

# The Meadow's Messenger



*April 2022*



A Quail Meadows West Homeowners Association Publication

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**5:30 to 6:30 PM**  
**Friday, April 1st**

**Bring your favorite  
 beverage and a finger  
 food to share  
 and join us at the  
 Clubhouse**

**Clubhouse reservation  
 for private events may be made with  
 the 1st Vice Chair.  
 Applications are at the Clubhouse  
 and on our website  
<http://quailmeadowswest.com/>**

## Puzzle Solution

P	A	D	S		F	E	T	A		I	D	E	A	L	
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**The Deadline For  
 The **May** edition  
 Is **April 17th**  
*(Earlier is always better)***



# HOA PRESIDENT



Michael Anderson



## QMW HOA Chairman

Hello All,

Well we have had a busy month. Truly is amazing how fast the time goes by.

The clubhouse carpet has been cleaned, the patio furniture is out and pool and spa are now open and warm again for spring. Please follow all pool and spa rules that Leuren has been writing about for months. It is for the health and safety of all. FYI, we have a new first aid kit on the wall next to the refrigerator. The pool phone has been replaced but is for emergency use only.

Our new landscapers (PJD Landscaping) have started so we are looking forward to positive results in the very near future. One of their first projects will be irrigation and working towards state mandated water use reduction. It will take a few months to see the results. If anyone sees a broken sprinkler please inform the Board. Jeff Hargis has taken on a huge task of managing the grounds but has already made a difference. There is a request for repair form online or in the office if you see something in need of our attention.

Architectural Committee sent out quite a few letters this month. They were trying to catch up after not sending any violation letters through the holidays. Please consider any letter as a reminder and motivation to take care of your properties and landscaping. Some items of concern will be addressed by the new landscapers and should resolve some of the continual concerns (weeds in the cracks, dirt in the gutters etc.). Marci and the committee donate a lot of time and effort for the benefit of all. If you have a landscaper, we strongly suggest you have them blow all debris back onto your property and not just out into the street.

We are working with the new Budget for 2022 and Reserve Analysis for areas we can possibly do better. Just coming to the end of the first quarter and we'll have a better idea moving forward. Jan, Margaret and CPA have been working hard on the annual taxes and they have filed them as needed. We have a few projects to work on and areas that need attention. Your new "Directory" is coming out (if you haven't already received it). Don't forget we have a meeting coming up April 14<sup>th</sup> at 7pm.

Keep in mind, all this is being done by volunteers. Please be kind and respectful to all who work for the benefit of the entire community.

M. Anderson, Chair

"What you do makes a difference, and you have to decide what kind of difference you want to make."

Jane Goodall









# COMMUNITY



# MEETING

Come join your friends and neighbors at our lovely clubhouse. Its your community ... be informed!

**Thursday, April 14th**  
**@ 7:00 p.m.**





# COMMUNITY

## April

### BIRTHDAYS

Mike Corob	3
Ron Wynn	3
Gabe Fabella	4
Selena Fierro	13
Tom Spallino	13
James DeBrine	22
Mary O'Reilly	22
Darlene Kress	28

### ANNIVERSARIES

Mark & Trina Chen Yin	9
Al & Trudi Forsyth	13
Bryan & Robin Davis	29

### Spread a little Sunshine



If you know a neighbor that could use a ray of sunshine in their life, whether through illness or a family loss, please let me know

## Irene Johantgen

Sunshine Chair

(805) 714-3256

[irebojo@gmail.com](mailto:irebojo@gmail.com)

Cards sent by your Sunshine Committee

Barbara Anderson

Tracy Patterson

Gregg Sandoval

Betty Bridges

Darrell Freeman

Darlene Kress



Our Heartfelt Sympathy to:

The Family of Pat Small

New Resident

## Welcome



HAYLEY & CHAD STARK



# LAUGHTER IS THE BEST MEDICINE



*Click on the title bar to visit this site!*



## National Humor Month **April**

About

Funny Literacy

Resources

Projects

Click here for weekly Humor Month news throughout the month of April

### Welcome!

National Humor Month was conceived as a means to heighten public awareness of the therapeutic value of humor. Laughter and joy - the benchmarks of humor - lead to improved well-being, boosted morale, increased communication skills, and an enriched quality of life.

