

Crescenta Valley Water District



RECIPES AND STORIES SHARED BY OUR CVWD FAMILY

Safe at Home

ONE OF THE MOST INSPIRATIONAL EVENTS IN ONE'S LIFE IS TO WATCH WATER TUMBLING OVER THE ROCKS AND THROUGH A MILL WHEEL, GENERATING ELECTRICITY TO LIGHT UP OUR LIVES. I THINK ABOUT THIS AS I WATCH US NAVIGATING THROUGH THESE TIMES.
-DIRECTOR KENNETH PUTNAM

Behind Every Recipe and Story

For many of us, Crescenta Valley Water District has been and continues to be a home away from home. Our CVWD Family was formed through bonds created by countless hours spent together at CVWD.

We could never imagine that a pandemic would drastically change our lives, both at home and at work. These two worlds collided in dramatic fashion as many of us were asked to work from home; while others were asked to work a modified schedule with alternating shifts. For the first time, we closed the office to public foot-traffic, wore facial masks in the office, practiced social distancing and separation, in general. For the first time, the physical bonds that helped form our CVWD Family were deliberately separated.

As with any challenge faced by CVWD, everyone was able to find resolve. We began to share individual stories about how each of us got through this time of unprecedented change and uncertainty. Through our narrative, an unexpected silver lining emerged...we have now spent limitless hours with our loved ones at home...conversing, tutoring, playing, cleaning, building, storytelling, and yes...cooking. We found out that many of our employees love to cook as means to "get away", "express gratitude", "explore new flavors", "pass on family traditions", and to simply "spend quality time with loved ones in the kitchen and around the dining table - laughing, crying, and eating". This book provides a glimpse into our inspiration and passion as it journeys into the homes and hearts of our CVWD employees.

Enjoy.

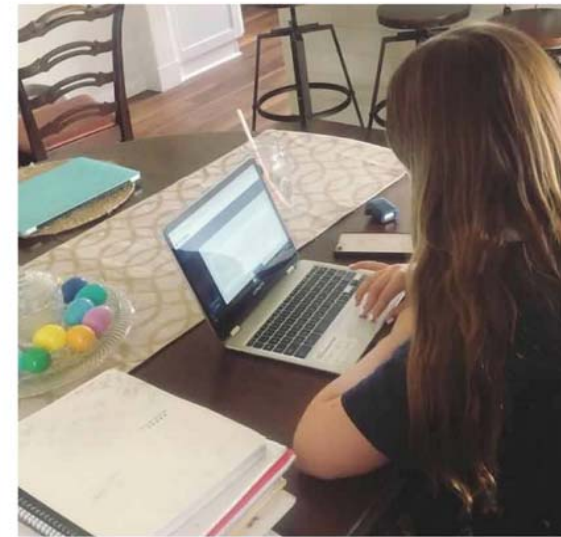
GOOD MORNING SMOOTHIE BOWL

Shared by the DuRose Family



1 c. kiwi
1 1/2 c. strawberries
1 c. blueberries
Greek yogurt
2 c. almond milk (optional)
2 T. peanut butter
1 c. ice
1/2 c. granola
1 banana

