



Emergency: 911

Non-Emergency: 760-510-5200 *after hours*



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San Marcos, CA 92078

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Clubhouse Hours:
Monday-Sunday 8am-9pm

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3491 Concoors Street, Suite 204
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Katie Davis: (909) 930-9750 x3005
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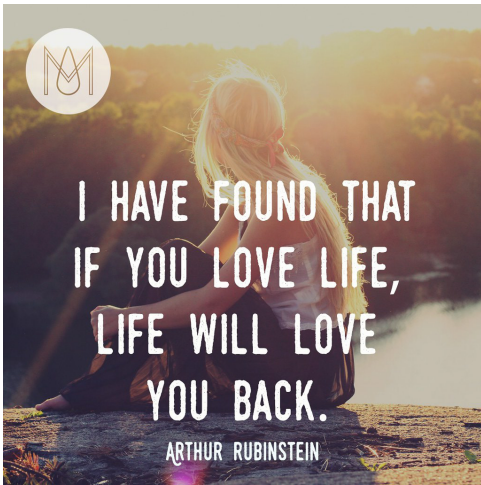
Millennium Housing

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: Stacey Kazmierski
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Fax: (949) 515-5101



August Editorial—Rewards of Being of Service



Have you ever noticed that the more you give, the more you get in return? Most of these rewards tend to be soul-filling, loneliness-banishing, and gratitude-building, as you find that YOU still matter, and that YOU can still make the world a better place, one action at a time.

Some rewards help to increase your existing skill set and/or open your mind to new knowledge...becoming a proverbial lifelong learner.

Whether you are retired, planning to retire, or still working fulltime like many of us in East Park, you can still make a difference by supporting your community on some level.

When we serve, we look outside of ourself, beyond our own problems, and seek to bring value to others.

Today's crazy electronic communication structure has left many of us feeling disconnected from humanity.

"But wait," you might say. "I want more time for myself. I don't have time, nor do I want to volunteer or get involved in anything else."

If this is how you feel, then I invite you to explore just how lonely that "time for myself" can be. For example, when I took the job as editor of this monthly newsletter, I figured 16 hours a month tops. You see, I still work full-time and am trying to finish the next book in a fantasy series I am writing. I'd been here about four years and really didn't know many people in our community. Even though I seldom took the time to read *The Breeze*, when I heard that Lanny Lippincott was retiring from the job and that there were no volunteers in sight, I felt that someone had to do it—it really was a shock to realize that someone ended up being me.

What I have learned is that even though *The Breeze* takes way more time than anticipated, it is stretching me in ways I had never considered. Being editor has forced me to meet more people in our park, our city, and in north San Diego County. It is also forcing me to get out of my head and into the heads and hearts of others.

Leaving your comfort zone can have very unexpected results—Before, I was just living here, minding my own business, and complaining at times with my immediate neighbors when park business seemed illogical or thoughtless—I had no sense of community.

You don't have to be editor of *The Breeze* if that is not your thing, and I do invite you to find something meaningful...something that can help you to grow as a person.

There are so many things that need doing in our community—not just East Park, but in many parts of north county. You can:

- ✓ Volunteer locally as a part-time instructor.
- ✓ Help at a local Senior Center.
- ✓ Join our PEERA Board or Social Club.
- ✓ Start a new class or join an existing one and so much more.



The sky really is the limit, and every step you take opens doors you never knew before.



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

Monthly Contributors to *The Breeze*

Gayle Cinnamon—Editor

Patty Gonzales—Creative Director/
Staff Photographer

Kasey Koenig, George Turk, Lanny Lippincott,
the Social Club, and the PEERA Board

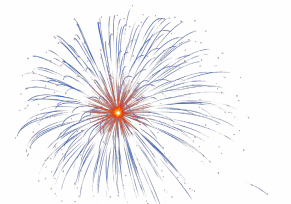
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Independence Now and Forever!



Event photography can seem like the least of our concerns when the atmosphere and excitement of an event is in high gear. Gracefully the American Spirit proudly brought us together in a way we hold dear. See our three **PEERA Chili Cook-off** winners below.

“No other date on the calendar more potently symbolizes all that our nation stands for than the Fourth of July.”



Millennium Memo



Palomar East's Budget is now final. The capital improvement part is roughly the same as I reported last month—about \$200K worth, with the big project being the \$85K Kitchen/Art Room remodel. Here's the "rest of the story."

Despite projected revenues of just over \$3M, we're expecting the Net Surplus to be only about \$125K. That may sound like a lot, but it only leaves a 4% margin for error—a bit scary for a park as large and complicated as Palomar East.

We'll spend \$500K on utilities, \$297K on ground rent to the Walker Family, \$487K on labor costs (\$130K of that is health insurance, payroll taxes & workers comp)...just those 3 items account for almost 50% of your space rent.

Then there's insurance, management fees, bond costs, repairs & maintenance...and the fact that we've kept your rent increases below the inflation rate.

As I often say, Palomar East is a beautiful Park, but it's definitely high maintenance!

