



the SVLA BREEZE

June 2017

Ads: 760-220-7096



ATTENTION BOATERS JUNE 24, 2017

6:00PM- NO WAKE on entire lake

7:00PM- NO vessel launching
at Boat Ramp

8:00PM- NO movement on
lake

See Public Safety & Operations
Report for further information
(pg 8 & 10)

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SYLA 12TH ANNUAL FAMILY FESTIVAL JUNE 24, 2017

11:00 AM - 3:00 PM

MEADOWLARK PARK

12975 ROLLING RIDGE DR.

\$5.00

ALL DAY FUN PASS

**FOOD STARTING
AT \$1.50**

BMX STUNT SHOW

BOUNCE HOUSES

WATER SLIDES

MAGIC SHOW

CAR SHOW

ROCK WALL

DELICIOUS BBQ

DON'T MISS OUT....

SVL EVENT OF THE YEAR!!

FIREWORKS AT THE BEACH

MEMBERSHIP CARDS AND GUEST PASSES REQUIRED!

FOR MORE INFORMATION CALL 760.245.9756







Spring Valley Lake Contact Information

Management Staff

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Vice President Amy Stanton

Secretary Christopher Huntingford

Treasurer John D. Smith

Director Loran Keith

Director Robert McCoy

Director Stephen Orr

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SVLA Administration Office
13325 Spring Valley Parkway
Spring Valley Lake, CA
92395-5107

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

Association Office:
760-245-9756

Fax Line:
760-245-3076

Website:
www.svla.com



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

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



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

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



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SVLA BOARD DIRECTOR

ROB MCCOY

This time of year in Spring Valley Lake is always exciting as SVL residents, friends, families and neighbors gather to enjoy our outdoor amenities and usher in the warmth of summer! I am enthusiastic for another fantastic SVL summer where residents pack the beach, parks, lake, fishing areas, and Equestrian Center while reveling in the social capital that our community offers. An outdoor community is a successful community, which is why your SVLA staff and Board of Directors remain committed to improving and maintaining SVLA's parks and other outdoor amenities. This community is very fortunate to have such dedicated and hardworking association staff serving to protect and maintain these amenities. Thank you to our SVLA staff and volunteers for the great job they do; including hosting events such as concerts at the beach, kids club, family festival & firework show, and other great outings where SVL residents can get outside and meet their neighbors.

Thank you to SVL resident George Mangum and the Heritage Victor Valley Medical Group for helping orchestrate the 1st annual SVL Memorial Day Color Run. What an incredible sight it was to see SVL residents, friends and neighbors fill the streets in honor of those who have sacrificed everything for our great nation. Thank you to all who participated in the color run, and to those who supported the High Desert Marines Memorial Day Veteran's Breakfast fundraiser here in our community. To the Republic American Eatery in Spring Valley Lake, thank you for your support as well! Yet another great example of how this community can come together!

Have a safe and enjoyable summer! Please keep the ideas and information flowing by contacting a SVLA staff member or board member, board@svla.com.

Thank you for the privilege of serving this great community! 




12th Annual

FIREWORK SHOW

JUNE 24, 2017

MUST present SVL Member card

OR Guest pass for Entry!

Fireworks scheduled to begin at approximately
9pm (subject to sunset)

FOR MORE INFORMATION CALL 760.245.9758



You belong at SPRING VALLEY LAKE COUNTRY CLUB

Spring Valley Lake Country Club offers championship golf, incredible amenities, family fun and much more!

Members will enjoy:

- 18 holes of championship golf
- PGA golf professional and USPTA tennis instruction
- Four lighted Har-Tru tennis courts
- Complimentary golf and tennis clinics
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\$60 gets you into any category of Membership for the first 12 people to apply!

Call today!

Contact Membership to schedule your tour today!

(760) 245-5356 ext. 247

13229 Spring Valley Parkway

Victorville | CA | 92395

Get connected with us on Social Media:



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@_SpringValley_

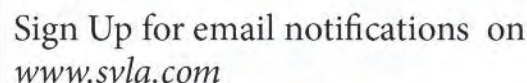


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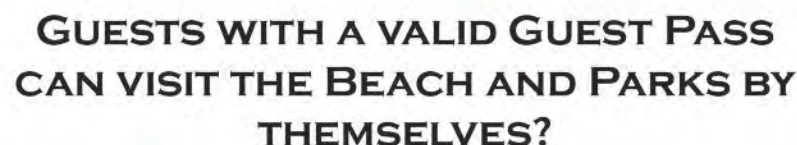


Like Us On...



