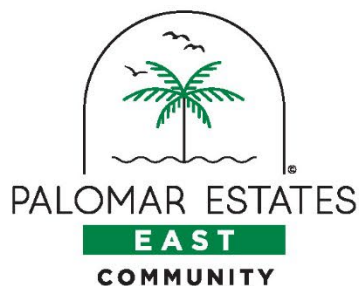




Emergency: 911

Non-Emergency: 1-661-325-3239 *after hours*



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Website: www.peerasm.org

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palomareast@gmail.com

Office Hours:
Monday-Friday 8am-12pm & 1pm-4pm

Clubhouse Hours:
Monday-Sunday 8am-9pm

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3491 Concourses Street, Suite 204
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Katie Davis: (909) 930-9750 x3005
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Millennium Housing
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President: George Turk
Vice-President: Lori Carraway
Project Manager: Diana Welsch
Director, Resident Services: Stacey Kazmierski
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Fax: (949) 515-5101



June Editorial

Father's Day is Sunday, June 15th. The Social Club Happy Hour on June 6th at 5:30 pm will be an early celebration of Father's Day. For details, refer to page 9.

This editorial includes true stories from the website savvydad.com.

Savvydad.com

About the Website

I'm Greg Hague. This website is dedicated to my dad. He helped me so much. I am trying to do the same for my sons. This is a collection of what I want them to know before I go...



The Legacy of My Father's Advice

It was the afternoon of November 1st, 1980.

I had just sold my son's winter jacket at a yard sale for \$6. I needed the money. My business had flopped. My home had been sold. I lost everything.

Ego shattered; life as I knew it had ended.

It was horribly embarrassing, but 100% my fault. I had been living an illusion.

With an elite law school education, I thought I was incredibly smart. My ego agreed. Then, I got toasted by a competitor who made a wicked-smart move.

Remember the movie 'Top Gun'? My ego wrote checks my smarts couldn't cash.

I was a beat up example of the difference between being educated and being smart.

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

Also, the PEERA website is: peerasm.org

My dad "Chubby" came to the rescue — not with money, but with savvy. He told me what happened and explained why. I came back big. Chubby taught me what to do when, when to say what, and when to shut up.

He taught me what others seemed not to know. It made me millions, set me free, and made my life. After my sons were born, I so wanted to be a great dad. It was my #1 priority in life.

So, I looked back on how my dad had helped me. Our adventures together, our father-son talks, his savvy advice, and the examples he set.

I began sharing Chubby stories with my sons. Our most memorable times. What I learned. How it helped me in life.

Stories of Remarkable Dads

My Pop-Tart Dad

"The smallest gestures often make the biggest difference."
—John Wooden

This story is from Sharon.

Dad was distant. We never had a close relationship. Did he even like me? Sometimes I wondered.

My father was taciturn, reserved, an academic. Neat freak. Perfectionist. Workaholic.

We were like sugar and salt. I was full of words — and problems, too. Dad said little, buried in work and his books. That's why my sister and I first lived with Mom in Illinois. But as I grew older, it didn't work out. Mom and I had issues.

Joanne Price, Editor, *The Breeze*



Monthly Contributors to *The Breeze*

Joanne Price—Editor

Patty Gonzales—Creative Director/
Staff Photographer

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

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: peerasm.org. Ads placed in *The Breeze* and newsletter production quality are solely managed by the publisher: MHB Group 800-828-8242.

June Editorial

I was bipolar, had OCD and an eating disorder. It became too much for her to handle. So at 18, I packed up and headed for Minnesota to live with Dad. At least he would just leave me alone.



He was exactly as I remembered. Introverted. Distant. But he had a razor-sharp intellect and was very observant.

"I think you should eat more than just apples," he said one day.

Borderline anorexic, I was obsessed with becoming a dancer. My sick brain told me apples were the answer. I was surprised by Dad's words, that he'd noticed, that he cared. He was perched over our small kitchen table, slowly clipping coupons into perfect rectangles.

"That seems like all you eat," he concluded in a monotone tone. He didn't look up, eyes intensely focused on his perfect stack of clippings.

Dad was right. It was all I ate. It's amazing I could walk to and from school in sub-zero temperatures on just a few apples a day.

"Well," I scoffed, "You don't even have Pop-Tarts or anything!"

Pop-Tarts — my weakness. I could never resist.

Dad didn't look up to acknowledge my plea. Whatever. He didn't care about me.

I came home from class the next day. Time for an apple, I thought. So I opened the pantry. Inside? Pop Tarts. Boxes and boxes, lined up in rows. My eyes filled with tears. Dad cared.

Things improved from there. I started to eat. Pop-Tarts. Then real food. And I started to live. More energy. More alert. I walked everywhere.

But here's the remarkable thing. I had been wrong all along. I had a dad. Someone who cared.

Showing Up as They're Growing Up

When I was young, my dad worked at a downtown law firm. They had every color pen and fun drinks in

the fridge. My dad even had his own office with pictures of my brother, my mom and me.

I remember thinking what a cool job he had!

Dressed in suit and tie, briefcase in hand, he would get in his Volvo with his coffee spilling everywhere and drive off – only after sending my brother and me off on the school bus, of course.

How was I to know Dad was up those mornings at four a.m., already working? I'd see him later for soccer practice because he was our coach. He actually coached everything from tee ball to soccer, and eventually, basketball, baseball and softball.

My Dad made every school play, helped Mom host every birthday, and even made time to take us fishing, camping and skiing.