Buyer Beware

A resident in one of our Parks complained to us about a contractor he hired from an ad in the Park Magazine. We explained that the ad sales are controlled by the Publisher, not us. We hope these advertisers are quality businesses, but we aren't endorsing them.

Our advice: act as you would with any service provider. The June magazine had great tips from the State Contractor License Board. We can repeat that article, if you'd like.

The Park Magazine is a great resource— but do your homework before hiring anyone.

More News

- Please welcome Burt Hamernick as Palomar East's new Maintenance Manager. We've been short-handed, so I'm sure Kasey is very happy about Burt's arrival. Martin will remain on Staff as Maintenance Lead.
- Recent expenditures: \$8K to replace security cameras and the alarm system, \$9K to fumigate the Clubhouses and \$1,500 to replace the sewage station pump. Not all capital projects are glamorous!
- Last month, I told you I was expecting two new grandchildren. I'm happy to report that they have arrived. Both little ones—and their mothers—are healthy and doing well. Thanks to those of you who sent your good wishes.

My wife says I spoil our grandkids. I prefer to think of myself as "accommodating."

Enjoy the rest of your Summer!

George Turk
President
Millennium Housing



Kasey Koenig
Park Manager/Office

East Park

MARKET UPDATE & MANAGER'S REPORT



Burt Hamernick
Park Manager/Maintenance



Home Sales

One home sold and five homes are currently in escrow. Also, there are four additional homes for sale.

Annual Lot Inspections

We will begin the annual lot inspections this month. This will be done in sections over the course of a year. Staff will be inspecting the exterior of your home. Inspections will include items like:

- Landscaping
- Outside Storage
- Window Coverings
- Power Wash / Home Painting Requirements

Community Maintenance

The new fence along Viewpoint was painted. A water leak was repaired on Fir & Lucilla St. The park sewage pump and RV storage lock were replaced. The lights were repaired around the Bocci Ball court and putting green area.

Guest Parking In Front of Homes

Due to the summer season we tend to have more visitors in the park. Please be mindful of your neighbors. Ask your guests to park in visitor parking spaces. To ensure adequate space for emergency vehicles, no vehicle may park across the street from another. Nor shall there be overnight street parking or parking in your front yard. Please share this information with your contractors.

The Pool Rules

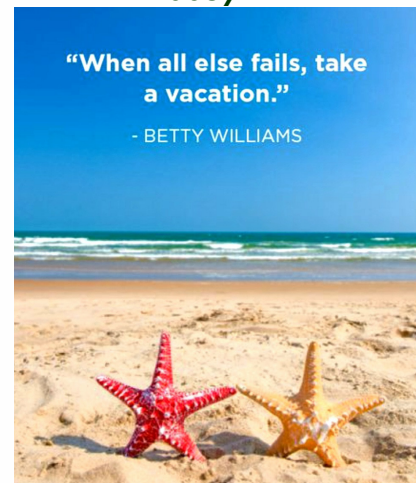
- Residents must park in a designated parking space when entering the back pool gate for safety and emergency vehicle access.
- Guests must always be accompanied by a resident when using the pool. During normal business hours, please contact the office if you meet someone who should not be at the pool.
- Be sure to bring your pool pass. If you need one, please stop by the office.
- **Children under 3 or wearing diapers are NOT permitted in the pool.**

Your concerns and needs ARE IMPORTANT!

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

palomareast@gmail.com

Kasey



Palomar Estates East Residents Association

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Notifications & Activities

BIG BANG

In its simplest form, our community had something in common this **4th of July... our first PEERA Chili Cook-Off**, and a social connection with a sense of belonging. Your participation bonded by food, conversation and laughter is truly the essential ingredient for enjoying a fulfilling life in our community.

Now next year we will do a few things differently as we had an overwhelming attendance and learn as we grow. **A big shout out to the Social Club.** We couldn't have done it without your help.

Thank you for joining us! Have a fantastic summertime full of great memories.

WHAT A PLEASURE

Saying goodbye feels like losing a member of the family. It's been an honor to work alongside Don Antrim, Vice Chair, and Kristen Antrim, Secretary, on the PEERA Board. I was encouraged by your work ethic, generosity, and passion. Your support helped us through challenging moments this year and you always assured us in ways that we can't express in words. Thank you for everything. Wishing you both all the best in your new adventure.

We are starting our recruiting efforts for the November PEERA Board elections. If you are interested in supporting a position, please email patty.peera@gmail.com. Until these two positions are secured, Gayle Cinnamon has stepped up to serve as Secretary Interim and Carl Silva, Vice Chair Interim.

PEERA Board

Chairperson	Patty Gonzales
Vice-Chairperson	Don Antrim
Secretary	Kristen Antrim
Treasurer	Pete Eiden

Members At Large Committees

Beautification	Jeanne Tarleton
Community Services	Gayle Cinnamon
Complaints	Paul Thiboutot
Emergency Prep	Catherine Chase
Membership	Carl Silva
Neighbors Helping	Joanne Price
Publicity	Patty Gonzales

SUGGESTION FORM

Keep them coming, the PEERA Board is here to serve. We are always open to suggestions on how we can support our community. Any disagreement on anything pertaining to the status quo, call it a complaint, could and should be included on the Suggestion Form to identify and help remedy the situation. We believe that a complaint and a suggestion normally go together, i.e., if someone is unhappy with the status quo and would like to voice their opinion, they normally also have a suggestion on how it could be changed for the better, proactively vs reactively. Forms are located on the PEERA bulletin board and electronically on the website peerasm.org.