We have our team of seasonal lifeguards and officers trained and in place for the summer. They work very hard for everyone's safety. Please tell them thanks when you see them!

and the Board of Directors' photo display to match the new room signs. Stay tuned!



10022145



GUEST

Membership cards and/or guest passes are required at all Association common areas for everyone 12 and older. The thing many people do not realize is that guests can visit the beach and parks by themselves without the owner being present. Fishing areas, however, do require a member with a valid photo membership card to be present with the guests, but feel free to send your guests to the beach or parks to enjoy a day whether you are able to attend or not.

.....

BEACH CLOSURE



THE BEACH WILL BE CLOSED AT 4PM EVERY OTHER WEDNESDAY FOR CHLORINE TREATMENT. THE BEACH WILL REOPEN AT ITS NORMAL TIME THE FOLLOWING DAY. BELOW ARE THE DATES WE WILL CLOSE AT 4PM.

MAY 24, JUNE 7, JUNE 21

JULY 5, JULY 19, AUG 2

AUG 16, AUG 30 & SEPT 13

BEACH CLOSED FROM 4PM EVERY OTHER WEDNESDAY

BEV'S SKINCARE SECRET!

See **RESULTS**
IMMEDIATELY

- **HIS & HERS Product**
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 - Safe for face and body
- Healthy and effective for men, women & teenagers of all ages
- Preventative care

****Half of all proceeds will be donated to Wounded Warrior Foundation****

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support for their outpouring of
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One Responsible Source™



ALFRED LOGAN, PUBLIC SAFETY DIRECTOR

Fireworks at the Beach

It's that time of the year again. Our SVLA fireworks event date will be June 24, 2017. As normal, the Public Safety team has a detailed event action plan. We will have a large presence of officers and we are expecting a calm and safe event. In addition, we have communicated with the CHP, Sheriff and volunteer forces to be sure we have as much help as possible. The PSD team would like to remind all residents to be sure you have the correct membership passes for the event. To be clear, the staff has been instructed to not let anyone into the event without proper SVLA cards. Please make arrangements in advance to be sure you are ready for

the event. Also, the beach area opens at 6am. **No personal items will be allowed on the beach before opening time. It is also against the rules for residents to "save a spot" and leave items unattended.**

In previous years, there were residents concerned that our team was not strictly enforcing the SVLA Rules and Regulations regarding saving spots at the beach. This year we will have staff assigned to identify violators. We thank you in advance for your cooperation and understanding during this event. Please share this information with your friends and family attending the event. Here is some additional information for the event:



**ATTENTION BOATERS
JUNE 24, 2017**

6:00PM- NO WAKE on entire lake

**7:00PM- NO vessel launching
at Boat Ramp**

**8:00PM- NO movement on
lake**

Public Safety Officers will NOT conduct vessel inspections, renew VOP's (Vessel Operator Permits) and/or conduct VOP class on June 24th, 2017.

Lake Evacuation Siren

Our Public Safety Team want to ensure all residents understand what to do when the lake siren sounds. The Siren will be activated by the SVLA Public Safety personnel during adverse weather condition or

any time the lake is considered unsafe to use.

- **Wailing sound:** Clear the lake of all recreation activity.
- **Steady sound:** All clear – safe to resume normal activity.

VESSEL REGISTRATION CHECKLIST

**ALL Documents MUST list the same
Homeowner/Tenant member's name**

Items Required for Powered Vessel Registration:

- _____ Current DMV Reg. for Powered Vessels
- _____ Current Driver's License
- _____ Current Vessel Operator's Permit (VOP)
- _____ SVL Safety Inspection (Call 760- 245-6400)
- _____ Conditions for Issuance Form **Signed**
- _____ **Insurance Policy:**
 - Policy number
 - Policy period (Effective to Expiration Dates)
 - CF #, Hull #, Name of Vessel
 - \$300,000 minimum liability
 - SVLA listed as **Additional Interest** w/ mailing address:
7001 SVL Box, Victorville, CA 92395
 - Name of Insured
- _____ Payment of Sticker Fee
 - \$45.00 Powered Vessels (15 H.P. and under)
 - \$150.00 Power Vessels (Over 15 H.P.)

