



# the SVLA BREEZE

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

June 2020

Ads: 760-628-9732

## OFFICE HOURS

**Effective June 2, 2020**

The Association Office will resume normal business hours, 7:30am - 6:00pm

Tuesday - Friday

However, the doors will remain closed to the public.

Plans to re-open our doors will be sent out via e-blast, our website & social media and office visits will be by appointment only.

We will continue to handle business via phone, 760.245.9756 and email, admin@svla.com

Thank you for your understanding.

## Reserve Plans for 2020

see page 6

## Code Enforcement Annual Property Inspection

### Checklist

see page 10

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## AMENITY USE GUIDELINES

### Beach Area

Here are a few rules that will be enforced as usual:

- Beach area hours will resume back to normal from 6am to 10pm and the swimming area will close at sunset.
- All residents must carry their SVLA I.D cards.
- On Fridays, Saturdays, Sundays, holidays, and Association sponsored events, all guests must be accompanied by an association member. Association member includes property owners and/or associate members.
- Guests with a valid guest card may use amenities Monday through Thursday without a member present.

New regulations implemented to ensure safe social distancing practices:

### Swim and Grass Areas

- Residents will be asked to maintain a 15-foot radius between themselves and others. This is an approximate space that ensures maximum safety of members 7 SVL employees during social distancing practices.
- Both lifeguards and public safety officers are assigned to enforce maximum capacity allowed within beach & swimming area. This capacity to be determined by the Director of Public Safety and will be subject to change.
- Lifeguards will wear masks at the gates while checking I.D cards to ensure the safety of residents and themselves. Parents should be mindful of their children while in the beach area as lifeguards will only make physical contact in case of an emergency.
- Due to limited number of residents allowed within the beach area, spots will be on a first come first serve basis.
- Masks are not required for residents to wear if social distancing practices are being met while in the beach area.
- There are four hand sanitizer stations that can be found at the beach area for residents to use. One by each restroom & 2 on East beach. Residents are encouraged to bring their own sanitizing products.

### Basketball Court

- Basketball courts are open for residents to shoot around, however competitive games are not allowed.
- Residents should not play games with anyone who is not from their household. This is the best way to prevent the spread of COVID-19 and maintain social distancing practices.

### Beaching a Boat

- The beach area will have designated spots for residents to beach their boat. Each space will be approximately six feet apart from each other. Residents are not allowed to try and fit in between designated spaces.
- Once you decide to leave a boating space there is no saving it, that spot becomes free for other boaters to use at their leisure. Each spot will be available at a first come first served basis.

SVLA employees will be on hand to assist residents with beaching their boats and ensure proper social distancing practices are followed.

walk the waterline.

- Public safety officers and lifeguards will be responsible for enforcing these regulations.
- From Memorial Day to Labor Day swimming is prohibited behind any boat beached at the Association beaches.

### Fishing Areas

Here are a few rules that will be enforced as usual:

- The fishing area hours will remain normal from 6am to 10pm.
- All residents must carry their SVLA I.D cards.
- Guests are not allowed to fish without a member, associate member, or tenant member present.

New regulations implemented to ensure safe social distancing practices:

- Residents will be required to stay six feet apart from others to maintain safe social distancing practices. Following this procedure allows public safety officers to ensure the safety of residents and themselves while performing their duties.
- Masks are not required for residents to wear if social distancing practices are being met.
- The restrooms at fishing area 8 are open for residents to use.
- The SVLA maintenance team will clean the restrooms a minimum of once every four hours.
- Fishing amenities are to be used at members discretion. While SVLA maintenance team will clean each area, residents are encouraged to bring their own sanitization products.

### Meadowlark Park

Here are a few rules that will be enforced as usual:

- The park hours will remain normal from 6am to 10pm.
- All residents must carry their SVLA membership I.D cards.
- On Fridays, Saturdays, Sundays, holidays, and Association sponsored events, all guests must be accompanied by an association member. Association member includes property owners and/or associate members.
- Guests with a valid guest card may use amenities Monday through Thursday without a member present.

New regulations implemented to ensure safe social distancing practices:

- Masks are not required to wear if social distancing practices are met.
- There are four hand sanitizer stations that can be found at the park area. There is one by each restroom and one near each playground set.
- No functions will take place until further notice.

### Basketball Courts

- Basketball courts are open for residents to shoot around, however competitive games are not allowed.
- Residents should not play games with anyone who is not from their household. This is the best way to prevent the spread of COVID-19 and maintain social distancing practices.

SVLA employees will be on hand to assist residents with basketball court use and ensure proper social distancing practices are followed.

their own discretion.

- Residents will be required to use their own equipment. SVL equipment will not be available for residents to use.

### Off-Leash Dog Park

- The off-leash dog park will be open for residents and their furry friends to use at their own discretion.
- It is recommended that residents bring sanitization products to use while touching equipment, benches, and gates.

### Community Center

- As of now, the Community building is closed to residents, but we look forward to opening as soon as possible.

### Equestrian Estates

Here are a few rules that will be enforced as usual:

- All residents must carry their SVLA I.D cards.
- On Fridays, Saturdays, Sundays, holidays, and Association sponsored events, all guests must be accompanied by an association member. Association member includes property owners and/or associate members.
- Guests with a valid guest card may use amenities Monday through Thursday without a member present.
- Both Long Acres and Play Fair parks are open for residents and guest use.

New regulations implemented to ensure safe social distancing practices:

### Long Acres Park

- Basketball courts are open for residents to shoot around, however competitive games are not allowed.
- Residents should not play games with anyone who is not from their household. This is the best way to maintain social distancing practices.
- Residents should use the amenities at their own discretion.
- While in grass areas social distancing regulations must be followed.
- Masks are not required if social distancing practices are being met.

### Play Fair Park

- There is a hand sanitizer station near the play area for residents to use. It is encouraged to bring personal sanitization products to use.
- While in grass areas social distancing regulations must be followed.
- Masks are not required if social distancing practices are being met.

### Equestrian Center

- The clubhouse will

SEE PAGE 29

### Barn Area

- The SVLA maintenance team will clean the barn area at the end of each day.

The SVLA maintenance team will clean the barn area at the end of each day.





# Spring Valley Lake Contact Information

## Management Staff

### General Manager

Alfred Logan: alogan@svla.com

### Director Public Safety

Lisa Hartley: lhartley@svla.com

### Director of Operations

Nick Gonzalez: ngonzalez@svla.com

### Director Administration & Human Resources

Jeaneen Beam: jbeam@svla.com

### Accounts Manager

Dee Dee Walker: dwalker@svla.com

## Board of Directors

**President** Brian Bickhart

**Vice President** JoAnne Romero

**Secretary** Lewis Ponce

**Treasurer** Robert Read

**Director** Cheri Boyd

**Director** Brian Hurst

**Director** Bill Scott

**Board Email:** board@svla.com



**SVLA Breeze**  
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@yahoo.com

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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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SAT 10AM-3PM

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SVLA BOARD PRESIDENT

BRIAN BICKHART

I want to start this month by giving a huge shout out to our management and maintenance staff. We really are fortunate to have such good people running the day to day operations here at SVL. I would also like to welcome our new board members, as well as our new committee members, who have volunteered. As things have started to open back up, it is nice to see so many people out and about, especially on the lake. Speaking of the lake, our floating islands project is moving forward. It looks like maybe late June or early July we

will see these in our lake. This is an important step towards better water clarity.

