

Emergency: 911





650 South Rancho Santa Fe Road San Marcos, CA 92078

Kasey Koenig: Park Manager/Office

Martin Hernandez: Park Manager/Maintenance

Patty Mackey: Office Assistant

Phone: (760) 727-2010 Fax: (760) 727-2844 palomareast@gmail.com Palomar-Estates-East.org

Office Hours:

Monday-Friday 8am-12pm & 1pm-4pm

Haven Management Services

Property Management Company 3491 Concours Street, Suite 204 Ontario, CA 91761

Katie Davis: (909) 930-9750 x3005 John Davis: (909) 930-9750 x3003

Fax: (909) 930-9498 www.havenms.com

Millennium Housing

611 Anton Blvd Suite 890

Costa Mesa, CA 92626 www.millenniumhousing.com **President:** George Turk

Vice-President: Lori Carraway Project Manager: Diana Welsch

Director, Resident Services: Stacee Kazmierski

Phone: (949) 515-5100 Fax: (949) 515-5101

January Editorial—Welcome 2023

2022 ends my first year as the Breeze Editor. It is therefore a time of reflection and a time to thank the contributors listed below. Their contributions made it a successful year. I thank:

- Lanny for sucking me in, sharing his years of experience as the Breeze editor.
- Patty, your print and marketing experience are invaluable.
- Sharon, your caring, concern, and professionalism... unmatched.
- Pam, the camera is your friend and you'll be missed.
- Ken, your IT input never ceases to amaze me.
- Carl, your guidance and clever sense of humor...LOL!

And last but not least, I'd like to thank all the residents who submitted great articles. I'm looking forward to receiving many more this new year.

2023—Make Your Resolutions Shamelessly Easy!

If ever there is a year to focus on less being more, this might be the one. In uncertain times, anything that we can do to create more ease and room for joyful possibilities, the better, even if this means setting very basic, smaller goals.

Drop us a line anytime: PEE.TheBreeze@gmail.com



One baby step forward is progress.

I like having definitive goals, but I've gotten gentler on myself in how I plan to reach them. That's part of my lower the benchmark with resolutions.

It's all well and fine to make resolutions for the new year, but changes do not have a calendar, and sometimes walking into a new year with self-imposed deadlines can just make it all a bit daunting.

So, if I choose to make resolutions, the goal is to keep them attainable and manageable.

Cheers!

Best wishes for a successful new year!

~ Gayle



Breeze Contributors		
Gayle Cinnamon—Editor		
Patty Gonzales—Creative Director		
Pam Peterman—Staff Photographer		
Ken Hodor	Lanny Lippincott	
Sharon Irving	Carl Silva	

Disclaimers: The Breeze is not responsible for print quality and color interpretations, or date and time changes of events in this newsletter. Check our **website** for the most up-to-date information: **Palomar-Estates-East.org**. Ads placed in *The Breeze* and newsletter production quality are solely managed by the publisher: MHB Group 800-828-8242.



Park Beautification

Patty Gonzales, PEERA Board Chair



Palomar Estates East branding started a little over a year ago when I received a call from the Social Club requesting a quote for coffee cups to be given to our new residents as a welcoming gift. When asking a few questions, it revealed the importance and the need of a clearer brand strategy starting with a logo. From there we could build our story.

A well thought out and consistently implemented "Welcome Kit" premade and ready to go, created clarity of our caring community in a timely manner. Strong brand messaging, when properly applied, is of immense value to our park image as a whole.

Branding is everywhere. It permeates our daily lives: when we shop, drive, watch TV, our online experiences, at sporting events, and reading magazines or newspapers—Example; even our park newsletter, *The Breeze*. Therefore, we may be...

Often copied, never duplicated!





If you're first to market with a new fresh design or an innovative idea, it's almost guaranteed that the moment you are seen successful, you will suddenly notice you've been copied.

First of all, it is always flattering. Someone likes what you do and wants to do it, too. People usually don't copy others with poor ideas. These were a few photos I received.

Others will copy our approach to marketing our park branding. I take comfort in the tribute they are paying us by copying our efforts. So, I say thank you, accepting the compliment and now back to work.