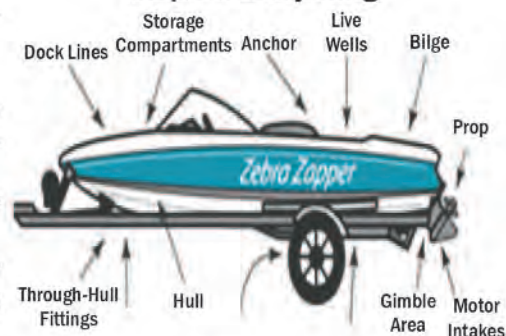
Items Required for Non-Powered Vessel Registration:

- _____ Conditions for Issuance Form **Signed**
- _____ **Homeowner's/Renter's Insurance Policy:**
 - Policy number
 - Policy period (Effective to Expiration Dates)
 - \$300,000 minimum liability
 - SVLA listed as **Additional Interest** w/ mailing address:
7001 SVL Box, Victorville, CA 92395
 - Name of Insured

Vessel Stickers are valid from Jan. 1 - Dec. 31 of current year

- Inspect all open surfaces. Small mussels will feel like sandpaper.
- Remove any biological plant life and animal materials.
- Wash your vessel thoroughly.
- Drain your bilge, bait/live wells and other compartments, and then allow to dry completely.
- Ensure all ropes, tow-lines and anchor lines are dry.
- Please allow vessel to dry for five days prior to entering Spring Valley Lake after being placed upon any other body of fresh water.

Before Leaving & Before Launching Inspect Everything





Spring Valley Lake Country Club's 2017 Triathlon Summer Camp

Your child will enjoy golf, tennis, swimming, lunch, games and so much more at the best summer camp around!

WHEN: Tuesday – Friday

WHERE: Spring Valley Lake Country Club
13229 Spring Valley Parkway
Victorville, CA 92395

TIME: 9:00am – 2:00pm

COST: Members: \$99/week or \$35/day
Non-Members: \$119/week or \$40/day

Session Dates:

- June 6, 7, 8 & 9
- June 13, 14, 15 & 16
- June 20, 21, 22 & 23
- July 11, 12, 13 & 14
- July 18, 19, 20 & 21
- August 1, 2, 3 & 4

AGES: 6 – 12

*Please Note: Must have a minimum of 8 children per week to hold camp.

Open to both Members and Non-Members!

For questions, more details or to sign up, please call Spring Valley Lake Country Club at 760-245-5356.

Can't wait to see you at the Club!



2017 GROUP SWIM INSTRUCTION

At Spring Valley Lake Country Club

SESSION DATES:

- Session 1: June 6 – June 9
June 13 – June 16
- Session 2: June 20 – June 23
June 27 – June 30
- Session 3: July 4 – July 7
July 11 – July 14
- Session 4: July 18 – July 21
July 25 – July 28
- Session 5: August 1 – August 4
August 8 – August 11

LESSON TIMES:

TUESDAY through FRIDAY

- Level 4/5: 9:00 – 9:30am
- Level 3: 9:35 – 10:05am
- Level 2: 10:10 – 10:40am
- Level 1: 10:45 – 11:15am
- Parent/Tot: 11:20 – 11:50am

Pricing:

- ▶ \$55 per Member child per two week session
- ▶ \$50 per child for two SVLCC children per two week session
- ▶ \$65 per NON-MEMBER child per two week session



PROJECTS AROUND THE COMMUNITY

We have been busy with maintenance items around our community, and just like most of you, we have been very busy trying to keep up with the weeds at all of our properties. June also brings a lot of Association events that require our guys to prepare and plan to provide you with a fun and great event.

But first I wanted to mention a few maintenance projects we have been working on:

- At fishing area 7 we have installed a new irrigation system and installed 900 sq.ft. of sod in an area that was having issues with keeping the grass alive.
- We have cleared 1.4 acres of greenbelt and cleared all v-ditches around the lake.

These are just some of the maintenance items we have been working on this month. If you are interested, every month we post a general overview of items

each department has worked on for that month. You can find these reports on our website by going to SVLA.com and clicking on departments.

We have just finished the Summer Kick-off and enjoyed the day. The crew planned and worked on the set up and obstacle course to provide a small challenge for the kids. The other big event our crew is busy with is the Family Festival and Firework Show, which requires a lot of planning from all departments to do our best and make sure everything goes as smooth as possible. We are preparing for the electrical needs of our vendors and performers as well as the Fire Departments requirements as they are bringing their seismic simulator called ShakeOut to the festival. We also plan and prep for the evening firework show. Both of these events will be happening on June 24.

