



## Trotting Out the Smiles on Thanksgiving

By Tom Fragala

The Hidden Meadows Turkey Trot brought out the smiling faces in their happy places. The event was put on by the Hidden Meadows Community Foundation. The HMCF needs your donations to

run all the fun events like Sellers Faire. Please consider a donation (via Zelle HMCFDDonate@Yahoo.com). On Thanksgiving morning, 8:00 am, a crowd of around fifty hardy locals gathered in the market parking lot, ready to walk (or run). It was a splendid day with clear blue skies -- warm t-shirt weather.

Linda Collins organized this year's fest. Volunteers assisting were Michelle Zipse, Vicky Long and CERT. Lisa Saget designed the banner at the 4-way stop (which was stolen!) Linda even finagled free event t-shirts with four sponsors on the back (a \$5 donation was requested). The t-shirts

were provided by Mike and Amanda of Printed Provisions. They did the design and printing for free and discounted the shirts. The sponsors generously donated \$250 to the HMCF. Free breakfast treats and coffee were

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On the sofa: Sima Kashani, Margie Hawthorne, Pia Courser, Beverly Smith; Standing on left: Dannielle Milliken, Linda Collins, Frances Munk, Bonnie Metzger, Eveline Bustillos; Seated at table: Vicky Long, Leigh Goley, Margie Johnson, Karla Fernandez, Rosa Aguilar, Carrie Hartwick; Standing on Right: Agnes Chakan, Vida Shayan

## Hidden Meadows Women's Social Group: An Italian Touch

By Linda Collins / Resident

The Hidden Meadows Women's Social Group met at the home of Frances Munk in October. Frances loves to cook. She loves to garden, too: you can find her at the Seller's Faire selling plants. But back to her cooking . . . WOW! Frances made some wonderful shell pasta filled with mozzarella and spices, then covered the

shells in her homemade marinara sauce with Italian sausage. The sauce was made from tomatoes from her garden and seasoned to perfection. She also had meatballs smothered in her wonderful sauce. And! Yes, there's more! She made a homemade focaccia bread that had to rise three times. THAT is a labor of love! And while there were a lot of other wonderful dishes, Frances took home the blue ribbon.

The women's group has evolved quite a bit as some of the long-time members broke off to a smaller group and were replaced by twice as many newcomers. At the October gathering, we had one 7-year resident join the group for the first time and two newcomers. Margie Johnson has lived in Hidden Meadows for 7 years. I first met her at the Tuesday/Thursday yoga class at the pavilion and now I seem to run into her

everywhere. Most recently we met eating pizza at the fire station for their Fire Safety event. That was a nice event with lots of cool education for the kids . . . of all ages. Rosa Aguilar came with her daughter. They will be joining the November 5 introductory hike at the Preserve, so I will be seeing them again soon. I didn't get a chance to chat with Rosa at the social, so I am looking forward to getting to know her on the hike. And, Agnes Chikan, who had just moved in shortly before the October social, is eager to get involved in the neighborhood. She is really impressed by the sense of community we have here. Agnes moved here from Kansas and found that Vicky Long knew the area. It turns out that Vicky's

daughter got her Master's degree from Kansas State University and Agnes' husband is a professor at that campus in Manhattan, Kansas. Agnes hasn't had a chance to meet Michelle Zipse yet and Michelle lived in Manhattan, Kansas. What a small world! The Hidden Meadows Women's Social Group meets monthly at a member's home. Spun off from that, a group goes to breakfast every month or so trying new places, and a group plays Mexican Train every month. There is also a group that plays Mah Jong on Fridays at noon. For more information, email: hmwsg92026@gmail.com.



# SELLER’S FAIRE

## November

By Michelle Zipse &  
EV Trivoli / Residents

LIVE FROM HIDDEN  
MEADOWS... it's the Seller's Faire!

It was Seller's Faire time again on Sunday, November 13. An appropriately blustery "the Holidays are coming" type of day here in Hidden Meadows. The day started off unusually cold with a threat of rain and ended up brisk but sunny and beautiful. One of the many reasons we all love living here!

Today's event was full of activity, with about 70 vendors participating. No bake sale today, but the treats will be

back in December so you can stock up on delicious baked goodies for holiday entertaining.

All the booths looked great, with ONE of them being especially sharp! That's right, our knife sharpener, Dell McCray, was there. He can sharpen almost anything that has a blade. If you missed him today, he'll be back next month -- so bring your knives, tools and anything that you need sharpened.

We were excited to welcome some NEW vendors this time, like Hidden Meadows neighbor Jack Weber. Jack is a master craftsman, selling hand-

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## October

By Michelle Zipse / Resident

The October Seller's Faire was a huge success! The bake sale was run by Vickey Ciarlanti, who is the Event Coordinator for the Hidden Meadows Foundation. She always has some fun surprises. This time there were several young adults who were helping out and learning the joys of selling in our neighborhood. These youths are required to do community volunteer hours in high school and Miss Vickey is generous with her volunteer hours. The booth was staffed by various high

schoolers during the entire 4 hour period of the day from 9 am - 1 pm. The baked items were generous. Cookies, breads, cupcakes, candied popcorn balls and the fresh fruit to name a few. There were sugar free and gluten free items as well. Something for everyone to satisfy their sweet tooth. The bake sale is one of the largest money makers for the Foundation.

