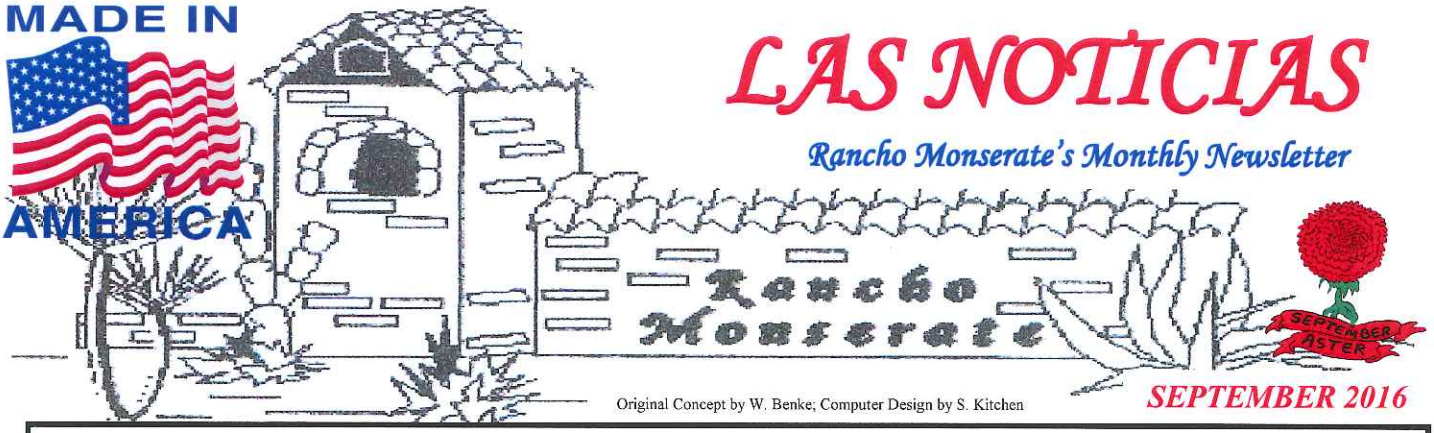

LAS NOTICIAS

Rancho Monserate's Monthly Newsletter

Original Concept by W. Benke; Computer Design by S. Kitchen

SEPTEMBER 2016

Rancho Monserate Country Club - 4650 Dulin Road - Fallbrook, California 92028-9346

FLU SHOTS

Rancho Monserate will once again be offering **Flu Shots** provided by Palomar Pomerado Health. The date is: **Wednesday, September 14th,** from: **10:00 am to 12:00 pm** in the **Clubhouse Bridge Room.** If you have a **Medicare Card**, it is **free and please remember to bring it.** Otherwise, it is $20.00.

SOLAR UPDATE

by Dave Fletcher

As I'm sure everyone has noticed there's a lot going on with the solar project. Construction is on schedule and should be done the first week in October, if not sooner.

By the time Las Noticias is delivered all the solar panels in the patio and bocce ball areas should be installed. The RV lot had some problems with the original plan. The holes were supposed to be 14 feet deep to support the structure, however, they hit the water table at about 9 feet. The plan changed to using 10 by 10 by 3 feet deep cement to support the structure, unfortunately this required temporarily removing the fence in the dog park, it will be replaced at the end of the job.

Sorry for the inconvenience. Please be safe around all the construction. Thanks.

PRESIDENT'S MESSAGE

by Tony Raia

This is truly an exciting time here at RMCC. The solar project is well on it's way and with a little luck should be producing power this fall. I know it's a bit messy around the ranch lately, but the end results will be great. I'm seeing all the new shaded areas and starting to think of things we can do with them. The new patio cover at the tennis courts, over the bocce ball area and the area in front of the practice net. Great spot for a picnic?

Dave Fletcher has been working very closely with the Shorebreak project manager and together they are seeing that the project moves along in a timely manner. Read Dave's solar update in this issue.

I want thank all residents for being patient and understanding about the construction activity and disruption. I'll be taking a much needed break with Carol in September on the beach at Napili Bay in Maui. Aloha to all!

The Board Meeting will be the third Wednesday, September 21st this month.

MANAGING AGENT'S REPORT

by Tom Riggs

Anything in the home that burns a fossil fuel can create carbon monoxide--a colorless, odor-

2016-2017 Board of Directors

Tony Raia, President
Ed Brennan, Vice President
Judi Conel, Secretary
Carol Kelley, Treasurer
David Allen, Director
Bud Bradshaw, Director
Les Higby, Director

Agenda Meeting:
September 9th at 9:00 AM
Board Meeting:
September 21st at 9:00 AM

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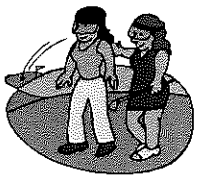
Editor: Bridgette Conboy

Deadline: 18th of the Month

less gas that can be lethal. As a result, **carbon monoxide detectors are now required in every dwelling unit where the home has a gas burning furnace, cook stove, water heater, fireplace, wood burning stove, or attached garage (auto exhaust). Installation Deadline** - Single-family homes including manufactured home, should have been installed no later than **July 1, 2011. This could save your life!**

Just a reminder, please carry your Common Area Key with you when using the facilities. Most facilities are locked during the day so a key is required. If you have not picked up your key or wish to get a second come to the Office. To get a second key you must show your first key.