Patty Gonzales
Chairperson



Don Antrim
Vice-Chairperson



Kristen Antrim
Secretary



Pete Eiden
Treasurer



Your Voice in Our Community

PEERA Board peerasm.org

COMMITTEE REPORTS

Beautification

Dog days of summer are upon us. Great opportunity to power wash our homes, clean the gutters and shine those windows, doggone it.

Community Services

We are planning two to three SPARC (Millennium sponsored) events towards the end of summer into the fall/holiday season. These events will be educational and fun. See *SPARC information on page 20*.

Suggestions/Complaints

So far in July there were three complaints shared. There were also two suggestions made with constructive solutions. We appreciate their input and positive feedback.

Emergency Preparedness

Updated information is in the works. The goal is to have a meeting by late August with the current block captains. This meeting will be open to all residents who would like to learn more about the committee.

Membership

Once again, **Thank YOU** all! We have 220 members, 40 more than last year at this time. Membership communities bring a group of residents together around shared interests. The board has an influence on the assessments, community improvement projects, and the overall future vision for Palomar Estates East.

These decisions have a considerable impact on the trajectory of the property values within our community. Management offers insight and administrative support,

but ultimately, most decisions that contribute to our resident's association are guided by the yearly resident Wish List. Contact us if you have the time, dedication, and enthusiasm to regularly volunteer your skills for the benefit of our community or to simply learn more about the board.

Neighbors Helping Neighbors

Lots to do to revamp this committee post covid. Much has changed in these last three years or so. The board agreed renaming the committee is a fresh new approach. We believe we all have the opportunity to make a difference in the lives of neighbors surrounding us. See *page 10*.

Publicity

The board voted unanimously to move forward converting the pool to saltwater. The timeline to be announced. Other Wish List items that were approved are being scheduled with the contractors. A flyer will be posted for advanced notice on the PEERA and Resident's bulletin boards with details and updates. The same flyer will be placed in the September Breeze.

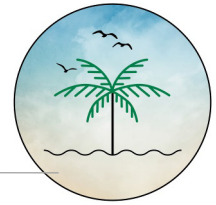
Flag Disposal Box

We are going strong this year—33 flags have been placed in the recycling box located in the clubhouse firepit area. Very commendable. The Code states that if a flag it is not in good enough condition to represent our country, respectfully it should be taken down and properly destroyed. Thanks, Don Antrim for initiating this protocol.

The next resident board meeting is **August 1st at 5:30 p.m.** September is an administrative board meeting.

Park Publicity

PEERA Board Committee



Park Pet Safety

Test The Park Road Temperature

While our dogs enjoy being outdoors, the warm weather and hot road surfaces can cause heatstroke and burned paws before our pets begin to show any sign of pain or discomfort. That's why we need to ensure that we check weather conditions before we step out. On hotter days avoid walking during the day. Take your pet out for exercise before 9 a.m. or after 7 p.m. when the weather and ground surface are much cooler.

The air may seem to be cool, but that doesn't mean the ground surface is. Remember that the ground surface absorbs heat from morning until evening, so while the atmospheric temperature is 76 degrees, the asphalt could potentially reach as hot as 125 degrees. It's a bit tricky. The temperatures listed below are guidelines.

Some pet owners do feel that their dog's paws are tough enough to walk on any surface. While their pads do provide insulation, walking on asphalt that has reached 115 degrees can lead to burns, blisters, and lacerations. So, place your bare feet (hands) on the road and if it starts feeling uncomfortable after 5 to 10 seconds, your dog will also experience discomfort. Remember their bodies are closer to the surface as well.

We need to be observant and watch for indications of overheating, especially if your dog has a lot of body fat or fur as follows:

- Panting and subsequent noisy breathing
- Blue or bright red gums
- Convulsing or collapsing
- Diarrhea and vomiting

Be safe and not sorry.



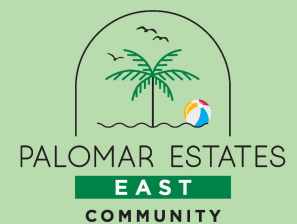
“Summer breeze makes me feel fine.”



PROTECT YOUR DOG'S PAWS

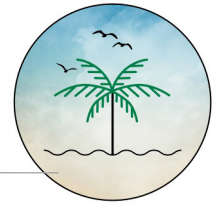
AIR TEMP	CONCRETE	ASPHALT
80°	95°	115°
85°	105°	130°
90°	125°	140°
95°	140°	155°

7 SECOND RULE - PLACE HAND ON THE SURFACE
TOO HOT FOR YOUR HAND, TOO HOT FOR YOUR HOUND



Park Beautification

PEERA Board Committee



Park Pet Rules

The first and foremost part of dog park etiquette is to follow the park's rules signed. We are fortunate to have a fenced dog park in our community.

