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**Happy New Year**

# The COMMUNITY BUGLE™

Vol. 17 No. 11 Inter-Community Newspaper Serving Southwest California January 2015

## Temecula Town Association Honored as the Largest Monument Donor

At a modest ceremony in Ronald Reagan Sports Park (FRRSP) in early December, a 22" bronze bust of President Ronald Reagan was presented to the Temecula Town Association (TTA) in appreciation for making the largest single donation to the Reagan Can-Do Monument that now graces the park today.

Kay Sterling (pictured), who with her husband John headed the group, received the bust, an exact copy of the bust portion of sculptor Chris Pardell's Reagan statue and Monument. The TTA disbanded in early 2000 and later donated their remaining funds, \$40,000, to FRRSP. The Sterlings also personally donated \$1,000 each. John was unable to attend because of illness.

Making the presentation was Perry Peters, president and founder of FRRSP, which raised funds that enabled the first phase to be completed. "Reagan is now smiling at a void," said Peters, "but when the Monument is finished, he will be looking with approval at a husband, wife, son and daughter, working diligently at planting and weeding to help build the park without using government tax money."

Speaking on behalf of the TTA, Kay said, "We are grateful to Perry Peters, the FRRSP Board and the City of Temecula for continuing the work that those dedicated volunteers envisioned so many years ago."

Kay noted that her non-profit charitable group was incorporated in 1970 to 1) preserve the place name Temecula, 2) promote and maintain the 1890's architecture in Old Town, 3) provide community facilities and services and 4) produce specific annual events. Accomplishing all they set out to do, they leave a lasting legacy for TTA. The TTA produced an annual rodeo, Temecula Rod Run, Great Temecula Tractor Race, and worked with the Community Christmas Dinner Committee.

TTA, with the help of the Temecula Valley Chamber of Commerce, convinced the Riverside County Board of Supervisors to establish Old Town Temecula as a Historical Preservation District. Five TTA members were appointed to serve as a Local Review Board to evaluate all proposals for the construction of new buildings and remodeling the exterior of existing structures within the District boundaries. One of three benches at the Can-Do Monument was dedicated to the TTA and a plaque on that bench lists all of its past presidents.

FRRSP raised more than \$100,000 to build the first phase of the Can-Do Monument. An additional \$60,000 is needed to complete it. Repeating a quote that appears on the Monument, he expressed an ardent desire, "May we never lose that spirit."

To donate to FRRSP please visit [www.RonaldReaganSportsPark.com](http://www.RonaldReaganSportsPark.com)



## ALTV Awards Educational Grants

Assistance League of Temecula Valley recently awarded teacher grants, in the amount of \$750 each, to eight Murrieta Valley Unified School District teachers and ten Lake Elsinore Valley Unified School District teachers to help fund special classroom projects, activities or to help with specific classroom needs. This year the awards will be used to purchase classroom books and supplies, physical education equipment, music stands, drums and mini keyboards, help fund a marine science field trip to Catalina Island as well as other classroom enrichment activities. Since the inception of Assistance League's teacher grant program in 2011, \$34,500 has been awarded to certificated staff in the Temecula, Murrieta, Lake Elsinore, and Menifee school districts.

Assistance League of Temecula Valley, a chapter of National Assistance League, is a non-profit, 100% volunteer philanthropic organization dedicated to serving the needs of families in Southwest Riverside County. Established in 1989, they are celebrating 25 years of community service in Temecula, Murrieta, Lake Elsinore, Menifee and Wildomar.

Assistance League provides its philanthropic program funding through the sale of donated items at its thrift shop located at 28720 Via Montezuma, Temecula. Funds are also generated from grants, fundraising events and from the local community. For information on membership or programs, please visit [www.temeculavalley.assistanceleague.org](http://www.temeculavalley.assistanceleague.org) or call 951.694.8018.



L-R: Teachers Joshua White, Timothy Tikasingh, Lavinia Tikasingh, Assistance League Operation Scholarships Chairman Marilyn Rule and President Sue Sampson, teachers Diane Butterworth and Bradley Carter.



ALTV Members at the Temecula Parade

## Tea With Gwen

Gwendolyn Schlange served as a teacher at Little Lake Elementary School in Hemet for some 40 years and dedicated herself for more than 20 years as a trustee on the Mt. San Jacinto College board. "Tea With Gwen" was held at MSJC's San Jacinto Campus on December 4, 2014 where about 70 people in attendance honored Schlange for her decades of commitment to students and education.



Schlange elicited laughter and applause and sentimental tears as she regaled guests with tales from the classroom and her love of teaching. She said how honored she was to receive a full scholarship to Whittier College and to be a Fulbright scholar. "You have a responsibility to pay it forward," Schlange said.

Schlange decided to step down from the MSJC board as her term ended in 2014. She said she wants to focus on raising scholarships through the MSJC Foundation. Tea With Gwen was part recognition for her years of dedication and part fundraiser for the scholarship that will bear her name.

Schlange attended her last official board meeting in November. Bill Zimmerman will serve as Trustee Area 3, Schlange's former area.