Please be careful when walking anywhere near the solar construction area. I know it looks fascinating, but there is a lot of equipment and materials and we do not want anyone to get injured.



GOLFING SENORAS

by Dottie Moore

We had another brown bag meeting after the scramble on August 2nd. There will be a regular meeting and lunch on September 13th in the Clubhouse, and we are going to try something new. Because of the heat, we will have a nine hole scramble for everyone. Then come back for lunch at 11:30.

As you have noticed they are working on the Solar installation so let's all be very aware of where we drive our golf carts.

The Club Championship results are in! And they are for the three weeks combined scores:

Nine-Hole Club Champion: Marsha Higby – Low Gross 128

Runners-up Tie – Peg Harvey and Connie Heyming – Low Net 101

Eighteen-Hole Club Champion: Joetta Murdock – Low Gross 223

Runner-Up: Rose DeSalvo – Low Net 179

Great job, ladies!

Starters for September are: Tracy Anderson and Jan Craig and they have chosen the following games:

Sept. 06th - 3 Clubs and a putter
Sept. 13th - Scramble will be nine holes for everyone
Sept. 20th - Cross Country
Sept. 27th - Fewest Putts

The luncheon committee, headed by Peg Harvey, will be serving Taco Salad, fresh fruit and dessert, on September 13th.

Please sign up if you plan to attend. Happy golfing and stay cool!

MEN'S GOLF

by Ted Clinite

John Yelusich is the August Golfer of the Month with a net score of 104. Congratulations John!

I want to thank our starters Dick Nieblas and Dana Andrews for a great job. Thanks guys.

Next month we will be going up to Skyline, on Tuesday September 13th. This is always a great time and a chance to play their wonderful course, so please sign up soon.

9 HOLE MEN'S GOLF

by Jim Kelley

Golfer of the Month was Arnie Willcuts with a Low Net Score of 26. His handicap went from a 7 to a 6 . Congratulations Arnie.

The August 7th Ladies Day Scramble was sunny and warm. There were eight teams of golfers. **First Place with -2 was** the team of Brenda Vatnsdal, George Hajny, Terry Hajny, Marge Hunt and Bob Thompson. **Second Place** with a score of **-1** was the team of Dick Marsala, Joan Marsala, Rex Gordon and Annette Maxhimer. **Third Place** with a score of **+1** was the team of Ron Whitehead, Al Panek, Marlys Holman, and Bunny Campbell. Congratulations to you all.

Closest to the pin on #8 for the men was Jim Sightler 10ft. 10 in. The ladies was won by Brenda Vatnsdal with 16 ft. 1 in.

The raffle, with a $40.00 prize, was won by Nancy Regli and Diane Aspaas.

We lunched on very tasty huge hotdogs with all the fixings, sauerkraut, baked beans, and potato salad. Of course there were many sweet treats brought for our enjoyment by the ladies of our group.

The luncheon was provided by Grover Miller, Anita Sabatini, Dale and Nancy Regli, Jack Babbitt, Bunny Campbell and CJ

Monroe. Thank you all for making this a tasty scramble.

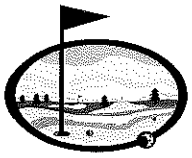
Please pay attention to the new handout for the lunch hosts for ladies day which you will receive before your turn to provide lunch.

The next Scramble and Lunch will be on **September 1st**. Please sign up by **3:00 PM** on **Sunday, August 28th**. After that time, you may still be able to play in the scramble, but you will not be able to join us for the meal afterwards.

The greens are looking good. Do not forget to fix your Ball Marks and Divots

GREENS COMMITTEE

by Ed Brennan

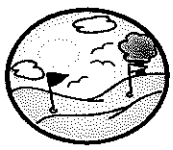


Present were: Ted Clinite (chair) Jim Kelly, Pete Pettersen, CJ Monroe, Tom Riggs, Brad Holm (golf course consultant) and Ed Brennan

The two new Greens Walk-Behind mowers have arrived and are being place into service. The practice area is being redone. We are looking into purchasing sand for the traps. We will be spraying five greens next spring for unwanted grass. The practice area will be closed due to reconstruction. We are moving right along with the changes recommended and I know that you all can see an improvement.

