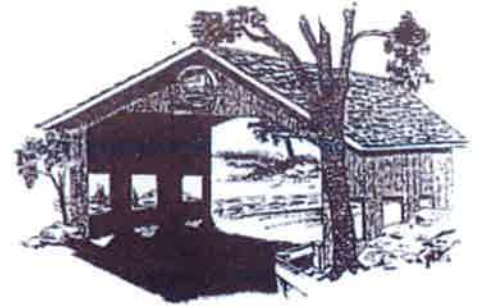


The Stallion Springs BRIDGE



JUN/JUL 2019

Issue #197

Build a bridge, not a barrier; make a friend, not a fuss; find a cause, not a controversy; be a cheerleader, not a critic; seek a solution, not a standoff

HOW MUCH DO YOU CARE ABOUT YOUR COMMUNITY?

We are all concerned about a wildfire devastating Stallion Springs. So what can each of us do? We should all clear our property and remind those around us to clear their property as well. We can also contact the Kern County Fire Department about potential fire hazard conditions that can impact us. The Community Services District will see that designated lots are mowed and you are always welcome to contact us for questions regarding fire concerns.

I have received a few e-mails that state how appalled residents are in regard to the condition of Stallion. Some recommendations for each and every resident: See that your property is neat and clean, free of non-working vehicles, and fifth wheels are properly stored (people cannot be living in a fifth wheel unless the property is under construction). Only household pets that are in our CC&R's are allowed on designated properties. A violation by your neighbor may be a lack of knowledge of the CC&R's. Speak to your neighbor and see if that will clear up the problem. If

the problem persists, send me an e-mail or letter with the address of the violation and a notation of what the violation is according to the CC&R's. If you wish to have a follow up to the action that the District took, note that in the letter. Please familiarize yourself with the District's CC&R's because I receive a number of complaints that are not violations. Stallion Springs CC&R's can be found on our website: www.stallionspringscsd.com.

Finally, the Community Services District staff is committed to caring for the community and needs your help in informing us of any potholes, water leaks, and any issues in our community. Our staff is unable to recognize all the problems, so call or e-mail us if you see any issues that need to be addressed. We appreciate your help and commitment to keeping our community looking nice.

David Aranda,
General Manager

In Memory of Judy Murphy

It hurts my heart to announce the loss of Judy Murphy. She served this community with pride in many ways and enjoyed volunteering under the CERT team. She brought smiles to many of us in different ways. Many of you might have seen her driving her scooter around town which ultimately gave her the name "Easy Rider" and "Motorcycle Momma". She had a way of making you laugh when you least expected it and we will miss her dearly.



Board of Directors

Ed Gordon, *President*
Leslie Wellman, *Vice President*
Fred Rowan, *Director*

Ben Dewell, *Director*
Barry Leslie, *Director*

PARKS AND REC

CRAFT NIGHT - Please register and pay during CSD normal business hours or print off the registration form and drop payment in the drop box anytime:

Spots will be filled on a first come, first served basis.

No early sign ups and No refunds. Deadline for sign ups are three days prior to craft night.



Get In the spirit!

Make this patriotic sign just in time for the fourth!

Join us Thursday,

June 20, 2019 at 7pm. Cost \$12 per person.

Sign up at the CSD during regular business hours.

Class size limited.

Sign up today until June 17th

THERE WILL NOT BE A JULY CRAFT



**** SUMMER OPEN GYM HOURS BEGIN JUNE 7TH ****

Our Gymnasium is **FREE** of charge for youth and adults Mon. - Fri. 12-4:30 p.m. We offer a fun place to hang out and drop-in activities such as Volleyball, Basketball, and pick up games.

****SNACK BAR OPEN FOR POOL PASSES & SNACKS DURING OPEN GYM****

Please note: All Open Gym hours are subject to change without notice. Participants must observe all local facility rules and have a waiver signed by a parent or guardian. Waivers can be found online at: www.stallionspringscsd.com or in the gym office.

Pickleball- Co-Ed pick-up games:
Tues. & Thurs. 6 - 8 p.m.



PARKS AND REC

Summer is here, it's time to get fit!

MONTHLY PASS:

\$30 RESIDENT, \$40 NON-RESIDENTS

Get the monthly pass and you can take any or all exercise classes or try a class for: \$5 resident, \$7 non-resident.

Tuesdays & Thursdays:

10:30 am Senior Fitness

Start your morning off with a mix of Cardiovascular/Strength Training/Balance/Gentle Yoga.

5:30 pm HIIT Training

(High Intensity Interval Training)

Get fit and tone in this Cardiovascular and Strength Training class of quick intense moves followed by short periods of active rest. Fun for the whole family!! Ages 12 and up.

FREE YOGA - We offer FREE Yoga every Wednesday at 6:30 pm. Ages 12 and up. Bring your yoga mat and a friend for a nice relaxing evening right here in your community.



Prepare for Clean-up Day!

Saturday, July 6, 9 - 1 P.M.

Bring your large, bulky items to Stallion Springs CSD parking lot for easy disposal and recycling.

