THE CLIFFS

NOVEMBER 2026 CLIFF NOTES

Welcome to The Cliffs!

The Good Neighbors' (aka GN) mission is to bring together positive-minded, good-hearted neighbors who like to share good news, good food and good times.

WELCOME NEW NEIGHBORS!

4886: Keri Helmer and Robert Pollard
4808 1/2: Lydia Kenworth and Peter Shedaker

IN THE KNOW!

The password for the Clubhouse WIFI is **4950Office**. You can use this anytime you are in the building.

Check out **both** of our **private Facebook pages**:

The first one is to share positive info, photos, and neighborly notes and can be found by searching on Facebook for **Cliffs MHP Residents Group**. The second is to discuss problems and possible solutions regarding safety, quality of life, and other common concerns. It can be found by searching for **Cliffs MHP Resident Concerns & Solutions**. Simply request to join at each site.

Finally, our website is located at www.thecliffssd.com. There is information from local and state services and resources to the Mobile Home Residency Laws, the Park rules and regulations, and event information.

COMING ATTRACTIONS:

Mark your calendars for these upcoming events:

- **November Bake Sale:** *Fri., November 13 at 9 am;* clubhouse
- **November Game Night:** *Sat., November 14 at 4:30 pm;* clubhouse. Join us for some fun games and snacks
- **Holiday Decorating:** *Sat., December 5 at 10 am;* clubhouse
- **December Bake Sale:** *Fri., December 11 at 9 am;* clubhouse
- **Set up for Potluck:** *Sat., December 12 at 4 pm;* clubhouse
- **Holiday Potluck:** *Sun., December 13 at 1 pm;* clubhouse

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ONGOING ACTIVITIES

- **Good Neighbors Meeting:** *(Second Thursday of each month) Thursday, November 12 at 4:00 pm;* in the main clubhouse. **Please join us; we welcome all new neighbors, ideas and help!**
- **Coffee & Donuts**: *Fridays at 9 am;* clubhouse
- **Water Aerobics:** *Tuesdays and Thursdays at 10 am; and Saturdays at 9 am;* pool
- **Chair Exercises:** *Mondays, Wednesdays and Fridays at 9 am;* clubhouse
- **Bingo:** (Fourth Friday of each month) *Friday, November 27 at 5:30 pm* at the clubhouse. $5 buys 3 bingo cards and an evening of fun and winning!
- **Book Club:** (Second Sunday of each month) *Sun., November 8 at 4:00 pm* in the upper clubhouse. We'll be discussing a recent great book we've each read, and three books we'd like to have the book club read. **If you enjoy reading, please join us!**

November is featuring a GAME NIGHT! If you enjoy games and socializing, this is the event for you! The Good Neighbors will provide some snacks and bottled water, and you are encouraged to bring nibbles to share! The event runs from **4:30-6:30 pm on November 14**. Come on down and bring the FUN!!

FREE MEDICAL EQUIPMENT

If you are looking for a walker, crutches, etc., you may be able to obtain them here at The Cliffs. Use them as long as needed and return when no longer needed. Several residents have taken advantage of this wonderful service and are so pleased that the items they needed were so readily available!

For more information, please contact Bill McThomas at 707-654-7883.

MANAGER'S CORNER
By Alijah Bolling

Is Your Contact Information Up to Date?

Please make sure the office has your current contact information! We can only reach you using the information you've provided, so if your phone number has changed since your last update, please let us know.

Having up-to-date phone numbers is important when we need to share emergency notices, water shutoffs, or other time-sensitive updates. A quick update to the office helps us keep you informed!

Speaking of emergencies, we have a full Emergency Response Plan available in the office for anyone who would like a copy. Since it's a larger packet, I've included a one-page reference sheet with this newsletter covering the basics. Please take a few minutes to review it and keep it somewhere easy to find!

There have been frequent sightings of coyotes roaming the Park shortly after dusk. Please be extra alert when walking your precious pups, and don't let them out alone!