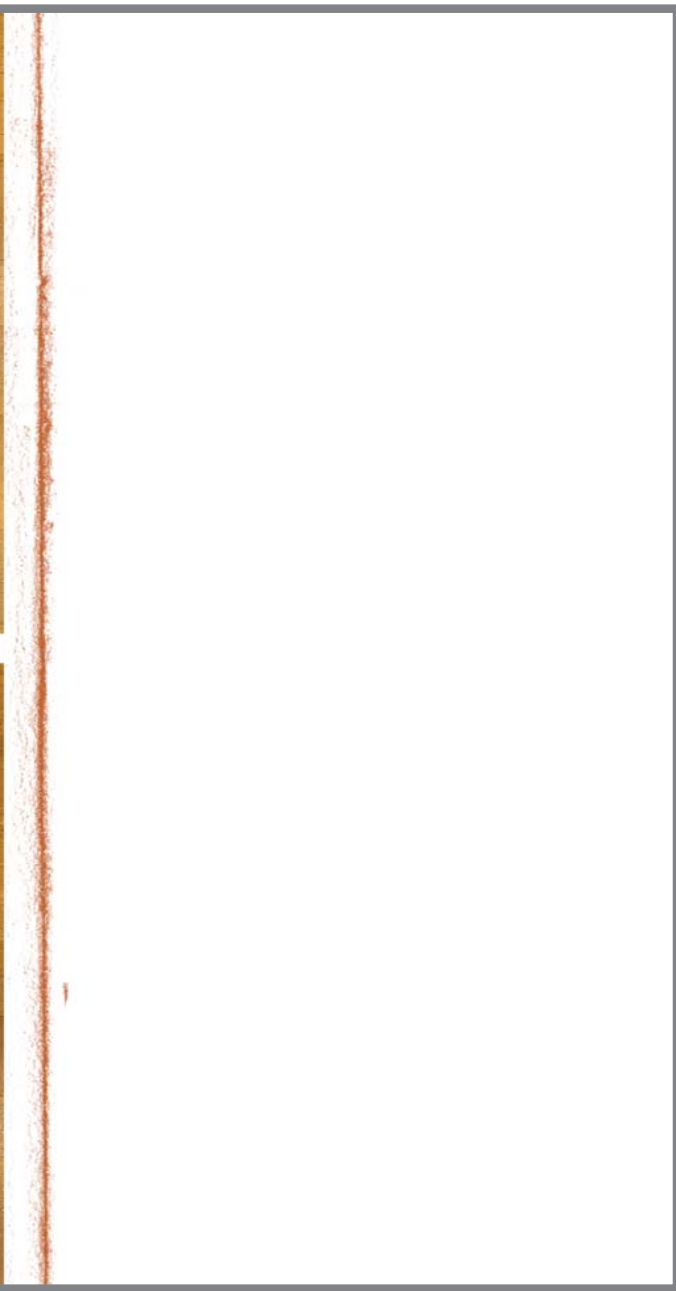
Add first 5 ingredients to blender. Blend until smooth. Pour into individual bowls. Add granola and sliced banana over the top.



These images best describe my COVID experience. My wife, Spring, is a middle school teacher; my daughter, Kailee, is a freshman at Glendora High School; and my daughter, Kinley, is a 6th grader at Sandburg Middle School. This pandemic disrupted the lives of so, so many...and especially our children and teachers. The pandemic took away both of my daughter's respective sports as well; volleyball and softball. Teachers had to learn on the fly, as distance learning was being implemented. I am so proud of my wife! I witnessed what a professional teacher does and the countless hours keeping her students involved and their parents informed. I was able to take part in dropping off 8th grade graduate signs to some of her students. The look in the students faces when they saw Mrs. DuRose was priceless! Lots of tears followed by smiles. The girls took to distance learning very quickly. I couldn't be prouder of my family in these strange times!

Memories I will never forget...

-Morgen DuRose



SOURDOUGH PIZZA

A recipe from the Bodnar Family Pizzeria (from Director James Bodnar)

INGREDIENTS

DIRECTIONS

SOURDOUGH BREAD

2/3 c. sourdough starter
1 1/3 c. lukewarm water
4 1/4 c. all purpose flour
2 tsp. salt

Combine all the ingredients in a bowl and stir. Knead the dough until the dough is smooth. Place the dough into an oiled bowl, cover the dough with a towel, and let rise for 3-5 hours. Knock the air out of the dough, then form the dough into a round ball. Place the ball of dough into a proofing basket. Let the dough rise overnight in the refrigerator for 12 hours. Pre-heat the oven to 450 F with the dutch oven inside. Place the loaf of bread into the hot dutch oven or onto a baking sheet. Make a slash in the loaf with a dough cutter or sharp knife. Bake for 45-50 minutes.

PIZZA DOUGH

1 pkg. active dry yeast
1 tsp. white sugar
1 c. warm water
2 1/2 c. flour
2 t. oil
1 tsp. salt

Preheat oven to 450F. In a bowl, dissolve yeast and sugar in warm water. Let stand until yeast is active, about 10 minutes. Stir in flour, salt and oil. Beat until smooth. Let rest for 5 minutes. Turn dough out onto a lightly floured surface and roll into a round shape. For best family fun, divide into small personal pizzas. Transfer the dough to a lightly greased pizza pan or baking sheet with cornmeal. Place desire toppings and bake in preheated oven at 450 F for 15-20 minutes, or until golden brown. Let baked pizza cool for 5 minutes before serving.

Hilke Green Bean Casserole

Recipe made Famous by Pete Hilke

INGREDIENTS	DIRECTIONS
1 pinch salt & pepper 1 2.8 oz. can French fried onion rings 1 10 3/4 z can cream of mushroom soup 3 c. chicken broth 2 c. sliced green beans 1/2 c. sliced fresh mushrooms 1 1/2 c. diced onions 1/3 stick butter 1 c. grated cheddar cheese	Preheat the oven to 350F. Melt the butter in a large skillet. Saute the onions and mushrooms in the melted butter. Boil green beans in chicken broth for 10 minutes and drain. Add the green beans, mushrooms soup, onion rings and salt and pepper to taste. Stir well. Pour into a greased 1 1/2 quart baking dish. Bake for 20 minutes. Top the casserole with the Cheddar cheese and bake for 10 minutes longer, or until the casserole is hot and cheese is melted.

