



# Seven Hills

A Senior Golf Community in Hemet, California

## Newsletter



SEVEN HILLS PROPERTY OWNERS ASSOCIATION

JANUARY 2026

HAPPY NEW YEAR

# 2026



**SEE OUR GOLF CART CHRISTMAS PARADE PHOTOS ON PAGES 22-25**

### WHAT'S INSIDE OUR NEWSLETTER THIS MONTH

- Board of Directors Info .....3
- President / Vice-President's Message .....4
- Board of Directors Minutes .....N/A
- Treasurer's Report & Financials .....5
- Important Info / Committee Reports .....6-9
- Official Forms .....10-14
- What's Happening In Our Community .....15-33
- Seven Hills Bargain Spot .....34
- Number & Word Games .....35-36
- Services Offered .....37-64
- Newsletter Ad Info..... Inside Back Cover

Visit Our Website at: [www.sevenhillspoaofhemet.com](http://www.sevenhillspoaofhemet.com)

**The Seven Hills Property Owners Association (SHPOA) Is A Non-Profit Mutual Benefit Association**

# UPCOMING COMMUNITY EVENTS

**January 7<sup>th</sup> – Board of Directors Meeting at 3:30 pm**

**February 4<sup>th</sup> – Board of Directors Meeting at 3:30 pm**

**March 4<sup>th</sup> – Board of Directors Meeting at 3:30 pm**



## FUN TRIVIA QUIZ



**1. Who was the longest reigning monarch in British history?**

- a) Queen Victoria
- b) Queen Elizabeth II
- c) King Philip II

**2. Where did the Aztec civilization originate from?**

- a) Brazil
- b) Mexico
- c) Guatemala

**3. Fill in the blank: The Statue Of Liberty was a gift from \_\_\_\_\_.**

- a) France
- b) England
- c) Spain

**4. Who was the only US President to serve more than two terms?**

- a) Thomas Jefferson
- b) Abraham Lincoln
- c) Franklin D. Roosevelt

**5. Which US state has the smallest population?**

- a) Wyoming
- b) Alaska
- c) Vermont

**6. In what year did the U.S. Supreme Court legalize same-sex marriage?**

- a) 2012
- b) 2015
- c) 2018

**7. What is the tallest building in New York City?**

- a) Central Park Tower
- b) One Vanderbilt
- c) One World Trade Center

**8. In what state is Yosemite National Park located?**

- a) California
- b) Utah
- c) Colorado

**9. Which country has the longest coastline in the world?**

- a) Australia
- b) Canada
- c) Indonesia

**10. Which country do the Canary Islands belong to?**

- a) Spain
- b) France
- c) Portugal

Answers: 1b; 2b; 3a; 4c; 5a; 6b; 7c; 8a; 9b; 10a.

# SEVEN HILLS BOARD OF DIRECTORS AND CONTRIBUTOR CONTACT INFO

	Title	Name	Phone #	Email Address
B O A R D  M E M B E R S	President	Linda Wilcox	(949) 402-3686	president@sevenhillspoaofhemet.com
	Vice-President	Vacant	N/A	vp@sevenhillspoaofhemet.com
	Secretary	Vacant	N/A	secretary@sevenhillspoaofhemet.com
	Treasurer	Vacant	N/A	treasurer@sevenhillspoaofhemet.com
	Architectural	Vincent Oliveri	(951) 599-9711	arch@sevenhillspoaofhemet.com
	CC&R's	Patti Courtois	(951) 374-0825	ccrs@sevenhillspoaofhemet.com
	Safety Monitor	Bob Fisk	(925) 450-2046	safetymonitor@sevenhillspoaofhemet.com
O T H E R S	Administration	Sandra Allbright	(951) 658-6178 (951) 305-3092	sevenhillsmembership@gmail.com
	Advertising	Sandra Allbright	(951) 658-6178	sevenhillsmembership@gmail.com
	Referral Services	Sandra Allbright	(951) 658-6178	referrals@sevenhillspoaofhemet.com
	Newsletter Dist.	Marta Miner	(702) 376-1681	newsdelivery@sevenhillspoaofhemet.com
	Newsletter Editor	Gary Bieber	(951) 305-0783	sevenhillseditor@gmail.com

## SEVEN HILLS PROPERTY OWNERS ASSOCIATION MONTHLY MEETING SCHEDULE FOR 2025

Wednesday, January 7th, 2026 .....3:30 p.m.  
 Wednesday, February 4th, 2026 .....3:30 p.m.  
 Wednesday, March 4th, 2026 .....3:30 p.m.



*All meetings are held at the Seven Hills Member's Club • 3050 Jacaranda Way, Hemet, CA*

## *Important Message From Your Board President*



Greetings,

I hope each of you had a wonderful holiday!

2026 is right around the corner, I cannot believe it!

I want to thank everyone who volunteered their time this past year helping to make Seven Hills a premier Senior community. Please know how each of you are appreciated by the SHPOA Board and the residents.

A special shout out of thanks to Jane Broe and her amazing committee, Maria Garcia, Phyllis Oliveri, Linda Newstead and Mary Clement-Veal for putting on all the fun events this past year: the Luau, 4<sup>th</sup> of July Parade, Ice Cream Social, Veterans Day, Christmas Golf Cart Parade, and the SHPOA Appreciation lunch at the Rocking K Ranch.

There were so many beautifully decorated homes this holiday season. The winners will be announced in next month's newsletter.

For the month of December the Book Club read, **The Book Club for Troublesome Women by Marie Bostwick**. What a meaningful time the gals are having – think about joining us at the

next meeting: **December 29<sup>th</sup> at 2PM, call myself or the chairperson Patti Courtois for the location of the gathering.**

Make sure you mark your calendar for the next **SHPOA BOARD MEETING, JANUARY 7<sup>TH</sup> 2026 AT 3:30 PM, AT THE MEMBERS CLUB**. Come meet your neighbors and your new SHPOA Board. See you there.

Wishing each of you a healthy, happy, and blessed 2026.

*With joy to serve you,  
Linda Wilcox*

**“WHEN IN DOUBT FILL IT OUT”**



**MARTIN LUTHER KING JR. DAY**  
**JANUARY 19<sup>TH</sup>**

**“I Have a Dream”**

**Click anywhere on this photo to hear speech**



# TREASURER'S REPORT AND FINANCIALS

AS OF NOVEMBER 30, 2025

BY: PATTI COURTOIS

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## OPERATING REVENUE

Total Revenue (Income)	\$8,232.29
Total Other Revenue	\$600.00
Total Expenditures	\$9,252.88

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<b>NET OPERATING REVENUE</b>	<b>-\$420.59</b>
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## ASSETS

Bank Accounts	
1000 Bank of Hemet, Checking	\$15,683.22
1010 Bank of Hemet, Savings	\$10,066.01
1020 Treasury I-Bonds *	\$238,981.60
<b>Total Bank Accounts</b>	<b>\$264,730.83</b>

### Other Current Assets

Payments to Deposit	\$1,124.86
Other Revenue	

<b>Total Other Current Assets</b>	<b>\$1,124.86</b>
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<b>Total Current Assets</b>	<b>\$265,855.69</b>
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<b>TOTAL ASSETS</b>	<b>\$265,855.69</b>
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## LIABILITIES AND EQUITY

Liabilities	\$0.00
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<b>TOTAL LIABILITIES</b>	<b>\$0.00</b>
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### Equity

Opening Balance Equity	\$224,614.54
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Unrestricted Net Assets	\$69,004.05
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Net Revenue	-\$27,762.90
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<b>TOTAL EQUITY</b>	<b>\$265,855.69</b>
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<b>TOTAL LIABILITIES AND EQUITY</b>	<b>\$265,855.69</b>
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\* includes \$773.60-interest earned in November

\* FULL FINANCIAL REPORT AVAILABLE UPON REQUEST \*

# A NOTE FROM THE ADMINISTRATOR

## UPDATE

On October 30, 2025, the Board convened in Executive Session and unanimously resolved to change the due date for Annual Assessments (Dues) to the first day of February each year. This adjustment aligns with the Association's fiscal year.

**4.5 Payment of Assessments** Annual Assessments levied against each Owner and his or her Lot shall be due and payable in advance to the Association in a single installation on the first day of January of each year or **on such other date or dates as may be established from time to time by the Board.**

The invoice for your 2026 dues will be distributed in the first week of January 2026. Please ensure payment is made to the Association in full by February 1st, 2026. Any payments received after March 31, 2026, will incur a late fee.

For individuals who have provided an email address, the invoice will be sent to the address on file. If we do not have your email address, please contact the administrator to ensure your information is up to date.

A Resident Form will be sent to each Seven Hills resident along with the invoice, either by email or mail. Please complete the form and return it with your payment. Be sure to provide an emergency contact who can be reached if needed. We kindly ask that you do list a relative or friends as your emergency contact – if you are together, we would require an alternative person to reach out to on your behalf.

Accepted payment methods include check, money order, or credit card; please note that a 3.99% processing fee applies to all credit and debit card transactions. A link can be sent to you by email if you wish to make payment by credit card.

You can mail your payment to Seven Hills POA at P.O. BOX 177, Hemet CA 92546, or drop it off in the black mailbox at the Members Club labeled "Seven Hills POA". Be sure to clearly include your address so your account is properly credited.

Should you require any additional information, please feel free to contact the office at 951-658-6178 or email to: [sevenhillsmembership@gmail.com](mailto:sevenhillsmembership@gmail.com).



