



# *the SVLA* **BREEZE**

YOUR SPRING VALLEY LAKE ASSOCIATION'S OFFICIAL MONTHLY NEWSPAPER FOR THE JEWEL OF THE HIGH DESERT

January 2024

Ads: 760-628-9732

**It's that time ...  
Submit your  
Intent To Run**



**2024 BOD  
INTENT TO RUN**  
PG 8

**THE BOARD  
PRESIDENT BIDS  
FAREWELL**  
PG 4

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## **Board of Directors Election 2024**

**Want to help shape the future of your community?**

**Run for a seat on the SVLA Board!**

**Intent to Run forms can be picked up at the Association  
Office, located at 12975 Rolling Ridge Dr., Victorville, CA  
92395, or downloaded from our website, [www.svla.com](http://www.svla.com) .**

**Deadline to submit:  
Friday, February 9, 2024 by 3:00 PM**

**"Jewel of the High Desert"**







# Spring Valley Lake Contact Information

## Management Staff

### General Manager

Alfred Logan: alogan@svla.com

### Director Public Safety

Lisa Falcetti: lfalcetti@svla.com

### Director of Operations

Nick Gonzalez: ngonzalez@svla.com

### Director Administration & Human Resources

Jeanne Beam: jbeam@svla.com

### Accounts Manager

Dee Dee Walker: dwalker@svla.com

### Code Enforcement & Architecture Manager

Clint Summers: csummers@svla.com

## Board of Directors

**President** Brian Bickhart

**Vice President** Brian Hurst

**Secretary** Brad Letner

**Treasurer** Cheri Boyd

**Director** Bill Scott

**Director** Paul Stanton

**Director** David Stolfus

**Board Email:** board@svla.com



**the SVLA BREEZE**

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92342

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**SVLA Administration Office**  
12975 Rolling Ridge Dr.  
Spring Valley Lake, CA  
92395-5107

**Mailing Address:**  
7001 SVL Box  
Spring Valley Lake, CA  
92395-5107

**Association Office:**  
760-245-9756

**Fax Line:**  
760-245-3076

**Website:**  
www.svla.com



**Association office hours:**  
Tuesday – Friday  
7:30 a.m. to 6:00 p.m.

**Public Safety:**  
12975 Rolling Ridge Drive  
Spring Valley Lake, CA 92395  
Available 24/7/365  
Direct Line: 760-245-6400

**Additional Services:**  
**Architectural/Code**  
**Enforcement:**  
760-245-9756  
CE@svla.com

**Marina Hours:**  
(October - April)  
6 a.m. – 10 p.m.  
(May – September)  
6 a.m. – 12 Midnight

**Equestrian Center:**  
760-245-9756  
760-245-6400  
12660 Indian River Drive  
Apple Valley, CA 92308  
**Arena Hours:** 8 a.m. - 10 p.m.

**In Case of Emergency dial:**  
**911**

**Emergency Contact #s:**  
**SB County Animal Control:**  
800-472-5609  
**A.V. - 760-240-7000 x7555**

**Apple Valley Fire Protection**  
**District (Equestrian Estates):**  
760-240-7618

**Apple Valley Sheriff Station**  
**(Equestrian Estates):**  
760-240-7400

**SB County Fire Station:**  
760-245-1100

**California Highway Patrol:**  
760-255-8750

**San Bernardino County**  
**Sheriff's Department:**  
760-245-4211

**Numbers FYI:**  
**County Code Enforcement**  
**Violations pertaining to County**  
**rules and regs:**  
760-995-8140

**County Building and Safety**  
**New housing construction, struc-**  
**tures built on property:**  
760-995-8220

**(SBC) Planning Dept.**  
760.995.8140  
**Town of Apple Valley**  
**(EQ side only): 760-240-7000**

**Department of Public Works**  
**Water / flood control**  
760-995-8220

**Graffiti Removal:**  
**SB County: 760.995.8140**  
**Apple Valley: 760-240-7000**  
**x7560**

**San Bernardino County**  
**Environmental Health Services**  
**(Vector Control)**  
800-442-2283



The SVLA Breeze has incorporated QR Codes into our newspaper. A QR ("Quick Response") Code is a mobile phone readable barcode. Simply point a mobile phone (or other camera-enabled mobile) at it. If the device has had QR Code decoding software installed on it, it will bring up its browser and go straight to that URL. QR Code Reading Apps are available from your Smartphone App Store.

**Email Inquiries, Articles, Editorials for The SVLA Breeze to: info@svla.com**





Wishing you a Happy New Year  
with the hope that you will have many blessings in the year to come.



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Serving The High Desert & Big Bear California





BRIAN BICKHART

Hope everyone had a great Holiday season this year. 2023 was a busy year for the association and it appears as though 2024 will be busy as well. At this point in time, I have now served over five years on the board (I was initially selected to finish Mark Sedam's term after he passed away). I have come to the decision that before our January meeting I will be stepping down from the board. The remaining board members will fill this vacancy at the January open meeting and will be reassigning director positions. There is much left I had hoped to accomplish before I left the board, however, I feel that the wheels are in motion to get these projects completed soon. I love this community and will continue to volunteer on committees and clubs, etc. Unfortunately, I cannot give the time and energy that is required as a board member due

to personal reasons. I really did enjoy my time on the board and will miss the discussions with the staff and board members - many of whom I now consider friends, as well as those community members who attended meetings regularly.

Most of you know that four board members will term out in April and that four new members will be elected to serve on the board. I truly hope that we have excellent candidates to fill those seats. If you have thought about running for the board, maybe now is the time. I would like to thank the staff for their dedication, especially Alfred Logan, who has become a great leader for the community. I would also like to thank the board members I have served with, some of whom I didn't always get along with, but who all cared deeply about Spring Valley Lake.



Sign Up for email notifications on [www.svla.com](http://www.svla.com)

## CANDIDATES WANTED

Represent Your COMMUNITY

Board members are unpaid volunteers, elected by a vote of the Association membership, who donate their time. They are the governing body of the Association and are responsible for setting policies, standards and programs. They are specifically empowered to review and approve the annual budget and set the rate of assessments. They must always put personal preferences and circumstances aside and work in the best interests of the community.

This year, property owners will be electing four (4) directors to serve a two year term.