Bulky Waste Drop-off. Bulky item pick-up for Senior and Disabled Adults please call by Wednesday, July 3rd to be placed on pickup list.

WE WILL NOT ACCEPT:

Household Hazardous Waste, Construction Waste, Asphalt, Concrete, Tires, Alkaline, Batteries, Fluorescent Tubes or Light bulbs.




'GYM CALENDAR' June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Open Gym 3-6pm	4 Senior Fitness 10:30 am Family HIIT training all levels welcome 5:30pm Pickleball 6pm	5 Open Gym 3-6pm FREE YOGA 6:30 p.m.	6 Senior Fitness 10:30 am Family HIIT training all levels welcome 5:30pm Pickleball 6pm	7 Open Gym/ Snack Bar 12:00p-4:30 pm	8
9	10 Open Gym/ Snack Bar 12:00p-4:30 pm	11 Open Gym/ Snack Bar 12:00p-4:30 pm Senior Fitness 10:30 am Family HIIT training all levels welcome 5:30pm Pickleball 6pm	12 Open Gym/ Snack Bar 12:00p-4:30 pm FREE YOGA 6:30 p.m.	13 Open Gym/ Snack Bar 12:00p-4:30 pm Senior Fitness 10:30 am Family HIIT training all levels welcome 5:30pm Pickleball 6pm	14 Open Gym/ Snack Bar 12:00p-4:30 pm	15
16	17 Open Gym/ Snack Bar 12:00p-4:30 pm	18 Open Gym/ Snack Bar 12:00p-4:30 pm Senior Fitness 10:30 am Family HIIT training all levels welcome 5:30pm Pickleball 6pm	19 Open Gym/ Snack Bar 12:00p-4:30 pm FREE YOGA 6:30 p.m.	20 Open Gym/ Snack Bar 12:00p-4:30 pm Senior Fitness 10:30 am Family HIIT training all levels welcome 5:30pm Pickleball 6pm	21 Open Gym/ Snack Bar 12:00p-4:30 pm	22
23	24 Open Gym/ Snack Bar 12:00p-4:30 pm	25 Open Gym/ Snack Bar 12:00p-4:30 pm Senior Fitness 10:30 am Family HIIT training all levels welcome 5:30pm Pickleball 6pm	26 Open Gym/ Snack Bar 12:00p-4:30 pm FREE YOGA 6:30 p.m.	27 Open Gym/ Snack Bar 12:00p-4:30 pm Senior Fitness 10:30 am Family HIIT training all levels welcome 5:30pm Pickleball 6pm	28 Open Gym/ Snack Bar 12:00p-4:30 pm	29
30	**SUMMER OPEN GYM HOURS BEGIN JUNE 7th Mon-Fri 12p-4:30p**					



'GYM CALENDAR' July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Open Gym/ Snack Bar 12:00p-4:30 pm	2 Open Gym/ Snack Bar 12:00p-4:30 pm Senior Fitness 10:30 am Family HIIT training all levels welcome 5:30pm Pickleball 6pm	3 Open Gym/ Snack Bar 12:00p-4:30 pm FREE YOGA 6:30 p.m.	4 Open Gym/ Snack Bar 12:00p-4:30 pm	5 Open Gym/ Snack Bar 12:00p-4:30 pm	6
7	8 Open Gym/ Snack Bar 12:00p-4:30 pm	9 Open Gym/ Snack Bar 12:00p-4:30 pm Senior Fitness 10:30 am Family HIIT training all levels welcome 5:30pm Pickleball 6pm	10 Open Gym/ Snack Bar 12:00p-4:30 pm FREE YOGA 6:30 p.m.	11 Open Gym/ Snack Bar 12:00p-4:30 pm Senior Fitness 10:30 am Family HIIT training all levels welcome 5:30pm Pickleball 6pm	12 Open Gym/ Snack Bar 12:00p-4:30 pm	13
14	15 Open Gym/ Snack Bar 12:00p-4:30 pm	16 Open Gym/ Snack Bar 12:00p-4:30 pm Senior Fitness 10:30 am Family HIIT training all levels welcome 5:30pm Pickleball 6pm	17 Open Gym/ Snack Bar 12:00p-4:30 pm FREE YOGA 6:30 p.m.	18 Open Gym/ Snack Bar 12:00p-4:30 pm Senior Fitness 10:30 am Family HIIT training all levels welcome 5:30pm Pickleball 6pm	19 Open Gym/ Snack Bar 12:00p-4:30 pm	20
21	22 Open Gym/ Snack Bar 12:00p-4:30 pm	23 Open Gym/ Snack Bar 12:00p-4:30 pm Senior Fitness 10:30 am Family HIIT training all levels welcome 5:30pm Pickleball 6pm	24 Open Gym/ Snack Bar 12:00p-4:30 pm FREE YOGA 6:30 p.m.	25 Open Gym/ Snack Bar 12:00p-4:30 pm Senior Fitness 10:30 am Family HIIT training all levels welcome 5:30pm Pickleball 6pm	26 Open Gym/ Snack Bar 12:00p-4:30 pm	27
28	29 Open Gym/ Snack Bar 12:00p-4:30 pm	30 Open Gym/ Snack Bar 12:00p-4:30 pm Senior Fitness 10:30 am Family HIIT training all levels welcome 5:30pm Pickleball 6pm	31 Open Gym/ Snack Bar 12:00p-4:30 pm FREE YOGA 6:30 p.m.			

