

# January 2019



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Holiday Homes MHP  
701 Montara Rd.  
Barstow, CA 92311  
1-760-252-3511  
holidayhomesmhp@gmail.com  
www.holidayhomesmhp.com

# News & Notes

## New Residents

Colleen Thomson has moved into sp. 65. She moved here from Nevada to be closer to family. She would like everyone to know that her little black cat has walked away. Her name is Shadow, she is 3 years old and very small. If you know where she is or have seen her, please contact Colleen.

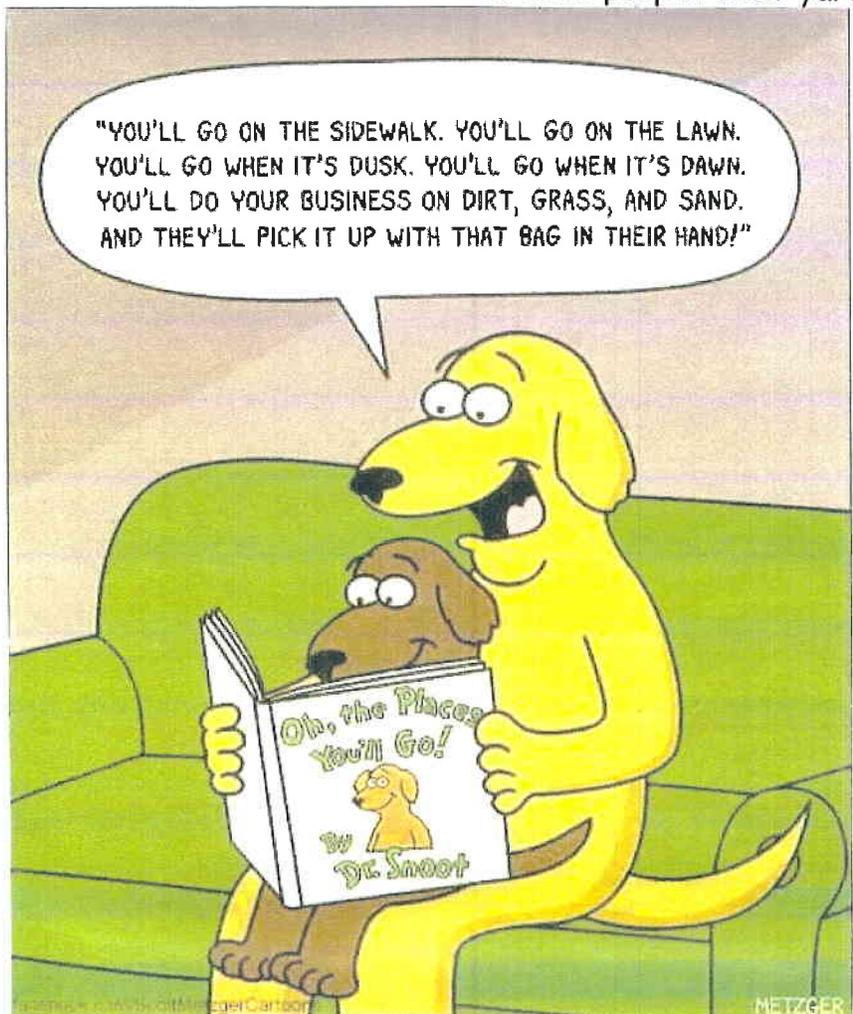
Welcome to our new neighbor! Let's get to know our new neighbor and invite her to all the activities around the park!

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## Pet Patrol

Happy New Year everyone! Let's start this new year off right by remembering to have your human caregiver pick up after you when you make a deposit outside. No matter where you made your deposit. This will make it so much nicer for everyone whether you are walking or driving around the park. It will also make good neighbor relations to now have poop in their yards.

Please enjoy this picture -



## For Safety's Sake

### Neighborhood Watch

We used to have a Neighborhood Watch group made up of residents here in the park but the person running it moved. There will be an introductory meeting Wednesday, January 16<sup>th</sup> from 4-5PM in the clubhouse to start another group. If you are interested, please plan on being here. Everyone is invited.

