



Emergency: 911

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



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October Editorial—Moving Along the Highway



It has been an honor to be your Breeze editor, and it's time to move along. Joanne Price will be the new editor of *The Breeze* and will coordinate with Katherine Niebur, Board Member-at-Large, Publicity Committee, on her work with the peerasm.org website. Joanne has previous experience as the editor of a national newsletter. You will be hearing more from her next month in her debut editorial.

Joanne will continue working with Patty Gonzales and the rest of *The Breeze* team to continue the level of professionalism we have strived to achieve. Like me, she still works, meaning that her volunteer work can sometimes be a challenge, but so worth the reward of helping our community stay informed.

Where to Now?

High on a hill overlooking the Applegate river valley just south of Grants Pass, Oregon, sits a lovely home on five acres. It has been my kid sister and her family's primary residence for a while, and soon I will be joining them.

Whether I leave here in a month or a couple of months depends on the timing of the sale of my home and associated tasks. After living in Palomar East these last five plus years, I've decided to design and build a custom ADU (accessory dwelling unit) on their property.

My reasons for leaving vary. By far the biggest reason is to finish my first trilogy, *The Whimsy Tree Tales* (photo on right). I have enjoyed my professional career as a corporate instructional design consultant and technical writer for over 40 years, and the winds of change are now blowing my way.

I turned 71 this year and feel that today is the time to begin a new adventure. I need to find out if I can make a living as a published author. Moving to Oregon allows me that opportunity as I can cut back to part-time work instead of the normal 40–60-hour weeks I work currently.

Writing well takes peace, quiet, and tons of editing. It also requires a strong commitment of time, energy, and focus. Since publishing *Dolphin Court*, book one of the trilogy back in 2021, these resources have eluded me.

So onwards and upwards. As my dad used to say, "Let's Go! The sky's the limit!" And one of my personal sayings is:

**"If you're going to dream,
Dream BIG and in Technicolor!"**

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



What's Next?

Currently working on books two and three, plus revising book one with the help of my new editing and story coach. Stay tuned!



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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Millennium Memo



We're excited to report that SPARC, our resident services partner, is adding to its Staff, and therefore its ability to expand its offerings. Please welcome Ally Sage as the newest member of the SPARC Team.

With Ally on board, Stacey will take the lead on 6 of our Parks—including our 3 San Marcos communities—which is down from the 10 Parks she currently operates. We think this will allow SPARC to devote even more attention to Palomar.

Interviewing for a new position can be stressful, of course. We asked one candidate: "Tell us something about yourself." The applicant replied: "I'd rather not. I really want this job." We didn't hire that person.

SPARC's future in Palomar should be bright indeed!

More News

- 100% of you have now turned in your Annual Income Certs. Thanks so much for your cooperation. Because of that, you get this month's Resident Kudos, and even better, I can stop nagging you about it.
- Upcoming expenditure: \$4,100 to install Wind Screens at the Sports Courts. Not only will this look better, but it will block visibility and might suppress the sound a bit as well. We'll see how this works out.
- Coyotes are back, and once again represent a threat to your pets. The City won't get involved and there isn't much we can do, so you'll want to make sure your pets—especially cats--stay safely inside.

Regarding that last item...

You Think You're Feeding Stray Cats...

...but you may be adding to our rat population as well.

Some folks can't bear the thought of a hungry cat, but by leaving food out, they are also encouraging Palomar's population of rodents, coyotes, bugs and who knows what other vermin. It isn't just cats you're feeding.

I mention this because some folks say they have rats living under their homes. It's dark and warm down there, folks provide them with food...if you're a rat, what's not to like?

Your heart is in the right place, but please don't feed the cats—or the coyotes—no matter how cute they are.

Welcome Ally, thanks for your Income Certs...and have a fun Halloween.

George Turk

President

Millennium Housing



Kasey Koenig
Park Manager/Office

East Park

MARKET UPDATE & MANAGER'S REPORT



Burt Hamernick
Park Manager/Maintenance



Home Sales

Five homes sold. There is one home in escrow. Currently there are six homes for sale.

The Pool & Jacuzzi Are Now Saltwater

As most of you are probably aware the pool and jacuzzi now have saltwater pumps! The saltwater is gentler on your body with less irritation on your eyes and hair. Swimming in saltwater is known to promote the body's natural relaxation process. Exposure to saltwater can soothe sore muscles and relieve pain and stiffness from arthritis.