We have had many applications submitted to the Architectural Department, especially for landscaping projects; which is typical for this time of year. It is nice to see so many residents care about the appearance of their yards!

We are continuing to monitor the situation with covid-19 and county guidelines regarding parks/beaches/playgrounds. I am looking forward to seeing you all at our next meeting! 🏡

~ FINANCE COMMITTEE MEETING ~

Friday, June 19, 2020

8:30AM @ Palm Room, Community Center



Sign Up for email  
notifications on [www.svla.com](http://www.svla.com)

Like Us On...



Facebook



We would like to take a moment and say thank you to a group of property owners in the community who went above and beyond to show their appreciation for the Association Staff. A few property owners pulled together and provided all SVLA staff with a meal from The Republic. Staff from all departments were treated to a burger and fries as a thank you for keeping things running during the COVID-19 pandemic. In return, we would like to send a huge thank you to the following individuals for their generosity and kindness:

*Jeri & Lowell Lawrence**Stew & Diane Anderson**Don & Shirley Sedam**Jim & Ann Carr**Rob & Michelle McCoy**Rory & Shannon Shannon**Rufus & Carmen Aguirre**Bill & Janet Walters**Don & Venus Nelson*

Your kind gesture truly made the staff feel appreciated.

# THANK YOU!





HAND MADE CRAFTS SOLDIER PARENT GIFTS HOME DECOR WOOD FLAGS

TACTICAL GEAR AMERICAN STYLE CRAFTS RMA APPAREL SKINCARE

GIFTS FOR YOUR SOLDIER EMS & LAW ENFORCEMENT THEMED ITEMS

TACOS BBQ FOOD TRACK BAKED GOODS SALSA

**SATURDAY JUNE 27<sup>TH</sup>, 2020**

18655 ARROWHEAD TRAIL VICTORVILLE CA 92395

**9:00 AM — 4:00 PM**

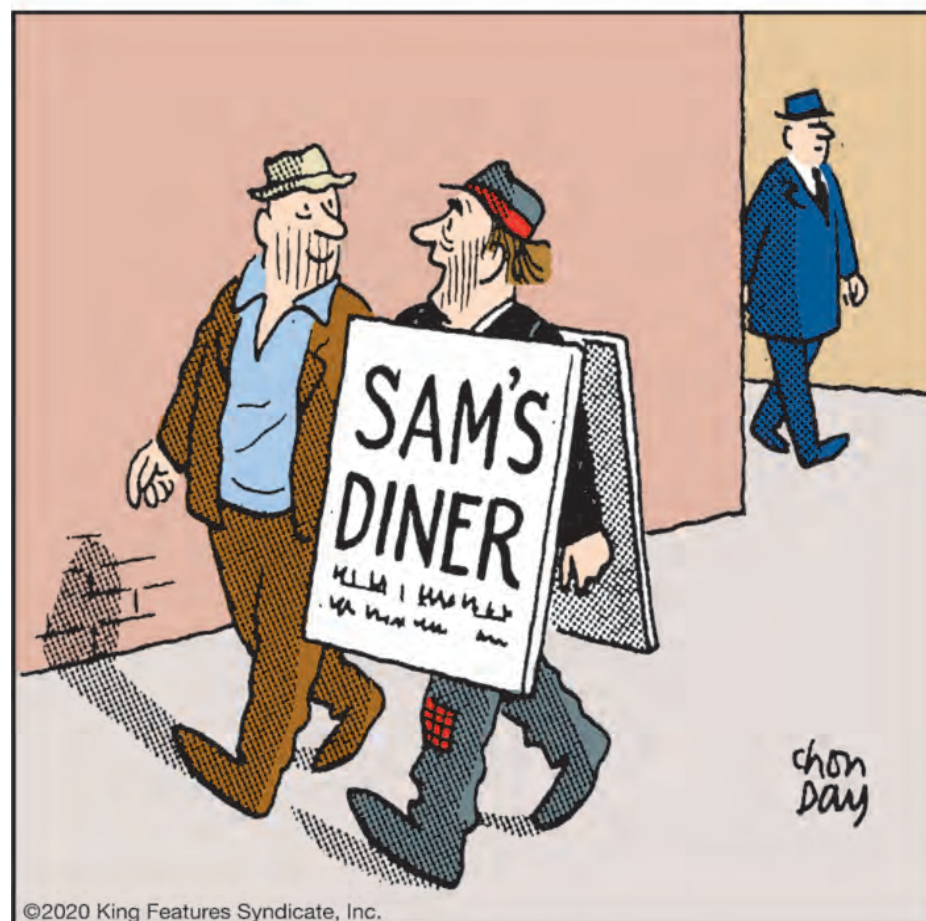
**ALL DONATIONS WILL GO TO THE WOUNDED WARRIOR PROJECT**

THE WOUNDED WARRIOR PROJECT (WWP) AIMS TO PROVIDE UNIQUE, DIRECT PROGRAMS AND SERVICES TO MEET THE NEEDS OF INJURED SERVICE MEMBERS. BY UPHOLDING THE CORE VALUES OF FUN, INTEGRITY, LOYALTY, INNOVATION AND SERVICE, THE WWP'S PURPOSE IS TO RAISE AWARENESS AND ENLIST THE PUBLIC'S AID FOR THE NEEDS OF INJURED SERVICE MEMBERS.

MISSION: TO HONOR AND EMPOWER WOUNDED WARRIORS



## LAFF - A - DAY



"How's that for a promotion? From dishwasher to head of public relations."







The Spring Valley Lake association is required by HOA Law to create a reserve study that will be reviewed annually in order to maintain and replace important items within our community.

Our management team has approved a list of items and projects that will be completed during our fiscal year that started Nov. 1st, 2019 and will end on Oct. 31st, 2020. There are five civil codes from the Davis-Stirling Act that must be included in any reserve study.

1. "The reserve study must identify the "major components that the association is obligated to repair, replace, restore, or maintain that, as of the date of the study, have a remaining useful life of less than thirty [30] years," according to

The list of reserve items and projects that are schedule for 2020:

- Association Office Remodel
- Community Center
  - ▶ Interior lighting
  - ▶ Restrooms refurbish
  - ▶ Furniture replacement– Board room
- Equestrian Center
  - ▶ AC unit
  - ▶ Bridges – replace or refurbish
- Lake & Marina
  - ▶ Outflow monitor device replacement
  - ▶ Review or replace well pumps 3, 5, and 14
- Parks
  - ▶ Equestrian – Playfair Park – Play equipment and bark
  - ▶ Pole lights partial replacement
  - ▶ Metal door replacement (Meadowlark Park – Old pump house)
  - ▶ Metal roof replacement (Meadowlark Park – Old pump house)
  - ▶ Basketball courts resurface
    - Beach area basketball courts
    - Meadowlark Park basketball courts
    - Longs Acre Park basketball courts
  - ▶ Bocce Ball courts are up for resurface. However, this is un-

- Vehicles and Equipment
  - ▶ Public Safety golf cart replacement
  - ▶ Two lake patrol Jet skis replacement
  - ▶ Maintenance truck replacement
  - ▶ Maintenance boat replacement
  - ▶ Maintenance mower replacement

For SVLA, all items that are up for replacement or refurbishment are inspected by either an SVLA employee, or a consultant if the employee is not qualified to inspect a specific item.