Enjoy!



Finished product of lumpia
Shanghai's!
[#quarantinecooking](#)

LUMPIA SHANGHAI'S

A PHILLIPINE TRADITIONAL FAVORITE SHARED BY TESSA ALLMON

INGREDIENTS

1 1/2 lbs. ground pork (may also use ground chicken or turkey)
1 cup chopped carrots
1 cup chopped onions
1 T. chopped garlic
1 can (8 oz.) chopped water chestnuts
1 T. chopped ginger
3 T. soy sauce
2 T. salt
2 T. pepper
2 eggs (1 egg to seal lumpia Shanghai's)
1 pkg. wonton wrappers
2 c. oil to fry (vegetable or canola)

DIRECTIONS

Combine ground pork, carrots, onions, garlic, water chestnuts, ginger, soy sauce salt, pepper and 1 egg.

Use 1 T. mixture and place on the edge of wonton wrapper. Roll and seal with egg wash (made from second egg).

Fry your Lumpia Shanghai's in vegetable or canola oil.

ENJOY!!!



GLUTEN FREE PIZZA

An easy-to-make healthy pizza the Whitman way
(from Cory Whitman)

INGREDIENTS

Master Mix - mix well with whisk & store in cool dry place

2 c. brown rice flour
1 1/2 c. white rice flour
2 1/2 c. tapioca flour
1/4 c. sugar
2 T. gelatin
2 T. Xanthan gum

Pizza - makes 2 crusts

3 c. Master Mix
1 t. salt
2 1/2 t instant yeast
4 egg whites
3 T. vegetable oil
1 t. apple cider vinegar
1 1/4 c. warm water
2 t. rosemary

DIRECTIONS

Blend dry ingredients in medium bowl and set aside.

Place wet ingredients in bowl of stand mixer and blend.

Add dry ingredients with mixer on low. Beat on medium-high speed for 5 minutes.

Spoon dough onto greased pizza pans and spread with wet hands.

Let rise in warm place for 30 minutes.

Heat oven to 400F.

Pre-bake crusts for 12 minutes.

Add toppings and bake for 18 minutes.

HOLLOWAY HOUSE CLAM CHOWDER

A delicious seafood recipe from Wendy Holloway

INGREDIENTS	DIRECTIONS
2 c. diced potatoes 1 c. chopped onion 1 c. chopped celery 2 cans minced clams (I use 3) 1 qt. half & half 3/4 c. butter 3/4 c. flour 1 tsp. salt 1 tsp. pepper 1/2 tsp sugar	Combine veggies in pan - Drain clam juice over veggies and finish covering with water - Cook until veggies are done (approx. 15-20 minutes) White sauce - (use heavy pan so it won't scorch) Melt butter, add flour and mix. Add 1/2 & 1/2 and mix. Cook over medium until thick. Add salt, pepper, sugar and mix. Add clams and any left over juice and mix. Add veggies (with juice) and mix. If too thick add milk to thin.

Orange Jell-O Salad

"O" soo good from Wendy Holloway

INGREDIENTS	DIRECTIONS
1 large pkg. orange jell-s (sugar free) 8 oz. sour cream 8 oz. cottage cheese 1 med. or 2 small cans mandarin oranges 1 small can crushed pineapple 12 oz. cool whip	Drain mandarin oranges and pineapple. Mix sour cream and cottage cheese, then add Jell-O (dry) and mix. Stir in fruit, fold in cool whip. Refrigerate for 2 hours or overnight. Stir before serving

CHILI RELLENO CASSEROLE

A Favorite Friday Treat - Wendy Holloway

INGREDIENTS	DIRECTIONS
1/2 c. melted butter 10 eggs 1/2 c. flour 1 t. baking powder 12 oz. chopped green chiles 2 T. grated jack cheeses (or Mozzarella) 1 pt. cottage cheese	Beat eggs. Gradually add flour and baking powder. Add melted butter, chilis, cottage cheese and mix lightly. Pour into 9 x 13 dish. Bake at 400F for 15 minutes, and then at 350F for 30 minutes. (1 bake for 55 for 55 minutes) To layer with whole green chiles: 7 oz. can hole green chiles Mix all ingredients, but omit chopped green chilis. Pour half of the mixture into the pan and layer opened, seeded chiles on top. Pour remaining mixture over chilies. Bake as directed.

