



the SVLA BREEZE

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

August 2020

Ads: 760-628-9732

Floating Islands in Place (pg. 4)



Floating Islands of Vegetation

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92395-5107

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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
Open 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
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

SVL Fire Station (Lakeside):
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



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

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SVLA BOARD PRESIDENT

BRIAN BICKHART

Earlier this month, our maintenance department and lake committee installed our floating wetlands! These islands were placed at fishing areas #2 and #3 temporarily until they become established. We may have to move these from time to time to ensure they do become established. I would like to ask our fishermen and boaters out there to please keep your distance from these as they mature. We want to do all we can to protect this investment!

Our association has been in contact with the California Department of Fish and Wildlife to discuss their issues with the hatchery and to assess any possible issues this may bring to our

lake. They continue to do testing and will be testing some of our fish.

This month our General Manager, Al Logan, has sent out a request for feedback regarding the park plan. The Board will be reviewing your comments and cost estimates/bids before making any decisions. Along those lines, we continue to look for feedback from Little League to remedy any issues with the ball fields.

Hope to see you all (virtually) at our Semi-Annual Homeowners Meeting Budget Presentation on August 22, at 10:00 a.m. This will be a zoom meeting with facebook live option for our residents to watch. 💎

**Spring Valley Lake Association
Semi-Annual Membership Meeting
Presentation of 2020-2021 Budget
Saturday, August 22, 2020, 10:00 a.m.**

Join the zoom webinar:

<https://us02web.zoom.us/j/89454404535>

Or iPhone one-tap:

US: +16699009128,,89454404535# or

+13462487799, 89454404535#

Or Telephone: Dial(for higher quality, dial a number based on your current location): US: +1 669 900 9128 or +1 346 248 7799

or +1 253 215 8782 or +1 301 715 8592 or

+1 312 626 6799 or +1 646 558 8656

Webinar ID: 894 5440 4535

LAKE COMMITTEE - Progress With Our Lake

by Larry Hoover

Over the past 20 years, our lake has had no vegetation, which means aquatic life (like fish) have had to survive with substantially sub-optimal conditions. High levels of nutrients coming into the lake from the fish hatchery, which was consumed by weeds until they were killed in 2000, has required pouring chemicals (like Alum) into the lake to keep the algae growth in check.

For the past couple of years, members of the Lake Committee have worked to come up with a long-term solution that will take some years to take full effect. As of this writing, the solution we are working toward involves three main elements:

1. Introducing floating islands of vegetation to provide fish habitat while consuming nutrients - we are expecting the floating islands to be in place by the end of July / early August,
2. Mechanically filtering out dead algae that clouds the water - we have already placed filtering equipment in four locations: (FA #1, 7, 9, and 14), and
3. Enhancing our lake water aeration system to bolster the oxygen levels and encourage beneficial bacteria to "clean" the water - we are examining alternative equipment and placements to minimize long term costs and maximizing effectiveness.



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Becky Jordan is a 30 year resident of the High Desert and has been a licensed aesthetician in California for 30 years and in Nevada for 10 years. She has received extensive training and has been recognized for her work with cancer survivors and was named by the Victorville Desert Dispatch as a Woman of the Year. **Call 760-954-0976.**

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Barstow Community College Cares

Attending college has always come with challenges for students: selecting majors, finding classes, moving into housing, finding roommates, learning to live with roommates, etc.; however, COVID-19 has provided many students with hurdles that can seem insurmountable to even the most seasoned adults.

In the High Desert, community college students must find their own housing. Happily, many of these students can remain in their parent's or grandparent's homes until they are ready to transfer to a university or begin their chosen career; for other students this is not the case. For example, most foster children are expected to leave the foster environment as soon as they graduate from high school. They must find safe and affordable housing, a job, and still attend to their college classes and homework. Veterans who have now completed their tours of duty quite often find major challenges as they transition to civilian life. Single parents who were stable before the virus outbreak now find that they must leave employment (assuming they were not laid-off when the businesses shut down) because their children are at home and alone. Other adult students were employed, but now find that their job no longer exists, and they must retrain. This is a small list of the problems faced by today's community college students.

The College Promise programs provided by the various community colleges ensure that every graduating high school student in California can attend college for two years tuition free. In addition to free tuition, each college provides an array of other programs and services designed to help their students with assistance in handling various barriers to learning.

Even before the schools and colleges stopped on-campus learning, Barstow Community College (BCC) was working on solutions for struggling students. Seeing a need within the student population, BCC had already applied for the Homeless and Housing Insecurity Program (HIPP). This Pilot Grant was awarded to Barstow Community College, and Victor Valley Community College as well as 12 other community colleges around the state.

BCC set to work preparing the groundwork for elevating the student's complete life story, not just their educa-

tion level. The HIPP program provides assistance to students who are homeless or whose housing situation is not secure with stable housing solutions such as rental assistance, utility payments, emergency housing placement that is safe and secure, help with back rent and utilities, and assistance in acquiring safety net resources. Barstow Community College partnered with New Hope Village in Barstow to assist in providing long term housing and life skills training. Counseling and life skills seminars are provided through this program as well.

College staff at BCC have continued to provide a drive-up food pantry every week on Tuesday mornings, throughout the past several months of COVID-19 separation. With the start of the Fall semester, the college will be doubling up on their food provisions and providing food pantry pickups on both Tuesdays and Thursdays.

It is not often a topic of conversation, but the CalFRESH food assistance program does not provide any allowances for common hygiene. Soap, shampoo, toothpaste, toilet paper, etc. are not covered by the CalFRESH program. Once again, Barstow Community College has stepped in to help. Hygiene Bags filled with necessary toiletry items are available for students in need first come first served. In addition to the food pantry news, the college will be hosting a drive-up farmer's market for currently enrolled students. This will be a once a month service beginning on August 25th. While the food pantry has traditionally provided shelf stable items, the farmer's market will be a source of nutritious fresh fruits and vegetables for students and their families.

A relatively new service, Youth Empowerment and Support Services (YESS), strives to elevate the story of former foster youth and homeless students. At Barstow Community College students qualifying for this program receive a wide variety of services as well as housing assistance, life skills training, tutorial support, and additional help with textbooks and supplies.

The Veterans Resource Center Grant funds the Veterans Education and Transitional Support (VETS) program. This program provides textbooks, school supplies, bus transportation vouchers or gas cards, and emotional and mental health support to veterans. BCC also conducts small group discussions on topics related to veteran's unique issues and challenges. The Veterans Resource Center also pro-

vides counselors from the High Desert Veteran's Center, and a vocational rehabilitation counselor from the Veteran's Administration on campus as well as providing referrals to outside support services when there is a need. While the campus shutdown has hampered some of these in person services for now, the center keeps in touch with their students through phone calls and video conferencing. Also, under this program is 9line service. 9line provides veterans who have a rating, quick access to accommodations and support services they need to overcome any barriers to learning.

Community colleges in California have long standing programs and services as well. Extended Opportunity Programs and Services (EOPS) provides support services to economically disadvantaged college students. In Barstow, EOPS provides students with services such as textbooks, school supplies, and academic counseling specifically geared to the needs of these students; in addition, they provide seminars and information meetings on subjects designed to strengthen the study skills and life skills of their students. Under the EOPS umbrella of programs is the CARE program. In Barstow, this program supplies single parents who receive county cash aid with transportation vouchers, textbooks, and emergency assistance.

ACCESS provides academic accommodation assistance to students with a verifiable disability.