The Foundation supports our local activities like: The Seller's Faire: all 6 of them, Toys for Tots: coming up

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crafted wooden items. There were wooden cribbage games, and speakers that could be used with a radio, phone or other item needing sound magnification. He also had some beautiful wooden cutting boards.

Rilla's Natural Fibers had a good day at the Faire. Rilla Livingston creates knitted hats, scarves, fingerless mitts, cowls and boot toppers. Her alpaca, cashmere, merino, mohair and silk items were a Godsend in the chilly morning hours this time. The alpaca motif reminded EV Trivoli of the time spent at an Alpaca Ranch outside Coeur d'Alene, Idaho. (True story! You can find it on Air Bnb!)

Hidden Meadows neighbor Joanne Anglin is a regular vendor at the Faire. Joanne is very creative and brings dif-

ferent craft and gift items each time. For November, she focused mostly on handmade jewelry items; just right for early holiday shopping.

Sally Rincon is a long time vendor at the Seller's Faire as well. She makes aprons, blankets and other fabric based items. I bought a blanket from her this morning to stay warm; one of the best purchases I could have made! It's a beautiful blanket that I will use for years to come.

The Mountain Meadow Equine Rescue had a booth. Yes, we have a Horse Rescue right here in our community. Lynn Wheeler is the new director. They are always excited to chat with new volunteers and financial supporters, so drop by next month and see how you can help. They were offering plush toy ponies for donations...

so cute! Please help support them and their rescued horses by adopting a new plush pony.

The Escondido Creek Conservancy and CERT were also on site to talk with folks about their organizations. The Conservancy buys and supports conservation land both in our community, and from Encinitas to Lake Wohlford. They've got hikes coming up on December 10th and January 7th (for information, email: linda\_j\_collins@sbcglobal.net). CERT(Community Emergency Response Team) teaches our community how to be prepared in case of emergencies like wildfires or other disasters. Stop by next time and learn more about them and how they work symbiotically with Hidden Meadows.

Make a note: the next Seller's Faire

is Sunday, December 11th, 9am to 1pm. The December event will have electronic recycling, so gather up your old - broken - unused phones, VCRs, computers, fax machines, blenders, crock pots, clock radios, lamps, etc., and bring them down for recycling. Anything that plugs in will be accepted. Don't put it off! We only offer electronic recycling a couple of times a year, and don't you want to clear stuff out for year's end?

After December's event, the Faire will take a few months off to rest and re-tool for the new year. Watch the paper for info and 2023 dates.

For more information about the Seller's Faire (reserve a booth? Get involved?) email: hmsellersfaire@gmail.com



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# WHAT’S IN STORE FOR ME, in ‘23? ... NEW INTEREST GROUPS !

By Michelle Zipse & EV Trivoli from the Welcome Committee

Hello from the Hidden Meadows Welcome Committee. We live in a very special community, as you've probably already guessed, with all sorts of groups and gatherings to participate in. But it's important from time to time to introduce

NEW ideas and on that note... we have some questions for you!

- ~ Are you a Hidden Meadows resident?
- ~ Would you like to get involved in our community and meet other neighbors, but you're not sure how?

~ Are you single? Would you like to meet other singles at monthly events?

~ Do you speak another language (on any level)? How about a "meet for coffee" conversation group, where you can hone your skills?

~ Are you a baker and would like to share your skills?

~ Would you like to hang out with your neighborhood friends while doing some good in your local community?

~ Are you a foodie? How about a Dinner Group, where you meet a few times a year in someone's home?

~ Does a monthly poker night sound like a good time?

If you answered yes to any of these questions, then you are living in the right place. The Welcome Committee would like to get some new interest groups started. These are great ways to get people involved, introduce more people to each other, and help everyone turn their house here, into a home. Bonus points if you'd take the lead on a group that interests YOU!

Please email with your ideas:

Thank you!

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29115 Valley Center Road, Valley Center, CA 92082

### USPS PERMIT 2900

Postage Paid at Escondido, CA  
Published monthly

GENERAL CONTACT	news@HiddenMeadows.news	<b>760.297.2900</b>
SUBMIT RESIDENT/LOCAL CONTENT	LocalEditor@HiddenMeadows.news	
ADVERTISING	advertising@HiddenMeadows.news	
OBITUARIES	obits@HiddenMeadows.news	FAX 760.749.2221
PUBLISHER/DESIGN	JUSTIN SALTER	VALLEY ROADRUNNER 760.749.1112
ADVERTISING	JOSHUA SIBELIUS	ESCONDIDO TIMES-ADVOCATE 760.546.4000
LOCAL EDITOR	PATRICIA FOX (HMCF)	www.HiddenMeadows.news
PROOFREADER	MARK BROCK	

Hidden Meadows News is a free monthly publication mailed directly to approximately 1700 addresses within and near the Hidden Meadows area of postal route 92026. Hidden Meadows News is a subsidiary of Roadrunner Publications, Inc., in affiliation with the community of Hidden Meadows and Hidden Meadows Community Foundation. Our liability for errors and omissions on ads is limited to the price of the ad for a single issue run. Opinions expressed by Hidden Meadows Community Foundation, columnists and articles are those of the writers and not necessarily those of the newspaper. Accuracy of content submitted to Hidden Meadows News by Hidden Meadows Community Foundation is the responsibility of Hidden Meadows Community Foundation. Hidden Meadows News reserves the right to edit any content provided to the newspaper. Contact Hidden Meadows News with any questions.