What is Neighborhood Watch?

Neighborhood Watch is a crime prevention program which enlists the active participation of citizens in cooperation with law enforcement to reduce crime in their communities.

It involves:

Neighbors getting to know each other, taking the time to care about each other and working together in a program of mutual assistance.

Citizens being trained to recognize and report suspicious activities in their neighborhoods.

Crime prevention strategies such as home security, operation identification and others being implemented by citizens.

Why Neighborhood Watch?

There can't be a law enforcement officer on every corner, so citizen involvement is essential to combat crime.

You and your neighbors are the ones who really know what is going on in your community.

By cooperating with each other and the police, people can help fight crime in their community in the most effective way - before it begins.

Neighborhood Watch members place stickers in their windows and post Neighborhood Watch signs on streets, warning criminals that they are in an active Neighborhood Watch Community and that "neighbors are watching out for each other."

How Do I Start A Neighborhood Watch Program?

Contact your local law enforcement agency.

Explain that you would like to start a Neighborhood Watch group and ask for assistance.

Get help from their crime prevention unit. Many law enforcement agencies have a crime prevention officer or specialist who can help you organize your initial meeting.

Ask about the crime conditions in your neighborhood.

Ask to have a law enforcement representative at your first meeting.

Talk to your neighbors.

Canvass your neighborhood for interest.

Discuss crime problems in your area using the information you received from your law enforcement agency.

Briefly explain the value of the Neighborhood Watch program.

Ask about convenient times to schedule your first Neighborhood Watch meeting.

## From the Manager

If you missed the Christmas Party, you really missed a good one. Thank you so much to the Riegel Family for putting on such a great party. Everyone had a good time.

I would also like to thank everyone for the cards, candy, cookies and other gifts that we have received. It was very thoughtful of you and we very much appreciate it.

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The judging for the Holiday Homes Decorating Contest was held and here are the winners:

Sweepstakes Winner: Ben and Pat Torres, #258

2<sup>nd</sup> Place: Jose and Theresa Avalos, #247

3<sup>rd</sup> Place: Mark and Lori Edwards, #279

4<sup>th</sup> Place: Kathleen and David Jarrell, #98

Congratulations to all the winners and thank you everyone who participated. I hope that all you residents were able to go around and look at all of the decorations that your neighbors put up. Very, very festive.

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Door prize winners at the Christmas Party:

#168, Donna Berry

#180, Richard and Sherry Seery

#164, Shirley Reed

#22, Dean Berry

#279, Mark and Lori Edwards

#222, Yousef and Suad Bahnan

#1, Earl and Susan Hinton

#20, Kathy Pirwitz

#49, Richard and Sharon Zanin

Congratulations!

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Attached to your newsletter besides your rent bill is a notice for the Utility CARE programs. For those of you that are already on the CARE program, you do not need to do anything. Those of you that are not on the program, if you make less than \$32,480 a year, you probably qualify. Do not call the numbers you see on the notice. Come to the office and we will give you the proper application.

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**Exercise is every Tuesday, Wednesday and Thursday from 3:00-4:00 PM in the clubhouse.** Mary Lee is the instructor. These are low impact exercises to help you keep limber. The class is free.

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The **Health Clinic** will be on Jan. 10<sup>th</sup> from 10-11AM in the clubhouse. You can have your blood pressure and your pulse taken. You never know what will be offered each month, so come down and check it out.

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**An important message from the office:** Please make sure you make out your rent check to Riegel Properties and not Holiday Homes using blue or black ink only. Thank you!

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Donna Berry has a Tai Chi class in the clubhouse every Tuesday and Thursday morning from 8-9 AM. Everyone is invited to take part. Classes are free.

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For any resident in the park who refers a new resident that buys a Riegel Property home and signs a 5-year lease, you will receive a one month rent credit valid any month you choose within a one-year period.

