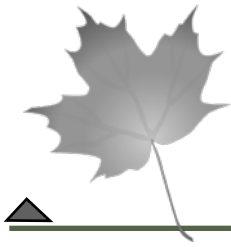




# THE MISSION BELL



## Your Board at Work - *Jenny Flynn, Secretary*

The Board met on October 5th after a scheduling delay. We discussed the budget at length and it is being prepared at PCM.

We also are happy to announce that the *No Trespassing* signs have arrived, and they are posted in the "Western Wilderness" area between the Missions and El Camino High School. We hope this will deter unwanted visitors in this area.

Please keep in mind that the board meetings are open to all Missions homeowners. Board members welcome your input and suggestions on how we can improve and maintain our beautiful neighborhood.

Enjoy a wonderful holiday season!



HAPPY THANKSGIVING  
*please pass the stretchy pants*



## GARDEN OF LIGHTS - *Norma McAfee*

While people in other parts of the country are putting away their gardening tools and outdoor equipment for the winter, we are blessed with a mild, Mediterranean climate that allows us to enjoy our gardens year-round. One especially beautiful garden near us is **San Diego Botanic Garden** in Encinitas, featuring acres of tropical rainforest, desert gardens, rare bamboo groves, succulent and herb gardens, firesafe landscaping, and more. Its Hamilton Children's Garden is the largest interactive children's garden on the West Coast.

It becomes magical in the winter with its Garden of Lights, running December 8 – 23, 26 – 30, 5:00 pm to 9:00 pm, when it's transformed into a winter

wonderland with over 100,000 lights. Live music fills the air while visitors stroll around the gardens, roast marshmallows, enjoy mulled wine or cider, or take a wagon ride pulled by Belgian draft horses. Santa Claus is available for the children, as well as various children's crafts.

Several of our neighbors are volunteers at SD Botanic Garden, including Sue Ruddick, who was named Docent of the Month in July, and Ron McAfee, named Volunteer of the Month for December. And Nick Ruddick is Santa Claus some nights at the Garden of Lights. Check out the web site at [www.sdbgarden.org](http://www.sdbgarden.org) for directions and more information. Two free admission tickets are available to the first neighbor to email [normamcafee325@gmail.com](mailto:normamcafee325@gmail.com) with the subject title "Free Tickets".

## OFFICERS OF THE ASSOCIATION

### PRESIDENT

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### VICE PRESIDENT

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### CHIEF FINANCIAL OFFICER

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### SECRETARY

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529-5118  
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### MEMBER-AT-LARGE

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## COMMITTEE CHAIRS

### WEBMASTER

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### HOSPITALITY

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Jenny Flynn  
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and  
Ellen Stotmeister  
754-2227

## CELEBRATIONS AND NOTABLES

Our neighbor Pat Kellenbarger made the North County Times!

Rose Marie Scott-Blair is a freelance writer from Escondido. Copyright 2011 Union-Tribune Publishing Co.

When Escondido resident Pat Kellenbarger learned that U.S. military troops in Iraq and Afghanistan had to endure summer temperatures of 120 degrees and higher, she was determined to do something to help. "We've been stationed in Yuma and Twentynine Palms, so I know what heat can do to the brain," said Kellenbarger, 74, whose husband, Charles, served in the Marines for 26 years. After "a good deal of investigation," she decided the answer was to sew water-absorbing crystals into small pockets in pieces of cloth that can be soaked in water and tied around the neck or placed inside of a helmet. "I remembered that when we were in Mexico, we used a damp bandanna around our necks to keep cool, and golfers and gardeners do something similar," Kellenbarger said.

So several years ago, she began making "cool collars" and "cool helmets," and she started teaching others how to make them, either personally at workshops or by sending instructions to "women's groups all across the country." For example, every year the Solana Beach Presbyterian Church has a "community serve day," where members replace church services on a Sunday with more than 50 projects, including the **coolers**, that will make a difference in someone's life. "We can make several hundred **coolers** in one morning, and we're going to do it again on Oct. 9," Kellenbarger said.