Zimmerman and his wife, Julie,

attended the event. Ann Motte, MSJC Board Chair, was also in attendance and told Schlange how much she appreciated working with her throughout the years. Other guests included Linda Krupa, Hemet city councilmember, whose daughter was one of Schlange's students; Lori Van Arsdale, an MSJC Foundation board member who serves on many other regional boards; Charlotte Jones, former Hemet Unified School Board member; Myrna

Rohr, MSJC Foundation Board member; and a host of other family, friends and fans.

Beautiful fine china tea cups and pots graced the tables, cookies and mini-cupcakes were served and a tea pot give-away put smiles on the faces of eight recipients. As part of the fundraiser, MSJC Foundation member Sherri Domenigoni set up copies of her book, *The Lemon Lily Fairy*, for sale with a portion of the proceeds to go to Schlange's scholarship.

Hemet resident Charlene Booth told guests that Schlange was responsible for the scholarships her two children received. Her daughter is now attending UC Davis and her son is taking the courses he needs at MSJC to transfer to a four-year university. "She has encouraged us for decades," Booth said.

## Teachers Are Heroes

A teacher's role involves more than simply standing in front of their students in the classroom and lecturing. An effective teacher understands that teaching involves wearing many hats to ensure that the school day runs smoothly and all students receive a quality education.



Mrs. Vicki McBride, a 5th grade teacher at Tony Tobin Elementary School in Temecula, is a prime example of an effective teacher wearing many hats. On December 4, 2014, representatives from KATY- 101.3 The Mix (KATY) and Azusa Pacific University (APU) presented McBride with the November/December *Teachers are Heroes* award.

McBride has been at the school since its opening in 2004 and enjoys her many responsibilities. Therese Fairbanks, a student's parent, nominated McBride and said, "Let's call her 'Teacher Spirit Mascot' that wears several hats: fabulous 5th grade teacher; directs the 150 student school chorus called "Trail Dazzlers;" leads the school spirit team; assists Student Council, and does so much more."

McBride also has great communication with families which is a critical component of a successful teacher. She uses digital technology to strengthen the school-family connection utilizing her website and newsletter to provide important information on school subjects, classroom and web resources, chorus, and other activities. According to School Family, a go-to guide

for school success, "good communication between home and school helps both the teachers and the school do their jobs better."

The Teachers are Heroes program, which is sponsored by KATY and Azusa Pacific University, is one way to honor such deserving teachers as Mrs. McBride. The Teachers are Heroes program will run through April 2015. Teachers may be nominated by students, parents, and even other school administrators. All selected teachers and their classes will attend a private celebration at the end of the year.

For more information visit [www.1013themix.com](http://www.1013themix.com) and type the keyword: Teachers

## OsteoStrong Franchise Opens in Murrieta

Health enthusiasts have a new wellness tool in Murrieta. OsteoStrong, which hit the market in 2011, currently has 500 franchises committed nationally and has helped more than 30,000 people ages 8 to 92 improve bone density, muscle strength, and balance. The first California location has opened in Murrieta at 25190 Hancock Ave., Suite C.

OsteoStrong leverages biological research to help people suffering from back pain, bone density loss, headaches, and more in less than 10 minutes a week. The process involves simple movements on a special bio-density machine, but clients don't even break a sweat. Performance is measured every week, making it easy to see clear improvement.

As a regional developer for California, Gale Jungemann-Schulz is at the forefront of the brand's massive growth. She spent her previous career devoting herself to the well being of others as a social worker and director administering skilled care.

When her friend Lynne Favinger invited Jungemann-Schulz to visit her new OsteoStrong in Nebraska, Jungemann-Schulz was stunned at how easy and impactful the system was. "I tried the OsteoStrong system and was amazed at how quickly I felt more energetic, balanced, and grounded, said Jungemann-

Schulz. She also met clients who had discovered major relief from aches and pains, years of back trouble, constant headaches, and the aftermath of strokes.

I was curious about the scientific side of why it works so well, and I talked to my son-in-law, Dr. Derek Albrecht, because I trust his medical knowledge and chiropractic skills. He loved the combination of therapies OsteoStrong uses to make people of all ages more powerful and resilient.

The system is based on osteogenic loading, a scientifically proven rehabilitative method involving a series of quick, intense resistance exercises that can increase bone density, prevent fractures, strengthen tissues and muscle, and improve balance. The brief, acute activity stimulates the body's natural impulses to rebuild, creating a positive domino effect that lasts for days after a single 10-minute session.

OsteoStrong-Murrieta is a partnership between Gale Jungemann-Schulz, Dr. Derek Albrecht, and James Helleman - a friend and global businessman. "We can't wait to make California even stronger," said Jungemann-Schulz.

OsteoStrong-Murrieta is offering a free bone density scan, two free visits, and special introductory pricing to the entire community.

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Community Voice

EDUCATION MONOPOLISTS !!!

The continuing saga of charter school rejection by Menifee Union School Board is disturbing to this aging engineer professional. When did the determinant of excellence in education devolve from consumer capitalists to educrats who dominate school board rosters? Anyone who studied any discipline in textbooks is NOT better qualified to set standards of performance in scholarship than is a practitioner of skills necessary to perform meaningful jobs. When a body of monopolistic theorists obstruct productive private efforts that actually prepare young people for the real world outside academia, and yield demonstrably superior contributors in every workplace, the folly is monumental.