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Please watch out for your neighbors. If you don't see them over a day or so and you know they haven't left on a vacation, give the office a call so we can follow up.

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**DO NOT put paint or oil collections behind the shop. Also, DO NOT put TIRES there.** Burrtec will not pick up those items. You can dispose of paint or used oil at the Hazardous Waste Corporation Yard at 900 So. Ave. H on Saturdays from 9AM-2PM. You can also ask them what to do with tires.

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The **Barstow Police Department** wanted us to know that they can put your name, phone number, space number, medical condition and up to 3 contacts of friends or relatives into their computer aided dispatch system so that, in case of emergency, they have someone to call for our Resident's with Special Needs. The information would be the resident's responsibility to update of change if you move. Call the office to get the form to fill out or drop off a note at the police department with a notation stating what your note is for.

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Anyone with **TV's, computers and/or monitors, microwaves, coolers, large furniture, etc.** that you want to have dumped, please call the office and we will arrange to have them picked up and disposed of for you. **Do not put these types of items in any of the dumpsters.**

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**ATTENTION:** Seniors with Diabetes and/or Arthritis, you may be eligible for **FREE SHOES and/or ARTHRITIS PRODUCTS** through a Medicare Program "At No Cost to You". For more information, please call Dianne Millard at 1-951-990-0017. **SORRY NO HMO INSURANCES.**

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Office hours for Holiday Homes MHP are as follows:

Monday through Friday 8:30-11:30

Billing Period (1<sup>st</sup> through 5<sup>th</sup>) 8:30-11:30

1:00-4:30

Closed Saturday, Sunday and Holiday except by appointment.

After 4:30 PM and on weekends and holidays the answering service will pick up the phones. Please give the answering service sufficient time to get in touch with a duty manager and for the duty manager to get to you before calling back. Also, unless it is a dire emergency, please do not knock on the manager's door or call them at home. Use the answering service.

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The speed limit in the park is **15** miles per hour. Please stop at all stop signs and corners that don't have stop signs. You don't want to run into one of your neighbors or their pets with your car!

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**Please make sure you close the dumpster lids when you throw your trash away!** You will be helping to keep the feral cats from looking for food, keeping bugs away and making the area look more presentable.

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### Attention Seniors (age 60+)

Did you know? You could have a nutritious meal for a donation of only \$3.00? All meals include a main dish, vegetable, drink and dessert.

Where?

At the Barstow Senior Citizen's Center located at 555 Melissa Ave. Our lunch service time is from 11:30AM until 12:30PM. Our phone number is 1-760-256-5023.

This meal is provided through a grant from the Department of Aging and Adult Services of San Bernardino County. All donations are to help offset the cost of staff, utilities and the care of the equipment. Without your donation, the program would stop. You can bring a friend but if they are under 60 years of age: their donation will cost \$5.00. (This is still a great meal deal!)

We also provide meals to homebound seniors!

For more information, call 1-760-256-9111.

Thank you,  
Jeff Eason

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We are doing our best to keep the park safe but we need your help, if you see someone acting suspiciously or anything suspicious, PLEASE call the Barstow Police Dept. at 1-760-256-2211. You can request that the responding officer not show up at your door. If the officer needs to talk to you, they can call you on the phone. With all of us working together, we can help minimize these types of problems.

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**The cameras in the park are monitored daily.** We do see vehicles that go through stop signs without stopping and vehicles speeding on the streets not only by the cameras but also by direct observation. Be aware of the speed limit - 15 mph. It might not be such a bad idea to stop at all corners (even the ones that don't have stop signs) so there won't be any type of accident.

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#### From Park Rules and Regulations, revised 6/1/06

X. MOBILEHOMES, STRUCTURES AND ACCESSORIES: Installation of mobile homes, structures and accessories shall be subject to the approval of management and in compliance with California Civil Code and California Administrative Code, Title 25.