If you are interested in running, fill out the form in this Breeze issue or Intent to Run forms will be available to download at [www.svla.com](http://www.svla.com) and at the Association office.

## GET INVOLVED!



### Committees

For committee information and application, visit our website at: [www.svla.com](http://www.svla.com), click on 'I Want To' tab... 'Join A Committee'

<b>Architecture Committee</b> Meets 2nd & 4th Thursday of Month 	<b>Citation Committee</b> Meets 1st Tuesday of Month 	<b>Community Plan Committee</b> Meets 3rd Thursday of every month 
<b>Equestrian Estates Committee</b> Meets 3rd Tuesday of every month 	<b>Community Event Team</b> Meets 1st Tuesday of the month 	<b>Lake Committee</b> Meets the 2nd Thursday of the Month 
<b>Budget &amp; Finance Committee Application</b> Meetings TBD 	<b>Committee Application</b> 	<b>Community Task Force Application</b> 



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SVLA Breeze

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Homeownership is more than just possessing a physical space; it involves active participation in the community that surrounds it. One powerful way residents can contribute to shaping the community's future is by running for the Homeowners Association (HOA) Board of Directors. While some

## 2. **Fostering a Sense of Community:** HOA board members are community leaders who play a vital role in fostering a sense of unity and belonging. By taking an active role in community affairs, residents on the board can help strengthen social bonds, organize events, and initiate projects that bring neighbors together. This sense of community is not only fulfilling but also contributes to the overall well-being

#### 4. Understanding the Legal and Financial Aspects: Serving on the HOA board provides residents with a unique opportunity to gain insights into the legal and financial as-

**5. Learning and Personal Growth:** Serving on the HOA board is a learning experience that offers personal growth opportunities. Board members often acquire valuable skills in leadership, conflict resolution, and effective communication. These skills are transferable to various aspects of life, making the experience not only an investment in the community, but also in one's own personal development.

If you are interested in running, fill out the form in this issue and return it to the Association Office. **Deadline for submission: February 9, 2024.** Forms are also available at the Association office or download from our website: ***www.svla.com***







## MONTHLY SUMMARY NOVEMBER 2023

- **Current Cash:**
  - Operating - Umpqua \$11.00
  - Operating - Heritage \$4,101,385
  - Operating - Other \$284
  - Reserves - Investments \$1,755,969 Oct interest received \$4,639.00
  - Investment Year to Date
- **Account Receivable:**
  - \$898,733.05 See DQ Report
- **Loans:**
  - Pacific Western Bank: \$3,000,000 for water rights – Balance \$1,563,553.14. The total the board voted is 1,000,000.00. The \$286,027.00 is the interest payment, monthly amount of \$23,835.58. The additional amount is \$713,973.00 for the year to go to the principal. The monthly amount contributed to principal will be \$59,497.75.
- **Account Payable:**
  - The association has no accounts payable exceeding 30 days past due.
- **Reserve Study:**
  - 11/1/23-10/31/24 - 33.1% funded
- **Month to Date Position:**
  - MTD Revenue \$643,495
  - MTD Expenses \$436,244
  - Net Position Excess (Shortage) \$207,251
- **Fiscal Year to Date Position:**
  - FYTD Revenue \$643,495
  - FYTD Expenses \$436,244
  - Net Position Excess (Shortage) \$207,251
- **Items To Note:**
  - Nothing at this time.



Living in Spring Valley Lake for over 30 years, JoAnne Romero has devoted four plus years to serving the community. She is a former Board director serving, not one, but two terms! Along with her fellow Directors, she has worked countless hours to preserve SVL's status as "The Jewel of the High Desert". Even after her Board terms were completed, she continued her volunteer work. She currently serves as a member of the Architectural committee and the Memorial Task Force. In her spare time, JoAnne enjoys baking, traveling, gardening and her cat Curtis.

Her level of dedication and passion for the community is something we should all strive for. She has the overwhelming support of SVL. Thank you for all you have done and continue to do!





# *Help Shape the Future of Your Community*

Property Owners are invited to complete the “Notice of Intent to Run” form if interested in serving as a Spring Valley Lake Board of Director. Forms can also be picked up at the Association office or downloaded from our website, [www.svla.com](http://www.svla.com).

Send the form in, along with a resume of qualifications, goals and objectives to the Association Office. **Statements for publication should be no more than 350 words.** Return to:

13325 Spring Valley Parkway or  
7001 SVL Box  
Spring Valley Lake, CA 92395

You will also need to attach a **4”x6” or larger photo** for use in our publication as well as for the mailed out election materials. (Photos may be electronically mailed in jpg format, as an attachment to: [mpunsal@svla.com](mailto:mpunsal@svla.com))



## **CALL FOR CANDIDATES 2024 Board of Directors Election**

### **NOTICE OF INTENT TO RUN**

**Filing Deadline: Friday, February 9, 2024, by 3:00 P.M.**

Name\_\_\_\_\_

Mailing Address\_\_\_\_\_ Property\_\_\_\_\_

City\_\_\_\_\_State\_\_\_\_\_Zip\_\_\_\_\_

It is my intention to place my name on the list of candidates for election to the 2024-2026 Board of Directors of Spring Valley Lake Association. I understand that the term of office is for two (2) years running from April 2024 through April 2026, and that I will be required to attend meetings at least twice a month during my term of office.

A resume of my qualifications, goals and objectives as a director is attached and I understand that this will be distributed to all voting members for review.

I am qualified to be elected to the Board of Directors by virtue of the fact that I am a member in good standing of the Spring Valley Lake Association and owner of:

Tract\_\_\_\_\_ Lot\_\_\_\_\_ Phone Number\_\_\_\_\_ Email\_\_\_\_\_

Date\_\_\_\_\_ Signed\_\_\_\_\_





## From Veggie Haters to Flavor Celebrators: The Secret to Loving Vegetables

In the realm of family meals, convincing everyone to enjoy their veggies can be a challenge. We all know that incorporating a variety of colorful vegetables into your diet is crucial for optimal nutrition, providing essential vitamins, minerals and antioxidants that support overall health and well-being. They're the champions in the fight against chronic diseases and are known to boost energy levels, making us feel fabulous from the inside out.

Even if you think you're not on speaking terms with veggies, it's time to make peace. Several factors can contribute to reluctance, especially among kids, when it comes to eating vegetables:

**Texture Aversion:** Some individuals, especially children, may be sensitive to the textures of certain vegetables, finding them off-putting.