The **coolers** are sent to troops "anyway we can," she said, often as part of care packages or gift boxes. And since the project is supported by other Presbyterian churches across the country, many are sent to military chaplains to hand out to troops. "A while back I got a call from a Marine at Camp Pendleton, who was being deployed to Afghanistan, asking to buy a cool collar," Kellenbarger said. "I told him they weren't for sale and asked how many other Marines were going with him. Two days later we delivered a box of 300 collars so everyone could have one." She estimates that thousands of cool collars and cool helmets have been given to troops in the past few years.

To use the **coolers**, a soldier soaks them in water for about 45 minutes, "and the collar will swell up like a string of sausages, and the helmet **cooler**, like a pancake," Kellenbarger said. "When it becomes warm after being worn, one can flip it over because evaporation will have cooled the other side." The **coolers** can be resoaked and used for months, and in the winter, they can be warmed in a microwave.

Coming from a family of missionaries and a father who was a preacher, Kellenbarger's life has been spent in community service in many capacities, much of it involving the military. Her husband, Charles, retired from the Marines in 1983 as a lieutenant colonel. He was diagnosed with Parkinson's disease thought to be related to his exposure to Agent Orange in Vietnam, she said. He died June 1. Despite her loss, Kellenbarger, now a resident of Redwood Terrace in Escondido, has no plans to cut back on her many hours spent volunteering with several nonprofits.

"I was either blessed or cursed with an inordinate amount of creative energy."

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**The Oceanside Police Department has a new guy on the beat --** the Missions' own **Tom Coley** is now a member of the Senior Volunteer Police Patrol.

He went through extensive training including a very rigorous driving test. According to the Oceanside Police Department website:

*The Oceanside Police Department held its first academy for the Senior Volunteer Patrol Program (SVPP) in 1995. The program has grown steadily and has a team of over 100 multitalented members. Volunteers are required to be 50 years or older and be residents of Oceanside. The SVPP is designed for senior citizens who wish to serve their community while working in partnership with police to promote public safety and service programs.*

*SVPP members provide many services to the community, such as ticketing illegally parked vehicles, assisting with traffic control, performing vacation home checks and conducting "You Are Not Alone" (YANA) visits to the homebound. In an effort to increase traffic safety, SVPP members also assist the Traffic Services Unit with DUI and Traffic Safety Checkpoints.*

*SVPP members have the option of performing administrative duties or patrol duties. For safety purposes, volunteer patrol duties do not place volunteers in confrontational situations. Patrol duties enable the volunteers to serve as the eyes and ears of the Department. They are equipped with radios and are always able to communicate with police officers.*

*As the program grew in size, a rank structure was developed and implemented. This allows the volunteers to advance within the program.*



Congratulations Officer Tom !

## CELEBRATIONS AND NOTABLES



Congratulations to our neighbor, **Mark Flynn**. He was promoted to the rank of navy Captain in September, at Naval Hospital Camp Pendleton. With eighteen years served so far as a navy family physician, Mark is currently the Program Director of the Family Medicine Residency at Naval Hospital where he oversees 36 resident physicians. He has served at the duty stations of Bremerton, WA, Naples, Italy and Rota, Spain.

### TOOT YOUR OWN HORN

If you have something to celebrate--- an anniversary or other milestone, or if one of our neighborhood kids has done something special and you'd like to share it, please let the Mission Bell editors know. We'll put it in the next issue!



### From Sonia's Blog:

Imagine two sisters who celebrate being over forty, and who are separated by 3.4 years in age and 1,300 miles in distance. Give them completely different lives, backgrounds, and experiences. What could they possibly have to talk about? Plenty!

We talk about the things that make us individual and different, but also the things we share in common. We compare beauty products, recipes, anti-aging treatments, and what works for each of us in our quest to live a fit, healthy and responsible lifestyle that's still fun!

