

**By Karen Henderson / Resident**

On a beautiful spring-like morning, 24 members of the Hidden Meadows Garden Club met for a very informative talk at the home of Frances and Norman Munk. Longtime member Ken Krieger gave a presentation on the correct pruning techniques of stone fruit trees (peach, plum, nectarine, apricot, cherry, grape and apple) and roses.

During winter dormancy, these trees and roses should be pruned to:

1. Remove dead and diseased wood
2. Remove downward pointing branches, those growing towards the center and those crossing over other branches.

Careful pruning will allow healthy air flow to help prevent mold and other problems. Stone fruit trees should be cut back to a main branch leaving no stubs (the old adage is, "if you can hang your hat on it, you've left too much"). Roses should be pruned back to the crown leaving four or five canes about 12" tall. Treat roses, grapes and dormant trees for rust and other conditions (including leaf curl) using a dormant spray.

Once fruit has set on stone fruit trees, we should thin fruit to every 4". This allows the fruit to grow larger and reduces weight on branches.

Ken also spoke about care of citrus trees. Several attendees were surprised to learn that usually citrus should only be trimmed to remove dead wood. If leaf curl is present, treat for aphids (or pluck off individual leaves) but don't cut off the branch. Citrus fruit forms on last year's growth, hence if you remove last year's growth you won't get any fruit!

After Ken's talk, the group headed outside for a collaborative pruning session. Our host, Frances, watched carefully as some of her roses and stone fruit trees were correctly pruned. The Garden Club was particularly appreciative of Frances as the evening before hosting us, she unfortunately fell and broke her collarbone. We wish her a speedy return to the golf course!

The Hidden Meadows Garden Club meets monthly 10-11 times a year, usually on the second Friday morning of the month. Dues are \$15 for 2020. We enjoy a variety of outings and plant related activities that reflect member interests. If you would like information on joining the group contact Frances Munk, Club President, at [francesmunk17@gmail.com](mailto:francesmunk17@gmail.com) or 858-809-8889.



**Ken Krieger demonstrating rose pruning to members of the HM Garden Club**



# Astronomy Corner

by Chris Holmes

## Astrophotography 101

### Part I: Basic Concepts and Equipment

#### Why do I take pictures of the stars?

Not because I think I can contribute anything new to the science of astronomy. It’s simply because I like to take photos of striking astronomical objects. It’s the art, as well as the science, that sucks me in (Fig. 1 Hubble galaxies).

Achieving this goal is demanding but not that expensive anymore. For the price of a weekend out of town, you can buy the basic equipment; say around \$1000. The real cost is the time commitment needed for this hobby. First, you have to learn the night sky: What’s up there? Where is it? How do you find it? Most of what I shoot is usually not visible to the naked eye; it’s not even visible through a telescope. Only long photographic exposures will reveal it.

More frustration comes from light pollution, cloud cover, moon-glow, rain, and long, cold nights at the camera. There are only a few nights per month available for shooting, and you must be ready to seize them when they come ‘round.

#### History

The first-ever astrophoto -- a fuzzy image of the Moon shot in 1839 -- used the daguerreotype process (highly polished copper sheets treated with photo sensitive material). When the dry plate technique was introduced in the late 19th century, it gave results of research quality. The 20th century brought dramatic improvements in telescope size and design, along with improved tracking for the long exposures needed on distant objects. Dry plates gave way to film cameras, (where photochemical transformations produce the images), and, ultimately to CCD cameras, where pixels (picture elements) convert light photons into electrons, which become digitized into a picture.

#### Finding your Targets

Before you even begin your search, you’ll need to find a dark site to shoot from, as far as possible removed from light pollution. The San Diego Astronomy Association hosts regular star parties at dark sites around the county. Most are open to the public. I’m lucky enough to share a nearby roll-off roof observatory (Fig. 2).