Banana Nut Bread

Yet another Fan Favorite by Wendy Holloway

INGREDIENTS	DIRECTIONS
1/2 c. shortening (1 sq. butter) softened 1 c. sugar 2 eggs 2 c. flour 1 t. cinnamon 1/2 t. nutmeg 3 - 4 bananas (mashed) 1/2 c chopped walnuts 1 t. vanilla	Cream butter and sugar, then add eggs. Mix in vanilla and then add dry ingredients. Mix well and then add mashed banana and nuts. Mix. Bake at 375F for 15 minutes and then bake at 350F for 50 minutes.



Fresh Ingredients



Boyce Family Albondigas Soup

Grandma Chickens Recipe (from Kellen and Wayne Boyce)

INGREDIENTS

3 lbs. fresh ground beef
2 farm fresh eggs
3 c. white rice
1/4 tsp. Worcestershire sauce
1 or 2 yellow onions, sliced
16 oz. tomato sauce
5-10 medium potatoes, diced
1 lb. green, destirnged & snapped
1 lb. carrots, chopped
fresh garli - lots!
4 c. chicken or beef stick
1/2 c. oil
3 Tbsp. butter
1 qt. water
salt & pepper to taste
pinch or 3 - oregan
pinch of cumin
6-10 yellow hot peppers, roasted & steamed

DIRECTIONS

Heat large stock pot with the water, Worcestershire, broth , tomato sauce & 1 cup rice. While this is heating, start preparing your meatballs.

Heat large skillet with oil & butter while preparing the meatballs. Mix ground beef in large bowl with 2 cups rice, 2 eggs, salt, pepper, garlic, half of worcestershire & oregano. Hand mix ingredients until well blended. Hand roll varying sized meatballs from small golf ball size to slightly larger. When pan is searing hot, add meatballs to oil and let sear 2-3 minutes and then rotate. Remove meatballs and add them directly to the stock pot along with all that delicious oil & butter. Continue to cook at a medium to high boil.

Now add your chopped potatoes, carrots and green beans. Continue to cook on high heat for 30 minutes. Add salt & pepper to taste.

While this is taking place, add the roasted yellow pepper in large skillet. Turn that skin black and tasty, cover and let steam. (may need to add a splash of water for steaming). When potatoes and carrots are tender it's time to eat. Spoon into a large soup bowl. For the spicy ones in your life, take a nice beautifully roasted pepper and lay it right on top.



PORK CARNITAS

Shared by Arturo Montes

INGREDIENTS	DIRECTIONS
6-7 lbs. pork meat (fatty cuts like butt, shoulder, belly, rib tips or maws)	Cut the pork meat so it fits into your pot, no smaller than 3" cubes. In frying pot, add the lard and warm over medium to high heat. Once it is warm carefully place meat into the pot, You will let it fry, stirring occasionally, for 1 hour. After the first hour dissolve the salt into the 2 cups water. The next step is very important, DO NOT POUR THE WATER IN AT ONCE! With your oven mitts on, pour water slowly over the meat, as the water mixes with the oil it will bubble. Continue to fry for approx. 40 minutes. Once meat is golden brown remove from pot and place into a colander to drain fat. Let meat cool, chop into pieces, place into a taco, top with pico de gallo and guacamole.
4 lbs. lard (enough to cover meat)	
2 T. salt	
2 c. water	

LEMON DROP

"Adults only please!" - Arturo Montes

INGREDIENTS	DIRECTIONS
2 ounces Vodka	Fill martini glass with ice, pour water to the rim and set aside. Pour sugar onto a saucer for rimming. Next, fill your shaker with ice and add ingredients. Pour out the water and ice in the martini glass, rub the rim with lemon and then dip the rim into the sugar. Shake the cocktail until ice cold, then strain into your martini glass. Enjoy!
1 ounce lemon juice	
1 ounce simple syrup	
sugar	



Half-Hour Pork Belly Lettuce Wraps

with James Lee

INGREDIENTS

Pork belly blocks (1/2 lb. as shown)
Salt (kosher is great)
Thick sauce (to get a caramelized crust with)
Veggies
Lemon / Lime
Garnish of choice

This recipe is an easy-peasy and crisp approach to a bbq favorite. It by no means takes the place of a traditional multi-hour roast or smoke (not even close, really), but it's a nice option on a weeknight when you open the freezer and find some straggler pork belly chunks from the last bbq.

Bring pork belly to room temperature. I like Kosher salt because it's easy to control, has semi-large crystals which are great for roasts, and is found in any grocery aisle.

DIRECTIONS

Sprinkle some salt all over like a fresh snow flurry that won't quite stick to the ground. Place in your oven or toaster oven at 225 F or your oven's lowest setting, whichever is higher. Or if you have a thermometer, check that the middle is at least 130 F (temp will continue to rise).