I will continue to raise the bar; push the limits and set new challenges. Competition is good for any business. Others too are searching for ideas, style, design, business models and/or content to advance their goals improving their image. Great Job!

Millennium Memo



"Sometimes I like to look in the mirror and just reflect." Comedian Steven Wright.

With that in mind, let's take a moment to reflect on the year in Palomar East. Some highlights:

- Palomar East had a couple \$400K+ home sales, with several more in the \$300K range. When someone pays that much just for the home (without owning the land)...that says something about your Park, doesn't it?
- As usual, we made many Park Upgrades during the year, the biggest being \$102K for the new Acoustic Ceiling in the Clubhouse. We also remodeled the Office, bought new Pool Furniture, fixed driveways...Your Rent Dollars at Work!
- 100% of you returned your Income Certifications without us having to nag you. That's probably more of a highlight for me than for you, but thanks so much for your cooperation.
- We used some of the savings generated by your Income Certs to limit the 2022 rent increase to only $\frac{1}{2}$ of the inflation rate. I don't think we'll be able to do that in 2023, but I hope that helped you, at least a little.
- SPARC, our resident services partner, sponsored such events as Band & Bingo, a
 Holiday Party, Senior Resource Fair, FREE tax prep, various classes...oh, and Stacee
 Price (head of SPARC) got married.
 - Let's see if SPARC can top that next year!
- The last Kudo of the year goes to Patty Gonzales, the "Park Beautification Person." Per Kasey: "Patty helped make choices that enhanced the appearance of the Clubhouse. Her eye for detail has been incredibly helpful."

Thanks, Patty. You're definitely handy to have around during a remodel!

After a couple years of COVID, it's fair to say that 2022 was a very good year.

Have You Made Your New Year's Resolution Yet?

If not, maybe you could resolve to do a better job picking up after your pooch. Not only will Palomar be more sanitary, but isn't that a lot easier than losing weight or exercising more? Just take it one outing at a time.

As for me...I prefer the term "casual promises to myself that I'm under no legal obligation to fulfill." That sounds a lot more achievable, I think.

Good luck with your resolutions... and have a great 2023.

George Turk





Park Manager/Office

East Park MARKET UPDATE &

MANAGER'S REPORT



Martin Hernandez

Park Manager/Maintenance







We completed the landscaping along Rancho Santa Fe Rd and repaired the benches at the park entrance.

Home Sales

There are three homes currently for sale. Three homes are currently scheduled to close before the end of December. In 2022, 30 homes sold. Let's welcome home our new neighbors.

Maintenance Update

New baseboards were installed on the clubhouse stage. The brick along the clubhouse firepit was painted white. The jacuzzi was deepcleaned, the floors textured to avoid slipping, and the room was painted. Also, a water leak was repaired on Lucilla.

Palomar Estates East Upgrades

Clubhouse upgrades include new picnic tables and benches for the bocce ball court and for the clubhouse patio. The clubhouse has been newly remodeled including restrooms, sound proofing ceiling panels, fans, paint, stage carpet, and new texturized flooring in jacuzzi area.

Rodent Control Tips

Rodents often relocate to new areas in search of food, water, and shelter. Pick the fruit from your trees. Keep bushes and shrubbery neat and trim and your property clean of clutter to prevent nesting. Set traps to reduce their numbers.

Short & Quick List

- When walking at night, make sure you are visible. Wear something bright and reflective or carry a flashlight so you can be seen.
- Pick up after your pet. This is another food source that draws rodents into our park.
- The park speed limit is 15 MPH. Please watch your speed and stop for pedestrians.
- The new Clubhouse hours are 8 AM to 9 PM. The only exceptions are pre-scheduled events.

Your concerns and needs ARE IMPORTANT!

If it is not urgent or an emergency, we encourage you to email us:

palomareast@gmail.com

Kasey

Have a Happy & Healthy **New Year!**





Notifications & Activities

Every year we make a resolution of change. This year, what is your resolution? Ushering in a new year comes with tons of excitement, anticipation and, of course, all possibilities.

Have you thought of becoming a PEERA board member-at-large? Achieving new goals for the community may be challenging, but I welcome the role as the Chair of the PEERA Board, supported by a great community that will help guide the way.