TWILIGHT GOLF

by Brenda Vatnsdal



Wednesday Twilight Golf is open to all players. We encourage new golfers to join us too. This gives you an opportunity to meet a lot of great people, if you are a newcomer to our community or a new golfer. We check in at 2:20 pm to 2:45 pm and shotgun is at 3:00 pm. The cost is $2.00 for the game and $.50 for closest to the pin, if you want to be in that pot.

We will be doing our Wednesday potluck after golf on September 21st, and it looks like the patio might be close to being finished with the solar construction. This potluck is at 4:30 pm and everyone is welcome to join us. Just bring your own dinner to BBQ and a small dish to share if you like.

TENNIS CLUB

by Marge Hunt

Hi all you Terrific Pros.
We are still playing at 8:30 a.m. Monday, Wednesday and Friday even though the weather has been very hot. These Pros really Love the game. We hope September will cool down a bit, So we can have that "Party", I have been talking about forever.

Stay well and come to the courts and watch all the fun we have playing like pros.
P.S. We are really missing those "Twining's. They add so much to our Pros. Hurry home.

RV LOT

by Ed Brennan

Les has left me in charge of the RV situation while he is on vacation. We are accommodating all the RV's and moving them as necessary. We appreciate everyone's understanding during this period. The solar sections by the Clubhouse are moving along just fine and we hope that, by the end of next week, they will be done with this section. Again, we thank you for your patience.

FACILITIES & COMMON AREA LANDSCAPE

by Bud Bradshaw

It seems that the solar project has taken over the country club. This has slowed down some landscape improvements, but Simon and his crew are doing a great job.

I have observed a few people not paying attention, when passing the work zones. So be alert and it will be over soon with no mishaps.
P.S. Rocking Luau was great.

NW/EP

by Jim Kelley

It has been brought to my attention that a number of people are leaving their golf clubs on their golf carts. It has been sometime since we had some golf clubs stolen. I would hate for it to happen again. Depending on the brand and cost of the clubs, there is also the bag, balls and tees. All and all a fair sum of money. Please take the time to put your clubs away in your shed.
It is a little work to prevent a loss of property.

With the fires continuing to be a problem, it would be a good time to check your "To Go" bag. Do you know what you need to grab if given the order to evacuate? Important papers, medications, favorite teddy bear? Now is the time to prepare, while you have time to think about what you would take.

Be safe and look out for your neighbors.

DULIN ROAD COMMITTEE UPDATE

by Arnie Willcuts

Recently David Allen, RMCC Liaison, and I met with Mark Massen and Amanda Parra. They are Project Managers with the Department of Parks and Recreation. I requested a meeting to get any news and updates re: the future 9 mile San Luis Rey Park.

The latest update is as follows: the engineers have completed the study and costs with regard to access from Old 395 to the future park along the north side of our golf course. Although the county is several years away from any significant development the newest info is the purchase of Vessel's Ranch by Ocean Breeze. The current plan by Ocean Breeze Ranch is to continue a major portion of their property for horse activities. They may be looking at further development in the future. Some engineering work is also being done on a future walking trail near the east end of the park. Finally the county has also acquired approximately 60 acres from the old San Luis Rey Golf Course. The overall planning is continuing and more changes will come.

I feel confident in our relationship with the Project Managers and their commitment to find ways to access the future park without using our Dulin Road.

KNOW THE NEIGHBORHOOD

by David Allen

The 10-year saga of the proposed Lilac Hills Ranch will finally be decided later this year. Perhaps "finally" is not a good choice of words in California, but everything does look settled for a final vote this November. The County Board of Supervisors agreed in early August to allow the development to proceed under the voter's initiative process. So in November, voters will look forward to reading only a 75-word ballot statement, condensed down from an original 600-page initiative statement and analysis.

Lilac Hills is of interest to Rancho Monserate residents because of our relative nearness to this large development proposal for over 1,700 homes and various commercial supporting facilities such as a 200-bed medical center and a hotel. Traffic issues will have to be monitored, but it does appear that the major traffic impact will be to the south and west. The development site is over 600 acres and lies just east of Old Highway 395 on West Lilac Road. It is about ten or twelve miles north of Escondido and slightly east of the I-15 freeway. Essentially the zoning is changing from agriculture related Semi-Rural to Village lower-density housing. Lilac Hills Ranch falls under the community planning group auspices of Valley Center and Bonsall. The full build-out is scheduled to take up to ten years.

The developer stresses the inclusion of age-restricted dwelling units at Lilac Hills Ranch as well as the objective of providing "affordable" housing. Presumably this means pricing in the $250K to $400K range for a number of the sites (the median price in Valley Center is $559K and in Bonsall $820K).