OPEN SWIM HOURS

Mon - Fri 1:00-6:30 pm
Saturday: 11:00-7:00 pm
Sunday: 12:00 - 6 pm

POOL PASSES

Available at the Community Center

*****Snack Bar ONLY*****

Pool passes are **NOT** sold at the pool.
(Day passes purchased at General Store is \$5.00 Res/Non-Res.)

Adults must show picture ID with all punch passes when entering the pool.

RESIDENT Pool Pass:

- 1-Day pass per person \$3
- 25-use punch pass \$55
- Day use punch pass \$3.00 per swim.
(You may purchase 1-10 uses.)

NON-RESIDENT Pool Pass:

- 1-Day pass per person \$5.00
- 25-use punch pass \$105
- Day use punch pass \$5.00 per swim.
(You may purchase 1-10 uses.)

WATER AEROBICS

Mon, Wed, Fri 12:15 - 1:00 pm

- \$5 per class AT SNACK BAR
- Season Aerobic Pass \$150
(Must be purchased at CSD Only)

ADULT LAP SWIM

Mon - Thurs 6-7p

- \$10 - 10 use pass
(Must pre-purchase pass during snack bar hours)

FAMILY SEASON PASS

(Immediate family living in the same household.) **MUST BE PURCHASED AT CSD ONLY**

- \$325 residents only
KIDS 3 AND UNDER ARE FREE!!!!

REMINDER.....

To keep the pool area clean and safe, **NO FOOD, DRINKS OR GLASS ALLOWED IN THE GATED POOL AREA.** Bottled water is Okay. Please use the area outside the gated pool for eating and drinking.

www.stallionspringscsd.com

SNACK BAR

OPEN AT GYM

MON - FRI 12-4:30 P.M.

SAT. 11-6

SUN - 12-5



Purchase ALL pool passes and summer snacks here!!

SWIM LESSONS

☐ Session 1: July 8th - July 19th

☐ Session 2: July 29th - Aug 9th

\$80.00 Stallion residents, \$100 non-residents

GUPPIES - This class is for those with little or no experience in the water. Your child will learn basic water safety rules, arm strokes, kicks and back floats. This class will teach them to be more comfortable in the water. Preschool class for children ages 3-5 or VERY Beginner.
(M-F 11:00a-11:45a)

GOLDFISH - For those that have basic water skills and want to learn even more. Your child will learn to retrieve objects from the bottom of the pool, tread water, front and back strokes, etc. This class is for ages 6 & up.
(M-F 10a-10:45a)

DOLPHINS - This class will teach the more advanced techniques for your child to master. Ages 8 & up.
(M-F 9:00a-9:45a)

Children under the age of 12 MUST be accompanied by an adult/guardian NO EXCEPTIONS

ALL Children ages 12-17 MUST have a signed waiver BEFORE any pool use.

***Waivers can be found at the snack bar window or on our website: www.stallionspringscsd.com.**



"POOL" June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7 Snack Bar 12:00p-4:30 pm	8 Snack Bar 11:00 am-6 pm POOL OPEN 11am-7pm
9 Snack Bar 12:00 pm - 5 pm POOL OPEN 12 pm-6pm	10 Snack Bar 12:00p-4:30 pm Water Aerobics 12:15-1pm Open Swim 1-6:30 pm Lap Swim 6:30-7:30pm	11 Snack Bar 12:00p-4:30 pm Open Swim 1-6:30 pm Lap Swim 6:30-7:30pm	12 Snack Bar 12:00p-4:30 pm Water Aerobics 12:15-1pm Open Swim 1-6:30 pm Lap Swim 6:30-7:30pm	13 Snack Bar 12:00p-4:30 pm Open Swim 1-6:30 pm Lap Swim 6:30-7:30pm	14 Snack Bar 12:00p-4:30 pm Water Aerobics 12:15-1pm Open Swim 1-6:30 pm	15 Snack Bar 11:00 am-6 pm POOL OPEN 11am-7pm
16 Snack Bar 12:00 pm - 5 pm POOL OPEN 12 pm-6pm	17 Snack Bar 12:00p-4:30 pm Water Aerobics 12:15-1pm Open Swim 1-6:30 pm Lap Swim 6:30-7:30pm	18 Snack Bar 12:00p-4:30 pm Open Swim 1-6:30 pm Lap Swim 6:30-7:30pm	19 Snack Bar 12:00p-4:30 pm Water Aerobics 12:15-1pm Open Swim 1-6:30 pm Lap Swim 6:30-7:30pm	20 Snack Bar 12:00p-4:30 pm Open Swim 1-6:30 pm Lap Swim 6:30-7:30pm	21 Snack Bar 12:00p-4:30 pm Water Aerobics 12:15-1pm Open Swim 1-6:30 pm	22 Snack Bar 11:00 am-6 pm POOL OPEN 11am-7pm
23 Snack Bar 12:00 pm - 5 pm POOL OPEN 12 pm-6pm	24 Snack Bar 12:00p-4:30 pm Water Aerobics 12:15-1pm Open Swim 1-6:30 pm Lap Swim 6:30pm-7:30pm	25 Snack Bar 12:00p-4:30 pm Open Swim 1-6:30 pm Lap Swim 6:30-7:30pm	26 Snack Bar 12:00p-4:30 pm Water Aerobics 12:15-1pm Open Swim 1-6:30 pm Lap Swim 6:30-7:30pm	27 Snack Bar 12:00p-4:30 pm Open Swim 1-6:30 pm Lap Swim 6:30-7:30pm	28 Snack Bar 12:00p-4:30 pm Water Aerobics 12:15-1pm Open Swim 1-6:30 pm	29 Snack Bar 11:00 am-6 pm POOL OPEN 11am-7pm
30 Snack Bar 12:00 pm - 5 pm POOL OPEN 12 pm-6pm	**SUMMER OPEN GYM HOURS BEGIN JUNE 7th Mon-Fri 12p-4:30p** *Purchase ALL Pool passes and pool snacks during open gym hours at the snack bar window DURING SNACK BAR HOURS ONLY. DAY USE PASSES AVAILABLE AT CHEVRON AT \$5.00 PER PASS RATE AFTER SNACK BAR HOURS.					