H. Colors and Materials: To insure architectural uniformity and aesthetics, the colors and materials of mobile homes, accessory equipment and structures are subject to approval by Park Management. In general, only earth tone colors, light blue, light green, beige or white will be approved.

I. Air Conditioners: Written permission must be obtained from Management prior to installation of any air conditioning unit. Any air conditioner or swamp cooler installed on a mobile home must be in good operating condition and must not make excessive noise that will be disturbing to any other Resident. Condensation accumulation from any air conditioner or swamp cooler must be piped away from mobile home. No air conditioners shall be mounted in front of the mobile home.

J. Porches, Decks, Patios, Steps and Ramps: Porches, decks and patios are required and must be constructed under permit and meet city and state building codes. Porches must be of an approved material matching the exterior material of mobile home.

All steps and ramps must be constructed with high quality and faced with the same material and color as the mobile home exterior. Steps and ramps must have approved handrails and if

located at an "outswing" door must have a platform which is at least as deep as the width of the door opening as required by law. Ramp slope shall not exceed one (1) foot of rise to twelve (12) feet of horizontal run. Handrails and edge curbing for ramps shall be placed on each side of the ramp, continue the full length of the ramp and shall extend one foot beyond the top and bottom of the ramp in accordance with Title 25. Refer to Title 25 for other requirements.

Unless made of masonry, deck surfaces must be covered with approved materials. The temporary steps provided by the mobile home dealer must be removed from the home site no later than sixty (60) days from the time the mobile home is moved into the Park.

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## Recipes and Other Stuff

If you have a favorite recipe that you would like to share, please bring it to the office for copying and it will be printed in the newsletter.

### Slow-Cooker Minestrone

4 large carrots, peeled and chopped	3 stalks celery, chopped
1 small red onion, chopped	3 cloves garlic, minced
2 cups fresh green beans, trimmed and cut into 2-inch pieces	2 15-oz. cans no-sodium-added red kidney beans, rinsed
2 15-oz cans no-sodium-added diced tomatoes, undrained	6 cups-no-sodium-added vegetable broth
1 tsp. crushed red pepper	2 Tbsp. Italian seasoning
$\frac{1}{2}$ tsp. ground pepper	$\frac{3}{4}$ tsp. salt, divided
4 oz. whole-wheat pasta elbows or other small pasta (about 1 cup)	1 large zucchini, chopped
	$\frac{1}{2}$ cup freshly grated Parmesan Cheese

Combine carrots, celery, onion, garlic, green beans, kidney beans, tomatoes, broth, Italian seasoning, crushed red pepper,  $\frac{1}{4}$  tsp. salt and pepper in a 6- to 8-qt. slow cooker. Cover and cook on low for 6 to 8 hours.

Stir in zucchini, pasta and the remaining  $\frac{1}{2}$  tsp. salt. Cover and cook on low until the pasta is tender, 14 to 20 minutes more. Serve immediately, topping each serving with about 1  $\frac{1}{2}$  Tbsp. Parmesan.

Serves 8

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### Retarded Grandparents

After Christmas, a teacher asked her young pupils how they spent their holiday away from school. One child wrote the following:

We always used to spend the holidays with Grandma and Grandpa. They used to live in a big brick house but Grandpa got retarded and they moved to Arizona.

Now they live in a tin box and have rocks painted green to look like grass.

They ride around on their bicycles and wear name tags because they don't know who they are anymore.

They go to a building called a wrecked center but they must have got it fixed because it is okay now. They do exercises there but they don't do them very well.

There is a swimming pool too but in it, they all jump up and down with hats on.

At their gate, there is a dollhouse with a little old man sitting in it. He watches all day so nobody can escape!

Sometimes they sneak out. They go cruising in their golf carts. Nobody there cooks, they just eat out. And, they eat the same thing every night. Early Bird Special.

Some of the people can't get out passed the man in the dollhouse. The ones who do get out, bring food back to the wrecked center and call it pot luck.