Using the voter's initiative process allows developers to minimize state and local planning group procedures. Developments of the Lilac Hills Ranch size generally go through the full planning process before a final decision by the Board of Supervisors. In the case of Lilac Hills Ranch, Supervisor Bill Horn had to recues himself because of residing close to the development. However, the development has undergone a recent county planning review which was then submitted to the Supervisors for their consideration and led to the initiative conclusion.

Note, not all initiative procedures win–recall. The recent Caruso Shopping Center development proposal in Carlsbad, which failed despite heavy television advert spending.

WELCOME WAGON

by Arnie & Kay Willcuts

Susan Migdal moved here from Temecula and before that she lived in Vista. She now lives in **#232**. Susan works from home in the area of psychology and has a PhD in that field. Susan has a companion who lives with her and his name is **Robert Kosslyn**. Interestingly they share the same birthday, August 7th. Robert plays the piano and guitar and is also an avid photographer. He also has a home in Gold Beach, Oregon. Rudy, a wonderful kitty adopted them and shares their lovely home. Welcome!!
Phone #**760-458-5654**

Bill and Debbie Weigel live in **#201**. It was great fun to meet them. Bill and Debbie are all settled in and ready to be involved here at RMCC. They have lived in Alaska, Palos Verdes and Overland Kansas. They have 3 sons who live in Oceanside and run Living Tea Kombucha Company. The boys wanted their parents input into the business so Bill and Debbie moved our way. Bill is retired Air Force as a judge advocate and he is also retired from Wells Fargo Wealth Accounts. They are a great addition to our family. Welcome!,
Phone # **Bill 913-708-7012**
Phone # **Debbie. 913-708-4106**

BINGO

by Norma Kern

What a wonderful turnout! We had the most we have ever had. 65 having a fun time. Thank you all for coming. The more the merrier and a better payout.

Our lucky winners were Dee Erickson ,Suzanne Migdal, Peg Harvey, Joan Marsala, Dave Struthers, Sandy Scott and Dom Fiduccia. Jerry Jarman won the $50.00 special and Dick Nieblas and Joann Hovden split the $120.00 cover all. CONGRATULATIONS to all.

As always, I must thank Pat Bailey, Bob Kern, Anita and Grover for all your help. I appreciate it.

Until next time, stay happy, healthy and keep moving.

SOCIAL NEWS

by Judi Conel

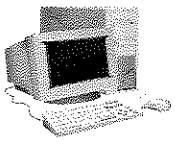
Due to the fact that the 19th Hole Patio is not yet complete, we will not be having a Labor Day party.

We are planning a "Grand Opening" party for sometime in mid October, when all the construction is done.

We would like to welcome all of our new residents to join our Social committee.

We are working on putting together our Christmas and New Years Parties. Look in your RM park mailbox for flyers on our upcoming parties.

RANCHO WEBSITE



by Dave Murdock

I hope everyone has had a chance to look at the website at ranchomonserateccountry-club.com. We have posted pictures from recent social events and are trying to keep the houses-up-for sale current. We are also working on creating a way that Rancho Monserate groups will be able to have a link through the Residents Only section to be able to share photos and events though Shutterfly. This is in the test drive phase and if all goes as we hope, we will be letting you know more about it soon. If you have any comments or questions or would like to add something please email us at rmcc4650@gmail.com

There may have been some confusion about our Facebook group. Rancho Monserate Country Club (RMCC) is a closed group that only residents can join. We have 24 members so far but would like more to join! Several groups have posted information and pictures. There is also a Facebook page Rancho Monserate Country Club. That is an open page and anyone can post there - residents or outsiders. This is where some relatives of residents have posted pictures.

The website continues to be a work in progress and we welcome any comments or suggestions.

SECOND SUNDAY SUPPER CLUB

by Brenda Vatnsdal for Marsha Higby

I have chosen a fun spot for our Supper Club night on September 11th. It will be at **BANZAI** in Temecula. The address is 27533

Jefferson Ave. This is a Japanese restaurant that cooks your dinner on a big skillet right in front of you. It's $$ and they have steak, seafood and sushi. This restaurant is on the left side of the street when you are going north on Jefferson Ave.

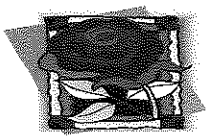
Our reservation will be for 5:00 pm and we will be picking up people at 4:30 pm. Please call me at 760-731-7115 for your reservation to go.

