

A MONTHLY PUBLICATION CREATED FOR THE FARM COMMUNITY

JANUARY 2021

951-294-1104 Director of the Month





The Kitchell Family 33552 Windmill Road



Would you like to have your pet(s) featured in The Farm Gazette. Submit your pictures and article. You can email Denice at fpoagazette@gmail.com or bring your article and pictures to the Farm Barn. Original digital pictures work the best for quality.

Articles should be less than 500 words. If you have any questions, please call the office at 951-244-3719.





Director of the Month After office hours Call 951-294-1104 www.thefarmpoa.org



Dear Fellow Farmers,

We hope everyone had a safe and happy holiday season. Assessments for 2021 will remain at \$68.

Appointments can be scheduled for essential business by calling the office at 951-244-3719.

The FPOA will be holding the Open Board Meeting on Thursday, January 14th at 7:00 p.m. The PA system will be provided so residents can listen to the meeting from the safety of their own vehicles. Masks and social distancing guidelines are still in place.

The Riverside County Environmental Health Department still have the spas closed. Staff is checking often so we can open the spas as soon as possible. **Pool 1 and Pool 3 are closed at this time.**

In this issue is the nominating form for the 2021 FPOA Election. We will also have the form available on the website at www.thefarmpoa.org and also at the Farm Barn. If you are a member (must be on title) and would like to run for a seat on the board, please fill out the form. If you nominate another member, please be sure they are willing to accept the nomination.

The Election Rules are located on the website at https://www.thefarmpoa.org/sites/default/files/inline-files/2020-FPOA-Election-Rules.pdf

The Farm Board of Directors – Cathy Neubauer, President; Dave Kentish, Vice President; Mike Leonardi, Corp. Secretary; Eileen San Giovanni, Treasurer; Paul Bakeman, Director; George Taylor, Director; and Roger Hillard, Director

2021 Pool and Spa Schedule (Spas are still closed by the Riverside County Health Department)

<u>Pools</u>	<u>Hours</u>	Summer and Winter Months
Pool 1 – The Farm Roa	d9:00 AM to 10:00 PM	Open Year Round; Pool not Heated – Nov. 1 to May 31
Pool 2 – The Barn	9:00 AM to 10:00 PM	.Open Year Round; Pool not Heated – Dec.1 to February 28/29
Pool 3 – Wagon Train	9:00 AM to 10:00 PM	Open Year Round; Pool not Heated – Nov. 1 to May 31
Exercise (Swans) – Pool	27:00 AM to 10:00 AM	
Spa Pool 1 – The Farm	Road9:00 AM to 10:00	PMOpen Year Round; Heated Year Round
Spa Pool 2 – The Barn.	9:00 AM to 10:00 PM	Open Year Round; Heated Year Round

2021 ELECTION TIMELINE

The FPOA Board of Directors' Election will be on <u>SATURDAY, MAY 1, 2021</u>

The following is a timeline of events and cutoff dates leading up to the Election.

INSPECTORS OF ELECTION

HOA Elections of California 1001 Avenida Pico, Suite C-496 San Clemente, California 92673 Phone (888) 589-VOTE (8683)

NOMINATING FORMS

Available in the January and February Gazette, in the Farm Barn lobby, and on the website at www.thefarmpoa.org. Applications will be available 1/2/2021.

CUT OFF FOR NOMINATIONS

Completed forms must be received at the Barn office by 5:00 p.m. Friday, February 19, 2021

MEET THE CANDIDATES

After the FPOA Open Meeting on Thursday, March 11, 2021 at The Farm Barn at approximately 8:00 p.m.

ENDORSEMENT ARTICLES

Regular Gazette advertising rates apply. All endorsements must be received and paid for by 2/10/2021 to be in the March issue and by 3/10/2021 for the April issue. Each paid endorsement will include "Space paid for by (payee name)"

BALLOTS WILL BE MAILED

No later than Tuesday, March 30, 2021

ELECTION DAY/ ANNUAL MEETING

TABULATION BEGINS (if a quorum is achieved) SATURDAY, MAY 1, 2021 Polls are open 10:00 a.m. - 12:00 p.m. Results & count announced after tabulation.

ELECTION RESULTS MAILED

15 days following the election

JANUARY HOUSE OF THE MONTH

The Kitchell Family 33552 Windmill Road By Denice Harrison, CMCA (Photo published in color on front cover)

The Kitchell Family purchased the home on Windmill in 2006 for their mother so she could be near other family members. Darrell had been teaching at Fullerton College since 1976 as a Professor of Communications. Until she passed away, the family would come out every weekend from Anaheim Hills to visit and spend time with the family in Murrieta or Temecula.

After the passing of Darrell's mom, the family decided to sell the property in Anaheim Hills and retire at The Farm. Darrel now only does consulting on screenwriting and TV/Film production. His current project is a feature film about an early rock band beginning in 1957.

The Kitchell Family enjoy the rural atmosphere and the vibe Wildomar gives off.



By susie Watters

What a fabulous Christmas Light Parade we had! It was such fun to see all the creative entries! Thank you to the Board and to all who made it happen! Hopefully, it will be a new tradition here.

Your Farm Emergency Response Team wishes to thank everyone who donated food for our Community and toys for our kids! What a great success the Food and Toy Drive was! Those donations will definitely make a big impact on the families at Christmas! We couldn't do it without you!



Please remember that we have medical equipment available for our Farmers to use free of charge. If you have a broken ankle, a sprain, or are just out of the hospital and weak, call Beverly at 951-244-1863. No donations are needed at this time.