I never paused to realize the significance of those memories, and the tremendous discipline it took for him to keep showing up as we were growing up, especially given his busy career.

But one day I started to get it . . . *I got a busy career!*

As a self-employed professional in the financial arena I was working at least 60 hours a week. Then I got engaged and started to think about my life ahead. Specifically . . .

How on earth does someone carry two jobs (parent and professional) with such success? I had to ask Dad.

His answer was simple: So much time and energy is wasted every single day on "urgent things" – things that pop up in almost hourly intervals, distracting us from our missions in life. My dad made it clear that the only truly "urgent thing" in his life was showing up while we were growing up. Everything fell second to that. He explained that it was because his father rarely showed up for him, and he wouldn't make the same mistake.

My Dad continues to show up for me and my brother to this day. His most valuable legacy to me is the constant reminder that those seemingly "urgent matters" can often wait – truly important things, like family and marriage, take precedence.



Millennium Memo



One of our favorite SPARC programs is our partnership with Senior Gleaners, a local non-profit that feeds the hungry by gathering surplus fruits & vegetables.

On April 16, the Gleaners picked 3,214 pounds of fruit from 17 spaces at Palomar East and 13 spaces at West. This not only feeds folks, but it helps residents who are unable to pick the fruit themselves.

SPARC also started a Tech Class, teaching the basics of Smartphones, avoiding online scams, navigating the internet, an introduction to Social Media...I'm not sure that last one is a good idea, but the Class was a big hit at Palomar West.

The Class started on May 28 and will run for 5 weeks. Attendance is limited to 20, so make sure you sign up.

Next...on June 26, SPARC is holding a Micro-Fair, featuring 10-12 vendors, Tech Question Booth, Health Screenings...and a FREE Jersey Mike's lunch. Kudos to Stacey and SPARC, our resident services partner, for bringing these programs to the Park.

More News

- Felipe was very happy to announce two additions to the Maintenance Staff: Eric & Robert, getting the Staff closer to full strength. Welcome to the Millennium Family, guys.
- Speaking of Felipe...in just the past month, his team added parking at the Pool, rebuilt the BBQ, upgraded Stop Signs, installed a gate at the Viewpoint Walkway, painted the Arbor & Entrance Fence, fixed the Library AC...
- All that was before Eric & Robert arrived. Great job, Felipe!
- Kasey reports that "a dog was briefly left unattended and snatched by a coyote. The resident chased the coyote up the street and the coyote dropped the dog." The dog survived, but what a scary story.

Father's Day Note from My Daughter

"Dear Dad...I wish I had enough money to buy the Padres for you. I wouldn't do that, I just wish I had that much money." Brings a tear to your eye, doesn't it?

Stay alert while walking your dog...and Have a fun Father's Day!.

George Turk

*President
Millennium Housing*

East Park

MARKET UPDATE & MANAGER'S REPORT



Summer is Approaching! Pool Rule Reminders

- Guests must be accompanied by a resident.
- Wearing regular clothing while using the pool or jacuzzi is not allowed, swim attire only. The lint from clothing has been causing damage and clogging the filter.
- Noodles are permitted in the pool but not floatation devices or rafts. This is a park rule and there isn't enough space.
- Children's hours are from 11am-1pm and 4-6pm. Children under 3 or wearing diapers are not allowed in the pool. This is a community pool and a health safety issue. Diving, running, jumping, excessive noise, and rough housing are not permitted.
- Food is allowed provided it is kept well away from the water and wrappers/garbage are discarded.
- Smoking, vaping, and pets are not permitted in the pool area.

Home Sales

There were five (5) homes sold last month, two (2) homes are in escrow, and four (4) homes for sale.

Maintenance Update

A water leak was repaired on the corner of Elm and Lucilla St. Additional parking spaces were added to the clubhouse parking area nearest the pool entrance. The wooden fence at the

entrance of the community was painted white to match the walls. New irrigation was installed to repair broken equipment throughout the park slopes. A gate was installed at the Viewpoint Rd entrance between the two parks.

Contractor Hours of Operations / Home Projects

Construction work using heavy machinery equipment is permitted Monday – Friday from 8am-6pm and Saturday from 8am-5pm. This includes residents working on do-it-yourself projects. Please be considerate of your neighbors!

Short & Quick

- **JUNE RENT PAYMENTS** - We are nearing the end of our Fiscal Year at the park. We need you to pay the exact amount that is owed on your rent statement (no more, no less). Patty and I are tasked with having all balances at \$0.00 at the end of June.
- **WEEDS** – Terminate them before they multiply.
- **CARPORT STORAGE** - Items must be stored in your home or shed. Please contact EDCO @ 760-744-2700 for items that need to be discarded.

Your concerns and needs ARE IMPORTANT!

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

palomareast@gmail.com

Palomar Estates East Residents Association

P
E
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A



Notifications & Activities

Dear Palomar Estates East Residents,

Here we are entering our favorite time of year and soon to have our longest day of the year. San Diego will be buzzing with tourism so we hope you will utilize the many amenities our Park has to offer as well as preparing for our July 4th Tailgate Party at the Clubhouse BBQ area.

A resident suggestion was received regarding Trash Management. Kasey has obtained different colored containers for the Clubhouse and the Pool area and signs will be very visible for the correct disposal of trash during events and pool usage.

In May, PEERA created and distributed a survey to all residents. Many surveys have been received thus far and we thank you for taking the time to respond! Your comments will assist us in understanding resident viewpoints and in improving communications. We will be calling or writing to those who provided contact information on the survey form.