Next, you’ll need to find your targets. After almost 50 years of doing this, I’ve finally learned the night sky pretty well and can at least locate all the principal constellations and their brightest stars. If you can’t wait that long, there are numerous field guides – both printed and electronic – available. The hands-down best is Sky Safari (Fig. 3). Inexpensive (\$35) and easy to download, it lets you search a database of over 10,000 objects, gives detailed information about each one of these, and will even – by just pointing your mobile device heavenward – tell you what’s directly overhead.

#### Equipment

Obviously, you’re going to need a camera and tripod, and until very recently I would have said it should be a DSLR (digital single lens reflex), typically a Canon or Nikon. But in the last 6 months, adapters have become available to attach your iPhone to the eyepiece of a telescope, binoculars or spotting scope – or even directly to a tripod (Fig. 4). After downloading one of several available apps, you can then modify the camera settings to take exposures of up to 30 seconds duration with ISOs up to 2000. Shots of the Moon, Jupiter, Saturn, eclipses and wide-angled views of the Milky Way are now possible.

While the ubiquitous cell phone may work for this type of photography, if you want to capture deeper objects like galaxies, open and globular clusters, and nebulae, you’ll need more complex equipment.

More about that stuff next time. . .



Fig 1: Hubble galaxies



Fig 2: Model of a roll-off roof observatory



Fig 4: Cell phone adaptor for mounting on a tripod



Fig 3: Sky Safari – field guide to constellations and stars



Book Talk

by Lynn Clark

“The First Conspiracy:  
The Secret Plot to Kill George Washington”

By Brad Meltzer and Josh Mensch

George Washington was raised by a single mother. His father died when he was eleven and his mother and older brother became the center of his life. As he grew older he felt the best way to gain success as a young man was to serve in the British army, so he volunteered to fight in the French and Indian Wars. Even though he was a leader of foot soldiers and fought several battles, he was never able to earn the respect he needed for promotion by his superiors, so in the end, he resigns and goes back to the family farm in Kentucky.

In May of 1775 the Continental Congress meets in Philadelphia to discuss the possibility of war with England. Washington appears at the meeting in uniform and listens to what is being said, but then leaves. When war becomes imminent, there are not too many men that are experienced enough to lead the army. Washington is selected because he is well known, held in high regard, and most importantly, he is young.

His first test of leadership is in the loyalist stronghold of New York. As the volunteers flock there to join the fight, Washington soon realizes that he is working with an army that has no uniforms, no gun powder, no discipline, no formal battle training, and a lack of spirit. What makes it worse is that most of them are there for the money, and Washington has very little money.

Even though the Patriots have control of the Legislative bodies in New York, the loyalist Governor has no trouble recruiting spies to infiltrate the army because the one thing he has is money. With a British naval ship sitting in the harbor off of New York, Governor William Tryon, fearing he is going to be arrested, boards the ship and proceeds to do everything he can to sabotage the war effort and Washington’s effort to build an army.

In order to protect himself, Washington recruits an elite group of trained men to be with him at all times. This group becomes known as the Life Guards. Tryon succeeds in corrupting several of these men, giving them money to kill Washington. If it weren’t for a series of bizarre events that revealed the traitors, the plot to assassinate Washington would have succeeded. The majority of the men were put in jail, and it was never revealed what happened to them, except for one man named Thomas Hickey: he was hanged for his treason. It is believed that the forces that uncovered this plot were responsible for the creation of a “counter intelligence” group, a precursor of today’s CIA.

Of course, all of this took place before the majority of the battles in the Revolutionary War were fought. Washington, in a daring tactical move, leaves New York with his army when the British Fleet arrives because he is so greatly outnumbered and can’t compete with that type of manpower. At that point the colonists do not have a Navy. It is really the beginning of Washington’s legendary leadership that eventually brings him to the Presidency. In many ways I think this book will give you a sense of pride in the fact that we made it...we became a nation against formidable odds.