Community Maintenance

In the previous article, we meant to report that the pygmy palms were trimmed by staff. In September, the palm trees were professionally trimmed throughout the park. In addition, staff trimmed the African daisies and trees around the clubhouse.

Rodent Control

The seasons and temperature play a role in why rodents migrate. Rodents often relocate to new areas in search of food, water, and shelter. Don't let them occupy your shed, take shelter under your home, or gain entry on the inside of your residence. 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.



You're all invited to keep our park clean and safe for all of us!

Craft Fairs at Our Neighbor Parks!

Everyone is welcome! Rancho Val is having their annual craft fair on October 7th from 9am to 12pm. Palomar West is having theirs on November 11th from 9am to 1:30pm. Space is available to those interested in being a vendor at Palomar West. Call the number on the flyer (see page 20 for details).

Short & Quick

- Terminate your weeds before they multiply.
- PLEASE watch your speed when driving in the park. The speed limit is 15 MPH. Be an example not a problem.
- For more information on paying your rent online, call the office. It's so easy!

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
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Notifications & Activities

AUTUMN'S MAGIC

The temperature of fall is perfect. It's neither too hot (summer) nor too cold (winter) and cozier than spring.

Those first days every year when it's chilly enough to need a sweater are a revelation. Feeling a chill on your skin and in your lungs is both a respite and a stimulant. The oppression of summer heat is overthrown by the autumnal rebels, layered in the form of sweaters, vests, scarves, and hats. This season's holidays remind us to be thankful for our bounty and to have fun. Our senses lead us to embrace the outdoors. Our emotions are heightened into gear, and our sense of time and place is nestled in big, leafy piles of autumnal joy. Enjoy all the touches and blessings of the season.

HEART & SOUL

Our clubhouse renovation began with a vision of all possibilities. Evaluating the current space and developing a scope of work was necessary. With each of the three parks being so unique, the goal is to continually work on a plan that best suits our community's needs.

The clubhouse is a beacon. It is the go-to gathering place for residents. It can be the hub for daily life. It is the focal point providing a visitor or potential home buyer with a glimpse of the community's attributes as well as curb

PEERA Board

Chair	Patty Gonzales
Vice-Chair	Gayle Cinnamon
Secretary	Susan Ewing
Treasurer	Pete Eiden

Members At Large

Beautification	Peter Del Bene
Community Resources	Joanne Price
Complaints	Paul Thiboutot
Emergency Prep	Catherine Chase
Membership	Carl Silva
Helping Hands	Merlene Heeren
Publicity	Katherine Niebur

appeal and personality. It defines a sense of community and is the one building that we homeowners can appreciate. As aesthetics differ from one community to the next, so does the range of clubhouse use and needs.

With the clubhouse fumigation completed, we are moving forward on some projects. From the saltwater pool conversion, clubhouse exterior paint, the balance of the roller shades installed, and palm trees trimmed, much will be accomplished. And we will start the new year, with the kitchen remodel. Very exciting.

"The beauty of a village lies in the joy and contentment found in the simplest of things, reminding us of what truly matters in life."

~ Patty G.



Your Voice IN Our Community

PEERA Board peerasm.org

2023

It Takes a Village...

There are so many responsibilities in the effective and efficient day-to-day operation of a park such as Palomar Estates East. From the visual aspect of the park, including landscaping and the general upkeep of the properties, to maintaining the many amenities we have at PEE, to addressing and supporting the wide variety of resident interests, and to managing financial matters. When these responsibilities are shared among a broad group of individuals, the burden is shared and the likelihood of success in those efforts is considerably increased.

Our September PEERA Administrative Board meeting was held offsite on Tuesday, September 7th. The board members brought their most relevant and valuable skills, experiences, connections, and ideas to the table as we addressed long term goals for our community.

I would like to introduce and welcome our newly appointed interim PEERA Board members. Each of these interim Board Members has considerable experience in their position. For that we are blessed.

- Gayle Cinnamon – Vice-Chair
- Susan Ewing – Secretary
- Peter Del Bene – Beautification
- Joanne Price – Community Resources
- Merlene Heeren – Helping Hands
- Kate Niebur – Publicity

We look forward to wide participation in the November 7th election of PEERA Board Members. PEERA Membership enthusiasm plays a key role in our success. When homeowners are engaged and excited, the whole community can feel it. It makes the community a vibrant, bustling place to live.



We Welcome Your Voice and Participation in PEERA!