I was hoping to receive the Wish List Budget from Millennium Housing and Haven Management

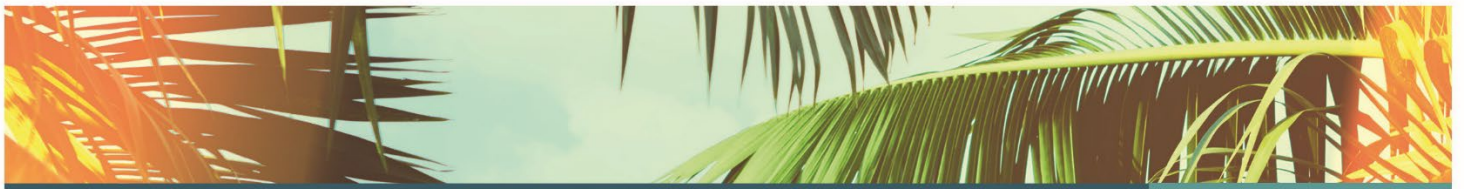
PEERA Board

Chairperson	Connie Bloem
Vice Chairperson	Michael Weiss
Secretary	Jetta Russell
Treasurer	Leslie Dranko
Beautification	Sally Yeater
Community Resources	Ken Hodor
Complaints	Joanne Robinson
Emergency Prep	Peter Del Bene
Helping Hands	Joanne Price
Membership	Sally Yeater
Publicity	Joanne Price

Services in time for the Breeze deadline. Unfortunately, it is still in the drafting stage and not yet approved.

Residents will be notified when we receive the information. If you submitted maintenance items on your Wish List and those items have not been completed, please leave a note in the office mailbox.

Regarding technical assistance with cell phones, tablets, etc., it became apparent that the Donuts and Data initiative was too loosely structured, and that technical support would best be met with specific scheduled sessions.



Your Voice IN Our Community

PEERA Board peerasm.org

2025

Our residents were provided a flyer in their resident tubes regarding the 5-Session Smartphone Classes sponsored by SPARC. These sessions began on May 28th and will be meeting for 5 consecutive weeks. There was availability for 22 attendees in this offering.

Depending on the interest in these classes, we will look into the possibility of holding a similar series at some time in the future. If you would be interested in participating in such a series, please leave a note in the PEERA mailbox, or send an email to PEE.TheBreeze@gmail.com.

Ken Hodor has been helping various neighbors obtain equipment needed for mobility. Contact Patty in the Palomar East Office or drop a note in the PEERA mailbox if you would like more information about this.

The ByLaws Committee completed their first draft of revisions. The Board has had one

review meeting with the committee for discussion of half of the Articles. A second meeting is scheduled.

The PEERA Board is continuing to identify areas that need process documentation to provide an easier transition to each member of a new Board and allow better recordkeeping. Committees will be restructured and allow residents to participate in short term projects and needs.

Enjoy the music on July 4th and we remind you that fireworks are not permitted within the park. There will be plenty of fireworks at Bradley Park to keep us alert all evening.

See You There,

Connie Bloem

PEERA Chair

The next PEERA Board Meeting is on Tuesday June 3, 2025 at 5:30 pm at the Clubhouse.



All New Dad Jokes for 2025

The title is fair warning! Proceed at your own risk. Groan territory ahead!

- What kind of shoes do frogs wear? Open-toad sandals.
- I just built an ATM that only gives out coins. I don't know why no one's thought of it before: it just makes cents!
- Did I ever tell you about the time I went mushroom foraging? It's a story with a morel at the end.
- What happened when two slices of bread went on a date? It was loaf at first sight.
- Why do crabs never volunteer? Because they're shell-fish.
- I had a quiet game of tennis today. There was no racket.
- What's a shark's favorite saying? "Man overboard!"
- What did one slice of bread say to the other before the race? You're toast!
- I poured some water over a duck's back yesterday. I don't think he cared.
- How did I know my girlfriend thought I was invading her privacy? She wrote about it in her diary.
- Why did the electric car feel discriminated against? Because the rules weren't current.
- I'm such a good navigator, A self-driving car once asked me for directions.
- Why do melons have weddings? They cantaloupe.
- What did the bison say to his son when he left the ranch? Bi-son.
- Watch what you say around the egg whites. They can't take a yolk.
- I'm so good at fixing things, my motto is, "If it is broke, I'll still fix it."
- Where did the pumpkins have their meeting? In the gourdroom.
- What's the best way to save your dad jokes? In a dadda-base.
- I got a new pen that can write under water. It can write other words too.
- My boss said, "dress for the job you want, not for the job you have." So, I went in as Batman.
- I went to the aquarium this weekend, but I didn't stay long. There's something fishy about that place.
- What do you call a sheep who can sing and dance? Lady Ba Ba.
- Why can't dinosaurs clap their hands? Because they're extinct.
- I gave my handyman a to-do list, but he only did jobs 1, 3, and 5. Turns out he only does odd jobs.
- Why should you never take sides in an argument at the dinner table? Trick question. It's the perfect time to take sides because no one's paying attention. Bring Tupperware.
- Who won the neck decorating contest? It was a tie.
- Where do rainbows go when they've been bad? To prism, so they have time to reflect on what they've done.

If you haven't had enough groans, you can find more at the following link:

www.countryliving.com and search for Best-Dad-Jokes.

[Remember, I warned you!]

Hosted Happy Hour!



