



AUGUST, SEPTEMBER, OCTOBER 2020

BERNARDO HEIGHTS CLUBHOUSE NEWSLETTER

VOL. 7, ISSUE 3

PRESIDENT'S MESSAGE

Dear fellow residents of CABH,

We hope everyone is healthy and safe. These are uncharted times; however, the staff and your Board are doing everything we can to minimize disruption while keeping the government protocols in place.

We thank each of you for continuing to keep our community safe and the most amazing place to live. Some comments below....

- For the safety of pedestrians, cyclists must use the bike lanes along our parkways (not the sidewalks).
- For the enjoyment of our residents, our outdoor facilities at the clubhouse are open from 9am to 6pm daily.
- The clubhouse meeting room is available on a limited basis for HOA sub-associations to hold monthly meetings.
- We would like to officially welcome Silvergate Retirement Living as our thirtieth CABH HOA member.
- We are in the final phase of a landscape project exchanging turf for drought-tolerant planting around the clubhouse.
- Due to COVID restrictions, the playground at Lucido Park must remain closed.
- Our landscape contractors continually make a plea to dog owners to please pick up after your pet.

Thank you,

Nick Anastasopoulos



Nick Anastasopoulos

FOR THE MOST UPDATED
INFORMATION AND ANNOUNCEMENTS,
PLEASE VISIT

www.bernardoheights.org



MANAGER'S MESSAGE

Dear Residents:

We, the CABH staff, would like to thank all of you for your patience and understanding during this unprecedented time. Our goal is to have the amenities available to all residents while following the County guidelines and COVID restrictions.

It has been a pleasure for us to see you back after three months. Please do not hesitate to let us know should you have any questions.

Thank you for keeping yourself and our staff healthy for the smooth operation of the clubhouse.

Cecile Nguyen & the CABH Staff

FUN FACTS

- California is home to both the highest and the lowest point in the contiguous United States. Mt. Whitney, reaching the height of 14,494 feet, is located only 76 miles from Death Valley, the lowest point in the country.
- Four percent of the world's cheese ends up stolen, making it the world's most stolen food.
- Wearing masks on Halloween is an ancient Celtic tradition. Ancient Celts believed that ghosts roamed on Halloween, so they wore masks to hide from the spirits.

REGULAR MEETINGS

CABH BOARD

The Board meets at 5 p.m. on the fourth Thursday of each month. If you are a homeowner and would like to attend, please call (858) 451-3580 or email bernardo.heights@associa.us.

LANDSCAPE COMMITTEE

The committee meets at 9 a.m. on the second Thursday of each month.

ARCHITECTURAL COMMITTEE

The committee meets at 11 a.m. on the second and fourth Monday of each month.

Meetings are held at the clubhouse.
Please call (858) 451-3580 to confirm if you plan to attend or are interested in volunteering.



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October 1st is National Homemade Cookies Day!
 Bake some Halloween cookies to celebrate!



INGREDIENTS

- 1/2 cup butter, softened
- 3/4 cup sugar
- 1 large egg, room temperature
- 1 teaspoon vanilla extract
- 1-1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt

FROSTING:

- 3-3/4 cups confectioners' sugar
- 1/4 cup shortening
- 4 to 6 tablespoons water
- Yellow, orange, green and black food coloring (optional)

DIRECTIONS

- In a large bowl, beat butter and sugar until light and blended. Beat in egg and vanilla. In another bowl, whisk flour, baking powder and salt; gradually beat into creamed mixture. Shape dough into 2 portions. Shape each into a disk; wrap and refrigerate 1 hour or until firm enough to roll.
- Preheat oven to 350°. On a lightly floured surface, roll each portion of dough to 1/4-in. thickness. Cut with floured 2-1/2-in. Halloween-shaped cookie cutters. Place 2 in. apart on ungreased baking sheets. Bake 8-10 minutes or until edges are light brown. Remove from pans to wire racks to cool completely.
- In a large bowl, beat confectioners' sugar, shortening and enough water to reach spreading consistency. Tint frosting and decorate as desired. Let stand until set.

THE Campbell GROUP



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Linda



Steven



Tesha

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TENNIS RESERVATION RULES

1. Call-in reservations begin at 9:00 a.m. (Please go to our website for any updates, including Tennis Court COVID Guidelines.)
2. Lucido Park courts are open 7:30 a.m. to 9:00 p.m. Community Center courts are open 9:00 a.m. to 6:00 p.m.
3. Reservations must be made no more than *two days in advance*. For prime-time slots (9:00 a.m., 6:00 p.m., & 7:30 p.m.), both names of players, who are members, must be recorded. If only one player, singles will be marked.
4. If a member wants to make a reservation for two courts/two times, a separate call must be made, with the 2nd reservation called in after 3:00 p.m.
5. Reservation times are for *90-minute segments*. If a reserved court is vacant more than 15 minutes after the reservation time, the court is no longer reserved.
6. Reservation number: (858) 451-3580.