What we know about the work history of incumbents, who populate school boards around the country, is they are shamefully represented by refugees from public education hierarchy. The self-proclaimed dons are bent on preserving the "progressive" monopoly and its terrible paucity of relevant, meaningful skills in so-called graduates, at huge and growing levels of misplaced public funding wherein return on investment (so

valued by business) is ridiculed and scorned as irrelevant by modern American apparatchiks.

The extent of corruption by teachers emeriti is best illustrated by re-election of the Dean leading blind devotion to the book-wise, but impractical, super-credentialed and subject-deficient public lecturer, State Superintendent of Education, Tom Torlakson. The single-digit proportion of eligible voters who actually cast a vote for his opponent are proof positive that Californians are so poorly educated they cannot even discern what teaching methods and material facts are useful for creation of cognitive and productive citizens graduates of secondary level classes.

This product of inferior instruction must be assumed a major reason that our local voting population is ill-equipped to choose a better alternative Board of Education. Our sitting board needs to learn how to observe and adopt better means for productive youth training actually demonstrated by the very team of market-driven education that they refuse to employ on paperwork grounds.

Ken Woytek, Menifee

Career Dog Groomer Turned Successful Writer

Judy Howard had been a dog groomer since she was 11 years old. She loved it and the pups loved her back... but after retiring from ownership of the local Canine Beauty Salon on Bradley Road in Menifee, she was ready for something new, challenging and fun. Howard took a creative writing class at Mt. San Jacinto College in Hemet and after a 10 minute writing exercise about the color red, she was hooked. "Words just kept coming out - I couldn't stop the flow" says Howard, "I continued the class because I discovered I liked it and it seemed I had a natural talent for writing".



travelogue" she said "but I discovered through the writing that I was working out many personal issues about living with an abusive husband".

Three books later with two more in the making, Judy Howard knows who she is and what she wants to do for the rest of her life - "I am a writer... I need to write!". The crazy thing is she never ever thought about writing before she took the creative writing class and certainly never thought that she would write a book. All her years living through adversities she felt as if she had something to express "and now I have found the outlet" Howard said gratefully.

Judy was honored in December as the Arts Council Menifee's "Artist of the Month". She was chosen for her body of work, support of the organization and her involvement with the local community.

Judy was born and raised in Springfield, Illinois and moved to southern California in the early 1970s. She has lived in the area ever since.

Her first book "Coast to Coast With a Cat and a Ghost" is a memoir centered around a trip she took in her RV across the country. She had two companions traveling with her - her cat and a ghost who was a stuffed full-sized figure who rode shotgun beside her and took on the characteristics and attributes of her late husband. Judy kids that he was to be a protection for a single woman traveling alone but he often gave her driving advice and chided her when she missed a turn or got a little lost. "This was supposed to be a fun

book, "Going Home with a Cat and a Ghost", became a story with many of the same characters from the first book who were projected into a fictional future. This one focused on a school reunion and a past romance. "This one was fun!" said Howard.

The third book, "Masada's Marine", takes on a much more serious subject - PTS symptoms and the miraculous healings of service dogs. Judy remarked that the research for this book was intense and very difficult - finding out information concerning veterans and their difficulties after returning home was emotional and disturbing. More than anything she wanted to get the facts right and represent the situation truthfully. For her this was a labor of love.

Howard is now working on a sequel to her third book and, for relief, a book with the working title "Sportster's Adventures" about a cat who escapes from a road trip into the wild only to decide to head for home and all that happens to him along the way.

Howard has been an Arts Council Menifee patron for about 3 years. She is a member of Sisters In Crime and the Inland Empire's California Writers Club. She is in the top 10% of Amazon's Author Ranking. Howard presents workshops and seminars at libraries, schools, RV rallies, and senior centers. She would like to do the same at Veteran's Centers "because writing is healing" as she, herself, has discovered.

Howard occasionally will do in-home dog grooming as she still loves it and "it's a big part of my life".

Submitted by Shirley Wible, Literary Arts Chair, Arts Council Menifee. artscouncilmenifee.org

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Interstate 215/Newport Road Interchange Project

Construction is scheduled to begin on the I-215/Newport Rd Interchange project in early 2015 and will be completed in mid to late 2016.

The interchange project is situated on a half-mile stretch of Newport Road from Antelope Road to Haun Road. It will widen the freeway overpass from four to six lanes and re-configure existing on and off-ramps to create a "clover" style interchange. The new loop-style on and off ramps will eliminate the need for the current left-hand turn signals for freeway entry and improve freeway access.