IT'S GAME TIME



VIP INVITE

You Hit **FATHERHOOD OUT OF THE PARK!**

Let's dedicate our June happy hour recognizing and celebrating the profound impact fathers and father figures have on their children and grandchildren, who significantly contribute to community well-being.

"Remember these two things: play hard and have fun."

- Tony Gwynn

BATTER UP!

Join us and wear your favorite baseball apparel.

Any questions? Contact: Patty Gonzales, 760-822-5613

We will serve sloppy Joes (beef and turkey), macaroni salad, potato chips, and iced tea, while supplies last. Of course, the fathers will be served first.

We've also enlisted volunteers to bake homemade cakes to celebrate June birthdays. You may still bring your favorite potluck appetizer or dish, and as always, bring your favorite beverage.

ADMIT

SECTION

COST

ALL

CLUBHOUSE

FREE

FRIDAY

6

JUNE

AT 5:30 TO 7 PM

No Reservation Required - Seating First Come

4th of July Celebration



PEERA AND SOCIAL CLUB PRESENT:

4th of July Celebration!

with

a Live Band



Festivities begin Friday the 4th at 3:30 pm
at the Patio, Pool, and inside the
Main Clubhouse

The Clubhouse patio grill will be ready with hot coals for those bringing their own Grub (protein or vegetables) to bar-b-que. There will be utensils to flip your food.

Provided: Joann Ritchey's wonderful baked beans!
Fruit and Dessert
Tea and Lemonade
Plates, napkins, cups, utensils and
condiments will all be provided

Feel Free to bring your own special 4th of July side dish to share.
You're welcome to bring your beverage of choice!

This event is open to family and friends!



How Flag Day Became a National Holiday

Not very many people know about Flag Day...when it is, and why it even a day to celebrate. This article provides a few details about Flag Day.

Popular history holds that Flag Day became a nationally recognized holiday in 1916. However, the story of Flag Day started much earlier and includes one of the most unlikely cast of characters to step onto the national stage.

According to tradition, the city of Hartford, Conn. began this patriotic custom on June 14, 1861, after native son Victor Morris urged his community to celebrate the 84th anniversary of the adoption of the American flag with a special day of remembrance.

Public support for Flag Day picked up steam in 1885, when B.J. Cigrand, a schoolteacher from Fredonia, Wis., mobilized his students to celebrate "Flag Birthday" on June 14. Cigrand later championed for establishing a national flag holiday when he became editor-in-chief of American Standard magazine.

George Balch, a kindergarten teacher from New York City, brought Flag Day to the children of his school in 1889. Interest in this event became so popular that the State Board of Education of New York soon adopted its variation of Flag Day. Across the state border, Colonel J. Granville Leach, a noted historian for the Pennsylvania Society of the Sons of the Revolution, worked diligently to establish a similar Flag Day event in Philadelphia. On June 14, 1893, school children assembled at Independence Square, where they honored the Stars and Stripes by waving small flags and singing patriotic songs.

Not to be outdone, the American Flag Day Association organized the first general public school celebration of Flag Day in Chicago, Ill.

More than 300,00 students participated in this event on June 14, 1894.

It was when Secretary of the Interior Franklin K. Lane delivered a stirring Flag Day speech in 1914 that the nation began to recognize the significance of this event.

"I am what you make me; nothing more," said Lane. "I swing before your eyes as a bright gleam of color, a symbol of yourself."



All these efforts finally paid off in 1916 when President Woodrow Wilson issued a proclamation establishing June 14 as Flag Day. In 1937, Pennsylvania became the first state to make Flag Day a legal holiday. President Harry Truman later signed an Act of Congress in 1949, officially designating June 14 as National Flag Day.

President Donald Trump, who was born on Flag Day (June 14, 1946), expanded the celebration in 2017 by proclaiming Flag Day and Flag Week. Across the country, numerous cities and towns have made Flag Day an annual patriotic celebration, replete with parades, picnics, essay contests and fireworks. Fairfield, Wash., Appleton, Wis. and Quincy, Mass. each lay claim for the nation's longest-running Flag Day parade while Three Oaks, Mich. maintains that it has the largest Flag Day parade in the country.

With a surge of patriotism and a steady increase in flag sales, Flag Day should continue to be a highly revered American holiday for a long time to come.

By Mark Soroka

THE NATIONAL FLAG
FOUNDATION

Around Town

SAN MARCOS

San Marcos Fireworks Extravaganza – Bradley Park, July 4th

Friday, 5 pm to 9:30 pm

- Entertainment begins at 5 pm
- Fireworks begin at 9 pm
- Live Music
- Kid's Zone

San Marcos hosts one of the most spirited 4th of July celebrations in North County. This year's festivities will include musical performance by Republic of Music, carnival games, jumpers, and food sales on-site. Guests should plan to bring beach chairs or blankets for lawn seating. The fireworks display is fully funded by charitable donations. (To donate, visit <https://tinyurl.com/SMFireworks2025>)



SAN DIEGO COUNTY FAIR

Del Mar Fair Grounds – Weds, June 11th through Sunday, July 6th Sunday, 8 am to 5 pm

(For details: sdfair.com)

As you can see from the image, this year at the San Diego Fair has a new twist:

“Summer Pet-tacular 2025

The fair website indicates this caution:

“While this is a pet-themed celebration, pets are not allowed on the Fairgrounds—for the safety of all guests and animals. Please leave your furry friends at home (they'll thank you later for the quiet time!).”

I presume this pertains simply to bringing your pet to walk with you through the general fair venues. There are several participation events with animals which you might wish to learn more about from the website.