OUR LAKE



While these things are all going on, we have finished working on the additional air pump and aeration system at fishing area 10. Building the system in house and using a local manufacturer to build a weather resistant box for the air pump saving the Association hundreds from purchasing a prebuilt system. Currently these 9



aeration pumps help the ecological balance of our lake by using oxygen to move water from the bottom of our lake up through the thermocline and increasing the areas for zooplankton, phytoplankton and fish to live in. Also, the increased levels of oxygen near the bottom increase aerobic bacteria that consumes suspended organics and digest bottom muck.

That is why these air pumps are so important to our lake. We look forward to adding more of these systems to our lake over the years.

We have also replaced a section of wrought iron at the beach and are working on other areas as required.

BEACH CLOSURE



You may have noticed this sign at the Beach letting you know that every other Wednesday we will be closing the beach at 4pm for chlorine treatments. This is a reminder for you. Thank you for your understanding.

I would also like to remind you that glass is not permitted at the beach. We have been finding a lot of broken glass recently and would ask that you please not bring any glass bottles or containers of any kind to the beach area.



As a reminder for boaters, please take note of the lake closure schedule below during the June 24 firework show. 💎


SVLA FIREWORK SHOW JUNE 24		
ATTENTION BOATERS		
6:00PM	7:00PM	8:00PM
NO WAKE	NO LAUNCHING	NO MOVEMENT
WILL BE ENFORCED ON THE ENTIRE LAKE	PUBLIC SAFETY WILL CLOSE THE RAMP	ALL VESSELS MUST BE ANCHORED AT NORTH END OF THE LAKE OR BEACHED AT SWIM BEACH AREA



THE SVLA BREEZE BUSINESS IN VIEW

Your Business Card Belongs in
The SVLA Breeze ~

See page 31



CALL TODAY
760-220-7096

LOVE MEDIA GROUP

PO Box 1079 Helendale, CA 92342

Business Cards that offer discounts or are framed as a coupon will not be accepted.

Email: LoveMediaGroup@yahoo.com

It's time for a Coffee Break!

THURSDAY

July 20 at 10:00 a.m.

SVLA Community Center CB1

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

Learn about what's happening in SVL and
how you can help make it a better place

**We also invite you to participate in
our monthly Book Exchange!**
(bring a book - take a book)

For further information
Contact: Dennis Verhagen
760-243-2128

Find us on Facebook! Search TCBSVL



The Coffee Break

April showers brought May flowers to our well attended May meeting! Our special guest speaker was Steve Samaras, Acting Deputy Director for the San Bernardino County Special Districts Water and Sanitation (CSA-64). Steve provided an overview of special district operations and touched on the proposed 5 yr plan. He is planning on being present at more of our Coffee Break meetings and at our monthly Board of Directors meetings to share valuable information with staff and community. 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!

For more information, contact:

Dennis Verhagen at 760-243-2128 or search FACEBOOK
www.facebook.com/groups/tcbsvl





Svl
2017
SUMMER
Concept
Series

West Beach
13230 Country Club Dr.
Free Admission!

6:00-9:00PM
Drinks Starting at \$1.00
Bring your own blankets & chairs!

**Must Present
Member Card or
Guest Pass
For Entry!**

July 14, 2017
Rob Staley Band

August 11, 2017 Tia and the Trouble

For more information call 760.245.9756



May 19, 2017

CONCERT

AT THE BEACH!

Our first concert of the summer was on Friday night May 19, 2017. We had a record high of approximately 550 people in attendance. We were grateful to have perfect weather to start off our summer festivities. Daze of Blue kept the crowd entertained throughout the whole evening with their great performance and kept the dance floor alive. We had delicious food by Tacos El Mr. and were able to finish off our evening with some Kona Ice and Kettle Corn. It was a great evening and we thank all of you who came out to join us and we hope to see you at the next concert on June 9, 2017.