Our Pet Agreement to the right has defined clear rules for us pet owners. These rules are put in place to protect dogs and humans. Therefore, the biggest breach of the agreement signed is to ignore these rules.

Let's Talk Dog Poop!

It is the number one offense, not picking up your dog poop. Just one inconsiderate pet parent's failure to pick up their dog's poop reflects badly on those of us who do. Allowing your dog to foul a public area without picking it up imposes a serious health risk to people and other dogs.

SELECTED PET AGREEMENT
And Rules for Pet Residency

The management of Palomar Estates East is dedicated to promoting a pleasant environment for all of its residents. Therefore selected pets are welcome here, provided pet owners are considerate of their neighbors by ensuring that they and their pet/s abide by all Rules.

The pet indicated below is not guaranteed permanent residence, and each pet owner must understand his responsibility for his own pet's behavior. The rules as stated herein apply specifically to dogs, cats and other such approved animals that may be kept on the home site and within the home. Any animals which may be - considered dangerous, illegal, exotic, wild, noisy, troublesome in the community, or poisonous, are prohibited. Pitbulls, Rottweiler's, Doberman Pinschers, German Shepherds, Chows, and other animals of similar size and temperament are expressly prohibited. A maximum of five (5) small birds (i.e., canaries, finches, parakeets) or a maximum of one (1) parrot no larger than the Amazon or African Grey parrot may be kept in the home so long as they do not disturb the neighbors. Specifically, Cockatoos and Macaws are prohibited.

This Agreement by and between Palomar Estates East and _____ (Resident), establishes rules and guidelines for maintaining a pet on the premises of this mobile home park.

Name of Pet (1) _____ Type of Pet _____
Weight: _____ lbs. Height: _____ Breed: _____
(For more pets, use back of this Agreement to list them).

Palomar Estates East hereby grants to the above resident permission to keep a maximum of one (1) dog, or two (2) cats, or one (1) dog and one (1) cat on the premises of Home site No. _____, subject to the following terms and conditions:

- 1) The pet is a house pet, small to medium in size, not to exceed 20 pounds and/or 18" in height at the shoulders at maturity.
- 2) The pet will be kept inside at all times, except during walking periods.
- 3) When outdoors, the pet will be kept on a leash and walked either on Residents home site or in the streets of the Park only, or outside the Park.
- 4) The pet will not be walked on other home sites, greenbelts (or in or near the clubhouses or other recreation areas. Only the owner's home site will be used for relieving the pet.
- 5) Resident will be responsible for maintaining the cleanliness and sanitation of the home site and Park premises. Regardless of the area, any excrement left by a pet must be picked up immediately and disposed of inside the Mobilehome.
- 6) The pet will not be tied, fenced or otherwise kept unattended outside at any time.
- 7) The pet will be kept quiet and not be allowed to cause any disturbance that might annoy neighbors.
- 8) Resident will be responsible for any damages to persons or property caused by the pet.
- 9) This Agreement is for the specific pets described in this Agreement. Approval of said pet does not authorize substitution or constitute approval of additional pets. A new Pet Agreement must be completed and approved by management prior to bringing a new pet into the home.
- 10) A photograph of the pet must be maintained on file with the Park. Proper licensing and inoculation are required in accordance with applicable laws.

Resident agrees that this Agreement is a revocable Addendum to his/her/their Rental Agreement extending the privilege of keeping the selected pet herein described on the leased premises. Resident agrees that he will abide by the spirit of this Agreement and will not allow his pet to cause damage to any property or to annoy his neighbors.

RESIDENT FURTHER ACKNOWLEDGES THAT THIS AGREEMENT MAY BE REVOKED AT ANY TIME BY WRITTEN NOTICE FROM PALOMAR ESTATES EAST SHOULD THE INTENT OR ANY PROVISION OF THIS AGREEMENT BE VIOLATED. The written notice shall constitute a mandate to remove the pet within seven (7) days and shall revoke Resident's privilege of maintaining a selected pet on the premises of Palomar Estates East.

Resident:	Date:
Resident:	Date:
Manager Approval:	Date:

October 11, 2005 Page 20 of 20

Diseases can pass through a dog's intestinal tract and into feces which, once deposited on the ground, can pass onto others if not removed. Diseases can spread through feces and cause debilitating illnesses. Dogs are most at risk of infection, but some of these diseases are zoonotic, meaning that they can transfer from animals to people through fecal contamination, on paws or shoes. If that does not scare you to conform, respectfully nothing will.

Please feel free to email the offenders you observe to management or PEERA. Any photos shared will be emailed to management, then placed on the pet bulletin board and perhaps in the Breeze. Proud to leave it--we are happy to share it.

Neighbors Helping Neighbors

(formerly known as Helping Hands)

PEERA Committee Lead, Joanne Price



We are continuing our work in getting the Neighbors Helping Neighbors program up and operating. The Neighbors Helping Neighbors program will include two important focuses: (1) A Community Resources Pamphlet and (2) Helping Hands Information.

Community Resources Pamphlet – Our first order of business is to update the Neighbors Helping Neighbors pamphlet that was originally created by the Palomar Estates West (PEW) Board of Directors about 10 years ago (thank you PEW!) and updated for use at Palomar Estates East (PEE) as well.