THE FARM PROPERTY OWNERS ASSOCIATION OPEN MEETING MINUTES THURSDAY, NOVEMBER 12, 2020

FOR RESIDENTS WHO WISH TO ATTEND INSIDE THE FARM BARN - TEMPERATURE CHECKS WERE DONE ALONG WITH A SMALL QUESTIONAIRE. MASKS WERE REQUIRED INSIDE THE FARM BARN.

THE PA SYSTEM WAS CONNECTED FOR RESIDENTS WHO WOULD LIKE TO LISTEN IN THEIR VEHICLES.

MEETING PLACE: Farm Barn

CALL TO ORDER: By President Cathy Neubauer at 7:00 p.m.

PLEDGE & MOMENT OF SILENCE

ROLL CALL:

Cathy Neubauer President Dave Kentish Vice President Mike Leonardi Corp. Secretary Eileen San Giovanni Treasurer George Taylor Director Paul Bakeman Director Roger Hillard Director Denice Harrison, CMCA® Association Manager Debbie Myers Accounting Manager

ABSENT: None

GUESTS: None

APPROVAL OF MINUTES

MOTION: ES/PB: Approval of Open Meeting Minutes, Thursday, October 8, 2020. M/C

OPEN FORUM

REQUESTS TO SPEAK: There were two requests to speak.

CLOSED OPEN FORUM

AGENDA ITEMS

INFORMATION: Mike Leonardi was sworn in by President Cathy Neubauer and the Oath of Office was given.

INFORMATION: The Board of Directors thanked all participants and winners for the Halloween decorating contest. The third place winner was the Morris/Vasquez family of Mandarin Court, second place winner was the Sargent family of Wagon Train, and the first place winner was the Dulak family of Harrow Hill.

INFORMATION: The details of the holiday parade and the holiday light contest were shared by President Cathy Neubauer reminding all residents to register their address if they would like to be considered.

INFORMATION: The treasurer's report was received.

INFORMATION: Mike Leonardi presented the November House of the Month certificate and photo to the Miskam family on Farm Road.

MOTIONED: ML/ES: To accept the addendum to the ACC Rules about the Accessory Dwelling units. M/C

DIRECTOR REPORTS

Cathy Neubauer-President

Cathy stated the office staff is doing well. They are making appointments for essential needs. Everyone is getting ready for the holiday season.

Dave Kentish-Vice President

Dave commented all is going well during the pandemic. He appreciates the hard work of the employees.

Mike Leonardi-Corporate Secretary

Mike reminded everyone to make an appointment for essential needs.

Eileen San Giovanni-Treasurer/Liaison to Recreation Committee

Eileen stated working with Debbie and Melissa has been great. The team is working well. Happy Thanksgiving to all. Remember to look out for your neighbors.

George Taylor-Director

George thanked the Board for acknowledging his 90th birthday.

Paul Bakeman-Director

Paul reported that there are RV spaces available. If you have any questions, please call the office.

Roger Hillard-Director

The maintenance report was read. A light will be added to Pool 3 gate. Maintenance is decorating with the holiday lights. The palm tree off Barley and Farm Road has been trimmed and the amphitheater tree has been trimmed. FERT is looking for block captains to volunteer. Electrical for the FERT shed will be completed.

Spas must remain closed until further notice from RCE Health Department.

OPEN FORUM

REQUEST TO SPEAK: There was one request to speak.

Meeting adjourned at 7:20 p.m.

Neubana Nenardy Approved by President Cathy Neubauer Approved by Corp. Secretary Mike Leonard

Transcribed by Denice Harrison, CMCA®



PROPERTY OWNERS ASSOCIATION 33430 HARVEST WAY WILDOMAR, CA 92595 PH: (951) 244-3719 • FAX (951) 244-0553

THE FARM PROPERTY OWNERS ASSOCIATION 2021 CANDIDATE NOMINATING FORM

The Farm Property Owners Association's Annual Election is just around the corner. Currently, the FPOA has four (4) open positions on the Board.

If you are a Farm property **owner** who wishes to run for the Board of Directors, you may nominate yourself or you may nominate someone else. Please confirm with that individual their willingness to serve on the FPOA Board before submitting their name for nomination.

NOMINATING INFORMATION

NAME OF NOMINEE:
CONTACT NUMBER:
ADDRESS OF NOMINEE:
EMAIL ADDRESS:
GOALS FOR ASSOCIATION:

This form must be received by U.S. mail **or** personally delivered no later than **5:00 P.M., Friday, February 19, 2021** to the address below. For any questions, please call The Farm Barn Office at 951-244-3719. Candidates' statements for the election packet will need to be submitted to HOA Elections of California.

The Farm Property Owners Association Attn: Nominating 2021 FPOA Election 33430 Harvest Way Wildomar, CA 92595

This form will not be used for publication; you will be contacted for publication material.

Sincerely,

The Farm Property Owners Association

A NON PROFIT CORPORATION INCORPORATED UNDER THE LAWS OF THE STATE OF CALIFORNIA

IF YOU DON'T WEAR GLOVES YOU CAN'T PLAY By John Heitz

I just watched a baseball player take time out so he could take off his batting glove and put on his base-sliding glove. I see a golfer take off his putting glove so he can put on his driving glove. I see sports gloves everywhere; the football end wearing gloves as he catches the football; the defense wearing another type of glove; bike riders; auto racers; kids on skateboards. When I see them on basketball players and swimmers, I will know that the gloving of sports is complete.

But I doubt very much if any of these people (I started to call them athletes, but wearing gloves don't necessarily make you an athlete) know where the idea for athletic gloves started. Right in the middle of the paragraph, I begin to wonder why we didn't wear gloves when we played football on the frozen ground and grass as there were sandburs. But, I digress, back to where the idea for athletic gloves started.