"POOL" July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Snack Bar 12:00p-4:30 pm Water Aerobics 12:15-1pm Open Swim 1-6:30 pm Lap Swim 6:30-7:30pm	2 Snack Bar 12:00p-4:30 pm Water Aerobics 12:15-1pm Open Swim 1-6:30 pm Lap Swim 6:30-7:30pm	3 Snack Bar 12:00p-4:30 pm Water Aerobics 12:15-1pm Open Swim 1-6:30 pm Lap Swim 6:30-7:30pm	4 Snack Bar 12:00p-4:30 pm Water Aerobics 12:15-1pm Open Swim 1-6:30 pm Lap Swim 6:30-7:30pm	5 Snack Bar 12:00p-4:30 pm Water Aerobics 12:15-1pm Open Swim 1-6:30 pm	6 Snack Bar 11:00 am-6 pm POOL OPEN 11am-7pm
7 Snack Bar 12:00 pm - 5 pm POOL OPEN 12 pm-6pm	8 Snack Bar 12:00p-4:30 pm Swim Lessons 9a-12pm Water Aerobics 12:15-1pm Open Swim 1-6:30 pm Lap Swim 6:30-7:30pm	9 Snack Bar 12:00p-4:30 pm Swim Lessons 9a-12pm Water Aerobics 12:15-1pm Open Swim 1-6:30 pm Lap Swim 6:30-7:30pm	10 Snack Bar 12:00p-4:30 pm Swim Lessons 9a-12pm Water Aerobics 12:15-1pm Open Swim 1-6:30 pm Lap Swim 6:30-7:30pm	11 Snack Bar 12:00p-4:30 pm Swim Lessons 9a-12pm Water Aerobics 12:15-1pm Open Swim 1-6:30 pm Lap Swim 6:30-7:30pm	12 Snack Bar 12:00p-4:30 pm Water Aerobics 12:15-1pm Open Swim 1-6:30 pm	13 Snack Bar 11:00 am-6 pm POOL OPEN 11am-7pm
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28 Snack Bar 12:00 pm - 5 pm POOL OPEN 12 pm-6pm	29 Snack Bar 12:00p-4:30 pm Swim Lessons 9a-12pm Water Aerobics 12:15-1pm Open Swim 1-6:30 pm Lap Swim 6:30-7:30pm	30 Snack Bar 12:00p-4:30 pm Swim Lessons 9a-12pm Water Aerobics 12:15-1pm Open Swim 1-6:30 pm Lap Swim 6:30-7:30pm	31 Snack Bar 12:00p-4:30 pm Swim Lessons 9a-12pm Water Aerobics 12:15-1pm Open Swim 1-6:30 pm Lap Swim 6:30-7:30pm			



CCS LEARNING CENTER

JUNE 2019

The CCS Learning Center is funded by the Kern Behavioral Health and Recovery Services. We are a resource offered to the community to help and support those whose lives have been impacted by a mental illness and/or substance abuse. Anyone seeking recovery is welcome!

***All support groups offered at the Learning Center are PEER LED**

***All support groups are FREE**

***Groups offered are NOT for court orders**

***Must be 18 years or older to attend**

ADDRESS:

107 S Mill St. Suite B
Tehachapi, CA 93561

HOURS OF OPERATION:

Monday - Friday
8:00 a.m. - 5:00 p.m.