As with previous years, there are numerous summer concerts you might want to check out. Some of these are free with park admission while others require additional tickets.

Many dog lovers have heard the name Cesar Millan. Cesar will be doing a show on June 21st at 6 pm. Tickets range from \$62 to \$76. This fee includes admission to the fair on that day.

Food for the Festivities

Red, White, and Blue Summer Salad

- Total Prep Time: 25 min.
- Yield 12 servings
- Contest Winner Test Kitchen Approved

In this dish, I combine traditional Caprese salad flavors with summer peaches and blueberries. I also add prosciutto for saltiness, creating a balanced, flavor-packed side dish.

—Emily Falke, Santa Barbara, California

Ingredients

2/3 cup extra virgin olive oil
1/2 cup julienned fresh basil
1/3 cup white balsamic vinegar
1/4 cup julienned fresh mint leaves
2 garlic cloves, minced
2 teaspoons Dijon mustard
1 teaspoon sea salt
1 teaspoon sugar
1 teaspoon pepper
2 cups cherry tomatoes
8 cups fresh arugula
1 carton (8 ounces) fresh mozzarella cheese pearls, drained
2 medium peaches, sliced
2 cups fresh blueberries
6 ounces thinly sliced prosciutto, julienned
Additional mint leaves

Directions

In a bowl, whisk first 9 ingredients. Add tomatoes; let mixture stand while preparing salad.



In another large bowl, combine arugula, mozzarella, peaches, blueberries and prosciutto. Pour tomato mixture over top; toss to coat. Garnish with additional mint leaves. Serve immediately.

Nutrition Facts

1 cup: 233 calories, 18g fat (5g saturated fat), 27mg cholesterol, 486mg sodium, 10g carbohydrate (8g sugars, 2g fiber), 8g protein

Community Activities

All Are Welcome  Come Join the FUN!

ACTIVITY	DAYS / TIMES	LOCATION	CONTACT PERSON
BILLIARDS	Weds: 1:30 PM to 3:30 PM	Small Clubhouse	Ken Hodor (858) 752-0460
BILLIARDS (Women's)	Mon: 1:30 PM to 3:30 PM	Billiards Room (West)	Peggy Shull (619) 301-6591
BINGO	Thurs: 6 PM	Clubhouse (West)	Debbie Johnston (760) 703-6705
BOOK CLUB	2nd Weds monthly: 1:00 PM	Clubhouse Card Room	Host Varies Monthly
BUNCO	3rd Thurs monthly: 4:45 PM, game 5 PM to 7:30 PM	Clubhouse Card Room	Jetta Russell (619) 994-5647
CAR CLUB	1st Weds monthly: 7 to 9 PM	Main Clubhouse	Sandy Wagner (602) 882-2977
CERAMICS	(Currently on Pause)	Main Clubhouse Arts & Crafts Room	Andrea Martin (760) 931-8393
DANCE LESSONS	2nd & 4th Thurs: 2 - 3:30 PM	Main Clubhouse	Anne Pearson (858) 610-4816
HAND & FOOT CARD GAME	Mon and Thurs: 1 PM	Marilyn Fluharty's home (Spc 179)	Anne Litz (760) 846-5850 Marilyn Fluharty (218) 821-0337
MANIPULATION CARD GAME	Weds: 6 - 8 PM	Clubhouse Card Room	Linda Cockrell (626) 274-1662
PAINT CLASS	1st Tues monthly: 10 AM - 1 PM	Clubhouse (Vallecitos)	Dawn Anguiano (760) 802-2170
QUILTING GROUP	Tues: 9:30 AM - Noon	Clubhouse Card Room	Sandy Wagner (602) 882-2977 Leslie Dranko (See Directory)
TAI CHI	Fri: 9:00 AM	Main Clubhouse	Rudy Cobos (773) 519-6627
YOGA (CHAIR)	Thurs: 10:00 AM	Main Clubhouse	Luanne Foster (480) 203-4330
ZUMBA	Mon: 10 AM, Thurs: 11:15 AM	Main Clubhouse	Saleemah (803) 463-2880

Additional Park Activities

ACTIVITY	CONTACT	PHONE
Bocce Ball	Carl Silva	707-673-7151
Darts	Bill Richards	760-525-2219
Fishing	Bill Richards	760-525-2219
Fitness Facility	Ken Hodor	858-752-0460
Golf Putting Green	Dave Fenner	760-822-5617

ACTIVITY	CONTACT	PHONE
Library	A.J. Jangula	760-500-7818
Pickleball	Joanne Price	760-805-7092
Ping Pong/Tennis	Bill Mead	919-610-8769
Puzzles	Card Room	N/A

Calendar

JUNE 2025

S	M	TU	W	TH	F	S
WEEKLY ACTIVITIES: The following are regular weekly activities that occur on the day indicated.						
	1 PM – Hand & Foot Card Game (Fluharty Home, Spc 179) 1:30 – 3:30 PM – Women’s Billiards (Pool) at West	9:30 AM - Noon – Quilting Group (Clubhouse Card Room) 10 AM – Zumba (Clubhouse)	1:30 – 3:30 PM Billiards (Small Clubhouse) 6 – 8 PM – Manipulation Card Game (Clubhouse)	10 AM – Chair Yoga (Clubhouse) 11:15 AM – Zumba (Clubhse) 1 PM – Hand & Foot Card Game (Fluharty, Spc 179) 6 PM – Bingo (West)	9 AM – Tai Chi (Clubhouse)	
MONTHLY OR SPECIAL ACTIVITIES: The following activities occur only on the dates indicated.						
1	2 8 AM Donut Day – Clubhouse	3  10 AM to 1 PM Paint Class –(Vallecitos) 5:30 PM PEERA Board Meeting – Clubhouse	4 7-9 PM Car Club – Clubhouse	5	6 5:30 to 7 PM Father’s Day Fun at Clubhouse	7
8	9	10	11  1 PM Book Club – Clubhouse	12 2 – 3:30 PM Dance Lessons – Clubhouse	13	14 FLAG DAY
15 FATHER’S DAY	16	17 	18	19 4:45 – 7:30 PM Bunco –Start at 5PM at Clubhouse Card Room	20	21
22	23	24	25	26 10 AM to Noon Resource Fair – (Clubhouse) 2 – 3:30 PM Dance Lessons – Clubhouse	27	28
29	30					