Most planned communities have a board of volunteers that work to invest in the overall welfare of the residents. Last year I chose to collaborate with management to learn more and assist in those efforts. My philosophy is; "It may not be my job, but it is my opportunity."

With all responsibilities, there are opportunities to mold and shape the future this 2023.

If you have a vision and want to help facilitate a model community, then join us.

PEERA Board

Chairperson
Vice-Chairperson
Secretary
Treasurer

Patty Gonzales Don Antrim Kristen Antrim Pete Eiden

Members At Large

Beautification
Community Services
Complaints
Emergency Prep
Membership
Publicity
Technical Support

Patty G. (intermin)
Carl Silva (intermin)
Paul Thiboutot
Lanny Lippincot
Carl Silva
Patty G. (intermin)

Ken Hodor

Until the open positions are filled, Carl will interim Community Services and I will interim Publicity/Beautification. I look forward to a busy year serving our community.

Feel free to email me your thoughts or ideas at patty.peera@gmail.com.

Happy New Year!

Patty Gonzales



Patty Gonzales
Chairperson



Don Antrim
Vice-Chairperson



Kristen Antrim
Secretary



Pete Eiden Treasurer



Your Voice in Our Community PEERA Board

Open PEERA positions are lightly described below for your reference.

Park Beautification

- Monitors park assuring that the Rules & Regulations and management standards are maintained. When they are not, notifies Park Management, who will take steps to remedy the transgressions.
- Recommends projects and/or improvements to park facilities and common grounds.

Key Attributes

- ✓ Proactive, reliable, and organized
- ✓ A good communicator
- ✓ Patient, practical, and a good problem-solver
- ✓ Skilled in listening and negotiation techniques

Community Services (SPARC)

- Works with the Millennium Housing SPARC program manager.
- Gathers and distributes information on resources available to seniors to assist them with any aspect of their lives in which they might need assistance to maintain their quality of life.

Key Attributes

- ✓ A life-long learner
- ✓ Passionate about independent living
- ✓ Interested in identifying and sharing programs that assist others in improving their lives

Publicity

- Prepares, reproduces, and distributes notices of PEERA meetings, events, and other items of interest to all residents in a timely fashion.
- Submits appropriate information for publication in the monthly Park newsletter, The Breeze, the Park website, and to local newspapers, as desirable.
- Manages the following bulletin boards: Main Park Entry, Backdoor Events, PEERA, and Residents.

Key Attributes

- ✓ Proactive, reliable, and organized
- ✓ Have a keen eye for Park image
- ✓ A good communicator and negotiator

Social Club News

January 2023



HAPPY NEW YEAR TO ALL ... A TIME TO 'REFRESH'!

There's nothing like a brand new year to reflect on recent experiences, plan new adventures and simply enjoy right where you are -- at this moment in time!

As we all transition into 2023 here at Palomar Estates East, we welcome that after-holiday 'wash' of feeling refreshed and renewed. Yet, we're still clinging just a bit to the final highlights of 2022... more happy recollections we hold dear ... and the people who helped create these fun memories.

On behalf of our Social Club and as 'outgoing President' for 2022, I want to say how proud and honored I am to have served alongside my dedicated fellow Board Members. These are the people who shared in the shaping of last year's recreational events, entertainment, and other activities not only for the Social Club's own membership, but for all community residents. Volunteers come in many forms – not only as Board Members — but among all the Social Club member volunteers and others who worked so hard during the year to help plan, produce, develop, and expedite the year's total happenings. Even our pets had a hand (paw) in our collective volunteer spirit!

At the December writing of this column (for the January issue), we have just co-hosted with PEERA a wonderful Thanksgiving Dinner (Nov. 19). It received so many compliments from our guests – see photo highlights on the next pages. We also just hosted our General Membership final quarterly meeting of the year (Dec. 3), where we announced the 2023 Social Club Board Members (see meeting photo highlights on next page).

However, we're not done yet for 2022. We are about to co-host with PEERA our traditional Holiday Dinner Event on Saturday, December 17, and then celebrate our New Year's Eve Bash on Saturday, December 31. Watch for event photo highlights for both of these events in the February issue of The Breeze.