Safe Space Talks are facilitator-led virtual small group discussions using video conferencing to allow students the opportunity to discuss current issues and have open dialogue with peers on a variety of subjects. These conversations allow students to express their opinions and hear the opinions of others in a safe and non-judgmental forum. These conversations assist students in developing an understanding of those students who come from other backgrounds and experiences. Recent topics included: Mental Health and Wellness, Fears and Concerns with COVID, Minorities and Mental Health, Students of Color, Parenting, and LGBTQ. The conversations are confidential and open to all enrolled students.

Statewide, community colleges are working to improve the lives of their students. The Barstow Community College theme is Elevate Your Story. With the vast array of programs designed to supplement learning, BCC is clearly working to do just that.

BIBLE TRIVIA

by Wilson Casey

1. Is the book of Simeon in the Old or New Testament or neither?
2. Whose first chapter begins, "Then Moab rebelled against Israel after the death of Ahab"? *Exodus, 2 Kings, Job, Proverbs*
3. In Luke 7, where did Jesus raise a widow's son from the dead? *Amos, Nain, Lystra, Philippi*
4. From Genesis 4, who is considered the father of all musicians? *Jeremiah, Joash, Jubal, Job*
5. In Luke 1, what was Elisabeth and Zacharias' child named? *Elisabeth, Zacharias, Thomas, John*
6. From Genesis 12, where did Abram go after leaving Ur? *Iconium, Nineveh, Haran, Salem*

ANSWERS: 1) Neither; 2) 2 Kings; 3) Nain; 4) Jubal; 5) John; 6) Haran

"Test Your Bible Knowledge," a book with 1,206 multiple-choice questions by columnist Wilson Casey, is available in stores and online.

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Weekly SUDOKU

by Linda Thistle

7			1				4	
	2			9		8		
		1			3			7
	3				6		9	
		8	4					5
5				1		7		
	1		3			2		
3				5				4
	7	4			1		8	

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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~Valysia Shogunle, Code Enforcement Supervisor

August is here, which means summer is almost over. The fun hustle and bustle of summer is winding down as students are starting school online. To the Code Enforcement Team, August means that annual inspections are almost halfway complete. With approximately 1,437 annual inspections complete, we are hoping annual inspections will be over near the end of September or early October. If you see our officers out on the streets, please be courteous as they diligently work towards bettering our beloved community.

Our team has noticed a few common occurrences when issuing notices or citations. Below are the items and how to prevent them from happening.

Yellowing Grass:

These hot summer days can turn any beautiful lawn into a dying disaster. Watering your grass more frequently or for longer periods of time will help keep your lawn looking green all summer. If you plan on changing your landscape, be sure to submit an architectural application.

House numbers:

During annual inspections this year, it has been noticed that many house numbers are missing, not

visible or discolored. If you notice any of these happening with your own house numbers, they need to be replaced or fixed. For residents living on the Lake, Golf Course, or Equestrian Estates be mindful of the numbers on the back of your property.

Above ground pools:

Although swimming is the ultimate activity, above ground swimming pools are not allowed. According to our Architectural Policies and Procedures, section 5.18.1: "Above-ground swimming pools are prohibited with the exception of small "kiddy" pools that have a volume capacity of 15 gallons or less..."

Air Conditioning Systems and Swamp Coolers:

According to our Architectural Guidelines, section 4.19.2: "Window mounted air conditioners or swamp coolers are prohibited in any window that is on the front of the house."

The Code Enforcement Team thanks you for your cooperation during annual inspections this far; and we are working hard to bring them to a close as soon as possible. If you have any questions for Code Enforcement, please email us at code@svla.com 

Code Enforcement Violations	JULY Stats
IN PROGRESS	485
OPENED	1080
CITATIONS	29
CLOSED – (Resident complied)	926
DOOR TAGS (Courtesy Notices)	162
OPEN ESCROWS	50

Rental Rule - JULY	Stats
Open violations	104
Dwelling license	39
Res. Rule Violation	0
Total confirmed rentals	356

Architecture

We are currently not scheduling any in person Architectural appointments.

If you have questions regarding an architecture project, you can email

vshogunle@svla.com

or call the office (760.245.9756)

Tuesday- Friday 7:30 am - 6:00 pm.

Submitting your Architectural Project Application?

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~ Nick Gonzalez, Director of Operations

Hello SVLA Residents,
The Maintenance staff has kept busy around the community with various projects. One of the projects completed was the much-anticipated floating islands; which have been assembled and installed at Fishing Areas #3 and #12. Around the community, we have been keeping up with our routine maintenance. Look below to see what has been accomplished this past month...

Beach Area:

- Hand dryer in the women's restroom was malfunctioning due to a sensor. Maintenance replaced the sensor.
- Installed a new J-Box at west beach for basketball court lights.
- Sanitized all door handles and hard surface areas.
- Daily drag at beach.
- Cleared sidewalk by West Beach by blowing daily.
- Trash removed daily.
- Wipe down all picnic tables.
- Weed abated beach area.
- Repaired 1.5 inch irrigation line at East Beach.

Parks:

- At Meadowlark Park, 8 junction boxes located in the soccer field and baseball field were repaired. The PVC was damaged.
- Fertilized Meadowlark Park entire grass area.
- Removed all swings from

Meadowlark Park.

- Weed abated Meadowlark Park.

Equestrian Estates:

- Tree trimming is still being done every other day at Playfair Park. We are working diligently to have this completed by August 28, 2020.
- Replaced 5-6x6 vinyl posts at Long Acres park and Playfair park.
- Repaired 2-I 25 sprinklers at Long Acres park.
- Replaced old swing chains at Playfair park.
- Removed all swings from Playfair park.
- Repaired a 1.5 inch irrigation line at Playfair park.
- Continued weed abating equestrian trails. This is done twice per week.
- Repaired fly spray system at the horse stables.
- Equestrian Center Gazebo - Repaired damaged post by the metal horse.

Picnic/Fishing Areas:

- Pressure wash Picnic Area #1 every day.
- Fishing area #2 - setup cones by the seawall (NO FISHING), to protect floating island plants. These floating islands were move to FA #12.
- Fishing area #3- Closed entire fishing area to protect floating islands.

- Weed abated FA #4 and #8.
- Installed 4, "No Swimming" signs at FA #8.
- Repaired damaged and missing railing at FA #8.
- Patched FA #8 plastic walkway holes.
- Trimmed branches at FA #3 and #13.
- Maintenance disassembled the entire elevated dock at FA #14. The wood rotted. Maintenance is currently building a new elevated dock. I am projecting it will be done by August 21, 2020.



Buildings:

- Replaced AC Filters
- Installed missing and damaged electrical receptacle covers at the

Community Center Patio.

- Replaced emergency lights at the Community Center.
- Sanitized office door handles and hard surface areas at restrooms and office doors daily.
- Inspected all fire extinguishers

Grounds/Parkway Median:

- Repaired median irrigation emitters.
- Installed a solar panel on the south end of the Parkway.
- Checked all median Parkway lights.
- Replaced 10 emitters on Parkway that were damaged.
- Weed abated Median.
- Trimmed all palm trees.

Floating Islands:

- Maintenance assisted with floating island placement with maintenance pontoon boat.

Wells:

- Repaired saddle valve at well #16. It was leaking by the flow meter.
- Repaired FA #13 well electrical panel.