# A Great Big Thank You!

By Linda Collins / Resident

On Saturday, November 5, the Side Yard hosted a fundraiser for the Mountain Meadows Preserve/Escondido Creek Conservancy. Linda Collins, Amy Van Liew, Ann Van Leer, and Jeff Swenerton were there to answer questions and tell the preservation story.

In addition to the percentage that the Side Yard gave back to the Conservancy, Linda and Amy were showing off a t-shirt, designed by Melisa Mitchell, that was given to anyone who made a donation of \$30 or more. The total for the day was around \$2000. THANK YOU! Thank you to everyone who came, everyone who donated, and everyone who loves nature and wants to protect and preserve it.

This event was just a small piece of the larger fall fundraiser. The goal of the fall campaign for the Mountain Meadows preserve is a whopping \$30,000! We need your help to get there! The first \$9,000 in donations will get TWO matches! Linda, Amy, and Melisa are making the first match of \$9,000. The Escondido Creek Conservancy Board is making a second match to donations made before January 15 up to \$125,000!!! So help us out and get those donations in today!

bit.ly/MMpreserve (case sensitive).

We have two more introductory hikes scheduled for anyone who would like to learn about the Conservancy and see a small part of the 693 acres in Hidden Meadows: December 10 and January 7. If you'd like to sign up for one of the hikes, email linda\_j\_collins@sbcglobal.net.

We will have more events and activities next year. You can sign up for their newsletter at the bottom of their webpage page: escondidocreek.org.

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in December, the Turkey Trot: next up Thanksgiving Day, Trunk or Treat: that just happened Saturday October 22, July 4th, the Easter Egg hunt and the Spring Carnival. All these events make our community and, well, feel like a community. There are so many people who volunteer to make Hidden Meadows the close knit community that we are. So thanks to Vickey Ciarlanti and her entire staff for all you do to make the events happen in the neighborhood and to make this bake sale the positive money maker it has become.

The Escondido Creek Conservancy has become a regular supporter of the Seller's Faire. Their booth brings awareness to the conservation work they are doing in our neighborhood and actively recruits volunteers. The booth workers are now typically our Hidden Meadows neighbors. Since their headquarters moved up to Stickley Ranch Rd their Hidden Meadows volunteers have multiplied. Come out to the next Seller's Faire, drop by the booth and learn more about the good work they are doing and how you can get involved. They do advertised hikes of their facility on a regular basis. Stay tuned for updates on the Next Door App. More info can be found at Escondidocreek.org

The Mountain Meadow Equine Rescue has a booth at the Seller's Faire. That's another wonderful organization we have right here in the neighborhood. The rescue does just what the name says, they rescue horses. The horses come from the local area or horses that need new homes after a wild fire, or BLM animals or previous race horses that need to detox and adapt to a calmer environment after their racing days. The Rescue is right here in Hidden Meadows and are actively having fund raising and volunteer events for the local community. Trick or Treat at the end of October is an example of another event to bring awareness to this unique organization. To volunteer, contact them at info@mountainmeadowequine.org

CERT attends the Seller's Faire too. That stands for the Community Emergency Response Team. These neighbors work hard to increase awareness and reduce risks for wildfires in our local community. They work tirelessly in Hidden Meadows and are always welcoming new members. Please stop by and see them at the Seller's Faire or reach out to their main contact Marc Weissman at marcweissman11@gmail.com.

We had a full set of vendors at the Seller's Faire. There were jewelry, Princess House homewares, CBD products, handmade sewn products, resin wares, antler and gun shell pens, aprons, beads, Macadamia nuts, Halloween cos-

tumes, handmade soaps and cards and professionally made cookies. The list goes on and on. We even had a Tarot reader for the first time. She read cards for tips. This was a very fun addition to go with the Halloween theme of the event.

One of the jewelry vendors was a newcomer. Her business was Lisa's unique earrings. She sold mainly earrings with a few other jewelry items like bracelets thrown in. The items were made from lightweight clay. They were creative and beautiful.

Christine Stendall was back with Sweet Treats gourmet cookies: beautiful and delicious. Jasmine Rasmirez and Isack Mendoza, who used to do Taco Tuesday at the Clubhouse were there shopping and preparing for their new baby due in November.

Bruce was back from the Cielo Vista Macademia nut farm. Did you realize that farm is in Hidden Meadows? Stop by his booth and he will tell you the full story on the many steps required to make Mac nuts what we know and love. Also, did you know that 80% of the fat in Mac nuts are heart healthy. They can help to reduce your LDL so give them a try for a healthier lifestyle.

The last Seller's Faire of 2022 will be the 11th of December. Come out and meet your neighbors.

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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

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Road Conditions/Closures: Cal Trans 800-427-7623 or www.traffic.com

## HIDDEN MEADOWS NEWS

Deadline for local article submission:

20th of the month for the next issue. Photographs submitted for publication should be hi-resolution (300DPI), unmodified originals, jpeg format. We cannot accept photos taken from social media sites such as Facebook. If you wish copies of photos in which you are included, email me at address below.