Many new residents have joined our Palomar Estates East community during the past several months. If you are new to our community, welcome! We hope you meet many of your neighbors and enjoy the outstanding amenities our community affords.

The Palomar Estates East Residents' Association (PEERA) provides you with a voice in discussions with the Park Owner (Millennium) and Park Management (Haven Management) regarding matters of interest and concern to residents.

The PEERA Bylaws state the purpose and objectives of PEERA, as follows:

- "... encourage the Park owner and Park management to maintain and administer the Park in a manner that best serves the needs of the community ... " and
- " ... provide support services focused on helping and protecting the retirement community residents through educational events and other senior support functions so its residents can lead an independent lifestyle."

If you are not already a member of PEERA, we encourage you to join. Annual dues are only \$5.00 per home per year, payable by January 1st each year. A resident may join PEERA at any time during the year, however, the membership is only valid for the current calendar year. Membership envelopes are available at the PEERA bulletin board in the Clubhouse.

Simply fill out the information on the envelope, place the \$5.00 dues in the envelope (check or cash), seal the envelope, and place it in the PEERA box. Even if done this late in the year, PEERA membership will allow you to vote in the Annual election of PEERA Board members scheduled in just a few weeks (November 7th, 5:30 pm in the Clubhouse).

The more members PEERA has, the broader the communication and representation of resident interests. We encourage all PEERA members to attend the PEERA Board Meetings held in the Clubhouse. Check the calendar printed in The Breeze for information regarding Board meetings as well as a variety of other activities in the community. Become acquainted with your Board Members. Your ideas and suggestions are always welcome.

A list of current PEERA Board Members and their committee assignments are listed in The Breeze, and on the PEERA website: www.peerasm.org (see 'PEERA' top tab).

Each Committee plays an important part in ensuring that our Park continues to be the kind of community we all want to live in.

If you have any questions, please contact any PEERA Board Member.

**Next PEERA Board Meeting:
Tuesday, Oct 3rd at 5:30 PM.**



PERT Needs YOU

Hurricane Hilary was a dud! We got lucky here in San Marcos. If you are like me, then you wondered “what would happen if we really got hit hard with a big storm?” The near misses always serve to expose the cracks in the system.

Guess what? We have some gaps in our ability to respond to a crisis.

I recently took over as the PERT Captain for the park. PERT is the Palomar Estates Emergency Response Team. Thanks to Lanny Lippincott (my predecessor), we have a team that made it through the pandemic. Now is a time for rebuilding the team and we need your help.

In a true emergency such as fire or earthquake that could result in evacuations, the likelihood is that we will be on our own for a few days before outside resources are able to get to us. In general, we need to be able to manage for 72 hours in a crisis. That means keeping things on hand to help us through like water, foods that do not require cooking, medicines and pet supplies.

If we ban together as a community, with a little bit of attention throughout the year, we will be prepared and ready to act should we find ourselves in a true crisis. Individually we must care for ourselves and loved ones first. Then as we look to our neighbors and community at large,



what can we do to help each other? Do I have enough to share with a neighbor? Do I know who my neighbors are?

What does PERT do? PERT begins with Block Captains, each responsible for 8-12 homes. Block Captains will check in annually to update information that might be needed to help keep you safe in an emergency. We have Block Captains, Area Captains, medics and communications volunteers. We will be having a few drills throughout the year. We also have an organized evacuation plan.

Currently we have a few openings for block captains and other roles that are listed along with a map of the park with Block areas designated.

Continued on next page ➔

Be Prepared

We will have ideas for getting and staying prepared here.

Fire season is longer and longer each year. Now is the time to get ready in the case of fire and evacuation.

Things to have on hand:

- ✓ Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- ✓ Food, a 3-day supply of non-perishable, easy-to-prepare items that require no refrigeration, cooking and little water
- ✓ Battery-powered or hand-crank radio and flashlight (with extra batteries)
- ✓ First aid kit and multi-purpose tool
- ✓ Cash and IDs



The list of Block Captains can also be found on peerasm.org along with a much larger version of this map.

Being a Block Captain is a small-time commitment that can have a big impact on our community. Hopefully, we will never need to act, but we will be ready.