Lake & Marina Dock Maintenance:

- Repaired west side dock wooden flooring. The wood flooring was also painted and silica sand added to assist in gripping.
- Debris removal on all fishing area shorelines. This is done twice per week.
- Trash removal in fingers and main body of lake. This is done 2-3 times per week.
- Repositioned buoys back to their original location
- Took beach sample on Wednesday. This occurs weekly to see what the coliform and fecal mg/l count is.

(Maintenance, Repair & Operations cont.)

Training/Safety Videos:

- June 10- Ladder Safety
- June 17- Personal Protective Equipment
- June 25- Slip Trip & Fall
- June 30- Covid 19 Mask
- July 01- Silica Sand Dust Standard
- July 07- Covid Guidance for Employees
- July 08- Sleepy Worker at Work
- July 14- Professionalism in Workplace
- July 15- Electrical Safety Training
- July 21- Workplace Behavior

- July 22- Lockout Tagout
- July 28- Covid 19 Prevention
- July 29- Chemical Safety and Hazard Training

The Operations Department is always 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 and we will do our due diligence to correct the issue(s) or concerns! 📶

Lake Data July 29, 2020:

NORTH END		Transparency	Water Color	Wind Speed	Wind Direction	Sky	Date	Time
PH	7.77	22"	Olive	2.4 MPH	West	Clear		
Nitrate		DO	7.37	7.32	7.04	6.94	6.58	6.32
Phos		Temperature	76.7° F	76.8° F	76.4° F	76.3° F	76.2° F	76.3° F
		Saturation	97.1%	96.5%	92.3%	91.0%	86.1%	82.6%
			6"	2	4	6	8	10

SOUTH END		Transparency	Water Color	Wind Speed	Wind Direction	Sky	Date	Time
PH	8.03	16"	Olive	2.4 MPH	West	Clear		
Nitrate		DO	7.40	7.40	7.13	7.01	7.11	
Phos		Temperature	76.5° F	75.91° F	75.6° F	75.5° F	75.3° F	
		Saturation	97.1%	96.7%	93.1%	91.4%	92.6%	
			6"	2	4	6	8	10

CENTER		Transparency	Water Color	Wind Speed	Wind Direction	Sky	Date	Time
PH	7.68	20"	Olive	2.4 MPH	West	Clear		
Nitrate		DO	7.46	7.37	7.21	7.05	6.78	
Phos		Temperature	75.4° F	75.8° F	75.7° F	75.6° F	75.5° F	
		Saturation	97.2%	96.4%	94.3%	92.0%	88.5%	
			6"	2	4	6	8	10

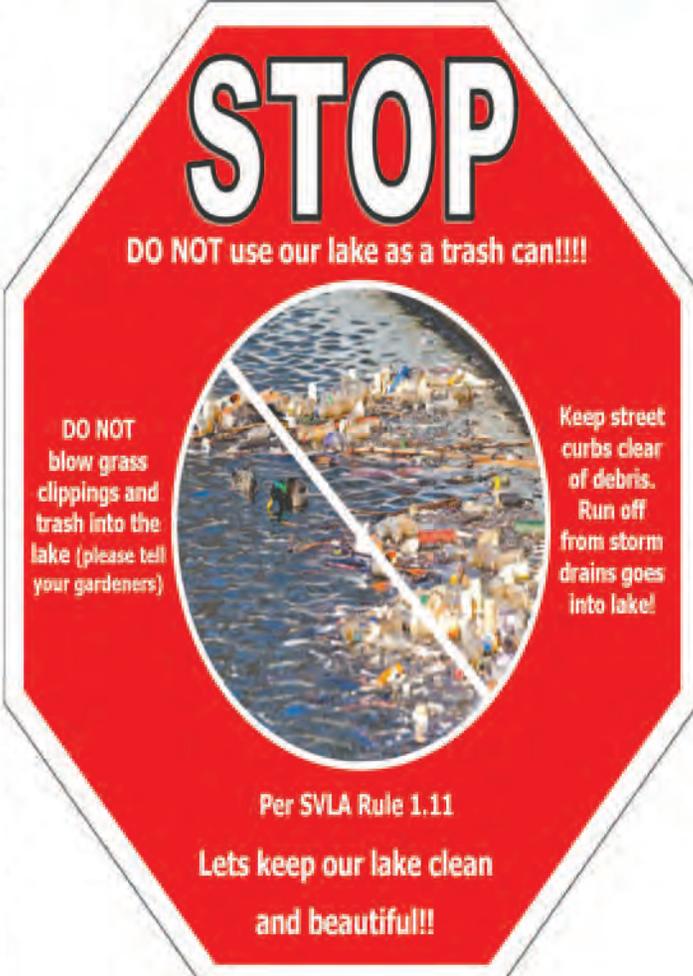
MARINA		Transparency	Water Color	Wind Speed	Wind Direction	Sky	Date	Time
PH	8.5	23"	Olive	2.4 MPH	West	Clear		
Nitrate		DO	8.37	8.48	8.58	6.78		
Phos		Temperature	79.3° F	78.3° F	77.3° F	75.4° F		
		Saturation	109.6%	110.0%	109.9%	85.1%		
			6"	2	4	6	8	10



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STOP
DO NOT use our lake as a trash can!!!!

DO NOT blow grass clippings and trash into the lake (please tell your gardeners)

Keep street curbs clear of debris. Run off from storm drains goes into lake!

Per SVLA Rule 1.11
Lets keep our lake clean and beautiful!!



LISA FALCETTI, PUBLIC SAFETY DIRECTOR

Beat the Heat



The SVLA lifeguards are trained to handle an abundance of situations. Summer thunderstorms are a common occurrence during the end of summer, and one of the worst places to be is in or around water. The lifeguards at the beach area will take every precaution to keep the residents safe. This may include evacuating the water using one long, loud whistle blast or evacuating the entire beach.

Lifeguards and Public Safety Officers will take all precautions leading up to sounding our lake siren. Public Safety will only sound the siren if there is lightning within five miles of SVL. When the siren sounds off, the wailing alarm means everyone must stop all boating operations and immediately exit the water. Once the storm has passed, the lake siren will proceed to sound off a constant alarm which means it is now safe to resume all activities on the lake.

SVLA takes lightning safety very seriously. Lightning can reach temperatures in excess of 50,000 degrees Fahrenheit, which

is hotter than the temperature of the sun. On average, there are 25 million lightning strikes per year. The best way to protect yourself and your loved ones is to be aware of how to recognize and avoid lightning strikes.

Look for dark grey clouds moving towards your location, flashes of light, and listen for the sounds of thunder. You could also refer to the National Oceanic and Atmospheric Administration by visiting <http://www.lightningsafety.noaa.gov/safety.shtml> for more information on lightning strikes and storms in your area.



Our lifeguards are also trained to recognize and respond to heat-related illnesses such as heat cramps, exhaustion and stroke.

Both conditions are caused by overexposure to heat. However, if the first two are recognized in the early stages, they can be reversed before turning into heat stroke. There are three types of heat-related illnesses, which form a continuum progressing from one to the next.

Heat cramps are painful muscle spasms that usually occur in the legs and abdomen. Heat cramps are the least severe of the heat-related emergencies.

