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INSIDE THE SVLA BREEZE

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Mailing Address: 7001 SVL Box Spring Valley Lake, CA 92395-5107 Association Office: 760-245-9756 Fax Line: 760-245-3076

Website: www.svla.com





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

Public Safety: 12975 Rolling Ridge Drive Spring Valley Lake, CA 92395 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, structures 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



Medicare Annual Enrollment Period is almost over. Come to one of our local meetings to learn more about your Medicare benefits.

Sun View Plaza 13010 Hesperia Rd., #100 Victorville, 92395

Tuesday, November 21st at 2:00pm Monday, November 27th at 10:00am Monday, December 4th at 2:00pm Choice Plaza 18522 Highway 18, #101 Apple Valley, 92307

Wednesday, November 29th at 10:00am Thursday, November 30th at 2:00pm

Barstow Senior Center 555 Melissa Ave. Barstow, 92311

Monday, December 4th at 10:00am

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STEVE GARCIA



Happy Thanksgiving everyone! It's that time of year when we all need to slow down, enjoy family and friends, and give thanks for all the good in our lives. I know I am guilty of getting caught up in daily activities; running from one task to another, not taking the time to simply appreciate all that God has blessed us with. I hope this will remind all just how much we have to be thankful for.

SVLA held a Community Cleanup Day on Saturday, October 14. It was very successful. A special thanks goes out to Republic Restaurant for supplying Breakfast Burritos to get the morning started. Also, thank you to Jeri Lawrence, Dennis Teece and Al Logan for all their support on the Association side of things; and most of all to everyone who came out and helped clean up the streets and lake shores of the community.

Halloween was very successful. There were lots of children Trick or Treating, and the Association Halloween party for the kids was a big success. SVLA is by far the most popular place in the High

Desert for Trick or Treating. The costumes were great and the children very well behaved.

SVLA held its annual Halloween Lighted Boat Parade on October 21. Twenty-two boats participated as they toured around the shores of the lake. It's always nice to see everyone get together and have a good time supporting community events.

This brings up another community event that I want to inform you about. The annual Tree lighting at the Community Center will be held on December 8, followed by the Christmas parade around the lake. Every year this event is better and better. The maintenance staff outdid themselves last year with the new huge Holiday tree. Come out and enjoy it with family and friends. It promises to be a great time! All SVL members are invited to really get involved and build your own float for the Christmas parade. Participants must fill out an application and waiver to be turned in by December 1.

Happy Thanksgiving Everyone!

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ALFRED LOGAN, GENERAL MANAGER

Halloween 2017

As you know, our community is typically the most desired location for High Desert families every Halloween. Once again, we are excited to report that no significant issues were reported. Staff, job well done. Our SVLA team wants to thank all of those who helped in making this year's holiday a safe success. We appreciate CHP, the Sheriff Department, the Fire Department, all volunteers and residents for working together to provide a safe trick-or-treat experience for local families.

New Residents

New to the Jewel of the High Desert? No worries, effective immediately, our Public Safety officers are going above and beyond by visiting residents' homes to provide a warm welcome to new residents and spread the spirit of "community". Our officers will deliver information pamphlets during such "welcome visits" to help residents become more acquainted with the rules, regulations and operations of SVL as well as con-

tact information for local resources such as our utility companies and law enforcement, etc. Also, keep a look out for a postcard that the association office will be sending out to remind new residents about the upcoming New Members

Orientation at the Spring Valley Lake Country Club.

Community Cleanup

Recently, on October 14, several of our committees collaborated together and organized a "Clean Up Day". As a result, we had several residents come together to voluntarily help clean up the community. On behalf of our association, we truly want to send out a big "thank you" to all who helped.

Additionally, we would like to thank our local Cub Scouts Pack 26 for their help with cleaning our community on a separate day, November 4th!

Overall, we have had a handful of support in removing trash and debris from our association. It was awesome to see everyone come together, especially after the Halloween holiday when we had countless visitors and candy wrappers on our streets; such acts truly illustrate the definition of teamwork and "community".





Welcome to Spring Valley Lake

"The Jewel of the Desert"

We are excited to welcome you to our beautiful community. We hope you enjoy all that our community has to offer you.