Smile Makers
JOSEPH E. EISWERT, DMD

Dr. Joseph E. Eiswert D.M.D.
Temple University Graduate,
USAF Captain
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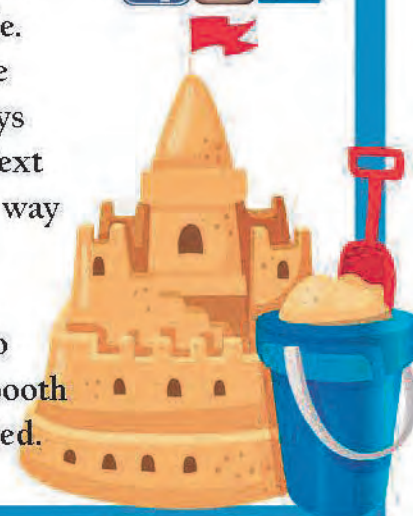
Apple Valley
19063 Hwy 18, Suite 102
Apple Valley, CA
242-7800

After Hours Emergency, Contact Dr. Eiswert via mobile # 760-954-7012

6TH ANNUAL SUMMER KICK OFF 2017



We had our 6th Annual Summer Kick off on Saturday June 3, 2017 at the East Beach. The first event of the day was the Sand Castle Contest. We had 8 teams participate, each team consisting of 5-6 people. They put in a lot of effort and created some awesome castles which resulted in a 1st, 2nd & 3rd place winner. Next up was the Tug-a-war contest. Ages 7-11 competed first and they insisted on doing boys against girls. The girls put on a good fight but the boys pulled through and won 2 out of 3 rounds. Next up was the 12+ age group which brought out quite a few adults and it was a fair match up the entire way through, making all 3 rounds nail biters. The last event of the day was the Obstacle Course which is always a favorite amongst the children. This event was also awarded a 1st, 2nd & 3rd place winner. There was delicious food provided by PJ's Dogs & More and nice refreshments by Kona Ice. We also were accompanied by a Boy Scout who is working on achieving his Eagle Scout badge and set up a booth on Water Safety Awareness. It was a great day. Thank you to everyone who came out and participated.





KIDS CLUB

JUNE 12
THROUGH
AUGUST 11

BANG!

9 AM - 3 PM

MONDAY - FRIDAY

**COMMUNITY
BUILDING**

**AGES
5-12**

COST: \$70 PER WEEK

Space is limited!!

FOR MORE INFORMATION CALL 760.245.9756

MOVIES

**WATER
GAMES**

SPORTS

**ARTS &
CRAFTS**

**SVL
BEACH**

SVLA Welcomes New Business!! Pinky's Ice Cream Shop



Pinky's Ice cream is a new local business here in Spring Valley Lake. They opened up on April 24, 2017 and they are located on Spring Valley Parkway right next door to Nick's Pizza. The owner of the shop, Linda Gonzalez, says she opened the Ice Cream Shop to put smiles on the faces of young and old. If you visit their Facebook page the ice cream shop has nothing but 5 star reviews and all comments claim that she has done exactly that, put smiles on the faces of everyone who has visited.

Linda Gonzalez has been battling life threatening cancer since 2009. She claims that this ice cream shop and her family is what is keeping her going. Gonzalez named the Ice Cream Shop Pinky's after the pink ribbon to bring awareness to breast cancer and also to honor her 15 year old son who has lymphatic cancer.

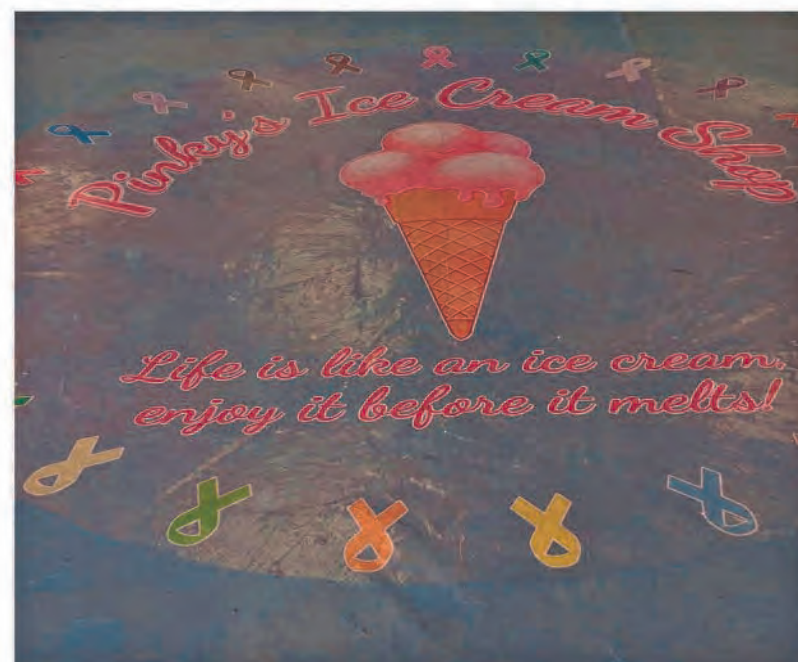
As you enter the ice cream shop you will notice a painting on the floor of all types of cancer ribbons surrounding an ice cream cone with the saying "Life is like ice cream, eat it before it melts."