HIDDEN MEADOWS/RIMROCK

Regular Meetings/Activities

IF you plan to attend any meetings in April, check for changes

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*

April 2020: CHECK FOR CHANGES

4	Sellers Faire 9-11	CANCELLED	hmsellersfaire@gmail.com
6	VCMWD Board Mtg., District Office,	2 pm	749-1600
7	Bookmobile, MLGC Pkg. Lot, 1:00-2:00 pm		643-51257
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, CANCELLED		
			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	Bookmobile, MLGC Pkg. Lot, 1:00- 2:00 pm		643-5125
21	CERT Monthly Mtg., 6:30 pm	525-5170*	
23	Ranch HOA Mtg., 4-6 pm		407-7575*
23	HM Sponsor Group Mtg., 7:00 pm		809-6898*

May 2020

2	Sellers Faire 9-11 Golf course Parking		hmsellersfaire@gmail.com
4	VCMWD Board Mtg., District Office, 2 pm		749-1600
5	Bookmobile, MLGC Pkg. Lot, 1:00-2:00 pm		643-5125
5	MHA Architectural Rev Com Mtg, 6:30 pm		749-7278*
10	Garden Club Meeting, 10:00 am	809-8889	
13	Deer Springs FPD. Bd. Mtg. 2:00 pm		749-8001
13	HM Condos, HOA Meeting, 4:00 pm		407-7575*
13	HM Community Foundation, 7 pm		sarah@bretandsarah.com
14	MHA Board Mtg, 6 pm	749-7278*	
18	VCMWD Board Mtg., District Office, 2 pm		749-1600
19	CERT Monthly Mtg., 6:30 pm	525-5170*	
19	Bookmobile, MLGC Pkg. Lot, 1:00-2:00 pm		643-5125
28	Ranch HOA Mtg, 4-6 pm		407-7575*
28	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.

WINE / From Page 6

wine. In 1885 the wood was brought and the vats were built in place in the room. They contained 11,672 gallons of wine!

The tour ended with Mr. Rizzo inviting everyone to the wine tasting room to taste the various wines at a discount. It is a great place to walk around and eat at “The Kitchen Restaurant”, sip

on wine at the tasting room, sober up at the Manzanita Coffee House, spend some moolah at the Village shops, visit the galleries, and if the time is right, rent an unusual open area for your next wedding or to celebrate an event. This is a must visit – interesting, fun place where you can bring others to enjoy a beautiful San Diego Day!

Annual Events in Hidden Meadows 2020

Sponsored by the Hidden Meadows Community Foundation

Reception Welcoming New & Current Volunteers	Thursday, March 5	Meadow Oaks Tavern
Sellers’ Faire	First Saturday of the Month: April: Cancelled May, June, August, October & November	
Easter Egg Hunt	Saturday, April 11: cancelled	
Community Garage Sale	Saturday, May 2	Throughout Hidden Meadows
Fourth of July Parade/Picnic	Saturday, July 4	Boulder Oaks parking lot
Trunk or Treat	Saturday, October 31	Pavilion parking lot
Turkey Trot	Thursday, November 26	Boulder Oaks parking lot
Toys for Tots	Saturday, December 5	Pavilion

HELPFUL PHONE NUMBERS

- 911: Immediate emergency assistance
- 211: Emergency and non-emergency county information hotline
- Animal services:  
619-299-7012
- CAL FIRE/Fire  
Information hotline: 619-590-3160
- California Highway Patrol: 858-637-3800
- Deer Springs Fire Protection District  
Station 1 Headquarters:  
760-749-8001  
Station 2 Deer Springs:  
760-741-5512  
Station 3 Hidden Meadows: 760-751-0820  
Burn Permits: 760-749-8001
- Road Conditions/  
Closures: Cal Trans 800-427-7623 or  
www.traffic.com
- Hidden Meadows News -  
Newspaper: 760-297-2900



# 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.deerspringsfiresafecouncil.com](http://www.deerspringsfiresafecouncil.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.deerspringsfiresafecouncil.com](http://www.deerspringsfiresafecouncil.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](mailto: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](mailto: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](http://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](mailto: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](mailto:sarah@bretandsarah.com)

### Ladies Bible Study

The group meets weekly from 9 to 11am 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](mailto: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](mailto: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 Kathy Figueiredo at (818)274-9129 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](mailto:hmwsg92026@gmail.com).