We're both dedicated to purging our lives of animal-tested products, and living a life that does as little harm to others and the planet as possible. We also share our love for God, family, animals, health, fitness, shopping, music, food, and creativity.

We don't claim to be experts in any one thing, but what we do know is what women care about and like to talk about. That's what we love to share on BigSisLilSis.

We pray for a day when diseases like Alzheimers, melanoma, heart disease, and cancer are all a thing of the past. We talk about hope and optimism, and the precious fragility of life.

When we lost our dad in 2007, that fragility smacked us in the face, and caused us to reevaluate everything. We agree that we're choosing to live today for today and not regret yesterday or worry about tomorrow. We want to live with the expectation that today is all we have, and we're going to celebrate it and not delay the things that are important to us. We love what Dave Matthews said in "Two Step":

*"Celebrate we will, for life is short but sweet for certain"*

We have things to share and we want to do it now. We're as different as we can be and as alike as we can be. We're sisters, we're friends, and we love to talk! We would love to talk to you, so please come hang out with us for a bit whenever you can!



Our neighbor Sonia Bauer has a really fun website:

[www.bigsislilsis.com](http://www.bigsislilsis.com)

She publishes this blog with her sister. It is full of great recipes, crafts, home care and decorating ideas and many of their charitable projects. Sonia had the honor of having her easter egg craft highlighted on the cover of last April's Country Living Magazine! Be sure to check out her blog-- it's a wonderful and entertaining resource.



*Our condolences --*

To Linda Sweeney, who recently lost her mother Shirley who passed away after a long illness.

The Mission Bell editors received a lovely thank you postcard from Pat Kellenbarger recently :

*"Our family greatly appreciated the many cards, calls and prayers for us all during this difficult time. I was especially touched by the inclusion of Charlie's obituary in the newsletter. I ask for prayers as I make future plans. Hugs to you all, Pat Kellenbarger"*

## *The Missions Neighbor Kathy Myers -- Mountaineer!*

I've climbed taller mountains than Shasta, but this was certainly one of my harder climbs. It didn't help to be hit by a case of bronchitis just prior to the climb. Nor did it help to run low on water during the climb, thanks to a malfunctioning stove that was supposed to be melting snow for us. The main



issue, however, was simply that the mountain is steep—really steep. Shasta's a beautiful mountain, a glaciated volcano that rises abruptly and stands nearly 10,000 feet above the surrounding terrain in northern California's Siskiyou County. At 14,179 feet in elevation, it's the second highest mountain in the Cascade range, and the 5<sup>th</sup> highest mountain in California.

To give you a little perspective, to climb Mt. Whitney, which at 14,505 feet is the tallest mountain in both California and the continental United States, one gains about 6000 feet in elevation from the trailhead to the summit—over the course of 11 miles. Mt. Shasta, in contrast, entails a 7000 foot elevation gain over only about 5 miles, meaning that we were routinely on slopes of 35-40 degrees, with very little flat stuff to break things up. Mt. Whitney's main route has a series of 99 switchbacks cut into the mountain to help ease the way up the slopes, but at the time of year we were climbing, Shasta didn't even have clearly defined boot-tracks in the snow. Climbers just pointed themselves upwards, and tried to keep on going.

I attempted Shasta two years ago in late September, approaching the summit from the north side. Our group had to stop about 1000 vertical feet short of the summit. It was basically too late in the season to be climbing that route. Most of the snow had melted away, leaving us with a relentless slog up scree slopes—loose rock and stones that slide and give way under your feet, with a two steps up/one step down quality to the climb. (It also didn't help that our guide had contracted food poisoning the day prior to this climb, and seemed a little

less than motivated to get us to the top.) This time, however, we decided to approach the mountain from the south, up the aptly named Avalanche Gulch route, and we had snow every step of the way—at least seven feet deep even at the trailhead. Also no nauseated guide this trip—just three friends and me.