The store is stocked with 57 different flavors of ice cream with plans to keep adding more. Gonzalez travels down the hill to purchase 20-45 tubs of Thrifty brand ice cream daily. Not only does the store provide Ice cream but they also have various different baked goods and snacks.

Linda Gonzalez is a former singer who cut several albums under the name "Hennessy" and has appeared on MTV. She has invested \$180,000 into the shop. She says that her and her family worked day and night for 87 days to make the shop a reality.

We are so thankful to have such a wonderful addition to the Spring Valley Lake community and wish Linda Gonzalez the best of luck with her new business!

As the warm weather approaches we hope you all will take a trip to visit Pinky's, grab a refreshing scoop of ice cream and help support one of our local businesses.





The SVL Veterans Club

You are invited to join us for our
next meeting scheduled for

Wednesday, June 21, 2017, at 6:00 p.m.

SVLA Community Center room CB3 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



The Coffee Break's Arabian Nights!



Each month, The Coffee Break selects a photo posted on Facebook, which we feel is noteworthy. Our selection for June is this photo taken on May 22, 2017, at the SVL Equestrian Center by Jamie Cox. This beauty is Jamie's Arabian gelding, Ali Mana, perfectly framed against a most magnificent sunset! Join us in celebrating the beauty that surrounds us in our amazing community of Spring Valley Lake, CA!

Photo courtesy of Jamie Cox

Find us on Facebook: <https://www.facebook.com/groups/svlcg>





Story and photo by Jeri Lawrence

June BBQ in Meadowlark Hall was well attended by the Spring Valley Lake Social & Fishing Club members. President, Mike Conroy and VP Mike Christie did a great job at the BarB Que with plenty of burgers and dogs. The Galley Gals, put together a host of sides to feed this large crowd. 💎



Mike Christie – Mike Conroy



Linda & Mark Mulhern – Nick & Cathy Keserich



Vickie Cohen, Mary Galarneau, Linda & Dave Elliott were among the many members enjoying the BBQ event.



By Jeri Lawrence/Committee Chairperson

Next time you are in the SVL Community Center, please take note of the name plaques. The Planning Committee put the idea out to Glenn and the BOD that we would like to get away from the industrial sound of CB1, CB3 etc. As in many public meeting buildings, rooms are named and areas are made significant by those names. CB1 is now referred to as Meadowlark Hall. CB4, Parkview Room.

CB3 will be noted as Primrose Room. The old COP area will be The Lodge. These names are a part of the update to the SVL Community Center and the new look it is taking on.

Other projects are on the table for the committee as well as the continued plans for updating Meadowlark Park and the Little League Fields. Stay tuned. 💎

SATURDAY, JUNE 24, 2017

Car Show



Rods & Relics

IN CONJUNCTION WITH
SVLA FAMILY FESTIVAL
FOOD CONCESSIONS
BMX SHOW
WATER SLIDES



50/50 & RAFFLE
DRAWINGS 10:30 - 1:30
TROPHIES @ 2PM
Best of Show, 2nd & 3rd
Plus Scout Adventure Crew 257
Choice Award

10:00 AM - 2:00 PM

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Name: _____ Phone: _____

Club: _____ Email: _____

Vehicle: _____

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MAKE CHECKS PAYABLE TO BOB TERAN. SEND REGISTRATION FORM AND PAYMENT TO: 18990 PIMLICO RD., APPLE VALLEY, CA 92308

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FIND US ON FACEBOOK: SPRING VALLEY LAKE RODS & RELICS CAR CLUB

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Visit the Victorville library at: 15011 Circle Drive.

GOLF – IN IT TO WIN IT

by Jeri Lawrence

The brutally cold temperature in May did not deter those gals who were in it to win during the Women Members Golf Tournament here at the Spring Valley Lake Country Club. Despite the wind, ending scores for the two-day tournament were as competitive as ever.