**Please Remember!**

**Seven Hills Property Owners Association does NOT have an office in the clubhouse, and is not associated with the Members Club. Please contact our Administrator at: (951) 658-6178 for assistance.**

# Safety Monitor Report

FOR JANUARY 2026

BY: BOB FISK



## Reported Incidents from 11/15/2025 to 12/15/2025

**11/15/2025**—a resident reported that a semi truck and trailer had entered Seven Hills, apparently seeking access to Domenigoni Parkway.

**11/17/2025**—a resident on Flame Tree Way reported seeing lights in the vacant house next door. Subsequent investigation and observation on the following nights did not disclose any evidence of break-in.

**11/20/2025**—a resident reported two young men claiming to be associated with Southern California Edison offering a program to lower electric bills.

**11/23/2025**—a resident on Brentwood Way reported seeing a man dropped off at a house that was known to be vacant. The HPD was called and arrived to find the man had entered the garage and was attempting to steal the van inside. He was taken into custody.

**12/09/2025**—a resident on Blue Spruce Drive reported seeing a coyote approaching his backyard, where he was grilling. The coyote did not leave immediately upon seeing the resident. The coyote approached from the Lake Maybe area.

**12/14/2025**—a resident taking a walk around Seven Hills observed that solicitors have been placing magnets advertising garage door service on Aspen, Sequoia, Hickory, Cherry, and Pepper Tree Drives. In some cases, this was done in spite of “No Soliciting” signs posted by the resident and represents trespassing onto private property.

**12/15/2025**—a resident on Peach Tree Street reported a man going through the trash on the street during early morning hours.

**12/15/2025**—a resident on Peach Tree Street reported a pair of AT&T solicitors making their way down the street. This occurred in the middle of the afternoon.

## Lessons of the Month

The things to be learned from events this month are all issues we’ve discussed previously.

First, we very much appreciate any sightings of activity in a house known to be vacant. This is extremely important to try to limit squatters in Seven Hills. Most of the time, the activity turns out to be a non-issue, but please do not hesitate to let us know.

The one report on Brentwood did turn out to be a significant break-in, and calling the police stopped that incursion before it turned out to be a problem. We need to protect one another by observing and acting on suspicious activity. The Hemet Police are always courteous and understanding, even when it is a false alarm.

Second, solicitors continue to be a problem and probably will continue to be. If you let us know I will try to find them and remind them of the Seven Hills No Solicitation policy. The magnets are a new twist, though it does remind me of the mailbox stickers from earlier this year.

Thirdly, coyotes are again being observed in Seven Hills. Please protect your pets by not letting them out unsupervised.

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Finally, the person going through trash does demand a reminder. I'm assuming this was someone who was looking for aluminum cans in the recycling barrels. The courts have asserted a number of times that once your refuse is placed on the street (a public area) it is no longer yours and anyone can legally go through it. Several things pertain here. For one, if you don't want anyone going through your refuse, keep the barrel on your private property until time for trash pickup.

Another thing to watch for is if the individual drops any other trash on the ground and does not return it to the

barrel, which is a littering violation. That would indicate a call to the HPD non-emergency number (951-765-2400). Unless the violator moves on quickly, the police will be able to have a discussion with the perpetrator.

*Bob Fisk*  
*Safety Monitor*  
*SHPOA Board of Directors*  
[shpoasafety@gmail.com](mailto:shpoasafety@gmail.com)

**PLEASE CALL 911 IN AN EMERGENCY AND REPORT ALL CONCERNS FIRST TO THE HEMET POLICE DEPARTMENT AT: (951) 765-2400**  
**~ CLICK ON THIS BOX TO FILE A POLICE REPORT ~**



*Gary Bieber, Editor*

## **COYOTES ARE ON THE LOOSE AGAIN**

There have been more sightings of coyotes, in and around Lake Maybe.

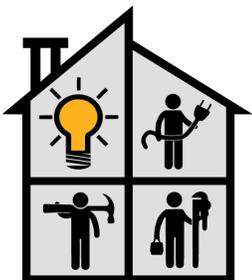
Please be careful and mindful while walking your dogs. An adult male coyote can weigh up to 46 pounds, and can run up to 43 MPH while in pursuit of their prey. For your own pet's safety, please keep them on a leash and close by you when walking them.

## **SHPOA REFERRAL Services**



*The Seven Hills POA keeps a record of people who provide the following services, and have been recommended by Seven Hills Residents.*

**Painter • Gardener • Window Washer • Handyman • Other Services**



If you have benefited from any services and would like to refer that person or company, or you're in need of a service

**Call Sandra at: (951) 658-6178**  
**or email at: [sevenhillsmembership@gmail.com](mailto:sevenhillsmembership@gmail.com)**

*Be advised that this is a Referral Service and NOT a recommendation*  
**PLEASE USE YOUR OWN JUDGEMENT**



# OFFICIAL FORMS

**SEVEN HILLS PROPERTY OWNERS ASSOCIATION, INC.**  
**PO Box 177, Hemet, CA 92546 • (951) 658-6178 Office**  
**Email: [sevenhillsmembership@gmail.com](mailto:sevenhillsmembership@gmail.com) • Website: <https://sevenhillspoaofhemet.com>**

## **RESIDENT FORM**

**THIS RESIDENT FORM** must be submitted each year along with your annual payment.  
 Pursuant to California Civil Code Section 4041, it is required to provide emergency contact information.  
 This form is used to update personal information, including phone numbers and emergency contact names or phone numbers.  
 You will find this form included in each monthly newsletter or on the website. **Please include your email address(es).**

### **RESIDENT(S) INFORMATION**

Last Name	First Name	Middle Initial	Email Address	
Last Name	First Name	Middle Initial	Email Address	
Address Number	Street Name	City	State	Zip Code
<input type="checkbox"/> Owner Occupied	Home Phone No.	Cell Phone No.	Date	
<input type="checkbox"/> Lease				
Landlord Address Number	Street Name	City	State	Zip Code
Lease Beginning Date:	Lease Ending Date:	Landlord(s) Name	Landlord(s) Phone Number	
Property Management Information		City	State	Zip Code
Contact Agent	Office Number	Agent Phone Number	Agent Phone Number	

### **ADDITIONAL OCCUPANT(s) IF APPLY**

List of all individuals residing at the property other than the homeowner


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## **EMERGENCY INFORMATION**

**This information will be treated as personal and confidential and will be used solely for emergency purposes.  
This information will be made available to law enforcement, medical professionals,  
or other relevant authorities in the event of an emergency.**

**Please provide name(s), address, phone numbers and relationship  
(next of kin, closest relative, neighbor, friend) for your emergency contact(s).**

In Case of Emergency, Notify:	Address	Phone and/or Email	Relationship

## **BIRTHDAY**

Please provide this information only if you wish to have it included in the monthly newsletter.

Last Name	First Name	Birthday (Month / Day )

## **WEDDING ANNIVERSARY**

Please provide this information only if you wish to have it included in the monthly newsletter.

Month	Day
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## Architectural Request Form

Please refer to the Seven Hills Covenants, Conditions and Restrictions (CC&Rs) for specific details required for each propose change. If unapproved alteration is made prior to receipt of the approved POA Architectural Request Form, the homeowner may be required to return the property to its former condition at the sole expense of the homeowner.

**Contact Information:** Please fill in this form, print it out, and give it OR email it, to the Architectural Committee.

Name:  Date:

Address:

Phone Numbers:  E-mail:

**Proposed Start Date:**  **Completion Date:**

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**Proposed Improvements:** Describe fully, include paint chips (with color and number), building material list, landscape plan, fence layout, site plan, elevation drawings and other plans or brochures for patio, decks, walls, gates, roofing, solar, sheds, etc. Attach additional description pages if necessary and/or **permit if needed.**

Re-Roof with Shingles – Color:   Re-Roof with Tiles – Color:

Walls  Fence  Gates  Security Doors  Solar Panels  Patio  Deck

Other:

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**Exterior Color Painting: 8.6.6 Exterior Colors** All exterior colors of residences and any other structure involving color changes requires approval. **Painting of an existing structure must be approved to comply with Architectural Committee approved colors or conformance to surrounding neighboring properties.** This requirement applies to siding, front doors, shutters, trim, garage doors, gates and/or walls, awning, wrought Iron and other exterior painting. **Repainting of your house even when using the same colors requires the submission of an Architectural Request Form and color chips or paint samples to the Architectural Committee.** All requests for change in exterior colors will be reviewed on an individual basis with regard given to adjacent homes. **The Architectural Committee has color samples (chart of colors allowed) from which residents are required to choose.** Rule approved by Board of Directors - September 5, 2018.

Home Color:   Trim Color:   Siding Color:

Shutter Color:   Front Door Color:   Security Door Color:

Garage Door Color:   Gates/Fence Color:   Awning Color:

Other:

CONTINUED ON BACK PAGE ►

# Architectural Request Form

Please note that it is the goal of the Architectural Director to work with every homeowner to ensure the structural soundness of the improvement being proposed is adequate and that the safety of the homeowner and neighboring property owners will be protected. Every attempt will be made by the Committee to review the plans and supporting documents submitted to it as quickly as possible to avoid unnecessary delays with your project.

## ARTICLE VIII ARCHITECTURAL CONTROL

**8.1 Improvements and Changes Require Prior Approval.** No Improvement of any kind shall be commenced, erected or maintained within the Property by an Owner, nor shall any exterior addition to or change or alteration be made in or to any Lot by an Owner until the plans and specifications showing the nature, color, kind, shape, height (including front, side and rear elevations), materials, and location of the same shall have been submitted to and approved in writing by the Board as to quality of workmanship and materials, harmony of external design and location in relation to surrounding structures, setback lines, topography and finish grade elevation. Prior to submittal of plans and specifications to the Board as provided in Section 8.2 of these CC&Rs, the Owner shall obtain a building permit from the City for the Improvements and comply with all City requirements set forth in the City Municipal Code and other applicable laws.