**Bitterness Perception:** Children may have heightened sensitivity to bitterness, which is common in certain vegetables like broccoli and Brussels sprouts.

**Familiarity and Exposure:** Lack of exposure and familiarity with a variety of vegetables can lead to resistance. Familiarity often breeds acceptance.

**Influence of Peer Preferences:** Children can be influenced by the preferences of their peers, and if their friends aren't enthusiastic about veggies, it might impact their own attitude.

**Parental Role-Modeling:** If parents aren't regularly incorporating vegetables into their meals, children may be less inclined to embrace them.

**Negative Associations:** If veggies are often presented as a punishment or something unpleasant, it can create negative associations.

Addressing these factors through creative and positive approaches, like introducing veggies in various dishes and involving kids in meal preparation, can contribute to a more veggie-friendly attitude.

But what if there's a hidden reason behind the reluctance? Enter "super tasters," individuals with ultra-sensitive taste buds. Yes, being a super taster is indeed a scientifically recognized phenomenon.



www.JasonCoblentz.com

### Roasting broccoli caramelizes natural sugars, enhancing sweetness.

Super tasting is associated with having a higher density of taste buds, specifically fungiform papillae on the tongue. These individuals are more sensitive to various tastes, especially bitterness, which can impact their food preferences. Understanding this can be crucial when encouraging super tasters to embrace a wider variety of flavors.

Elevate veggie appeal for super tasters by pairing veggies with bold flavors like garlic, herbs or spices, adding dips and sauces; also, through techniques like blanching, sauteing or grilling, culminating in my favorite method: roasting. Roasting caramelizes natural sugars enhancing sweetness, exempli-

fied in recipes like Charred Broccoli with Almonds and Cranberries.

### CHARRED BROCCOLI WITH ALMONDS AND CRANBERRIES

Yield: 5 servings

Total Time: 20 minutes

10 cups broccoli florets (about 2 pounds)

5 tablespoons olive oil, divided

3/4 teaspoon kosher salt

1/3 cup skin-on sliced almonds

2 teaspoons minced garlic (or 172 teaspoon granulated garlic)

2/3 cup whole-milk plain yogurt

1/2 cup dried cranberries or raisins

Position an oven rack in second to lowest position; preheat broiler to high.

In a large serving bowl, toss broccoli with 2 tablespoon olive oil and salt. Spread evenly onto a large, rimmed baking sheet. Roast the broccoli until it reaches a delightful tenderness, with a touch of char in spots, for 10 to 20 minutes, adjusting based on your broiler's intensity.

Meanwhile, in a small dry skillet, over medium-low heat, toast the almonds until fragrant. To the same skillet, add the remaining 3 tablespoons of oil and garlic. Stir frequently until the mixture gently browns, approximately 5 minutes.

Transfer this flavorful blend into the serving bowl, and then incorporate the yogurt and cranberries.

Add the charred broccoli and stir to coat with the yogurt dressing. This salad can be served hot, warm or cold, making it a great meal prep recipe.

Here's to cultivating a love for veggies and savoring the journey to a healthier, more fabulous you!

\*\*\*

Lifestyle expert Patti Diamond is the penny-pinching, party-planning, recipe developer and content creator of the website *Divas On A Dime* — *Where Frugal, Meets Fabulous!* Visit Patti at [www.divasonadime.com](http://www.divasonadime.com) and join the conversation on Facebook at *DivasOnADimeDotCom*. Email Patti at [divapatti@divasonadime.com](mailto:divapatti@divasonadime.com)

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• If you lose a contact lens, you can try turning off the lights and using a flashlight held perpendicular to the floor. They sort of reflect the light, and as you move the beam of light across the floor, it will flash. This has helped me many times. I am a little clumsy when I put my contacts in. Thanks! — R.E. in South Carolina

• Great diet control tip: When serving dinner, portion out the meal, then pack up the leftovers right away. You won't be as tempted to go back and have seconds, nor stuff a few more mouthfuls in when cleaning up later.

• I have a medicine that I take with every meal. Surprisingly, it's difficult to remember whether I took it already when I'm eating on the go or out with friends. I keep small containers in my purse labeled "lunch" and "dinner," each with one pill inside. Before I eat, I look in the container. If a pill is there, it means I forgot to take it. Then I refill the container when I get home and it's ready for next time.

• Last year, I had a large wall calendar at the office. It was a wet-erase calendar with the year on one side and a "planning space" on the back. When the year was over, I needed a new calendar, but the blank side was still usable. I took it home and cut it to fit inside my kitchen cabinets. I have a handy space to jot notes and such. — R.W. in Colorado

• This is a fun game for kids to play with cookies: Stamp the alphabet letters into the top of mini cookies, or use a kebab skewer to write words. Then let the kids spell out their name or make sentences or silly phrases. — B.D. in Mississippi

Send your tips to *Now Here's a Tip*, 628 Virginia Drive, Orlando, FL 32803.

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~ Nick Gonzalez, Director of Operations

Hello SVLA Residents,  
Happy New Year. We hope everyone had a Merry Christmas and Happy New Year. We are looking forward to the new year that is upon us, along with all the challenges it will bring our way. We are gearing up for all the new projects that we will get to work on this year for the community. Look below to see what we have been up to...

#### **Beach Area:**

- Sanitizing picnic tables and playground equipment bi-weekly
- Cut grass
- Irrigation repairs

#### **Parks:**

- Sanitizing picnic tables and playground equipment bi-weekly
- Cut grass
- Repaired irrigation at dog park
- Trimmed trees at MLP
- Repaired irrigation at Long Acres park

#### **Equestrian Center:**

- Cut grass
- EQ repairs and clean up
- Repaired entrance gate
- Repaired vinyl fencing
- Repaired bridge fencing
- Level bridle trails
- Repaired railing on stalls
- EQ storage cleanup

#### **Fishing Areas:**

- Sanitized picnic tables bi-weekly
- Cut grass
- Weed abatement
- Trash clean up
- Replaced Signs at FA #10 & FA #12
- Irrigation repairs

#### **Buildings:**

- Sanitized AO building, Community Building & exterior AO restrooms door handles and hard surface areas daily
- Repaired doors on north end
- Removed Christmas decorations.
- Fire Extinguisher monthly inspections
- Began demo of Association Office
- Deep cleaned and performed maintenance on CB fridge

#### **Grounds:**

- Worked on Safety List
- Picked up trash around the community
- Set up and tore down events
- Cleaned solar panels

#### **Floating Islands:**

- Performed general maintenance

#### **Wells:**

- All wells are active

#### **Lake Filtration Systems:**

- Cleaned and performed routine maintenance twice a month

#### **Lake & Marina Dock Maintenance:**

- Retrieved lake data
- Cleaned up shoreline daily
- Relocated buoys

The Operations Department is al-

ways working diligently on maintaining SVLA's stature as well as keeping up on regular training videos to ensure we are delivering the best service possible. If you ever notice a maintenance related issue or concern around the community, please call the Association Office (@760-245-9756) and we will do our due diligence to correct the issue(s) or concerns.