It all started in a cornfield in Adair County, Iowa. Farmers originally used to husk corn bare-handed, but finally started wearing husking gloves as a normal thing. This had nothing to do with sports; it was just what farmers did. But along in the twenties, this farmer put together a glove with a leather palm and cotton back. It was rather crude glove, but it did keep his hands warm and let him grip the ear of corn firmly. It probably wouldn't have attracted much attention but he won the county corn husking contest with that crude glove and went on to win the state contest. Since it was a contest, it became a sports glove.

The next year, half of the contestants showed up at the state contest wearing their won version of the leather-palmed glove. The original wearer had perfected his somewhat by that time, and again was the winner. The truth is that he was probably the fastest corn husker and would have won no matter what kind of glove he wore. But America merchandising was not to be denied. By the next year you could order them from the Sears Roebuck Catalogue. Every contestant was now wearing a glove.

By some strange coincidence, an auto race driver saw the corn husking contest that year. The next year he won the Indianapolis 500 wearing leather gloves. He was quoted as saying that his gloves were worth five miles per hour. He could grip the steering wheel better, the steering wheel didn't get slippery, and it was the secret of his winning. Nobody thought to mention that he had won the race the year before without leather gloves.

The transition from auto racing to skiing, golfing, etc. was a slow but steady movement. But the explosion of athletic gloves didn't happen until the advent of TV. When duffers saw Arnold Palmer winning with a leather glove on, they know what was causing their slice - no gloves. Then a coach came along and put gloves on his football players to keep their hands from freezing in Green Bay in December and won the Super Bowl. Must have been the gloves - right?

But it's just not fair. Nobody remembers that farmer from Adair, Iowa, who started the idea of athletic gloves.



AT THE FARM, WE HAVE SET UP A GREAT EMERGENCY RESPONSE PLAN! BUT, WE NEED BLOCK CAPTAINS TO MAKE THIS PLAN WORK EFFICIENTLY. IN SHORT, WE NEED YOU! WHAT DOES THAT ENTAIL? WHAT IS A BLOCK CAPTAIN? By Susie Watters

At The Farm, we have set up a GREAT Emergency Response plan! But, we need Block Captains to make this plan work efficiently. In short, we need YOU! What does that entail? I'm glad you asked!

A Block Captain is required to take a CERT class and First Aid class. CERT training is a 20-hour course offered by most cities over a weekend (Friday night-4 hours, Saturday and Sunday-8 hours each). Most CERT classes are FREE! They are informative and fun. There are hands-on exercises as you learn about disaster preparedness and response skills such as basic First Aid, Light Search & Rescue, Triage, Fire Suppression and Team Organization. Note: Even if you have physical limitations, you can take CERT training. They also offer Teen CERT classes for those under 18 years of age (plus they get 20 school community service hours!)

You decide how many homes in your neighborhood you want in your "Block". Meet with your neighbors and give them Emergency Preparedness hand-outs so that they know how to accumulate the appropriate Emergency supplies for their family's safety and well-being.

If a major disaster happens, each household in your Block will report to you as to their situation. If major help is needed, you report to your Zone Commander, who in turn contacts Incident Command and help is dispatched (all by HAM or "Family" Radios). Each household should have received Red and Green ribbon/flags to tie to their light pole indicating that they are okay (Green) or in need of help (Red). (I keep mine thumbtacked to the wall inside my entry-way closet.)

YOU can make a difference in our Community!

Contact Susie Watters for more information (either through The Farm Facebook page or through The Farm office at (951) 244-3719.



FPOA GAZETTE HISTORICAL ARTICLE 7 FOR THE JANUARY 2021 GAZETTE By George Taylor

This article picks up where we had no room left for this last paragraph. We were talking about amendments to the By-laws and the 27th amendment that ended up to fall under Amendment 16 as a Miscellaneous Addition and remained the same under the restated By-Laws dated March 29, 2002 assigned by Phyllis Harper, as Corporate Secretary at the time.

Now that we have that out of the way, to finish this election business off, I will jump a bit out of the time frame here for a couple of paragraphs and then continue the previous continuity of events.

On January 11, 2007, the Association was required to adopt new mandated rules for voting. Following these mandated election rule changes, during the Open Meeting of October 8, 2009, two years later, the FPOA Board having given a 30-day notice of this other rule change, with consideration of member comments, voted to approve and adopt Election Rule 3.1.3 regarding the "Restriction of Family Members Serving on the Board at the Same Time". This Amendment became effective with the next Annual Meeting of Members.

In addition, there were other Amendments such as new election procedures, and an Amendment regarding the term of office that came as late as June of 2015. This By-Law became effective with the Annual Meeting of members in May 2016.

Members of the Board of Directors are now limited to two successive terms of two years each in office. (4 total years at a time).

Also to these ends, the Board was making attempts to change the CC&Rs to a more favorable match for a mobile home development that we were at the time as an RT Real-estate zone. [Rural Trailer]. Today we are zoned RR, (Rural Residential) with Manufactured and R-1 zoned Stick Built homes in Phase 10).

Back to 1981, please remember that the CC&Rs we inherited came from a condominium complex in Long Beach, and as such did not completely fit our type of real-estate development. So, Mrs. Raye Knowlton, FPOA President at the time was appointed as the CC&R re-write committee chairperson, as such, she placed an ad in the newly named Gazette, upon which she garnered three volunteers to help with these proposed revisions to the CC&Rs. These proposed changes were presented to the FPOA Board on January 8, 1982, most of which were approved after board review.

Then again, the CC&Rs were restated on March 3, 2001, for a final update as they remain today. Enough said, back to our storyline in the 1980s.