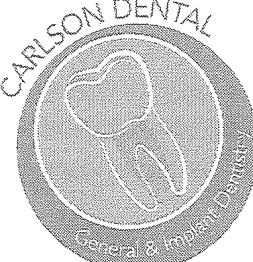
### Yoga

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](mailto:mljab33@cox.net) for more information.

## HIDDEN MEADOWS COMMUNITY FOUNDATION

Sarah Sealey, President  
Toni Wozmak, Secretary  
Jane Glassett, Treasurer  
Rob Enfield, Director  
Patricia Fox, Director  
Sandra Grafrath, Director  
Kathy Moore, Director  
Kim Riha, Director  
Paul Schoos, Director  
Pete Tomaszek, Director

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Christina Stendall, Chair  
*Communication*  
Patricia Fox, Chair  
*Median Maintenance*  
Paul Schoos, Chair  
*Social Groups*  
Toni Wozmak, Chair  
*Community Events*  
Sandra Grafrath, Chair



## Michael Carlson, D.D.S.

[carlsondental.net](http://carlsondental.net)

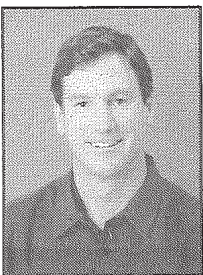
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# Hidden Meadows: Life and Lemons

By Patricia Fox / Resident

We all know the saying, “When life gives you lemons...” Well, lately, life has sure been handing out some really sour fruit! But here in Hidden Meadows, we have some amazing lemonade makers – some examples folks have posted on Nextdoor:

Bill Blakeborough sent a copy of the local Bear Hunt poster and the following email:

In this unusual and unsettling time for all of us (but especially for children), I took the opportunity to use this idea from another community and posted it on Nextdoor requesting that we in Hidden Meadows do the same for our children. The response has been good (over 25 HM neighbors are participating.) Sheri Petric at The Market at HM deli liked the idea and has been participating from the deli. She recently suggested we extend the idea by retiring our bears and replacing them with windowed bunnies until Easter.

It is so important that simple, doable ideas be shared to show kindness and remember that we are all in this together; so let’s make the best of it!

\*\*\*\*\*

Local elementary school teachers and staff drove slowly around the golf course Friday to wave hi to their students and their families while maintaining a safe distance! Meadowites waved and shouted hi as they drove by.

Another Hidden Meadows couple adopted an idea on facebook, and is leaving chalk messages at the end of their driveway with chalk for passers by and has gotten several responses.



Neighbors are ringing bells at 7pm.

Other Meadowites are sewing masks.

Shari Petric has added a “Community Food Box” at the Market to help others in our community, get Items they need, or have been looking for. If you have canned goods and non-perishables in your cupboard you don’t need, drop them in the box. If there are items in the box you need, or could use, please take it.

There are multiple messages on Nextdoor offering help with groceries, dog walking, rides, phone check ins, or just chatting.

Hard times can bring out the best and the worst in people – we are lucky to live with some of the best!

# Taking Care of Dad

By Linda Collins / Resident

I moved my dad here recently. He was living alone in Arizona, in a single family home, at 87 years old. I really felt like the bad guy moving him out of "mom's house". It was a nice little house on a man-made lagoon in Fort Mohave, AZ. Mom loved the water, loved the house, and, now that she's gone, it was his way of hanging on to her. But he had no friends and spent most his day just looking out the window. After a year of driving out every month to take him to doctor appointments, catch up on paying bills, and just spending time with him, I had to tell him that I just couldn't keep making that 10 hour drive (round trip) and taking so much time off work.