3. “The reserve study must include an “estimate of the cost of repair, replacement, restoration, or maintenance” of the components identified in item #1 (above),” according to civil code section 5550b. All bids and dates on each item on the 2020 schedule have not been determined yet. A few items will be presented to the Board of Directors each month where a final decision will be made.

4. "The reserve study must include an "estimate of the total annual contribution necessary to defray the cost to repair, replace, restore, or maintain" the components identified in item #1 (above) "during and at the end of their useful life, after subtracting total reserve funds as of the date of the study," according to civil code section 5550b.

5. "The reserve study must also include a "reserve funding plan that indicates how the association plans to fund the contribution" identified in item #4 (above) to meet the association's obligation for the repair and replacement of all major components with an expected remaining life of 30 years or less, not including those components that the board has determined will not be replaced or repaired," according to civil code section 5550b.

Any questions about our reserve study and contributions can be found on our website. To find our full reserve study, please visit [SVLA.com](http://SVLA.com), click “I Want To” and hit the financials button for more detailed information.

Thank you for your patience while decisions are being made. Our goal is to send out a follow up with more information regarding all project budgets and dates, once they are finalized. 💎





# BEFORE AFTER







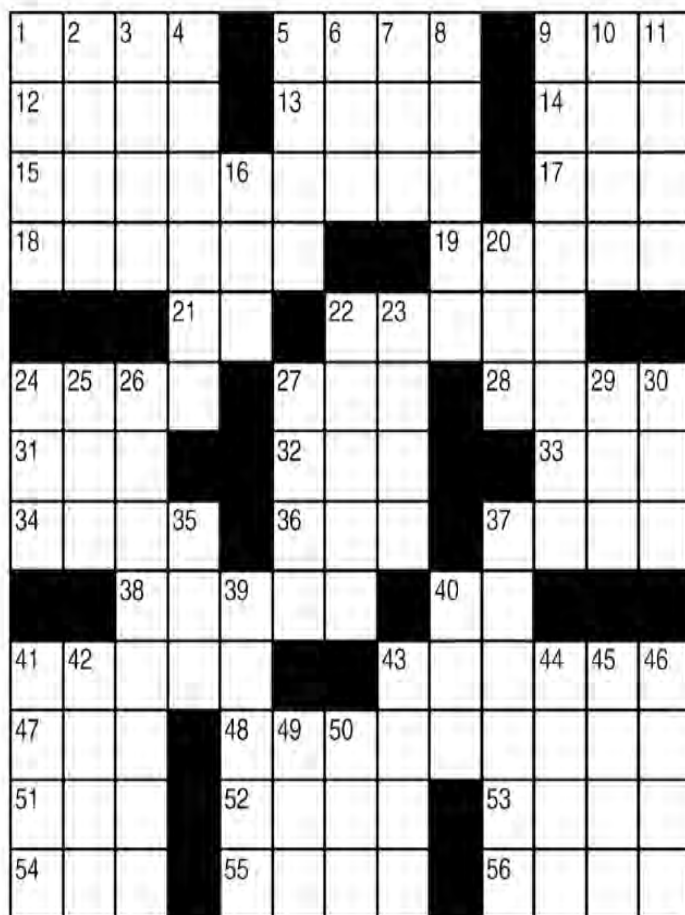
**Congratulations!**  
**Class of**  
**2020**



# King Crossword

## ACROSS

- 1 Comes together  
5 Sail support  
9 Drenched  
12 Met melody  
13 From the beginning  
14 Wall crawler  
15 Voles  
17 Back talk  
18 Man's hat style  
19 Confound  
21 First word of "America"  
22 Gotham City super-villain  
24 Renown  
27 Standard  
28 Linger  
31 Chicken-king link  
32 Recede  
33 Mongrel  
34 Two-wheeler  
36 Ph. bk. listings  
37 Relinquish  
38 Occurrence  
40 Letter after lambda  
41 Discussion group  
43 Insect with pincers  
47 Hawaiian neckpiece  
48 Crockett and Tubbs' show  
51 Tolkien ogre



- 52 Beige alterations  
53 North Sea 9 Grain also  
54 Buck's mate feeder called water  
55 Deli loaves oats  
56 Reps.' rivals 10 Satan's forte  
11 Work at the keyboard  
16 Parched  
20 Society newbie  
22 Frilly blouse accessory  
23 Spheres  
24 "Great!"  
25 Clay, today  
26 "Stop fighting"  
27 Teller's partner  
29 Flop  
30 Before  
35 Leading lady?  
37 Not straight  
39 "Wabbit" hunter  
40 — tai  
41 Walk wearily  
42 Prefix re planes  
43 Flightless flock  
44 — E. Coyote  
45 Warhead weapon, briefly  
46 The Bee —  
49 Unfriendly  
50 Exist

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# FATHER'S DAY SALE!!

## FOR DAD'S ONLY...

New and Used items including:

- Slacks (sizes 34-38) • Shoes (sizes 10-11 1/2)
- Dress shirts (sizes 15-16 1/2) • Coats (sizes Large and XLarge) • Suits and Tuxedos (sizes 38-42) • Shorts (sizes 34-38) • Polo shirts (sizes large, XL, XXL) and much more!

*Camping & Fishing Gear & Camping/Hunting Clothing, Tools, Picture/Artwork & Jewelry*

We've got cars too!!

Cadillac, Audi, Jetta, Saturn Convertible

**Lemonade  
&  
Hot Sandwiches!**

**YOU WON'T  
WANT TO  
MISS THIS  
SALE!!**

**June 19th and 20th - 9am-3pm**

**American Vintage Pronghorn Antelope Shoulder**

**Mount Auction - June 20<sup>th</sup> @ 2pm**

**17801 Sunburst Road, Spring Valley Lake, CA**





Summer is finally here. It's time for beach days, sun tans and sprucing up our jewel of the desert. A year has already gone by and Code Enforcement's second annual inspections are about to begin. Each property will be thoroughly inspected by members of the Code Enforcement team. Our goal is to ensure that property owners are complying to the standards set by Spring Valley Lake Association to maintain our beautiful community. The Code Enforcement team will start inspections on June 16 and conclude them by the end of September. Property owners are encouraged to contact Code Enforcement if they plan on being out of town during this time. A member of our team will make a note on your account and will notify you via e-mail or phone of present violations.

The inspections will consist of the entire front of the property visible from the street. Properties will have an additional inspection conducted if their backyards are visible to the public by golf course, lake, river walk or equestrian trail. New photos will be taken of each property to update last year's images in our database. To see what items will be covered during an annual inspection, please look at the checklist included in this article.

Once the inspection is completed and there are no violations present one of the following will occur: Either a thank you door hanger will be placed on your property or a postcard sent in the mail. Keep in mind that either option will only happen once front and back (if applicable) inspections are completed. If any violations were found, property owners will receive a courtesy notice and have 30 days to comply or contact Code Enforcement to update us on the issue.