To continue in the previous vein, in 1980 phase 5, Tract 15044 was vested with the County. Phase 5 consists of all of Plowshare, Buttermilk Circle, a part of Windmill, and a continuation of Harvest Way to the South. I bet most of you are unaware that a putting green was proposed up on the high ground at the East end of Buttermilk Circle. Sadly it never came to pass.

Today one would go there to stroll on a path through

an orange grove that leads over to Pitchfork Circle, also in Phase 5.

There was no stopping these folks, by May of 1981, Phase 6, Tract 15045 was being vested with the County and new residents, mainly from Orange County kept coming. Phase 6, where I live is represented by adding Woodshed, Tractor Trail, Harrow Hill Rd. and a short continuation to the South of The Farm Road, and along The Farm Road came the dedication of the Amphitheater in this phase in April of 1982. There is a plaque there that shows this date.

Here is a good "development" one to ponder. The RV-1 lot in Phase 1 was becoming overloaded so the Developer thought of the need for more RV parking, and set out to create RV-2 as a part of the construction of Phase 6.

To access a spot that required the least grading they found an area in phase 6, but how to provide access to the chosen land was a problem. So in the thinking of construction in the mid-1980 time frame, the developer set out to excavate a roadway that would extend between The Farm Road just South of Citrus Hill Road and the proposed RV-2 site. This is the current location of the the Community Garden amenity today.

All well and good, however, this roadway left the West boundary of The Farm about 30 feet West of the Farm Roadway and proceeded up a grade that was approximately 500 feet in the distance where it again met the West Farm boundary and entered FPOA Common Lot 91, where the Proposed RV-2 site was to be developed. There are two white posts and a stop sign at that location.

Still, to get to the actual parking compound, the traveler now has to continue downhill for approximately 200 more feet (inside FPOA common area 91) to park their RV. Our developer did not get permission to cross another's land, in this instance, the 500 feet of land outside of The Farm boundary belonged to BLM.

In the early 1990 time frame, because this location was out of sight and out of mind, the Association began receiving complaints of vandalism, break-ins, theft of generators, and other things.

Bottom line is that the then Board asked for a proposal to run electricity so we could illuminate the site in an attempt to quell the problem, and we did receive a couple of complaints from residents about the illumination proposal. To continue, the then board asked me to look into getting the power to the site. (In those days I did a lot of research for board projects, which I did do in this instance.)

When I spoke with the Planning and Engineering Department at Edison, I was told that to provide the wiring between The Farm Road and the proposed RV-2 Site, they needed The Farm to provide an easement. That's when we discovered that The Farm did not own this property and that the owner was the Bureau of Land Management (BLM). I was directed to contact BLM in Riverside to discuss what could be done to correct this error.

At that time BLM was offering some of their lands for sale, however, we declined an offer and instead asked for a yearly rental agreement which we pay to this day for the use of this access roadway.

There was no stopping and the developers kept rolling on and began construction in Phase 7, Tract 15046-1, without vesting the Tract Map with the County. With this continued construction brought more of The Farm Road to the South, then came, Split Rail, Rooster, all of Olive Grove, Corncrib Circle, Wheelbarrow, Green Bean, and more of Harvest Way, South to its dead end. "Big Tract uh".

Continuing, at the Annual Meeting of Members in May of 1981, it was reported that the Association had \$68,315.50 in the General Fund with \$12,632.85 in the Reserve Account.

Additionally, there was a "T" bill worth \$30,000.00 and a Passbook Account with \$14,799.95 socked away. Not bad for this project "before its time", at that time.

Meanwhile, back in 1981, on another subject, Evelyn Odekirk (the Developers Mother) resigned as editor of the Farm News Letter, so named before it became the Gazette. Dale Odekirk, then Director and Developer, claimed that the Association was large enough to handle its newspaper, so Shirley Chilibolost (wife of Bill Chilibolst; past Board Member) accepted the responsibility and renamed the publication as The Farm Gazette.

By 1982, The Developer had finished construction of the Amphitheater in Phase 6, located at the corner of The Farm Road and Citrus Hill Road. It was dedicated in April 1982 as indicated on a plaque that is posted curbside at the entrance on Citrus Hill Road.

Also at that time, I remember seeing a lot of 500 gallon propane tanks along the streets in Phase 7, South of Citrus Hill Rd. Negotiations with the gas company was in progress to replace these tanks by extending the already existing gas lines in the ground North of Citrus Hill Road, and also extending to the central parts of the Community to meet the needs of the residents South of Citrus Hill Road. Stay Tuned for more of 1981 time frame next month.



From Health Radar, Vol. 10, Issue 11 / November 2020

During the first year after a heart attack, exercise can reduce risk of death by up to 70 percent. Outpatient cardiac rehab programs, covered by Medicare and many other health plans enable heart patients to safely ramp up physical activity at the right pace for each individual.

However, only 24 percent of eligible Medicare patients enroll in programs that require in-person attendance, and about 70 percent drop out before completion.

Virtual programs using phone or video calls and a fitness tracker have a much higher enrollment and completion rates and can dramatically reduce the need for further hospitalization. *Your doctor or hospital should have information about programs*.

To prevent heart disease, the standard recommendations are at least 150 minutes of moderate aerobic activity, such as 30 minutes of walking five days per week and resistance or weight training twice per week.

Preventing Heart Problems - Approximately 80 percent of all cardiovascular disease cases can be prevented, according to the American Heart Associaiton. Prevention requires controlling high blood pressure, diabetes, and high cholesterol, eating a healthy diet and maintaining a healthy weight. Other key factors include not smoking, getting regular exercise and sleeping seven to eight hours nightly. Get annual checkups to see if arterial plaque has developed.