"This long awaited project will greatly improve traffic flow and freeway access on Newport Road, Menifee's main

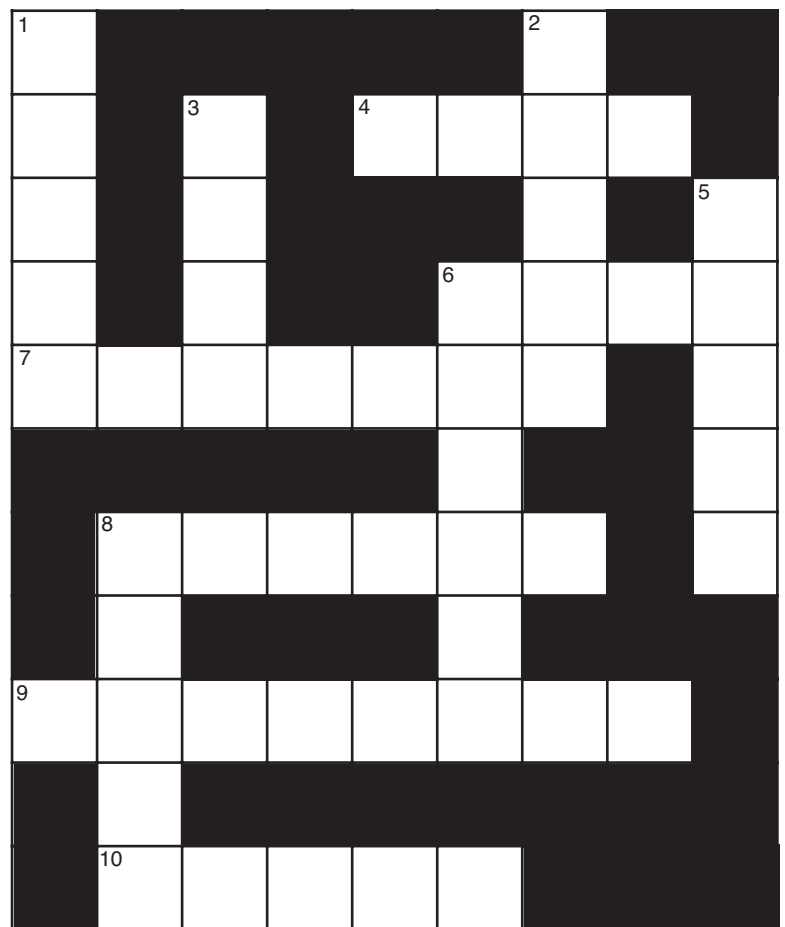
east/west corridor," said City Manager Rob Johnson.

Menifee is partnering with Caltrans and the Riverside County Transportation Department on the interchange project which is being funded by local and federal transportation funds. The interchange project is one of seven projects that make up Menifee's highly ambitious \$100 million Capital Improvement Program dubbed Menifee Moving.

During construction, motorists are reminded to be patient and to use the detours posted.

For more information, visit the city's website at www.cityofmenifee.us and look under Construction Update.

BUGLE CROSSWORD Read the articles in this issue for clues to the answers.



Across

4. What Esther likes to do.
6. These were given away at the MSJC Tea Party.
7. Gwen is proud to be a Fulbright \_\_\_\_.
8. This advertiser will teach you to play what instrument?
9. The Can-Do spirit inspired this.
10. One of Betty's miracles happened when getting off of this mode of transportation.

Down

1. John gave away these collectibles just for stopping by.
2. Quilts of \_\_\_\_ is a club that donates their work to veterans.
3. Recycled Christmas trees will make a habitat for small \_\_\_\_.
5. Medical term for bone.
6. These members wore holiday hats to what event?
8. Judy's traveling companion.

Answer Key on Page 7

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## Hoop Shoot Winners

Temecula Valley Elks #2801 held their annual Hoop Shoot competition at the Temecula Recreation Center on December 6.

Temecula and Murrieta schools were invited to qualify their students to participate in the competition and to send their first, second and third place winners to the Temecula Valley Elks' competition. At the competition, each young athlete was given the opportunity to shoot 25 free throws. The competitors ranged in age from 8 to 13 years.

**The top scoring winners were:**

Ben Sullivan Douglas from Hillcrest Academy, Shaylynn Deyager from French

Valley Elementary, Christian Bowen from James L Day Middle School, Madison Packwood from Temecula Middle School, Anthony McDonald from French Valley Elementary, Gabriela Dimopoulos from Temecula Middle School, and Chloe Furlong from French Valley Elementary.

These winners will be representing the Lodge at the Southeast District Hoop Shoot Competition that will take place in Calimesa, California on Saturday, January 10, 2015. The winners of the District Hoop Shoot will advance to the California State Competition and the State winners will advance to the National Competition



L-R: Ben Sullivan Douglas, Shaylynn Deyager, Christian Bowen, Madison Packwood, and Anthony McDonald. Back row: Spike Lunn, Elks Hoop Shoot Chairman. Gabriela Dimopoulos and Chloe Furlong (not pictured).



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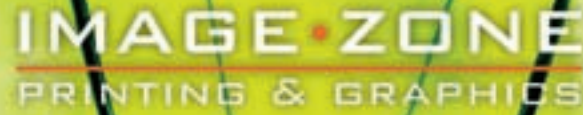


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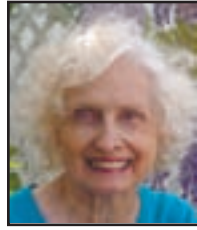
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**Small Miracles**

“A Hundred Million Miracles,” is a song from the Broadway Musical, *Flower Drum Song*. It lyrically tells of good things, small miracles that happen every day.