#### **NAOMI ALLAN, Administration & Lake Management**



Happy New Year! It's crazy to think we are already at the beginning of a new year. With a new year comes new projects and challenges and we are ready to tackle them all.

We have already received 4 deliveries of Trout and still have two more scheduled. We have loved seeing the fishermen around the community show casing their catches. This is a great time to cast your lines as the lake is being freshly stocked.

We have been working with CSA-64 on obtaining access to a sewer hookup to dispose of the water from our UV filter cleaning. Once we have this access, we can resume our filter cleaning, bi-weekly, and replace the new UV bulbs to get them up and running back to their normal capacity.

We have been doing our best to continue with the lake clean up weekly. If you notice any areas with excessive trash or debris, it is always helpful to let us know. Give the office a call or send an email to [maintenance@svla.com](mailto:maintenance@svla.com).

Look in this section to see the most recent lake data that has been gathered.

We are still waiting for the permit to be issued for the Lake Patrol Office (LPO). We have been contacting the county weekly for updates on this permit. We just made payment for the required fees, so we are hoping to have the permit issued soon. Once the permit is issued, the contractor estimates it will be completed within 2 weeks.






Lake Data December 13, 2023:

MARINA DOCK		Transparency	Watercolor	Wind Speed	Wind Direction	Sky	Date	Time
PH	8.69	18"	olive	0 MPH		Clear	12/13/23	8:01 am
Nitrate	-----	DO	8.96	8.96	8.94	8.93		
Phos	-----	Temperature	50.1° F	50.1° F	50.0° F	50.0° F		
		Saturation	92.8 %	92.4 %	92.8 %	92.7 %		
			6"	2	4	6	8	10

Center of Lake		Transparency	Watercolor	Wind Speed	Wind Direction	Sky	Date	Time
PH	9.01	17"	olive	0 MPH		Clear	12/13/23	8:13 am
Nitrate		DO	9.25	9.22	9.22	9.24		
Phos		Temperature	52.3° F	52.3° F	52.2° F	52.3° F		
		Saturation	94.8 %	94.2 %	92.7%	92.6 %		
			6"	2	4	6	8	10


SOUTH END		Transparency	Watercolor	Wind Speed	Wind Direction	Sky	Date	Time
PH	9.11	15"	olive	0 MPH		clear	12/13/23	8:37 am
Nitrate		DO	8.75	8.77	8.75	8.76		
Phos		Temperature	52.9° F	52.9° F	52.9° F	52.6° F		
		Saturation	90.1 %	91.1 %	91.1 %	91.1 %		
			6"	2	4	6	8	10

NORTH END		Transparency	Watercolor	Wind Speed	Wind Direction	Sky	Date	Time
PH	9.22	15"	olive	0 MPH		clear	12/13/23	9:02 am
Nitrate		DO	9.14	9.0	9.12	9.12		
Phos		Temperature	51.3° F	51.3° F	51.3° F	51.3° F		
		Saturation	94.8 %	94.8 %	94.6 %	94.7 %		
			6"	2	4	6	8	10



**1,000 lbs. Week of January 15, 2024**

**1,000 lbs. Week of February 12, 2024**







With the new year comes lots of changes and new ideas for the future and potentially changes to your home. I look forward to meeting with the residents throughout the community to assist you with your plans; so make sure to make an appointment, before you begin any work, to submit the plans to be reviewed by the architectural committee. I love seeing all the unique idea's residents come up with to make their homes stand out and look beautiful.

While we may not be able to tell you the status of violations for other people's homes, if there is an issue that you are concerned is not being addressed, we are more than happy to check on the issue and enforce violations of our rules. All you need to do is email [code@svla.com](mailto:code@svla.com) and give us the address and the issue you would like us to check on. We may already be in

the process of holding them accountable for the issue, but we appreciate all the residents who take an active role in keeping our Association looking stunning. If you do end up getting a courtesy notice from us and need more time to correct the issue, please give us a call. Often times we can help you through things such as Architectural applications for new projects or extensions for some things.

Finally, we want to remind the residents that now that the holiday festivities are over, all of your holiday decorations need to be removed by January 25, 2024. We will start checking for these issues after that date. With that said, this month we want to highlight and recognize some of the decorations residents put up that caught our code enforcement teams' eye. We look forward to another great year of working with you.

## ANNUAL INSPECTION CHECKLIST

### Front of Property:

- Roof
- House Numbers
- Doors
- Windows/Screens
- Gates/ Fence
- Landscape
- Trim
- Stucco/Paint
- Exterior Lighting
- Garage Door
- Driveway
- Unsightly Objects

### Golf Course / Lakefront / EQ / River Walk:

- Roof
- House Numbers
- Railings
- Gates/Fence
- Deck/Dock
- Unsightly Objects
- Trim
- Stucco/Paint
- Exterior Lighting
- Landscape
- Pool

December Stats	Code Enforcement	Architectural
Total In Progress	672	302
Opened	344	46
Closed	605	92
Citations to the board	NA	NA
Open Escrows	21	NA







# Roundabout Grill

12670 Hesperia Rd. Victorville CA 92395

Phone Orders  
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Expires February 29, 2024



