

High Country West

Rancho Bernardo, California

NEIGHBORHOOD NEWS - JUNE 2011

Club Hours

Open Monday thru Sunday 8:00 AM - 10:00 PM
Pool/Showers/bath close 30 min (Spa 15 min) before closing
See Calendar for Activity Hrs

Club Manager: Mike Lutz
Club Office: (858)451-0725
Fax: (858)683-0316
E-mail: manager@highcountrywest.com
Web Site: www.highcountrywest.com
Address: 16003 Turtleback Rd

President's Corner



Dear Neighbors,

Summer is back and our High Country West neighborhood Club is the place to enjoy your summer activities. All HCW amenities are open to residents and their registered guests. Beautiful flowers in full bloom, planted by our new maintenance crew, greet you at the club entrance. Hidden but not to be forgotten are two regulation size racquetball courts, available for resident's use with up to a 24 hour advance reservation. Our crown jewel swimming pool has been upgraded with repaired fencing and new recliners for lounging by the poolside with friends. The kiddy pool is open for children five years old and under and our eight person spa is available for adults. Ping-pong (table tennis) anyone? If so, you will find a ping-pong table just beyond the diving board. Or reserve one of our three beautiful tennis courts, lighted at night. Your club also has a full outdoor basketball court with a hand ball wall, an outdoor sand volleyball court, an outstanding playground for the children and a large grass picnic area including three shaded areas with BBQ grills which residents can reserve by just filling out a form at least 24 hours prior to the event. And so much more...

Keeping up the surrounding areas of our community is just as important as keeping up the inside. Currently, we are in process of obtaining bids for the beautification of the Camino Del Norte side of HCW.

A better neighborhood is always our goal!

Best Regards,

Doug Cohee, President, High Country West

What's Up?

⇒ Picture Corner



The **Annual HCW Picnic 2011** is scheduled for Saturday June 25 from 12 to 4 PM. Our theme this year is "sliding into summer". This event is free to HCW residents. This event is not just for the kids, so all you seniors and empty nesters join us for the fun. We will again include **meet the candidates** during this event. **Party reservations at the Club must be booked 24 hours in advance.** Due to high volume party days; we are no longer taking parties same day. This ensures space is available at the facility and we have the proper staffing.

Brian Westre

858-692-0085

Brian@BrianWestre.com

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ARCH meets June 14th
& 28th this month, 6:30PM,
Clubhouse.



Architectural@highcountrywest.com

Solar- Considering adding solar to your home? We have had inquiries on solar, this is an item that an Exterior Improvement Form must be processed for installation.

To clarify last months article on trimming front yard vegetation to a 3 foot height. The 10-15 foot setback is measured from the inside edge of the sidewalk and back into the yard. Inside this setback area hedges, shrubs, bushes... should be maintained no greater than 3 foot height maximum.

Drought tolerant grasses are available & are on the market, these types of grass do not need a lot of water. Google on the net and find some listed types are Marathon 2, Aloha Grass, & Fescue types. The grass does nicely in the hot summer months on the 3 day water schedule the City imposed on us the past few years. Contact a landscaper or other professional to discuss replacing old, tired, high water use grass with a drought tolerant type of grass and its advantages.

Trash containers- Be considerate of your neighbor's trash cans that are put out for pick up. DO NOT move them onto the sidewalk areas as the truck will not pick up cans on sidewalks. Sometimes parking is tight on trash day, be neighborly and talk to everyone involved to find a solution for the cars and the cans so pick ups are done on time. Thanks!

Dog Owners

We have had several complaints about people walking their dogs in the neighborhood without a leash. Most often the dog's owner is nearby, but feels they have control of the dog. It is not only against the law (SDCC Sections 62.669[a], 62.601[d], and 62.601[y]) to walk your dog without a hand held leash, which must not be longer than 6-feet in length, it is also just common courtesy, since your neighbors may be afraid of being bitten by a loose dog. Proper restraint of your dogs will prevent them from harming or interfering with other animals, people, or property, and will also prevent them from becoming lost or from being injured by vehicles or other animals. If you want your dog to roam free, you can take it to the Rancho Bernardo dog park on West Bernardo Rd. Also, please remember to carry a bag to pick up your dog's droppings. Thanks for your cooperation.

Also a good time to update dog tag.

HCW Board of Directors:

President:

Doug Cohee

Vice President:

Brian Westre

Treasurer:

Igor Levin

Secretary:

Evelyn Dobson

Directors:

Jack Peter

Board Email:

directors@
highcountrywest.com

Next Board Mtg:

June 8 6:30 PM. At the HCW Club. Agenda will be posted at the club. Or call us. Some of agenda items are:

- High speed train
- Board election
- Camino Del Norte landscape improvements
- Dog bag dispensers
- SDG&E easement request

Reminder that candidate applications for the HCW Board of Directors are due by end of day Friday June 3rd.

Easter Egg Hunt Thanks

The Annual HCW Easter Egg hunt held on April 23 was a big success due in part to the help of the members of Scout Troop 685, Carolyn Primo, Karen Bigos, and the staff of HCW. A special thanks to the "Easter Bunny" (staff member Liz) who made an appearance that morning. A good time was had by all. The event was sponsored by [Jon Shea of Shea Realty](#).

Bee Swarms:

There have been a number of incidents of reported bee swarms in San Diego. According to Vector Control, this can occur when a hive splits or is in search of a new location. They often will stop for a day or two at one particular place before moving on to their final destination.

NEIGHBORHOOD WATCH (NW)



I came across the following article on the internet and decided to pass it on because I thought it had some good ideas:

Protection for you and your home:

Here's a humane way to wreck someone's evil plans for you.

WASP SPRAY

A friend who is a receptionist in a church in a high risk area was concerned about someone coming into the office on Monday to rob them when they were counting the collection. She asked the local police department about using pepper spray and they recommended to her that she get a can of wasp spray instead.

The wasp spray, they told her, can shoot up to twenty feet away and is a lot more accurate, while with the pepper spray, they have to get too close to you and could overpower you. The wasp spray temporarily blinds an attacker until they get to the hospital for an antidote. She keeps a can on her desk in the office and it doesn't attract attention from people like a can of pepper spray would. She also keeps one nearby at home for home protection.. Thought this was interesting and might be of use.

GOOD INFORMATION FROM ANOTHER SOURCE:

On the heels of a break-in and beating that left an elderly woman in Toledo dead, self-defense experts have a tip that could save your life.

Val Glinka teaches self-defense to students at Sylvania Southview High School. For decades, he's suggested putting a can of wasp and hornet spray near your door or bed. Glinka says, "This is better than anything I can teach them." Glinka considers it inexpensive, easy to find, and more effective than mace or pepper spray. The cans typically shoot 20 to 30 feet; so if someone tries to break into your home, Glinka says, "spray the culprit in the eyes". It's a tip he's given to students for decades. It's also one he wants everyone to hear. If you're looking for protection, Glinka says look to the spray. "That's going to give you a chance to call the police; maybe get out." Maybe even save a life.

Found on the internet and submitted by Galen Peterson, NHW Area Coordinator for HCW

The mission of Neighborhood Watch is to support safety and security efforts for all Rancho Bernardo residents. It's all about neighbors helping neighbors live safe and secure.