Annual inspections require a great deal of effort by both Code Enforcement and property owners. However, items that are not listed on the annual inspection list should not be neglected. Trash cans must be stored away from public view 24 hours after pickup. Cars should not be parked on unapproved surfaces such as landscape/rocks. Architectural applications are required for all exterior modifications and the Architectural Committee will continue to meet every 2nd and 4th Thursday of every month.

The Code Enforcement team thanks you for your patience and cooperation throughout the upcoming months. If you have any questions for Code Enforcement, please email us at [code@svla.com](mailto:code@svla.com)

~ YOUR CODE ENFORCEMENT TEAM

## ANNUAL INSPECTION CHECKLIST

### Front of Property:

Roof  
Trim  
House Numbers  
Stucco/Paint  
Doors  
Exterior Lighting  
Windows/Screens  
Garage Door  
Gates/ Fence  
Driveway  
Landscape  
Unsightly Objects

### Golf Course / Lakefront / EQ / River Walk:

Roof  
Trim  
House Numbers  
Stucco/Paint  
Railings  
Exterior Lighting  
Gates/Fence  
Landscape  
Deck/Dock  
Pool  
Unsightly Objects

Code Enforcement Violations	MAY Stats
IN PROGRESS	243
OPENED – (New Violations)	362
CITATIONS	52
CLOSED – (Resident complied)	425
YELLOW TAGS (Courtesy Notices)	162
OPEN ESCROWS	26

Rental Rule - MAY	Stats
Open violations	109
Dwelling license	20
Res. Rule Violation	3
Total confirmed rentals	326





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LAKE

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~ Nick Gonzalez, Director of Operations

Hello SVLA Residents,  
The Maintenance staff has kept busy around the community with various projects as well as keeping up with our routine maintenance. Over the last several weeks the following work has been completed around the community.

**Beach Area:**

East and West beach areas were detailed, and weeds were removed. Sand at the beach area was dragged and a complete walk through of the area was completed to remove any trash and rocks. Hand sanitizers were installed. Two have been placed on the West Beach by the restrooms and 2 on the East Beach at the edge of the grassy area. Boating areas were marked 15 feet apart to comply with the social distancing guidelines.

**Meadowlark Park:**

Routine maintenance was performed in Meadowlark park to clear weeds, mow the grass and weed removal from planters in front of the Community Center. Two hand sanitizer stations were installed by the restrooms and two by the playground equipment. At the dog park, we removed a strip of grass and replaced with

decomposed granite so that there will be no maintenance required in the future.

**Equestrian Center:**

The Equestrian Center was detailed, and weeds were cleared. Weed abatement continued on the EQ trails and V ditches, we are approximately 80% complete with this area. One hand sanitizer station was installed at the EQ barn area.

**Playfair & Long Acres Park:**

Routine maintenance was performed. Grass areas were mowed, and weeds were removed. One hand sanitizer station was installed by the playground equipment at Playfair Park.

**Picnic Area #1:**

Landscaping was completed at the picnic area. We are also working on installing light at planters and gazebos and completing electrical work in this area.



**OUR LAKE**



We have begun doing our weekly water sampling at the swimming area for the season. So far, all results have come back clear. We also received lake data from the north & south end, as well as the marina area. The lake data is listed below.

NORTH END		Transparency	Water Color	Wind Speed	Wind Direction	Sky
PH	7.82	24"	Clear			
Nitrate		DO		8.93	8.97	9.24
Phos		Temperature		83.4° F	79.8° F	86.0° F
		Saturation		124%	102%	115%
			0	2	4	6

SOUTH END		Transparency	Water Color	Wind Speed	Wind Direction	Sky
PH	7.80	24"	Clear			
Nitrate		DO		9.06	8.51	
Phos		Temperature		76.5° F	74.9° F	
		Saturation		115%	106%	
			0	2	4	6

Marina		Transparency	Water Color	Wind Speed	Wind Direction	Sky
PH	7.96	25"	Clear			
Nitrate		DO		8.84	8.84	8.27
Phos		Temperature		84.4° F	76° F	74° F
		Saturation		118%	109%	102.7%
			0	2	4	6

The Operations Department is always working diligently on maintaining SVLA's stature. If you ever notice a maintenance related issue or concern around the community, please call the Association Office and we will do our due diligence to correct the issue(s) or concerns!



**Picnic Area #1**







# UNITED BOOKKEEPING GROUP

Sole Proprietor	\$80 per month
Partnership	\$100 per month
Corporation	\$120 per month

**Time is money ~ save time & money!**

## **MONTHLY:**

- Financial Statements
- Percentage Business Analysis
  - Balance Sheet
  - Sales Tax Reports
- All Necessary Reports

## **YEARLY** at an additional fee:

- Federal Income Tax
- Federal Unemployment
- California Unemployment
- California Income Tax
  - 1099 as needed

**ALL MONTHLY WORK IS COMPLETED  
WITHIN 5-7 WORKING DAYS**

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LISA HARTLEY, PUBLIC SAFETY DIRECTOR

Lake and boating safety are top priority for Public Safety during the hustle and bustle of summertime.

It's another beautiful day in the desert. The sun is shining, there is a slight breeze, but the temperature is already 97 degrees at 10 a.m. which only means one thing: boating. The Spring Valley Lake is the perfect oasis for SVLA residents to enjoy, cool off and have fun during hot summer days.

While residents are out to play, the Spring Valley Lake Public Safety team is hard at work. Lake and boating safety are top priority during the summer season to ensure maximum safety of all residents with minimal interference to their day.

SVLA has set rules and regulations that all residents must follow to use the amenities that this wonderful community provides. By doing so, residents are helping Public Safety Officers ensure their safety and the safety of others. Public Safety feels it is necessary to remind residents of some of these rules. Boating rules and guidelines should be read by all residents before going out on the lake.

All residents are reminded to never drink and operate a vessel. It is the same as drinking and driving and it is illegal. According to SVLA Rules and Regulations,

"Department of Boating and Waterways has determined that alcohol is a high factor of all fatal motorboat accidents in California. Please do not drink and operate a vessel." Please keep in mind that any safety violation can result in immediate citation from a Public Safety Officer.

Residents who have homes on the lake are not allowed to swim past the 16-foot easement from their property. Wind, current, exhaustion and swim experience are very serious factors to be aware of while in the water. Failure to pay attention to these factors could be fatal, however, Public Safety enforces these rules and regulations to help prevent situations like this from happening.

It is important to remember that the speed limit in the main body of water is 35 mph. Boaters need to consider that not everyone will be going the same speed. Boats that are pulling a skier or tuber will be driving at slower speeds. Please keep in mind that faster speeds can equate to less reaction time to avoid other boats or people in the water.

Speeding and creating a wake has been a continuous problem within the no wake zone. Speed-

ing is not allowed and is in no way tolerated within this area of the lake. Boaters speeding within the area could put paddle boarders and swimmers in immediate danger. According to SVLA Rules and Regulations, "Paddle and row boats, kayaks, and canoes shall remain within the 'No Wake' areas."

There has been some confusion about the buoys, once a vessel has passed an orange buoy it must reduce speed to avoid creating any sized wakes. Water to the right of the orange buoys and within the channels is considered the no wake zones. Once boaters enter the no wake zone, they will see white buoys that say, "no wake zone". These are here to remind residents that they are currently in a no wake zone. Vessels creating a wake in a no wake zone can also cause damage to the lakefront homes property.