**ARTICLE 8.1 Architectural Changes - Start and completion of work:** Prior to submittal of improvements and changes homeowners must have a timeline of completion. Architectural Committee should have an approximate beginning date and completion date subject to permissible delays. All Improvements and changes approved by the Architectural Chairperson must be commenced within 3 days following the date of approval and must be completed within 30 days of the approval date. Any work not completed within the time frame will be deemed unapproved, requiring the homeowner to resubmit the application for approval before undertaking the project. Rule Approved by Board of Directors 3/7/18.

**8.6.4 Roofing.** Replacement roofing shall conform to the roofing being replaced. Homeowners may make a request to the Board in writing with samples of other types of roofing, including asphalt. Samples of material and colors to conform and perform to quality of existing roofing material and blend with roofing colors of adjacent buildings. Extreme color variations shall not be permitted. All changes shall be reviewed by the Board and permission, or denial be given in writing to Owner.

### Agreement and Signature

**By submitting this application, I understand that I must receive approval from the Architectural Committee Chairperson in order to proceed. I understand that prior to submittal of plans and specification to the Architectural Committee, I shall obtain a building permit from the City for the improvement (if needed) and comply with all City requirements. I agree to complete improvement promptly after receiving approval.**

Name (Please Print)

Signature \_\_\_\_\_

Date

**OR**

### **YOU MAY SIGN ELECTRONICALLY BELOW**

#### **Electronic Signature Agreement**

By checking this box, you are signing this Form/Agreement electronically. You agree your electronic signature is the legal equivalent of your manual/handwritten signature on this Form/Agreement. You consent to the legally binding terms and conditions of this Form/Agreement. You further agree that your signature on this document (hereafter referred to as your "E-Signature") is as valid as if you signed the document in writing. You also agree that no certification authority or other third party verification is necessary to validate your E-Signature, and that the lack of such certification or third party verification will not in any way affect the enforceability of your E-Signature or any resulting agreement between you and Seven Hills Property Owner's Association.

**SEVEN HILLS MEMBER COMMENT REQUEST SHEET**  
**REQUEST TO SPEAK AT MONTHLY BOARD OF DIRECTORS MEETING**  
(1<sup>ST</sup> WEDNESDAY OF EACH MONTH - 6:30 AT SEVEN HILLS MEMBERS CLUB)

NAME \_\_\_\_\_ /\_\_\_\_\_/\_\_\_\_ DATE

ADDRESS \_\_\_\_\_ PHONE

WHAT WOULD YOU LIKE TO DISCUSS? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

YOUR SIGNATURE \_\_\_\_\_

Speaking is limited to three (3) minutes. The Board of Directors may choose to respond or ask questions. The Board of Directors will not vote on any topic unless it is printed on the agenda. The Board of Directors may schedule your topic as a future agenda item.

**SHPOA CC&R VIOLATION CONTACT FORM**  
(TO REPORT VIOLATIONS - PLEASE USE THIS FORM)

My Name \_\_\_\_\_ Phone # \_\_\_\_\_ /\_\_\_\_\_/\_\_\_\_ Date

I wish to have the CC&R Committee look at the following address: \_\_\_\_\_

Reason for complaint: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ (Please attach more pages if needed)

Your Signature \_\_\_\_\_

PLEASE CUT AND MAIL THIS FORM TO: SHPOA CC&R Committee  
P.O. Box 177  
Hemet, CA 92545



# NEIGHBORHOOD AWARENESS FORM



## Ask yourself these important questions:

- Do you know who your neighbors are?
- Do they live alone? • Do YOU live alone?
- Have you seen any activity around their house lately?
- Do you know if they are on vacation or out of town?
- Have there been any flyers or one of our newsletters in their clip for a long time and nobody is picking it up? • Do your neighbors know who YOU are?
- What would happen if you suddenly fell ill and there was no-one to check on you?

If you answered "NO" or "DON'T KNOW" to some of the questions above, maybe you should introduce yourself to your neighbors. Below is a little form you can fill out and keep handy.

**IMMEDIATE NEIGHBOR – ACROSS FROM YOU**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_

Phone # \_\_\_\_\_

**IMMEDIATE NEIGHBOR – BEHIND YOU**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_

Phone # \_\_\_\_\_

**IMMEDIATE NEIGHBOR – TO YOUR RIGHT**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_

Phone # \_\_\_\_\_

**IMMEDIATE NEIGHBOR – TO YOUR LEFT**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_

Phone # \_\_\_\_\_



# January Birthdays



**1**  
 Marshall Benson  
 Skip Doughty  
 James Gibson  
 Fausto Mora

**2**  
 Lilly Ibrahim  
 Roger Milam  
 Roderick Jr. Taylor

**3**  
 Lorraine Culton  
 Fernando De Leon  
 Kathleen Haney  
 Jeff Lloyd

**4**  
 Joann Henderson  
 Arlos Mendoza  
 Geoffrey Perley  
 Rose Reid  
 Moody Robun  
 Bill Tippings

**5**  
 Sylvia Argerich  
 Yvette White

**6**  
 Michael Brown  
 Lynn Estes  
 Celia Villanueva  
 Catherine Wiley

**8**  
 Victor Paz  
 Rosalie Whitney

**9**  
 Mariana Armenta

**9**  
 Elaine Perkins

**10**  
 Ave Brown  
 Milo Espejo  
 Carole Jeffrey

**12**  
 Karen Johnson  
 Robert Leisz  
 Carlota Norris  
 Ray Sandoval  
 Cathy Seaborn

**13**  
 Cherrie Esparza  
 Don Froman  
 Josh Jones  
 Deborah Sagalongos

**14**  
 Tony Baker  
 Penny Feeney  
 Jane Fisk  
 Edward Tallon

**15**  
 James Brown  
 Man Eaglin  
 Debra Lotman  
 Launa Thomas  
 Pita Vega  
 Ly-Thi-Lee Woodruff

**16**  
 Pauline Burrige  
 Julie Hall  
 Patricia Harris  
 Charlotte Rankin  
 Mary Valdes

**17**  
 Brenda Miller  
 Grace Vanbuskirk  
 Laura Wherry

**18**  
 Leon Ainer  
 Alicia Munoz

**19**  
 Jeannie Lee  
 Trudy Muro  
 Gary Wilcox

**20**  
 Jo Anne Wood

**21**  
 John Logue

**22**  
 Naphateria Armstrong  
 Nancy Engelhard  
 Karen Foster  
 Deanna Jimenez

**23**  
 Kenneth Cebula  
 Sheilah Johnson  
 Ralph Mahan  
 Robert Moran  
 Phyllis Oliveri  
 Cynthia Reed  
 David Rich  
 Jerilyn Smith

**24**  
 Cynthia Bagley  
 Kerry Macartney

**25**  
 Byron Diamond  
 Joe Fuentes  
 Marydeane Griffin  
 George Lakins  
 Vincent Mendoza  
 Michael Webster

**26**  
 Beverly Baker  
 Tom Feeney

**27**  
 Linda Abdel-Jabbar  
 Andy Caraveau  
 Bonnie Hansen  
 Sharon Nusbaum  
 Pat Steele  
 Jon Zitt

**28**  
 Stephen Hatch

**29**  
 Steven Butler  
 Frank Munoz  
 Charlotte Sampson

**30**  
 Donald Banks  
 James Bender  
 Bonnie Garland

**31**  
 Rodolfo Arcilla  
 Ceasar Calingay  
 Jenni Espejo  
 Rodora Payumo  
 Virginia Shaw

# HAPPY ANNIVERSARY

## January Anniversaries

4

Josh & Barbara Jones

10

Samuel & Elizabeth Robinson

28

Mike & Kim Watson

5

Claudio & Sylvia Argerich  
Darl & Jo Ann Gregory

19

Michael & Eliud Bresnahan

29

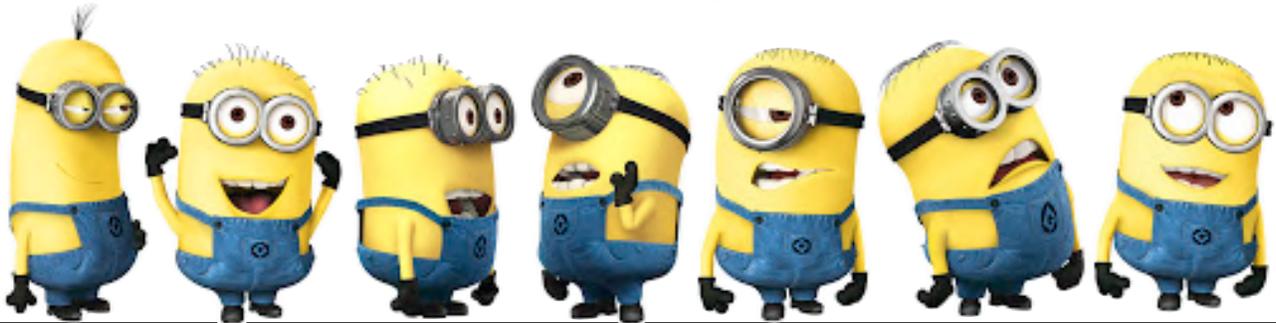
Paul & Lorraine Wagstaff

27

Juan & Arcelia Chavez  
Leo & Karen Doiron  
Dennis & Mary Rundlett

31

Keith & Kim Cox



## Loving Prayers

If you have a family member, friend or neighbor who is need of some loving prayers, please call Gary Bieber at: (951) 305-0783 or email to: [sevenhillseditor@gmail.com](mailto:sevenhillseditor@gmail.com) and I will place their name in this prayer notice.