TENNIS COACHING

The only authorized tennis coach on our courts is Coach Brandon Sieh. Please report any other person coaching to the CABH front desk or call (858) 451-3580.

BALL

MACHINE RENTAL

1. The ball machine is the property of CABH and is for recreational use by CABH members.
2. Sign in for use at the front desk.
3. A rental fee of \$5 is charged for each use (up to 90 minutes). Rental includes machine, remote, extension cord, and ball hopper.
4. Members **MUST** supply their own tennis balls.
5. Electricity is available on courts #1 and #2.
6. Court #2 may be used when not reserved by the tennis instructor.
7. Anyone under the age of 16 must be under adult (18 or over) supervision.

JUNIOR TENNIS CLASSES

Please register with Coach Brandon before attending.

Tuesdays 4 p.m. to 6 p.m.: Ages 10-14 (Novice)

Wednesdays 4 p.m. to 6 p.m.: Ages 12-17 (Satellite)

Thursdays 5 p.m. to 7 p.m.: Ages 13-17 (Open)

PRICES FOR LESSONS

All levels are welcome, ages 10-17.

60-minute private lesson: \$60

60-minute semi-private lesson: \$35 per person

30-minute private lesson: \$30

For reservations contact Coach Brandon at 858-775-6804 or info@sandiegotennislessons.com.



REMINDER FOR DOG OWNERS

As a courtesy to all visitors and residents of Bernardo Heights, please pick up after your dogs to keep the community beautiful and well maintained. Please remember to bring doggie-bags with you whenever you walk around with your pets. **Dogs are prohibited inside Lucido Park and must be kept on a leash at all times** to ensure the safety of others. Our goal is to keep our community a safe and welcoming environment for our residents. Thank you!

UPDATED GUEST POLICY

Due to COVID-19, we are currently **not** allowing guests at the community center.

Reminder: CABH defines a guest as anyone not permanently residing in the home.

COVID-19 POOL GUIDELINES

CABH has instituted temporary safety measures for our members. Pool lap lanes are now by reservation only. Reservations can be made over the phone or by walk-in, up to 2 days in advance, starting at 8:10am for a 30-minute time slot. Reservations are between 7:45am and 5:00pm. Additionally, the children's pool is by reservation only, for 45-minute time slots, and limited to one family at a time. Poolside seating is spaced for social distancing, sanitation stations are provided, and facial coverings are mandatory.

ARC. COMMITTEE POSITION

The Architectural Committee is looking for a new member to join. If interested, please email:



bernardo.heights@associa.us

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AUGUST 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9 	10 ARC Committee 11:00 AM	11	12	13 Landscape Committee 9:00 AM	14 	15
16	17	18 	19 World Humanitarian Day	20	21	22
23	24 ARC Committee 11:00 AM	25	26 Women's Equality Day	27 CABH Board Meeting 5:00 PM	28	29 
30	31					

SEPTEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6 	7 Labor Day	8 International Literacy Day	9	10 Landscape Committee 9:00 AM	11 Patriot Day	12
13	14 ARC Committee 11:00 AM	15	16	17	18	19 
20	21	22 First Day of Fall	23	24 CABH Board Meeting 5:00 PM	25	26
27 	28 ARC Committee 11:00 AM	29	30			

OCTOBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 National Homemade Cookies Day !	2 	3
4	5 World Teachers' Day!	6	7	8 Landscape Committee 9:00 AM	9	10 World Mental Health Day!
11	12 ARC Committee 11:00 AM	13 	14	15	16 Boss's Day!	17
18	19 Election Mail- in Ballots Due	20	21	22 CABH Board Meeting 5:00 PM	23	24
25 	26 ARC Committee 11:00 AM	27	28	29	30 	31 Happy Halloween!

CONTACT US

Telephone: (858) 451-3580
 Fax: (858) 451-6509
 Email: bernardo.heights@associa.us

HOURS OF OPERATION

Monday – Friday 9:00 a.m. to 6:00 p.m.
 Saturday 9:00 a.m. to 6:00 p.m.
 Sunday 9:00 a.m. to 6:00 p.m.

Note: Pool & spa close 15 min. before closing time.

AFTER-HOURS EMERGENCIES

IRRIGATION ISSUES

For water leaks and other irrigation issues, call O'Connell Landscape at 800-339-1106. Provide your telephone number and the exact location of the problem.

SECURITY ISSUES

Between 7:30 p.m. and 5:30 a.m., call North Coast Patrol at 760-745-3604.
Between 5:30 a.m. and 7:30 p.m., call non-emergency San Diego Police at 858-484-3154.

FOR LATEST INFO

Visit our website at: www.bernardoheights.org