Mt. Shasta is known for its mercurial weather, and the day we arrived we heard stories from climbers who had to turn around after being battered by 80 mph wind gusts. Fortunately, however, those winds died down as we began our ascent, and we had clear and relatively calm weather for our trip to the top. Our climb was to take two days. We carried packs weighing 40-45 pounds to get up to our base camp at 10,500 feet, and then set out early the following morning for our trip to the summit, carrying substantially lighter packs with only the essentials we'd need for our climb. Some people climbing that day started out at 3 a.m. and wore headlamps to light their way. Our group craved sleep, though, so we didn't begin to climb until about 5:30 a.m. when it was light enough to proceed without headlamps.

The Avalanche Gulch route is the most popular route to Shasta's summit. In mountaineering lingo, it isn't particularly exposed and we didn't have to carry ropes or use other specialized equipment to protect ourselves. We needed to wear crampons (spikes, essentially) on our boots, and carry ice axes, but other than that, it was relatively straightforward climbing up the snow slopes. Straightforward doesn't mean without its dangers, however. One particularly sobering moment came as we were heading up our first steep slope after leaving base camp. About two-thirds of the way up this face, we noticed a pair of shoes, and then crampons, sliding down the slope, followed in rapid progression by their owner, who had apparently been attempting to retrieve them. (Note to self: Never climb a big mountain with crampons strapped onto trail running shoes—neither will stay on your feet securely!) This poor soul rapidly started tumbling out of control down the mountain face, unable to arrest himself with his ice ax. He probably slid 1200 feet to the base of the slope. He wasn't killed, but he was badly banged up, and his tumbling act set loose some shoe-box sized rock fall that we all had to dodge. It was a long, grueling day—about seven and a half hours to get up to the summit, sometimes just going a few steps forward—pant, pant, pant—and then on again in a similar fashion for a few more feet of elevation gain.

All of us were getting pretty dehydrated because of not having enough water on our way to the top. (The air is so thin and dry at these elevations that a climber typically needs to drink about twice as much as he would normally—ideally 3-4 quarts on a summit day.) A number of people that set off that day had to

turn around without summiting-- the steepness of the mountain was clearly taking its toll. All of our group managed to summit, however, and for a few glorious moments, I actually had the summit of Shasta to myself, and could savor the incredible views below me in solitude.

It took us about 5 hours to return to our base camp, pack up our tents, and stumble our way back down to the trailhead. When we could, we'd "glissade" down the mountain—which means sliding down steep sections on our rear ends, using our ice axes as brakes. Not exactly dignified, but highly effective for losing altitude quickly. By mid-afternoon, though, the snow had become soft and mushy from the sun, and we wound up "post-holing" up to our thighs lots of times (plunging unexpectedly through seemingly solid snow). Fortunately, my bronchitis had also given me a pronounced case of laryngitis, so my climbing friends were spared from

the string of profanities I was pouring forth as I sank repeatedly into the soft snow—the only thing that emerged was a series of frustrated little squeaks.

We all made it out safely and soundly, treated at the end of the day to watching a few hardy souls who had actually carried skis with them up to the summit and were then schooshing their way down the mountain, carving long graceful turns for 7000 vertical feet. It was a tough, tough day, one of those times where you have to reach deep inside and find reserves you didn't know were there to get you to the top. And that's one reason climbers climb, I think—to test themselves and see what really *is* inside. In retrospect, though, I guess it's a little like child birth. You rapidly forget how uncomfortable it can all be, and start dreaming about the next big mountain you're going to climb.

--- Kathy Myers

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## Join the E-Blast List

Many of you are already on the e-blast list, but many of you still are not. It is a quick and easy way to communicate things that are of interest to all of us. The list is confidential and all e-blast recipients are blind copied. No one can get your e-mail address if you do not want it known. Please send your request to join and your e-mail address to [Ellenstot@aol.com](mailto:ellenstot@aol.com) Don't miss valuable information!