Association Office Hours:

Tuesday – Friday 7:30 am - 6:00 pm

Spring Valley Lake Association

13325 Spring Valley Parkway Victorville, Ca 92395

> Phone: 760-245-9756 Fax: 760-245-3076 E-mail: info@svla.com

Copies of the Rules and Regulations, CC&R's, Bylaws and Architectural Guidelines can be accessed on our website

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PROJECTS AROUND THE COMMUNITY

This month we have a few projects being started and projects being completed, as well as maintenance items being addressed.

Fishing area 6 has received a new drinking fountain to complete this fishing area. This required us to do some modifications to the area since the drinking fountain is ADA accessible. The changes were made and are complete.



Our crew is hard at work on the greenbelt that runs parallel to the Parkway on the west side. They will be removing tumble-weeds (Russian Thistle) and cutting weeds (foxtail) below 4" in height. Other vegetation such as sage brush will remain. So if you see our guys up there this month, they are working on cleaning it up.

As you may already be aware, we had been talking about replacing the Public Safety and Code Enforcement vehicles. We have received delivery of these new vehicles which are plug in hybrids. We are excited to see the fuel savings that these vehicles will provide the Association. So, in the future, you will see quarterly reports detailing fuel cost analysis and electricity comparisons to our old fleet.

Outfitting the vehicles is in -process now using local vendors for the decals, tinting and some vehicle set up. We are also able to use most of the current equipment from the old vehicles to save money. Our team is cutting down the rear light bar and modifying equipment to make

it work in these new vehicles. This extra effort by our team is saving us thousands of dollars.

The second part of this roll-out will be selling off the old fleet which we are going to do a little differently this time. Here is some information on how we will be selling these off: We will be selling off (6) 2012 Chevrolet Impala's and (1) 2007 Chevrolet Colorado. Each of these vehicles



will be posted on-line with detailed photos and descriptions. Keep in mind they have seen heavy use and the description and photos will show that. The vehicles will be up for bid to the community and full details will be disclosed next month.

We have some Christmas events

coming up including the Tree lighting and Parade; so mark your calendars.

As we enter into winter, this time reminds our crews that whatever is in the streets and gutters will end up in our Lake. Help us keep our lake clean by put-

ting trash in the proper trash cans. I would like to thank the Cub Scouts Pack 26 for helping clean up on November 4 and to the community, committee and club members that helped on our community clean up day.

We have just received our first shipment of 2,000 lbs. of trout for this winter season, most around 1-1.5lbs each. Grab your poles as this first shipment was delivered on 11/14/17. They



should be bitting at your bait within 24 hours of the planting. We have 2,000 lbs more being delivered on 12/4/17.

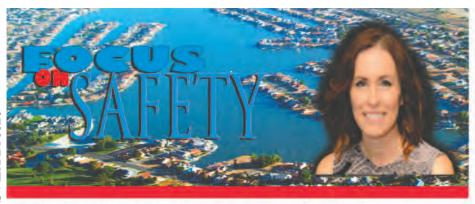
Have a Safe and Happy Thanksgiving Holiday.

HEIMOMETAL EMD GOVE IMERGE

Story and photos by Jeri Lawrence

Spring Valley Lake is always the best place for "trick or treaters" and the same can be said for golfers as they got a real Halloween treat golfing on our course. The Women's Member/Guest Tournament, with a Halloween theme, was well attended by costumed golfers.





LISA HARTLEY, PUBLIC SAFETY DIRECTOR



On average our Graveyard shift finds five to six open garages a night. When one of the officers locates a house with their garage door up, they have to make contact either by a phone call or at the door. Sometimes it can be quite startling to wake up to your door bell ringing or a knock on the door in the middle of the night. The Public Safety Department wants to make sure you and your belongings are safe. So here are some helpful tips to make sure your garage and other parts of your house are secure before you retire for the night.

- Check and lock all the 1. doors in the house (even the door into the garage if the garage is attached).
- Check and lock all windows in the house. (If the win-

dow is shut but not locked it is easy access for an intruder).

- Check your garage door and make sure it is closed. (You can buy a timer for your garage door and it will automatically close after a certain amount of time).
- Keep lights on around the property to help deter any criminal activity. (Motion lights work great because they signal that something is going on in that area).
- If you have a security 5. system, make sure you turn it on every time you leave the home or go to bed.
- Create a check list for vourself so vou can make sure you are checking all these areas every night.