Send drafts to Patricia Fox at:

LocalEditor@HiddenMeadows.news

IT TAKES TWO

Super Crossword

ACROSS

1 Sighing word

5 Humiliate

10 Sugar-name suffix

13 Stretch (out)

19 Billiards item

20 Drive rudely (out)

21 Flanders of "The Simpsons"

22 Mambo music's Tito

23 Bicycle add-ons for tykes

26 Make a new blueprint for

27 Cut and Paste setting

28 Give relief to

29 Protein formed during blood clotting

30 Sue

31 Sterile hand wear

35 Three, in 6-Down

38 PIN-taking dispenser

39 "Hands off!"

40 Microwaves, e.g.

41 Stalled-car clip-ons

45 Metalliferous rock

47 "The Neverending Story" author Michael

48 Related to earthquakes

49 Hi- — monitor

50 A little wet

52 Edberg of tennis fame

54 Horse rider's attachments

59 Dot in the sea, to José

63 Part of Gr. Britain

64 Entertainer Lollobrigida

66 The older Obama girl

67 Theme of this puzzle

73 Asocial sort

74 She had a show with Sonny

75 "It's — -brainer"

76 Rogen of "Superbad"

77 They look like footless socks

81 Gymnast Olga

84 "Ghost" co-star Demi

85 Stylist's goo

91 In a crowd of

95 Pal, casually

96 Rink rentals

98 Ignited again

100 Commercial charge

102 Cozy lodging

103 Tacit assents

104 Part of some made-up faces

107 Teeny bit

109 Little leaves on flowers

110 Old jazz singer Anita

111 Collective software clients

116 Bela of old horror films

117 They often surround titles

119 Wiped from the board

120 A/C abbr.

121 Broadway prizes

122 Luau favors

123 Blank out

124 Jet to JFK, once

125 Garments for Galus

126 Ineffectual

DOWN

1 Funny Johnson

2 Hog fat

3 Antioxidant-rich berry

4 Many Aspen outings

5 Sky ram

6 Old German capital

7 City of golf's Masters

8 Albany-to-Baltimore dir.

9 Passé anesthetic

10 Toddlers' bodysuits

11 Opt for

12 Mag VIPs

13 Parsley part

14 Adobe dwelling

15 Scold gently

16 Pep up

17 Done

18 Lion's locale

24 Abbr. for people with only two names

25 Aerie nesters

29 Ornate

32 Dark area in an eclipse

33 Do — deed

34 Dir. 45 degrees from 8-Down

35 Dance club VIPs

36 Regret a lot

37 Big British record co.

38 Brogue

42 Middle of summer?

43 Solemn acts

44 Running times

46 Subj. for some immigrants

50 The "m" of "yes'm"

51 Office sub

53 E-I linkup

54 Skin diver's tube

55 Flock noises

56 "It's —!" ("Untrue!")

57 Surrounded

58 Military band

59 "— turn up"

60 Brogue, e.g.

61 "What a ding-a- —!"

62 Freshly

65 Hard water

68 Mass unit

69 Realty unit

70 Corn unit

71 Congenital

72 Verb counterparts

78 Plunder, e.g.

79 Eel types

80 Rub down

82 North fired by Reagan

83 "Bad!" cluck

85 Charges

87 Off-the-wall sport?

88 An Amerind

89 Color of chili

90 Suffix with govern

91 Whelp yelp

92 Put a ruler to

93 Outlawed

94 Get rid (of)

96 Digital display

97 Subsequent

99 China shop ensemble

101 Defies openly

105 Skip, as a syllable

106 Hotel chain

107 Nail-biting

108 Ulna locale

112 Tofu bean, to Brits

113 Environs

114 Kind of milk

115 "To be," in Latin

116 Fronted

117 NFL VIPs

118 Also

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# Halloween was a Treat in Hidden Meadows

By Tom Fragala / Resident

The Halloween Trunk or Treat event here in Hidden Meadows was cuter than a basket of newborn puppies. In case you do not know, a Trunk or Treat is an alternative to kids walking around a neighborhood for trick or treating. People meet up and decorate the trunks of their cars and give out candy. There were loads of costumed kids and grownups on the breezy but pleasant day, Saturday October 22nd. The kids were adorable and adults had many great costumes too.

We gathered at the usual place: the golf course lower parking lot. Vickey Ciarlanti once again stepped up to organize the event. Thank you, Vickey! The Hidden Meadows Community Foundation had a table with free goodies staffed by Jake and Luke Fragala. The HMCF does incredible work for the community. You can donate via Zelle at [HMCFDonate@yahoo.com](mailto:HMCFDonate@yahoo.com).

DJ Niklas Cruz played music which was fun and had everyone smiling. He also ended the event by giving a great dance performance with his mom. The kid has moves!

The local Cal Fire crew were kind enough to bring their fire engine over for the kids to see. They gave out Cal Fire sticker badges to the kids.

The Hidden Meadows Equine Rescue & Rehab had an amazing creative set up. They decorated a horse trailer as a creepy-fun mini haunted house. They also had a fake crime scene with a severed head corpse!