Heat exhaustion is an early indicator that the body's cooling system is becoming overwhelmed. Signs and symptoms of heat exhaustion include:

- Cool, moist, pale, ashen or flushed skin
- Headache, nausea and dizziness
- Weakness and exhaustion
- Heavy sweating

Heat stroke occurs when the body's systems are overwhelmed by heat, causing them to stop functioning. Heat stroke is a life-threatening condition. Signs and symptoms of heat stroke include:

- Changes in LOC
- Skin that is hot to the touch
- Skin that may be wet or appears red/pale
- Vision disturbances
- Seizures
- Vomiting
- Rapid and shallow breathing
- Rapid and weak pulse
- Lack of sweating

In response to help a resident suffering from a heat related illness, a lifeguard may take some of the following actions:

- Move the victim to a cool place.
 - Loosen tight clothing.
 - Remove perspiration-soaked clothing.
 - Cool the victim by spraying them with cool water or applying cool, wet towels to the skin.
 - Fan the victim.
 - Encourage the victim to drink small amounts of a commercial sports drink, coconut water or milk, or give water if none of these drinks are available. This only applies if the victim is conscious enough to drink.
- If the victim refuses water or vomits, or has a mental status change, vision disturbance or a seizure:
- Someone will summon EMS personnel immediately.
 - Take steps to rapidly cool the victim as soon as possible by any means available.
 - Preferably immerse the victim up to their neck in cold water, if safe to do so.
 - Alternatively, place ice-water-soaked towels over the person's entire body, rotating towels frequently.
 - If ice packs are available, place them on the victim's body, over the towels.
 - If you are not able to measure and monitor the victim's temperature, apply rapid cooling methods for 20 minutes or until the victim's condition improves or EMS personnel arrive. Give care as needed for other conditions that you find.



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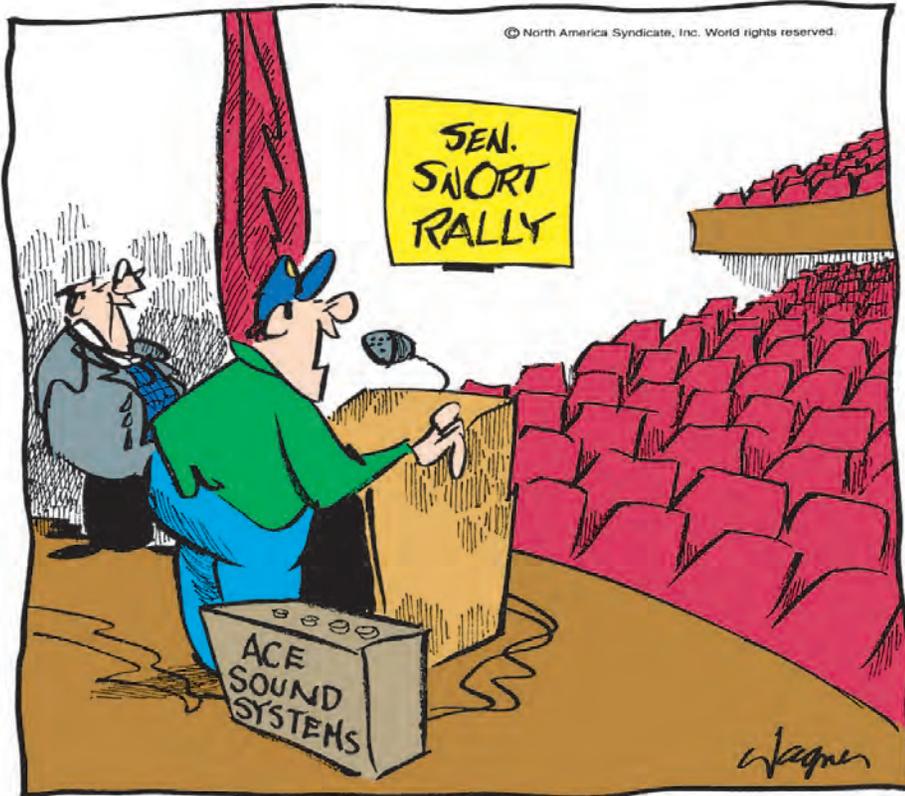
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My name is Joseph W. Brady. My wife Deborah K. Brady and I currently on Rain Shadow Road in Spring Valley Lake. My wife and I own an additional home next door to us on Rain Shadow Road. Deborah and I have been a resident of Spring Valley Lake since May 1988 when I originally rented my house and subsequently purchased in 1999.

I am also President of Joseph W. Brady, Inc., dba The Bradco Companies, the High Desert's longest standing full-service commercial, industrial, office, retail, and land brokerage firm.

My wife and I are involved in the High Desert Community as the owners of several business, publisher of The Bradco High Desert Report, past volunteers for the Spring Valley Lake Homeowners Association and participants in many civic affairs. In addition, I am humbled and proud to serve the community as an elected member of Board of Trustees at Victor Valley Community College.

In March 2008, while I served a three (3) year term as Chairman on the SVLA Homeowners Association Budget and Finance Committee, it became clear that there **might** be an opportunity to take a look at creating a Community Services District in reformatting what CSA 64 had been doing. From 2008 to 2009, we reached out to Ms. Kimberly Cox in Helendale, who at that time was a part of a movement to create their own CSD, and Mr. Charlie Johnson, who was very instrumental in the creation of the Phelan Pinon Hills CSD. We opted not to move forward at that time as the community received great service from CSA 64.

Nearly two years ago, I was informed that a group of volunteers from our community wanted to explore the possibility of a new CSD. In May of 2019, I received a copy of the report prepared by Mr. Steve Garcia, Chairman and Mr. Rory Shannon (residents of Spring Valley Lake). Looking through that report and the documents that have been posted by LAFCO, I still see and support that there is absolutely no professional reason to replace CSA 64.

CSA 64 and San Bernardino County Special Service Districts and their staff have done a great job in providing services to Spring Valley Lake.

I've recently supplied the new SVL CSD

formation group, eleven (11) different documents (as of July 15, 2020) that clearly show that **our water is the cheapest water within the region and that we experience no service problems.** I also secured from the county the written responses to nearly 38 questions that have been asked at public forums over the last year. These documents, with all factual answers, are available on our website at .

LAFCO (Local Agency Formation Commissions) which approved the concept of the Proposed SVL CSD is now allowing the residents of Spring Valley Lake to decide if they want a new CSD by allowing them to vote on the issue. Most of the SVL residents have not been made aware of the new CSD formation proposal, a fact about which I have been extremely concerned about since the proposal was launched in 2019.

I can tell you that since February 2020, I have had 70± people contact me personally (by phone, text, Facebook, or email) and were not only opposed, but would like to be heard. **Please join me and the growing number of supporters to Save CSA 64. The residents of SVLA need to know and become informed!**

As former co-founder of Spring Valley Lake Concerned Property Owners (SVL-CPO), **I'm not only opposed to this plan but there is nothing in the plan that tells us that the residents, at the end of the day, will be any better than CSA 64. The proponents argue that we "need local control."**

I do not believe in local control by inexperienced Board of Directors. This would not be like running a business. There is a lot more to operating public service agency. **I believe that we owe the residents of SVL full and comprehensive disclosure of the increased costs and risks as well as any anticipated benefits.**

I am honored to live near Mr. Mark Reynolds. I have known Mark for many years even when he was the Director of Finance for the Apple Valley Fire Protection District. Mark sent me an email on April 15, 2020, at 8:29 PM and the subject was: "Supporting CSA 64." Listed below is what he said in that email:

"There is a small group of people in Spring Valley Lake who feel becoming an independent CSD would be economically beneficial on a local basis, however I am not one of them. Just because this group spent a couple of years researching if you can, does not mean you should, leave CSA64.