Helping Hands Information – When the update of the Community Resources Pamphlet is completed, we will begin the process of getting the Helping Hands subcommittee up and operating as well.

We look forward to your input on both of these Neighbors Helping Neighbors initiatives.

Palomar East Sports Courts

Something for Everyone

Our Sports Courts are beautiful! Next to the Small Clubhouse, there is one tennis court and one pickleball court that have been beautifully refurbished, opened on June 5th! And between those two courts we have two new umbrellas covering two benches and a table. This shade is a wonderful addition since it provides players the ability to rest and cool off between games – an important feature during the summer months. We hope you will come out to see our community courts. Better yet, come out and play!

Currently the courts are available on a first come, first serve basis. As the play on either of these courts increases, if needed, we can institute some type of reservation system, along with open play time. As noted in the Sports Courts Rules, at least one resident must be on the court when any game is played. This helps provide the greatest access to residents.

One of the best aspects of the Sports Courts is that they can host a variety of sports – from pickleball, to traditional tennis, to pop tennis.

Did you know that Paddle tennis, known as 'pop tennis' since 2015, is a racket game adapted from tennis. It is played with a solid paddle and a depressurized tennis ball. Check out this link:

https://en.wikipedia.org/wiki/Pop_tennis regarding the history of pop tennis (paddle tennis).

Summer Pickleball Lessons by Leslie Monteforte (Wednesdays 9 a.m. to 10:30 a.m., June to October)

Leslie Monteforte has been a tennis coach for many years. She now plays pickleball and has agreed to provide pickleball lessons to residents interested in learning to play. She will provide four free lessons to residents. Learn fun drills that include the skills needed to play. Paddles and balls will be provided for participants. If you are interested, please TEXT Leslie at 760-304-2601. Be sure to **include your name** in the text. (Apologies, the wrong phone number was included in the July Breeze.)

Palomar Estates East residents have many options to enjoy their sport of choice with friends and family!

“There are no strangers here, only friends that have never met.”

Social Club News



2023 Social Club Board

President	Sandy Wagner
Vice-President	Cheryl Lilley
Secretary	Open
Treasurer	Debbie Johnston
Membership Chair	Leslie Dranko
Members-at-Large	Dolores Bsharah, Susie Lippincott, Pam Scott, Kathy Wortman, Sally Yeater

August Update!

The 4th of July celebration was a huge success. We had 11 entrants for the chili cookoff, and lots of good chili. Thanks to all the great chili cooks. Thanks also to all those attending and bringing delicious food. Afterwards, many enjoyed the fireworks from various places around the clubhouse.

A BIG thank you to the Social Club Board – we were short four of our board members but, with the help of some super volunteers, we pulled it off.

Upcoming Social Club Events

- ❑ **August 4th – Happy Hour, 5:30.** Bring your drink of choice and a goodie to share with others. Not sure what we have planned but we know it will be fun!!
- ❑ **August 19th – Ice Cream Social, 2-4** for all residents. Please come meet all our new residents and celebrate those residents that have lived 90+ years. There will be many interesting conversations. We look forward to seeing you there. A ride will be arranged for those needing one.
Call Sandy Wagner, 602-882-2977.
- ❑ **September 1st – Happy Hour, 5:30.** Again, please bring your favorite drink and goodies.
Tickets for the upcoming Luau will be on sale that evening for \$10 per person.

- ❑ **September 16th – Luau, 5 -7.** Tickets will be \$10 per person. Lots of good food, good entertainment, and a good time. Tickets will be sold September 9th 10-1 at the clubhouse. Resident Lani Beltrano and her dance group will entertain.



Thanks to everyone who has donated to the memorial bench fund for Gonzolo Guerrero.

The bench has been picked out and the final placement of it is being discussed. Yes, we have listened to everyone's suggestions, thank you.

We hope to have the dedication in mid-October. Donations may still be made, as any extra money will be given to his family.

Please make checks out to: PEE Social Club and put in our box in the hallway by the kitchen.

Please, be kind to each other. We never know the trials the other person is going through.



Sandy Wagner
Social Club President

Community Resources & Activities

August

2023

All Are Welcome



Come Join the FUN!

ACTIVITY	WHO TO CONTACT AND MEETING SCHEDULES
BINGO	Debbie Johnston & Delane Johnson: Thursdays , 6 PM at West
CERAMICS	Andrea Martin : Wednesdays, 6—8 pm, East Clubhouse, Arts & Craft Room
DANCE LESSONS	Anne Pearson (858) 610-4816: 2nd & 4th Thursdays , 2—3:30 pm, East Clubhouse
FIBER ARTS GROUP	Sally Yeater (719) 651-2866: Wednesdays , 9:30—11 am, East Arts & Craft Room
PAINT CLASS	Dawn Anguiano , dawn46@gmail.com: 3rd Tuesday , 10 am—1 pm, East Clubhouse. (Also, the 1st Tuesday of each month at Rancho Vallecitos.)
PICKLEBALL	Joanne Price , Text (760) 805-7092: for class updates.
TAI CHI	Rudy Cobos (773) 519-6627: Fridays at 9:00 am, East Clubhouse
YOGA	LuAnn Foster (480) 203-4330: Monday : 3:00 PM Zoom, 6:00 PM Yoga West & Zoom, Tuesday : 10:00 AM Chair Yoga West & Zoom, Thursday : 10:00 AM Chair Yoga East & Zoom
ZUMBA	Saleemah (803) 463-2880: Monday : 11:15 PM West, Tuesday : 2:15 PM Zoom, Wednesday : 10:30 AM Zoom, Thursday : 11:15 AM East