Meet the Team Sergeant Joshua Ortiz



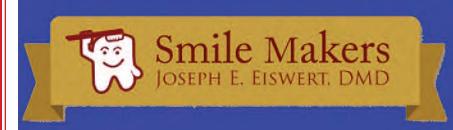
Hello Spring Valley Lake,

My name is Joshua Ortiz, I recently have been promoted

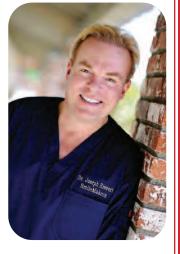
to a Sergeant with the Spring Valley Lake Public Safety Department. I started serving this community back in November of 2014, and it has been an honor to both be led by leaders who have such positive goals for this community, and to lead my officers to be the best version of themselves. I consider it a privilege to be part of this department. During my time here, I have watched this community grow into something amazing,

truly becoming a main part of my life. Even after these years, my passions have remained intact. I am constantly aiming for new ways to make the Spring Valley Public Safety Department play its part in the association's outreach towards its residents through effective methods of communication with those who wish to be informed. We are a community after all, and with that should naturally come communication. I ask you all to join in making great efforts toward helping our community, On behalf of my team; we take satisfaction in our efforts to serve you simply because we have been given the opportunity.





Dr. Joseph E. Eiswert D.M.D.Temple University Graduate,
USAF Captain
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CODE ENFORCEMENT



upon us with family and friends gathering to share all the marvelous foods and festivities of the season. We hope that none of you became sick from all the Halloween candy consumed, and are getting ready for all the home baked goodies that come with the next two months. The seasons before us are a time of sharing with family and friends, and enjoying all the fine foods and traditions of vour cultures.

After all the things that have happened around the world, we surely need a time to be thankful for all we have. This is a good time to share with your family and friends just how thankful you are for them.

In the next few weeks the community will come alive with an array of decorations that will delight us all. People will put away the spiders, and their webs, and all the cute little Halloween decorations. The community will then come alive with the Thanksgiving decorations.

Before you get started with the hustle and bustle of the holidays, make sure you have winterized your swamp coolers, pipes, and outside wa-

The holidays will soon be ter lines & hoses. Water lines will freeze up here in the high desert during the winter, so make sure you wrap them. Drain swamp coolers and cover them up. Last year we had reports of many cracked and broken water lines. If you have any questions at all please call into the Association office.

> One area that is often overlooked is smoke detectors that are required in every room. Check them to make sure the batteries are good. With cooler weather coming you will be turning on your heaters, so checking those air filters is another good thing to be doing. There are over 12,000 residents in our community and we do our best to keep all of you informed of things going on in Code Enforcement. If you have any questions at all please contact us at (760) 245-9756 in the Association office.

This is also a good time to begin prepping your landscaping for fall and winter. Some plants

need to be brought in as they cannot take the night cold during the winter time. Roses need to be pruned the end of this month

and the beginning of next month. of so they can make it through the cold months of winter.

However you celebrate The lawns need to be taken care the Thanksgiving holiday this month, give thanks & love to those around you.



~ YOUR CODE ENFORCEMENT TEAM



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SPRING VALLEY LAKE VETERANS CLUB

I would like to take this opportunity to introduce myself. My name is Gary Hunt, and I am the new President of the Spring Valley Lake Veterans Club. My background is as follows...

I served twenty years in the United States Marine Corps, from 1968 to 1988. I served a tour in Vietnam as a door gunner in CH46 squadron. I retired as a Master sergeant, then worked at McDonnell Douglas/Boeing for 21 years. As your new club President, my goal is to follow our club's Charter, which is to help our Spring Valley Lake Veterans in their time of need. Our club members share a bond that only

Veterans can understand.

I know I have a lot work to do, and I will need your support to accomplish our goals. As you know, due to conflicts with other SVL events, we have changed our meeting day to the fourth Wednesday of the month. I am requesting the assistance of all Spring Valley Lake Veterans. Please come forward and attend our meetings. Your participation and input is needed to make the club a continued success.

Sincerely,

Gary Hunt, President

Spring Valley Lake Veterans

Club, a 501(c)3 organization





The SVL Veterans Club

(a 501(c)3 organization)

You are invited to join us for our next meeting (Note change to 4th Wednesday of the month) Wednesday, November 22, 2017, at 6:00 p.m.