Jennifer Smith & Dee Garcia
- Second Place Gross in their Flight



Kim Ehrlich and Debbie Wolf
- Over The Field Gross Winners

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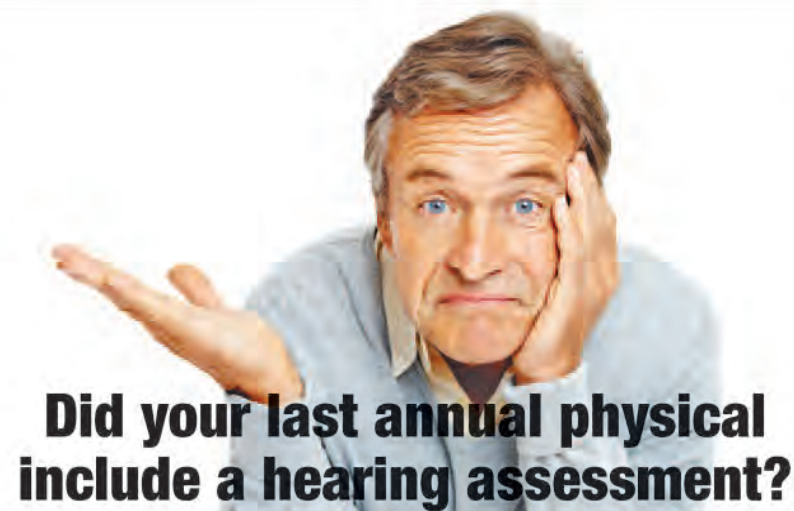
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*The Coffee Break invites you to
Bring a Book - Take a Book
Third Thursday of the month
Community Center 10:00 a.m.*



www.facebook.com/groups/tcbsvl



Winning Fitness- Outrunning the Grim Reaper

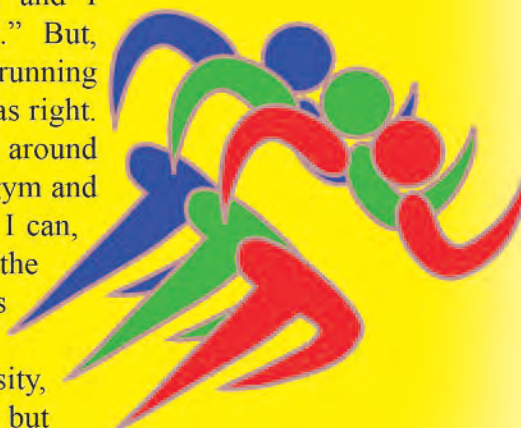
George Mangum, Director of Fitness-
Heritage Victor Valley Medical Group

So, I have taken to running intervals vs. a regular jog, where I jog the first part of my loop at Spring Valley Lake, then "sprint" for 40-50 seconds, walk, "sprint", walk (you get it), hoping not to pass my street when I'm done. I'm not sure my "sprints" are a lot different than my jog pace, but that's not the point. The point is this story. Not too long ago, I was in the "sprint" phase of my run, when a construction guy working on the road yelled, "Who ya running from?" and I thought to myself, why would he think I had any breath to answer him back. But, without any hesitation and possibly due to oxygen deprivation, I yelled back, "I'm running from DEATH!"

He thought it was funny, and it made me chuckle, and I continued my "sprint." But, after having finished running that day, I realized I was right. Every time I "sprint" around that lake or get to the gym and lift weights as hard as I can, I continue to outrun the Grim Reaper, who tries to catch us with things like heart disease, obesity, diabetes, and cancer, but we cannot and should not let it happen. Let's keep the Reaper

away from us as long as possible and "reap" the benefits of fitness for ourselves. Listen, we have one shot at this life, so let's make it last as long and as strong as possible. I'm not saying it's gonna be easy; rather, I am saying that it's gonna be worth it. Bam!

Please join us the first Saturday each month for a Fitness Bam Jam. Fitness-Fun-Prizes. Free to the public, but designed for the SVL Community. The next one is scheduled for July 1 (8am at beach area). And, keep up with all of our fitness programs at hvvmg.com and Facebook @ Heritage LifeFit.



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3. I have a Power of Attorney, so my kids won't have to go through Probate.

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The SVL Veterans Club Mural



Working in conjunction with Victor Valley College, the Veterans Club would like to present our latest project known as 'The SVL Veterans Club Mural'. It has been designed to honor all five branches of military. The SVL Veterans Club, a non-profit 501(c)3 organization, was founded in July of 2015, by Robert Read. This recently completed project is located within our community building along the southwest hallway. If you are interested in contributing, please contact us at SVLAVeterans@gmail.com We invite you to attend one of our monthly SVL Veterans Club meetings held on the 3rd Wednesday of the month at 6:00 p.m., in our Community Center, located on Rolling Ridge.