**SENDING GOOD THOUGHTS AND PRAYERS TO:  
EVERYONE IN OUR SEVEN HILLS COMMUNITY**

**SYMPATHIES & CONDOLENCES:  
FOR THE PASSING OF: GARY MARSH AND KATHIE CHRISTENSEN.**

**DISCLAIMER: THE CONTENT WITHIN THE FOLLOWING PAGES DO NOT REFLECT THE ENDORSEMENT OR OPINIONS OF THE SEVEN HILLS PROPERTY OWNERS ASSOCIATION BOARD OF DIRECTORS, COMMITTEE MEMBERS, ITS ADMINISTRATION, AND/OR ANY INDEPENDENT CONTRACTORS ASSOCIATED WITH THE SHPOA.**

# CLUBHOUSE



**AT SEVEN HILLS**

## **NEW OFFICE HOURS**

**Thursday, Friday, & Saturday**

**10AM - 1PM**

**Dec.1st - April 1st**

## **MEMBERSHIP**

**\$40 One Person**

**\$65 Household of two**

Reach us at: 951-658-2234 or email  
sevenhillsmembersclub@gmail.com

## **Clubhouse News**

**SUPERBOWL Potluck SUNDAY: Sunday Feb. 8<sup>th</sup>**

**Come join us at the clubhouse starting at 1pm as we start to gather & talk football. We will also have a football Poll come early to sign up. Beverages will be provided, or you can bring your choice of beverage**

**April 15<sup>th</sup> Karaoke / Birthday Celebration for  
Fall & Winter 2025**

**May 1<sup>st</sup> Pool Open for Summer Season**

**July 15<sup>th</sup> American Made Band**

**Save the dates! Events in planning stages.  
More information to follow**

# Did You Know



Lights added to front yard & sidewalk to give more light



Major plumbing repair needed to be done to restrooms



Parking Lot Lights Installed  
Thank You Gary Hockenberry



# IF YOU MISSED OUR VETERANS TRIBUTE IN NOVEMBER HERE ARE SOME PHOTOS FROM THE EVENT







**THANK YOU ALL FOR COMING OUT WITH YOUR  
LOVED ONES ON A CHILLY NIGHT TO SEE OUR DECORATED  
GOLF CARTS AND SHOWING YOUR CHRISTMAS SPIRIT!**



**CLICK ANYWHERE ON  
THESE NEXT FEW PAGES TO  
SEE OUR GOLF CART  
CHRISTMAS PARADE VIDEO.**









\* FIRST PLACE WINNER \*



\* SECOND PLACE WINNER \*



\* THIRD PLACE WINNER \*



**THANK YOU TO ALL OF OUR RESIDENTS  
WHO DECORATED THEIR GOLF CARTS  
WITH BEAUTY AND WHIMSY AND  
JOINED CHRISTMAS GOLF CART PARADE**

# - Our 2025 POA Appreciation Luncheon -



The Seven Hills Board hosted their annual volunteer appreciation celebration on December 11th. I want to thank everyone who volunteered their time this past year, helping to make Seven Hills a premier Senior community. Please know how each of you are appreciated by the SHPOA Board and the residents.

With joy to serve you, Linda Wilcox, President





Bring on  
the  
NEW YEAR!





# HEMET PD K9S ARGO AND BOSCO TO GET DONATION OF BODY ARMOR

Hemet, CA, K9s Argo and Bosco will receive bullet and stab protective vests thanks to a charitable donation from non-profit organization Vested Interest in K9s, Inc. Both vests were sponsored by Ginny Johnson of Prineville, OR, and will be embroidered with the sentiment "Born to Love-Trained to Serve-Loyal Always". Delivery is expected within ten weeks.

Vested Interest in K9s, Inc., established in 2009, is a 501(c)(3) charity whose mission is to provide bullet and stab protective vests and other assistance to dogs of law enforcement and related agencies throughout the United States. This potentially lifesaving body armor for four-legged K9 officers is U.S. made, custom-fitted, and National Institute of Justice (NIJ) certified. Since its inception, Vested Interest in K9s, Inc. has provided over 6,225 vests valued at \$6.9 million to K9s in all 50 states, made possible by both private and corporate donations.

The program is open to U.S. dogs at least 20 months old, actively employed, and certified with law enforcement or related agencies. K9s with expired vests are also eligible to participate. There are an estimated 30,000 law enforcement K9s throughout the United States.

Vested Interest in K9s, Inc. accepts tax-deductible contributions in any amount, while a single donation of \$1,050 will sponsor one vest. Each vest has a value of \$1,800.00,

weighs an average of 4-5 lbs., and comes with a five-year warranty. For more information or to learn about volunteer opportunities, please call (508) 824-6978. Vested Interest in K9s, Inc. provides information, lists events, and accepts donations at [www.vik9s.org](http://www.vik9s.org), or you may mail your contribution to P.O. Box 9, East Taunton, MA 02718.



K9 Argo



K9 Bosco



## **You Are Not Alone (Y.A.N.A) Hemet Police Department Program**

Many older adults worry about feeling isolated or being left without help. To bring reassurance and safety to older and disabled residents, the Hemet Police Department offers a free program called ("You Are Not Alone" (Y.A.N.A).

Through this program, Hemet Police Volunteers regularly connect with participants, usually with scheduled phone calls, and when needed, through a home visit. The mission of the program is to promote security for the City of Hemet Residents living alone and peace of mind for their families. This service is especially valuable for individuals who wish to remain independent but may not have family or friends nearby to check in on them.

**Please note: We do NOT provide medical assistance, but rather a measure of security.**

### **How the Program Works**

- Hemet Police Volunteers contact the participant via telephone at scheduled times.
- If the participant does not answer the phone call at the prearranged time, family, friends and neighbors are contacted.
- If the participant does not answer after several attempts at contact, a series of steps are followed to ensure the participant's safety and well-being. This may include a home visit by a Hemet Police Officer / Volunteer.

### **Y.A.N.A Benefits**

- Offers comfort and reassurance for older or disabled residents living alone in the City of Hemet.
- Offers protection from scams and exploitation. Older adults who feel isolated may be more vulnerable to people who try to take advantage of them. Regular contact helps participants stay safer and more connected.
- Friendly check-ins help reduce isolation and the challenges that can come with it, including unhealthy habits. Volunteers provide connection and reassurance, making daily life feel safer and more supported.

### **To be part of the Y.A.N.A program, participants must:**

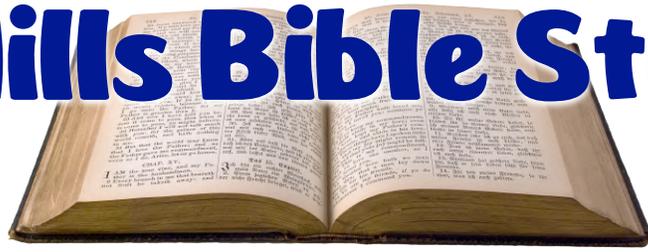
- Live within the City of Hemet limits. (The City of Hemet's jurisdiction is limited to addresses that have three or four digits in the street number. For example, 445 E. Florida Avenue or 1111 N. Smith Street are within the city limits.)
- Complete and sign a registration form (unsigned forms will not be accepted).
- Provide emergency contact information.

\*Participation is completely **free**. The only requirement is that participants are able to answer the phone and provide at least one emergency contact. Referrals may also be made by friends or family who know a Hemet resident who could benefit. In these cases, the participant's consent is required before enrollment.

To request more information, please email: [pdvolunteer@hemetca.gov](mailto:pdvolunteer@hemetca.gov)

Yana Participant Application Hemet Police Department, 3570 W. Florida Ave. Hemet, CA 92545 - (951) 765-2391

# 7 Hills Bible Study

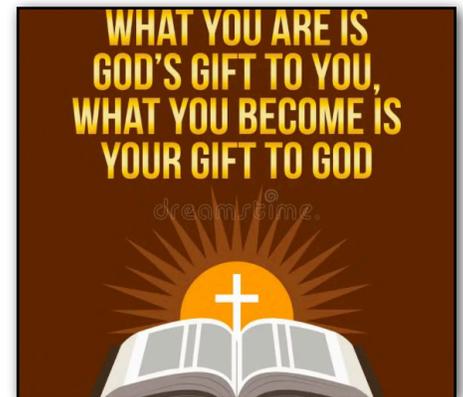


## **“An unearned gift”**

**My favorite Christmas presents as a child were a bicycle and new pair of golf shoes. I never did get the new set of golf clubs I asked for.**

**A well-known Christmas song tells us that Santa Claus sees everything and keeps a list of who is naughty and nice. The implication is that only the nice kids will receive the gifts (Maybe that’s why I didn’t get those golf clubs) I grew up singing that song even though I know it’s not true. I wasn’t the best kid, but I still had great Christmases. My parents showed me their love by forgiving me when I misbehaved and giving me gifts I didn’t deserve.**

**The Bible tells us that we are all sinners in need of forgiveness, and our human nature tells us we must earn that forgiveness. Unfortunately, that is a hopeless task none of us can achieve. The good news is God has already earned it for us.**



**God loves us so much that He sent His Son Jesus to die on the cross for the forgiveness of our sin. Instead of keeping a list showing who is naughty or nice, He keeps a record with the names of those of us who receive the gracious gift of eternal life by believing in His Son Jesus. My Christmas wish for all of you is that you will accept this priceless gift. What a way to start out in the new year! HAPPY 2026 to all of you.**

**We invite you to start off the new year by joining us for our weekly bible study here in 7-Hills. For more information, call Joe, Joanie or April Zeigler @ 951-658-7610.**



## Seven Hills Community

### Exciting No-Cost Energy Savings Opportunity!

We are pleased to inform you that our local utility companies, in partnership with **Synergy Companies**, are offering a **no-cost energy-saving program** to help residents improve energy efficiency and reduce utility costs.