It's no coincidence that the month begins with April Fool's Day, a day which has sanctioned frivolity and amusement for hundreds of years.

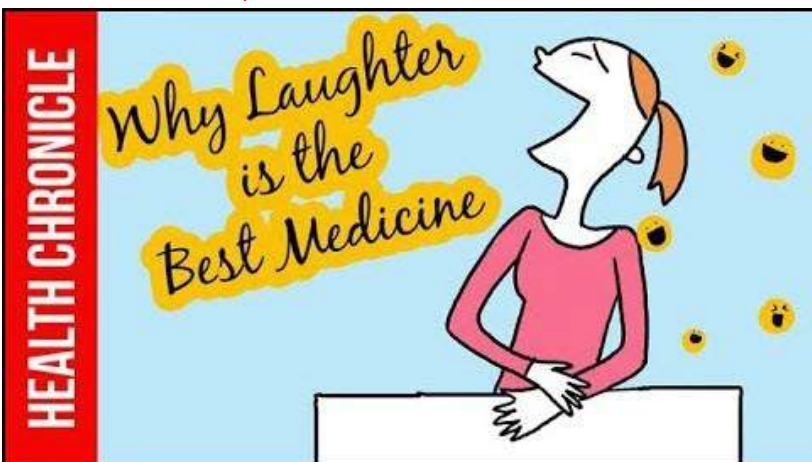
Humor as a tool to lift ailing spirits is an established notion supported by scientific research. The curative power of laughter and its ability to relieve debilitating stress and burnout may indeed be one of the great medical discoveries of our times.

This site is loaded with resources and projects related to humor. Laugh it up!

Interested in bringing the joy of laughter to your community? Learn how to become a Certified Laughter Leader™ with World Laughter Tour.



*Click on the title bar to visit this site!*







# RECIPE OF THE MONTH

## White Bean and Spring Vegetable Stew

This stew recipe is all about those lovingly cooked and seasoned dried beans and the glorious (vegan!) broth they create. Just keep in mind that for the best results, you have to soak the beans overnight. Though asparagus and peas scream “spring!” this really is a stew for all seasons—those veggies can be swapped with whatever looks good at the market, as long as they’re quick-cooking and/or thinly sliced.



### Ingredients

- 1 lb. dried large white beans (such as lima or gigante), soaked overnight, drained
- 1 onion, trimmed, peeled, halved through core
- 3 ribs celery, trimmed, halved
- 1 oz. dried shiitake mushrooms (about 10 large caps)
- 8 sprigs parsley, plus  $\frac{3}{4}$  cup parsley leaves with tender stems
- 1 head of garlic, halved, plus 1 garlic clove, finely grated
- 1 Tbsp. plus 1 tsp. kosher salt, plus more
- $\frac{3}{4}$  cup plus 3 Tbsp. extra-virgin olive oil, plus more for drizzling, divided
- $\frac{3}{4}$  cup mint leaves
- 1 bunch radishes
- 1 bunch medium-size asparagus (about 1 lb.)
- 1 - 10-oz. bag frozen peas, thawed
- 8 thick slices country or sourdough bread
- 1 - 4" piece fresh horseradish root, peeled
- 1 lemon, cut into 8 wedges

### Preparation

#### Step 1

Preheat oven to 300°. Combine beans, onion, celery, mushrooms, parsley sprigs, halved head of garlic, 1 Tbsp. salt, 3 Tbsp. oil, and 2 qt. water in a large Dutch oven. Bring to a simmer over medium-high heat, cover, and transfer to oven. Bake until beans are fully cooked, tender, and creamy through and through but as intact as humanly possible, about 1 hour, depending on the type, brand, and age of beans; start checking every 10 minutes after the first 45 minutes. (When checking beans for doneness, stir gently and taste at least 3 beans—it isn't finished until they're all tender!)