**SVL Veterans Club and the Spring Valley Lake
Citizens Group Bike Club Honor the Fallen
Memorial Day 2017**

COMMUNITY events

6/18	Lion's Club Poker	2pm	CB1
6/20	Community Task Force	6:30pm	CB4
6/22	Architectural Committee	5:30pm	CB4
6/24	Family Festival & Fireworks	11am	MLP/ EB/WB
6/26	BOD Executive Session	6pm	CB1
6/27	BOD Open Meeting	6pm	CB1
7/4	HOLIDAY - OFFICES CLOSED		
7/7	Lion's Club Poker	2pm	CB1
7/12	Lake Committee	9am	CB3
7/13	Architectural Committee	5:30pm	CB4
7/14	Concert at the Beach	6pm	EB/WB
7/18	EE Committee Meeting	6pm	EECH1
7/18	Community Task Force	6:30pm	CB3
7/20	Community Plan Committee	6:30pm	CB4

SVLA FIREWORK SHOW JUNE 24

ATTENTION BOATERS

6:00PM
NO WAKE
WILL BE ENFORCED
ON THE ENTIRE LAKE

7:00PM
NO LAUNCHING
PUBLIC SAFETY WILL
CLOSE THE RAMP

8:00PM
NO MOVEMENT
ALL VESSELS MUST BE ANCHORED
AT NORTH END OF THE LAKE
OR BEACHED AT SWIM BEACH AREA

SVL Committees

COMMITTEES	COMMITTEE CHAIR	MONTHLY	TIME/LOCATION
Citation Committee	Don Nelson	1st Tuesday	5:30pm CB4
Community Task Force	Rory Shannon	1st Tuesday & 3rd Tuesday	6:30pm CB3 6:30pm CB4
Equestrian Estates Committee	Jennifer Smith	3rd Tuesday Every other Mth	6pm EECH1
Lake Committee	Pete Lawson	2nd Wednesday	9am CB3
Communication Committee	TBD	TBD	TBD
Architectural Committee	Bob Teran	2nd & 4th Thurs.	5:30/3pm CB4
Community Plan Committee	Jeri Lawrence	3rd Thurs	6:30pm CB4

ASSOCIATION OFFICE HOURS

CLOSED MONDAYS

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

PUBLIC SAFETY 24 HOURS 7 DAYS A WEEK

****Please Note: Public Safety will NOT conduct vessel inspections, renew Vessel Operator's Permits and/or conduct VOP testing on June 24, 2017.**

SVL Clubs

CLUBS	FACILITATOR+ CONTACT
Amateur Radio Club - 1st TH, 7pm CB3	George Ellison KK6EFY 818-585-5759, george@4mailservice.com
Boy Scouts Troop 2226, 2nd, 3rd 4th M, 6pm, CB3	C.J. Cook 760-887-6200
Cub Scout Pak 26 , 2nd, 3rd 4th M, 6pm, CB1	Britt Imes 760-900-3897
The Coffee Break Club-3rd TH, 10am-12pm CB1	Dennis Verhagen 760-243-2128, thecoffeebreak@earthlink.net
Lions Club Poker - 1st F, 7pm CB1	Don Nelson 760-964-7552
Rods & Relics Club - 2nd SAT, 8am CB4	Don Sedam 760-955-6052
BSA Venture Crew 257, TH 6:00pm, CB3	Colby Hillers 760-900-6383
Sewing Bee's - 4th W, 9:30am - 2pm CB1	Virginia Granados 760-245-7801
Social & Fishing Club - Varies, CB	Mike Conroy 760-962-1094
Veterans Club - 3rd W, 6-7:30pm, CB3	Robert Read 760-403-0391
Yacht Club - 3rd TH, 6-8pm CB1	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	CB1	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	CB3/ CB1	Jace Knisely 760-628-6416
Line Dance Beginner/ Intermediate.	M	9:10-10:10am 10:10-11:40am	CB1	Su Kim 760-241-8823
Line Dance Ultra Beg./ Beg./Easy Intermediate	T	8-9am, 9-10am 10-11:30am	CB1	Su Kim 760-241-8823
Arthritis Exercise	T,TH	8 - 9am	CB3	Dottie Schiller 760-243-4697

Key for Locations

Abbreviation	Name/Location of Facility
CB1	Community Building 12975 Rolling Ridge Drive (Great Room)
CB3	Community Building 12975 Rolling Ridge Drive (Small Room)
CB4	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

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