When beaching a boat, be mindful of the wakes that arise from your boat when entering the no wake zone. Those wakes travel and could cause other boat passengers to lose their balance and/or fall into the water and injure themselves. Many boaters wish to enter and exit the beaching area at the same time and there is limited room. Be mindful to remain a safe distance from other boats to be as safe as possible.

Personal watercrafts (PWC), such as but not limited to, jet skis and sea-doo's, have certain restrictions set by California State Boating and Waterways and Spring Valley Lake Rules and Regulations: "Operators will not jump another vessel's wake within 100 feet of the vessel creating the wake, including any other PWC, water skier, or any

allowable towed object. Operators will not drive so fast and close to another vessel that they cause the other operator to swerve at the last minute to avoid collision. PWC operators will not drive towards any person or vessel in the water and turn sharply at close range to spray that vessel or person. PWC operators shall not tow any device or skiers while on Spring Valley Lake."

Public Safety Corporal Jessika Sanchez, advises boaters to go through a pre-operation check list before going out on the lake. The vessel inspections list can double as a pre-operations check list to make sure your boat is fully prepared for any situation that may occur while on the lake. Sanchez said, "Every vessel out on the lake is subject to be stopped for a random safety inspection. Even if you are following lake rules, you may be stopped for this inspection." Additional recommended equipment that is beneficial to have while boating on the lake: a paddle, bucket/pump, first aid kit, and throwable buoy.

It is required that all boats are equipped with functioning front and back navigation lights. According to the SVL Rules and Regulations, "Navigation lights must be kept in serviceable condition and displayed in accordance with the 'Rules of the Road' between sunset and sunrise and at other times of restricted visibility."

Thank you for your attention towards these important matters. The Public Safety Department looks forward to working with all residents to maintain proper lake and boating safety. Prioritizing the health and safety of our community will ensure another wonderful summer in the jewel of the desert.





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## + WASH YOUR HANDS

Wash your hands with soap and warm water regularly.



## + COVER A COUGH OR SNEEZE

Cover your cough or sneeze with your sleeve, or tissue. Dispose of tissue and wash your hands afterward.



## + DON'T TOUCH

Avoid touching eyes, nose or mouth, especially with unwashed hands.



## + KEEP YOUR DISTANCE

Avoid close contact with people who are sick.



## + STAY HOME

If you experience respiratory symptoms like a cough or fever, stay home.



## + GET HELP

If you experience symptoms of COVID-19 (cough, fever, shortness of breath), call your health care provider or local health department before seeking care.



## MORE INFORMATION

Follow the California Department of Public Health:  
@capublichealth and [www.cdph.ca.gov/covid19](http://www.cdph.ca.gov/covid19)





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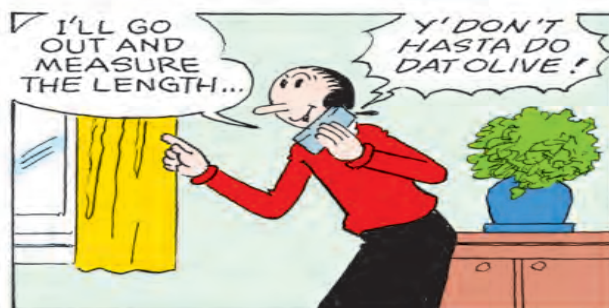
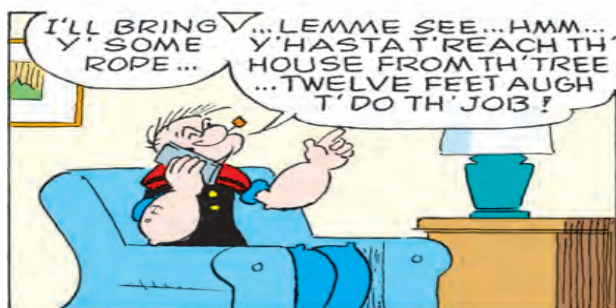
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Victoria Martin is an active member of the State Bar, licensed to practice law in California. CA Bar # 277116.





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# Americanisms



“And I’m proud to be  
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And I won’t forget the  
men who died,  
who gave that right to me.”  
— *Lee Greenwood*

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## Just Like Cats & Dogs

by Dave T. Phipps



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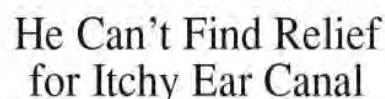
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# Happy Father's Day





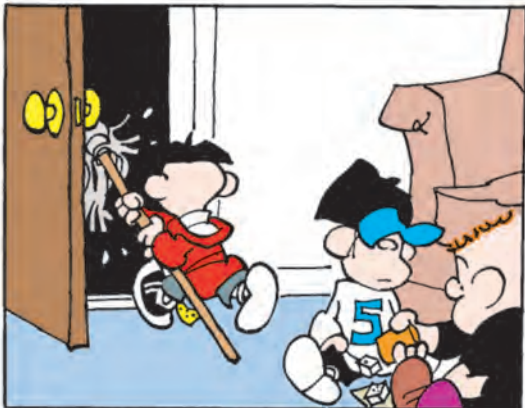


I would get the ear looked at again, and if there still is nothing to see, one treatment is a mild prescription steroid drop for a period of time. Your regular doctor or an ear/nose/throat specialist





by BUD BLAKE



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# Donna's Day Creative family fun

by Donna Erickson

## Stuffed New Potatoes: A Spanish Tapas Snack

Do your kids snack all day? Some parents call it "grazing." And when kids grab a bite here or there, it's fine, as long as their quick forays into the kitchen are healthy ones.

Spanish tapas are hearty snacking heaven. They're a specialty of Spain, enjoyed between meals, and sometimes people combine many different tapas to make a full meal. Typically, tapas may include a simple bowl of cold marinated olives, mushrooms, artichoke hearts or kid-friendly and popular stuffed potatoes.

These hand-held potatoes are a unique and fun after-school snack. Just pop them in the microwave, start reciting the rhyme "one potato, two," and in minutes they'll be baked.

You also might want to put them on your dinnertime menu once in a while. As a satisfying side, you can vary the chopped fixings with the meal and individual tastes.

### SPANISH TAPAS STUFFED NEW POTATOES

- 6 red new potatoes, each about 2 inches across
- 1/2 cup sour cream
- Chopped toppings such as hard-boiled eggs, bacon, tomatoes, radishes, cucumber, salad onions, chives and dill

1. Take a few small bowls from the kitchen cabinet, and fill them with the individual toppings. The results are always colorful and appetizing.

2. Scrub and clean the potatoes with a little vegetable brush. It takes only a minute or two.

3. Cut each potato in half, and then trim a flat piece off each bottom so that the potato halves sit upright.

4. Place them upright on a microwave-safe plate and cover with microwave-safe wax paper, parchment paper or a microwave-safe lid. Wrap or cover to allow steam to escape. Cook on high for about four minutes, or until tender.

5. Arrange the warm halves on a flat platter. Use a melon-ball scoop or a teaspoon to dig out a little pocket from the center of each half. (Save and refrigerate the scooped-out portion for a scrumptious Spanish omelet the next morning — just add a little onion and salsa!)