I have spent the better part of two decades working in a California Independent Special District, having retired in 2015 as the

Director of Finance for the Apple Valley Fire Protection District. Knowing what I know now, becoming our own community services district would be a terrible hardship for our community in the long run, because along with grabbing more revenue comes a myriad of related expenditures that cannot be ignored.

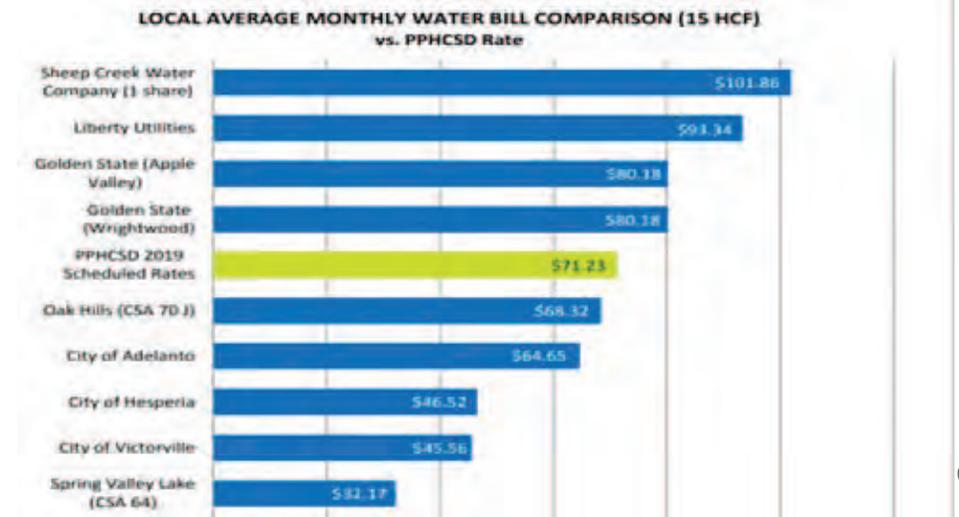
As a part of the management team during my working years, I saw first-hand how much effort it takes to manage and operate a special district. There are so many decisions with long reaching ramifications, it is hard to begin a discussion. CSA64 is working fine and to have a new CSD Board of Directors would be duplicating current government management already in existence.

New Spring Valley Lake CSD Board decisions issuing policies regarding whether employees will be unionized, what type of salaries and retirement system will be offered, how and at what level will the retirements be funded, is but a tip of the ice berg on all the issues confronting Spring Valley Lake. Again, I DO NOT SUPPORT this change, and neither do several of my golfing neighbors, two of which are Arvy Lyon and Chester Norys, who have lived in Spring Valley Lake in excess of 30 years.

Please feel free to use my name in support of your efforts to champion staying with CSA64, because they are doing a bang up job and warrant our support."

In challenging the proponents of the proposed SVL CSD, to their submittal to LAFCO (Local Agency Formation Commission) listed below is a rate comparison clearly shows how low our water is from the 2019-2020 Phelan Pinon Hills Financial Budget Review. The proponents of the proposed SVL CSD do not want you to see this.

Helendale is not on the chart because this was based upon a ¾" meter and Helendale does not have a comparable meter.



Ad was Pre-Paid by: Joseph W. Brady/The Bradco Companies



TEE TIME

by Jeri Lawrence

Vickie Cohen is the winner of the 2020 SVL Women's Golf Club Champion with a score of 254. Od Stoner is the Winner Up with a score of 257. The SVL Cup winner is Vickie Glaze with a net score of 145. Congratulations Ladies



County of San Bernardino Special Districts Department Water and Sanitation Division CSA 64 (Spring Valley Lake) Street Sweeping Schedule



2020

January 7-10 & January 14-17
February 11-14 & February 18-21
March 10-13 & March 17-20
April 7-10 & April 14-17
May 12-15 & May 19-22
June 9-12 & June 16-19
July 14-17 & July 21-24
August 11-14 & August 18-21
September 8-11 & September 15-18
October 13-16 & October 20-23
November 10-13 & November 17-20
December 8-11 & December 15-18

All Street Sweeping occurs between the hours of 7 am and 4 pm. No sweeping on Saturday, Sunday, or Mondays. This schedule is subject to change due to Holiday's, weather and/or equipment maintenance.



Reducing water sprinkling along with parking off the paved roadways on the above dates will help facilitate this service.

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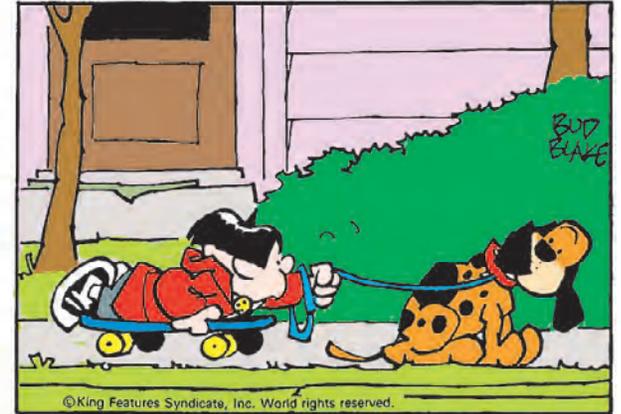
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- Minimize Conflict Between Beneficiaries
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- Living Trusts and Trust Amendments
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Victoria Martin is an active member of the State Bar, licensed to practice law in California. CA Bar # 277116.

SVLA Brezze



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than to convince them that
they have been fooled.”

— Mark Twain

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Puzzles4Kids

by Helene Hovanec

CODED RIDDLE

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

Here's a copy of the alphabet to guide you:

ABCDEFGHIJKLMNOPQRSTUVWXYZ

XIZ BSF EVDLT HSFBU EFUFDUJWFT?

CFDBVTF UIFZ RVBDL UIF DBTF.

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Even Exchange

by Donna Pettman

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. Fireside | _____ R _____ | Physical well-being | _____ L _____ |
| 2. Stockholm native | _____ W _____ | Soft leather | _____ U _____ |
| 3. Fireplace switch | _____ M _____ | Dressed like Dan | _____ P _____ |
| 4. Dry out | _____ R _____ | Fix, as a tire | _____ T _____ |
| 5. Sea bed | _____ O _____ | Bread ingredient | _____ U _____ |
| 6. Thin cookie | _____ F _____ | Thirst quencher | _____ T _____ |
| 7. Like a genius | _____ I _____ | Like a weight-lifter | _____ W _____ |
| 8. In one piece | _____ O _____ | Moby Dick, e.g. | _____ A _____ |
| 9. Yuletide decoration | _____ O _____ | Rolling landscape | _____ I _____ |
| 10. Holiday retreat | _____ S _____ | Reply angrily | _____ T _____ |

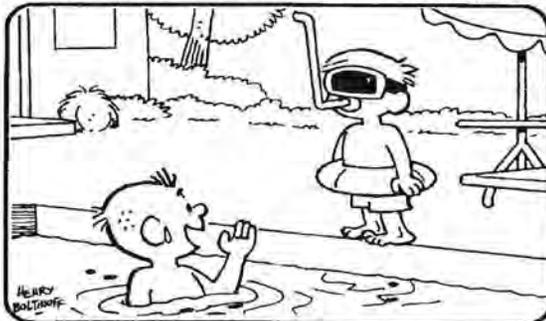
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HOCUS-FOCUS

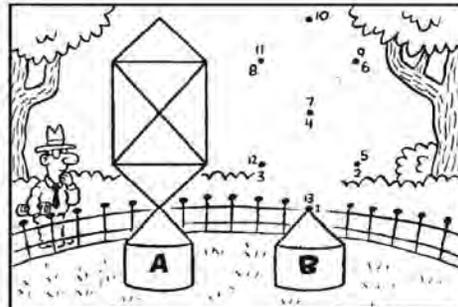
BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Tree limb is missing. 2. Swim trunks are different. 3. Walkway is missing. 4. Boy's hair is different. 5. Umbrella handle is gone. 6. Window sill is missing.