I listened to the song again and then wondered if any had happened to me. There were three.

The first small miracle happened when I was in first grade. Instead of walking along the wide curving highway I decided to take a short cut through a stand of tall oak and maple trees. There in the shade was a patch of purple violets waving in the late afternoon sunshine. I stooped to pick the violets and a poisonous copperhead, inches from my right hand, slithered away.

The second small miracle happened when I was about 10 years old. We lived on a steeply terraced lot. Eighteen steps led from the street below to the second level where the house and yard were located. A second flight of steps led up and around the house to a third level. On that level were a Concord grape arbor, the coal bin, and a tall sturdy apple tree. On a strong branch my father had hung a bull rope swing with a slotted piece of wood for a seat. Pumping hard I could swing high enough to see all the terraces and across the street to a steep hill. One day the rope broke and I flew out and down, landing flat on my back, on the rocky terrace below. The wind knocked out of me, I lay there gasping, then crawled to the walkway. I suffered no permanent damage.

The third small miracle happened not so long ago. I had taken the train up the peninsula from my South Bay home to San Francisco. In my city suit and ankle strap high heels I had lunch with friends, shopped, and boarded a late afternoon train south. Mine was the next to last stop and I was the only one getting off. The doors opened and the heavily treaded steps swung out from under the train. My ankle strapped high heeled pump caught in the tread as the train began to move. I wrenched my foot free and fell to the gravel. In shredded stockings, I walked to my car, the only one in the lot.

I do believe small miracles are happening every day, but I hope I have had my share.

**Book Review**  
 by Esther Tyrrell



In *There Was a Little Girl: The Real Story of My Mother and Me* (Dutton Adult and Penguin Audio) Brooke Shields reveals what it was

like to grow up as the child of an alcoholic mother. Teri Shields was a beautiful but unpredictable alcoholic whose disease colored all aspects of Brooke's personal and public life. A “tough broad who could fight”, she did things the hard way. Shunning managers and agents, Teri took these responsibilities upon herself and her lack of expertise severely hampered her daughter's successes as a model and actress. Her alcoholism created a love-hate relationship that cycled between smothering love and total estrangement with her daughter and created a chaotic home that Brooke longed to flee. A brave and tragic account of a young person's highs and lows with an addictive parent.

J.D. Robb's latest mystery is *Festive in Death* (Putnam Adult and Brilliance Audio). It's Christmas 2060 and NYPD Homicide Lt. Eve Dallas must solve the murder of Trey Ziegler, a fitness trainer who's been found beaten to death and stabbed through the heart with a butcher knife. Smart blend of suspense and humor as the detective winds her way through a long list of suspects who would have loved to see the victim dead.

In *Break Out!: 5 Keys to Go Beyond Your Barriers and Live an Extraordinary Life* (FaithWords and Hachette Audio), Joel Osteen encourages readers to break through to new levels of faith and happiness, create better relationships and live a more meaningful life. He declares that we each have a purpose and that God wants us to fulfill that purpose. Also, if one is facing personal challenges, or feeling alone and misunderstood, despair is not the answer. Convinced that God wants to help, Osteen tells readers to keep believing even if the situation seems bleak and hopeless. He then lists guidelines to navigate the obstacles and effectively maintain one's faith so that it becomes possible to again move on with life. Osteen has the gift of inspiring and motivating individuals of all faiths and has written a book that is both positive and uplifting.

*Sight Unseen* (St. Martin's Press and Brilliance Audio) is the latest offering by the mother-and-son team of Iris and Ray Johansen. Kendra Michaels is a music therapist who, blind since birth, can now see thanks to experimental surgery. Sightless for 20 years, she developed acute talents of observation that helped her solve crimes for various law enforcement agencies. Now a madman is on the loose in Southern California. It started with a traffic accident on a San Diego bridge that left four people dead. During her investigation, Kendra was surprised to see similarities to one of her previous cases. Soon, more innocent victims were brutally murdered; again, the circumstances were painstakingly duplicated to resemble cases involving serial killers that she helped put on Death Row. Even more alarming is the fact that the victims were either her relatives or personal friends. Soon it becomes all too evident that the ultimate victim is Kendra herself. A sinister but fast-paced thriller.



Quilts of Valor/Temecula presented quilts to three veterans on December 12 to honor their service. L-R: Tony Rizzo, Gordon Fawcett, and Rick Gibbs. For Quilts of Valor info please see the Clubs/Org section on page 7.

**Menifee Valley Chamber 3rd Annual Southern California**  
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 Topic: HOW I DID IT!

**PATTI COTTON**  
 Topic: How to ASK For (and GET) What You Want!

**BRENDA WILLIAMS**  
 Topic: HOW I DID IT!

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## Movie Review Big Hero 6



Talk as much as you want about what kind of future we're leaving our children, I want you to consider how much we have now. We are in the middle of the biggest transition into machines

(even more so than the industrial revolution years before) with more computers, more robots, and more information built into an interconnected computer system that is assessable to everyone. While I can't say this is making people smarter, it is certainly giving us a bigger chance to help others. The trouble with introducing new technology is that the inventor will assume that everyone will use it correctly. That is never the case.