Summer Activity Holiday Schedules

- **Paint Class** is on vacation from July 1st through August 31st.
- Classes resume on September 6th at Vallecitos and September 20th at Palomar East.

August 1st and 30th – Two Full Supermoons

This year, August has two full moons and, they are both supermoons! A supermoon is closer to the earth than the average full moon.

- ❖ The full **Sturgeon Supermoon** reaches its peak on August 1, 2023.
- ❖ The **Blue Supermoon** peaks on August 30, 2023.



August's full Moon was traditionally called the Sturgeon Moon because the giant sturgeon of the Great Lakes and Lake Champlain were most readily caught during this part of summer.

The moon phases take 29.5 days to complete meaning it takes just 354 days to complete 12 lunar cycles. Thus, every 2.5 years or so a 13th full moon is observed within a calendar year.


Additional Park Activities

ACTIVITY	WHO TO CONTACT	ACTIVITY	WHO TO CONTACT
Billiards	Ken Hodor	Golf Putting Green	Dave Fenner
Bocce Ball	Carl Silva	Horseshoes	Dave Fenner
Card Games	Card Room	Library	A.J. Jangula
Darts	Don Bomar	Pickleball	Joanne Price
Fishing	Don Bomar	Ping Pong/Tennis	Bill Mead
Fitness Facility	Ken Hodor	Puzzles	Card Room

Palomar East Calendar

August

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
July 30	July 31	 AUG 1	2	3	4	5
	11:15 PM Zumba West 1:00 PM Hand & Foot* 3:00 PM Yoga Zoom 6:00 PM Yoga West & Zoom	10:00 AM Chair Yoga West & Zoom 2:15 PM Zumba Zoom 5:30 PM PEERA Board Meeting 	9:30 AM Fiber Arts 10:30 AM Zumba Zoom 1:30 PM Pool/Billiards 6:00 PM Ceramics 6:00 PM Manipulation* 	10:00 AM Chair Yoga East & Zoom 11:15 AM Zumba East 1:00 PM Hand & Foot* 4:30 PM Zumba Zoom 6:00 PM Bingo West	9:00 AM Tai Chi  5:30 PM Social Club Happy Hour	
6	7	8	9	10	11	12
		<i>The Breeze Deadline</i>		2 PM Dance Lessons		
13	14	15	16	17	18	19
	SOCIAL SECURITY DAY					 1:00 to 3:00 PM Social Club Ice Cream Social
20	21	22	23	24	25	26
				2 PM Dance Lessons		NATIONAL DOG DAY 
27	28	29	30	31	Sept 1	Sept 2
						

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

Park Member News

Welcome New Neighbors

Please join us in welcoming our newest neighbors!

Space 25 John and Susan Adorno



Come meet your neighbors at the
August 4th Social Hour!
5:30 pm at the clubhouse

August Wedding Anniversaries

Let's wish a very happy anniversary to our neighbors,
and please let us know if we missed your anniversary.

- Aug 7 Mi & Bong Pak
- Aug 13 Bob & Charlene Erickson
- Aug 13 Carol & Larry Mentze
- Aug 22 Greta & Michael Curtis
- Aug 27 Pamela & Rick Scott
- Aug 28 Bob & Jane Manchip
- Aug 29 Suzie and Lanny Lippincott



Till We Meet Again...

Kay Lee Space 25 Arrived: 09/2002

Departed: Moved into assisted living closer to her daughter.

Note: No further details were available for the residents who left us. If you have information and/or photos about someone and would like to share, please send it to: pee.theBreeze@gmail.com



Park Member News

Celebrating Our August Birthdays!

3	Sofie James	16	Robert Scotland
3	Larry Russle	17	Robert Barry
3	Ha Le Riggio	18	David Rodriguez
4	Manuela Ortega	18	Josephine Bucelli
4	Howard Christy	18	Cindy Hansen
4	Kathy Warren	18	Deborah Bennett
5	Joyce Pratt	21	Michael Fluke
5	Marylynn McNabb	22	Pete Knowlton
6	Greta Curtis	22	Jane Manchip
11	David Whalen	23	Marsha Allen
11	Zhou Li	24	Norma Zuiderweg
11	Jetta Russell	25	Susan Peck
12	Anthony Riggio	25	Judy Smith
12	Marina Wallen	26	Carolyn Buckley
12	Dave Esposito	26	Judy Benaderet
15	Terrie Schmidt	27	Kelly Hoege
15	Steve Ollier	28	Janet Kelly-Reid
15	Paul Deak	28	Roy Hughes
16	John Kure	28	Angelina Franco
16	Larry Wright	29	Serietta Harrell
16	Walter Brock	29	Paula Bente
16	Colleen Hannegan	30	Tony Arauz
		30	Susan Schmitz