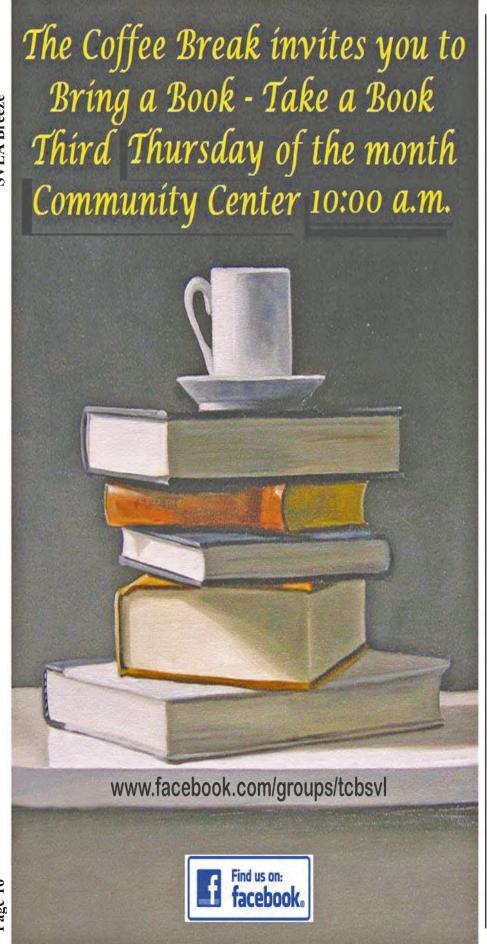
SVLA Community Center located at 12975 Rolling Ridge Drive Spring Valley Lake, California 92395

You can email us at svlveterans@gmail.com
or find us on Facebook
SVL Veterans Club









It's time for a Coffee Break!

THUR\$DAY

November 16 at 10:00 a.m.

SVLA Community Center CB1

FREE Keurig Coffee, Tea and sweet treats with friends and neighbors!

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By Jeri Lawrence/Committee Chairperson

With the Meadowlark Park re-design and the Spring Valley Lake Community Building upgrades in the hands of SVLA staff, the Planning Committee is moving on to plan other projects.

On October 14th the Community Planning Committee and Association Staff, held a "Community Cleanup Day" event. The number of members who came out to help was enthusiastic and ready to make a difference in our community. With the much needed support of the Board of Directors and much appreciated support of the SVLA staff and the SVL Republic Restaurant, breakfast items and coffee for those participating in this cleanup event was provided. Staff also provided all the items necessary to keep our community beautiful. The Planning Committee would very much like to have this event be held each spring and each fall; so reaching out for sponsorships will be foremost on the committee agenda. We also reached out to SVL member, Don Holland, Policy Advisor to 1st District Supervisor, Robert Lovingood, and both of them were there to show not only personal support, but also County support for this important event. A huge "thank you" for that support.

The Planning Committee Members have other projects we are working on for the future and success of our community. The investment in your property and home is passionate and immense. The Planning Committee works to make your passion our purpose. Stay tuned.





Winning Fitness- Gaining One Hour and Eleven Years

by George Mangum, Director of Fitness

By the time you read this, two things have happened: Heritage Victor Valley Medical Group and Heritage Life Fit FITness sponsored our monthly SVL Bam Jam at the beach area, where we meet the first Saturday of each month for outdoor fitness activities and raffle prize drawings. The other thing to happen was the end of Daylight Savings Time, where we were all rewarded with an extra hour to sleep or do whatever. We all want that extra hour, yet, I have a way to help you gain an extra 9-11... years, and it's called fitness. In the past year, we have research that tells us that the more vigorous fitness we participate in, the longer our telomeres become, and the more years we add to our lives, up to 11. Remember that

saying, "You can't buy time"? Yes you can, through regular fitness. If we're happy with an extra hour one-day-per-year, then how ecstatic should we be to add up to 11-years of life? Telomeres are caps at the end of our DNA that prevent cell breakdown, thus prolonging cell and human life. However, the two primary ways to lengthen our telomeres, to lengthen our lives is through aggressive distance running and higher intensity fitness, which we offer for free to members at our onsite fitness facility at Heritage. Come see us at our next Bam Jam on December 2 (8am at beach area), and let us help you have a great workout and tell you about our incredible "life-adding" fitness programs.