Diet and lifestyle changes can help you prevent heart disease from developing, slow it down or possible reverse it.

Exercise is held at Millers' Mill Monday through Friday from 8-8:30 a.m. Line dancing is held every Tuesday night. Before you start any exercise program check with your doctor.

All social distancing guidelines and masks guidelines must be followed.





Please be responsible pet owners and pick up after your dogs. We have plastic bag receptacles for your convenience.

Please do your part!!

Also be considerate of your neighbors and

don't allow your dogs to defecate on your neighbors' yards.



Architectural Control Committee Message:

Any architectural changes or improvements to the exterior of your property require approval from the ACC before work can be initiated. You must fill out an Architectural Change Application; this application can be picked up at The Farm office or found on our website at www.thefarmpoa.org. All architectural change applications must be submitted to The Farm Office by Friday, January 1st or Friday, January 15th.

4th QUARTER - COMPLIANCE EVALUATION STATISTICS

Total number of non-compliance notices sent in December: 43



A big thank you to the homeowners who take the time to maintain their property.

WAR OF THE WEEDS 🖉

Some folks call them weeds, to others they're just a plant growing where it's not wanted. They seem to sprout overnight and can outgrow the plants you pamper in a flash. Recent rains have prompted vigorous growth; left unchecked, they can steal water and nutrients from neighboring plants.

Where do they come from?

Weed seeds that arrive in your yard can either be carried by the wind or by birds. They could be brought in with yard equipment, grass seed, organic soil amendments or "hitch" a ride on shoes, clothing or even on the fur of pets.

Weeds don't always look like weeds

The two basic groups of weeds are grasses and broadleaf weeds. Some sprout from seeds and grow, flower, produce seed and die within one season. These are referred to as Annual weeds. Perennial weeds can live for several years. The control methods you choose will depend on what type of weed you are dealing with.

Weed abatement tips:

1. Prevention! This is especially important for your lawn. Put down a pre-emergent herbicide that is safe for grass to prevent weeds for germinating in the first place.

2. Mulch! The more you mulch, the less you'll have to weed. A deep layer of mulch around plants will benefit your garden in several ways

by discouraging weeds, conserving soil moisture, regulating soil temperature, and adding organic nutrients

3. After it rains! Yes, rain will speed up weed growth exponentially. But did you know it can serve as an advantage? With semi-moist soil, weed removal can be a much easier task as the soil is softer and less

compacted giving weed roots less hold.

APRIL PAINT INSPECTIONS **ARE APPROACHING**

Second Quarter Evaluations in April will be focused on painting, major and minor, in addition to all other non-compliances. If the paint on your home, garage, trim, fence, etc. has faded or is chipped, please touch it up (ACC Rule Section 4.3).

PAINTING: APPROVAL PROCESS

If you plan on re-painting your home, fencing, trim etc. a NEW color, approval is required by the ACC. To get approval you must first submit an Architectural Change Application specifying what color will be used along with a color sample. This form can be picked up at The Farm Barn. Once submitted, approval or disapproval shall be sent to owners within 30 days of APPROVED determination.

DENIED



By Zoey Watters

Hi! My name is Zoey. I'm 4-1/2 years old and live with my people, Rick and Susie. When their old dog died, they missed her so much that Susie found me at a dog rescue. I was only four weeks old when my dog-mom (a German Shepherd) wouldn't feed the nine of us anymore so they gave us up. Susie came and got me a few weeks later. I only weighed 4 pounds. They wanted a large dog but Rick thought my paws were too little for me to get to be a big dog. Boy, I showed them!

When they brought me home, I met my dog-brother, Toby, a 16 pound rescue dog. He didn't like me very much, even though I was a lot smaller than he was. My new mom got on the floor and played with us together so Toby got comfortable with me. I loved to play with Toby...and my toys! In just a few weeks I was bigger than Toby! And I just kept growing! My dog-dad was a Black Lab but the vet said she thought I had a bit of Great Dane in me, too.

I am over 95 pounds now...all sleek and black... and the sweetest dog ever (says my Mom). Once she had surgery and (even though I was only six months old) I knew she didn't feel good so I just lay on her bed with her for a few days. I didn't even try to play!

Now I have a little sister, Cali. She loves me so much! She's always snuggling with me and I love it! Cali and I love to go to the Dog Park here at The Farm! We go there almost every day! I'm so glad that we have one so close that we can walk there. Maybe we'll see you there some time!

Saving one dog will not change the world...but for that one dog, the world is forever changed!



HOW TO GET THE VITAMIN D YOU NEED From Health Radar, Vol. 10, Issue 11 / November 2020 By Cal Orey

Vitamin D is often called "the sunshine vitamin" because your body converts sunlight into it. This fat-soluble vitamin is linked to a variety of health benefits, so it's important to make sure you get enough.

Dr. Michael Holick, M.D., Ph.D, and author of "the Vitamin D Solution" says, "Vitamin D status has been associated with reduced risk for cardiovascular disease and stroke. It reduces the risks for Type 2 diabetes, deadly cancers, and depression. It is also important for helping fight infectious diseases and helps improve muscle function and stamina."

Holick recommends (always check with your doctor prior to making any changes to your medication) 2,000 to 3,000 IU daily for adults. A study reported in the journal *Nutrients* suggests vitamin D supplementation reduces pro-inflammatory cytokines that harm the lungs, leading to respiratory viruses and pneumonia. So getting enough vitamin D is more crucial than ever during this pandemic.