#### Step 2

Using tongs, fish out aromatics and discard. Season with salt. Be generous! Under-seasoned beans are barely worth eating. Let sit on stovetop, uncovered, until ready to serve.

#### Step 3

While beans are cooking, make your pistou and prep the vegetables and garnishes. Using your sharpest knife, finely chop mint and  $\frac{3}{4}$  cup parsley leaves. (A dull knife will just mash your herbs and cause them to turn dark around the edges.) Transfer to a small bowl. Add  $\frac{3}{4}$  cup oil, grated garlic, and 1 tsp. salt and stir to combine; set pistou aside.

#### Step 4

Trim and wash radishes, then slice as thinly as possible into coins (a mandoline really helps here). Transfer radishes to a small bowl, cover with cold water, and chill until ready to use.

#### Step 5

Wash asparagus and trim woody stems by bending each spear near the cut end until you find the place where it wants to break naturally. Cut off tips, then cut each tip in half lengthwise. Slice now-tipless stalks crosswise into thin coins. Toss asparagus coins and tips and peas in a medium bowl; set aside.

#### Step 6

When you're almost ready to serve the stew, return beans to a gentle simmer over medium heat, taking care not to stir too much—you don't want to bust up those beans!

#### Step 7

Generously drizzle oil into a large cast-iron skillet and heat over medium until shimmering. Working in two batches, fry bread slices until golden brown on both sides, about 2 minutes per side. Season with salt and transfer to a plate. (You may have to add more oil between batches, as the bread will soak some of it up.)

#### Step 8

When beans are simmering, add reserved asparagus and peas and cook, stirring gently, until asparagus coins are barely cooked but still bright green and crunchy, about 2 minutes.

#### Step 9

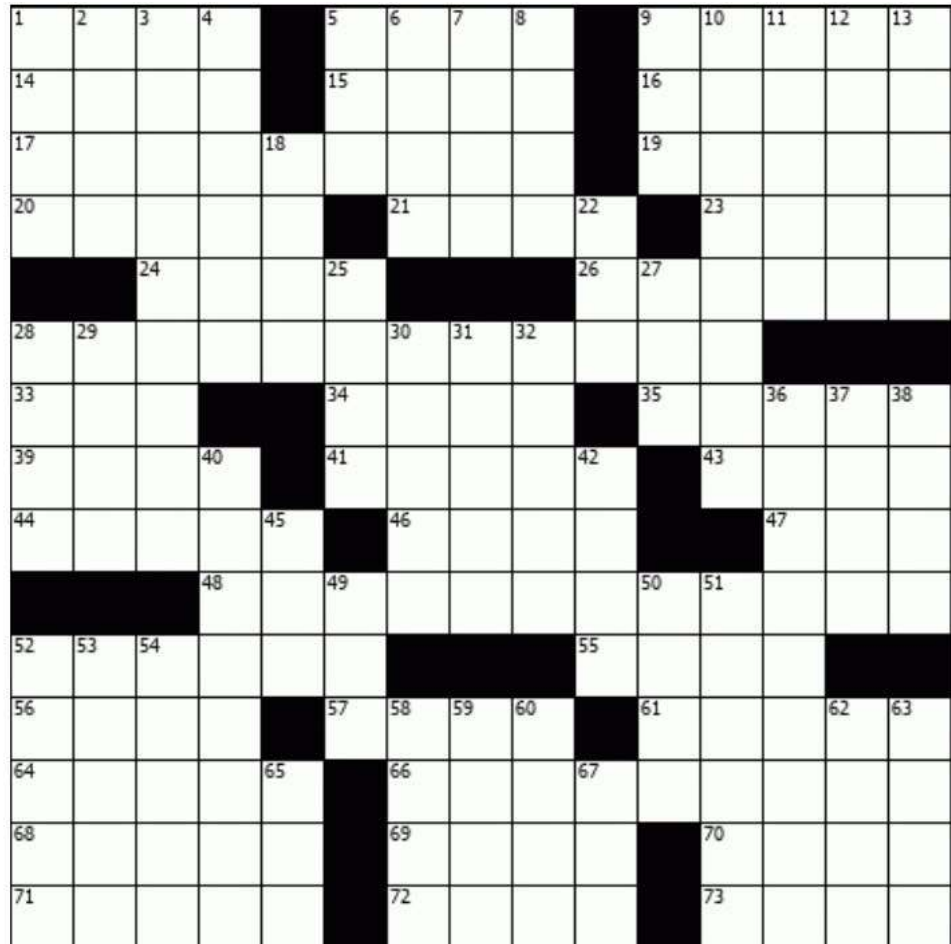
Drain reserved radishes. Place horseradish root on a plate with a Microplane (the way you'd serve Parmesan). Bring Dutch oven full of stew directly to the table. Serve with fried bread, pistou, radishes, lemon wedges, and horseradish alongside.