Ben and Andrea Ruiz (Niklas' mom and dad) had me smiling because their dog was wearing a costume that looked like he was holding a guitar. The look on his face said "OK, I'll do this but you owe me some treats big time!"

Once again Simona Giuffrida and Nancy Polston from Gyldan Group real estate had a fun area set up. This time it was a Star Wars photo booth. They had Jedi capes and light sabers and a cool backdrop.

I had a nice chat with Heather Cason and Cole Pantel who had a super cool trunk setup





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Front row: Leigh Goley, Sima Kashani, Pat Buntin, Eveline Bustillos, Renata (friend of host), Kat McLaughlin, Susan Crandall, Frances Munk Back: Vicky Long, Carrie Hartwick, Pat Tanabe, Connie Brumley, Lynn Wheeler, Lisa Saget, Rochelle Weber, Bobbie Hellane, Dawn Korinek, Linda Collins, Dannielle Milliken, Karla Fernandez, our host Gwen Dana and neighbor Svetlana.



Musicians, (standing) John Santhoff, Karen Soriano and David playing the guitar.

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# Dinner with Gwen Dana

By Dannielle Milliken / Resident

The Hidden Meadows Women’s Social Group greeted fall in style on Thursday, September 22. Our host, Gwen Dana, serenaded us with the help of local musicians, (standing) John Santhoff, Karen Soriano and David playing the guitar.

The evening was typical of Hidden Meadows, beautiful, warm with a cool breeze, complemented perfectly by delicious white sangria. Dinner was a succulent shrimp and grits with andouille sausage, which our gracious host perfected through trial and error leading up to the event. The final dish was absolutely worth the effort!

Overall, a wonderful evening was enjoyed by 21 ladies, including some friends new to Hidden Meadows!

If you would like to join us in the future please reach out to: hmwsg92026@gmail.com



# Holiday Gift Bags 2022

By Nancy Ogrod / Resident

The holidays are approaching with less than a month until Christmas. It will soon be time to assemble the “gift bags” for Hidden Valley House and Interfaith. It is our quiet way of letting them know someone cares.

Have you been traveling and saving those precious items for the bags? If you haven’t been traveling and want to contribute, watch for upcoming sales on some items that are always needed - toothbrushes and toothpaste, deodorant, and little mouthwashes. The donations (little soaps, little lotions, etc.) may be dropped off at the Ogrod residence, 28105 Mountain Meadow Road, ANY TIME no later than Monday, December 5th. If no one is at home, please leave them on the front porch.

And if you’d like to help assemble the gift bags, come to 28105 Mountain Meadow Road on the afternoon of Wednesday, December 7th , at 2:00 pm. Bags, tissue and ribbon will be provided, as well as coffee, tea & goodies for the workers. It’s a wonderful way to share an afternoon and there’s always room for more. If you have any questions, please call Nancy Ogrod at 760-749-7023 (land line) or e-mail at n.ogrod@yahoo.com.

# Hidden Meadows Garden Club: Rock Painting

By Idalia Rewar

It was a beautiful clear day when the members of the Hidden Meadows Garden Club met at Joanne Anglin’s house to paint rocks. Now, Joanne’s house is another story altogether. I drove all around and could not find it. I did not use the GPS, I was going to wing it. I was on the West side of town. Called Joanne she said go to the East side, and gave me instructions. I still could not find it. I asked a woman who was riding her bike in that forgotten



**PAINTING / See Page 10**





# Pumpkin and Succulents

By Idalia Rewar

What a lovely day for the Garden Club to get together at Melisa Mitchell’s home, our hostess. I had never been to that part of Hidden Meadows. And what a wonderful surprise! I drove and drove figured I will be over the mountain and on to Welks Resort. No way, it was what I call rocky mountain road, boulders of all sizes on both sides of the road beautifying the landscape. I finally got to the very top to arrive at the large driveway of her house.

Melisa and her husband Mike bought that acreage 10 years ago. They formerly lived in the Summit development, but decided they’d like a little more space for their forever home. Having always lived in more traditional style homes, the decided to make it very contemporary in style. The moved in just a year ago!

Succulents are great plants for our project because they tolerate less watering than most plants, therefore, the decorated pumpkins should last well into the holidays. Tables were set up on her large patio already for our annual pumpkin decoration- thon for Halloween. Melisa was there to give us a warm welcome and Linda Collins was there with that beautiful smile and even white teeth to greet us. Little by little the ladies arrived with boxes and their pumpkins. Since we only get together once a month it sure was nice getting hugs and smiles from old friends.

I could whiff a bit of excitement in the air. We were told to bring a pumpkin and succulent cuts to decorate our pumpkins. All other materials would be provided – what a deal! It starts with gluing dried moss at the top of the pumpkin – you cannot make a cut on the pumpkin because it will rut soon. So its glue, glue, glue. You glue on the moss at the top and then go to town with picking small bits of succulents to stick and paste all over the moss.