Park Member News

Welcome New Neighbors

We look forward to getting to know you! Please fill out the envelopes found in your Welcome tote. You can return them to the Social Club and/or PEERA mailboxes in the clubhouse.

- Nora Dulaney: Space 6
Arrived: 4/2/2025
- Maria Lutfi: Space 352
Arrived: 4/8/2025
- Sam & Lisa Yong Lee: Space 330
Arrived: 4/17/2025
- Stephanie Tan: Space 290
Arrived: 4/28/2025

Gone But Not Forgotten

The following residents have either moved or have passed away. They are gone but appreciated for the time they lived in our community.

- Emily Wolfe: Space 118
Arrived: 11/2008 Passed Away: 4/3/2025
- Bernardo Sustaita: Space 345
Arrived: 9/2020 Passed Away: 4/10/2025
- Deborah Lyon: Space 67
Arrived: 1/2014 Passed Away: 4/14/2025
- Bill & Joan Elder: Space 328
Arrived: 10/2002 Moved: 4/18/2025
- Michael & Carolyn Westbrook: Space 290
Arrived: 11/2023 Moved to Palomar West
4/28/2025



Wedding Anniversaries

June 15 John & Susan Helander
June 22 Jay & Debbie Diaz
June 25 Michael & Markey Allen

Remember, to be sure your anniversary is included on your special month, you can email The Breeze editor at PEE.TheBreeze@gmail.com. Be sure to send your email at least 2 months prior to your anniversary date.

Interested in Singles Mingle Group?

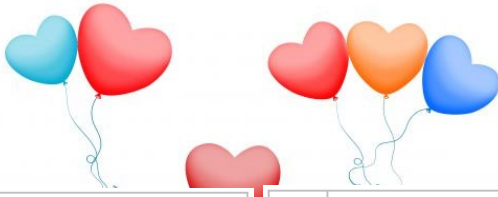
A resident new to Palomar Estates inquired if there was any Singles Mingle event at our park. Finding none, this person suggested that perhaps we could investigate if there is any interest in starting such a group. Such a group could possibly collaborate with our sister parks.

If you have an interest in helping to get such a group started, or even in just attending such a group, please email your interest to PEE.TheBreeze@gmail.com. Please include your name and contact information (email or text). You may be among others interested in such a group.



Park Member News

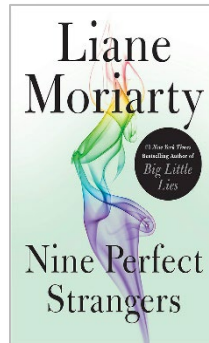
Celebrating Our June Birthdays!



1	Kathi Fennelly	14	Susan Alves
1	Paul Thiboutot	14	Gerald Daffer
1	Betty Lou Cassel	14	Sandy Gonzalez
2	Valerie Cottrell	15	Tina Finn
3	Donald Agostino	17	Bill Ralston
3	Leroy Dutton	18	Maryellen Franey
4	Elaine DeAngelo	18	Manuel Gonzalez
6	Naomi Van Middlesworth	19	Doug De Stefano
8	Lesa Nassar	20	Karen Del Bene
9	Chris Walla	20	Christa Laske
9	Stephanie Tan	21	Shirley Tisdall
11	Jeff Quigley	27	Terry James
12	Jon Sherman	28	Renee Joseph
12	Flechette Morin	28	Leslie Dranko
13	Young Kang	29	Carol Ulak

Book Review – Nine Perfect Strangers

by Lane Moriarty



Lane Moriarty is the author of the widely known bestseller *Big Little Lies* and the adaptation of the HBO series of the same name.

Nine Perfect Strangers is about nine people gathered at a remote health resort in Australia.

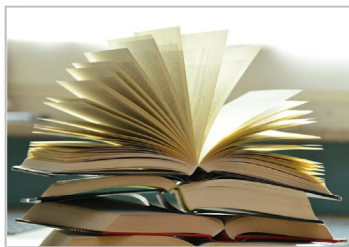
Each guest has gone there for different reasons but all hope to leave feeling refreshed and healthier after their 10-day stay.

However, they're unaware that the woman behind the health resort has interesting tactics up her sleeve in the name of health.

The book builds up suspense and insanity and is set in a normal everyday context that makes the characters relatable.

Hope you enjoy the book and are able to come to our June meeting, to share your ideas and maybe host a future book club meeting.

Book Club



Come join our monthly book club on the 2nd Wednesday of each month. 1:00pm at the main clubhouse in the cardroom/library.

Whether you've read the book or not, come for our discussions, connect with other residents and learn the benefits of a good read.