This is a good time to fit in a short episode like 'Comedians in Cars' or 'Explained' (currently available on Netflix). Or, if you have a newborn like me and the timing permits, fit in a quick feeding.

Remove from oven, crank the oven to its highest setting and douse liberally in your favorite sauce to glaze. It's helpful for the sauce to be pretty thick so it sticks and to have decent sugar content so the glaze can caramelize nicely. Anything from a honey mustard to a miso paste will do just great.

Pop back in the oven for about 5-7 minutes to let the glaze settle and caramelize.

Almost there. Remove the pork belly, slice, arrange on a bed of available veggies, and top with a garnish. Sesame seeds were within easy reach this time. Serve with lemon or lime wedges. Easy peasy.

Award-winning Chili by
David Gould

Authentic Cincinnati Chili



This was handed down to me by my big brother Philip, when he brought it back home after he went to University of Cincinnati. For us health conscious people, skimming the fat makes this a healthier version than most and gives it the right consistency. I like mine 4-way, with spaghetti, raw chopped onions, grated mild cheddar, and crackers!

Prep Time: 15 min **Cook:** 3 ½ hrs.

Servings: 10 hungry people

Ingredients:

2 pounds lean ground beef	¼ cup chili powder
1-quart water	1-½ teaspoons salt
2 onions – finely chopped	1 teaspoon ground cumin
1 can (15 oz) tomato sauce	1 teaspoon ground cinnamon
2 tablespoons vinegar	½ teaspoon ground cayenne pepper
2 teaspoons Worcestershire sauce	5 whole cloves
4 cloves garlic – minced	5 whole allspice berries
½ (1 oz) square unsweetened chocolate	

Step 1: Place the ground beef in a large pan, cover with about 1 quart of cold water, and bring to a boil, stirring and breaking up the beef with a fork to a fine texture. Slowly boil until the meat is thoroughly cooked, about 30 minutes, then remove from heat and refrigerate in the pan overnight.

Step 2: The next day, skim the solid fat from the top of the pan, and discard the fat. Place the beef mixture over medium heat, and stir in the onions, tomato sauce, vinegar, Worcestershire sauce, garlic, chocolate, chili powder, salt, cumin, cinnamon, cayenne pepper, cloves, allspice berries, and bay leaf. Bring to a boil, reduce heat to a simmer, and cook, stirring occasionally, for 3 hours. Add water if necessary, to prevent the chili from burning.

Step 3: Invite 9 friends over to watch the LA Kings winning the Stanley Cup!





Tri Tip Marinade

from Darlene Telles

- 1 cup olive oil
- 1 cup Soy Sauce
- 2 cups Burgundy Cooking Wine
- 2 Tbsp. Coarse Black Pepper
- 1 cup Oyster Sauce
- 8 oz. Diced Onion (I used red)
- 6 Cloves Garlic
- 4 Tbsp. Dry Oregano

* Lemon (not in the recipe) is for your stinky fingers after you peel the garlic. I know you are not supposed to be touching your face during this pandemic, but trust me your nose will thank me later.

Boil all ingredients together for 5 minutes. Let set a couple of days, shaking occasionally. Marinate meat at least 3 hours before cooking. (I let it set overnight)

Recipes from Pam Leddy

SPINACH AND CHICKEN RIGATONI



- 1 box rigatoni (prepared as directed)
- 1 lb. chicken tenders
- 2 c. fresh spinach
- 2 shallots (chopped)
- 2 cloves garlic (chopped)
- 1/4 c. 1/2 & 1/2
- 2 T. Italian dressing
- 2 T. Dijon mustard

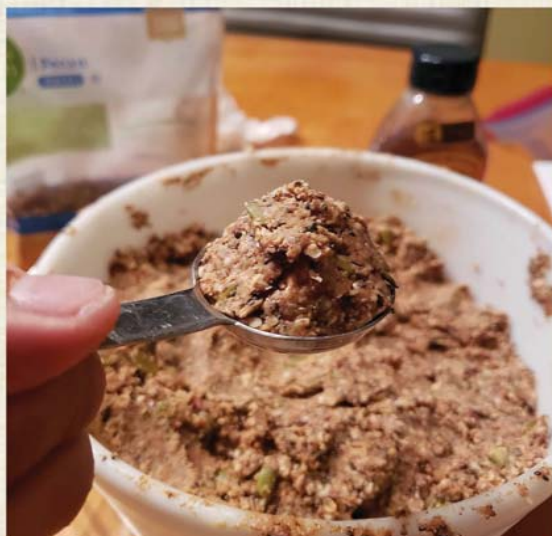
Heat pan on medium high, add 1 T. olive oil. Dice chicken & season with S & P, add to the pan to brown. Add shallots and garlic when chicken is almost cooked through. Cook for 3 minutes. Lower heat & add remaining ingredients, stir together. Strain pasta and add to mixture. Toss together and serve