My Grandma says that Grandpa worked all his life to earn his retardment and says I should work hard so I can be retarded someday too. When I earn my retardment, I want to be the man in the dollhouse. Then I will let people out so they can visit their grandchildren.

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There are lots of awards being passed out and here are some that have some humor.

With tongue firmly in cheek, the Ig Noble folks honor scientific articles that have some humorous or unexpected aspect.

Obviously, these awards are hard to come by. One must combine intense research with the curiosity and sophistication of an 8-year-old to make the cut here.

Behind the laughter, there's often a serious purpose.

Take, for instance, Stephan Bolliger, who along with four colleagues in Switzerland conducted a study that confirmed an empty beer bottle makes a better weapon than a full beer bottle in a fight.

It's unclear whether Bolliger and his mates, dressed in lab coats and armed with jagged test tubes, brawled their way through the local taverns to reach this conclusion.

Nonetheless, Bolliger told the Associated Press that his research has legitimate value.

Lawyers and judged in court cases have asked how much damage a blow to the head with a bottle can cause and the study could help decide future cases.

Dr. Elena Bodnar, honored for developing a bra that converts into a pair of gas masks - one for the wearer, the other for a friend - said that she came up with the idea while studying the effects of the 1986 Chernobyl nuclear-plat disaster. If people had had cheap, readily available gas masks in the first hours after the disaster, she said, they may have avoided breathing in iodine-131, which causes radiation sickness.

Besides, her patented devices look pretty, she added.

It's hard to argue with research like that.

Other notable winners:

Catherine Douglas and Peter Rowlinson for showing that cows with names give more milk than unnamed cows. Rowlinson said naming cows was just one aspect of their research that showed that when humans are nice to animals, the animals return the affection (thereby validating the Old Carnation advertising slogan, "milk from contented cows").

Executives of four Icelandic banks for showing how tiny banks can become huge banks and then become tiny banks again.

Javier Morales, Miguel Apatiga and Victor Castano for creating diamonds out of tequila.

These awards take their place in the pantheon of past winners, which includes researchers who showed lap dancers get higher tips when they are ovulating and in investigation into whether suicide rates are linked to the amount of country music played on the radio.

All of this comes at a time that the British government has unveiled plans to allocate research funding according to how much "impact" the research has.

The plans have come under fire from academics, who say that curiosity-driven, speculative research as led to some of the most important breakthroughs in scientific history, including penicillin, relativity theory and the theory of evolution.

Not to mention happy cows.

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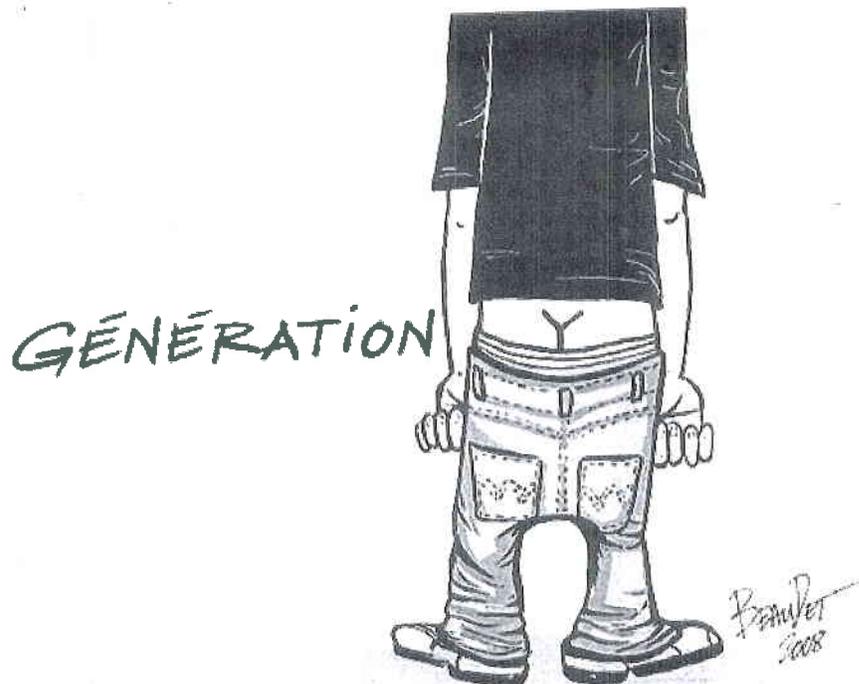
The Silent Generation are people born before 1946.

