

# The Trails



## Your "B.O.D." (Board of Directors)

Ed Silva President 485-8988

Steve Arnold Vice President 592-0070

Open Treasurer n/a

Donna Perry Secretary 451-8774

Mike Tashjian Director at Large 487-8055

## Architectural Committee

Chris White Chairman  
e-mail: CTWgroupinc@aol.com

Jim O'Grady Committee  
e-mail: james.ogrady@baesystems.com

Charles Kunze  
e-mail: cakunze@earthlink.net

Christine Hartman  
e-mail: cjkhartman@earthlink.net

Tom Kaa  
e-mail: t\_kaa@msn.com

## Security

Knight 760-745-3604

## Newsletter Editor

Anthony Iasi 213-6058  
e-mail: Trails@FlyingAgent.com

## Important Meetings

**Homeowners Meeting**  
7:00 PM, 2nd Thursday of the Month

**ARC Committee Meeting**  
7:00 PM, 2nd Tuesday of the Month

## 2007 Annual Election

The election that was scheduled for last month was delayed because a quorum was not met at the meeting. We actually had enough proxy ballots but many of them were not properly signed. A large number of homeowners simply forgot to sign beneath their name on the outside of the envelope.

Fortunately, it was a simple matter of contacting those homeowners who forgot to sign, get their signatures, and reach the required quorum.

The ballots will finally be counted during the next homeowners meeting and results published in our next newsletter.



## Car Burglaries

There has been a sudden jump in car break-ins most notably in areas north of the Trails such as Montelena. There is no reason to believe that this is spreading here, but the BOD felt it would be wise to put our residents on notice. Observe common sense and do not leave valuables visible in your vehicles.

## New Architectural Forms

Updated forms are available with procedures on going about doing any work on your home. The BOD will have these on the rbtrails.com website and enclose a copy with the newsletter.

## A Rattlesnake Story

We've been warning residents about the increase in rattlesnake sightings throughout the Trails. Our very own Steve Arnold was stepping outside his door into the yard and encountered a snake just as it pounced on a helpless lizard. He immediately called your editor and I could tell he was terribly shaken by the ordeal. In the end, I wasn't quite sure whether his level of distress was from seeing a rattlesnake on his doorstep or from witnessing the cycle of nature as it unfolded (or enveloped) before his eyes.

## Word of The Month...

Apercu \aa per soo\ (noun)

Meaning: insight, a revealing glimpse; first glance or immediate impression

Sample Sentence: Charles hoped his girlfriend's parents would have a positive apercu about him after their first meeting.

## Energize Your Career With Good Feng Shui

Feng shui is an ancient Chinese belief that preaches that your physical surroundings affect the positive and negative energy in your life. If your career could use some energizing, you might want to follow these tips from the Feng Shui Institute of America:

" Position your workplace so that you are facing the door with your back to a solid wall. This will give you a sense of control and support.

" Eliminate clutter and trash from your workplace to make room for more positive objects.

" Place decorative red objects around your office, such as red roses or candles, to attract greater recognition.

" Add live plants and lights to energize the room.



## Items Of Interest

**Water Safety For Kids:** Don't let your child become a statistic. Each year 350 children less than five years old die and another 2,600 are seriously injured in drowning or near drowning situations. The key to preventing these accidents is to have layers of protection surrounding pools and to teach children about water safety.

A fence that is at least four feet in height and equipped with self-closing gates should surround all pools. Any doors leading to the pool should have an alarm. Safety covers should be in place when the pool is not in use and underwater pool alarms can be used for added assurance. For more information on safety barriers, visit [www.cpsc.gov](http://www.cpsc.gov) for pool safety publications.

When teaching children about pool safety, it is important that they learn to love the water, but also respect it. This can be done at an early age by taking advantage of tub time activities. Don't be afraid to splash little ones in the face to get them use to the idea of getting under the water. Once you have progressed to the pool, be careful about harsh warnings. Give matter-of-fact safety rules in a positive manner. This will allow your children to enjoy the idea of swimming while still respecting the dangers associated with water. If you choose to enroll your child in swimming classes, you can search for a certified instructor at [www.swimamerica.org](http://www.swimamerica.org) or you can check with the Red Cross or YMCA/YWCA. If you ever realize your child is missing from your home, check the pool first. In drowning situations, every second counts.

**Homes For Sale in the Trails:** This month there are seven homes listed for sale in the Trails with a price range of \$1,100,000 to \$2,150,000. Two homes recently sold on Bernardo Trails Drive, one for \$1,219,000 and the other for \$1,238,000. Another home sold on Robleda Court for \$1,890,000.



**Health Coaching and Fitness Training:** Tim and Sharon Kearin, four year residents of the Trails, and founders and former owners of Personally Fit Fitness and Physical Therapy are offering in-home services. Tim is offering fitness consultations and sports therapy and Sharon is offering pilates reformer and mat training in her private studio. call (858) 485-5021

## CC&R Quickies

City Code states that trash and recycle containers should not be placed on the curb before 6:00 PM of the day prior to the regular day for collection and should not be left after 6:00 PM of the regular collection day.



# Recipe Of The Month



## Cooking Lite With Steve-O

### Dad's Favorite Meatloaf and Tomato Relish

#### Ingredients

- *Tomato Relish:*
- *1 onion, finely diced*
- *2 garlic cloves, minced*
- *2 bay leaves*
- *2 red bell peppers, cored, seeded and finely diced*
- *2 tomatoes, halved, seeded and finely diced*
- *1/4 cup chopped fresh flat-leaf parsley*
- *1 (12-ounce) bottle ketchup*
- *1 tablespoon Worcestershire sauce*
- *Kosher salt and freshly ground black pepper*
- *Extra-virgin olive oil*
- 
- *Meatloaf:*
- *1 pound ground beef*
- *1 pound ground pork*
- *3 eggs*
- *Leaves from 2 fresh thyme sprigs*
- *3 slices white bread, crusts removed and torn into pieces*
- *1/2 cup whole milk*
- *Sea salt and freshly ground black pepper*



#### Cooking Instructions

*Preheat the oven to 350° F.*

*Coat a skillet with a 2-count of oil and place over medium heat. Sauté the onion, garlic and bay leaves for a few minutes to create a base flavor. Throw in the red peppers and cook them for a couple of minutes to soften. Now add the tomatoes; adding them at this point lets them hold their shape and prevents them from disintegrating. Stir in the parsley, ketchup and Worcestershire; season with salt and pepper. Simmer the relish for 10 minutes to pull all the flavors together. Remove it from the heat; you should have about 4 cups of relish.*

*In a large mixing bowl soak the bread pieces in the whole milk. Set aside. In a separate large mixing bowl, combine the ground beef with the ground pork and mix well. Squeeze out the milk from the bread and add the bread to mixing bowl. Add the eggs, 1 cup of the tomato relish, and thyme; season with salt and pepper. Mix well with hands. To test, fry a small "hamburger" patty of the meatloaf until cooked; the patty should hold together but still have a soft consistency. Taste the patty for seasoning.*

*Take a small baking tray and line with parchment paper. Form the meat into a loaf shape on the tray and top with another 1/2 cup of the tomato relish.*

*Bake the meatloaf for 1 to 1 1/2 hours until the juices run clear and meat is tender -- it should spring back lightly when pressed. Remove the meatloaf from the oven and let it cool a bit before slicing. Serve with the remaining tomato relish on the side.*

## 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**

### Electrical Services

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

### Errand Service and Personal Assistant

Rancho Bernardo Errand Service  
858-385-7878

### 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!**

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