A good example is robotics. By skimming some old *Popular Science* magazines, I see many sketches and prints of robotics acting like our personal servants. We are now living in their future (or our present) yet the majority of the tech is related to industry or toys, but no robot friends. I think the big issue with human-like robots is cracking the code for artificial intelligence of human emotions. How would you program love and hate in the simplest of terms. For now we're just going to have to step back and enjoy the newest cinematic robot creation in *Big Hero 6*.

In the futuristic metropolis of San Fransokyo (a creative combination of San Francisco and Tokyo), Hiro Hamada, a fourteen-year old robotics prodigy who has already finished high school, creates little fighting bots that he uses in street matches to make money. He's rescued from the streets by his older brother Tadashi and taken to a place where he can be appreciated; the robotics college where Tadashi is a student. Hiro is introduced to Professor Callaghan (played by James Cromwell) who encourages Hiro to enter a show that could earn him university admittance. Tadashi also introduces Hiro to Baymax; an inflatable robotic health care companion whose duty is to help the sick and injured. For the college competition, Hiro invents a bunch of nanobots (robots

that are really small but work together to do big things). The nanobots catch everyone's eye but the excitement is worn off fast when a building fire destroys the nanobots and kills Tadashi.

Hiro sulks in his room for a while and gets to know Baymax's abilities more. This causes the robot to accidentally discover that a villain in a Kabuki mask is making a ton of copies of Hiro's nanobots. This gives Hiro the motivation to build armor for Baymax and to search for the man that may be Tadashi's killer.

*Big Hero 6* has the public relations distinction of being the next big hit for Disney Animation. Following *Frozen* is a bad spot to be in as most people are going to expect another major hit. *Big Hero 6* managed to entertain me but I doubt it's going to be Disney's most memorable. The best thing about the movie is the setting. San Fransokyo has an awesome look that my inner child is screaming "I WANNA GO!". The balance of the American and Japanese cultures works well as an environment for the futuristic story of robotics.

Speaking of robots, Baymax has so much of a nonthreatening and huggable design that I have a hard time imagining someone hating him. He's curious, gentle, and always wants to help people. He plays the pet role to Hiro whose story is a good one; accepting loss and finding new purpose. Hiro is smart but not yet fully mature enough to understand the need to have friends. Other characters in the film consist of the college students that Tadashi worked with and they eventually do become heroes along with Hiro and Baymax. But these characters weren't given enough film-time for personality development to be expressed. This story belongs to the boy and his robot.

I'll give this four Baymax robots out of five. Though more time with the side characters would have been nice, *Big Hero 6* has the mechanics to be an exciting, fast paced action film that most families would enjoy.

More Robert Nickerson reviews are available at [www.mastermindfilmproductions.com](http://www.mastermindfilmproductions.com)

## Palomar Mountain State Park

Wilderness is a necessity. John Muir said that more than 100 years ago when he wrote: "Thousands of tired, nerve-shaken, over-civilized people are beginning to find out going to the mountains is going home, that wilderness is a necessity..."

The timeless appeal of our mountain wilderness is well known to so many who have supported our efforts to keep Palomar Mountain State Park open and thriving. Thanks to donor generosity, the park is not only open year-round but flourishing as a result of maintenance projects that have been completed.

Among the projects completed are repairs to the Doane Pond parking lot, park restrooms, the Doane Pond Bridge, the maintenance shop, the kiosk at the park entrance, the Boucher Lookout benches and sign, and the Doane Creek guard rails. These repairs protect park structures from pests and the elements and prevent more costly repairs later on, and they improve the park experience for everyone.

We share a grand vision for the future of this San Diego County jewel. [www.friendsofpalomarsp.org](http://www.friendsofpalomarsp.org)

## GREEN BALL Golf Tournament!

Are you a Golfer? Save the date: Menifee Valley Chamber Annual GREEN BALL Golf Tournament!

March 13, 2015

Start Time: Noon.

Cost: Individual \$125.00

Menifee Lakes Country Club Golf Course

Putting contests, long drive contests, ball drop and more. Contact Robbie Motter Event Coordinator or Joan Ring at 951-672-1991 for sponsor package or to sign up to play.

## Five Honored For Work In Veterans Education

Michael R. McCracken, president and founder of Veterans – Temecula Valley, presented five awards to individuals who excelled in the use of education as a tool to help veterans advance themselves and their communities.

Outstanding Community Service Awards were presented to Master Chief Petty Officer Hank Mikalisi, USN (Ret.), Major Wilma Owens, USMC, Master Gunnery Sergeant Isaac Ford Jr., USMC (Ret.), and Master Sergeant Wendy Sickora, USMC (Ret.). The fifth recipient preferred to remain anonymous and was presented the award privately.