We want to take this opportunity to welcome the Palomar Estates East 2023 Social Club Board. Thank you for your exciting new forthcoming ideas, and your continuing care, commitment and great spirit of volunteerism and community service!

From Your Grateful 2022 Social Club Board Members, Sharon Irving



Thanksgiving Dinner on Saturday, November 19

A Popular Tradition of Fun, Food, and Friends Co-Sponsored by Social Club and PEERA

PHOTO HIGHLIGHTS

Photo Credits: Pam Peterman, Debbie Johnston













Black olives anyone?

Social Club's General Membership Fourth-Quarter Meeting

Election Results Announced of 2023 Social Club Board

December 3RD marked the fourth-quarter meeting of the Palomar Estates East Social Club's General Membership at the Clubhouse (all residents were invited). Attendees enjoyed a light lunch while being updated by the Social Club Board Members regarding end-of-year business reports including finance, events and activities, special presentations and acknowledgements, and election results announcing the 2023 Social Club Board Members.

The NEW 2023 SOCIAL CLUB BOARD

President: Sandy Wagner

Vice-President: Cheryl Lilley

(not pictured)

Secretary: Susie Lippincott

Treasurer: Debbie Johnston

Membership Chair: Leslie Dranko

Members-at-Large: Dolores Bsharah

Pam Scott

Kathy Wortman

Sally Yeater

Photo credits: Patty Gonzales



Passing the baton!





It's official--I'm retired!





Fare Thee Well . . . Pam Peterman



It is with heavy hearts that we bid adieu to a longtime member of our little village not so far from the sea. Pamela Peterman (space 161) has decided to move up to Washington to live with her husband's family.

Pam made the announcement during the Social Club General Membership Meeting in December. She said it was a tough decision as she has grandchicks locally and up in Washington.

Pam moved to Palomar East around 2005 with her husband John. Both were very active in PEERA and Social Club for many years. In fact, Pam served as *The Breeze* Staff Photographer for at least the last five years.



Outgoing Social Club President, Sharon Irving (left), announcing Pam's decision to relocate, and thanking her for her years of tireless service.



Thanksgiving 2022

The best way to share a story in a world that is overflowed with information is photography. What we saw in each of the 2022 event photos, was a glimpse of community, time that we shared together. And what a gift that is, because when we see ourselves with others, we can see ourselves that much better.

Cheerful company, mouthwatering food, refreshing drinks, and a warm setting. Dinner was simply perfect. Our club and a team of volunteers nailed it. It was a spectacular evening. Bravo.

For the yesterdays and todays, and the tomorrows we can hardly wait for – Let's be thankful.

















East Park Events Calendar

Repeating Events: All Calendar Activities <u>Repeat Every Week **EXCEPT**</u> for Those in <u>**RED**</u> <u>**TYPE!**</u>

SUNDAY	MOI	NDAY	TUE	SDAY	WED	NESD	ΑY
HAPPY NEW YEAR	2:30 PM M 3:00 PM Y 6:00 PM Y	umba West and & Foot* len's Bocce oga Zoom oga West & oom	2:15 PM Zu		9:30 AM 10:30 AM 1:30 PM 6:00 PM 6:00 PM	Ceram	Zoom illiards
BREEZE Deadline		9		10			11
15		16	10:00 AM	Acrylics Painting			18
22		23		24			25
29		30		31			

January 2023

Visit our official website for more news! Palomar-Estates-East.org.

THUE	RSDAY	FR	IDAY	SATURDAY
a 11:15 AM Z 1:00 PM H	land & Foot* umba Zoom	9:00 AM Tai Chi		7
2:00 PM	Dance Lessons		13	14
	19		20	21
2:00 PM	Dance Lessons		27	28

Calendar Notes

- ◆ Event Locations: Most events are at the Palomar East Clubhouse. See the Community Resources & Activities page for details & exceptions.
- ◆ Card Games: A red asterisk (*) indicates a card game.

Notable Days

- 1ST New Year's Day)
- 1ST **Rose Parade** (Pasadena, CA)
- 3RD PEERA Board Meeting
- 6TH Full Wolf Moon
- 18[™] Martin Luther King Jr. Day



Park Member News

Let's Celebrate Our January Birthdays!