- **June Book** – *Nine Perfect Strangers*, by Lane Moriarty
Host for June: Leslie Dranko
- **July Book** – *The Warsaw Orphan*, by Kelly Rimmer
Host for July: Sandy Wagner



Palomar Estates East Avid Reader –
Lucy Wheeler

PALOMAR
EAST
RESOURCE
FAIR!
SAVE THE DATE



What to expect:

- ✓ Activity booths
- ✓ Educational Vendor Booths
- ✓ Health Screenings
- ✓ Free Lunch and Raffles

Details:

Date: Thursday, June 26

Time: 10am-12pm

Location: Palomar East
Clubhouse

REGISTER NOW

SIGNUP IN THE CLUBHOUSE BY
JUNE **23RD!**

20 Top Healthy Eating Habits, According to a Dietician (Excerpts)

By Lauren Manaker, M.S., RDN, LD, CLEC

Small healthy eating tweaks can help you succeed when focusing on your overall well-being. Here are 20 evidence-based tips to implement.

Including healthy eating habits in your life is a must if you want to support your overall well-being. While trendy diets and lifestyle overhauls are all the rage, the truth is that small changes and swaps can lead to big results in the health department.

To make implementing healthy eating habit changes more sustainable, I generally recommend that people choose two or three tips to kick-start their healthy eating journey. Once you master a few tips, you can add more.

Here are 20 tweaks you can make to your eating habits that are dietitian-approved and incredibly impactful for long-term healthy change.

1. Limit Drinks with Added Sugars

Added sugars are lurking in many seemingly healthy drinks, like fruit punch and sports drinks. Unfortunately, taking in too many added sugars has been linked to adverse outcomes including chronic inflammation, obesity, hypertension, type 2 diabetes, metabolic syndrome and even depression according to a 2024 review article in BMC Psychiatry.

Swapping out beverages with added sugars—think regular soda, sweet tea, sports drinks, fruit punch, lemonade and fruit “drinks”—for no-sugar-added choices like water, seltzer water, unsweetened coffee or tea and even 100% fruit juice in moderation can give your body the hydration it needs without any added sugars.

2. Include Fermented Food in Your Diet

Kimchi, sauerkraut and other fermented foods not only taste delish, but they also fuel the body with live probiotics that support our overall health in various ways. To give your body a boost of probiotics, start your day with plain yogurt, enjoy a miso soup at dinnertime or sip on a kombucha midday for some fermented goodness.

3. Eat 2 to 3 Servings of Low-Mercury Non-Fried Fish Every Week

Although the 2020-2025 Dietary Guidelines for Americans suggest that most Americans eat at least 8 ounces of fish every week, the majority of people are sorely missing the mark. Fish, especially oily fish, like salmon, is a rich source of DHA omega-3 fatty acids, selenium, vitamin B12 and a slew of other important nutrients that support our health.

Eating fish is linked to a plethora of potential health benefits too, including a reduced risk for cardiovascular disease, according to a 2022 review in Food Chemistry.

4. Swap Out Highly Processed Meat for Fresher Options

Highly processed meats like lunch meats, bacon and sausage are certainly convenient and incredibly appetizing. But these meat choices can also be loaded with nitrates, additives that, when heated, can produce potentially cancer-causing compounds, according to a 2020 report in Antioxidants (Basel). Many of these meat choices are loaded with sodium as well.

There are nitrate-free and reduced-sodium deli meats out there, so choose a deli counter with these options. Or use fresh cuts of meat like turkey, chicken and beef that are naturally lower-sodium and nitrate-free and can be just as satisfying to eat—and make healthy sandwich fillings too.

5. Have a Glass of Milk Every Day

Milk isn't just for kids. As a staple food that is a perfect accompaniment to chocolate chip cookies, a glass of milk is loaded with 13 essential nutrients, including bone-building calcium, protein and magnesium. Yet, as nutrient-dense as milk is, most adults don't drink even one glass of this beverage a day. If milk tends to bother your gut, you might try lactose-free milk or A2 milk.

6. Add Fruit to Your Midday Snack

A lower intake of fruit is linked to outcomes like increased risk of certain cancers, heart disease and stroke, sneaking in some fruit every day is a smart move.

Eating Well (Continued)

When the 3 p.m. slump strikes, instead of reaching for sugary candy or caffeine-laden drinks, enjoying fruit can give you sustained energy along with some energy-supporting nutrients. Combining a serving of fruit with protein can help give your snack some staying power, so you will feel satisfied and avoid a potential sugar crash shortly after eating.

If you don't have fresh fruit at your fingertips, know that dried, freeze-dried, frozen and canned fruit are all healthy options as well, as long as they don't contain added salt or sugar. From freeze-dried blueberries to dried mango slices, the fruit choices are endless.

7. Add More Vegetables to Your Dishes

Vegetables are one of the best sources of fiber, a nutrient that can help keep your body healthy by supporting gut health and possibly reducing the risk of developing certain cancers. Plus, many veggies are low in calories and can help make dishes a bit more satisfying and flavorful.

Adding vegetables to your dishes doesn't mean a salad every day of the week. Adding extra broccoli to your stir-fry, a handful of spinach in your soup or diced bell pepper to your scrambled eggs can give your dishes a healthy boost in a simple way.

8. Avoid Eating in Front of the TV

Your meals are meant to be enjoyed. And when you eat while watching TV, you can end up being distracted and ultimately eat more calories while feeling less satisfied.

Instead, enjoy your meals with friends and family. There are even health benefits to sharing meals with others. Or, at the very least, simply make sure you are not distracted by the TV—or any device—while you are eating. Eating without distractions allows you to pay attention to your body's cues when it's full.