Linda had bought a large number of succulents for us to share and take if we needed them. We all helped ourselves like candy at a candy store. And off we went to decorate our pumpkins. Everyone’s head was down seriously picking the succulents and inserting it in the moss – sticky business – and



of course there is that fat tall one that keeps tumbling over and refuses to stay erect. I just discarded the little devil and looked around for a more compatible cutting. It looked like Santa’s workshop, except this was a bunch of senior women-elves instead. And there was Mike Quadrozzi, the only gent in the group working his way around the tables assisting, commenting, and helped when needed and supporting the ladies as they went on with their gluing. But after a while – Voila!! Aaah, masterpieces were created! Lovely light and orange pumpkins were a beautiful sight.

Melisa had set up a wonderful buffet of croissants, cookies, coffee, tea and fruit to feed the hungry participants. The pumpkins were gathered together and we all posed for a group photo with our decorated pumpkins. The decorated pumpkins are a perfect addition to the Thanksgiving table as a centerpiece, as a gift to a hostess, family, or

friends or keep it and enjoy it at your own home.

Many thanks to all attendees, and especially to Melisa for hosting, for the goodies and the use of her lovely patio

for our event. In all, it was a beautiful October day to spend it with friends decorating pumpkins to start the holidays. Woo!!







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Hidden Meadows Community Resources

**Community Emergency Response Team (CERT)**  
Contact Marc Weissman at 760-525-5170 or marcweissman11@gmail.com.

**Community Sponsor Group**  
Contact Chairman Jim Chagala, at 760 751-2691 for more information.

**Hidden Meadows Neighborhood Watch**  
Please join our facebook group: Hidden Meadows Neighborhood Watch. We'll share neighborhood information, safety tips, and news of future events.  
Contact Info: Erik Tyler 442-235-9060 erikdtyler@gmail.com

**Deer Springs Fire Safe Council**  
Contact Steve Kerrin at 760-807-1141.

**Emergency Communication System**  
To register, visit 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

**Garden Club**  
Contact Frances Munk at francesmunk17@gmail.com

**Hidden Meadows Bridge Group**  
We play bridge at the MHA Pavilion every Wednesday from 10:00AM to 2:00PM.  
Please call Curt Bruce at 442-222-0821 if you'd like to join us.

**Hidden Meadows Community Foundation (HMCf)**  
Contact Sarah Sealey at sarah@bretandsarah.com

**Ladies Bible Study**  
Contact Debbie Hamer at 760-297-1278 or Stephanie Swadell, 619-993-4631.

**Tennis Club**  
Contact Katy Freeze at 760-749-9722 or clarkfreese@gmail.com.

**Women's Golf Club**  
Contact Ellen at 760-749-1190

**Women's Social Group**  
email to hmwsg92026@gmail.com.

**Yoga**  
Contact Joanne Boessow at 760-751-0261 or mljab33@cox.net for more information.

Answers

A	L	A	S		A	B	A	S	E		O	S	E		S	P	R	E	A	D
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Social Groups  
Toni Wozmak, Chair



# Native Plants for Hidden Meadows

By Ann Van Leer / Executive Director, Escondido Creek Conservancy

Why plant native plants in your garden?

From the California Native Plant Society: “While California’s native plants have graced gardens worldwide for over a century, few of the landscapes designed for our state’s gardens reflect the natural splendor for which California is famous. By gardening with native plants, you can bring the beauty of California into your own landscape while also receiving numerous benefits.” Some of the benefits of native plants are that they attract and support native wildlife, improving the chance that a part of native California will thrive into the future. Native plants of southern California are drought tolerant, and many are also fire resistant.

Before you jump in and start planting, we recommend you read up about native California plants, if you have never grown them. The California Native Plant Society website <https://vegetation.cnps.org/> is rich in information but could seem daunting for the beginning native gardener. Remember as you read that what is native to the mountains of Northern California, while labeled a “native” plant of California, may not grown in Hidden Meadows (or could grow, but may need additional tending). If you stick to plants and trees (and plant communities) that would be found in your area, you will have the best success. Additionally, you’ll want to make sure to first understand the soil and water needs of the native plants you want to add, what sun requirements (shade/no shade/full sun etc) they prefer and other plants they best pair with.

Good books to get you started:

Escondido’s own Greg Rubin has a company devoted to installing native gardens and has written a few books on the subject. A great one to start with is The California Native Landscape: The Homeowner’s Design Guide to Restoring its Beauty and Balance.

Rubin’s book is a good general overview (and VERY pretty to look at). That said, it includes native plants from all over, some of which may not thrive in your garden.

A less common book, but worth reviewing, is James Lightner’s San Diego Native Plants. <https://www.amazon.com/San-Diego-County-Native-Plants/dp/0974998109> In it, he differentiates between native and naturalized, which is very helpful as you will quickly find that a lot of the plants you thought were native are invaders, non-native invasive plants that out-complete native plants and are one of the reasons we are, as a planet, facing an extinction crisis.

You might be able to get these books on the cloud library or Libby apps as well as bookstores or Amazon.com. If you buy through Amazon, please navigate through smile.amazon.com, and designate The Escondido Creek Conservancy as your chosen charity.

What is an Invasive Plant?

To understand why native plants are so important and why non-native invasives are to be avoided (at all costs), first review this brochure Don’t Plant a Pest <https://www.cal-ipc.org/solutions/prevention/landscaping/dpp/> and then navigate around the California Invasive Plant Council (CAL-IPC) website. Of course, please first remove everything from your garden that is invasive! After reviewing this site, you will never see a landscape the same way, after realizing so much of what you see on the hillsides and roadsides are non-native plants and thus, plants that are undermining the native biodiversity of southern California. By choosing to plant native plants in your yard, you can help restore native species to California.

