

The Trails



at Rancho Bernardo Newsletter

Dec 2007

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Homeowners Meeting

7:00 PM, Monthly 2nd Thursday

ARC Committee Meeting

7:00 PM, 2nd & 4th Tuesday of the Month



Moving Forward Together

Its been nearly two months since our community was impacted by one of the worst fire disasters in Southern California history. It will take many months and perhaps years to move beyond the losses our neighbors have suffered. Rest assured your Board will remain responsive in helping your progress through the rebuilding process whether it involves the replacement of an entire home or the replanting of a single burnt tree.

To assist homeowners who are at the point where they have building or landscaping plans ready for review, or any questions regarding plans, the Architectural Committee stands ready to help. Note that the ARC now meets twice a month to accommodate you.

If you need help in other areas such as dealing with insurance claims, landscaping concerns, cleanup, etc., we've been posting information on the rbtrails web site that you should find helpful. Be sure to click on the red tab labeled "FIRE". There you will find a variety of resources and useful documents. We will continue to post helpful information as soon as we know about it. If you have anything to contribute, links, resources, contacts, etc., please send an email to Anthony Iasi.

Many homeowners attended the November 29th Fire Recovery Meeting. If you were unable to attend this important meeting, please visit our web site for the agenda. There were some key issues brought up covering a wide range of topics regarding the rebuild process. Feel free to contact the names listed on the agenda for specific information.



Your Board, Committee members, volunteers, and fellow neighbors wish you a wonderful holiday filled with joy and peace.

Items Of Interest

A Thought For The Month...

"What life means to us is determined not so much by what life brings us as by the attitude we bring to life; not so much by what happens to us as by our reaction to what happens." Lewis Dunning

Quotes About Friendship...

"If you live to be a hundred, I want to live to be a hundred minus one day, so I never have to live without you." - Winnie the Pooh

"True friendship is like sound health; the value of it is seldom known until it is lost." - Charles Caleb Colton

"A real friend is one who walks in when the rest of the world walks out." - Anonymous

"Don't walk in front of me, I may not follow. Don't walk behind me, I may not lead. Walk beside me and be my friend." - Albert Camus

"Friendship is one mind in two bodies." - Mencius

Quote of The Month...

"Realize that true happiness lies within you. Waste no time and effort searching for peace and contentment and joy in the world outside. Remember that there is no happiness in having or in getting, but only in giving. Reach out. Share. Smile. Hug. Happiness is a perfume you cannot pour on others without getting a few drops on yourself."
Og Mandino, Motivational Speaker

Sleep Tight

If you're not getting a good night's rest to help you be alert during the workday, think about changing how you sleep.

Health experts say that the best position to sleep in is on your side, curled in a fetal position. Rest your head on a pillow, which should hold the head level with the rest of your body. The second-best sleeping position is flat on your back with your head resting on a pillow. Try to avoid sleeping on your stomach, a position that could strain your neck and back.

Trails Web Sites: The Trails community is fortunate to have a number of residents who have been stepping ahead to help the rest of us move beyond the fires. Libby Saleh established a google news group that makes it easy for neighbors to post questions regarding the fire recovery and get answers back from other neighbors. If you haven't already joined and would like to, send an email to the-trails@googlegroups.com for more info and to get started. Arleen Gimbel's www.thetrailsnews.com is another valuable site that offers interactive postings, information, and news about our Trails.

Our official www.rbtrails.com web site will have links to these and any other resources that come to our attention. Let us know if you find other sites that could benefit our neighbors.

Rebuild RB Coalition: Going beyond the Trails, several Rancho Bernardo groups that have been helping fire victims have joined together in order to not duplicate assistance efforts. The Rebuild RB Coalition is an umbrella organization for those wanting to donate money for long-term recovery efforts and a resource to those needing assistance. Visit their web site at <http://www.rebuildrb.com>.

New ARC Meeting Times: There will be two ARC meetings each month, scheduled for the 2nd and 4th Tuesdays at 7:00pm at the Swim and Tennis Club. Also, the Board is returning to monthly meetings scheduled for the 2nd Thursday of each month at 7:00pm, they will no longer be meeting on a quarterly basis.



Property Reassessment: You can contact the San Diego County Tax Assessor's Office and request they reassess your property at 858-505-6262. Their web site is arcc.co.san-diego.ca.us.

Free Tree/Plant Debris pick up: Environmental Services will assist property owners in RB who were impacted by the fires, by picking up private tree and plant debris (only) that they pile up at curbside. The phone number to schedule pick-up is (858) 694-7000.