ANN'S ART CLASS: BASIC DRAWING

Ann Sowards is leading a monthly basic drawing class, with all materials provided for just $5.00 per person. Email or text to sign up at annmsowards@gmail.com or 760-994-8599. The next class is scheduled for Sat., Nov. 21 from 10-11:30 am in the main Clubhouse.

TIP-TOP HOUSE TIPS by Mike Gutierrez

Fall Mobile Home Checklist

While we don't experience New England Autumns, there are some things to consider around fall time in San Diego. Some of this information has been touched on in former articles but it bears a refresh. Here's a list of some maintenance items to keep your home in tip-top shape.

1. Rake Leaves and Tidy Up Outside

When leaves pile up, they can clog storm drains and create damp spots that lead to other issues. Grab a rake to clear leaves and debris from your yard and walkways.

2. Clean and Repair Gutters and Downspouts

Leaves, twigs, and other debris can clog gutters and downspouts. Blockages cause rainwater to overflow, leading to water damage around your home's foundation and roof. This can also lead to leaks and structural issues over time.

Here are some easy tips to help with gutter cleaning:

Clear Leaves with a Rake: Position the rake behind the leaves and pull them forward until they fall off the roof.

Make Your Own Leaf-Scooping Tool: Cut the bottom off a plastic half-gallon milk or juice jug trimming the sides at a 45-degree angle. Grab the handle then scoop out the leaves from your gutters.

Pressure Wash Your Gutters: Attach the cleaner head then place it inside the gutters shooting water in both directions to clear out debris. You can use a blower instead.

While you're up there, check for any cracks or loose sections and make necessary repairs.

3. Check Smoke and Carbon Monoxide Alarms

With heaters getting more use, it's a good time to check your alarms. Test each one to make sure it's working, and replace the batteries if needed.

4. Replace HVAC System Air Filters

Clean filters help your system run efficiently and keep the air inside your home fresh and clean. Clogged or dirty filters make your system work harder, which means higher energy bills.

THANK YOU RICHARD KISER

Resident and printer extraordinaire, Richard generously charges us below cost to print this monthly newsletter! Without his generosity, we would be unable to continue bringing you the news of The Cliffs every month. If you have any printing jobs, please show your appreciation by contracting with Richard!

Thank you to Kingsley Management for providing the donuts and to **Mike Barbusca** for purchasing the coffee pods, paper goods and creamer for the weekly Coffee and Donuts gathering.

The Cliffs has a **lending library of Books and DVDs.** The library is only in the Main Clubhouse.
(There are books in the other clubhouse, but that is not part of the library yet.)
The library is volunteer-run and has no budget. We take all book donations in good condition. They are beautifully organized and displayed. An honor-style check in/out book keeps track of which books are being read.
Extras are donated to the San Diego Public Library.
Our librarian is Shirley Burger at shirleyburger918@gmail.com. Shirley is glad to help you.

RESIDENT HIGHLIGHT BY DARBY STEUER

Ann Soward was born in La Mesa and in 2025 completed a circle back to East County San Diego when she moved into the Cliffs. She traveled a wonderful journey before settling here.
Ann met her future husband when she was only 17 years old. He was in the Marines and they quickly developed a strong attachment to each other that lasted 53 years!
They had 2 daughters who eventually settled in the La Mesa/El Cajon areas, and their family has grown to include five grands and now three great-grands.
Ann's husband developed his learned skills and worked as a heavy equipment operator.
Ann's passions for life run to the creative side. True she was a doting mother and homemaker, but she is also a talented artist and writer.
She creates beautiful miniature houses, gates and fairy wagons using all natural materials for family and friends. If you attended the recent Hawaiian themed Pancake Breakfast in our clubhouse, you probably saw one of her works of art. A hand made miniature beach village was featured as part of the fun decorations for the event.
Ann expertly draws, paints, and sculpts as well. A true "artist in residence." She leads a monthly basic drawing class for Cliffs' residents. If you are interested in joining, check page 2 of this newsletter for details.
Ann poses a question to us all-what if all the cell phones disappeared? People would have to engage in meaningful conversations again instead of texting and they might even bring back the lost art of handwriting notes and letters. What Ann doesn't express through her artwork, she describes in her writing. She pens social commentary essays, short stories and 'slice of life' pieces.
In 1994 Ann applied many of her talents as she designed and oversaw the construction of their home on Palomar where her family lived for 10 years. She could often be found carrying tools or on a ladder besides raising Dachshunds, chickens, ducks, geese and rams. The animals provided inspiration and she was in her element there.
It was enormously sad when her husband was diagnosed with cancer. They moved back to this area to be near medical care and family. He quietly passed away in 2019.
Ann reports to being an introvert but fortunately for us, she has expanded her sphere to include attendance in our book club and participation in the Good Neighbors group.