August Trivia

- ◆ **Birthstone:** Peridot (Growth, prosperity, love, loyalty, and protection)
- ◆ **Color:** Yellow/Green
- ◆ **Flowers:** Gladiola and the Poppy



Astrology

Leo: 07/21—08/22

Virgo: 08/23—09/22

August 2023 Horoscope

As we dance toward the height of summer, August promises fun, passion, and a hint of magic. However, we will also feel an intensely nostalgic vibe, as we find ourselves reflecting on the past, especially regarding how we've built our love lives and relationships over the past eight years. Karmic connections, twin flames, and "the one who got away" may all cross our paths during this time, as we are in the cosmic storm known as Venus retrograde. Mercury retrograde also takes place this month which will further slow down our plans, cause us to connect with people and situations from the past, and encourage us to turn within to understand what we truly want and need in our lives to be happy. If you'd like to reconnect with someone, this is one of the greatest month ever to do it. You may find that your hearts and souls finally align.



NATIONAL SOCIAL SECURITY DAY | August 14

On August 14, 1935, Franklin D. Roosevelt uttered these famous words upon signing the Social Security Act into law: "Today, a hope of many years' standing is in large part fulfilled... We have tried to frame a law which will give some measure of protection to the average citizen and to his family against the loss of a job and against poverty-ridden old age."

Seventy-nine years later, we continue to support President Roosevelt's vision of hope and protection for the most vulnerable members of the American public through our efforts every day.



Around the Town—*South Lake Park*



The long-awaited public access to a retired reservoir in San Marcos became a reality in April as city and water district officials celebrated the grand opening of South Lake Park.

The 10-acre site is located at 975 Sunstone Drive and includes a mile-long hiking trail around the lake, idyllic spots for fishing, and a small parking lot.

“After years of planning, we are so proud to finally cut the ribbon on this much-anticipated community park and welcome residents to this special location,” said City of San Marcos Mayor Rebecca Jones. *“Today is a shining example of what is possible when you persevere and hold true to your vision.”*

The park has been planned since 2005, when the city made a deal to rent the old reservoir from Vallecitos Water District for \$1 a year for 50 years.

“When the District’s need for the reservoir ended, the visionary leaders on the City Council and Water Board had the wonderful idea to open this space up to the public,” explained Vallecitos Water District President Jim Hernandez. “Thanks to them, and all those that came after, we can now enjoy this beautiful retreat in our community.”

The lake was built in 1959 and provided drinking water to the Lake San Marcos and Coronado Hills areas until 1984 when Vallecitos Water District decommissioned its use.

At its maximum capacity, Southlake can hold 73 million gallons of water. It is filled with run off from rain and fluctuates with drought conditions. The deepest part of the lake is 50 feet.

The project is a joint effort between the City of San Marcos and Vallecitos Water District.





Summer Word Search



SUMMER	G A R D E N Y S M B M T O L S
SUNSHINE	N I A R M E L E S E E R W O U
SWIM	U C I N C I P E A S I A M S N
BOAT	L M L I N O I T A C A V R P S
CAMP	P O P S I C L E Q L D E K I H
HIKE	U I P E C A M P I O O L F C I
GARDEN	Y T N S R E T L M D N T R E N
PLAY	P W N S O E P A T G N E D X E
BEACH	A U G R I A D Y B O A Y A T E
JULY	R L J U L Y G R S A S O U P A
AUGUST	K E F G L C E A T H I R G A S
PARK	B A L Y P A E N O C R E U R D
PICNIC	S H O R T S O O H A E H S H R
POPSICLE	U Y P E M N O S A E S S T D E
ICE CREAM	C H E T A M C L Y B G M R E S
SHORTS	X L A O V Z R C O J B R I N S
DRESS	F O S E M A E R C E C I O W L
TRAVEL	B L O S S U M M E R W B M O S
VACATION	
SEASON	

Recipes from the Heart

My chef du jour—Chef Jean-Pierre, introduced me to this fine chowder a while back. I totally recommend it. If you can, drive up the coast and dig for your own clams. I kept my little necks in an ice chest for two days on the drive back from Coos Bay, Oregon. They turned out perfect!

Feel free to share your own recipes to The Breeze.

The following recipe makes 10 to 14 servings and freezes beautifully!

New England Clam Chowder

Steam the Clams

100 Very Small Little Neck Clams
2 TBs Garlic Olive Oil or Extra Virgin Olive Oil
2 Shallots minced.
6 to 9 Whole Cloves of Garlic
3 to 4 Sprigs Fresh Thyme
2 to 3 cups Chardonnay

Note: Never use a wine you don't enjoy drinking. The taste will not improve while cooking.

Make the Chowder

1 TB Extra Virgin Olive Oil
½ pound Bacon diced
1 large Onion diced.
1 ½ cups Celery diced small.
1 ½ cups Carrots diced small.
1 Red Bell Pepper diced small.
1/4 Tsp Dried Red Chili Flakes
1 ½ to 2 cups Russet Potatoes cut into ¼ inches cubes.
6 Garlic Cloves minced.