BIRTHDAYS

RON JOHNSON	***9/03***
DORIS RAU	***9/05***
GARY WHITLOCK	***9/07***
DONNA NIEBLAS	***9/08***
KATHLEEN SHEPHERD	***9/08***
BOB WOLFE	***9/08***
GUY BECKWITH	***9/09***
ED MURDOCK	***9/12***
BOB GABEL	***9/13***
MARY HELGEMO	***9/14***
PEG HARVEY	***9/22***
CJ MONROE	***9/23***
BRUCE JONES	***9/23***
RICH TAYLOR	***9/26***
BILL TOWERY	***9/27***
STEVE MORRIS	***9/28***
AMIE DANN	***9/28***
VINCENT SCORDIA	***9/29***
ARNIE WILLCUTS	***9/30***
LILY RIVERTREE	***9/30***

HALLMARK

by Doreen Taylor



Quote *"Let me win, but if I cannot win, let me be brave in the attempt."* *Para Olympic Quote*

For those of us who love golf, it was great to see Matt Kuchar bring home the Olympic Bronze Medal for Men's Golf. It was good to see our beautiful American Flag flying over the podium. We are so blessed to be Americans and to watch our flag raised a total of 121 times during the Rio Olympics. The U.S. won 46 Gold, 37 Silver and 38 Bronze.

I enjoyed visiting the Quilters and Piece Makers club on August 11th. Personally, I have no talent when it comes to sewing, but it was such fun looking at the beautiful quilts made by others. Jackie, your home is lovely. Hard to believe you and Wally have lived here 30+ years.

Because of Labor Day on September 5th, Judy Knierim's Bible Study will start back up after our summer break, on Monday, September 12th at 9:30 am, at Judy's home #39.

We would love to see some new faces join us. Please come and meet our very special ladies and have a cup of coffee and a light breakfast snack with us.

Farwell to **Keith and Brenda Petree.** They finally finished packing up Sunday and drove as far as Yuma. Then they went on to Phoenix on August 22nd.

Marlys Holman will be leaving Rancho on Saturday, August 27th. We will miss you all. Please have safe travels and drop us a line if you have time.

Rose Fergus and I had a very nice visit last week at our sweet friend Anna Olson's Hair Salon. I mentioned to Rose that I wanted to speak of those 90+ seniors who inspired me so much. After living in Rancho for 19 years, my list was way too long to put in my column. But Rich and I have decided that if you have lived even close to 90+ years, you are not only an inspiration, but you deserve a medal! We love you all. Kudos to you!

Our dear friend and neighbor, **Bob Estabrook**, passed away in the early morning on Sunday, August 21st. Bob was born on March 21, 1940. He and Sally moved to Rancho in 2005. Bob was not only a resident realtor, but managed many of the rentals here in Rancho. Bob loved the beach. He would take a sand chair and a book just to soak up the solitude and beauty of our beautiful Pacific ocean. He said the ocean gave him a renewed feeling. He also loved Taco Tuesday at Zee's Café. Bob attended Riverview Church where he was a part of the Men's Morning Bible study. There will be a Celebration of Life for Bob at Riverview Church on Saturday, September 10th at 2:00 pm. Bob will be missed by so many lives he touched here in Rancho and Fallbrook. God bless Bob and his family. Our love and prayers are with you all.

We learned that **Ed Williams** passed away the morning of August 22nd. He was born June 19, 1929. Ed and his late wife Carol, moved to Rancho in October of 1987. Ed was the ultimate caregiver to his wife. She passed away on May 15, 2016. She had resided for many years at the Fallbrook Skilled Nursing Facility where Ed volunteered. Ed had the ability of making people, his friends, feel good with his ability to cook very tasty foods. He had told us that he had been cooking since he was a young boy, and he made Carol and their children Ronald, Gregory and Robin very happy. Ed will be missed by the people he touched over the years.

Our love and prayers go out to both of those families who have lost their precious Dads.

We do live in a wonderful place called Rancho Monserate. The reason it is a special community is because of all the great and caring people who live here. Thanks to those who share a meal, make a delicious smoothie and share it with shut-in neighbors!

Our summer is winding down and fall is around the corner, we hope! We could use some much needed rain!

To all of our September Babies, we wish you a very Happy Birthday! Treat yourself well and stay safe and happy.

BOARD BRIEFS

for the Evening Meeting on August 10, 2016

All Board Members, were present. Managing Agent Tom Riggs and Office Manager Bridgette Conboy was absent. There were twenty-one residents in attendance.

Carol Kelley gave the financial report for the month ending June 30, 2016. The full report for the month was presented in the Board packet and is available in the library, along with the minutes.

Committee reports were given for the following committees:

Audit/Budget/Financial: by C. Kelley
RV Lot: by L. Higby
Architectural/Landscape: by L. Higby
NW/EP: by L. Higby
Political/Publicity: by D. Allen
Golf Course: E. Brennan
Social: by J. Conel
Welcome: J. Conel
Common Area Landscape: by B. Bradshaw
Facilities: by B. Bradshaw

President Raia gave his report for the month of August.