2	G. I. M	20	Calledia Chara
3	Gayle Mynatt-Nusco	20	Catherine Chase
4	Geraldine Goots	20	Leslie Schavran
4	George Bancroft	22	Stephen Perry
5	Warren Boatwright	23	Linda Koch
7	Edgardo Bertino	24	Bertha Cordova
9	Gloria Jordan	24	Carol Hutton
9	Dian Keiser	24	Sharon Longwell
14	Jeanette Holtham	26	Essi Frankel
15	Carl Kogswell	26	Mary Hoffman
15	Kenyon Ackley	28	Lani Beltrano
15	Karen Pa'aga	29	Marlene Parmenter
16	Ron Berenty	29	Mary Kreile
17	Debra Diaz	30	Suzanne Agostino
18	Richard Preuss	30	Trace Mason
18	Mario Cabrera	31	Craig King
19	Zulena Gonzalez	31	Marjorie Basmagy
20	Ken Meyer		

January Trivia

 Birthstone: Garnet (healing, protection, success)



◆ Color: Deep Red

◆ Flowers: Carnation and Snow Drop

Western Astrology

• Capricorn: 12/22—01/19

The Ram
 Ambitious, determined, materialistic, and strong (can be pessimistic and cynical)



◆ Aquarius: 01/20—02/18

The Water-Bearer
 Innovative, progressive, rebellious, humanitarian (can be unpredictable and impulsive)

More January Trivia

- ❖ In Pasadena, California, there has been a Rose Parade held every year since 1890. It has been broadcasted worldwide and is typically viewed in over 100 countries around the globe.
- Some historical names for January include "Wulfmonath," which came from the Anglo-Saxons because it was the month hungry wolves would come scavenging.
 King Charlemagne would call it "Wintermanoth" meaning "winter/cold month."
- ❖ January was a monumental year for Alaska! As of January 3, 1959, Alaska officially became the 49th state of the United States.
- One of the most influential events in the U.S. happened in January on January 1, 1892, Ellis Island opened, allowing for the immigration of over 20 million people!

Park Member News

Wedding Anniversaries

None on file for January. Please let us know if we missed your anniversary.

Till We Meet Again...

Patricia Lappert SP 302 Arrived: 04/2017 Departed: 11/8/2022--Moved

John Paquin SP 253 Arrived: 07/2012 Departed: 11/12/2022—Passed Away

Pamela Peterman SP 161 Arrived: 2005 Departed: 12/2022—Moved (see page 11)

"What we have once enjoyed deeply we can never lose.

All that we love deeply becomes a part of us."

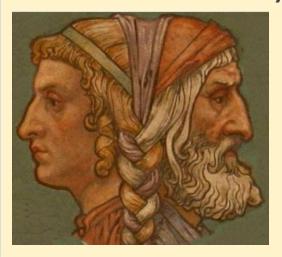
~ Helen Keller

Did You Know . . .

If someone has left Palomar East and you would like them to be remembered, please submit photos and written information about them to <u>PEE.TheBreeze@gmail.com</u>.

The Breeze deadline for submissions is the 8TH day of the month prior to publication.

Fun Fact about January



January is named after Janus, the ancient Roman god of gates and doors symbolizing endings, beginnings, and transitions.

He's depicted with two heads: one head looking at the past and the other at the future.

Note that the past is always on the right, not the left. Hmmm...

Our Community Resources & Activities

All Are Welcome



Come Join the FUN!

Details for all activities are located on the Palomar East Cardroom Hallway Activities Bulletin Board and on our website: Palomar-Estates-East.org.

ACTIVITY	DETAILS
ACRYLICS PAINTING	Dawn Anguianodawny46@gmail.com: 3rd Tuesday, 10am—1pm, East Clubhouse
CERAMICS	Andrea Martin: Wednesdays, 6—8pm, East Clubhouse, Arts & Craft Room
DANCE LESSONS	Anne Pearson (858) 610-4816: 2nd & 4th Thursdays, 2—3:30pm, East Clubhouse
FIBER ARTS	Sally Yeater (719) 651-2866: Wednesday, 9:30—11am, East Arts & Craft Room
SPARC	Carl Silva (707) 673-7151: PEERA Community Services
TAI CHI	Rudy Cobos (773) 519-6627: Fridays at 9:00 am, East Clubhouse
YOGA	LuAnn Foster (480) 203-4330: Monday—Thursday at various times and locations
ZUMBA	Saleemah (803) 463-2880: Monday—Thursday, various times and locations