ANN



Everyone's life is interesting! If you would like to be highlighted in a future issue, please call or email Darby Steuer at 858-254-0283 or darbysteuer@icloud.com.

NEIGHBORLY NOTES
by Katie Howe

I recently had the opportunity to serve on a jury, my first time. I'd like to share some aspects I found interesting & thought provoking with you.

First, just like you see on TV, the first time the judge entered the courtroom the Bailiff calls out "All rise, Judge So and So entering", & everyone, the Jury, the lawyers, & the defendant all stand up. But that was only done once, not every time we all came back into the courtroom. What did happen every time we, the Jury, entered or left the courtroom was the Judge, lawyers & defendant all stood up. It struck me as a sign of mutual respect for us, the citizen jury.

We were given specific questions & repeated instructions about being aware of all kinds of biases, & not letting them influence our work. A chance for some self-reflection.

We also got multiple acknowledgments of the burden serving placed on our regular lives. Even being retired, I did have to juggle some things on my calendar, but for me, that courtroom was right where I needed to be.

The deliberation process was thoughtful & respectful, with everyone getting the chance to speak. Irrelevant remarks were appropriately noted, & dismissed.

My experience lasted only two days, but I hadn't expected it to be so demanding. Giving my full attention & concentration to the proceedings was tiring.

Finally, there was the message about the two crucial elements of our democracy: the right to a fair trial by jury, & the right to vote.

Take aways: If called, do your best to serve on a jury. It matters. Your vote is your voice. Use it.

NEIGHBORS HELPING NEIGHBORS

Susan Allsup heads up the **Neighbors Helping Neighbors** group! You may be wondering what this is and why it may be helpful to you. As a 55+ community, there are many folks who may need assistance with **simple** (and I do mean simple) tasks, such as turning a mattress, changing smoke alarm batteries or ceiling light bulbs, picking citrus, or weeding; and they have been helping several residents with tasks like these for the past several months. The **Neighbors Helping Neighbors** group can do just that! Susan can be reached via phone 619-415-7651. If you would like to join and be part of this wonderful group, or if you need assistance, just call and let Susan know.



HAPPY 250TH BIRTHDAY, UNITED STATES!

WHO WAS BARON VON STEUBEN?

Independence from Britain was declared in 1776 but it took another 7 years of war to achieve it.

Baron von Steuben served in the Royal Prussian Army, learning soldiering & training with the best fighters in the world. He came to the attention of Benjamin Franklin, who was in France looking for volunteers to help with America's fight for independence. Von Steuben agreed to volunteer. Glowing letters of recommendation were prepared for him to take to the Continental Congress where he was quickly approved as the newest volunteer officer.