STRAWBERRY BUTTERMILK CAKE



- 1 1/2 c. all purpose flour
- 1 t. baking powder
- 1/4 t. salt
- 1/2 c. unsalted butter (room temp)
- 1 c. sugar
- 1 1/2 t vanilla
- 3 lg. eggs
- 1/4 c sour cream
- 1/4 c. buttermilk
- 14 oz. fresh strawberries, hulled and sliced

Lightly spray 10" spring form pan. Whisk together flour, baking powder and salt. Set aside. Cream butter and sugar in a stand mixer 3-4 minutes, or until light and fluffy. Beat in eggs and vanilla. Stir the sour cream & buttermilk together and then add the flour to the mixing bowl alternately mix sour cream mix. Fold in berries, turn into pan. Bake at 350F for 40-45 minutes. Let cool, then unlatch the springform pan.



Plant-based Protein and Energy Balls

Nem Ochoa's Family Secret for Edible Energy and a Healthy Heart



- 2 c. quick oats
2 c. hemp seed
1 c. chia seed
1 c. ground flax seed
1 c. raw pumpkin seed
1 c. pecan pieces
1/3 c. honey
2 - 16 Oz. jars unsalted, unsweetened almond butter
Shredded desiccated coconut for outside coating

Mix first 6 ingredients in a large mixing bowl. Add honey and stir batch with a heavy spoon or knead with a gloved hand. It is important to get the same consistency throughout the entire batch; a consistency similar to clay. Use a tablespoon to scoop out half a ball from the bowl. Using a gloved hand remove the "dough" from the tablespoon and form it into a ball. After the ball is formed, roll the ball into a bowl filled with shredded coconut to add a layer of additional flavor and "non-stick" properties, which makes the balls easier to store and handle. Place the balls into a covered Tupperware and place in the refrigerator overnight. Keep refrigerated while storing for up to 3 weeks. They keep at room temperature for about 48 hours, which makes them ideal for day-long outdoor adventures.



COWBOY BEANS

Hearty Meaty Bean Dish at the Christy Colby Cottage

INGREDIENTS

1 lb. ground beef
5-6 Italian sausage links
sweet onion (chopped)
1 lb. chopped bacon (uncooked)
1/3 c. brown sugar
4 t. mustard
2 T. molasses
1/2 c. ketchup
1/2 c. bar-b-que sauce
4 T. chili powder
salt & pepper to taste
2 cans each: kidney beans, white beans, pinto beans

DIRECTIONS

Remove sausage from casing and brown meat, sausage and onion.

When done combine with uncooked bacon.

Add remaining ingredients. Bake in oven uncovered at 350F for about 45 minutes.

I usually have to double this recipe and cook in a large lasagna dish.



PINEAPPLE UPSIDE-DOWN CAKE

Another Favorite of Christy Colby

INGREDIENTS

2 1/2 c. all purpose flour
2 c. granulated sugar
1 1/2 c. whole milk
1/4 c. vegetable shortening
1 T. baking powder
2 t. vanilla extract
1 t. kosher salt
2 large eggs
1 20 oz can sliced pineapple - plus 2 T. juice
1 stick (8 T.) unsalted butter - room temp.
1 1/3 c packed light brown sugar
maraschino cherries, stemmed

DIRECTIONS

Preheat oven to 350F.

Make the cake batter: combine flour, sugar, milk, shortening, baking powder, vanilla, salt, eggs, pineapple juice and 4 T. of the butter in a large bowl. Beat with a mixer on medium speed until well combined. (There will still be a few lumps in the batter) Set aside.

Melt the remaining 4 T. butter in a 12" cast-iron skillet over medium heat. Sprinkle brown sugar over the butter. Do not stir. As soon as sugar dissolves, remove from heat, layer pineapple slices over the top and add cherries to the middle of the pineapple slices. Pour the batter evenly over the pineapple and gently spread to even out the top. Bake until toothpick inserted into the center of the cake comes out clean, 30 to 40 minutes

Immediately run a knife around the edge of the cake. Carefully invert the skillet so the cake is turned onto a plate. into wedges. It's best served warm, but room temperature is fine too.