OPEN FOR THE PUBLIC:

Monday - Friday
(9am-4pm)
Tuesdays & Thurs.
(9am-7pm)

PHONE:

(661)822-4639

FREE TRANSPORTATION: available to the center and back home upon request. Pick ups are from 8-9am, please call the center the day of, **no later than 8:30 a.m.** for pickup. Drop offs are from 3:30-5pm on regular days & 6:30pm on Late Nights . *Transportation only available if weather is permitting.*

Not available on Saturdays

ANNOUNCEMENTS:

***LATE NIGHTS NOW EVERY TUESDAY AND THURSDAY
(5-7)**

***NEW GROUPS!!! Discovery Group, DIY, Book Club & Typing**

- Monday, June 10th: Center CLOSED 3-4:30
- (Board Meeting)

Kern County Crisis Hotline:
1-800-991-5272

National Domestic Violence Hotline:
1-800-799-7233

Suicide Prevention Hotline:
1-800-273-8255

Human Trafficking Hotline:
1-888-539-2373

**College Community Services Crisis
Hotline:**
1-877-300-4738

CCS LEARNING WEEKLY SCHEDULE OF GROUPS

MONDAYS

- ◆ 9-10: Workout/Stretch
- ◆ 10-11: Spiritual Wellness
- ◆ 11-12: Journaling
- ◆ 12-1: Computer Lab
- ◆ 1-2: Overcoming Anxiety
- ◆ 2-3: Women's Group
- ◆ **2-3: Discovery Group***
- ◆ 3-4: Computer Lab
- ◆ 3-4: Social Space

TUESDAYS

- ◆ 9-10: Workout/Stretch
- ◆ 10-11: Coffee & History/**Coffee Mill**
- ◆ **10-11: Book Club**
- ◆ 11-12: Nutrition
- ◆ 12-1: Computer Lab
- ◆ 1-2: Anger Support
- ◆ 2-3: Bingo with Prizes
- ◆ 3-4: Computer Lab
- ◆ 4-5: Social Space

WEDNESDAYS

- ◆ 9-10: Workout/Stretch
- ◆ 10-11: Scrapbooking
- ◆ 11-12: Positive Thinking
- ◆ 11-12: Art Relaxation
- ◆ **11-12:30: Fun at the Park**
- ◆ 12-1: Computer Lab
- ◆ 1-2: Card Games
- ◆ 2-3: Painting
- ◆ 3-4: Computer Lab / Social Space

THURSDAYS

- ◆ 9-10: Workout/Stretch
- ◆ 10-11: Coffee & History
- ◆ 10-11: **Coffee Mill**
- ◆ 11-12: Crafting / **DIY**
- ◆ 1-2 Beating Depression
- ◆ 2-3 English to Spanish
- ◆ **3-4 FAMILY & FRIENDS SUPPORT**
- ◆ 4-5: Social Space
- ◆ 5-6: LGBT with Erica

FRIDAYS

- ◆ 9-10: Workout/Stretch
- ◆ **10-11: THRIFT STORE**
- ◆ 10-11: Board Games
- ◆ 11-12: Coloring Art
- ◆ 11-1: Computer Lab
- ◆ **1-2: Beginners Typing**
- ◆ 2-3: Wii Games
- ◆ 3-4: Computer Lab
- ◆ 3-4: Social Space

FIELDTRIPS / OUTINGS

- **Monday, June 3rd : Health Screening (2-4)**
- **Wednesday, June 12th : Historic Walk around Tehachapi (10-12)**
- **Thursday, June 20th : Picnic at Mountain Park with HOPE Center (12-3) (center closed during trip hours)**
- **Wednesday, June 26th : Calm Zoo (10-3)**

LATE NIGHTS:

TUESDAYS & THURSDAYS

- ◆ **June 6th : Karaoke**
- ◆ **June 11th : Movie**
- ◆ **June 13th : Farmers Market**
- ◆ **June 18th: Paint Night**
- ◆ **June 20th : Wii Games**
- ◆ **June 25th : Scrapbooking**
- ◆ **June 27th : Bingo**

FAMILY & FRIENDS SUPPORT

Saturday, May 22nd 2019
8:30AM-12:30PM
Join us for some coffee and donuts!

COMPUTER LAB HOURS:

◆ **MONDAY - THURSDAY**
12 PM - 1 PM & 3 PM - 4 PM
◆ **EVERY FRIDAY**
11 AM - 1 PM & 3 PM - 4 PM

SURVIVORS OF ABUSE (WOMEN)

Friday, June 7th
Friday, June 21st
Time: 11-12:30

STANDING STRONG (MEN)