Unfinished Business: None
New Business:

A motion to approve the Annual Financial Review prepared by Michael J. Ferrara, CPA , was made by Carol Kelley, seconded by Judi Conel and approved by all

A motion to approve to have 3 dogs at space #141, Ellen Miller, daughter of deceased Sam Curreri, and not replace a dog if one dies, was made by Judi Conel, seconded by Bud Bradshaw, discussed and approved by all.

A motion to approve to install a Hot Water Recirculating Pump for the Kitchen at a cost not to exceed $750.00, was made by Judi Conel, seconded by Bud Bradshaw, discussed and approved by all.

The next regular Board Agenda Meeting will be held in the Clubhouse on Friday, September 9, 2016 at 9:00 AM.

The next regular scheduled Board of Directors Meeting will be held in the Clubhouse on Wednesday, September 14, 2016 at 9:00 AM.

Having no further business, the meeting was adjourned at 6:35 pm.

SEPTEMBER FUNNIES

SENIOR CITIZENS

Some cause happiness wherever they go, others whenever they go.....

Some senior citizens are being criticized for the present deficiencies of our modern world; real or imaginary, present or past, foreign or domestic.

We take responsibility for all our actions and omissions; we do not try to blame others for our past imperfections, ignorance or failures.

Our generation saved the World from Fascism, Communism, and Racism, while we raised the Standard of Living, Health Care, and Life Expectancy.

HOWEVER, upon reflection, we would like to point out that it was NOT senior citizens who took:

The melody out of music,
The pride out of appearance,
The courtesy out of driving,
The romance out of love,
The commitment out of marriage,
The responsibility out of parenthood,
The togetherness out of the family,
The learning out of education,
The service out of patriotism,
The Golden Rule from rulers,
The civility out of behavior,
The refinement out of language,
The dedication out of employment,

The prudence out of spending,

And we certainly are NOT the ones who eliminated patience and tolerance from personal relationships, and interactions with others on a face to face basis!!

And, we DO understand the meaning of patriotism, and remember those who have fought and died for our country.

YES, I'M A SENIOR CITIZEN!

I'm the life of the party . . . even if it lasts until 8 p.m.

I'm very good at opening childproof caps . . .

With a hammer.

I'm awake many hours before my body allows me to get up.

I'm smiling all the time, because I can't hear a thing you're saying.

I'm sure everything I can't find is in a safe secure place, somewhere.

I'm wrinkled, saggy, lumpy, and that's just my left leg; but I haven't made my skin look like wall paper or snake skin.

My ears, nose, tongue, or naval haven't been pieced with metal rings.

I'm beginning to realize that aging is not for wimps.

Yes, I'm a SENIOR CITIZEN, and I think I am having the time of my life!

If you're not familiar the work of Steven Wright, he's the famous Erudite (comic) scientist who once said: "I woke up one morning, and all of my stuff had been stolen and replaced by exact duplicates."

His mind sees things differently than most of us do. Here are some of his gems.

1 - I'd kill for a Nobel Peace Prize.

2 - Borrow money from pessimists – they don't expect it back.

3 - Half the people you know are below average.

4 - 99% of lawyers give the rest a bad name.

5 - 82.7% of all statistics are made up on the spot.

6 - A conscience is what hurts when all your other parts feel so good.

7 - A clear conscience is usually the sign of a bad memory.

8 - If you want the rainbow, you have got to put up with the rain.

9 - All those who believe in psycho kinesis, raise my hand.

10 - The early bird may get the worm, but the second mouse gets the cheese.

11 - I almost had a psychic girlfriend ... but she left me before we met.

12 - OK, so what's the speed of dark?

13 - How do you tell when you're out of invisible ink?

14 - If everything seems to be going well, you have obviously overlooked something.

15 - Depression is merely anger without enthusiasm.

16 - When everything is coming your way, you're in the wrong lane.

17 - Ambition is a poor excuse for not having enough sense to be lazy.

18 - Hard work pays off in the future; laziness pays off now.

19 - I intend to live forever. So far, so good.

20 - If Barbie is so popular, why do you have to buy her friends?

21 - Eagles may soar, but weasels don't get sucked into jet engines.

22 - What happens if you get scared half to death twice?

23 - My mechanic told me, "I couldn't repair your brakes, so I made your horn louder."

24 - Why do psychics have to ask you for your name?

25 - If at first you don't succeed, destroy all evidence that you tried.

26 - A conclusion is the place where you got tired of thinking.

27 - Experience is something you don't get until just after you need it.

28 - The hardness of the butter is proportional to the softness of the bread.

29 - To steal ideas from one person is plagiarism; to steal from many is research.

30 - The problem with the gene pool is that there is no lifeguard.

31 - The sooner you fall behind, the more time you'll have to catch up.

32 - The colder the x-ray table, the more of your body is required to be on it.

33 - Everyone has a photographic memory; some just don't have film.