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## BEYOND THE WALL *Trish Munley*

There are several Holiday Happenings in the community during the month of December. The San Diego Symphony has Holiday Pops performances, with a special tribute to the military on December 18. If you cannot attend, but want to support members of the military, you can still purchase tickets and donate them so military families can enjoy this performance. Call Copley Symphony Hall ticket office at 619-235-0804.

Balboa Park celebrates "December Nights" on Friday, December 2 from 5-10 PM and Saturday, December 3 from noon until 10 PM.

Closer to home, there is the Oceanside Harbor Parade of Lights on Saturday, December 10 (not yet a firm date). This is a beautiful display of decorated and lighted boats sailing around the harbor from 6-9 PM.

MiraCosta Community College Symphony Orchestra will present their holiday concert on December 14th at 7:30 pm, at the Concert Hall, Bldg 2400 on the Oceanside Campus. General admission, \$10; students/seniors \$8.



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## Tri City Medical Center's 50<sup>th</sup> Anniversary

This year Tri City Medical Center celebrates its 50<sup>th</sup> anniversary in our community. Opened in 1961 as a modest facility serving a rural coastal community, it is now a nationally recognized hospital with world renowned staff and state-of-the-art technology. One of the newest additions to the surgery floor is the da Vinci robotic surgery system, the most advanced system available.

Tri City is one of the region's largest employers, with over 2,000 employees and 500 physicians, contributing \$466 million to our local economy every year. The hospital has also been recognized as a premier facility for victims of heart attacks and strokes. It is also nationally known for wound care, neonatal care and cancer programs. The Tri City Wellness Center, located in Carlsbad, was voted as the Best Gym in San Diego for the last three years.

One employee, Sal Ramirez, began working at Tri City in June 1961, when the hospital first opened, and still works there today... 50 years later. All of Sal's five children and five of his six grandchildren were born at Tri City and two sons, one daughter, and two daughters-in-law have also worked at Tri City over the years.

Congratulations to Tri City Medical Center for 50 years of providing medical care for residents of Oceanside, Vista, and Carlsbad.

## CAROLA'S CORNER -- Carola Phelps

Having overnight guests during the upcoming holidays?

Make the next morning an enjoyable, relaxed time for everyone with a make ahead Cheese Strata for breakfast. Overnight in your refrigerator, this make-ahead dish is ready to bake while enjoying coffee and an early morning walkabout in your garden. Cranberry sauce goes well and add sausages or salsa if you wish.

*Thanks to the Rose Victorian Inn, Arroyo Grande, California*

Serves ten. 12 slices of bread, cubed 2-1/4 cups grated sharp Cheddar cheese 12 eggs 3 cups milk 6 tablespoons butter, melted 3/4 teaspoon dry mustard Butter a 9x13-inch baking dish. Layer bread and cheese, ending with cheese. In a mixing bowl, combine eggs, milk, melted butter and mustard; beat with a wire whisk until thoroughly mixed. Pour over bread/cheese mixture and refrigerate overnight. Preheat oven to 350° F. Bake 50-60 minutes, until firm in the center.

## RESTAURANT REVIEW - Linda Sweeney



### FRATELLI'S ITALIAN KITCHEN

3915 Mission Ave.  
Oceanside, CA 92057  
760.696.9007



**Fratelli's Italian Kitchen**, in the former Capozzoli's location, is a nice addition to the growing number of much needed restaurants in Oceanside. The interior is pretty much the same as Capozzoli's was, with the addition of a lounge in the back corner. They have a good selection of appetizers, salads, specialty pizzas, and main courses—all at reasonable prices. While we enjoyed our wine, our server brought over a basket of Italian bread to dip in a wonderful dish of oil, balsamic vinegar and fresh herbs.