#### About Synergy Companies:

Synergy Companies is a trusted leader in energy conservation with a strong track record of helping households lower energy consumption and enhance home comfort. Through this program, they are providing the following **complimentary** services:

✓ **Duct Testing & Sealing** – Ensures your home’s ductwork is properly sealed for maximum efficiency.

✓ **Smart Thermostat Installation** – Upgrades your home with smart thermostats for better energy management and control.

✓ **Crossover Replacement Assessment** (*For eligible double-wide manufactured homes floor systems only*) – An assessment will be conducted under the home to replace the crossover ducting, ensuring even air distribution.

✓ **AC Tune-Up** – Includes an inspection of the air conditioning system, coil cleaning, and freon refill if needed.

This **free program** is available for both **site-built residential homes and manufactured homes** to promote energy conservation within our community.

A representative from **Synergy Companies** will be available to provide more details and answer any questions. For your security, all representatives will wear company-branded attire and identification badges—please feel free to ask for identification.

For more information or to schedule an appointment, contact:

**David Acosta**

Synergy Energy Specialist

☎ **951-210-8189**



Hemet Police Department  
 Recruitment Coordinator  
 450 E. Latham Ave.  
 Hemet, CA 92544  
 EMAIL: pdvolunteer@hemetca.gov



**Contribute To Your City!**

*Are you looking for a positive change in your life? Do you have 16 hours/month to share?*

On any given day, Hemet police volunteers will provide the following services.

- Direct traffic & assist at traffic collisions
- Issue traffic citations for handicap parking violations, expired registration tags, parking in a red zone, etc.
- Vacation checks on citizen's homes
- Provide crime scene perimeter security
- Report Graffiti
- Patrol parking lots, parks and neighborhoods showing an active police presence
- Being the extra set of eyes and ears on the streets with immediate access to police dispatch
- Maintain substations
- Vehicle Management Team

- Call outs 24/7
- Child Care at main station
- Traffic & Crowd control for special events
- Court Runs, delivering documents to District Attorney offices
- Work DUI Checkpoints
- Participate in Neighborhood Watch Programs



If you are a team player, have a positive attitude with a willingness to help, we want to talk to you. There is an application process including background check and interviews, along with additional requirements for duty.

*By the way, we ARE NOT police officers and we DO NOT carry any weapons.*

*Thank You For Your Consideration!*

**PETS!**



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**EMERGENCY PET INTENSIVE CARE (EPIC VETS)**

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Office Number: **(951) 695-5044**

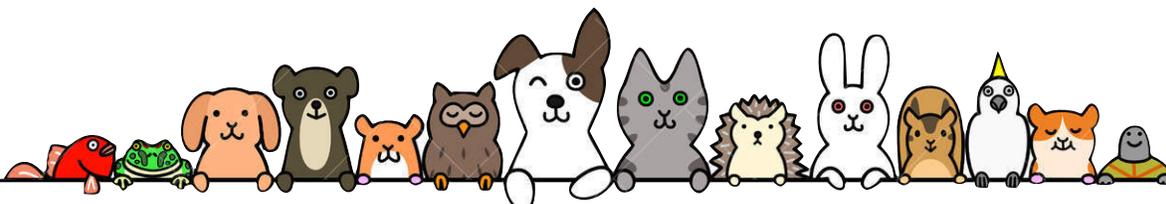
Website: <https://epicvets.com>

**VCA California Veterinary Specialists**

39809 Avenida Acacias, Suite E, Murrieta

Office Number: **(951) 600-9803**

Website: <https://vcahospitals.com/california-veterinary-specialists-murrieta>





**Call: (800) 491-7123  
FOR HELP**

## **Elder and Dependent Adult Abuse**

### **ADULT SERVICES DIVISION**

Every year, thousands of at-risk adults are victims of abuse and/or neglect. This is unacceptable. Adult Protective Services (APS) is here to fight for you and your loved ones.

Starting January 1st, 2022, Riverside County Adult Protective Services will serve clients 60 years of age and older, as well as dependent adults ages 18-59. We intervene and assist

elder or dependent adults to alleviate physical, sexual, and financial abuse, neglect, isolation, abandonment, abduction, and mental suffering.

If you suspect an older or dependent adult is being abused or neglected, call APS' 24-hour, 7-day a week hotline at (800) 491-7123. APS social workers respond to reports of elder and dependent adult abuse. Our in-person response system is available anytime.

(CLICK ANYWHERE ON THIS AD FOR MORE INFORMATION AND RESOURCES)



**Care-A-Van Transit Inc. is a non-profit, founded to meet the transportation needs of the elderly and disabled. The project provides curb to curb transportation services to those most in need.**

Care-A-Van's mission statement "Transportation with A Heart" helps bring independence, care, and compassion to seniors, disabled and truly needy.

Care-A-Van provides transportation to the following:

**DOCTOR, EYE, DENTIST AND OTHER MEDICAL APPOINTMENTS • PRESCRIPTIONS  
APPOINTMENTS FOR CANCER, ALZHEIMER'S, PARKINSON'S, KIDNEY, AND HEART PATIENTS  
SENIOR AND COMMUNITY EVENTS • GROCERY AND CLOTHING STORES, AND MORE  
WE ALSO TRANSPORT TO VA LOMA LINDA HOSPITAL AND MEDICAL CLINIC**

**We'd love to hear from you! For answers to all your questions or to set up an appointment, please phone us at: (951) 791-3572.**

**Care-A-Van's services are free. We request a \$3.00 donation each way. However, passengers are never turned away due to inability to pay.**

# Seven Hills Bargain Spot

Welcome to the Seven Hills Bargain Spot, where you can place 1 **FREE** classified ad up to 200 characters. **NO ADS FOR REAL PROPERTY.** Please email your ad to the editor at: [sevenhillseditor@gmail.com](mailto:sevenhillseditor@gmail.com). You may also place your ad on our website, under the "Forms" drop down menu. The deadline to place your ad is the 12th of each month. Ads will run for 2 issues. The editor reserves the right to edit ads for grammar, content, and length.



## FOR SALE:

2006 Club Car Precedent. New tires, shocks, and ball joints. AM/FM/CD stereo, rooftop evaporative cooler. Lithium battery conversion in February 2025. Has brake lights, turn signals, and headlight, 28 mph. \$3995. Call: (951) 303-4224.

## APPLIANCES FOR SALE:

Fridge, stainless steel, has 2 top doors, water/ice dispenser on door. Freezer on bottom. \$325. Whirlpool front load washer & dryer duet. \$275. Separate matching bases w/drawers for laundry supplies. \$225/pair. Call: (951) 536- 8222.

## FOR SALE: FOR SALE:

Yard tiller: Yard Machines brand, Briggs & Stratton 5 HP OHC, very gd. cond., \$150. 40 cardboard boxes, various sizes, \$5. Several utility closets, small-large, all in great shape, good for garage or inside home, free. Call: (951) 337-2221.

## FOR SALE:

2020 Hyundai Tucson SE, 37,250 miles. New battery. Good condition. \$17,000. Call: (951) 333-4433.

## WANTED

Evaluate and purchase coins and jewelry.

Call Mike: (951) 491-1891.

4 Golf cart wheels and tires, 4 lug about 17" tall tires.

Call: Tony at (951) 533-0363.



## VERY IMPORTANT ANNOUNCEMENT!

*DUE TO RECENT DEVELOPMENTS AND PAST EXPERIENCES, PLEASE CONTACT THE OFFICE AT 951-658-6178 OR EMAIL TO: [SEVENHILLSMEMBERSHIP@GMAIL.COM](mailto:SEVENHILLSMEMBERSHIP@GMAIL.COM) IF YOU NOTICE A HOME IS VACANT, OR YOU HAVEN'T SEEN YOUR NEIGHBOR IN A WHILE.*

## A Note From The Editor

*If you would like to receive your monthly newsletter **in color** via Email, and also feel good about saving some trees, please contact me at: [sevenhillseditor@gmail.com](mailto:sevenhillseditor@gmail.com), and I will set you up for monthly e-mail deliveries of our community newsletters.*

*Sincerely,  
Gary Bieber, Editor*





The rules for sudoku are simple. A 9×9 square must be filled in with numbers from 1-9 with no repeated numbers in each line, horizontally or vertically. To challenge you more, there are 3×3 squares marked out in the grid, and each of these squares can't have any repeat numbers either.