Friday, June 14th
Friday, June 28th
Time: 11-12:30

CCS LEARNING CENTER

Advocating Self	Learn skills on how to stand up for yourself and let your voice be heard.
Anger Support	Designed to assist individuals with communicating effectively, setting boundaries, building healthy relationships, and stopping the anger cycle.
Art Relaxation/Coloring Art/Painting	Express yourself through various forms of art.
Beating Depression	For those who suffer or know someone who suffers from depression, you're not alone. Talking and listening helps. Learn ways to fight the depression by making little changes to your everyday life.
Bingo with Prizes	Socialize with other peers, have a good time and better yet... Win some goodies!
Board/Card Games	Sequence! UNO! Skip-Bo! Etc...
Book Club	Read, Relax, Discuss!
Coffee & History/ Morning Talk	Sit and share your thoughts &/or learn about some amazing history of the world all while you enjoy a nice, hot cup of coffee.
Crafting / DIY	Get creative! Join us and make cool crafts that you can take home with you.
Discovery Group	Learn about animals and participate in some cool science projects.
English To Spanish	Learn the basics of the Spanish language.
Family & friends Support Group	Bring in a family member that supports you to our center (MUST BE 18+) .
Fun at the Park!	Get some exercise in, play a sport, or simply relax and enjoy the outdoors
Journaling	Get your thoughts out of your head and onto paper.
LGBTQ	Lesbian, Gay, Bi, Trans, Queer support group
Movie Night	Come join us once a month for a movie and some popcorn!
Nutrition	Tips and tricks for a healthy lifestyle.
Overcoming Anxiety	Struggling with Anxiety? Learn ways and techniques that can help you overcome it.
Peer Support	Come talk to one of our staff and let them be that listening ear and support you through your hard times.
Positive Thinking	Learn how to transform the negative energy into good thoughts that help you grow.
Scrapbooking	Create a scrapbook on mental health and ways to help you get through your struggles.
Social Space	Interact with other peers, catch up on some work, or simply just come and hang out!
Spiritual Wellness	Join us on reading wellness quotes to get us through the day.
Standing Strong	Trauma support for MEN. Led by a victim advocate facilitator.
Survivors of Abuse	Trauma support for WOMEN. Led by a victim advocate facilitator.
Wii Games	Like video games? Come and have some fun and play the Wii.
Women's Group	Women come share your interest with other women. (self care, beauty tips, ETC.)
Workout/Walk	Join us for a relaxing walk around town while getting a workout in or bust a sweat with a workout video of your choice!

STALLION SPRINGS NEIGHBORHOOD WATCH

Our meetings are on the fourth Tuesday, 6:30 p.m.:

Next meetings are:

June 25 and July 23

CSD Board Room, 27800 Stallion Springs Drive

ALL are welcome! Bring your friends and neighbors! Meet our SSPD and get the latest updates on how to prevent crime in our neighborhood.

ONLINE BILL PAY

Sign Up for NIXLE Alerts!

For community ALERTS from the CSD, SSPD, KCSO and other organizations - sign up for NIXLE! It's easy- and FREE!

Go online and type in the address bar

EXACTLY as follows:

<http://local.nixle.com/register/>

Also find a NIXLE Tutorial on the CSD website at: <http://stallionspringscsd.com>.

On Home Page, look for NIXLE in left column. The same link to register is there, plus the Tutorial.

NOTE: When creating your account, be sure to open each tab at left screen, while in each tab across top of page.

This will ensure that you have set all the preferences for notifications you want.

Owners: You need to register your account online, or use Quick Pay. You will need your full account number.

Renters: All renters can ONLY use Quick Pay. Please DO NOT register account, this belongs to the owner, and will change their information on the account.

AUTO PAY and PHONE PAYMENTS are also available. **Auto Pay** is available to all owner registered accounts. Once your information has been verified and your bill is paid in full, you can set up auto pay to pay your bill in full on the due date. The due dates are the 20th day of every odd month. To use the **Phone Payment System** call 661-825-1515. Have your full account number, amount due and credit card available.

We accept Visa, MasterCard, AMEX and Discover. (Online Transaction fee is added and will be displayed before you submit your payment).

The CSD office will only receive cash or check.

Friendly Reminder:
Online bill pay is offline at the end of each month.

GOT DOGS?

Dogs are a great addition to every family, but we all know they need some exercise. We have just the place for your furry friend!! New "dog friendly" area located on the corner of St. Andrews and Burning Tree Drive. Bring your pups and let them run in the fenced area and meet some new friends.



MAN O'WAR PARK: "NOTICE" In order to preserve the area, Man O' War Park is for family fun activities. There are NO DOGS ALLOWED in this park.

HORSETHIEF PARK: Come enjoy this beautiful park and have a picnic lunch but remember to keep ALL dogs on a leash and as always, clean up after your pets.

HOME ALONE??

Do you live alone? Do you live a type of isolated life? Does your immediate family live in a distant community? Would you like to have someone check on you periodically just to be sure you are doing well? If any of these questions apply to you, we may have a solution.

The Stallion Springs Community Service Unit, citizen volunteers working with the police dept., are organizing a program of contact and caring to insure the safety of our residents who are alone and who would appreciate having someone check on them and their well being.

Calls would be made to individuals on a prearranged basis by a member of the citizen volunteers. If a problem were to be detected, appropriate help would be dispatched. Our purpose is to be a community that truly cares about its residents and reaches out with a helping hand.

This is a totally volunteer program. All contacts and information would be secure and confidential. If you would like to pursue this further, please contact the Stallion Springs Community Services District and someone will follow up with you.