6. Now it's fill-'er-up time for your hungry grazers. Spoon a dollop of sour cream in each potato's cavity. Go to the bowls of delectable toppings, and spoon or sprinkle choices over the top. Grab a napkin or small plate, and it's ready to enjoy! Makes 12 hand-held servings.



**TIP:** To vary the look and flavor, I grab a variety bag at my local grocery store containing small red new potatoes, Yukon Gold and a purple variety. Look for fresh young potatoes at your farmer's markets this summer, too.

\*\*\*

Donna Erickson's award-winning series "Donna's Day" is airing on public television nationwide. To find more of her creative family recipes and activities, visit [www.donnasday.com](http://www.donnasday.com) and link to the NEW Donna's Day Facebook fan page. Her latest book is "Donna Erickson's Fabulous Funstuff for Families."

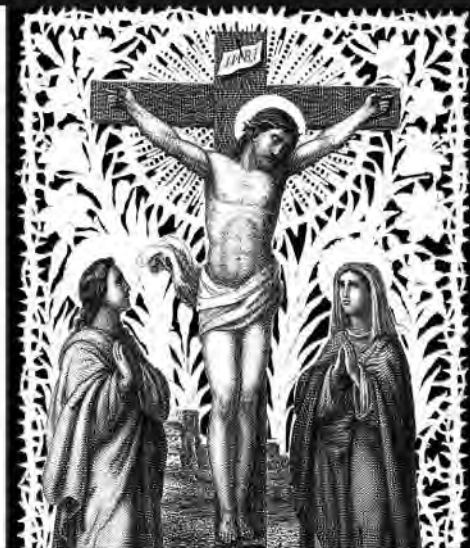
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## THE ILLUSTRATED BIBLE

When Jesus therefore saw His mother, and the disciple whom He loved standing by, He said to His mother, "Woman, behold behold your son!" Then He said to the disciple, "Behold your mother!" And from that hour that disciple took her to his own home. JOHN 19:26, 27

[papershrines.blogspot.com](http://papershrines.blogspot.com)



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## The Garden Bug



### Gypsy moth caterpillars

can feed on and kill more than 300 different species of trees and shrubs. Over several decades, more than 80 million acres in the United States have been defoliated by this non-native pest. A few days after hatching, the larvae ascend the host trees and begin to feed on new leaves. These young caterpillars lay down silk safety lines as they crawl and, as they drop from branches on these threads, can be picked up on the wind and drift to other trees. When the caterpillars complete their feeding in late June to early July, they seek a protected place to pupate and transform into a moth.

Source: [www.usda.gov](http://www.usda.gov),  
Journal of Forestry

—Brenda Weaver

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## GO FIGURE! by Linda Thistle

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

	÷		+		17
+		×		−	
	×		−		20
×		+		×	
	×		+		13
22		13		10	

**DIFFICULTY: ★★**

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

1 2 3 4 5 7 8 9 9

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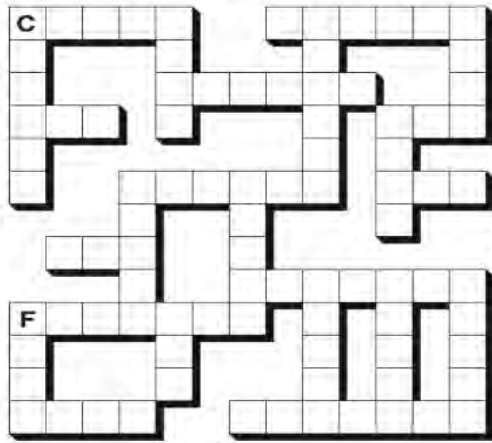
# Puzzles4Kids

by Helene Hovanec

## CRISSCROSS – TWO DOZEN NOUNS

Each word will fit into one spot in the grid. Use the starting letters as a guide and fit each word into its spot. All words will be used, so cross off each one after you put it into the grid.

- 3 Letters  
APE  
CAR  
IVY  
RAT  
SUN
- 4 Letters  
ARCH  
DOOR  
FARM  
GAME  
MASK
- 5 Letters  
ANKLE  
CHILD  
DRAIN  
LIGHT  
TOKEN  
WATER
- 6 Letters  
CLOSET  
OFFICE  
STRING  
TICKET  
WALLET
- 7 Letters  
FLORIST  
HYDRANT  
LANTERN



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# Even Exchange

by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- |                          |           |                     |           |
|--------------------------|-----------|---------------------|-----------|
| 1. Firefighter's "steps" | ___ D ___ | Storeroom           | ___ R ___ |
| 2. River transportation  | ___ E ___ | Tenet               | ___ N ___ |
| 3. Jim Henson's frog     | K ___     | Loner               | H ___     |
| 4. Fair-haired           | ___ O ___ | Without flavor      | ___ A ___ |
| 5. Sugary                | ___ W ___ | Bed linen           | ___ H ___ |
| 6. Almost, not quite     | ___ L ___ | Close at hand       | ___ B ___ |
| 7. Fire starter          | ___ L ___ | Muffled             | ___ A ___ |
| 8. Catsup container      | ___ T ___ | Prepared for a trip | ___ D ___ |
| 9. Give 10%              | ___ H ___ | Book heading        | ___ L ___ |
| 10. Margarine's rival    | ___ U ___ | Feeling well        | ___ E ___ |

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## HOCUS-FOCUS

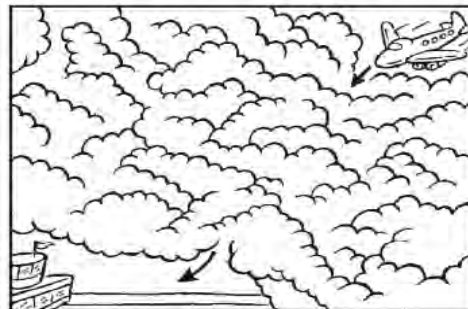
BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Fence slat is missing. 2. Window is added. 3. Book is upside down. 4. Steak is missing.



**SOCKED IN!** Visibility is zero. Can you guide the small plane through the maze of clouds to a safe landing at the airport pictured above?

**LUCKY SEVENS!** Professor Flunkum wants you to make up a math problem using seven 7's and one minus sign to arrive at the answer "7." You have seven minutes to solve this one.

Answer:  $7.777 - .777 = 7$ 

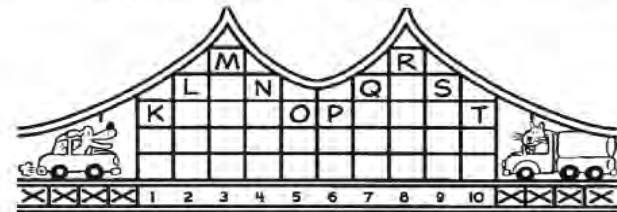
**CHAIN REACTION!** Take the seven letters printed below our diagram and place them in the circles so that eight four-letter words can be read, top to bottom, along the connecting lines. All the words will begin with the letter in the top circle.



Answers: Top to bottom, left to right: Lack, lace, lane, lank, line, link, lick, lice.