How Do I find the Best Plants for Hidden Meadows?

[www.Calscape.org](http://www.Calscape.org) The California Native Plant Society has created a wonderful website about what works in your neighborhood! It is a marvelous resource. You put in your address and up pops a list of native plants that will do well.

Garden Nursery Resources

<https://www.moosacreeknursery.com/>

The native plant nursery Moosa Creek Nursery (in Valley Center) is not open to the public but has established a partnership with neighborhood retail nurseries whereby you can order what you seek on the website, and Moosa will deliver them to a nearby retail nursery that you choose.

<https://www.laspilitas.com/>

The Las Pilitas Nursery use to have a branch in San Diego County but no longer does. What they do have is a fantastic website. Easy to navigate, gives tips on what native plants work well together, etc. Check out their “Selected Native Plants” to see sub-lists of easy keepers for San Diego County.

<https://californianativeplants.com/>

The Tree of Life Nursery has been around a long time and has very helpful staff if you are looking for something that you can’t find elsewhere. They have native plant seed mixes that are fun to try out if you want to broadcast in the fall and see what comes up in the spring. <https://californianativeplants.com/product-category/wildflower-seeds/>

What is missing from this guide..

Maintaining native plants for the new gardener can be tricky. Many are killed due to overwatering and watering at the wrong times of the year. Some tolerate pruning, some don’t. Also, Greg Rubin and his team have noticed harm (even death) to native plants caused by non-native Argentine Ants (the nasty black ones you find in your kitchen in the summer). We’ve also noticed that some native plants (including a few recommended by Rubin) are subject to certain pests that might make them appear unsightly. A lot of us native gardeners have learned by doing what works and not doing what doesn’t work. Unfortunately, we have yet to find a good all-around maintenance guide for the beginner. We’ll keep looking and post it if we find one.

## A Trashy Topic

By Linda Collins / Resident

What do these items have in common?

Scratchers  
Tiny liqueur bottles  
Fast food containers  
Beverage containers

If you guessed litter, you are right! As one of the many people who pick up trash along the roads in Hidden Meadows, I can confirm that these are often found items. I noticed people posting on Nextdoor about the trash by the gas station, but if it weren't for those of us who pick up trash in the 'hood, our streets would be much worse.

Please talk to your household, your guests, and your home service contractors about keeping the neighborhood clean. And please, please don't throw anything out the car window!

If you have a pickup/truck, do not use the back as a trash can. It all blows out! And, if you would bag all your trash before putting it in the gray garbage can, we'd have less blowing out of the garbage trucks.

Another common occurrence is parties and social gatherings at your home or a neighborhood venue. We often find clusters of trash . . .beverage containers, decorations, paper plates, and sometimes less pleasant things, which often indicate a resident social gathering in the area.

And lastly, if I might ask, please look around your trash cans after they have been emptied and pick up the things that flew out, whether they are yours or your neighbors. This is our home, our special community and we all need to pitch in.

### HALLOWEEN / From Page 5

with a red-eyed scary head that looked like "Eddie the Head" from Iron Maiden (Yes, I've seen Iron Maiden in concert.)

Beth Klein was dressed in a ghillie suit and looked like a shrub. She would crouch down and jump up to prank unsuspecting folks walking by.

HomeSmart Real Estate was present again. Jennifer Hill, Dawn Salazar and Kathy Moore had a table and were handing out goodies.

There were many families who all

dressed up together adding to the smiles.

There were so many clever and funny costumes and creative trunk decorations. There will be several photos with this article. To see all photos taken by Michelle Zipse and myself, go here <https://linktr.ee/thetomsocial>

Another successful event. Thanks to everyone who attended and especially those who set up trunks or tables and gave out treats. No tricks to be found... maybe next year.

### PAINTING / From Page 7

land, she gave me wrong instructions. I spotted a UPS driver, he gave me the right instructions and I finally got there 15 minutes late. Prior to going, a friend of mine asked what were we doing at the Garden Club today, and when I told him we were going to paint rocks he laughed like a hyena. What’s so funny? He thought we were going to paint those huge boulders that are prevalent in the Meadows landscape. No, nincompoop, you are mistaken, it’s those we can hold in our hands!

Joanne lives at the other edge of town. Lots of acreage and it’s another world out there. I parked and found the ladies sitting at 2 tables all engrossed in their craft. Everything was already set up, so I proceeded to bring out my rocks and go for it. I ended up painting a fish. Although I paint (mostly impressionistic style) I have a hard time with small, precise, detail work. I have no patience for that. However, I marched on and did the one rock. I figured I could use a little practice at home. We painted and chatted and I enjoyed noshing with the ladies. Plus, Joanne had cooked lentil soup for the group in a large crock pot that smelled fantastic - something to look forward to.