Fishing Area #6 Upgrade

Have you noticed some changes taking place at Fishing Area # 6 on White Sail Drive?

Changes are on the way. Our Maintenance crew just recently removed the sod and we also had to remove the concrete picnic table pad to accommodate the new ADA/pet friendly drinking fountain.

We will be adding decomposed granite and river walk around the new concrete pad and path which will house the picnic table and BBQ area.

The existing sprinklers will be replaced in the grass area to meet watering requirements.

We are projecting to complete this project within the next 30 days.

The picture to the right (top) shows the current state of the Fishing Area and the bottom picture shows what the Fishing Area is projected to look like once the upgrades have been completed.

Once this phase is completed, future upgrades are to include a shade structure and a tree to replace the tree that was removed last year.

We are excited for another upgrade to be taking place to beautify our community.

Make sure to stop by and see the progress that is taking place!



Current picture of Fishing Area #6



Projection of Fishing Area #6 with upgrades



THE SVLA BREEZE BUSINESS IN VIEW

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See page 31

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HOW "A NICE FAMILY CHRISTMAS" HIGHLIGHTS A SVL MEMBER

Story and photo by Jeri Lawrence

Stephanie Brynjolfson and her two daughters, Karly and Lyndsey, have resided in the Spring Valley Lake for over five years. Stephanie has been in countless productions over the years as a proud member of the Theater Arts Guild. But it goes beyond great acting as she has also directed many performances at the High Desert Center for the Arts in Victorville. This latest one, "A Nice Family Christmas" is fitting for the season of the year, but also sends an important message of how everyone at the table are all family related, but live very different lives. As each

member divulges secrets, problems and dysfunctions, they learn their

"tell all" will be included in one diner's article. Can the magic of Christmas bring this family together or make the family connection worse.

Don't miss this exciting play that stars Stephanie and our own Country Club employee, Sheila Faraes, who plays the 85 year old Grandma, beginning December 1 and ending December 10. Call the Playhouse for further information.



SVLA Breez





New Vehicles For PSD & Code Enforcement!

We have just received 7 new vehicles for our Public Safety and Code Enforcement Departments. These new vehicles will be replacing our old fleet of vehicles that have deteriorated over the years. The vehicles were up for replacement per our reserve study as well as the useful life of the old vehicles.

We are excited to announce that 6 of these new vehicles are plug in hybrids and we are expected to see thousands of dollars in savings in fuel cost annually.

The new vehicles aren't quite ready for the streets as they will all be undergoing equipment setup as well as decal placement before they are put into service.

Once the new vehicles are in service we will then begin doing a silent bidding auction for the old vehicles.