If you aren't exposed to enough sunshine, you can obtain it from other places, according to the National Institutes of Health:

• Fatty fish like salmon, fortified foods provide vitamin D in our diet. Milk, orange juice, and some brands of cheese, yogurt, whole grain cereals, and protein bars are fortified with vitamin D. Check the Nutrition Facts label for vitamin D content.

Combine foods for best results, and check with your doctor before supplementing.





Welcome to 2021!

With the end of 2020, also brings the end of the holiday season which brings the need for additional caution for preventing slips, trips and falls injuries. What can cause them? Taking down those holiday decorations. Toys left in walking pathways and stairs. Wet surfaces on floors, driveways or lawns just to name a few. But most importantly, not being aware of our immediate surroundings. Below are some points to ponder.

Slips, trips and falls can happen anywhere and can result in serious injuries or death. Millions of Americans seek medical treatment for falls and thousands more die from them every year. You can take steps to prevent slips, trips and falls by being aware of hazards in your home, workplace or other surroundings.

Slips, trips and falls are among the most frequently reported accidents in the U.S. Falls cause nearly one-third of all nonfatal injuries, according to the National Safety Council.

Technically speaking, slips, trips and falls are three separate things. Slips consist of situations in which you lose your footing and balance. Trips happen when you lose your balance because your foot, leg or body hits a fixed object. Both can cause a fall, but falls can also happen because a support, such as a stair rail or handhold is missing.

Falling is especially common and dangerous for people 65 and older. Roughly, one in four elderly people fall each year. But people of any age can suffer serious injuries from a fall at home, in the workplace or while simply going about their business. Falls injured nearly 8.6 million people and killed another 36,000 people, according to the National Safety Council. Every year, 800,000 people are hospitalized due to fall-related injuries, according to the Centers for Disease Control and Prevention.

Be Safe, Be Aware and Watch Where You Are Walking!

Copy & paste the below link to your computer or click on this link from The Farm e-newsletter by going to <u>http://www.thefarmpoa.org</u> and click on **Gazette** for a short video on this topic.

https://www.youtube.com/watch?v=H iYaQSJTdc

Roger Hillard is a professional, independent safety consultant and not affiliated with California or Federal Occupational Safety & Health Administration or any other state or federal organization.

Paul Bakeman Insurance

Dental Plans You Can Afford

Individual • Family • Seniors • Business • Self-employed • Groups

Plan Starts As Low As \$60 per year!

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ÖNLY

15



COOK'S CORNER

"YUMMY FOR THE TUMMY"



Baked Apricot Chicken

Simply delicious. Quick and easy recipe. Serve with rice if desired. Servings: 12

- 12 chicken thighs
- 1 cup apricot preserves
- 1 cup French dressing or Catalina dressing
- 1 (1 ounce) package dry onion soup mix

Directions Preheat oven to 350 degrees F (175 degrees C). In a medium bowl combine the jam, dressing and soup mix. Mix together. Place chicken pieces in a 9x13 inch baking dish. Pour apricot mixture over chicken and bake uncovered in the preheated oven for 50 to 60 minutes.

Happy New Year!



Pictured with Brussel Sprouts and red potatoes.

Apricot Pork Tenderloin

The only way to cook tenderloin. The apricot preserves are a perfect marriage with pork. Sweet without being too sweet! A family favorite! Servings: 6

2 pounds pork tenderloin

1/4 cup softened butter

salt and pepper to taste

1 teaspoon ground thyme

2 teaspoons garlic powder

1 (18 ounce) jar apricot preserves

2 tablespoons honey, or to taste



Pictured with a mix of veggies.

¹/₄ cup dry sherry

Directions Preheat an oven to 350 degrees F (175 degrees C). Spread butter all over the pork tenderloin. Season with salt, pepper, and thyme. Combine garlic powder, apricot preserves, honey, and sherry in a separate bowl. Roast the pork in the preheated oven for 30 to 40 minutes. Remove the pork from the oven and brush with the apricot sauce. Return the pork to the oven. Continue roasting, basting occasionally with the remaining sauce, until the pork is no longer pink in the center, about 15 minutes. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).