# Junior Whirl

by Charles Barry Townsend



Illustrated by David Coulson

## A WORD BRIDGE!

The bridge above contains 10 supporting words. We give you the first letter of each word plus plenty of hints:

1. A family relation.
2. Type of onion.
3. A free-for-all fight.
4. A snack or light meal.
5. A lyric poem.
6. A wooden church bench.
7. A clever, witty remark.
8. A picture puzzle.
9. A short performance.
10. A sailor.

Answers: 1. Kith, 2. Leek, 3. Melee, 4. Nosh, 5. Ode, 6. Pew, 7. Quip, 8. Rebus, 9. Skit, 10. Tar.

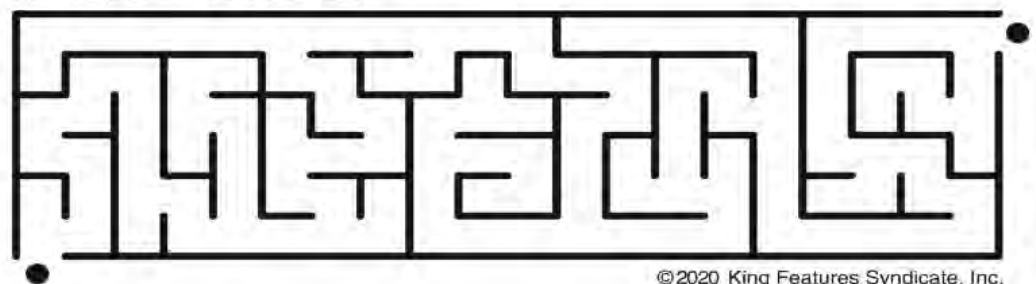


## Kids' Maze Solution

- Even Exchange** answers
1. Ladder, Larder
  2. Canoe, Canon
  3. Kermil, Hermit
  4. Blond, Bland
  5. Sweet, Sheet
  6. Nearly, Nearby
  7. Flint, Faint
  8. Packet, Packed
  9. Tithe, Title
  10. Butter, Better



## Kids' Maze



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# COMMUNITY events



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

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

Copies of each memo can be found on bulletin boards where association agendas are posted. The memos will also be

emailed, posted on our social media sites and published in this issue of The SVLA Breeze.

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

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

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

## SVL Committees

COMMITTEES	COMMITTEE CHAIR	MONTHLY	TIME/LOCATION
Citation Committee	Don Nelson	1st Tuesday	5:00pm PVR
Community Task Force		1st Tuesday & 3rd Tuesday	5:30pm 5:30pm
Equestrian Estates Committee	Karina Rodriguez	3rd Tuesday	6pm EECH1
Lake Committee	Brian Wells	2nd Thursday	6:30pm PR
Architectural Committee	Myron Becker	2nd & 4th Thurs.	4pm PVR
Community Plan Committee		(Inactive)	
Budget Review Committee	TBD	Meetings vary	
YAC Committee	TBD		

## ASSOCIATION OFFICE HOURS

CLOSED MONDAYS

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

**Boat Test** for Vessel Operator's Permit occurs Daily at 9am in PVR  
**Vessel Operator's Permit renewals** occur Daily at 7pm in addition to the original 9am slot - (See Public Safety Dispatch)

On line test available at [www.svla.com](http://www.svla.com) (Public Safety page)

## SVL Clubs

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

## SVL Recreational Classes

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

## Key for Locations

Abbreviation	Name/Location of Facility
MLH - Meadowlark Hall	Community Building 12975 Rolling Ridge Drive (Great Room)
PR - Palm Room	Community Building 12975 Rolling Ridge Drive (Small Room)
PVR - Parkview Room	Community Building 12975 Rolling Ridge Drive (Conference Room)
EECH1	Equestrian Estates Clubhouse, 12660 Indian River Drive, Apple Valley
MLP	Meadow Lark Park, 12975 Rolling Ridge Drive
WB	West Beach, 13230 Country Club Drive
EB	East Beach, 13244 Country Club Drive
PFP	Playfair Park (Equestrian Estates)



# AMENITY USE GUIDELINES

## **Beach Area**

Here are a few rules that will be enforced as usual:

- Beach area hours will resume back to normal from 6am to 10pm and the swimming area will close at sunset.
- All residents must carry their SVLA I.D cards.
- On Fridays, Saturdays, Sundays, holidays, and Association sponsored events, all guests must be accompanied by an association member. Association member includes property owners and/or associate members.
- Guests with a valid guest card may use amenities Monday through Thursday without a member present.

*New regulations implemented to ensure safe social distancing practices:*

## **Swim and Grass Areas**

- Residents will be asked to maintain a 15-foot radius between themselves and others. This is an approximate space that ensures maximum safety of members 7 SVL employees during social distancing practices.
- Both lifeguards and public safety officers are assigned to enforce maximum capacity allowed within beach & swimming area. This capacity to be determined by the Director of Public Safety and will be subject to change.
- Lifeguards will wear masks at the gates while checking I.D cards to ensure the safety of residents and themselves. Parents should be mindful of their children while in the beach area as lifeguards will only make physical contact in case of an emergency.
- Due to limited number of residents allowed within the beach area, spots will be on a first come first serve basis.
- Masks are not required for residents to wear if social distancing practices are being met while in the beach area.
- There are four hand sanitizer stations that can be found at the beach area for residents to use. One by each restroom & 2 on East beach. Residents are encouraged to bring their own sanitizing products.

## **Basketball Court**

- Basketball courts are open for residents to shoot around, however competitive games are not allowed.
- Residents should not play games with anyone who is not from their household. This is the best way to prevent the spread of COVID-19 and maintain social distancing practices.

## **Beaching a Boat**

- The beach area will have designated spots for residents to beach their boat. Each space will be approximately six feet apart from each other. Residents are not allowed to try and fit in between designated spaces.
- Once you decide to leave a boating space there is no saving it; that spot becomes free for other boaters to use at their leisure. Each spot will be available at a first come first served basis.
- If residents wish to set up personal items (towels, chairs, umbrellas...etc.) the items must be at least ten feet from the water line. This will prevent conflict and allow SVLA staff to

walk the waterline.

- Public safety officers and lifeguards will be responsible for enforcing these regulations.
- From Memorial Day to Labor Day swimming is prohibited behind any boat beached at the Association beaches.

## **Fishing Areas**

Here are a few rules that will be enforced as usual:

- The fishing area hours will remain normal from 6am to 10pm.
- All residents must carry their SVLA I.D cards.
- Guests are not allowed to fish without a member, associate member, or tenant member present.

*New regulations implemented to ensure safe social distancing practices:*

- Residents will be required to stay six feet apart from others to maintain safe social distancing practices. Following this procedure allows public safety officers to ensure the safety of residents and themselves while performing their duties.
- Masks are not required for residents to wear if social distancing practices are being met.
- The restrooms at fishing area 8 are open for residents to use.
- The SVLA maintenance team will clean the restrooms a minimum of once every four hours.
- Fishing amenities are to be used at members discretion. While SVLA maintenance team will clean each area, residents are encouraged to bring their own sanitization products.

## **Meadowlark Park**

Here are a few rules that will be enforced as usual:

- The park hours will remain normal from 6am to 10pm.
- All residents must carry their SVLA membership I.D cards.
- On Fridays, Saturdays, Sundays, holidays, and Association sponsored events, all guests must be accompanied by an association member. Association member includes property owners and/or associate members.
- Guests with a valid guest card may use amenities Monday through Thursday without a member present.