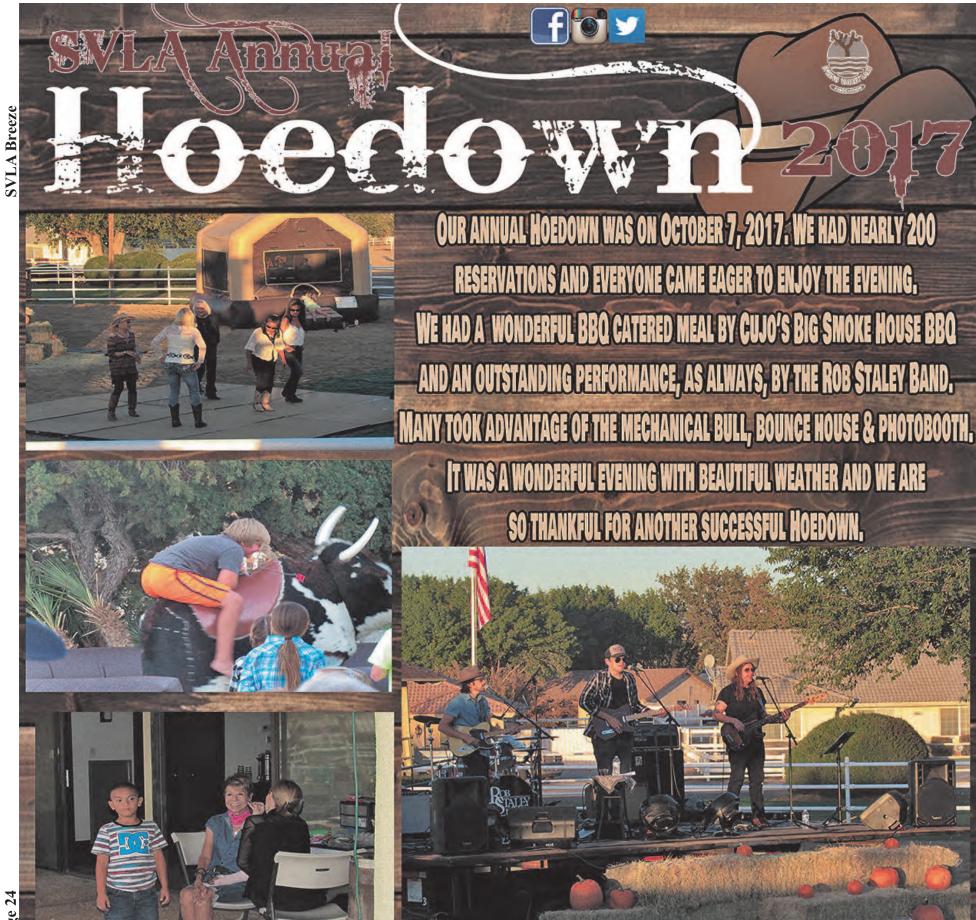


The auction will be open to the community. All the details regarding the silent bidding auction will be provided with ample time to ensure that all who are interested in bidding on the old units can do so properly.

We are excited for this much needed upgrade for the PSD and Code Enforcement Departments as they are out patrolling our community.

Be sure to keep your eyes open for the information on the silent auction bidding.





Join us for Seminars on 2018

Medicare Plans



Unblased Medicare Open Enrollment Seminars

- Medicare basics Parts A, B, C, D
- 2018 benefits of multiple Medicare plans
- How you may qualify to reduce your drug costs

Meetings last one hour - no cost or obligation.

Alliance Wellness Center -17259 Jasmine St., #C, Victorville

Wednesday, November. 1, 2017 at 1:30 pm

Wednesday, November 8, 2017 at 1:30 pm

Saturday, November 11, 2017 at 10:00 am

Saturday, November 18, 2017 at 10:00 am

Thursday, November 30, 2017 at 10:00 am

Thursday, December 7, 2017 at 10:00 am

Walk-Ins Welcome

Please call (760) 951-8787 to set up a private appointment, for more information or for accommodation of persons with special needs. A salesperson will be present with information and applications.

Medicare has neither reviewed nor endorsed this information

Medicare Primary Care Physicians of Alliance



www.alliancedesertphysicians.com

Dr. Amy, a SVL resident, is your neighbor! Make a vet appointment with her at Anthony Animal Hospital 16284 Main Street, Hesperia

On Main St Between 3rd and 5th Avenue

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Vaccination
Discount
Tuesday 8-1pm
Friday 1-5pm

Dental Clean \$75 Polish \$10-\$15 SVL clients FREE EXAM w/ procedure

Neuter & Spay
Specials
on Wednesdays
Beats shelter prices!

Cat Declaw Special

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MON-FRI 8AM-6PM
SAT 9AM-3PM

10% off military & seniors

> Boarding Special: Buy 7 days & get 8th day free.



ARE YOU CONCERNED ABOUT...

Boats, trailers, motorhomes parked on the streets?

Abandoned vehicles?

Speeding on residential streets?

Get your questions answered!

You are invited to attend Coffee with the CHP

Thursday, November 16 at 10:00 A.M. in the

SVL Community Center located at

12975 Rolling Ridge in Spring Valley Lake

Sponsored by The Coffee Break

The Coffee Break



October's meeting was filled with fun and friendship!
Halloween treats, great books, Fall table décor, seasonal flavored coffees and a cute ghost craft kept things hopping!

We invite you to join us on the 3rd Thursday at 10:00 a.m. at the Community Center.