Make Your First Call

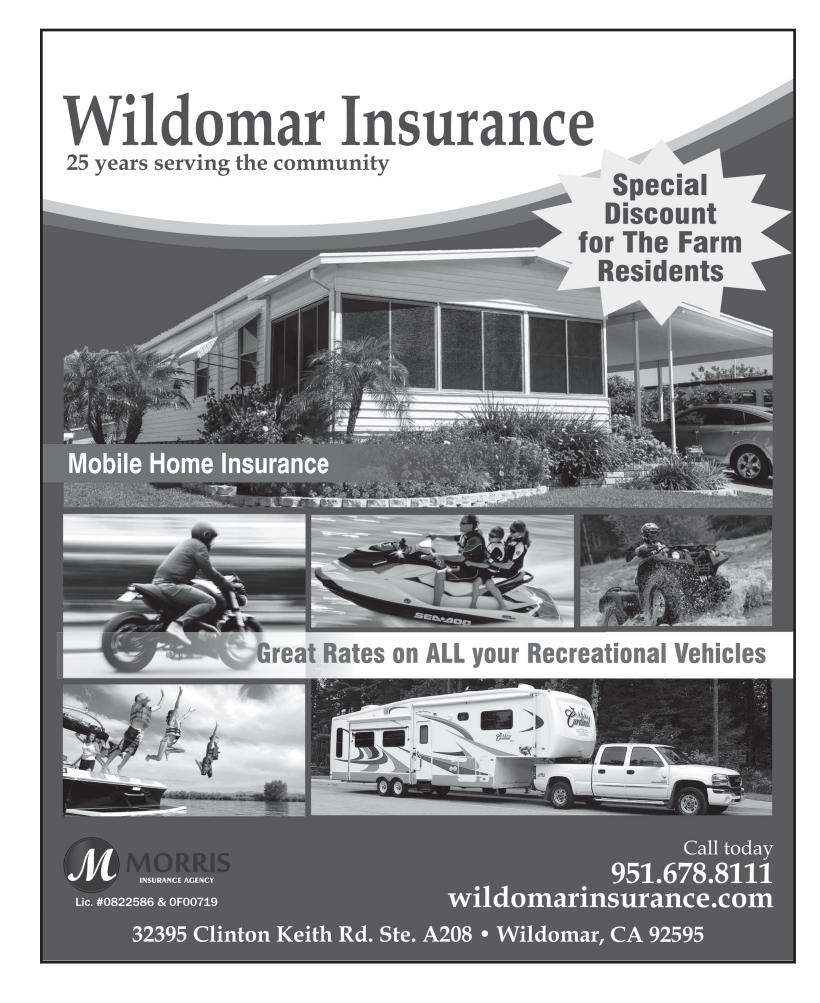


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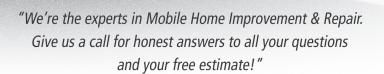


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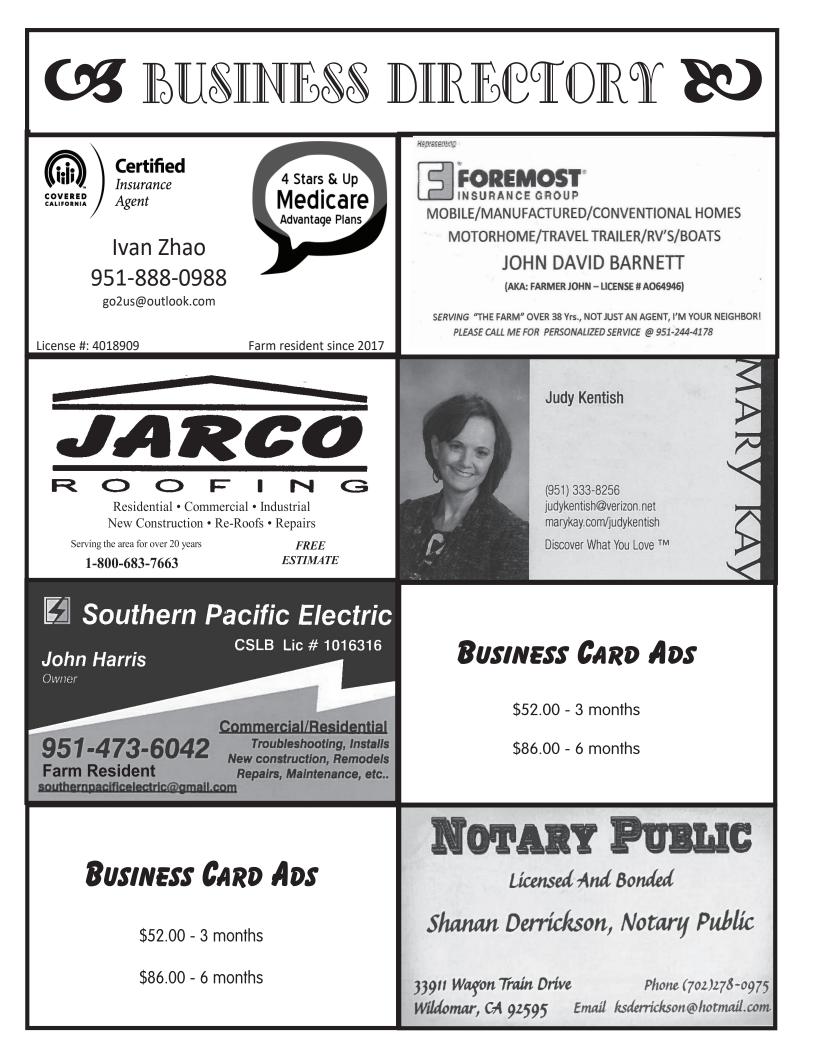
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RETIRED NEIGHBORHOOD LOCKSMITH: Re-keys old locks, other services include: new door knobs, new locks, new keys. Mobile Service will come to you! Special pricing lowest around. Farm resident John Bice 714-642-3617.

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Have your classified ad on this page for only 25 cents per word, \$1.00 minimum. Contact Denice Harrison, Gazette Editor at 951-244-3719.

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Business Cards	\$52.00	\$86.00
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D-1