I have heard raves from several people on their meat lasagna (\$14.95) and its homemade taste. My dinner guests enjoyed linguine and clams (\$14.95) served with your choice of roasted garlic marinara or a white wine garlic butter sauce, Eggplant Parmesan (\$12.95), and Veal Marsala (\$17.95). Two of us shared an Oceanside Summer Salad (\$4.95) which was a very flavorful mix of baby spinach, romaine, artichoke hearts, candied walnuts, roasted red peppers, mozzarella and plum tomatoes with champagne vinaigrette. Another popular dinner choice is Fratelli's personalized pasta (\$9.95). You select your preferred pasta (including gluten-free), your sauce (nine selections), and up to three vegetables. You may add a protein for an additional charge.

Monday and Tuesday are Guest Appreciation Night from 5-9pm. All appetizers are \$5, all beer is \$3, and bottles of wine are 50% off. Fratelli's is open from 11:30 am until 9 Sun. through Thurs. and until 10 pm Friday and Saturday.

Next Issue.....Flying Pig Pub and Kitchen



## THE MISSIONS DIRECTORY

If you have any changes to The Missions directory, please contact Sue Ruddick, 760 754-2410 [sue@ruddick.com](mailto:sue@ruddick.com)

THE MISSIONS HOA  
REGULAR BOARD MEETING  
Thursday, November 17, 2011  
5:00 pm  
Oceanside Library Mission Branch  
Community Room  
OPEN TO ALL HOMEOWNERS

Oceanside has a graffiti hotline and, once told of the location of the graffiti, they do a great job of attacking the eyesore. The phone number is 760-435-4466.

*Farewell to our neighbors who  
have moved on from The  
Missions---*

Dennis and Jeanne Merchant  
359 Justina Drive

Loree and Jim Wellborn  
353 Justina Drive

*and a warm welcome to:*

Carlos and Martha Acosta and sons,  
Alek and Julian  
353 Justina Drive  
(562) 922-0754 (Martha)  
E-mail - [carlosacosta.ca@gmail.com](mailto:carlosacosta.ca@gmail.com)

Bob and Jeannie Proano and family,  
Emily and Andrew  
359 Justina Drive  
(619) 869-2267 (Jeannie)  
(619) 534-0235 (Bob)  
E-mail - [jean.proano@med.navy.mil](mailto:jean.proano@med.navy.mil)

## Property Management Contact Information

*Professional Community Management  
(PCM)*

### PCM Corporate Office

23726 Birtcher Drive,  
Lake Forest, CA 92630  
800-369-7260

### PCM Local Office

5927 Priestly Drive, Suite 110  
Carlsbad, CA 92008  
PH: 760-918-8040  
Fax: 760-603-9156

### Community Manager

Pamela Bledsoe

PH: 760-918-8040  
[pbledsoe@pcminternet.com](mailto:pbledsoe@pcminternet.com)

### Administrative Assistant

Sue Anderson

PH: 760-918-8059

### Violation Complaints

Sue Anderson,  
Pamela Bledsoe

### Accounting Questions

PH: 800-369-7260

[billing@pcminternet.com](mailto:billing@pcminternet.com)

### Address for Payments

P.O. Box 51412  
Los Angeles, CA 90051-5712

## CHEERS AND JEERS



**Cheers** Cheers for **Terri Nelson!** She found a little dog in the neighborhood, but was unable to find her owner. So she kept her in the their garage overnight, and took her to neighbor Dr. Bob Cartin's Animal and Bird Hospital the next day. Ellen Stotmeister sent an eBlast with information about the lost dog. The dog Blossom's owners contacted Ellen the next morning to ask her to send an eBlast about their lost dog, and they were told where to find her. If Blossom had

been microchipped, it would have been possible to find her owners sooner. Is this a great neighborhood or what? Thanks, Terri, for being a good neighbor.

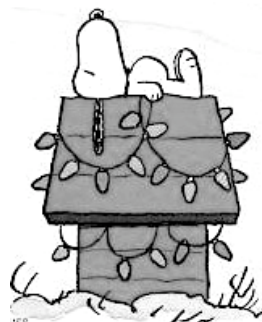
**Jeers Jeers and More Jeers** to the vandals who did so much damage this fall to our neighbors' properties and vehicles. The culprits have been caught, however, let's keep an eye out for unusual people or activity during the upcoming holiday season.