# PUZZLE OF THE MONTH

## Across

1. Bears' wear on Sundays
5. Greek cheese
9. Exactly right
14. Mine entryway
15. Uppermost point
16. River formation
17. Cyclone rider of Western lore
19. Palindrome for no quick reads
20. It could be a twisted joint
21. Pitch indicator
23. Game room missile
24. It can become bald
26. Rubble
28. Injustice for "The Fugitive"
33. U.S. air monitor
34. Disposition
35. Stared
39. Cast wearer's frustration
41. Campus have-beens
43. Pamplona runner
44. Sovereign
46. Palmist's words
47. Dick's wife, twice
48. Popular horror villain
52. Two-pointer
55. Cooking fat
56. Domain
57. Atkins no-no
61. Well-heeled fellow
64. Bellyaches
66. Extra sturdy
68. Number two in population
69. Less-than-climactic start?
70. Ohio-Ontario divider
71. Like inclement weather
72. Seckel relative
73. Friend on "Friends"



## Down

- |                                   |                               |                              |
|-----------------------------------|-------------------------------|------------------------------|
| 1. One-fourth of a '60s pop group | 22. WWII notable              | 49. 2004 GOP convention site |
| 2. Yemeni seaport                 | 25. Humorist Bombeck          | 50. Pint-sized               |
| 3. Crime fighter since 1931       | 27. Word with shell or head   | 51. Library patron           |
| 4. Impassive                      | 28. Rabin's predecessor       | 52. Oral vaccine developer   |
| 5. Super, to a Beatles fan        | 29. As many as                | 53. Amphitheater kin         |
| 6. Tale on a grand scale          | 30. Infant's distress         | 54. Nurses                   |
| 7. Famous William                 | 31. White or green follower   | 58. Melville's captain       |
| 8. Toll unit                      | 32. Some Madison Avenue folks | 59. Vegas alternative        |
| 9. Many offer a DOB               | 36. Communist decision-makers | 60. Cave dwellers            |
| 10. Collection agency's target    | 37. "Hulk" actor Bana         | 62. Soul singer Redding      |
| 11. Knighted British composer     | 38. Drift off                 | 63. Parting words            |
| 12. Early video game maker        | 40. Go ballistic              | 65. Two cents worth          |
| 13. Doesn't fall apart            | 42. Places for making soaps?  | 67. Crooner Damone           |
| 18. Like the surface of Mercury   | 45. Stewed to the gills       |                              |

(Solution can be found on page 2 underneath the Happy Hour announcement)





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## Contact the Editor for Details





# APRIL 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
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3	4 9:30 AM Architectural Committee <b>MEETING</b>	5	6	7	8 	9																																																																																																		
10	11	12	13	14	15 Good Friday 	16																																																																																																		
17 HAPPY EASTER	18	19	20	21 HOA Meeting Today At 7:00 PM	22 	23 																																																																																																		
24 Messenger Deadline For MAY (Earlier is Better)	25	26	27	28	29	30																																																																																																		
<p>NOTES:</p> <ul style="list-style-type: none"> <li> Trash Day</li> <li> Recycle Day</li> <li> Green Waste Day</li> </ul>																																																																																																								
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