The solution to these grids are on page #68

	1		4			6	2	
	4				7			
		5		2				3
7		4	5				6	
		8	9	7	2	1		
	3				4	5		7
8				3		9		
			6				8	
	2	9			8		1	

1sudoku.com

n° 221716 - Level Medium

5						8		
	1			5			6	
		7	8			5	4	2
4	6			2				7
			4		3			
3				1			9	8
1	3	6			5	7		
	7			4			8	
		4						5

1sudoku.com

n° 222591 - Level Medium

	6	9						
8		7	5					
				8	3	7		
	9	6		2	1	5		
4	5		8		6		2	7
		3	4	7		6	9	
		5	7	3				
					8	4		9
						1	3	

		7			4			8
3	4		1		5	7		
8			3		7	6		
			7	2				3
				5				
9				3	8			
		9	5		3			1
		1	8		2		7	6
7			6			4		

# NEW YEARS THEME

FIND AND CIRCLE ALL THE WORDS THAT ARE HIDDEN IN THE GRID BELOW

K O N R T I M E S S Q U A R E W O S U B  
K J E G A V N N M T O E E D A R A P A Q  
U G W A S E C Z O I S J N G B J B L M H  
Y Q Y M M R Y B U I Q E N G L M L F I O  
F R E E G R E W D M T I I V A D U T D L  
H R A S G E V L E N C I R R R P Z N N I  
O W R B T K A A K N O M D O O G M B I D  
U O E K U A S R A R E I P A X M Y A G A  
R D O P B M F D V C A H T L R C E A H Y  
G V F I R E W O R K S P T U W T I M T C  
L P F O B S Y Y T R A P S N L H S S U R  
A O U T W I T H T H E O L D I O A A U I  
S Y U C L O C K J A N U A R Y G S P O M  
S H F V U N O Q S N O O L L A B N E P T  
T H G I N D I M F O E K O R T S F I R Y  
S R E E H C C O U N T D O W N E E F R M  
S T R E A M E R E X T R A V A G A N Z A  
K S K I S S N A U L D L A N G S Y N E O  
F A T H E R T I M E I T T E F N O C O M  
U H E T A R B E L E C B T Y M F H G J O

## WORD LIST

AULD LANG SYNE  
BALL DROP  
BALLOONS  
CELEBRATE  
CHAMPAGNE  
CHEERS  
CLOCK  
CONFETTI  
COUNTDOWN

DANCING  
EXTRAVAGANZA  
FATHER TIME  
FIREWORKS  
GAMES  
HAPPY  
HOLIDAY  
HOURGLASS  
JANUARY

KISS  
MEMORIES  
MIDNIGHT  
MUSIC  
NEW YEAR  
NOISE MAKER  
OUT WITH THE OLD  
PARADE  
PARTY

RESOLUTION  
RING IN THE NEW YEAR  
SPARKLERS  
STREAMER  
STROKE OF MIDNIGHT  
TIMES SQUARE  
TOAST  
TRADITION

PUZZLE SOLUTION ON PAGE #68

## - SERVICES OFFERED -

### WHERE TO LOOK FOR YOUR SERVICE

*Auto and RV Sales & Services..... 37*  
*Contractor Services..... 38-43*  
*Food, Fun & Instruction ..... 43*  
*Health & Beauty..... 44-45*  
*Home Sales / Real Estate ..... 46-54*  
*Home Care & Pet Services..... 55-56*  
*Insurance & Finance ..... 56*  
*Landscaping ..... 57 & 58*  
*Legal / Tax Service ..... 57*  
*Pest Control ..... N/A*  
*Roofing Services ..... 60-62*  
*Back Page ..... Featured Ad*

# Disclaimer



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Greg Wellen, Owner  
License #1095456



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\* Rain Gutter Cleaning \*

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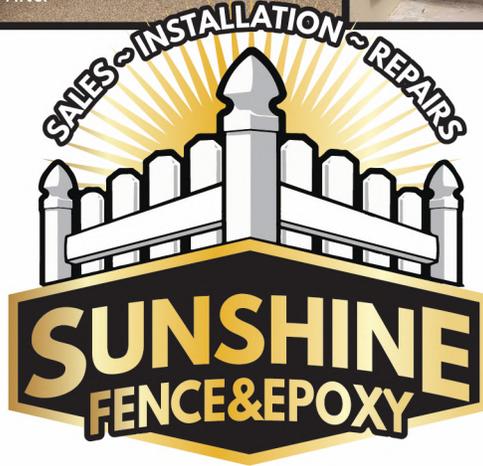
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**Call Keith @ 661-202-4099**

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dodieoneal@aol.com  
tonyoneal1955@gmail.com



## Here are some of the Seven Hills and nearby homes

### SOLD by Dodie & Tony in 2025

- |      |                   |      |                   |
|------|-------------------|------|-------------------|
| SOLD | 2908 Jacaranda    | SOLD | 2549 Peach Tree   |
| SOLD | 2107 Star Thistle | SOLD | 1338 Bishop       |
| SOLD | 2124 Pecan Tree   | SOLD | 1107 Checkerberry |
| SOLD | 1651 Willowleaf   | SOLD | 1296 Brentwood    |
| SOLD | 2752 Peach Tree   | SOLD | 2940 Peach Tree   |
| SOLD | 1900 Pecan Tree   | SOLD | 3917 Rexford      |
| SOLD | 1722 Mango        | SOLD | 1266 Bishop       |
| SOLD | 1555 Santa Suzana | SOLD | 1501 Ailanthus    |
| SOLD | 1959 Tamarack     | SOLD | 1205 Yellowood    |

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**December 2025  
Hemet, CA**

### **Inside This Issue...**

**Is Stress At Work Becoming Job  
Burnout? ...Page 1**

**Relieving Heartburn...Page 2**

**Business Bank Basics...Page 3**

**Power Strip Safety 101...Page 3**

**Answer This Trivia Question And  
You Could Win an Applebees Gift  
Card...Page 4**

**What Questions Should I Ask A  
Mortgage Lender To Get The Best  
Deal On A Home Loan?...Page 4**



**IAN DAVIDSON PRESENTS...**

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## **Recovering From Job Burnout**

Job-related stress is fairly common, but it’s important to recognize when that stress is turning into burnout so you can find healthy ways to address it before it becomes a more serious issue.

Because “burnout” isn’t a diagnosis, there isn’t a specific set of symptoms to check. Instead, one of the things you need to look at is how you feel about work now compared to how you felt about work in the past—a project that used to feel easy now feels difficult to accomplish, a formerly mundane task now makes you angry, or you’re starting to feel resentment toward coworkers or customers that you used to like.

Burnout can manifest itself outside the workplace, too, which may make it harder to identify as job-related. But if you’re feeling tired or ill more often than usual, experiencing insomnia or other sleep disruption, or losing interest in activities, these can also be signs of job-related burnout. If this sounds like you, find a support network. Talking to a therapist can be helpful, and if your company has an employee assistance program you may be able to utilize those services for free or reduced cost.

You may need to take some time away from work, or need to set **boundaries** to prevent burnout from coming back—switching work email off when you leave the office, not putting in overtime, or reducing the number of projects you have. You won’t necessarily know what boundaries might help, though, if you don’t know what your stress triggers are at work. Identifying those triggers is a good first step, and (depending on your relationship with them) talking with your supervisor about your struggles may help.

Experts also recommend **mindfulness and grounding practices**, which can greatly reduce stress in the heat of the moment (even simple deep breathing can work wonders), as well as cutting back on doomscrolling and screen time. Additionally, many of the activities that help reduce stress and burnout are habits we should be engaging in anyway for our overall health, such as **exercising, eating well, and getting good sleep at night.**

**If you would like or know someone that would like “Service for Life” delivered to email please send information to [c21ian@yahoo.com](mailto:c21ian@yahoo.com)**

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CONTINUED ON NEXT PAGE ➤

## Word of the Month...

Studies have shown your income and wealth are directly related to the size and depth of your vocabulary. Here is this month's word, so you can impress your friends (and maybe even fatten your wallet!)...

**boondocks** (pronounced BOON-docks)  
noun

**Meaning:** an isolated or secluded area, usually sparsely populated or unpopulated

**Sample Sentence:** In order to see more constellations in the night sky, you need to go out into the boondocks, where there is little or no light pollution.

## Ketchup Beyond The Fries

Everyone's favorite fry dip has some surprising uses that go well beyond the kitchen. Here are just a few.

- **Polishing:** Apply a layer of ketchup to tarnished areas on copper, brass, and silver, leave it for 10-15 minutes, and rinse it clean.
- **Rust Removal:** Spread ketchup on a rusted cast-iron skillet or the rusty spots on metal outdoor furniture and leave it for 15-30 minutes. You'll still need some elbow grease to scrub away the rust, but not as much as you would without the ketchup.
- **De-Green Blond Hair:** Blond locks can look a little green after too much time in a chlorinated pool, but ketchup can help with that. Work ketchup through your hair, wrap in a shower cap, and let it sit for about 30 minutes before rinsing and washing your hair.

## Quotes To Live By...

"Your body is not who you are. The mind and spirit transcend the body."  
– Christopher Reeve, Actor

"Opportunities are like sunrises. If you wait too long, you miss them."  
– William Arthur Ward, Writer

"Health food may be good for the conscience but Oreos taste a 'heck' of a lot better."  
– Robert Redford, Actor

# Relieve And Prevent Heartburn

Most people have felt occasional heartburn after overindulging in something fried or especially spicy. Heartburn is pretty common—and if it's infrequent and short-lived, it may be no more than an annoyance. When heartburn lingers or occurs more often, it may be time to make some changes. Left untreated, heartburn and acid reflux can lead to more serious health issues (including gastroesophageal reflux disorder, or GERD, permanent damage to the esophagus, and even esophageal cancer). Talk to your doctor if you have any concerns. Here are some easy ways that should help you relieve heartburn and prevent it in the future.