Bring a book to trade for our

Book Exchange and come enjoy

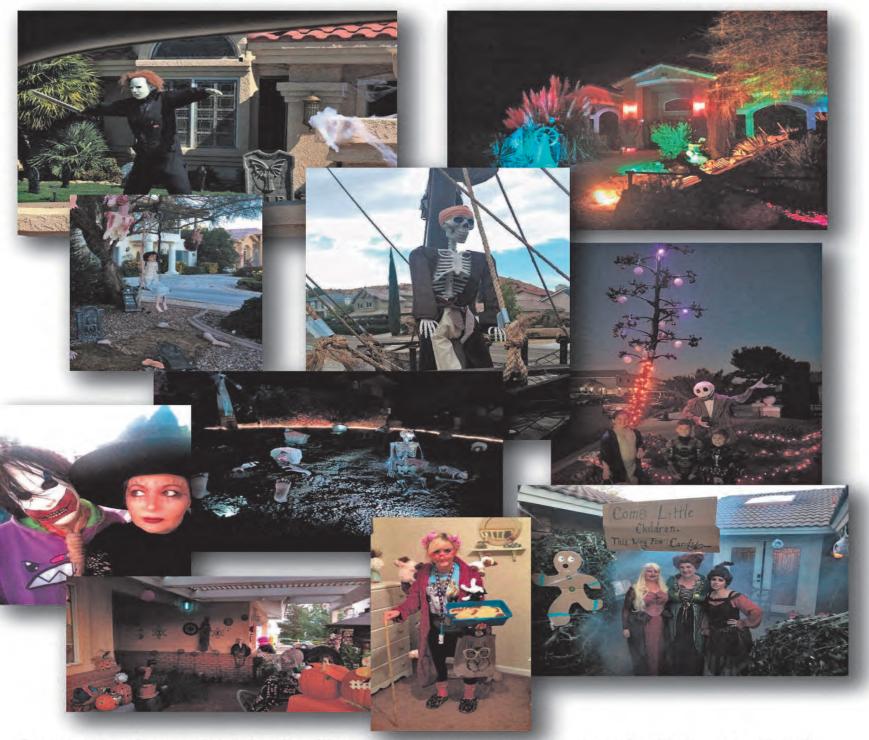
FREE Keurig coffee and tea plus sweet snacks!

For more information, contact: Dennis Verhagen at 760-243-2128

Search FACEBOOK www.facebook.com/groups/tcbsvl



The Coffee Break Celebrates Spirit!



Special thanks to all of the families that go the extra mile to make Halloween fun for the children in Spring Valley Lake. And thank you as well to the wonderful Trick or Treaters in their creative costumes that make Halloween special for all of us!



ASSOCIATION OFFICE HOURS

CLOSED MONDAYS

OPEN TUESDAY THRU FRIDAY 7:30 A.M. - 6:00 P.M.

11/18	HOLIDAY BOUTIQUE	9am	MLH
11/21	EE Committee Meeting	6pm	EECH1
11/23- 11/24	THANKSGIVING HOLIDAY ASSOCIATION OFFICE CLOSED		
11/27	BOD Executive Session	6pm	PVR
11/28	BOD Open Meeting	6pm	MLH
11/29	TOWN HALL MEETING with Assemblyman Jay Obernolte	6pm	MLH
11/30	1/30 Architectural Committee		PVR
12/1	/1 Lions Club Poker		MLH
12/5	Citation Committee	5:30pm	PVR
12/5	12/5 SVL C.O.P.'s		MLH
12/5	Community Task Force	5:30pm	
12/8	12/8 Tree Lighting & Parade		MLH
12/9	12/9 Holiday Gala Dinner Dance		MLH
12/13	/13 Lake Committee		PR
12/14	/14 Architectural Committee		PVR
12/16	Breakfast wih Santa	8am	MLH

Boat Test for Vessel Operator's Permit occurs Daily at 9am in CB4

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COMMITTEES	COMMITTEE CHAIR	MONTHLY	TIME/LOCATION
Citation Committee	Don Nelson	1st Tuesday	5:30pm PVR
Community Task Force	Rory Shannon	1st Tuesday & 3rd Tuesday	5:30pm 5:30pm
Equestrian Estates Committee	Karina Rodriguez	3rd Tuesday	6pm EECH1
Lake Committee	Rob Cappella	2nd Wednesday	9am PR
Architectural Committee	Carol Felix	2nd & 4th Thurs.	4pm PVR
Community Plan Committee	Jeri Lawrence	3rd Thurs	4:00pm PVR