9. Choose BPA-Free Canned Foods

Canned foods like tuna, tomatoes, and beans are convenient foods that can be included in a healthy diet. But if the cans that your food is stored in contain BPA, a chemical that helps prevent metal corrosion, you may not be eating as well as you think. Ultimately, if you're concerned about these materials, choose foods stored in glass or aseptic paper-based boxes.

10. Plan Your Meals

Meal planning can help people eat a healthier diet and reduce the stress of trying to figure out what to eat at the last minute. Taking the time to plan out your meals for the week can help you navigate your healthy eating with ease. To meal-plan, figure out what you are going to eat for your meals throughout the week. Make yourself a shopping list and prep your ingredients for quick meals for the entire week.

11. Avoid Eating the Same Foods on Repeat

To eat a healthy diet, variety is key. Eating a wide variety of foods will give your body different nutrients and may help prevent nutritional gaps. And there are more benefits to food variety; for example, a 2022 study in *Nutrients* suggests that focusing on a variety of healthy foods may reduce the risk of developing metabolic syndrome.

One strategy that many dietitians recommend is to "eat the rainbow," meaning that people should aim to eat foods that naturally contain a wide variety of colors throughout the week. Purple cabbage, orange carrots, red radishes and green spinach are all good-for-you foods, and each variety contains a different nutritional composition. Rotating your food can add some excitement to your plate as well as give your body different important nutrients every day. It's important to include white fruits and vegetables—like potatoes and cauliflower—in your rotation, too, as they also have important nutrients.

12. Prep Your Veggies

Before you put your groceries away after your shopping haul, prep your veggies before you store them in the fridge. Having chopped onions and sliced cucumbers on hand makes it incredibly easy to add good-for-you vegetables to your dishes or for grab-and-go snacks.

13. Limit Diet Soda

Intuitively, it makes sense to believe that drinking diet soda is a healthy choice, thanks to the calorie-free sweetness that it provides. But it turns out that drinking diet soda isn't as healthy a choice as we once thought—or what some advertisements would lead you to believe. For example, a 2019 study in *Circulation* suggests that sipping on the bubbly

sweet-tasting stuff is associated with an increased risk of developing cardiovascular disease. And a 2023 review in *Cureus* found connections between frequent diet soda consumption and a host of medical conditions. That's a lot of reasons to watch your artificial sweetener intake!

14. Limit Fried Foods

There is nothing like biting into a crispy French fry or piece of fried chicken. But eating too many fried foods is linked to a slew of unsavory health outcomes. It might even impact your mental health.

And a 2021 study in *BMJ Heart* suggests that regularly eating fried foods increases the risk of cardiovascular disease—and the relationship is linear, meaning, your risk of disease goes up the more you eat fried foods.

To get that satisfying crunch without the added calories and fat, opt for air-frying or baking your dishes instead.

15. Swap Cocktails for Mocktails

Consuming alcohol can increase the risk of certain types of cancers, per the CDC. But for some people, doing without an evening cocktail can be a huge life change. Enjoying a mocktail instead of a cocktail is one way to limit or eliminate alcohol intake while still partaking in the ritual of sipping on a delicious beverage.

16. Choose Leaner Cuts of Beef

Beef lovers can rejoice when they learn that beef can be a part of a healthy diet. It's a natural source of iron, protein, zinc and many other important nutrients. And although some cuts of beef are on the higher side when it comes to saturated fat, leaner cuts, like flank steak, are perfectly appropriate to include in a wholesome diet.

17. Use Beans as a Protein Source

Regardless of whether you are a carnivore or a strict vegan, beans—aka legumes—can be one of the best foods to include in your healthy diet for many reasons. They're a plant-based and economical protein source that is versatile and delicious. Beans

naturally contain fiber, polyphenols (strong antioxidants) and resistant starch, all of which contribute to a lower risk for type 2 diabetes and heart disease according to a 2021 *Nutrients* study.

18. Eat Breakfast

We have all been told that breakfast is the most important meal of the day. And research highlights exactly why this is. According to a 2021 study in *Proceedings of the Nutrition Society*, eating breakfast consistently is linked to a greater intake of many nutrients, including folate, calcium and iron.

This study also suggests that breakfast skippers tend to consume significantly more calories, carbohydrates, total fat, saturated fat and added sugars during lunch, dinner, and snacks than people who eat breakfast.

19. Include Your Favorite Foods

While it is true that you shouldn't be eating a dozen doughnuts or a gallon of ice cream every day if you want to live a healthier lifestyle—and live longer—giving up your favorite foods may lead to eating more of them in the long run.

Allow yourself to eat foods you enjoy to help keep you satisfied and on track. It's even OK to eat dessert every day!

23 Diabetes-Friendly Desserts You'll Want to Make Forever: (<https://www.eatingwell.com/gallery/7933746/diabetes-friendly-desserts-to-make-forever/>)

20. Embrace Herbs and Spices Instead of Salt

According to the FDA, Americans eat an average of about 3,400 milligrams of sodium per day, despite the Dietary Guidelines recommending a limit of fewer than 2,300 mg per day. Eating too much sodium daily may increase your risk of developing hypertension.

To reduce your sodium intake, a good start is to limit the amount of salt that is added to your dishes, as just 1 teaspoon of table salt contains over 2,000 mg of sodium. When you are limiting your added salt intake, add flavorful additions like herbs and spices that are sodium-free but pack a punch in the flavor department.