So he decided to drive here. And got lost. Somehow he figured out he was near Hidden Meadows and came to my house. He was really shook up. I didn't let him drive back.

Fortunately, my brother and I had been looking at independent/assisted living environments for the past month or so. We started with a list of eleven, which I narrowed to six. I took my brother to those six, which we narrowed to two: Cypress Court and Brookdale. Our criteria included having a small kitchen with a full size refrigerator. It had to fit a bottle of wine and a tub of ice cream! And having more of a kitchen would feel more like a home.

It had to be light and bright and have a view from his windows. Many places were dark or the views were all roads and apartment houses. And some of the structures were so very old! Some were too expensive. Atria was too small for independent living. But a neighbor has her mom there for memory care and is very happy with it. I loved how light and bright Silvergate was and the staff was so friendly. An inside room would have looked at a central patio otherwise it was streets and apartment buildings. And it had only a wet bar, no kitchen. Oakmont was very nice, but is significantly more expensive and, for me, harder to drive to both in terms of distance and traffic.

Cypress Court is very homey. The staff was very welcoming. Their restaurant menu was fabulous. But none of the rooms had a view dad would like and it was kind of dark inside. Brookdale is brighter. Dad's room looks out over a large central lawn, patio, and pool. He loves how bright it is in the morning. And yet, he is miserable.

Diagnosed with moderate dementia, he feels confined because he doesn't know his way around to drive to the store. He feels trapped, frustrated to have lost control of his life. Brookdale has many programs and activities. But dad is not interested in participating.

I still work full time so I visit him 2-3 times a week. But those visits don't often align with the activities. This month they start their weekly trips to the beach. I hope to be able to join them and get my dad to go along. Mom loved the water, the beach, the sand, the surf. Hopefully, going with him once with help him get over the fear or hesitation of going on his own.

I have to say thank you to some wonderful neighbors who have helped coach me through this life challenge. It is so hard to watch dad slip away and there is little I can do but to love him.

If you are struggling to take care of mom or dad, I'd like to offer a friendly ear. If you are looking at independent/assisted living locally, I am happy to share my thoughts on the places I visited, features to look for, and how it's worked out for my dad. linda\_j\_collins@sbcglobal.net

# EXCHANGE-A-RIDE PROGRAM

By Ron Piritz / Resident

The Hidden Meadows exchange-a-ride program is still in operation. The program for residents provides a ride to or from the airport or cruise terminal and in exchange you are asked to provide a ride for someone at a future date.

The program was started over 20 years ago and administered for many years by Doug Alter. There have been over 1,000 rides exchanged in that time. To participate, call Ron Piritz at 760-749-7604 with the details of your trip. The sooner you call, the better chance of finding someone able to give you a ride.

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David (center) and Birthday Party

# Birthday Celebration at Boulder Oaks

By Michelle Zipse / Resident

A big Thank you to Hidden Meadows for the party for David Zipse’s 25th birthday! We feel so lucky to have been included into the HM friends/new family. David wants to thank everyone who came out to celebrate! A special thank you to Vickey Ciarlanti for the Message in a Bottle Jar and a special thanks to Beth Klein for the awesome Vegan Cupcake Birthday Tower! Hidden Meadows is a wonderful neighborhood and a great place to live. It’s all of you that make it so special!

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# Open House and Donor Appreciation Happy Hour

By Michelle Zipse / Resident

The Hidden Meadows Community Foundation (HMCF) first Open House and Donor Appreciation Happy Hour for Hidden Meadows and Rimrock residents was a huge success. The members of the Hidden Meadows Community Foundation Board, volunteers and members of the community gathered at the Meadow Oaks Tavern for appetizers, socialization, updates, exchanges of ideas and feedback on Foundation plans.

It’s all of you that make HM the warm and happy community of friends and neighbors. Remember to check on your neighbors during this time of imposed isolation. Thanks for showing everyone in our community they are special and we all care for each other!