AN ARTY PUZZLE! The statue on pedestal "A" is made by bending one long steel rod. If you join the dots on pedestal "B," you'll see how this was done without going over any leg more than once.

THE TALE OF THE PROGRESSIVE SHOPPER! In 5 days Eloise spent \$100 at the local mall. Each day she spent \$6 more than she did the day before. Can you figure out how much she spent on each day?

Answer: Day 1, \$8; Day 2, \$14; Day 3, \$20; Day 4, \$26; Day 5, \$32.

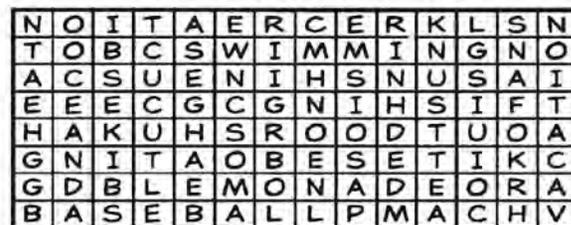
LINK-UPS! Here's a list of 12 one-syllable words that are divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from a word in the left column to a word on the right.

1. DAM	DOCK
2. GALL	ATE
3. NET	THEN
4. INN	ASK
5. HAD	ANT
6. EAR	HER

Answers: Damask, Damask, nether, innate, haddock, earthen.

Junior Whirl

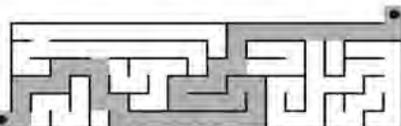
by Charles Barry Townsend



Illustrated by David Coulson

IN THE GOOD OLD SUMMERTIME! Hidden in the above diagram are 19 words associated with summer vacation time. They can be found by reading up or down, side to side, or diagonally. Letters can be used more than once. Listed below are the 19 words you're looking for.

Baseball	Kites
Bikes	Lemonade
Boating	No school
Bugs	Ocean
Camp	Outdoors
Fans	Recreation
Fishing	Sunshine
Heat	Swimming
Hot	Vacation
Ice Cream	



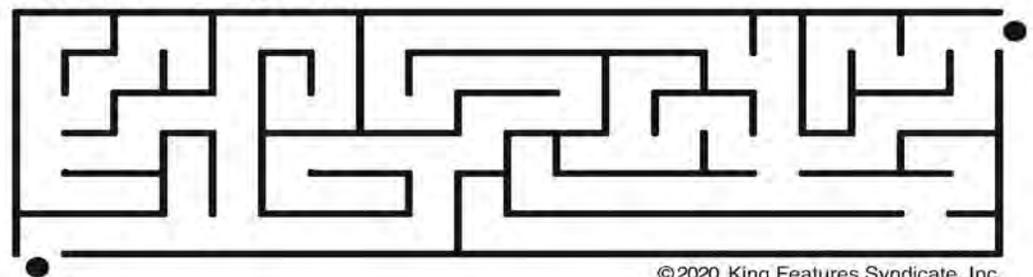
Kids' Maze Solution

Even Exchange answers

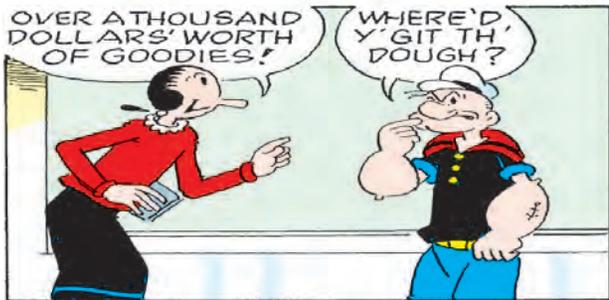
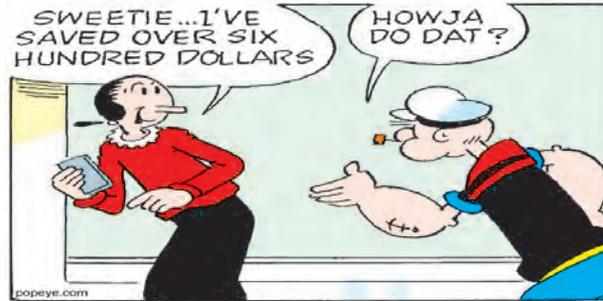
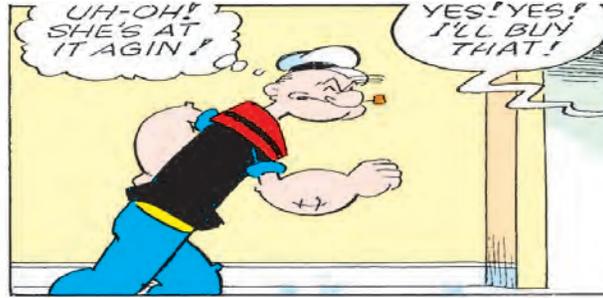
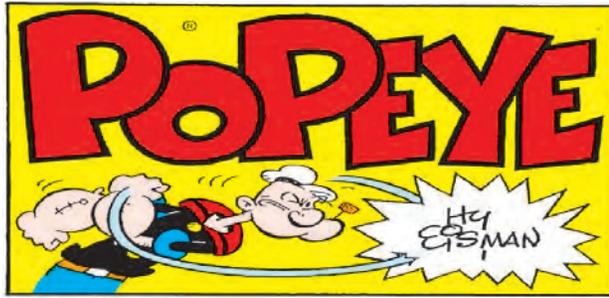
1. Health, Health	6. Water, Water
2. Swede, Suede	7. Brany, Brawny
3. Dampier, Dapper	8. Whole, Whale
4. Parch, Patch	9. Holly, Hilly
5. Floor, Flour	10. Resort, Relort

Puzzles4Kids Answer
Why are ducks great detectives?
Because they quack the case.

Kids' Maze



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Pulmonary Fibrosis Needs Exact Diagnosis

DEAR DR. ROACH: My husband was recently diagnosed with mild to moderate pulmonary fibrosis. His mother died from pulmonary fibrosis. From what we have read there is no cure, only palliative care. The thought of doing nothing to try to stop the progression is totally unacceptable when there have been such successes with immunotherapy and stem cells. Would he receive more aggressive treatment going to a pulmonary fibrosis care center that has lung disease programs? — C.D.

ANSWER: There are several diseases that may cause fibrosis of the lung, so having an exact diagnosis made by an expert is critical for getting the right treatment. The most common type of pulmonary fibrosis is called “idiopathic pulmonary fibrosis” (it also has been called “usual interstitial pneumonia” and “cryptogenic fibrosing alveolitis”), and I am going to discuss that diagnosis.

The cause of IPF is unknown (both “idiopathic” and “cryptogenic” mean “of unknown cause”), but cigarette smoking is a risk factor. It is usually diagnosed in people who are their 50s and 60s, although some familial cases may come on earlier. IPF can run in families.

Although it is a rare disease, it seems to be on the rise. The major symptoms are cough and shortness of breath.