Keynote speaker was Major Owens, currently Dean of Career & Technical Extended Education at Palomar Community College in San Marcos. She pointed out that too many veterans leave military service without information on the educational opportunities available to them. They have the skills and ability to succeed in life, but they are not getting the proper guidance. "Yes, there is a program for educating veterans for post-military service," she noted, "however, there are still some who fall short of receiving this knowledge, and they can use our help."



Master Chief Mikalisi was selected in large part for his service at the Naval Training Center in San Diego, as manager of the task analysis section of individualized learning development under the Chief of Naval Technical Training. His department designed and developed prototype self-paced computer-managed instructional packages for the Basic Electricity/Electronics School. Mikalisi conducted workshops for curriculum developers on performing job analysis that required deletions, updating, and development of new lesson materials to match current shipboard configurations.

He received a framed award-winning photo "Coming Home," by local photographer Mrs. Nelda Argusa. Her photo, *Coming Home*, just completed touring various area art exhibits, and was on display in Temecula City Hall chambers. She donated the photo and said that by accepting the award, (the recipient)



"was getting a piece of her heart, as well." The photo depicts a military-family couple holding hands with the chain of his military dog tags entwined in their clasp.

The art photographer made a particu-



lar impression on Master Chief Mikalisi, who was obviously moved by the gift. As a veteran, he had to wear civilian clothes when he returned home because "those who did not serve would call us names, and we did not feel welcome when we wore our uniforms." The photo, according to McCracken, represents the positive and negative impact of military service; however, it is a constant reminder of who we are and why we serve.

Master Gunnery Sergeant Ford is a recruitment coordinator of diversity and military outreach. Master Sergeant Sickora is Military Liaison and Director of Military Education outreach for Ashford University.

Each award-winner was chosen for specific accomplishments, but, it was, and remains, the dedication to comrades which ties them together: never leaving anyone behind on the battle field. In this situation, the bond is extended to education, post-military service, using their military experience connections to reach out and support veterans and those on active duty to achieve their goals and continue their successful/productive lifestyle in our communities.

Celestine Butler sang the Star Spangled Banner. Butler is a freshman at USC's Thornton School of Music. She recently sang with legendary vocal artist Chaka Khan. Butler's father, Preston, a Marine Corps veteran, was an honoree at a past Tribute.

The Temecula Valley High School JROTC presented the Colors. Of the group's leader, Chief Master Sergeant Jeffrey "Chip" Dodson, USAF (Ret.), McCracken offered "a special thanks to one of the greatest examples of community involvement, pride of service, mentorship, and team-work. Through his leadership the phrase, 'giving back to the community is taken to a whole new level.'"

Azusa Pacific University, Pennsylvania State University, Kaplan University, Academy of Art University of San Francisco, the Folds of Honor and W.A.V.E.S. Project representatives attended the Tribute. Door prizes were donated by Azusa Pacific, Pennsylvania State and Kaplan Universities, San Joaquin College, Famous Dave's and The Legends Golf Club.

For more information on this program, how to get involved, or to add resources to our inventory, please e-mail [michael@veteranstemeculavalley.com](mailto:michael@veteranstemeculavalley.com)

## Bingo at Chaparral High

Bingo, on select Saturdays in the Chaparral High gymnasium, begins at 6 pm. Doors open at 5 pm. The \$20 buy-in fee includes admission and first pack of 10 bingo games. Additional games, daubers, raffle tickets, and refreshments are available to purchase. Bingo players must be 18 or older. No students, regardless of age, and no smoking on school grounds.

CHS is located at 27215 Nicolas Rd. in Temecula, Check [www.chsef.org](http://www.chsef.org) for schedule.

## “Mended Hearts” Reaches Out to Support Heart Patients

The Mended Hearts, Inc. is a 60 year old organization whose mission is to inspire hope and improve the quality of life through on-going peer support. We are living testaments that people can survive heart disease and go on to live full, happy, healthy lives. All heart patients and their caregivers are cordially invited.

Afraid? Have unanswered questions? This is the place to meet others who know what you are going through. As heart patients or caregivers ourselves, we offer

compassion, hope and understanding while teaching lifestyle changes for a healthier heart. Our qualified guest speakers provide us with valuable medical information, the latest medical breakthroughs, demonstrations and answers to your lingering questions.

Please join us on the 3rd Saturday of every month from 10 a.m. to Noon at the Professional Office Building behind the Loma Linda University Medical Center, Murrieta. FREE. 951-461-6958

## Christmas tree fish habitats

Who knew holiday trees could make life a little better for fish? The Riverside County Waste Management Department is working closely with the California Department of Fish and Game to collect Christmas trees at county landfills and provide them for fish habitat. The county landfill department is always looking for innovative ways to divert waste and preserve valuable landfill space.

The California Department of Fish and Wildlife will use the waste conifers in local lakes and waterways to create protective habitat for small fish. Christmas trees collected at the Badlands, Blythe, and Lamb Canyon landfill through

the free Christmas tree drop-off program will be provided to the Department of Fish and Wildlife, which will sink the trees in local lakes and waterways so that juvenile fish have a little more protection from larger predatory fish.

