



# May 2023 Newsletter

**Phone**  
760-951-0006

**Address**  
26540 Vista Rd. Helendale

**Our Lobby is Open**  
Monday – Friday 8 am – 5:30 pm



## May 13

City Beat & The Main Street Horns  
Rock, Funk and Motown

## June 10

Aces & Eights  
Classic Southern Rock

## July 8

IZ BE Band  
(R&B)

## August 12

Keepin' the Summer Alive  
Tribute to Beach Boys, The Eagles &  
Jimmy Buffet

## September 9

OC3 (Country)  
9/11 Tribute & Firework Show

Thank you to our sponsors!



15425 WILD RD.

6-9 PM

## YOUTH FLAG FOOTBALL



### SUMMER 2023 SEASON

Registration fee - \$60 includes jersey and trophy.  
Set of flags and two footballs will be provided for each team.  
6 weeks of regular season games.  
Games will be played at Helendale Community Park on Saturday mornings.  
Co-ed league - Ages 5-13.

### MANDATORY ASSESSMENT

May 6th

9 am (ages 8-10)

10am (ages 11-13)

Makeup day May 20th

9 am (ages 8-10)

10am (ages 11-13)

**NO LATE REGISTRATIONS WILL BE ACCEPTED**



### COACHES NEEDED

If you are interested in volunteering, please contact us before May 6th so we can begin forming teams right after the registration deadline.

REGISTRATION ENDS MAY 19 | SEASON BEGINS JULY 8

Register at [www.helendalecsd.org](http://www.helendalecsd.org)  
For more information, please call 760-951-0006 ext. 230

## Daily Lunch at the Community Center

Monday through Friday from 11:30 – 12:30. ALL ARE WELCOME

A voluntary \$4 donation is suggested for anyone over 60, for people under 60 lunch is \$7.50.

Menus available at [www.helendalecsd.org](http://www.helendalecsd.org)



### Helendale CSD Board & Committee Meetings

Regular Board Meetings are held on the 1st and 3rd Thursday of every month at 6:00 pm. Our next Park and Rec Committee Meeting will be held at 3:00 pm on Tuesday, May 16th. The public may attend in person or virtually. Virtual meetings are held via Zoom. For all meetings, the access code is 463 173 8547 and the passcode is HCSD. Full agenda packets and links to our meetings can be found under the agenda tab at [www.helendalecsd.org](http://www.helendalecsd.org).



**May Watering Times: Before 9:00 am and after 6:00 pm.** Due to warmer weather, it is best to water during the early morning and late evening hours to reduce evaporation. **May is Water Awareness Month!** Water awareness month highlights the importance of California's water resources to the human health, economic vitality and environmental quality of our state. What will you do to celebrate?

## Adult Co-Ed Softball

We are now taking sign ups for Adult Softball! The league will be co-ed and open to players 16 and older. Minors must have a parent or guardian on their team. The season will begin once we have enough registrations. Teams will play one game per week. The season is 8 weeks and games will be played weekday evenings with occasional weekend morning games as needed.

**Fee:** \$35 per player (umpire fees included). You may join as an individual or a team. Individual players will be added to a team.

**Equipment:** Bats, personal protective equipment and uniforms to be provided by players.

**Umpires:** If you would like to be an umpire call 760-951-0006 ext. 230.

**Registration:** Go to [www.helendalecsd.org](http://www.helendalecsd.org) and click on the Parks and Recreation button.

## Meals on Wheels

Want help with cooking? The Senior Nutrition program or MEALS ON WHEELS (MOW) is a nutritional program designed for seniors over 60. No health or income requirement to participate. Our program in Silver Lakes delivers 5 frozen entrees, fruit, milk and a sweet treat every Monday morning.

The impact of Meals on Wheels:

- 50% of seniors admitted to the hospital suffer from malnutrition severe enough to have caused their illness or to impede their recovery.
- 85% of older Americans have chronic illnesses that could be helped by better nutrition.

According to the 2011 National Survey of Older Americans Act Program participants conducted for the U.S. Administration on Aging:

- 83% of clients say MOW helps them eat healthier
- 87% say MOW helps improve their health
- 90% say MOW helps them feel more secure
- 92% say MOW means they can continue to live in their own homes
- 89% rate MOW service as good to excellent

If you would like to receive meals, please contact Nyla Kolterman, 951-314-7235.

If you would like to volunteer to deliver meals, contact Marlene Valle, 760-217-6987.

## Earth Day at the CSD

Thank you to the Helendale 4<sup>th</sup> & 5<sup>th</sup> grade students who participated in our annual Earth Day field trip. We would also like to thank the Silver Lakes Education Foundation and the Silver Lakes Market for your donations to help make this field trip possible.



# FARMERS MARKET

The market is open every Wednesday from 3 pm to 7 pm rain or shine. We have a great variety of vendors with everything from fresh fruits and vegetables to bread, honey, pickles, baked goods, and more. Every week we have crafts, delicious food and several food trucks to choose from!



Double your food dollars  
**GET MORE  
FRUITS & VEGETABLES**

Thanks to a Market Match grant, we are able to offer customers using EBT up to \$15 in FREE Fruits and Vegetables. See the Market Match booth inside Suite D. for more information.

## Community Food Waste Drop Off

We are now all required to handle food waste differently. California Senate Bill 1383 mandates that we decrease the amount of food waste that goes to the landfill.

**Do I need a bag?** Yes, the food must be in a bag before you drop it in the bin. Please do not throw unbagged food in the bin.

**What are the hours?** For the convenience of our residents, food waste drop off will be available 7 days a week, 24 hours a day.

**Where do I bring my food waste?** A food waste bin is located at the north end of the parking lot at the Community Center - 26540 Vista Rd.

Your participation helps the District meet State-mandated diversion requirements without adding a costly third barrel to your service.

Since the program began the community has recycled over 24,000 pounds of food waste! Keep up the great work. **Thank you** for helping with this program. Please call 760-951-0006 x224 if you have any questions about the program. [www.helendalecsd.org](http://www.helendalecsd.org) for more information.