Chewy Bisquick Brownies

Delicious Delights from Director Sharon Raghavachary

INGREDIENTS

1 2/3 c. granulated sugar
3/4 c. butter, melted
2 T. water
2 large eggs
2 t. vanilla extract
1 1/3 c. bisquick
3/4 c. baking cocoa (Nestle's or Hershey's)
3/4 c. chopped pecans (optional) or 3/4 c. walnuts
(optional)

DIRECTIONS

Pour all ingredients into one bowl and mix with a spoon or hand mixer until blended well.

The batter will be thick.

Pour into 9 x 13 pan and bake at for 18-25 minutes.

For thicker brownies, I use an 8 x 8 glass baking dish lined with parchment paper and bake for 50 minutes



Easy Peasey Cheesecake

A tantalizing treat from Director Judy Tejada

INGREDIENTS

2 pkg. softened cream cheese
1/2 c. sugar
1/2 t. vanilla
2 eggs
1 graham cracker crust (buy pre-made)

DIRECTIONS

Heat oven to 325F

Beat cream cheese, sugar and vanilla with mixer until blended.

Add eggs - beat until just blended
Pour into crust

Bake 40 minutes (or until center is almost set). Cool. Refrigerate 3 hours.

Before serving, garnish top with fresh, frozen or canned whole raspberries.



Pumpkin Cookies

Director Kerry Erickson's "go-to" recipe for family-favorite Treats

INGREDIENTS

1 c. liquid shortening
2 c. sugar
2 eggs
5 c. flour
2 t. baking soda
2 t. baking powder
2 t. nutmeg
2 t. cinnamon
1 t. salt
1 lg. (29 oz.) can pumpkin
2 c. chocolate chips or raisins
1 c. chopped nuts
2 t. vanilla

DIRECTIONS

Preheat oven to 350F

In mixer, blend shortening, sugar and eggs.

Sift flour, baking soda, baking powder and dry spices.

Add to first mixture alternately with the pumpkin, beating after each addition.

Fold in chocolate chips or raisins, nuts and vanilla.

Drop onto greased cookie sheet.

Bake at 350F for 10 minutes.



Quaran-Treats

From the creative mind of Christina Olmedo

1 large red apple
1 pkg. miniature marshmallows
1 c. peanut butter

1. Slice apple into 8-10 slices.
 2. Take two slices and spread a layer of peanut butter approximately 1/8" thick on one side of each slice.
 3. On one slice (peanut butter side up) place 6-8 marshmallows over the peanut butter.
 4. Place a second apple slice (peanut butter side down) over marshmallows to wedge marshmallows between apple slices.
- Repeat steps as needed to make 6-8 treats.



Vegan Meringues

Also from Christina Olmedo

1 15 oz. can unsalted chickpeas
1/8 t. cream of tartar (optional)
1 t. vanilla extract (optional)
2 T. superfine sugar
2 t. almond extract

Drain and reserve liquid from the chickpeas. Save chickpease for another use, transfer liquid to a large metal bowl. Add cream of tartar and vanilla, whip at medium speed with hand mixer. Slowly add sugar, whip 10-15 until firm peaks form. Fold in almond extract. Heat oven to 250F, line baking sheet with parchment paper, drop by tablespoon onto baking sheet, bake for 1 1/2-2 hours until dry and firm to touch. Let meringues cool before serving.

Charlie's Chow Recipe Prepared by Brook Yared



Cook 2 c. brown rice (I like to use my insta-pot for this) Cook 3 lbs. ground beef in large pot, add in your supplement to make sure the pups are getting a balanced diet. Add veggies & cook until soft.

NO CORN ALLOWED! Add cooked brown rice.

OPTIONAL: Force your puppies to pose for a photo before serving.

"Before one learns to fly, one must first learn to crawl and then to walk, one does not simply fly into flying"
Nietzsche-Prince Akeem Joffer

Finding Inspiration...pictures say it all...



I try each and everyday to bring up the people I come in contact with. There are many days that I may not feel 100% or maybe going through something in my own personal life, but I always try to hide that and make people around me feel uplifted and empowered.

-Dennis Maxwell

Grateful for Life's Simple Treasures

The COVID19 experience has been an emotional roller coaster for me. There have been two deaths in my family since COVID-19. One death was from COVID-19. The second death was a hit and run accident. My little brother (not so little because he is 30 years old and physically bigger than me ha ha) was tested positive for the COVID-19. My brother had a weak immune system before the pandemic. As one might imagine, I was very worried about him. Wednesday of this week, I was able to work at the Rosemont Reservoir. For lunch, I set up my camping chair next to the seismic equipment and used a rock as a lunch table. The last time I used a rock as a table for eating was last year during summer field. I used to roller skate a lot when I was younger and recently decided to purchase a new pair of roller skates.