F-2

E-4

E-8

E-4

E-9

E-4

B-3

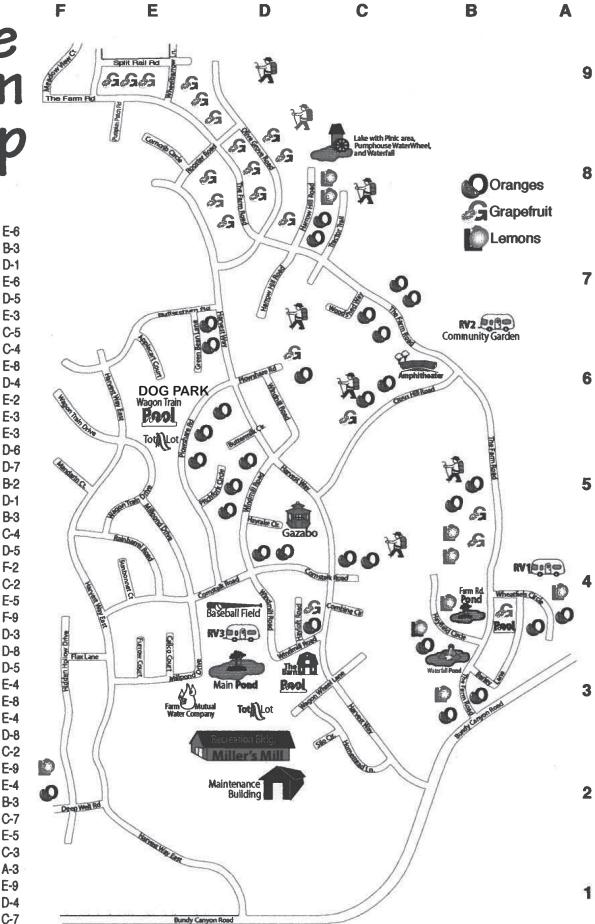
E-5

C-3

A-3

E-9

C-7



THE GAZETTE COMMITTEE

fpoagazette@gmail.com

(All area codes are 951 and all telephone prefixes are 244 unless otherwise noted.)

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BOD Liaison/Proofreading	Roger Hillard	
Proofreading	Eileen San Giovanni	
Proofreading	Shirley Urquhart	
Advertising	Denice Harrison	
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5B	Misty Michalski/JoAnna Drelleshak	8A	LaVonne Moore/Roly Nelson	10-3B	Ber	Haire
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ACTIVITY GROUPS

Bunco, Need Volunteer	. 3719
Exercise, LaVonne Moore	. 3719

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Telephone 244-3719 • FAX 244-0553

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Vince Soto	.244-9966

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Debbie Myers	244-3719, Ext. 106

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Denice Harrison, CMCA [®] , Association Manager	fpoagazette@gmail.com
Debbie Myers, Accounting Manager fp	oabookkeeper@gmail.com
Melissa Banwart, Bookkeeper fpoa	bkpr2@gmail.com
ACC Administrative Assistant fpo	oaacc@gmail.com
Director of the Month (After Business Hours)	

COMMITTEE INFORMATION

Architectural Control Chairperson	LaVonne Moore	
Community Garden Committee		
Crime Watch Chairperson		
Youth Committee Chairperson		
Recreation Committee Chairperson	Jan MacKenzie	
RV Assignments		
Welcoming Committee		
2021 Inspectors of Election	HOA Elections of California	1-888-589-8683
Animal Friends of the Valley/Animal Co	ontrol	
Acts of Vandalism in Common Areas		
Days: FPOA Office		
Non-Emergency Problems (Sheriff)		
Emergency (Sheriff)		

The Farm Mutual Water Co. is a separate corporation from the FPOA.

Contact The Farm Mutual Water Co. for water bills, turning on/off service, and other related questions.						
The Farm Mutual Water Co.						
All Water Issues (Street Leaks) Weekdays: Water Co. Business Office						
Water Co. Customer Service Hours	Monday - Friday 9:00 a.m 4:00 p.m.					
After-Hours Emergencies Only						

January 2021

		0	6	16	23	30	
	Sat						
	Fri	1 No Exercise Office Closed HAPPY NEW YEAR!	8 Exercise-MM 8-8:30am	15 Exercise-MM 8-8:30am	22 Exercise-MM 8-8:30am	29 Exercise-MM 8-8:30am	
	Thu	Office Closed Friday, January 1, 2021	7 Exercise-MM 8-8:30am	Exercise-MM 8-8:30am ¹ 4 Executive Meeting 5pm OPEN MTG. 7pm Farm Barn	21 Exercise-MM 8-8:30am	28 Exercise-MM 8-8:30am Executive Meeting 5pm	
•	Wed		6 Exercise-MM 8-8:30am ACC Mtg. 10am-Library	13 Exercise-MM 8-8:30am	20 Exercise-MM 8-8:30am ACC Mtg. 10am-Library	27 Exercise-MM 8-8:30am	
	Tue	Social distancing and mask guidelines must be followed! ^{Millers' Mill - MM}	Exercise-MM 8-8:30am ⁵ Quilters-MM 9am-4pm FERT Mtg. 6pm MM / EOC Line Dancing-MM 7pm	12 Exercise-MM 8-8:30am Quilters-MM 9am-4pm Line Dancing-MM 7pm	19 Exercise-MM 8-8:30am Quilters-MM 9am-4pm Line Dancing-MM 7pm	26 Exercise-MM 8-8:30am Quilters-MM 9am-4pm Line Dancing-MM 7pm	
	Mon	Social distancinç guidelines must k ^{millers' Mill - MM}	4 Exercise-MM 8-8:30am	11 Exercise-MM 8-8:30am	Office closed in 18 observance of Martin Luther King Jr. No Exercise	25 Exercise-MM 8-8:30am	
	Sun		σ	10	17	24	31

2020 Holiday Light Winners



<u>First Place</u> 33466 Barley Lane Madariaga Family



<u>Second Place</u> 33645 Harvest Way East Henley Family



<u>Third Place</u> 24240 Citrus Hill Road San Giovanni Family Thank you to John Barnett for sharing this Farm Christmas card from year's ago.



Season's Greetings For an old fashioned Christmas, Full of old fashioned charm, There's no place that's better Than Christmas at The Farm.

<u>Honorable Mentions</u>

24560 Cornstalk Road 24585 Cornstalk Road 33710 Farm Road 33981 Green Bean Lane 34241 Harrow Hill Road 34289 Harrow Hill Road 33901 Harvest Way 34485 Meadowview Court 33871 Wagon Train Drive 33988 Windmill Road **Street – Cornstalk Road**

Thank you to all who took the time to decorate and vote.