POLICE APPRECIATION WEEK



Dear Community,

On behalf of the officers of the Stallion Springs Police Department, I would like to say a sincere thank you to all who took the time to show your support and kind words during National Police Week. We are humbled by your generosity and we are grateful and appreciative to serve such a supportive caring community. You are awesome.

It is also important to take the time to honor all of the peace officers who made the ultimate sacrifice, putting themselves on the front lines to help preserve our way of life. They put themselves before others and we will always remember them for their service.

These observances also remind us of the ongoing need to be vigilant against all forms of crime, especially acts of violence. If you see suspicious behavior, please be a good neighbor and contact your local police department.

Once again, thank you for allowing us to serve in partnership with you and to be a part of your lives. We remain dedicated to serving you.

Sincerely,
Gary Crowell
Chief of Police



“Do the best you can until you know better.
When you know better, do better.”
Maya Angelou

Life's a process and deciding to start a native wildflower pollinator garden is no exception! It's a journey that delights and perplexes at the same time and yet I find peace of mind knowing I'm choosing to be part of the solution and not the problem. To find out more about getting your pollinator garden certified, try National Wildlife Federation (<https://www.nwf.org>) 'Plant and Create Pollinator Habitat Gardens'. There is a link you click on to get certified.

What's the problem? Bees. Or should I say the lack of them. Honey bee hives are averaging over a 30% decline. Loss of habitat and herbicides/pesticides containing clothianidin and glyphosate (RoundUp has over 41% glyphosate so does Eraser), a cancer causing (increases cancer risk 41% pollinator and animal killing) chemical. If you have unwanted weeds and/or harmful bugs there are better ways to control them than using these caustic agents. Here are a few.

Weeds (I'm told nothing will grow on the area this is applied to so be careful and do not apply under the tree or bush canopy to avoid damaging the roots): 1 gal of vinegar, 1 cup of salt and 1 tablespoon Dawn. Mix well and pour into a spray bottle. Be sure to flush the bottle after each use. There are other non-toxic recipes online.

If homemade sprays are not for you, the Forestry Department uses Ortho Ground Clear with 2.97% glyphosate. It's still poisonous but such a low concentration tests show that once dry, it will not harm pollinators and wildlife. Application is all important!

If you don't want to use poison and you don't want to mix anything then there is a 20% industrial strength vinegar that you might want to try. Most store vinegar is 5-9%. Protective gear is highly recommended!

Harmful bugs: Companion planting can help deter harmful bugs from invading your garden. One

example is to plant marigolds with your tomatoes. My grandmother told me about this one! Again, you can find more companion planting suggestions online.

Releasing helpful bugs is something I always do. You can purchase ladybugs, praying mantis and nematodes at the Mountain Gardens Nursery in Tehachapi. Again, search online for natural remedies. There are many!

If you must spray, try the Hot Pepper pest spray:

2-4 cloves of garlic; 4+ hot cayenne (or hotter) peppers; 2 tbsp olive oil; 1 tbsp liquid castile soap; 2-3 cups hot water; blender and strainer/cheesecloth

Put garlic, peppers, oil, soap and water in a blender and blend on high for several minutes. Leave in a bowl overnight (at least 12 hours) to intensify the effects of the garlic and peppers. Strain and store in a jar. To use, pour about 2 tbsp in a 16 oz spray bottle filled with water. Shake well. Spray directly on plants as needed (gloves are recommended). Use as often as needed.

Stallion Springs prides itself on living with and protecting our wildlife. This is one of the many reasons my family and I wanted to live here. I hope you will join me in finding non-toxic ways to solve our gardening and maintenance issues, planting native plants (<https://tehachapired.org>) and starting a native wildflower pollinator garden of your own.

My journey continues with learning about and eliminating invasive plants in my garden and on our property. Also learning about and selecting fire resistant native plants to include in my fire defensive area! I love this mountain life!



JUST A HEADS UP ABOUT WATER PAYMENTS....

When you use your bill payment system to pay Stallion Springs CSD, your bank writes a check and it is sent by mail.

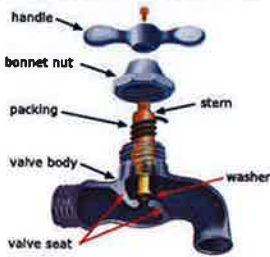
Your bank may take money out of your account today, but not write a check for up to 10 days after your request.

We may not get your payment for up to 14 days after your request.

SSCSD offers credit card payments thru our website www.stallionspringscsd.com and we now offer Phone payments and Auto payments by calling: 661-825-1515.

There is a minimum processing charge for the online credit card payments, but the payments are processed immediately.

Faucet With Packing



LIBRARY HOURS:

Tues & Thurs
10:00am - 2:00 p.m.

Children's' Hour
1st Thursdays
10 a.m. - 11 a.m.