34 - If at first you don't succeed, skydiving is not for you.

35 - If your car could travel at the speed of light, would your headlights work?

And the all-time favorite:

36 - If you think nobody cares about you, try missing a couple of payments!

September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 8:30 AM Men's Golf 12:30 PM Men's 9 Hole/Ladies Scramble in the Clubhouse 6:00 PM Hold'em Poker	2 8:30 AM Tennis 9 & 10 AM H2O Aerobics OFFICE CLOSED	3
4	5 LABOR DAY Park Scramble - 8:30am All Employees Off Office Closed	6 8:30 AM Senoras Golf 9:00 AM Billiard Players 6:00 PM Hold'em Poker 6:30 PM Co-Bridge	7 8:30 AM Tennis 9 & 10 AM H2O Aerobics 9:30 - 11:30 AM Bookmobile 10:00 AM Chapel Prayer & Singing 3:00 PM Twilight Golf 7:00 PM Ladies Poker	8 8:30 AM Men's Golf 9:30 - 11:00 AM Ladies Bible Study & Breakfast 12:30 PM Men's 9 Hole 6:00 PM Hold'em Poker	9 8:30 AM Tennis 9 & 10 AM H2O Aerobics 9:00 AM Agenda Meeting 2:00 - 4:00 PM Book Club Tom Riggs Here	10 Bob Estabrook Celebration of Life 2:00 pm Riverview Church
11 2nd Sunday Supper Club "Banzai" 5:00 PM	12 8:30 AM Tennis 9 & 10 AM H2O Aerobics 11:00 AM Line Dancing 1:00 PM Dupl. Bridge 7:00 PM Dbl-Deck Pinochle OFFICE CLOSED	13 8:30 AM Senoras Golf/Luncheon 9:00 AM Billiard Players 6:00 PM Hold'em Poker 6:30 PM Co-Bridge	14 8:30 AM Tennis 9 & 10 AM H2O Aerobics 9:00 AM A1 Golf Cart 10:00 - Noon Flu Shots 10:00 AM Chapel Prayer & Singing 10:30 AM Architectural Mtg. 3:00 PM Twilight Golf 7:00 Pinochle	15 8:30 AM Men's Golf 12:30 PM Men's 9 Hole 6:00 PM Hold'em Poker	16 8:30 AM Tennis 9:00 AM Greens Committee 9 & 10 AM H2O Aerobics Tom Riggs Here	17
18	19 8:30 AM Tennis 9 & 10 AM H2O Aerobics 11:00 AM Line Dancing 1:00 PM Dupl. Bridge 7:00 PM Dbl-Deck Pinochle	20 8:30 AM Senoras Golf 9:00 AM Billiard Players 6:00 PM Hold'em Poker 6:30 PM Co-Bridge	21 8:30 AM Tennis 9 & 10 AM H2O Aerobics 9:00 AM Board Meeting 9:00 AM Golf Carts & More 9:30 - 11:30 AM Bookmobile 10:00 AM Chapel Prayer & Singing 3:00 PM Twilight Golf/Potluck 7:00 PM Ladies Poker Tom Riggs Here	22 8:30 AM Men's Golf 9:30 - 11:00 AM Ladies Bible Study & Breakfast 12:30 PM Men's 9 Hole 6:00 PM Hold'em Poker	23 8:30 AM Tennis 9 & 10 AM H2O Aerobics	24
25	26 8:30 AM Tennis 9 & 10 AM H2O Aerobics 11:00 AM Line Dancing 1:00 PM Dupl. Bridge 7:00 PM Dbl-Deck Pinochle	27 8:30 AM Senoras Golf 9:00 AM Billiard Players 6:00 PM Hold'em Poker 6:30 PM Co-Bridge	28 8:30 AM Tennis 9 & 10 AM H2O Aerobics 10:00 AM Chapel Prayer & Singing 3:00 PM Twilight Golf 7:00 Pinochle	29 8:30 AM Men's Golf 12:30 PM Men's 9 Hole 6:00 PM Hold'em Poker	30 8:30 AM Tennis 9 & 10 AM H2O Aerobics 10:30 AM Architectural Mtg. Tom Riggs Here	

GOT THE SHOT?

Take 3 Actions to Fight the Flu

#1 Vaccinate	#2 Stop Germs	#3 Antiviral Drugs
The Centers for Disease Control recommends a yearly flu vaccine as the first and most important step in protecting against the influenza virus.	Cover your nose and mouth with a tissue when you cough or sneeze. Wash your hands often, and avoid touching your eyes, nose and mouth.	If you get the flu, prescription antiviral drugs may help treat your illness by making it milder and shortening the time you are sick. See your doctor.

PALOMAR HEALTH

COMMUNITY FLU SHOT CLINICS

Nurses will provide the influenza vaccine by injection to children and adults 9 years of age and older.