In February 1778, von Steuben rode into the winter camp at Valley Forge with letters of introduction to General Washington. Washington asked him to tour the camp & report back with his findings. Von Steuben's report was filled with blunt criticism & constructive advice. The patriots did not lack courage but lacked discipline & the skill that comes with practice. Washington appointed von Steuben the Continental Army's acting inspector general responsible for all matters relating to training & discipline. Von Steuben began with the basics, using a 20-man platoon to demonstrate each maneuver. He taught them the posture of "Attention", the Prussian marching step, turning in unison, rapid reloading of muskets, battle strategy, etc. He made them practice the lessons repeatedly. It was hard work & any error brought the Baron's wrath. He barked orders & curse words in French or German & asked his translator "to come & translate & swear for me in English". In April, Washington made Steuben the permanent inspector general with the rank of Major General**. Baron Von Steuben was primarily responsible for whipping the patriots into a formidable fighting force which eventually achieved independence for the United States.**

The Baron's little blue book, *Regulations for the Order & Discipline of the Troops of the United States* gave the Continental Army its first standardized military code & was used for the next 30 years. He has been referred to as a "Father of the U. S. Army". He became a naturalized citizen at age 55 & several towns & counties bear his name.

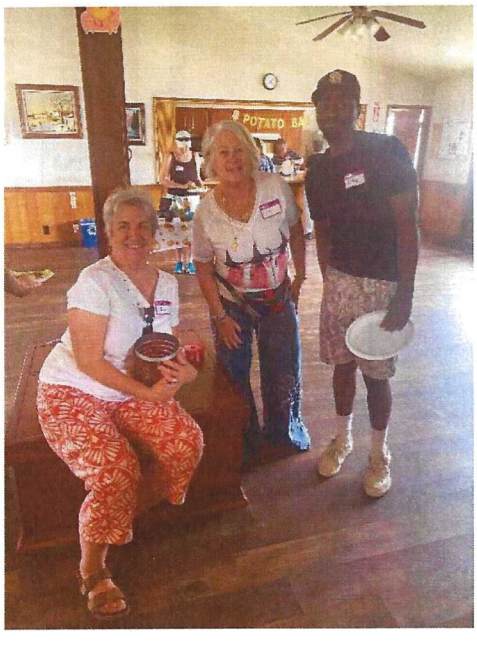
OCTOBER BAKED POTATO BAR!

Janet McThomas headed up the delicious Baked Potato Bar this past month, and it was an unqualified hit! Both russet and sweet potatoes were served ready to be stuffed; **Rose Zucconi** brought her wonderful chili, **Katie Howe** made her black beans, and in addition to a fresh garden salad we had toppings galore: bacon, broccoli, cheddar/jack cheese, blue cheese, sour cream and butter. To top it all off, residents brought a grand array of desserts for all to enjoy.

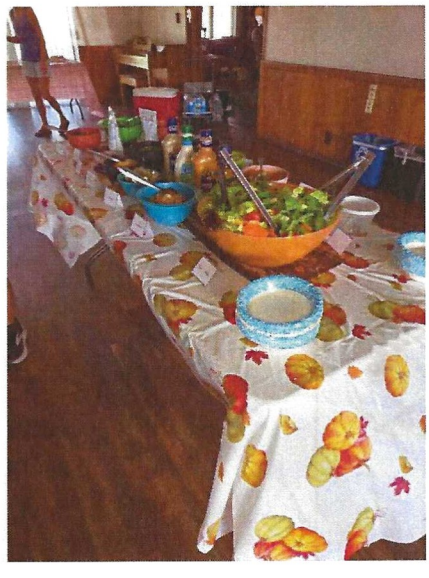












The wonderful social events at the Cliffs provided **FREE** for all residents who attend are funded by the Good Neighbors via our monthly bake sales and generous donations. We stretch our dollars by shopping carefully and cooking the food ourselves. It's a real balancing act to provide just the right amount of food, and we can only succeed with your help. We need everyone who attends to **sign up in advance**, so that we don't waste food and supplies by buying too much, and we sure don't want to run out midway through an event!

The sign-up sheet is always posted on the kitchen counter in the main Clubhouse, and it just takes a minute to stop in and put your name on the list (noting if you are a vegetarian/vegan). Help us ensure that we can continue to offer great events for **FREE (**$5.00 donation per person for more than 1 guest). Thank you!