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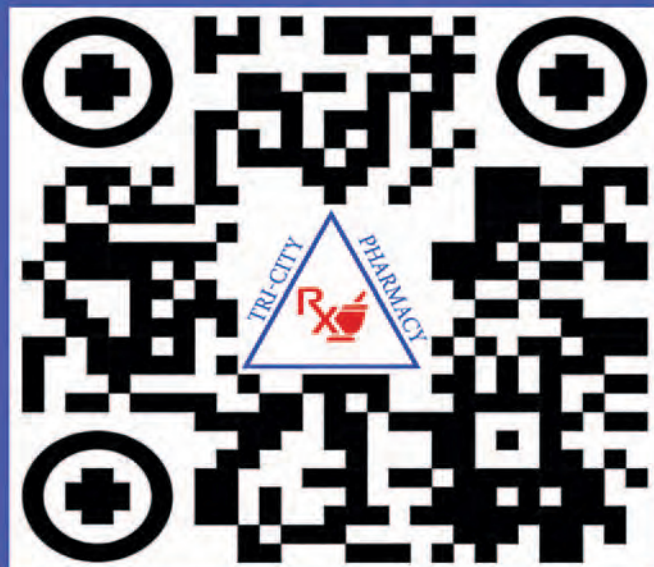
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## LISA FALCETTI, PUBLIC SAFETY DIRECTOR

Spring Valley Lake residents that have a vessel on the lake are required to renew their SVLA vessel registration. This includes all powered and non-powered vessels. The Public Safety Department will be out on the lake in January checking all vessels in the water that are not registered and issuing a courtesy notice as a reminder. If you do not want to register your vessel in January, you can remove your vessel from the lake to avoid a citation. When you are ready for a vessel inspection, please call the Public Safety Department at (760 245-6400) to set up an appointment time. Please remember that once you receive your new 2024 SVLA stickers you need to place them on your vessel.

To aid in preparation for the vessel inspection, we have included the following checklist for vessel owners:

### Powered Vessels

- Current Vessel Operator Permit (VOP)
- Current and valid state registration indicating the appropriate member as the registered owner.
- State registration numbers and hull identification numbers must be displayed properly and unobstructed.

- Vessel must be maintained in a working order (motor and structural efficiency).
- Navigation and anchor lights must be in working order. (PWC excluded)
- Sound device (built-in air horn, hand-held air horn, whistle, Etc.)
- Flame arrestor properly installed. (PWC excluded)
- Serviceable fire extinguisher filled to appropriate levels.
- Red/orange ski flag. (PWC excluded)
- Throwable personal floatation device. (PWC excluded)
- USCG approved life jacket for every person allotted by max capacity.
- Ventilation or 'blower' must be in working condition. (PWC excluded)

SVLA R&R 5.2.2. All vessels must have current State and Spring Valley Lake registration decals before being placed on the lake.



## MEET THE TEAM

### William Vargas, Officer



Hello, my name is William Vargas. I was fortunate enough to be hired by Public Safety on November 30. Ever since then I have enjoyed the job beyond belief. Being a Public Safety Officer has taught me how to work on my communication skills as well as my decision making. A little about me, I enjoy learning about history and anthropology. I am currently enrolled at California State University San Bernardino for my bachelor's degree in history; so I may start teaching in said field. I started my love for history when I was a kid.

Because my father was a history teacher, I was able to learn so much from him. I also enjoy history due to the Indiana Jones film series. Some of my hobbies that I enjoy doing include going to the gym, playing the guitar, as well as doing photography.

Thank you for your time,  
William Vargas

### Water Leaks and Frozen Pipes



Hello Spring Valley Lake residents. During the colder months the Public Safety Department receives many calls regarding water leaks due to broken sprinkler pipes. If the temperature of your pipes drops below 32 degrees, even for a short period, you run the risk of a pipe fracture or worse. Underground sprinkler piping is usually insulated from freezing temperatures by soil. Valves and piping that supplies water to them are generally above ground and are the most likely places to find a leak. Try these suggestions to minimize your chances of a broken pipe.

- If you have an automatic sys-

tem, then you can "shut down" the controller (timer). Most controllers have a "rain mode" which simply shuts off the signals to the valves.

- Disconnect and store garden hoses. If your home has a separate shut-off for external faucets, turn it off and drain the water from those faucets.

- Above ground piping needs to be insulated. Self-sticking foam insulating tape or foam insulating tubes are commonly found at home supply stores and are relatively inexpensive.

- If you have a gardener or a lawn service company, talk to them about winterizing your above ground irrigation pipes.

If you are out in the community and notice a water leak at a property, please report it to the Public Safety Department (760) 245-6400.



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## Make a Batch of Tasty Slow-Cooker Granola

We're a granola-eating family. When the tall jar in our pantry almost reads empty, we know that it's time to stir up a new batch. It's never a chore because the fresh homemade taste of heart-healthy oats with nuts and dried fruit is always satisfying, whether it's combined with yogurt and berries at breakfast or sprinkled over a scoop of ice cream for an evening dessert.

No wonder I was so curious when a friend suggested that I make granola in my slow cooker instead of baking it in the oven. Although skeptical, I gave it a try and loved the results. In fact, it's a game-changer.

I stick with my basic recipe that never disappoints. The hand-crafted, economical blend is open to variations, like substituting cashews for almonds or pecans. When I buy a jug of fresh, local maple syrup, I leave out the brown sugar entirely. For variety, I'll cut up something unusual, like dried persimmons, to toss in with the raisins at the end.

### TASTY SLOW-COOKER GRANOLA

Yields about 6 cups

- Cooking spray or olive oil
- 4 cups old-fashioned rolled oats (not quick-cooking)
- 1/2 cup brown sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup coarsely chopped whole almonds
- 1/2 cup coarsely chopped pecans

- 1/2 cup canola oil
- 1 teaspoon vanilla extract
- 2 egg whites, slightly beaten
- 1/2 cup raisins

First, prepare the slow cooker. Spray the cooking spray on the bottom and sides of a 3-quart (or larger) slow cooker, or lightly coat with oil.

Combine the oats, brown sugar, cinnamon, baking powder, salt and nuts in the slow cooker. Stir together the oil, vanilla and egg whites in a small bowl. Add to dry ingredients and toss well until fully coated.

Turn the slow cooker up to high. Set a wooden spoon under one side of the lid to hold the lid open, slightly ajar. Cook for 1 1/2 to 2 hours until toasted, stirring the mixture well every 30 minutes.



Stir in raisins and spread the mixture on a baking sheet to cool. Store in jars or in an airtight container.