There is no cure for IPF, but there are treatments available. Two drugs, pirfenidone and nintedanib, are approved for use in the U.S. and Canada. Both of them slow progression of lung disease, reduce exacerbations and have been proven to reduce mortality from the condition, if only slightly. I am

concerned that you and your husband apparently haven’t heard of these drugs.

I strongly advise you get a referral to a center for lung disease in order to get your husband the best care. I found 35 IPF trials recruiting patients in the U.S. and six in Canada. A clinical trial will help scientists understand this condition as well as determine the best current treatment. You also can find out what centers have expertise on this condition by seeing where the trials are conducted at www.clinicaltrials.gov. The most aggressive treatment isn’t always the best, but you and your husband deserve to hear about all the options.

The Pulmonary Fibrosis Foundation can help you find experienced centers for treating this condition. You can find them online at www.pulmonary-fibrosis.org.

DEAR DR. ROACH: My niece recently was diagnosed with breast cancer. Radiation was recommended. Her mother said that first she’d have to boost her immune system. Is it possible to actually do that? — P.P.L.

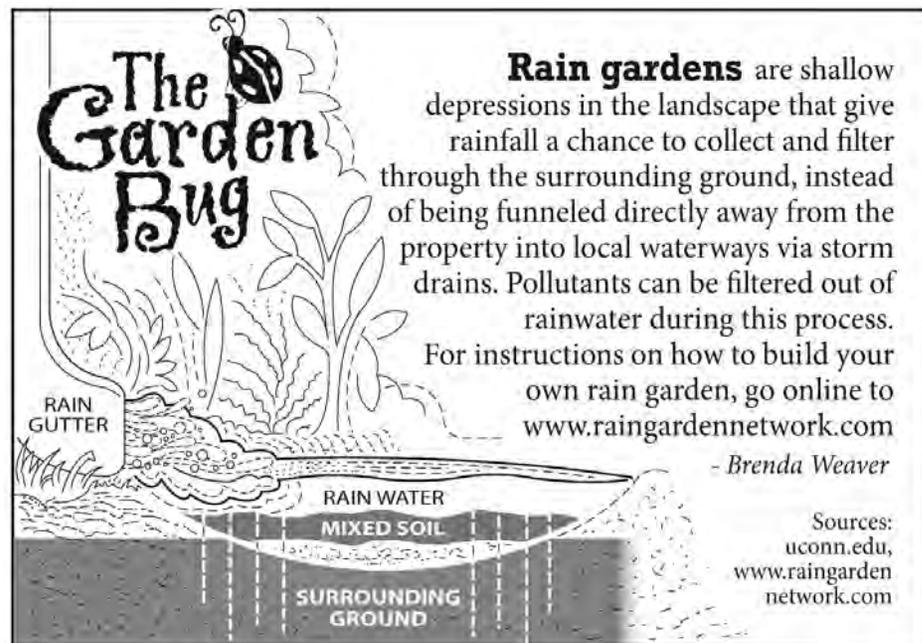
ANSWER: Radiation is a common treatment after breast cancer surgery. It’s done to reduce the risk of recurrence, depending on the exact type of cancer.

Boosting the immune system is a new adjunct for many types of cancer. There are several ways to do this: One is to genetically modify the patient’s own immune T-cells, but many other techniques are in trials now.

However, if your niece’s mother is talking about supplements, I’d be cautious. Supplements that are promoted to boost the immune system generally are ineffective at doing so. Making sure your niece has proper nutrition, gets good sleep and experiences as little stress as is manageable are ways to prevent stress on the immune system. Everyone could benefit from those deceptively simple steps, but especially a person being treated for cancer.

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.

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Rain gardens are shallow depressions in the landscape that give rainfall a chance to collect and filter through the surrounding ground, instead of being funneled directly away from the property into local waterways via storm drains. Pollutants can be filtered out of rainwater during this process. For instructions on how to build your own rain garden, go online to www.raingardennetwork.com

— Brenda Weaver

Sources:
uconn.edu,
www.raingardennetwork.com

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	÷		+		11
+		×		+	
	+		×		17
÷		÷		×	
	+		÷		4
3		3		10	

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 1 2 3 4 5 7 8 9

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THE ILLUSTRATED BIBLE



*Let the words of my mouth
and the meditation of my heart
be acceptable in Your sight,
O Lord, my strength
and my Redeemer.*

Psalm 19:14

“Portrait of Helen Fry” by Roger Fry (1896)

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COMMUNITY events



Thank you for your understanding during these challenging times. The Spring Valley Lake Association would like to keep its members updated on the changes that will be implemented in regards to social distancing practices. We understand that the unknown can raise many questions and we thank you for your patience while we diligently searched for answers you have been looking for.

SVLA has released a series of memos regarding each of our amenities that detail everything you will need to know about the changes we have made to keep our community safe. These new regulations will be enforced effective immediately during this time of social distancing.

Copies of each memo can be found on bulletin boards where association agen-

das are posted. The memos will also be emailed, and posted on our social media sites.

Please keep in mind that while our amenities are open, members will be using them at their own risk. SVLA has posted a release of liability on all amenities that explains possible risk for exposure to and any illness from infectious diseases, including but not limited to COVID-19, from amenity usage. Any and all regulations made are subject to change at any time if necessary, for the health and safety of our community.

We understand that these are concerning times, but SVLA wants to ensure the community that health and safety is our top priority. Together we can create a sense of normalcy as we slowly and safely open our amenities back up while practicing social distancing. Thank you for your support and commitment to bettering our beloved community.

Due to social distancing orders in place, classes, clubs and committees may not be meeting at this time. Please view the SVLA website- www.svla.com -for updates and on how we will be conducting any upcoming meetings. We will also notify you of any changes via social media outlets. Sign up for our email E-Blasts via our website and Like us on Facebook.

SVL Committees

COMMITTEES	COMMITTEE CHAIR	MONTHLY	TIME/LOCATION
Architectural Committee	Karen Hillers	2nd & 4th Thurs.	4pm PVR
Citation Committee	Don Nelson	1st Tuesday	5:00pm PVR
Communications Committee	TBD	TBD	
Community Plan Committee	TBD	TBD	
Community Task Force		1st Tuesday & 3rd Tuesday	5:30pm 5:30pm
Equestrian Estates Committee	Cathy Westmoreland	3rd Tuesday	6pm EECH1
Finance Committee	Bill Walters	Meetings vary	
Lake Committee	Chris Hall	2nd Thursday	6:30pm PR
YAC Committee	TBD	(Inactive)	

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

Boat Test for Vessel Operator's Permit occurs Daily at 9am in PVR
Vessel Operator's Permit **renewals** occur Daily at 7pm in addition to the original 9am slot - (See Public Safety Dispatch)
On line test available at www.svla.com (Public Safety page)

SVL Clubs

CLUBS	FACILITATOR+ CONTACT
Amateur Radio Club - 1st TH, 7pm PR	George Ellison NOGWE 760-810-1008, george@4mailservice.com
Boy Scouts Troop 2226, 2nd, 3rd 4th M, 6pm PR	C.J. Cook 760-887-6200
Cub Scout Pak 26 , 2nd, 3rd 4th M, 6pm MLH	Britt Imes 760-900-3897
The Coffee Break Club-3rd TH, 10am-12pm MLH	Dennis Verhagen 760-243-2128, dennisverhagen@earthlink.net
Lions Club Poker - 1st F, 7pm MLH	Don Nelson 760-964-7552
Rods & Relics Club - 2nd SAT, 8am PVR	Don Sedam 760-955-6052
Social & Fishing Club - Varies, MLH	Robert Eaton 760-951-8721
SVL Pan Group, 2nd & 3rd W, 12pm - 4pm PR	Carol Christie 760-243-1526
Veterans Club - 4th TH, 6-8:30pm PR	Chris Harvey 209-338-7349
Yacht Club - 3rd TH, 6-8pm MLH	Rick Groff 442-242-7095

