

Courtesy Patrol

Guardco Security
Updated Phone Number

(209) 421-8795

**For emergencies,
call 911**



***Please remember
CV speed limit is
15 MPH within the
Community Gates**

Maintenance Corner

Garbage Disposal Do's & Don'ts

Help eliminate Plumbing Clogs

Garbage Disposal Do's

- Do keep your garbage disposal clean. Pour a little dish soap inside and let the garbage disposal run for a minute or so with some cold water after washing dishes.
- Do run your garbage disposal regularly. Frequent use prevents rust and corrosion, assures that all parts stay moving and prevents obstructions from accumulating.
- Do grind food waste with a strong flow of cold water. Why cold water? It will cause any grease or oils that may get into the unit to solidify, so that they can be chopped up before reaching the trap.
- Do not grind certain hard materials such as small chicken and fish bones, egg shells, small fruit pits, etc.
- A bit of Ice ran through the garbage disposal will clean the garbage disposal walls.
- Do grind peelings from citrus fruits as a lemon or orange peels to freshen up drain smells.
- Do cut large items into smaller pieces. Put them into the garbage disposal one at a time instead of trying to shove a large amount in at once.

Garbage Disposal Don'ts

- The best rule of thumb: Do not put anything in the disposal that is not biodegradable food. When in doubt throw it out.
- A garbage disposal is not a trash can; it is for food scraps only. Non food items can damage both blades and the motor.
- Do not pour grease, oil or fat into your disposal or drain Grease will slowly accumulate and impede your disposal and clog drains.
- Do not put fibrous materials such as corn husks, celery stalks, onion skins, and artichokes. Fibers from these can tangle and jam the garbage disposal motor and block drains.
- Do not put potato peels or pasta down the garbage disposal. The starches in the potatoes and pasta will turn into a tick paste and may cause blades to stick.
- When in doubt please call the office at 209-357-2924. We are here to help.

**Important Numbers and Information**

Emergency Maintenance Issues
Castle Vista Maintenance After Hours
Call 209-357-2924, press #2

Or call the answering service directly at: 502-363-8928

Friends Make Good Neighbors!

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



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

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

Connie Torres

Office Assistant

Anthony Gomez

Maintenance Technician

Akshaye Prasad

Maintenance Technician

Roland Rodriguez

Interior / Exterior Painter

Travis Jeffery

Exterior Painter

Anthony Castro

Exterior Painter

Savannah Salas

Janitorial / Housekeeper



Celebrate Chinese New Year with Beijing Beef



This recipe is based off of the hugely popular Panda Express dish. Crispy beef strips with veggies in a tangy and sweet sticky sauce!

Ingredients**Marination**

1.5 lbs. steak (flank, flap or skirt steak), cut into 1/8 inch strips.

1.5 Tbsp soy sauce

1/2 Tbsp rice vinegar

1/2 tsp black pepper

Sauce

3 Tbsp oyster sauce

3 Tbsp rice vinegar

3 Tbsp ketchup

3 Tbsp brown sugar

1 Tbsp Sriracha

1 Tsp of red chili flakes

Stir Fry

1/2 cup corn starch

1/2 cooking oil

5-6 cloves garlic, finely chopped

1 small onion, chopped

1 red bell pepper, chopped

Instructions

1. Combine beef with other marination ingredients in a bowl and set aside to marinate while preparing other ingredients.
2. Combine sauce ingredients in a bowl
3. Heat oil in a wok over medium heat to 350F
4. Dredge beef strips in corn starch and fry in wok for 6-7 minutes. Do not overcrowd them as they will team. Work in batches if needed. Remove from the wok and set aside.
5. Remove all but about 2 tablespoons of oil from the wok. Increase heat to medium high. Add in onion, bell pepper and garlic. Stir fry for one minute. Pour in sauce, stir and simmer for a minute. Toss in fried beef strips and serve with your



Hello • JANUARY

January 5th
at 9am

Scones and Coffee

Join us for delicious scones and hot coffee as we discuss our New Year's resolutions.

January 12th
at Noon

Clam Chowder Luncheon

Let us treat you to a warm lunch.
Enjoy homemade clam chowder....yum!

January 19th
at Noon

Chinese New Year Celebration Lunch

Celebrate and help us get ready for Chinese New Year! Chicken fried rice with egg rolls.

January 26th
at 2pm

CV Craft of the Month

Relax and bring your creativity this month!
We always have something fun to make.

Please remember to sign up for all events!



• *I Love Winter* •



Neighborhood Watch Meeting Wednesday March 8th, 2023 at 5PM



Join Us For Chair Exercises



Tuesdays, Thursdays & Fridays
9am to 10am @ the Club House

Video Instructed, At Your Own Pace, Lots of Fun!
Come Join Fun!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> 	<div>2</div> <p>12pm Mexican Train 1pm Hand & Foot</p>	<div>3</div> <p>9-10am Chair Exercises 1pm Mahjong</p>	<div>4</div> <p>2-3pm Horse Races</p>	<div>5</div> <p>9am Scones & Coffee 9-10am Chair Exercises</p>	<div>6</div> <p>9-10am Chair Exercises</p>	<div>7</div> 
<div>8</div> 	<div>9</div> <p>12pm Mexican Train 1pm Hand & Foot</p>	<div>10</div> <p>9-10am Chair Exercises 1pm Mahjong</p>	<div>11</div> 	<div>12</div> <p>9-10am Chair Exercises 12pm Clam Chowder Lunch</p>	<div>13</div> <p>9-10am Chair Exercises</p>	<div>14</div> 
<div>15</div> 	<div>16</div> <p>12pm Mexican Train 1pm Hand & Foot</p>	<div>17</div> <p>9-10am Chair Exercises 1pm Mahjong</p>	<div>18</div> 	<div>19</div> <p>9-10am Chair Exercises 12pm Chinese New Year Lunch</p>	<div>20</div> <p>9-10am Chair Exercises</p>	<div>21</div> 
<div>22</div> 	<div>23</div> <p>12pm Mexican Train 1pm Hand & Foot</p>	<div>24</div> <p>9-10am Chair Exercises 1pm Mahjong</p>	<div>25</div> <p>9am Coffee & Donuts</p>	<div>26</div> <p>9-10am Chair Exercises 2pm CV Craft of the Month</p>	<div>27</div> <p>9-10am Chair Exercises</p>	<div>28</div> 
<div>29</div> 	<div>30</div> <p>12pm Mexican Train 1pm Hand & Foot</p>	<div>31</div> <p>9-10am Chair Exercises 1pm Mahjong</p>				