**Note:** Substitute brown sugar with 1/2 cup maple syrup, honey or agave syrup and combine with liquid ingredients before tossing with dry ingredients.

In addition to (or instead of) raisins, use your favorite dried fruit, chopped.

**Gift-Giving Tip:** Let kids draw a label to glue onto a mason jar. It might say: "The Johnsons' World Famous Granola."

\*\*\*

*Donna Erickson creates relationships and community through food and fun. Find more to nourish and delight you at [www.donnaerickson.com](http://www.donnaerickson.com).*

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## Hot Flashes Persist Well Past Menopause and Thyroidectomy

**DEAR DR. ROACH:** I am 81 and had a thyroidectomy in 2017. My whole thyroid gland was removed. I also had a little bit of cancer.

**I have started to get hot flashes again. I had originally been on thyroid medicine before and after surgery. Then I was put on levothyroxine and decided to try NP Thyroid. I was doing better on NP Thyroid, then started getting the hot flashes again. At this point, for several reasons, I would rather stay on NP Thyroid for the time being.**

**I was wondering if there is anything I can take for hot flashes? Years ago, in my 50s, I took estrogen, which helped, but this is a different time. I have spoken with other people who are also having hot flashes again. — Anon.**

**ANSWER:** Hot flashes are common — about 75% of women in North America will experience them around the time of menopause. It's not uncommon for hot flashes to go away, then return, but I personally haven't seen them recur after 30 or so years. I'd be concerned that there may be another cause for them, which brings me to your thyroid.

Elevated levels of thyroid hormone can cause sensations very similar to hot flashes. One reason that I, along with most endocrinologists, recommend against products like NP Thyroid is because most of those products come

from pigs. There are two thyroid hormones: thyroxine (T4) and triiodothyronine (T3). Humans have a different ratio of T3 and T4 than pigs do, with T4 getting converted into the active form, T3. T3 is then quickly broken down, so if it's used, it needs to be dosed twice daily.

As a result, if a person takes NP Thyroid, their thyroid levels are too high during one part of the day and too low during another. This isn't good for anyone; the "high times" not only cause hot flashes, but also predispose people to atrial fibrillation. But it's particularly a problem in a person with a history of thyroid cancer, where we want the thyroid-stimulating hormone (TSH, the hormone in the pituitary gland that regulates the activity of the thyroid gland) to be on the lower side.

If the thyroid blood levels get low in the afternoon/evening when the T3 in NP Thyroid is gone, that can theoretically increase the risk of cancer recurrence as the TSH rises in response. So, in my opinion, you should be on levothyroxine, not NP Thyroid. (I do have a handful of patients who take levothyroxine and also take T3 twice daily. Some people are unable to convert T4 to T3 efficiently.)

Estrogen is the most effective treatment for hot flashes, but it increases the risk of heart disease when used by women more than 10 years away from menopause. I don't normally prescribe it to a woman in her 80s. However, there is a new medication called fezolinetant (Veoza), which is highly effective and reduced hot flashes by 93% in a trial. My only patient on it so far has reported 100% cessation of her hot flashes.

There are other rare causes of hot flashes, including tumors that secrete substances, such as carcinoid tumors, and tumors that secrete adrenalin-like hormones (pheochromocytomas).

*Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu).*

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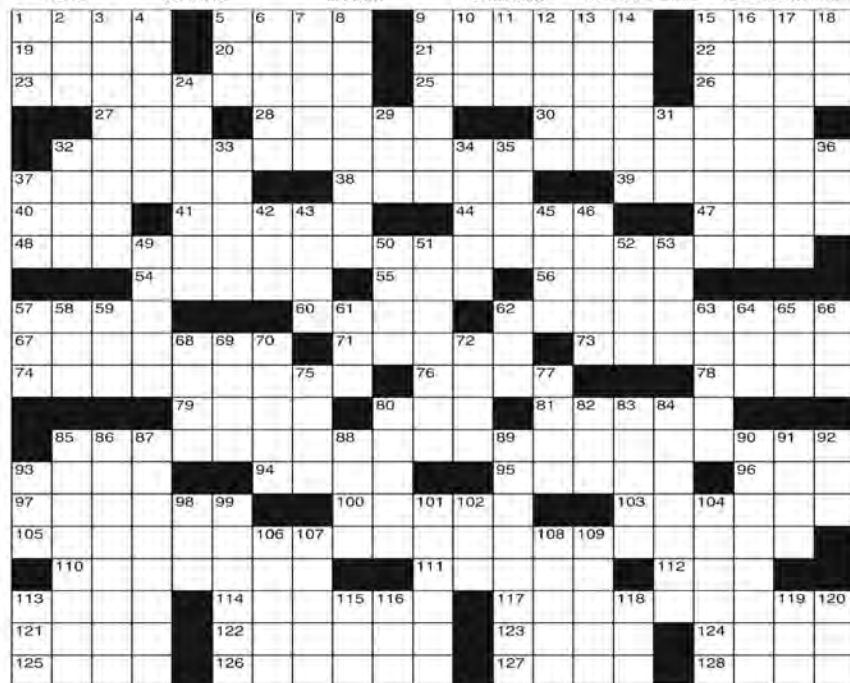
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## MAKING 20 OUT OF 9