*New regulations implemented to ensure safe social distancing practices:*

- Masks are not required to wear if social distancing practices are met.
- There are four hand sanitizer stations that can be found at the park area. There is one by each restroom and one near each playground set.
- No functions will take place until further notice.

## **Basketball Courts**

- Basketball courts are open for residents to shoot around, however competitive games are not allowed.
- Residents should not play games with anyone who is not from their household. This is the best way to prevent contamination and maintain social distancing practices.

## **Bocce Ball Courts**

- The bocce ball courts are open for residents to use at

their own discretion.

- Residents will be required to use their own equipment. SVL equipment will not be available for residents to use.

## **Off-Leash Dog Park**

- The off-leash dog park will be open for residents and their furry friends to use at their own discretion.
- It is recommended that residents bring sanitization products to use while touching equipment, benches and gates.

## **Community Center**

- As of now, the Community building is closed to residents, but we look forward to opening as soon as possible.

## **Equestrian Estates**

Here are a few rules that will be enforced as usual:

- All residents must carry their SVLA I.D cards.
- On Fridays, Saturdays, Sundays, holidays, and Association sponsored events, all guests must be accompanied by an association member. Association member includes property owners and/or associate members.
- Guests with a valid guest card may use amenities Monday through Thursday without a member present.
- Both Long Acres and Play Fair parks are open for residents and guest use.

*New regulations implemented to ensure safe social distancing practices:*

## **Long Acres Park**

- Basketball courts are open for residents to shoot around, however competitive games are not allowed.
- Residents should not play games with anyone who is not from their household. This is the best way to maintain social distancing practices.
- Residents should use the amenities at their own discretion.
- While in grass areas social distancing regulations must be followed.
- Masks are not required if social distancing practices are being met.

## **Play Fair Park**

- There is a hand sanitizer station near the play area for residents to use. It is encouraged to bring personal sanitization products to use.
- While in grass areas social distancing regulations must be followed.
- Masks are not required if social distancing practices are being met.

## **Equestrian Center Clubhouse**

- The clubhouse will remain closed until further notice.

## **Barn Area**

- The SVLA maintenance team will clean the barn area restrooms a minimum of once every four hours.
- Do not visit the EQ barn area unless you board a horse there.
- Please do not pet or feed horses that you do not own.



# The Kitchen Diva!

by Angela Shelf Medearis



## Got Goat?

Animal protein staples in America have traditionally been beef, pork and poultry. Until now, that is! American consumers are warming up to goat meat. It's a healthy protein choice that 75% of the world has been enjoying for a very long time.

Goat meat is a staple in Asia, Latin America, the Mediterranean, Caribbean and the Middle East. Here in the U.S.A., the popularity of goat meat is growing by leaps and bounds.

Goat's profile as a sustainable and lean meat choice is no doubt contributing to interest in this healthy protein. Since the molecular structure of goat meat is different from that of beef or chicken, it is easier to digest. Goat meat is leaner than beef and has just as many grams of protein per serving. It also is lower in saturated fat than chicken.

A 3-ounce portion of goat meat has 122 calories, considerably less than beef's 179 and chicken's 162. In terms of fat, goat is a much leaner and more readily available meat. It's 2.6 grams of total fat per 3-ounce serving is about one-third of beef's 7.9 grams and less than half of chicken's 6.3 grams. A serving of goat meat represents just 4% of your daily value of total fat, based on a 2,000-calorie diet. Goat meat also has more iron per serving than beef, pork, lamb or chicken.

"Consuming goat meat hasn't been part of our culture, but its popularity is rising as people search for healthy, lean, hormone-free sources of protein," said Lindsey Stevenson, a University of Missouri Extension nutrition and health education specialist.

Goat meat may sound exotic, but it can be prepared much like lamb. The cuts are very similar: leg and leg cuts, sirloin, loin, rack of goat and shoulder cuts. Diced and ground goatmeat also may be available.

For consumers in the U.S. and Canada, look for goat meat at traditional grocers or in specialty markets. Goat meat also can be ordered online. Ethnic stores or specialty butchers may have goat on hand or be willing to order some for you.

You might be surprised to learn that much of the goat consumed here in the U.S. comes from Australia. Imports of goat meat to the U.S. have more than doubled in the past 10 years, and 98% of that imported goatmeat comes from Australia.



Depositphotos

Because Australian goats are pasture-raised in a natural environment and are not given any additives or added hormones, Aussie goat meat is lean and healthy, and has a natural flavor. Much like its beef and lamb, Australian goat is a safe choice, as Australia is internationally recognized as free of all major livestock diseases. And because Australia is one of the world's largest exporters of goat meat, you can count on its long-term commitment to food safety.

Because it's very lean and low in fat, goat meat is particularly well-suited to slow cooking methods such as braising and stewing, and in flavorful, spicy dishes like this Australian recipe for goat chops. It's a delicious way to warm up on a cold winter day!

## GOAT CHOPS WITH TOMATOES AND CHICKPEAS

- 4 goat chops, bone-in
- 4 tablespoons vegetable oil
- 1½ teaspoons salt
- 1½ teaspoons ground black pepper
- 1½ teaspoons paprika
- 1½ teaspoons ground oregano
- 1 onion, finely chopped
- 3 cloves garlic, crushed
- 1 (15-ounce) can chopped, peeled tomatoes
- 1/8 teaspoon crushed red pepper flakes
- 1/8 teaspoon cloves
- 1/8 teaspoon sugar
- 1/4 cup white wine or beef broth
- 1 (15-ounce) can chickpeas or butter beans, drained

1. Rinse and dry the chops on both sides. Sprinkle the chops on both sides with 1 tablespoon of the oil, 1 teaspoon each of the salt, black pepper, paprika and the oregano. Heat oil in a large frying pan and brown the chops, about 2 minutes per side. Remove and set aside.

2. In the same pan, fry the onion until soft. Add the garlic. Cook for 2 minutes, stirring occasionally.

3. Add the tomatoes, and the remaining 1/2 teaspoon each of the salt, pepper, paprika and oregano, along with the red pepper flakes, cloves and the sugar. Cook for 2 minutes. Add the wine or broth and bring to a boil. Lower the heat and simmer 5 minutes.

4. Add the chops and simmer over low heat for 30 minutes. Add the chickpeas or butter beans, simmer 10 minutes. Serves 4.

\*For recipes and more about Australian meats, visit [trueaussiebeef-andlamb.com](http://trueaussiebeef-andlamb.com).

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Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is [www.divapro.com](http://www.divapro.com). To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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# top ten

## Most In-Demand Household Items

1. Hand sanitizer and wipes
2. Hand soap
3. Toilet paper
4. Paper towels
5. Cleaning wipes
6. Dish soap
7. Trash bags
8. Disinfectant spray and cleaner
9. Laundry detergent
10. Tissues

Source: USA Today

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## King Crossword

Answers

Solution time: 25 mins.

G	E	L	S	M	A	S	T	W	E	T
A	R	I	A	A	N	E	W	I	V	Y
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## Go Figure!

answers

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