

Courtesy Patrol



Guardco Security
(209) 723-4273 or
(209) 947-2219
For emergencies,
call 911



***Please remember -
speed limit is 15
MPH within the
community gates**

Friends Make Good Neighbors!

Don't forget our
resident referral fee is
\$250.00



**Received after resident
has completed 30 days of
residency*

Maintenance Corner

City of Atwater—Watering Regulations:

Residents shall not irrigate any lawn or landscaped area between the hours of 10:00 AM and 5:00 PM on any day of the week. Watering on Mondays is prohibited.



Watering hours are between:

12:01 AM to 10:00 AM and 5:00 PM to 11:59 PM.

Please water for no more than 15 minute intervals. Atwater PD periodically patrols the complex and will ticket water abusers.

Even numbered addresses watering days are Tuesdays and Saturdays.

Odd numbered addresses watering days are Sundays and Wednesdays.



Important Numbers and Information

**Emergency Maintenance Issues
Castle Vista Maintenance After Hours
(209) 643-9193**

*If no answer, please leave a message, we will return the call.
Make sure to leave your name and address on the message and the issue at hand.*

Castle Vista Times

2300 Cascade Drive, Atwater, CA 95301

Phone # 209-357-2924

Fax # 209-357-7914

Our Staff

Jennifer Krumm

Community Administrator

Kiran Prasad

Marketing Director

Denise French

Activities Director

Connie Torres

Office Assistant

Jon Lukshaw

Maintenance Lead

Richard Scott

Painter

Joshua Corn

Maintenance Technician

Whitney Smith

Housekeeping



Cowboy Bread Recipe



Cooking Instructions

Heat oven to 350 degrees and grease a deep 13x9 glass dish (can also be made in a jelly roll pan for thinner pieces). In a large bowl combine the first seven ingredients, reserving 1 cup of the mixture. Mix the remaining dry mixture with the buttermilk and the egg. Pour the batter into the dish and top with the reserved dry mixture. Bake for 35 minutes- checking to be sure that the middle of the cake springs back when touched.

Ingredients

- 3 Cups of flour
- 2 Sticks of butter (unsalted)
- 1 Pound light brown sugar
- 1/2 Teaspoon of salt
- 1 Teaspoon of baking soda
- 1 Teaspoon of cinnamon
- 1 Cup of buttermilk
- 1 Egg

* Add 1 Cup of chopped walnuts (optional)



September

Please join us for our events

Sept. 6th **Castle Vista Craft Time**
@ 2:00pm We will be making centerpieces for Western Week. Come join the fun!

Sept. 10th **Western Line Dancing**
@ 5:30pm Come join us and learn the latest line dancing moves.

Sept. 11th **Western Roping Demonstration**
@ 11:00am Watch and learn how to rope. Yee-Ha!

Sept. 12th **Hobo Day Luncheon**
@ 11:30am Come dressed in your hobo best and enjoy an authentic hobo lunch.



Traditional Hawaiian Hula

The benefits of the Hula are engaging the body, mind and spirit.

Traditional Hawaiian Hula Dance has an appeal that stretches far beyond Hawaii. It's a style of dance that has gained popularity throughout the world. Why does hula have such a tremendous following? No matter your age, gender, body type, or ethnicity, learning to dance the Hula has something that every "body" can enjoy and engages the Body, Mind and Spirit.

1. Body
 - Provides physical toning targeting the hips, stomach, thighs, calves, and arms.
 - Provides both a low-impact and cardiovascular workout. Depending on the tempo of the songs, some hulas require smooth and graceful movements while others are faster-paced.
 - Strengthens back muscles and posture.
 - Improves your motor coordination. Coordinating the steps with arm and hip movements can be harder than it looks.
2. Mind
 - Helps enhance your memory. Memorizing the steps is only one part of the Hula. Dancers also learn the meanings of the movement, stories, myths and legends behind the dances.
 - Hawaiian cultural awareness and respect.
 - Dancers learn to understand and speak Hawaiian words as they interpret the songs and chants into dance.

3. Spirit
 - Helps to ease tension and stress. Many of the Hawaiian songs are about nature; waves, wind, flowers, rain, clouds, etc.. Visualizing and interpreting the words with movement can mentally transport you to the islands, connect you to nature and provide a spiritual experience.
 - Experience the "Spirit of Aloha". The people you meet can become life long friends.

ALOHA!