SVL Recreational Classes

CLASS	DAY	TIME	LOC.	Instructor
Bocceball /Horseshoes	M,W,F	8 - 11am	MLP	Raul Paz 760-245-6311
Group Exercise (Body Express)	M,W,F	8 - 9am	MLH	Jace Knisely 760-628-6416
Power Yoga	T/W	6:30pm-7:30pm	PR/MLH	Jace Knisely 760-628-6416
Line Dance Beginner/Intermediate.	M	9:10-10:10am 10:10-11:40am	MLH	Su Kim 760-241-8823
Line Dance Ultra Beg./ Beg./Easy Intermediate	T	8-9am, 9-10am 10-11:30am	MLH	Su Kim 760-241-8823
Arthritis Exercise	T,TH	8 - 9am	PR	Dottie Schiller 760-243-4697

Key for Locations

Abbreviation	Name/Location of Facility
MLH - Meadowlark Hall	Community Building 12975 Rolling Ridge Drive (Great Room)
PR - Palm Room	Community Building 12975 Rolling Ridge Drive (Small Room)
PVR - Parkview Room	Community Building 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)

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Celebrate Bounty of Summer Fruits

This summer has produced a bountiful crop of fruits. My local farmers market and grocery store have supplied an abundance of budget-friendly ingredients for my favorite summer dishes. While I often take advantage of the fruits on sale, I sometimes have questions about how to prepare and store them.

The following tips can help you prepare and enjoy fresh fruits and keep them at their most flavorful. The recipe for Rainbow Fruit Salad also is a great way to use a variety of your favorite fruits.

Which fruits continue to ripen after they're picked?

Apricots, bananas, cantaloupe, kiwi, mangoes, nectarines, peaches, pears, plantains and plums continue to ripen at room temperature after they're picked. To speed their ripening, put them in a loosely closed brown paper bag or ripening bowl at room temperature. (NOTE: Ripening bowls are sold at many stores that sell kitchen supplies for the home.) Plastic bags don't work for ripening. Once fully ripened, fruits may be stored in the refrigerator to lengthen their storage time. Though the outside skin of a refrigerated banana will turn dark brown, the inside will remain light-colored.

Fruits that should be picked or bought ripe and ready to eat include apples, cherries, grapefruit, grapes, oranges, pineapple, strawberries, tangerines and watermelon.

Should fruits and vegetables be washed before they're put away?

Here are some Food and Drug Administration guidelines for safely handling fruits and vegetables:

- Thoroughly rinse raw fruits and vegetables under running water

before eating them. Don't use soap, detergents or bleach solutions.

- Always scrub firm produce — such as melons and cucumbers — with a clean produce brush to remove surface dirt.

- Try to cut away damaged or bruised areas; bacteria can thrive in these places.

- Any bacteria on the outside of fruits can be transferred to the inside when the fruit is peeled or cut. To prevent this, thoroughly rinse fruits that require peeling or cutting — such as cantaloupe and other melons — under running water before eating them.



- If buying fresh, cut-produce, be sure it's refrigerated or surrounded by ice. After purchase, put produce that needs refrigeration away promptly. (Fresh, whole produce such as bananas do not need refrigeration.) Fresh produce should be refrigerated within two hours of peeling or cutting. Leftovers should be discarded if left at room temperature for more than two hours.

What's the easiest way to peel and slice a mango?

If you find yourself trying to tango with a mango, try this method:

1. Wash the mango. Cut in half lengthwise by slicing off each fleshy cheek of the mango vertically along the flat side of the center seed.

2. Hold one mango half peel-side down and score the fruit down to the peel (but not through it) in a tic-tac-toe fashion.

3. Hold the scored portion with both hands and bend the peel backward so that the diamond-cut cubes are exposed. Cut cubes off peel, then

remove any remaining fruit clinging to the seed.

How can I keep cut fruit from turning brown?

Keep cut fruits such as apples, pears, bananas and peaches from turning brown by coating them with an acidic juice such as lemon, orange or pineapple juice. Or use a commercial anti-darkening preparation, frequently called a "fruit protector."

Cut fruits as close to serving time as possible. Cover and refrigerate cut fruit until ready to serve. Avoid leaving cut fruit at room temperature for more than two hours.

RAINBOW FRUIT SALAD

You can use any combination of fruits including the ones suggested below to make your salad.

- 1 large mango, peeled and diced
- 2 cups fresh blueberries
- 2 nectarines, unpeeled and sliced
- 2 cups fresh strawberries, halved
- 2 cups seedless grapes
- 2 bananas, sliced
- 1 kiwifruit, peeled and diced

1. Prepare the fruit.
2. Combine all ingredients, and mix.
3. Just before serving, pour Honey-Orange Sauce (see recipe below) over fruit. Makes 12 servings.

HONEY-ORANGE SAUCE

- 1/3 cup unsweetened orange juice
- 2 tablespoons lemon juice
- 1/2 tablespoons honey
- 1/4 teaspoon ground ginger
- Dash of nutmeg

Using a small bowl, combine orange juice, lemon juice, honey, ginger and nutmeg until well-blended. When ready to serve, pour sauce over fruit salad.

Angela Shelf Medearis is an award-winning children's author, culinary historian, and the author of seven cookbooks. Please join The Kitchen Diva in supporting Mattress Firms' efforts to assist foster children through the Ticket to Dream Foundation to make a positive impact on the lives of hundreds of thousands of foster children in need. They believe not everyone can be a foster parent, but anyone can help a foster child. (www.tickettodream.org)

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1. GEOGRAPHY: Which country is the only one whose name ends with the letter "Q"?

2. COMICS: What was the name of Dennis the Menace's dog?

3. GOVERNMENT: Which Cabinet department oversees the National Park Service?

4. ANATOMY: What is a common name for metacarpophalangeal joint?

5. SCIENCE: What is absolute zero?

6. MUSIC: Which famous musician's nickname was Bocephus?

7. MOVIES: What was the setting for Alfred Hitchcock's film "The Birds"?

8. ASTRONOMY: Which moon is the largest in our solar system?

9. LANGUAGE: What does the Latin word "veritas" mean?

10. U.S. PRESIDENTS: Who was the only U.S. president who also served later as chief justice of the Supreme Court?

Answers

1. Iraq
2. Ruff
3. Interior
4. Knuckle
5. The lowest temperature theoretically possible. -273.15 Centigrade or -459.67 Fahrenheit
6. Hank Williams Jr.
7. Bodega Bay, California
8. Jupiter's Ganymede
9. Truth
10. William Howard Taft

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Weekly SUDOKU

Answer

7	5	9	1	6	8	3	4	2
4	2	3	7	9	5	8	1	6
6	8	1	2	4	3	9	5	7
2	3	7	5	8	6	4	9	1
1	9	8	4	3	7	6	2	5
5	4	6	9	1	2	7	3	8
8	1	5	3	7	4	2	6	9
3	6	2	8	5	9	1	7	4
9	7	4	6	2	1	5	8	3

Go Figure!

answers

7	÷	1	+	4	11
+		×		+	
8	+	9	×	1	17
÷		÷		×	
5	+	3	÷	2	4
3		3		10	

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