- **Avoid triggering foods.** Fatty/greasy, spicy, or acidic foods are more apt to cause heartburn, so avoid or cut back on things like tomatoes, citrus, alliums (garlic and onion), hot peppers, and deep-fat fried foods. Caffeine can also be a trigger, so coffee, tea, and even chocolate may be on the chopping block. Keep a food diary to find out exactly what your food triggers are. For some, peppermint can cause heartburn, while for others it may soothe an upset stomach.
- **Eat more slowly.** Eating quickly doesn't give your brain time to register that your stomach is full, and eating until you're "stuffed" is a good way to give yourself heartburn. Some experts even suggest eating smaller meals throughout the day, rather than three large meals.
- **Allow time to digest before lying down.** Plan to be upright for at least three hours before you go to bed so gravity can help keep stomach acid in the stomach instead of in your esophagus. You may also try sleeping on a slight incline, with the head of the bed roughly 6-8 inches above the foot. Adding lifts to the legs at the head of the bed is a good way to do this—cramming several pillows under your head is not.
- **Try home remedies.** There are herbal remedies that may provide some heartburn relief, including licorice root or ginger supplements, and even baking soda can be used as an antacid for short periods. Always talk with your doctor before trying a home remedy.

## Thank You! Thank You! Thank You!

Thanks to all of my clients and friends who support my practice and graciously referred me to your friends and neighbors. I couldn't do it without you!

I wanted to take a moment to Thank all of you  
and I wanted to wish you & yours a  
Very Merry Christmas!

## My thoughts and prayers are with

Gary Marsh Family  
Don Kritzer Family

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CONTINUED ON NEXT PAGE ►

## Brain Teaser...

It doesn't matter if this 4-letter word is written forward, backward, or upside-down—in any configuration, it can still be read the same from left to right. What's the word?

(See page 4 for the answer.)

## What's My Home Worth?

If you want to know your home's current value, I will gladly conduct a **Maximum Value Home Audit**. Request this "no charge" in-depth home value analysis by calling me at:

**951-205-4165.**

## Way Out In The Bundok

The word "boondocks" has its origins very far afield, indeed: in the Philippines.

In the early part of the 20th century, while the archipelago was a U.S. colony, Americans in the Philippines adapted the Tagalog *bundok* (which means "mountain") to the word we know today. In the 1950s, "boondocks" was shortened to "boonies," and, today, the latter is the more commonly used.

## Dad Joke: Coming Up Short

Did you hear the bad news? The yard stick factory won't be making them any longer.

## Volunteer Signup Websites

Organizing volunteer schedules can be hard, but these free sites make it much easier.

[VolunteerSignup.org](http://VolunteerSignup.org) is completely free (it's even ad-free) and it lets you create signup sheets to coordinate and schedule volunteers for different shifts or tasks. Volunteers don't even have to register to sign up.

[SignUpGenius.com](http://SignUpGenius.com) is a popular volunteer organization site, and you can even add a payment option if you need to collect funds from your volunteers. The free option has unlimited signup pages, but it does include ads.

[YourVolunteers.com](http://YourVolunteers.com) has a free option that allows for unlimited "volunteer focuses," but you're limited to 1,000 volunteers per focus. The free version also includes ads.

# Should You Have A Business Bank Account?

Whether you're starting a small brick-and-mortar business or just selling handmade dog sweaters at the local farmer's market, it's a good idea to set up business bank accounts to keep all business expenses and income separate from your personal finances. Not only does this make bookkeeping and tax preparation far easier, it may also be a legal question—your bank may forbid the use of personal accounts for business transactions. Here are some other reasons why you should consider opening a business bank account, even if you're operating as a sole proprietor.

- Accepting payments by credit card without a payment service provider.
- Building business credit, which helps when applying for small business loans or grants.
- Securing personal identity by using an Employer Identification Number instead of a Social Security Number.
- Protecting personal assets in the event of a business lawsuit.

Compare business account offers before you sign up by looking at things like monthly fees, minimum balance requirements, limits on transactions or deposits, and interest rates.

## Have Questions Regarding Loan Financing & Reverse Mortgages

LET ME HELP YOU

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## 5 Power Strip Safety Tips

When an electrical outlet isn't sufficient for a room, it's tempting to just add a power strip and plug everything in. But there are some important safety tips you should know about using power strips to help prevent overheating (or worse). Here are just a few:

1. Make sure you only use indoor power strips indoors. Only outdoor power strips are designed to withstand being exposed to weather.
2. Do not plug high-wattage appliances and devices (such as air conditioners, microwaves, and power tools) into a power strip, as these can overload it.
3. Avoid cheap power strips. Get high quality power strips that are surge protectors to safeguard devices against damage from power spikes.
4. Never plug a power strip into an extension cord or another power strip, and never plug more than one power strip into one wall outlet.
5. If a power strip feels hot to the touch while in use, or if you notice one of its outlets looks burned, it's no longer safe to use. Unplug it immediately and safely discard it.

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CONTINUED ON NEXT PAGE ➤

## Thanks For Thinking of Me!

Did you know I can help you or any of your friends or family save time and money when buying or selling a home? Thanks for keeping me in mind with your referrals...and spreading the word about my services.

### Brain Teaser Answer:

*Noon!*

### Say "Prunes"

Have you ever wondered why people in old photos all look so glum? The answer is a mix of rare experiences, technological limitations, poor dental hygiene, and proper etiquette. When photography was new, a person was lucky if they had their picture taken a few times in their life. Posing for a photo was akin to posing for a portrait painter, so people donned the serious expressions they saw in formal portraits. An exposure could take as much as 15 minutes, and it's easier to hold a serious face still than a grin. This was also a time when fewer people took care of their teeth the way we do today. Big, toothy grins were considered unseemly, so no one would dream of preserving a smile in a photo. In fact, Victorian-era photographers instructed subjects to say "prunes" to make their mouths look small and taut.

**THANK YOU** for reading my Service For Life.<sup>®</sup> personal newsletter. I wanted to produce a newsletter that has great content and is fun and valuable to you. Your constructive feedback is always welcome.

**AND...**whether you're thinking of buying, selling or financing real estate, or just want to stop by and say "Hi," I'd love to hear from you...

**Ian Davidson**  
**DRE#0125799**  
**CENTURY 21**  
**Masters**  
**951-205-4165**

Disclaimer: The information contained in this letter is intended for informational purposes. It should not substitute as legal, accounting, investment, medical or other professional services

## "Who Else Wants To Win An Applebee's Gift Card?"

Guess who won last month's Trivia Question? I'm pleased to announce the Guess who won last month's Trivia Question? I'm pleased to announce the lucky winner of last month's quiz. And the winner is: **Dan Amico.**

**What non-fruit plant are apples, peaches, cherries, pears, and strawberries all related to?**

- a) lichen b) sunflower c) ivy d) rose

The answer is d) rose. Apples, peaches, cherries, pears, and strawberries are all in the Rosaceae family. So let's move on to *this* month's trivia question.

**What animal hibernates the longest?**

- a) bear b) sloth c) koala d) snail

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**Everyone who correctly answers the questions are put into a raffle and randomly selected.**

## Real Estate Corner...

**Q. I'm seeking financing to purchase a home. What questions should I ask a mortgage lender to get the best deal on a home loan?**

**A.** Before you meet with the lender, learn important financing terms such as origination fee, discount points, and lock period. This way you'll be prepared to ask relevant questions. Here are some examples:

- Will I be charged an origination fee? If so, how much?
- Will I be charged separate discount points? If so, how much?
- Will I be charged any of these separate fees: processing, document preparation, underwriting, tax service, or flood certification?
- Will there be additional fees at closing?
- Is there a lock period with this loan? If so, how long?
- Are there any penalties if I pay off the note early?
- What is the interest rate I'll be charged, and is it fixed or variable?
- What term (length) of loan provides the best payment for my budget?

For definitions of these terms and more financing tips, ask for my Free Consumer Report called "**7 Secrets For Saving Thousands When Financing Your Home.**" I'll send a copy right to you.

Do you have a real estate question you want answered? Feel free to call me at **951-205-4165.** Perhaps I'll feature your question in my next issue!