1 Pueblo dweller	41 "Ang" —	72 of woe	106 The Hockey	139 side dish	254 Out-of-towner
5 Sound of an "air kiss"	44 Hungorous	95 Desert haven	1-Down	36 Little hotel	85 "Shane" star
9 Forensic facility in Quantico, for short	47 Tattered	96 Sch. founded by Thomas Jefferson	3 Leguminous side dish	47 Playtex item	86 Teased one
15 Gig hookups	48 Novel	97 December	4 Low pelvic bones	43 "Ugly Betty" actress Ortiz	another playfully
19 Refined finds	54 Others, in Oviedo	100 Consumer	5 Hosp. test in a big tube	43 Crash-probing agcy.	87 International alliances
20 Civil rights leader Parks	55 Last letter, in Leeds	103 Very talented	6 "Mrs. Dalloway" novelist	45 Little plateau	88 Harbinger
21 In an uncivil way	56 Trig function	105 Setups	7 Ed of "Lou Grant"	46 Pickle liquid	89 Medieval
22 Lawn mower brand	57 Arab nation	whose name consists entirely of the letters in 117-Across	8 Is trustful	49 Bubbly mixer	Scandinavian
23 Parts of wholes	60 Titanic sinker	110 Some legumes	9 Citrusy diet soft drink	50 Blogging pundit Klein	90 Group's activity in the community
25 Key related to G major	62 Didn't type or text, perhaps	111 Lindsay of "Liz & Dick"	10 Idling type	51 Prescribed diet, say	91 Crooner Burl
26 "Jurassic Park" dino	67 Relating to an eye layer	112 Be in debt to	11 Cruel Amin	52 Finishes up	92 Frowny-faced
27 "Billions" channel, in brief	71 Corn, to a Brit	113 Imp Simpson	12 Slower than andante	53 Swamp wriggler	93 Suffix with Vietnam
28 Some boxing blows	73 Neighbor of Latvia	114 Throat issue	13 Socially distant	57 Round body	98 Aesthetic interest
30 Horn blowers	74 Relatives of terraces	117 Lawbreaker	14 Side street	58 "Call — taxi"	99 Sewing unit
32 Person whose name consists entirely of the letters in 23-Across	76 Silent performer	121 — fixe	15 Give proof of	59 Ocean east of Mass.	101 Bank job
37 Los Angeles neighborhood	78 Consumer	122 Menu offering	16 Novelist Toni	61 Inits. on an ambulance	102 "Neroli" musician
38 "I knew — along!"	79 Coup d'—	123 In — (stuck)	17 Strong-arm	62 Tailor's edge	104 Least
39 Old Nissan brand	80 Attain	124 Lasting mark	18 Boston Red —	63 City on the Seine	106 Maui greeting
	81 Exit	125 Betting info	24 This evening	64 Put — (jokey pranks)	107 Contrarian's retort
	85 Film whose name consists entirely of the letters in 39-Across	126 "Mad" Carroll character	29 Building-blasting stuff	65 Knot up	108 Nile capital
	93 Verve	127 Some votes in Congress	31 Bag-screening org.	66 Part of a jug	109 Come next
		128 Those folks	70 Climbing vine	68 Yuletide song	113 Short history
			72 Rigatoni's kin	69 Opposer	115 Park oneself
			75 Ingrain	70 Climbing vine	116 Cooler cubes
			77 Filmdom's Kazan	72 Rigatoni's kin	118 Divs. of dollars
			32 Gotten sight of	75 Ingrain	119 Scot's lumdown
			33 Attempter	80 Shimmer	
			34 Fibber's admission	82 Goller Ernie	120 Give it a wh



Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- |                         |             |                     |             |
|-------------------------|-------------|---------------------|-------------|
| 1. Canoe oar            | — A — — — — | Small pool of water | — U — — — — |
| 2. Runner's pathway     | — — — — K — | Vanish without a    | — — — — E — |
| 3. Judge's workplace    | — — — — R — | Dracula's title     | — — — — N — |
| 4. L.A. ballplayer      | D — — — — — | Hotel guest         | L — — — — — |
| 5. Make amends          | — T — — — — | By oneself          | — L — — — — |
| 6. On the — hand        | — — H — — — | Playful mammal      | — — T — — — |
| 7. Fast trot            | — — — — — P | 4 quarts            | — — — — — N |
| 8. Burst of light       | — — — — — H | Small canteen       | — — — — — K |
| 9. Fry lightly          | — — — — T — | Gravy               | — — — — C — |
| 10. Reykjavik's country | C — — — — — | Land of shamrocks   | R — — — — — |

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This is a simple substitution cipher in which each letter used stands for another. If you think that X equals Q, it will equal Q throughout the puzzle. Solution is accomplished by trial and error.

Clue: Equals S

VLJ DYM WNIG UNOTI VLN  
DPPNGDGM ANNTI HPIHFPHUHSDPG?  
AMSDBIM GLMHY VNYT HI BIBDOOJ  
WDYFHPDO.

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# STICKELERS (INC.)

by Terry Stickels

**Below are three views of the same cube.**



If you were to unfold the cube and lay it flat on a table, how would the remaining faces appear on the layout below?



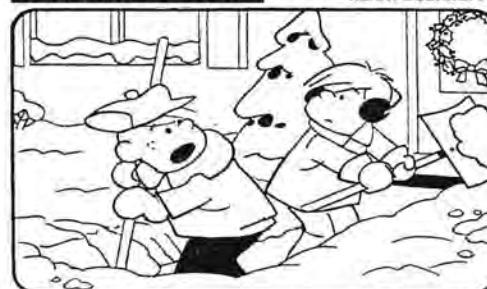
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Why are most folks who annotate books insignificant? Because their work is usually marginal.

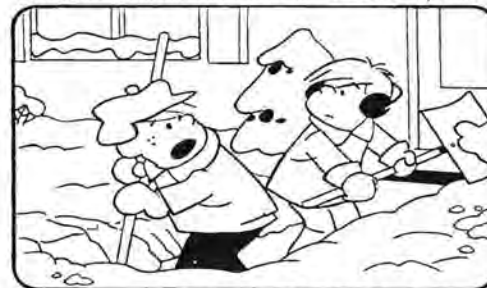


5	Atone, Alone	10	Iceland, Ireland
4	Dodger, Lodger	9	Saute, Sauce
3	Court, Count	8	Flash, Flask
2	Track, Trace	7	Gallop, Gallon
1	Paddle, Puddle	6	Other, Otter

BY  
HENRY BOLTINOFF



**Find at least six differences in details between panels**



References: 1. Ear flap is moved. 2. Collar is smaller. 3. Tree is smaller. 4. Arm is covered. 5. Wreath is missing. 6. Shovelful of snow is smaller.



**Super Crossword**—





## CODE ENFORCEMENT DEPARTMENT

Lattice fences are NOT allowed without approval from the Architectural committee. There is no deposit for these types of applications.

Possessing a lattice fence without approval will result in the automatic bypass of a courtesy notice and the issuance of a citation. If you have already installed a lattice fence without approval, you will still need to submit an application to avoid receiving a citation.