Rock painting has become a popular craft. It’s an inexpensive hobby and easy to do. You need a rock with a smooth surface, wash it with soap and water. Have some basic acrylic paints. Use a brush to paint the rock, maybe give it 2 coats, wait until it dries, and you can draw

in advance on the rock the image you want, such as flowers, cartoon characters, animals, someone’s name, or a word like “Welcome”, “Love”, etc. or you can be a Picasso and paint a landscape or beach scene. It’s your choice. Once finished, wait until it dries and spray it with a sealer. Voila, simple as uno, dos, tres,

I decided to go into Google and learn a bit about the history of the painting of rocks. From archeologists findings it seems that early rock artists painted people and animals on rocks, maybe wishing for a good hunt, or just simply to decorate their cave – like Joanna and Chip. There are 2 types of rock art – images carved on rocks are called petroglyphs, and those using paint or other pigment are called pictographs. Early paintings and carvings have appeared in caves in many countries. Even when I visited some ancient caves in my little island – Puerto Rico, there were carvings and pictures on the rocks from the indigenous Taino Indians that resided there before the Spaniards arrived.

Many thanks go to Joanne for hosting and using her premises for the event and of course for the delicious soup she prepared for all to enjoy. Her soup filled up the tummy, and her smile brightened the day!

Painting rocks is a nice way to de-stress and also socialize with friends. A painted rock makes an inexpensive gift to give to family and friends, and if they are lonely – it’s a pet rock, except you do not need to feed it or take it for a walk.





Hidden Meadows Volunteer Hike at Escondido Creek Conservancy.

# Escondido Creek Conservancy Volunteer Hike

By Michelle Zipse / Resident

The Escondido Creek Conservancy held a volunteer hike on Saturday, October 8. What is the Conservancy you ask? Good question and I recently learned more about this neighbor in our Hidden Meadows Community. The Conservancy was formed in 1991. A brain child to acquire local land for conservation practices and greater awareness. This is the largest open space land owner and manager of about 3,000 acres and has saved over 70,000 acres.

The Conservancy is continuing to acquire land for conservation purposes. They accept donations from anyone who would like to support their work. They have a 700 acre property in Hidden Meadows. They

want to restore these 700 acres to their native habitat and supply support to the local flora and fauna of our area. They perform active fire protection activities and manage dead trees and shrubs to reduce fire risk.

Additional programs for education will be coming for this organization. There will be a dorm in one of the additional buildings on the property for people doing active research, an active interpretive field station with Summer educational programs.

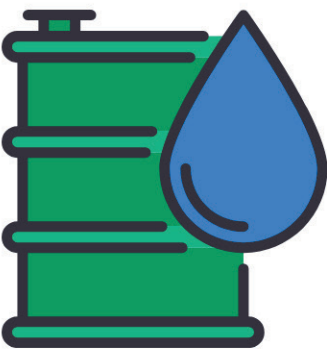
Some of the other local neighbors, like Linda Collins, who has been an active volunteer in Hidden Meadows for many years. She used to coordinate the Seller's Faire, the Women's group and other women's activities for our neighborhood, and has now focused most of her efforts on the Conservancy. Another

neighbor, Melissa Mitchell, is very active as a volunteer for the Conservancy. These ladies along with neighbor and Director Amy Van Liew are throwing down the gauntlet to challenge others to donate to this worthwhile organization. They will match all donations made with a like donation. So please donate at [escondidocreek.org/donate](http://escondidocreek.org/donate)

If you'd like to learn more about how you can help and volunteer your time, there are regular volunteer hikes for more information and to allow you to see the good work they are doing on the property. Keep your eye out for advertisements for these volunteer hikes on the Next Door App.


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# Hidden Meadows Women’s Social group: Girls Night Out



By Michelle Zipse and EV Trivoli / Residents

The Hidden Meadows Women's Social group gets together for a monthly evening mixer, and November's event was on Thursday the 1st. Margie Hawthorne opened her home to about 30 ladies. Margie - outgoing, engaging and familyoriented - was recently widowed and will be moving soon, but she wanted to go out with a bang! Hosting the social group was a great way to do this before leaving her beautiful home. I know I'm not the only one who loves going to these events and marveling at the amazing and unique homes in our community.

A high point of our mixers - and anyone who's hosted or attended will agree - is... the food. Everyone brings something to share and there are so many different things to try. I especially liked the chocolate cake made by Gwen Dana (who also hosted the group re-

cently). She has real talents as a bakery chef. I've tried many of her cakes and they've all been not only yummy but beautiful, too. Some of the other diverse offerings were brownies and tiramisu... an array of salads... and potstickers made by Melissa Mitchell.

Ladies: Want to make new women friends, find others with common interests, and go to fun events? Want to get more social in 2023? Then join the Hidden Meadows Women's Social Group. Meet your neighbors and keep up with what's going on in the community. Check out the HMWSG Facebook page or email: [hmws92026@gmail.com](mailto:hmws92026@gmail.com).

Once added to the list, you'll receive monthly evites for the evening mixers. From there, various spin-off groups and events happen.

RSVP is required so please respond promptly when you get the message.

See you soon!

MARKET TRENDS

Average Sold Price:  
\$946,448

MARKET TRENDS

Average Days on Market:  
23

MARKET TRENDS

Average Sold vs List Price:  
101%

Mom, Simona’s listing is already pending!

I saw that! I am not surprised! Did you know that she is going to be Santa’s helper at the Toys For Tots event on December 3rd?

Yay! We can’t wait! It will be so much fun!

SCAN ME

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