1 cup Tomatoes chopped.
4 ounces Sweet Butter
¾ cup Flour
2½ cup Milk
1 cup Heavy Cream
3 cups Chicken or Vegetable Stock
1 TB Dill chopped.
¼ cup Harvey's Bristol Cream
Salt and Pepper to taste

Directions

- 1. Steam the Clams:** In a Dutch oven, add olive oil and when hot, add the shallots and cook for a few minutes, then add the garlic, thyme, and Chardonnay. When hot, add the clams, cover, and cook **COVERED** until all clams open, and strain the juice through a fine sieve and save it for the chowder. Chop clams into ¼ inch pieces.
- 2. Make the Chowder:** In a large soup pot, heat the olive oil, and when hot, add the bacon and cook for a few minutes until golden brown. Remove the bacon with a slotted spoon and reserve. Add onion, cook until translucent. Add celery and carrots and let them cook slowly for 5/10 minutes. Add the garlic and cook until fragrant. Add bell pepper, the potatoes, tomatoes, and clam juice.
 - i.** In another pot, melt the butter and add the flour and make a roux. Add the milk and make sure to use a whisk and mix vigorously to avoid lumps. Cook for a few minutes and add salt and pepper to taste. Add the stock and cream and mix well.
 - ii.** Back to the large soup pot, add the bacon back to the pot, add the milk mixture above, and then reduce heat to very low. Cook for about 45 minutes.
 - iii.** Add the dill and Harvey's Bristol cream.

IF NEEDED—Add a little corn starch diluted in water if the soup is too thin and adjust with salt and pepper.

Dressing Amazing Summer Salads!

Have you ever made your own salad dressings? They are so quick and simple when you stock your pantry correctly. Not only do they taste far better than store bought, they are also much easier on your pocketbook.



Enjoy!
G. Cinnamon

Classic Vinaigrette Salad Dressing

The versatility of this recipe is amazing. Think of this as just a jumping off point.

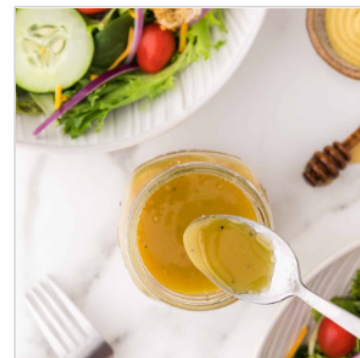
Ingredients	Instructions
3 TB Olive Oil	1. Whisk together all ingredients except the vinegar.
1 TB Red Wine Vinegar	2. Whisk in the vinegar.
1 Clove Garlic (grated)	3. Adjust seasonings as needed.
S&P to Taste	

Variations

Perhaps the biggest change you will notice is by the quality of the oil and vinegar you use. For example, if you use extra-virgin, cold-pressed olive oil, the flavor of that oil alone will greatly enhance the taste of the dressing.

When you are ready to explore more, make the following changes to the dressing above:

- Crush a quarter teaspoon each of dried rosemary, marjoram, thyme, and basil, and just whisk them into your dressing.
- If you love tarragon like I do, use it instead or in combination with the marjoram.



What if you like cheese in your salad? No problem. Crumble or sprinkle as much cheese as you'd like into your salad and then toss it well with your dressing such as, blue cheese, Parmigiano-Reggiano, or feta (goat cheese). You can also adjust the types and quantities of seasonings in your salad dressing.

What about other types of vinegar and oil combinations?

Think of the vinegar as the acid—the bitter taste. Then think of the oil as the creamy or smooth taste. There's no limit to the variations you can create here keeping the basic 3:1 ratio in mind. Here are a few examples:

Possible Oil Substitutes	Possible Vinegar Substitutes
<ul style="list-style-type: none">▪ Avocado Oil▪ Grapeseed Oil▪ Peanut Oil▪ Mayonnaise▪ Plain Yogurt	<ul style="list-style-type: none">▪ Balsamic Vinegar (the older the better)▪ Apple Cider or White Wine Vinegar▪ Rice Wine Vinegar▪ Fresh Lemon or Lime Juice▪ Smashed Raspberries

But what about the salad portions, and what type of dressing goes best with which types of salad fixings?

...more to come next month. Until then, enjoy playing with this classic recipe and a few simple variations.

Do you know what SPARC is?

Services and Programs
Assisting Residents in our
Communities

Website: www.sparc-ca.org



Our mission is to provide health, wellness and educational programs/services to Millennium Housing residents.

CONTACT INFORMATION

Stacey Kazmierski- Director of Resident Services

P: 949-515-5100 x305
E: skaz@sparc-ca.org



Past Programs:

Tai Chi

Wellness Resource Fair

Fruit Picking

Scam Seminars

Art Classes

Free Tax Filing

Be on the look out for these upcoming event dates:

SPARC Meet and Greet Luncheon

Medicare Changes and Enrollment Q&A

Physical Therapy and Why Stretching is Important

Holiday Band and Bingo