Location: Rancho Monserate

Date: September 14, 2016

Time: 10am-Noon

Children with asthma must obtain their flu shot from a doctor's office.

For questions call:

Luanne Arangio-Law, RN, MEd.

Supervisor/Community Health Nurse Educator

Phone: 442-281-3828

Cost: Medicare is accepted for who qualify. Seniors MUST bring their red, white and blue Medicare card.

For children and adults under 65 years of age, the cost will be $20 payable by check or cash. We are unable to bill private insurance for vaccines given in our community clinics.

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This is information we all need!!

Place: Fallbrook Public Library 124 S Mission Rd Fallbrook

Date: September 10th 2016

Time: 12:30 pm

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(We want to make sure we have enough handouts prepared.)

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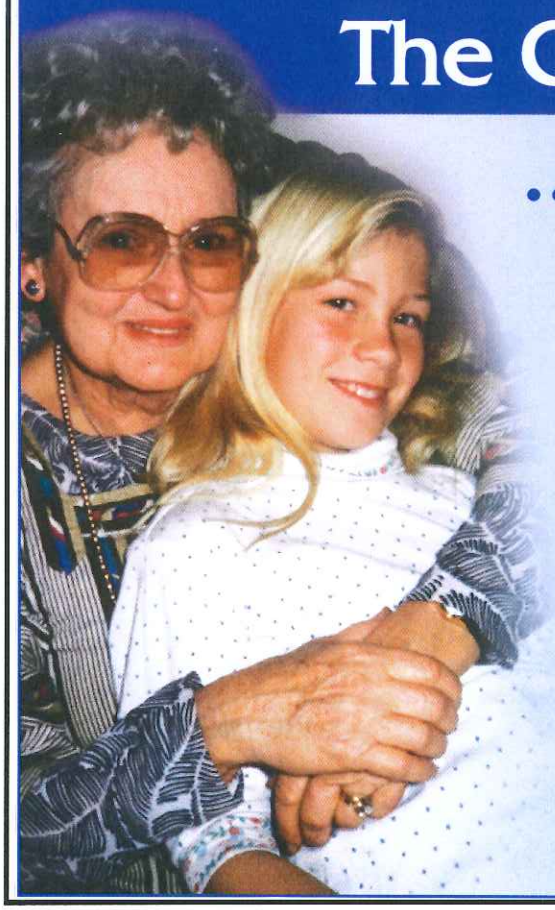

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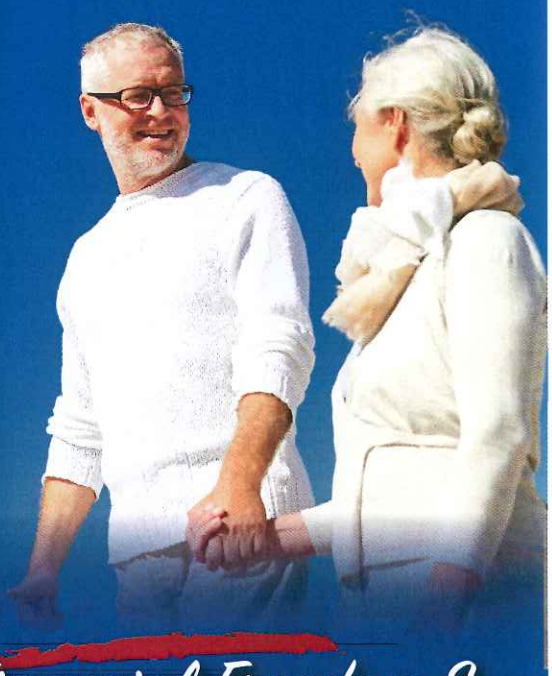

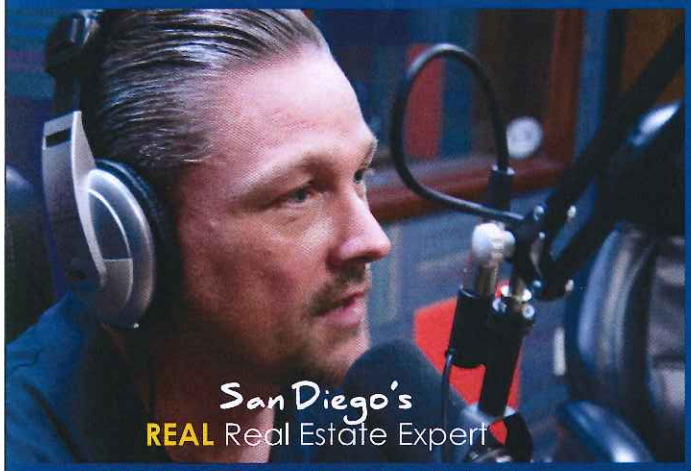

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