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### Poker Run - Land

UPCOMING

INPUT NEEDED

All of our usual fun + some new  
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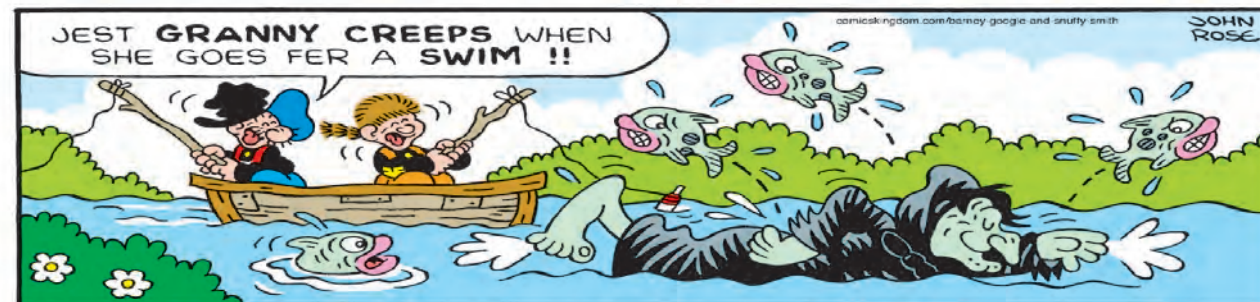
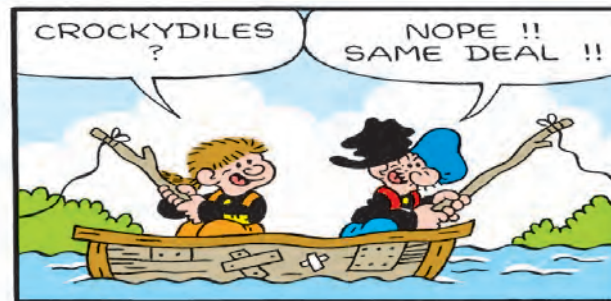
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# COMMUNITY events

## Event Schedule 2024

Event	Date	Time	Location
Masquerade Ball	February 17	5:30 PM - 9:30 PM	MLH
Easter Egg Hunt	March 30	9:00 AM	West Beach
Summer Kick Off	June 7	6:00 PM - 9:00 PM	West Beach
Firework Show	June 22	(after sunset)	West/East Beach
Concert at the Beach	July 12	6:00 PM - 9:00 PM	West Beach
Movie in the Park	July 19	(after sunset)	MLP
Concert at the Beach	August 2	6:00 PM - 9:00 PM	West Beach
Reptile Show	August 23	1:00PM to 2:30PM	MLH
Concert at the Beach	September 8	6:00 PM - 9:00 PM	West Beach
Hoedown	October 5	5:30 PM - 9:30 PM	EQ Clubhouse
Craft Fair	November 9	9:00 AM - 3:00 PM	MLH /parking lot
Tree Lighting & Parade	December 6	5:00 PM - 7:00 PM	CB parking lot
Holiday Gala	December 7	5:30 PM - 9:30 PM	MLH
Breakfast with Santa	December 14	8:00AM - 10:30AM	MLH

The Board of Directors meet the 4th Tuesday of each month and on the Monday evenings prior, except during holidays:  
 Next Board meeting:  
 BOD Executive Session - January 22, 2024, 6pm- TBD  
 BOD Open Session - January 23, 2024, 6pm - MLH

- Vessel Operator Permit (VOP) online test is available at [www.svla.com](http://www.svla.com) click on Department tab - Public Safety After testing, contact Public Safety at 760.245.6400 for further instructions on obtaining your VOP
- Vessel Operator's Permit renewals occur daily at 9am and 7pm (See Public Safety Dispatch - Community Center)

**ASSOCIATION OFFICE HOURS**  
 CLOSED MONDAYS  
 OPEN TUESDAY THRU FRIDAY 7:30 A.M. - 6:00 P.M.

### SVL Committees

COMMITTEES	COMMITTEE CHAIR	MONTHLY	TIME/LOCATION
Architectural Committee	Vicki Archer	2nd & 4th Thurs.	4pm MLH
Citation Committee	Bill Walters	1st & 3rd Tues.	5:00pm MLH
Communications Committee	TBD	TBD	TBD
Community Plan Committee	TBD	TBD	TBD
Equestrian Estates Committee	Ronnie Tait	3rd Tuesday every other month	6pm EECH1
Lake Committee - via ZOOM	Chris Hall	2nd Wednesday	6:30pm

### SVL Clubs

CLUBS	FACILITATOR+ CONTACT
Amateur Radio Club - 1st TH, 7pm MLH	George Ellison NOGWE 760-810-1008, <a href="mailto:george@4mailservice.com">george@4mailservice.com</a>
Bible Study - 1st & 3rd Sun, 12pm EQ1	Leonor Frazier 760-662-9547
Boy Scouts, 1st TH 7pm MLH	Britt Imes 760-900-3897
BUNCO, 2nd M @ 5pm MLH & 3rd Sun @ 1pm MLH	Sandy Harmon 661-510-4543
Social Club - Varies, MLH	Jeri Lawrence 760 245-2688
Yacht Club - 3rd TH, 6-8pm MLH	David Stolfus 760-985-9223

### SVL Recreational Classes

CLASS	DAY	TIME	LOC.	Instructor
Arthritis Exercise	M,W,F	8 - 9am	MLH	Rhonda Goulden 909-262-7498
Line Dance Beginner to Upper Level	M	9:00-11:15am	MLH	Su Kim 760-684-3207
Line Dance Beginner to Upper Level	T	9:00-11:15am	MLH	Su Kim 760-684-3207



### Key for Locations

Abbreviation	Name/Location of Facility
MLH - Meadowlark Hall	Community Center 12975 Rolling Ridge Drive (Great Room)
PR - Palm Room	Community Center 12975 Rolling Ridge Drive (Small Room)
PVR - Parkview Room	Community Center 12975 Rolling Ridge Drive (Conference Room)
EECH1	Equestrian Estates Clubhouse, 12660 Indian River Drive, Apple Valley
MLP	Meadow Lark Park, 12975 Rolling Ridge Drive
WB	West Beach, 13230 Country Club Drive
EB	East Beach, 13244 Country Club Drive
PFP	Playfair Park (Equestrian Estates)



# Americanisms



"One of the hardest things in life to learn is which bridges to cross and which bridges to burn."  
—Oprah Winfrey

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Victoria Martin is an active member of the State Bar, licensed to practice law in California. CA Bar # 277116.



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