Additional Park Activities

Billiards—Lower Clubhouse	Ken Hodor
Bocce Ball	Carl Silva
Fitness Facility—Lower Clubhouse	Ken Hodor
Golf Putting Green	Henry Robicheaux
Horseshoes	Henry Robicheaux
Library	A.J. Jangula
Pickleball—Lower Clubhouse	Bill Mead
Ping Pong—Lower Clubhouse	Bill Mead
Puzzles	Card Room & Firepit area
Tennis—Lower Clubhouse	Bill Mead
Card Games	Card Room
Fishing	Don Bomar
Bingo—West	Delane Johnson & Debbie Johnston

Did You Know...

You can start your own activity here in Palomar East. For example, a Bridge Club, Mahjong Club, Water Aerobics, etc.

If you want to use park facilities, schedule days and times through the Front Office.

We can add your activity to the BREEZE Calendar too!

"Volunteers do not necessarily have the time; they just have the heart." ~ Elizabeth Andrew

Some people think of "volunteering" as a bad word, but others say, "bring it on." With the Social Club and PEERA collaborating last year's events, it was time well spent with a truly hard-working spirited team. Who knew all the "behind the scenes" it takes to plan an event and serve the village. Try volunteering.

As volunteers, our lives are filled with people who come and go. As I remain on board with PEERA, I am grateful for the experience, enjoying all your conversations, laughter and yummy food shared. Oh, what Fun!

It's been said that the people make a village, and I can genuinely say that it's all the volunteers who take this village to the next level. Thank YOU one and all **? Patty G.**







Sharon Irving, 2022 Social Club President





Next to our resident bulletin board in the hallway leading to the pool area, we have placed two boards dedicated to our park pet owners with this header, shown in photo. Please feel free to use these boards as a resource for a point of reference for Lost or Found pets, a pet for Adoption or fun Photos you would like to share. Pretty much anything pet related.

We all know owning a pet is a commitment that will last for many years, and one must be ready and willing to take on that responsibility. If you do, it's likely you will be richly rewarded with one of the most satisfying, loving, and active relationships you'll ever experience.

Pet owners know that their furry friends offer unparalleled companionship. A growing body of research shows they also do much more. Owning a dog can prompt you to be more physically active—have leash, will walk. The health benefits of pet companionship, shows how having a pet can also reduce feelings of isolation and loneliness, help calm jagged nerves, and

Just petting a pet can lower the petter's blood pressure and heart rate (while having a positive effect on the pet as well). Pets can also foster human connections for their owners. Take a dog for a stroll and strangers who normally would not approach you in any other situations will strike up a conversation centered on your pet. Even a mere smile from a passerby is a connection that can brighten your day.

improve the lives of older individuals.

That's a Win, Win for all.

From one pet lover to another.



PRECIOUS PARK PETS



If you have lost your pet, immediately file a Lost Report with the local animal shelters. This is a great place to start. In the event that your pet goes missing, the most helpful way to get them home quickly is to make sure they are licensed and micro-chipped. To learn how to report a lost pet or a found pet search the local shelters online services. Another impactful resource is posting a photo of your pet with contact info on the social media sites to include the local city group communities. If you are not familiar with this process ask a friend, family member or a neighbor to volunteer their support to help guide you.









The clubhouse is the heart & soul of our community.

The cool thing is that our Clubhouse is what separates a good room from a great room welcoming the energy of the attendees. And the secret to creating energy is by hosting different types of events.

I was blessed to attend the Soroptimist International Vista holiday party. Food, drink, friends, good conversation — a holiday party is, in the end, a simple and enduring combination of ingredients, made unique by what the hosts and the guests infuse the evening with. I raise my glass to this amazing group and look forward to supporting their efforts this new year.

To learn more visit: soroptimistvista.org

By Patty G.



















Sign up to receive SPARC

text updates and reminders for 2023 events!

You will receive reminder texts before SPARC events at your community

Please contact the office to sign up for our new text reminders