**Cheers** to the Oceanside Unified School District, who relocated the fencing that they were installing between El Camino High and The Missions. The fencing was impeding the views of some of our neighbors, but after contacting OUSD they adjusted their plans and moved the fence out of the view sight lines.

**Cheers** to the professional gardeners who work so diligently to keep our neighborhood looking fine!

## SOCIAL COMMITTEE --Annette Bramhall

This summer we had a lot of fun at our cul-de-sac parties. Thank you to all who hosted them. One month we held one in the Flynn's driveway which seemed to work just as well even though it wasn't in a cul-de-sac. The weather seemed to work with us this year, hopefully next year will be just as cooperative.



Mark your calendars....December 16th will be the Neighborhood Holiday Lights Decorating Contest. Remember there are three categories, Most Creative, Most Beautiful, and Most Festive. If anyone wants to volunteer to help judge, give me a call at 760-721-3467. Every year the judges have a difficult time deciding, so I wish them luck.

As ever if you wish to join the social committee we could always use more help.

### HOA Reminder:

If you are planning *any improvements or changes* to the exterior of your home, approval must be given by the Architectural Committee BEFORE you start the project. This approval is in addition to any city permits that may also be required.

Project plans, such as the addition of solar panels, landscaping changes to your front or back yard or additions to your home affecting the exterior must be submitted to the Architectural Review Committee for review. If you have questions regarding your project plans, please contact the Architectural Committee chair, Mark Bramhall, ph. 721-3467



This painting by Norman Rockwell is very familiar to Americans and a famous representation of the Thanksgiving feast. Here is a little history behind the iconic painting from the Norman Rockwell Museum in Stockbridge, MA. ([www.nrm.org](http://www.nrm.org))

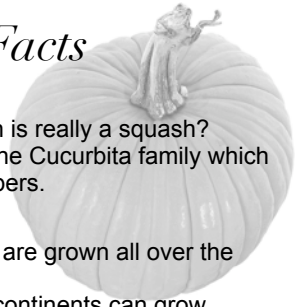
“In 1942, President Franklin D. Roosevelt gave a speech about the “Four Freedoms” everyone should have: freedom from fear, freedom from want, freedom of speech, and

freedom of worship. Norman Rockwell painted these Four Freedoms.

These paintings succeeded in raising almost \$133 million in war-bond purchases. Norman Rockwell said the Four Freedoms were ‘serious paintings which sucked the energy right out of me, leaving me dazed and thoroughly weary.’

‘I painted the turkey in ‘Freedom from Want’ on Thanksgiving Day. Mrs. Wheaton, our cook (and the lady holding the turkey in the picture) cooked, I painted it, and we ate it’.  
-- Norman Rockwell

## *Pumpkin Fun Facts*



Did you know that a pumpkin is really a squash? Yes, it is! It's a member of the Cucurbita family which includes squash and cucumbers.

Did you know that pumpkins are grown all over the world?

Yes, in fact six of the seven continents can grow pumpkins! Antarctica is the only continent that they won't grow in. Pumpkins even grow in Alaska!

Did you know that the "pumpkin capital" of the world is Morton, Illinois?

Yes, this self proclaimed pumpkin capital is where you'll find the home of the Libby corporation's pumpkin industry.

And did you know that the Irish brought this tradition of pumpkin carving to America?

The tradition originally started with the carving of turnips. When the Irish immigrated to the U.S., they found pumpkins a plenty and they were much easier to carve for their ancient holiday. - [www.pumpkinfresh.com](http://www.pumpkinfresh.com)

Wishing You a Very Happy Holidays  
from the  
Mission Bell Newsletter Committee.

The Missions Homeowners Association  
Professional Community Management (PCM)  
5927 Priestly Drive, Suite 110  
Carlsbad, CA 92008



**THE MISSION BELL**

*Your neighborhood newsletter*

*November 2011*