Get Reverse-911 on Your Cell Phone: The city's reverse-911 system knows about land lines but not cell phones. You need to manually register each of your cell phone numbers. To do this online, go to <http://www.sandiego.gov/ohs/reverse911/index.shtml>.

CC&R Quickies

All building, construction or exterior alterations, and landscaping must have complete plans approved by the Architectural Committee. This includes fences, room additions, pools, exterior color changes, etc.



Recipe Of The Month



Cooking Lite With Steve-O

Grilled London Broil



Ingredients

- " 1 london broil, 2-4 lbs trimmed
- " 1 bottle red wine
- " ground black pepper
- " meat tenderizer

Cooking Instructions

For a lean steak entree, take one London Broil that has been trimmed of excess fat. Place meat in a glass/Pyrex cooking dish, deep enough to accommodate meat and marinade and poke liberally with a dinner fork or score with a sharp knife. Pour enough red wine over meat to cover it, place a towel or cheese cloth over and refrigerate for at least 4 hours, (the longer the better).

Remove meat from marinade, discarding liquid, season with ground black pepper and tenderizer and place on grill until done to your liking. One London Broil will usually serve up to four people. Serve over rice or with grilled tomatoes and salad.

Total preparation time, approximately 10-15 minutes, cooking time is approximately 15-25 minutes depending upon thickness of cut, degree to which you like it cooked and the temperature of your grill.

Also works well in an oven heated to 450°F and wrapped in aluminum foil.

Contractors Who Work in The Trails

Important Phone Numbers

Police, RB Storefront
858-538-8146

Police Dispatch
858-484-3154

Fire
911

Trails Sewer Emergency
858-454-1686 (new)

Knight Security
760-745-3604

Palomar Hospital
760-739-3000

Pomerado Hospital
858-613-4000

Poison Control Center
800-876-4766

Child Abuse Hotline
800-344-6000

Crisis Line (Personal)
800-479-3339

Library
858-538-8163

PUSD
858-748-0010

Swim & Tennis Club
858-487-5002

Post Office, RB
800-275-8777

Better Business Bureau
858-496-2131

RB Chamber of Commerce
858-487-1767

RB Senior Services
858-487-2640

SDG&E, Cust Service
800-411-7343

Street Light Maintenance
619-527-7500

Trash Collection Info
858-492-5060

Recycling/Refuse Center
858-694-7000

Time of Day
858-853-1212

Weather Service (select opt #1)
858-675-8706

ALL EMERGENCIES
POLICE / FIRE / PARAMEDICS

DIAL 911



www.rbtrails.com

Electrical Services

Ralph Hollis Electric, CA#: 598686
858-442-6904 ralphholliselectric@hotmail.com

To place an ad,
contact Steve
Arnold at 858-
518-2002

Errand Service and Personal Assistant

Rancho Bernardo Errand Service
858-385-7878

Health Coaching and Fitness Training

In-home fitness consultations and sports therapy by Tim and Sharon Kearin, four year residents of the Trails (858) 485-5021

Mortgages

Tom Kimball Mortgage Company, Tom Kimball
16776 Bernardo Center Drive
858-675-9805

Pets

Poo Busters, Pet Waste Removal
619-741-2543 www.Poobusters.com
If you're too pooped to scoop, you came to the right place! YES!
We scoop the doggies poop, so you don't have to!

Real Estate

Prudential California Realty, Arleen Gimbel
858-618-5658 (w) / 858-485-7077 (h) - www.arleengimbel.com
See www.thetrailsnews.com for neighborhood news

RE/MAX Of Rancho Bernardo, Libby Saleh - www.libbysaleh.com
Office 858-485-1700 ext. 221, Direct 858-663-6544

Roofing and Repair

Strafford Roofing, Pat Strafford, CA#: C-39 649662
619-258-7621

Security

Knight Security, Special Prices for Trails Homeowners
Ca. Licence #C-7, C-10, C-61-306628, ACO 574, PPO-11254
760-745-3604

Spa Repair & Pool Cleaning

Aqua Pool & Spa Center, 16588 Bernardo Center Dr., CA#: 783465
858-385-0837

Travel Agent / Cruises

Joiner Travel
16935 W. Bernardo Dr., Ste. 107, San Diego, Ca 92127-1635
joinertravel@sbcglobal.net, 858 673-5700 / Fax: 858 673-5727

Tree Trimming

Parker Tree Service, Trimming and Removal
Certified Arborist #5975, #5976 / Contractor License #763675
Parkertreesvc@aol.com, 858-538-3785

Window Washers

Final Touch Window Cleaning & Screen Repair
Paul Robinson, Owner
Licensed and Insured, 760-751-7018

**The B.O.D. does not make any guaranty of services or work.
Always ask for references and get multiple quotes!**