CLUBS	FACILITATOR+ CONTACT		
Amateur Radio Club - 1st TH, 7pm PR	George Ellison NOGWE 818-585-5759 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, thecoffeebreak@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		
BSA Venture Crew 257, TH 6:00pm, PR	Colby Hillers 760-900-6383		
Sewing Bee's - 1st & 4th W, 9:30am - 2pm PR	Virginia Granados 760-245-7801		
Social & Fishing Club - Varies, MLH	Mike Conroy 909-260-8240		
Veterans Club - 4th W, 6-7:30pm, PR	Gary Hunt 760-265-3349		
Yacht Club - 3rd TH, 6-8pm MLH	Dean Von 760-927-2226		

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
Archery Club	T	2pm, 3pm, 4pm	PFP	Bob Gierlich 760-243-6082
Power Yoga	T/W	6:30pm-7:30pm	PR/ MLH	Jace Knisely 760-628-6416
Line Dance Beginner/Intermediate.	М	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
Zumba	T,TH	8:30pm-9:30pm	MLH	JoAnna Cloward 760-240-7386

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

YOUR AD BELONGS IN THE



RIGHT HERE!

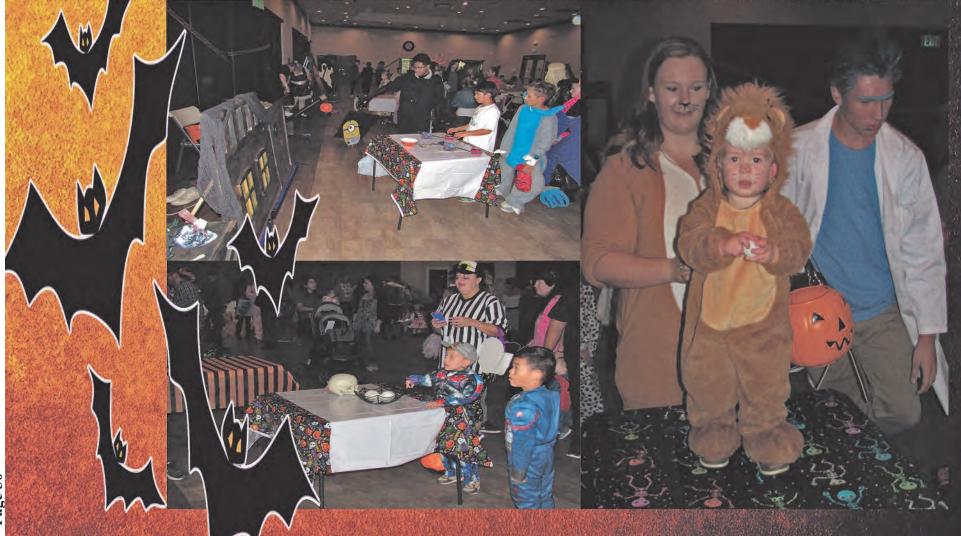
CALL 760-220-7096

OR EMAIL:

LoveMediaGroup@yahoo.com

HALLOWEN PARTICIONALISTA

The Children's Halloween Party was a huge success Tuesday night October 31, 2017. The room was packed out with children and parents dressed in their Halloween costumes. There were 10 different games to take part in to wincandy and prizes. A popular prize of the evening were the fidget spinners. The maze was upgraded this year and included 3 different paths you could take with only one leading out. Everyone had a great time. We send a big thank you to Venture Crew 257 for helping out, we would not have been able to do it without you.



Owner

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Your business card could be here! Call 760-220-7096



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Frequency: Weekly (Every Thursday) **Time**: 8:30 - 9:30 AM Location: Panera Bread

11838 Amargosa,

Victorville

President: Dorcas Walker See you there!

Go to: www.cbp316.com to register for the next meeting and for more details.



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Dr. Samir Nayyar was born in New York and moved to Apple Valley, CA soon after. He attended Granite Hills High School in Apple Valley prior to University at Buffalo for his studies where he received the SUNY Chancellors award and the Excellence in Pediatric Orthopedic Surgery award. During his time at University of Buffalo and NYU Langone Medical Center/Hospital for Joint Disease, he gained experience in joint reconstruction and replacement training under the World's most prestigious orthopedic surgeons.

Dr. Nayyar utilizes innovative techniques that lessen postoperative pain and blood loss. He takes pride in his ability to help his patients regain function and mobility and is excited to bring the most innovative surgical techniques back home to the High Desert.

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