Unfortunately, trees that are not recycled at drop-off locations or through curbside pick-up will only occupy valuable space in our landfills. Make the last gift you give this year to the Earth...Recycle Christmas Trees!

For more information on this program, please call Riverside County Waste Management Department (951) 486-3200 or visit <http://www.rivcowm.org>

### Answers to the Crossword Puzzle on Page 3

Down: 1. coins; 2. valor; 3. fish; 5. osteo; 6. parade; 8. ghost. Across: 4. read; 6. pots; 7. scholar; 8. guitar; 9. monument; 10. train.

Let your friends know this issue is online at [www.thebugle.com](http://www.thebugle.com)

## Club/Org Events

**Mental Health Forum**—NAMI-Temecula Valley meets on the third Wed. of the month, 6 – 8:15 p.m. at Assistance League, 28720 Via Montezuma in Temecula. On January 21 at 7 p.m. Dr. Johnson-Quijada, *The Effects of Sleep on Brain Health*. Free. **672-2089**

**SW Riverside County Marine Corps League** Detachment 1057 meets on the last Saturday of each month at 9am at Grand Isles, 24405 Village Walk Place in Murrieta. More info: [www.mcl1057.org](http://www.mcl1057.org) or call **951-775-1191**.

**Quilts of Valor Foundation** - Meets at the Assistance League in Temecula. All fabric is provided. Finished quilts are donated to Veterans. Bring your sewing machine, pins, scissors, rulers. Learn to make quilt blocks. Call Norma for meeting dates **(951) 698-8791**

**Temecula Valley Garden Club** - Second Tuesdays at 8:30 a.m.-Community Recreation Center, 30875 Rancho Vista Road in Temecula. Visitors welcome. Call for program information or directions. **951-677-6390**

**Murrieta NAFE** (National Association of Female Executives) meets on the 4th Thursday at 5:30pm. Dynamic speaker and topic. Email Robbie at [rmotter@aol.com](mailto:rmotter@aol.com) for meeting location and cost.

**American Association of University Women** Temecula Branch January 10 at 10 a.m. Speaker: Emma Simmons, M.D. on the medical school in Riverside and importance of STEM curriculum to young women. Call Polly 951-506-9825 for meeting site.

## Reader Ads

**Beginner Guitar Lessons** - Call for Free Introductory Class. \$15 for each private lesson. Experienced certified teacher. All ages, all styles. Acoustic or electric guitar. Music lesson handouts provided. In a few weeks you will be playing your favorite songs. **951-698-5788**

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### DYNAMIC WOMEN NETWORKING

**Menifee/Murrieta Success UP NAFE Affiliate Network**

*Our mission is to help women grow both personally and professionally.*

**Wednesday, Jan 14 • Networking & Lunch Meeting - 11:30am**

Speaker: Jennifer Walker, Entrepreneur

Meeting Fee: Members \$10, Guests \$15 (Cash or check payable to Robbie Motter)

**Location:** Boston Billie's (26850 Cherry Hills Blvd. Menifee).

Meal may be ordered and paid for by the individual directly to the restaurant.

**RSVP: Robbie Motter, Director: 951-679-8048 [rmotter@aol.com](mailto:rmotter@aol.com)**

## Pet Adoptions

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**951-679-6444**

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[www.sck9adoptions.org](http://www.sck9adoptions.org)

**Animal Friends of the Valleys**

33751 Mission Trail • Wildomar

**951 674-0618**

Please visit our website to view all of our currently available animals:

[www.animalfriendsofthevalleys.com](http://www.animalfriendsofthevalleys.com)

**Senior Golden Years of Temecula Valley** - 2nd and 4th Wed. at 12:45 pm with Bingo after meeting (\$1 per card). Monies taken in are given as prizes-free refreshments. Mary Phillips Senior Center, 41845 Sixth St., in Temecula. Call about our trips. **951-694-6464**

**Wildomar Senior Citizens Assoc.** - First Tuesday of the month at 11:30 a.m. Potluck and informational meeting in the clubhouse (21601 Canyon Drive) Call Grace for more info at **951 245 5370**

**Murrieta Garden Club** - 2nd Tuesdays at 9:30 a.m. Murrieta Community Center (41816 Juniper Street- across from Fire Station 1). Please join us. Questions? **(951) 677-7310**

**Temecula Valley Elks #2801** meet on the first, third, and fourth Tuesday of each month at the Lodge located at 28061 Diaz Road in Temecula. For info call **951-695-7470**

**Lake Elsinore/Wildomar Elks #2591** meet on the first four Tuesdays of each month at 7:30 p.m. at the lodge located at 33700 Mission Trail, Wildomar. For info call (951) **674-6804**.

**Assistance League of Temecula Valley** meetings on the 1st Tuesday of every month; 9:30 a.m. social; 10:00 a.m. meeting. 28720 Via Montezuma, Temecula Visitors welcome. **951-694-8018**

**Woodcarvers Of Temecula Valley**—Meet every Friday noon to 3:00, at Mary Phillips Senior Center, 41845 Sixth St., in Old Town Temecula, 951-694-6464. Members to help you learn. Beginners to experienced welcome.

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