What this pandemic has taught me is to never forget to do the little things that make us happy. Whether it's setting up lunch on a rock or roller skating in my backyard, I am reminded to be thankful for the little things. Today as I ate my Happy Meal, I received good news that my brother is now negative for COVID19 and he is feeling as healthy as ever.

There is always something to be grateful for.....

-Jennifer Bautista





Christina and Bill

"engaged & quarantined"

Save the Date



Fear not, for I am with you;

Be not dismayed, for I am your God.
I will strengthen you, Yes I, will help you,
I will uphold you with My righteous
right hand.

Isaiah 4 1:10 NKJ

Shared by Joe Huerta



It's been fun adapting to working from home. I am grateful for a job that allows me to do that. But what I am really learning from this crisis is the importance of my relationships to people I work with, including my CVWD family. That is a lesson that will stick with me long after this is over. Best wishes to all.

~Tom Bunn

"What was I Thinking..."

I RECENTLY GOT A SMOKER FOR MY BIRTHDAY FROM MY DAD. I HAVE ENJOYED LEARNING HOW TO SMOKE DIFFERENT TYPES OF MEATS BY TRIAL AND ERROR, USING A VARIETY OF SMOKE CHIPS AND METHODS TO KEEP THE MEAT TENDER AND FULL OF FLAVOR. I AM LOOKING FORWARD TO PARTICIPATING IN THE DISTRICT'S FIRST "SMOKE-OFF" WHEN THINGS GET BACK TO NORMAL. IN THE MEANTIME, MY PRIORITY HAS BEEN KEEPING MY LOVED ONE'S SAFE AND HEALTHY.
~JAYSEN ORTEGA

I summarize my mindset and outlook on life during COVID-19 into one powerful word...
"HOPE"

It is what keeps me going and it is what I see in the world at large and in the people I encounter on a daily basis.
~David Spain

I have spent valuable time with family, particularly with my two young boys riding bikes around town and hiking local trails. I remain positive and thankful for life's simple blessings.
~Siaki Mortensen

I have been listening to podcasts and motivational talks, particularly by Jocko Willink, co-author of Extreme Ownership written by two former U.S. Navy Seals. My favorite quote from the series is..."Leaders Pull, not Push". This quote motivates me to be of ultimate service to my crew and to this organization.
~Jake Whittaker

Like many of us, I was thrown into the fire of helping my kids manage distance learning at home. I have been busy supporting my wife and her efforts as an elementary teacher. The pandemic has been extremely humbling, as my wife and I have stayed laser-focused on keeping our son healthy.
~Rob Wood

I have adapted to change and am committed to staying the course as a leader at work and at home. I am the big brother that keeps his younger siblings in line, which has been quite a responsibility during COVID-19. I have taken on several new projects and responsibilities at home. My priority has been making sure Mom is healthy.
~Wayne Boyce

"...Doing and Feeling?"

I have taken advantage of this time by finishing up my associate's degree in Water Systems Technologies at College of the Canyons, which I obtained early in June. I am just really thankful that my family is healthy and that I have a steady job working for the District.

~Jonathan Russo

I have been very busy as a dedicated father keeping up with 4 kids at home. As a new field supervisor, I had to get my "feet wet" during a period of unprecedented uncertainty and change. During COVID-19 I have had to adjust to three different staffing schedules with different crew-members. My patience, dedication, and commitment to excellence are just a few attributes that will carry me through.

~Alex Sandoval

My first priority has been taking care of my 5-month old daughter, who recently transitioned from sleeping in a bassinet to a crib. I do find time to read; most recently a book by Jordan Peterson, which offered me some great advice... "if you fulfill your obligations every day, you don't need to worry about the future."

~David Inman

With a strong work ethic, I have immersed myself into my work at CVWD as a meter reader to help normalize all of the changes and uncertainty brought on by the pandemic. I have also spent more time helping my Mom with several projects around the house. It has been important for me to reconnect with friends remotely during this time. I am grateful to have a steady job with the District.

~Adam Sutphin

I have spent valuable time nourishing relationships at home, particularly with my lovely wife. I surprisingly have taken a liking to some of her TV shows, that I'd probably never watch, if it weren't for COVID-19. I also had the unique experience of seeing my daughter graduate from high school while in my vehicle, which doesn't take away for the intense love and pride a father feels for his daughter at that moment. She will be attending Arizona State University in the Fall.

~Raymond Dodge

The pandemic has helped me to simplify my life and to focus on what is most important to myself and family. Going through all this confirms that there are a lot of things we really don't need as long as we are healthy, and nourished through a meaningful life.

~David Rawlings