Saturday
12:00 - 3:00 pm

LOCATION:
28500 Stallion Springs Drive

CONTACT:
661-822-4003

Emma Holm
661-822-1385 or email:
mholm16@yahoo.com

The Stallion Springs Library is looking for a few volunteers to work 2-4 hours a month, please contact Emma Holm at mholm16@yahoo.com or call 719-640-2220 if you are interested. Library hours are Tuesday & Thursday 10:00 to 2:00 and Sat. 12:00 to 3:00. our shifts are 10:00 -12:00 & 12:00 -2:00 on Tuesday & Thursday and Sat. 12:00 to 3:00.

The Children's story hour has changed from the first Thursday of the month to the second Thursday of the month at 10:00 am. Come join us.

Thank You.
Emma Holms

AHNFELDT'S FIREWOOD

Dry Almond Firewood - 24" \$350/Cord; 18" \$360/Cord; & 16" \$370/Cord. Full Cords, free delivery with 1 cord minimum. Please call Firewood Charlie at (661) 281-9525 or (661) 832-4720.



WATER INFORMATION

BILLING - You will receive a bill which includes water usage, trash and sewer charges, every two months as follows:

<u>METER READ</u>	<u>PAYMENT DUE</u>	<u>METER READ</u>	<u>PAYMENT DUE</u>
February	March 20th	August	September 20th
April	May 20th	October	November 20th
June	July 20th	December	January 20th

Did you know you can go online and pay or just manage your water bill at www.stallionspringscsd.com, Online Bill Pay? Stallion Springs CSD only accepts Cash or Check in our office.

Mike's
Environmental
Pest Control
"The Circle of Safety"
661-822-5354

www.mikespestcontrol.com

Located in Stallion Springs.
Complete Pest, Termite and Gopher Control. Discounts for Seniors.
Low-Risk Pesticides for Your Health, Safety, and Peace of Mind.



STALLION SPRINGS
 COMMUNITY SERVICES DISTRICT
 27800 STALLION SPRINGS DRIVE
 TEHACHAPI, CA 93561
 661-822-3268 MAIN
 661-822-1878 FAX

Important Information for Stallion Springs Residents

Stallion Springs Community Services District Office
 (Hours - Monday thru Friday 8:00 a.m. to 4:15 p.m. (Closed 12:00n - 1:00 p.m. for lunch)
 27800 Stallion Springs Drive • Tehachapi • CA • 93561 • Phone: 661-822-3268

Parks and Recreation
 661-823-7883

Police Department
 661-822-3268

Fire Department
 661-822-3980

Water & Sewer Emergency
 661-822-3268
 661-753-6207 (after hours)

Police/Fire Emergencies
 911

Police Non-Emergency
 800-861-3110

Street lights should be reported to Southern California Edison 800-655-4555. They will need the closest cross streets & the pole # that can be found on the pole.

Potholes or needed street repairs should be reported to the Al White, Public Services Supervisor via email: awhite@stallionspringscsd.com or call the District office 661-822-3268.

Utilities & Services	Provider	Phone Number	Website
Trash, Water, Sewer	SSCSD	661-822-3268	mysscsd.com
Electricity	So. Cal. Edison	800-655-4555	sce.com
Natural Gas	The Gas Company	800-427-2200	socialgas.com
Telephone	AT & T	800-331-0500	att.com
Internet/Telephone	Race Communications	877-722-3833	race.com
Animal Control	K.C. Animal Services	661-868-7100	

Planning to dig? You will need to have the underground utilities marked. Designing a project, no matter how big or small, you need to know the location of the underground lines. To place a dig notification, please call 8-1-1 or 800-227-2600.

Public School Information	Phone Number	Website
Tehachapi Unified School District	661-822-2100	teh.k12.ca.us/
Tehachapi High School	661-822-2130	ths.teh.k12.ca.us/
Jacobsen Middle School	661-822-2150	jms.teh.k12.ca.us/
Transportation Dept.	661-822-2115	teh.k12.ca.us/



PAY ONLINE! Pay your water bill anytime, anywhere. Online Bill Pay makes it easy for you to manage your water bill. You can view your bill, see payment history, etc. You can even do auto pay. Owners can register or use Quick Pay. **Renter's Only use Quick Pay.** Go to our website at www.stallionspringscsd.com. It is located on the Home Page.

Please be advised that the Main District Water Valve should never be turned at your meter. By doing this, it may cause damage or may be broken which will cause water shut offs not only to your residence, but to a whole neighborhood. Thank you.

Recommended: All customers should have their own customer valve for shutting off water.

INFORMATION AND NOTES

- ◆ For emergency police, fire and medical calls dial 911 and specify to the dispatcher that you live in Stallion Springs. To reach the police for non-emergency purposes, contact Kern County Dispatch at (800) or (661) 861-3110.
- ◆ California law states that dogs must be on a leash. Please follow this rule. Stallion Springs Police will be working with Kern County Animal Control in regard to ticketing violators.
- ◆ For District emergencies off hours, such as a main line water break you may call 822-3268. Leave a message with the problem, your name and contact number and an on-call District staff will be paged.
- ◆ Please visit our website:
www.stallionspringscsd.com
 to keep informed.