The Baby Boomers are people born between 1946 and 1959.

Generation X are people born between 1960 and 1979.

Generation Y are people born between 1980 and now.

Why do we call the last one generation Y? I do not know but a cartoonist explains it eloquently. Learned something new today.



Now, make someone else laugh. Have a great day!  
The secret to happiness is a good sense of humor and a bad memory.

# PARK OFFICE TELEPHONE NUMBERS

Manager	Susan Nikkel	760-252-3511 (w)
Asst. Mgr.	Beth Burke	760-252-3511 (w)
Maintenance Lead	Cary Carpenter	760-338-9877 (w)
Night Duty	Craig Cetnarowski	760-559-6589 (w)
Night Duty	Lance Powell - TEXT	760-559-6589 (w)

# EMERGENCY TELEPHONE NUMBERS

Fire Department	760-256-2251 OR 911
Police Department	760-256-2211 OR 911
Southwest Gas Co.	800-762-9294
Electric Co.	800-655-4555
Water Co.	760-256-8215
Ambulance/Paramedics	911

Please report all gas or water leaks, electrical outages, sewer stoppages and/or injuries to park office, 1-760-252-3511, whether or not you have already called an emergency service.

In the event of a disaster (earthquake, flood, fire, etc.) it will be necessary to coordinate all safety efforts through the park office or manager. The location of all main valves and switches are posted in the park office.

**DO NOT SHUT OFF ANY MAIN VALVES OR SWITCHES. ALL MAIN VALVES AND SWITCHES MUST BE OPERATED ONLY BY QUALIFIED PARK PERSONNEL.**

## EMERGENCY INFORMATION

Date:

Name:

Space No.:

Phone:

## IN AN EMERGENCY

Person to notify in case of an emergency (other than co-resident)

Name:

Relationship:

Address:

Phone Number 1:

Phone Number 2:

Doctor:

Phone Number:

Hospital:

Medical Insurance:

ID:

Contact person who has a key to your home:

Name:

Space No.:

Phone Number:

Signature:

## ADDITIONAL INFORMATION

If you are on oxygen, use a wheel chair or any other medical equipment that might be affected by a power outage, earthquake or other natural disaster, please give the details below so that we may implement a special emergency plan to help you.

# January 2019

Sun

Mon

Tue

Wed

Thu

Fri

Sat

		1 New Year's Day Office Closed	2 Exercise 3-4	3 Tai Chi 8-9 Exercise 3-4 TOPS 5:30-7	4	5 Private Party #241 3-8
6 Private Party #141 12-6	7	8 Tai Chi 8-9 Exercise 3-4	9 Exercise 3-4	10 Tai Chi 8-9 Health Clinic 10-11 Exercise 3-4 TOPS 5:30-7	11	12
13	14 Emergency Team 1-2	15 Tai Chi 8-9 Exercise 3-4	16 Exercise 3-4 Neighborhood Watch 4-5	17 Tai Chi 8-9 Exercise 3-4 TOPS 5:30-7	18	19 Clubhouse Floor Maintenance
20	21 Martin Luther King, Jr. Day	22 Tai Chi 8-9 Exercise 3-4	23 Exercise 3-4	24 Tai Chi 8-9 Exercise 3-4 TOPS 5:30-7	25	26
27	28	29 Tai Chi 8-9 Exercise 3-4	30 Exercise 3-4	31 Tai Chi 8-9 Exercise 3-4 TOPS 5:30-7		