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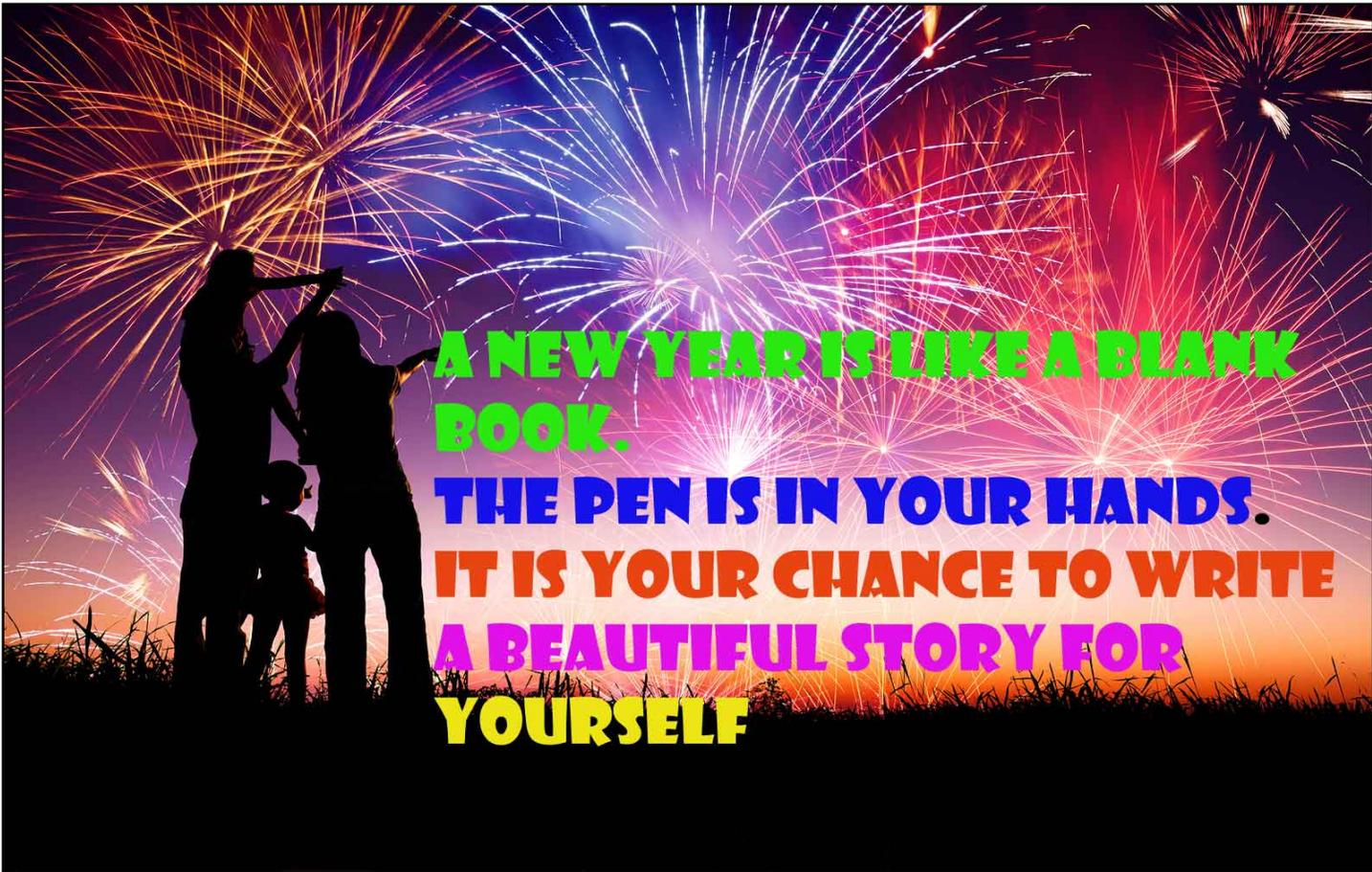
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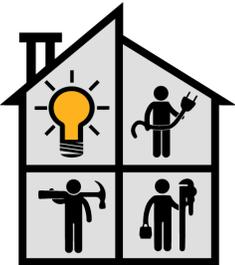
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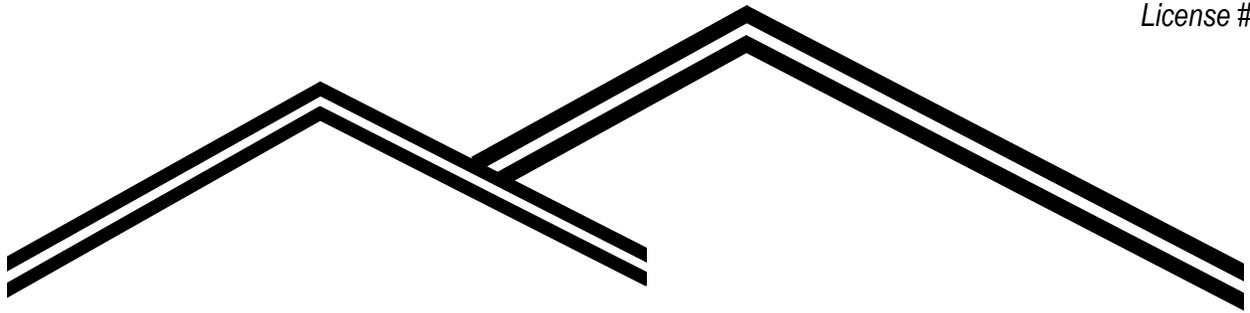
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3	1	7	4	8	5	6	2	9
6	4	2	3	9	7	8	5	1
9	8	5	1	2	6	4	7	3
7	9	4	5	1	3	2	6	8
5	6	8	9	7	2	1	3	4
2	3	1	8	6	4	5	9	7
8	7	6	2	3	1	9	4	5
1	5	3	6	4	9	7	8	2
4	2	9	7	5	8	3	1	6

1500ku.com #1 221716 - Level Medium

5	4	3	2	6	9	8	7	1
2	1	8	7	5	4	3	6	9
6	9	7	8	3	1	5	4	2
4	6	9	5	2	8	1	3	7
7	8	1	4	9	3	2	5	6
3	5	2	6	1	7	4	9	8
1	3	6	9	8	5	7	2	4
9	7	5	1	4	2	6	8	3
8	2	4	3	7	6	9	1	5

1500ku.com #1 222591 - Level Medium

3	6	9	2	1	7	8	5	4
8	2	7	5	6	4	9	1	3
5	1	4	9	8	3	7	6	2
7	9	6	3	2	1	5	4	8
4	5	1	8	9	6	3	2	7
2	8	3	4	7	5	6	9	1
1	4	5	7	3	9	2	8	6
6	3	2	1	5	8	4	7	9
9	7	8	6	4	2	1	3	5

1	9	7	2	6	4	3	5	8
3	4	6	1	8	5	7	2	9
8	5	2	3	9	7	6	1	4
6	8	4	7	2	1	5	9	3
2	1	3	9	5	6	8	4	7
9	7	5	4	3	8	1	6	2
4	6	9	5	7	3	2	8	1
5	3	1	8	4	2	9	7	6
7	2	8	6	1	9	4	3	5

WORD SEARCH: A 15x15 grid of letters with words circled in red. The words are: KISS, FATHER TIME, STREAMER, EXTRA VAGANZA, SREEHCO, COUNTDOWN, SH FVUNOQ, SNOOLLABNEPT, THGINDIMFOEKORTS, FI RY, OUT WITH THE OLD, IOA AU I, YUCLOCK, JANUARY, GSPOM, HRA SGEVLENCIRRRRPZNNI, OWRBTKA AKNOMDOOGMBID, UOEKUASRAREIPAXMYAGA, RDOPBMFDVCAHTLRCEAHY, GVFIREWORKSPTUWTIMTC, LPFOBSY YTRAPSNLHSSUR, AOUTWITHTHEOLDIOA AU I, SYUCLOCK, JANUARY, GSPOM, SHFVUNOQ, SNOOLLABNEPT, THGINDIMFOEKORTS, FI RY, SREEHCO, COUNTDOWN, EEFM, STREAMER, EXTRA VAGANZA, KSKISS, NAULD LANGSYNEO, FATHER TIME, ITTEFNOCOM, UHETARBELEC BTYMFHGJO.

# SEVEN HILLS P.O.A. NEWSLETTER INFORMATION

*This Newsletter is distributed by the following group of energetic volunteers:*

**Gary & Jeannette Bieber**

**Ian Davidson**

**Harold Funkhouser/Monique Markles**

**Ed & Jane Broe**

**Jim Edgar**

**Marta Miner**

**Les Bonneau & Donna Taylor**

**Gary & Gail Hockenberry**

**WE THANK YOU ALL FOR YOUR TIME**

**FOR DISTRIBUTION NEEDS, PLEASE CONTACT MARTA MINER AT: (702) 376-1681**



Articles must be submitted to the Editor by the 12th of each month in order to be included in the next month's newsletter. Articles can be e-mailed directly to the Editor at: [sevenhillseeditor@gmail.com](mailto:sevenhillseeditor@gmail.com).

Please present your articles, ads, photos, art, etc. in "PDF", "JPG" or "PNG" format (300 DPI) for best quality, and include your name and telephone number in case there are any questions regarding your submission.

By presenting an article you are conveying certain restricted rights to copy, print, publish and distribute your original material. Our newsletter is not a political forum. Therefore, no political statements, articles, or advertisements will be published. No articles or letters reflecting grievances or inflammatory remarks will be published.

Every effort will be made to publish all social articles and events pertinent to Seven Hills' affairs. The Editor reserves the right to edit articles for content, grammar, and space.

The material will not be quoted out of context, and will not be published if it contains threats, bad language, inflammatory material, or is disrespectful to members of the community.

Sincerely,  
Gary Bieber, Editor  
(951) 305-0783

<p><i>For advertising information call:</i> Sandra Allbright at: (951) 658-6178 Email: <a href="mailto:sevenhillsmembership@gmail.com">sevenhillsmembership@gmail.com</a></p> <p style="text-align: center;"><b>Advertising Rates for 2026</b></p>		
DESCRIPTION	DISPLAY SIZE	PRICE
* Full Back Page	7 1/2" Wide x 9 3/4" Tall	\$126.50
Full Page	7 1/2" Wide x 9 3/4" Tall	\$104.50
Half Page	7 1/2" Wide x 4 3/4" Tall	\$60.50
Half Page	3 1/2" Wide x 9 3/4" Tall	\$60.50
Quarter Page	3 1/2" Wide x 4 3/4" Tall	\$33.00
** Business Card	3 1/2" Wide x 2 1/4" Tall	\$16.50

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COPY READY - B&W OR COLOR**

Advertisements are to be submitted to the editor by the 12th of each month to be included in the following month's newsletter.

All costs for the newsletter are provided by its advertisers.

**\* 3 consecutive months required – Please call (951) 658-6178 to reserve the "Full Back Page"**

**\*\* 3 month minimum for business card ads**

*Thank You Advertisers*

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