There will be a **PERT meeting on October 17th at 5:30 PM** for all existing and prospective Block Captains. **Come Join Us!**



PERT Opportunities

Park Captain		Catherine Chase	132	
Asst. Park Captain		Joanne Price	117	
Area 1 Captain		Burke Ewing	105	
Area 2 Captain		Kate Niebur	347	
Area	Block	Captain	Space	Spaces/Areas
1	1	Sally Yeater	1	1-5,127-130, RV AREA
1	2	Debbie Johnston	10	6-11,131-135
1	3	OPEN		12-17,136-138
1	4	OPEN		122-126,148-153
1	5	Toni Simpson	156	143-147, 154-158
1	6	OPEN		18-20,139-142, 159-162
1	7	Mike Egelhoff	209	117-121, 173-177, 209-210
1	8	OPEN		167-172, 178-183
1	9	Rebecca Zimmerman	150	21-23, 163-166, 184-188
1	10	Lani Beltrano	193	24-28, 189-193, WASH AREA
1	11	Bill Brandon	215	112 -114, 116, 211-215
1	12	Lorene Christian	204	202-208, 216-222
1	13	Cat Reeve	226	194-201, 223-227
1	17	Phil Hendrickson	238	230-239
1	21	OPEN		83-85, 107-111
1	22	OPEN		97-106, 115
1	23	Joanne Robinson	87	86-96
2	14	Kim Cyr	310	258-264, 303-310
2	15	OPEN		265-269, 296-302
2	16	Patty Pasqualetti	251	228-229, 250-257
2	18	Merlene Heeren	244	240-249
2	19	Sandy Wagner	271	270-275, 288-295
2	20	Patricia Gonzales	286	276-287
2	24	OPEN		29-35, 311-316
2	25	Jay Diaz	318	36-41, 317-322
2	26	OPEN		42-46, 323-326, GARDEN AREA
2	27	Jerry & Carol Chamberlin	49	47-53, 327-331
2	28	Kathy Grooms	60	54-60, 332-338
2	29	Nancy Neal	61	61-65, 339-341, 352-353
2	30	OPEN		342-351
2	31	Elizabeth Smith	356	354-366
2	32	Jackie Paul	66	66-73, 367-369
2	33	Walter Church	372	74-82, 370-372

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

Welcome Fall!

Time for leaves changing color, cooler weather, and this month **Halloween**.

If you haven't joined us for the First Friday Happy Hours, you're missing out on a good time. Basically, it is the same as potlucks were in the past, with a few changes. We still have lots of good food, good people, and lots of laughs. Some Fridays we might have a theme night and other times just food, music, dancing and chatting. September 1st was another great evening. Hope to see you soon.

We want to hear from residents that are musically inclined; play an instrument, sing, dance, or for those of us without those talents, can clap and yell! We want to have some jam sessions. As we learned when we announced the quilters/sewing group, there are more residents here with hidden talents than we thought. Let us know your talent, whatever it might be.

The first meeting of the quilters group had 22 attendees! Such a pleasant surprise. A great group of women and all anxious to get started. Our first project will be to make quilts to send to children on Maui. I think we all have been wanting to become involved with a project where we can give back. Come check the group out, you are bound to find some way you can contribute.

The Luau was again a special evening. Great crowd, good food catered by Ohana's and dancing by Halau Hula Ke'Aloha. The dancing group donated their money for the evening to their fellow dancers and families on Maui.

At the General Meeting, the focus was on the upcoming election. Some have already tossed their hats in the ring,

and we are so pleased. It has been difficult over the past few years to find people interested in taking on the responsibility. It is a fun board; we work very hard and love doing it. The helpful volunteers at the events are wonderful and make the job easier. Try it, you'll like it.

Upcoming Social Club Events

- ❑ **October 28th, Halloween Spooktacular, 5:00–9:00 PM.** \$7.00 for paid Social Club members, \$10.00 for all others. A flyer will be distributed.
- ❑ **November 18th, Thanksgiving Dinner**
- ❑ **December 16th, Holiday Dinner**
Both dinners are free to all PEE residents. Additional information with times and charge for non-residents will be forthcoming.
- ❑ **December 31st, New Year's Eve, 6 PM**
Ticket prices for residents and non-residents to be determined.

See Chris Walla's page with information on the Alaskan cruise and the 4-day trip to Ensenada. She was able to find good rates. Please check out page 11.

Have a great month!

"Three things you cannot recover in life: the WORD after it's said, the MOMENT after it's missed, and the TIME after it's gone." ~Unknown



Sandy Wagner
Social Club President

The Ice Cream Social was a great hit!

The Ice Cream Social was a great hit! Everyone was having so much fun that they forgot to take pictures. Here's a few that came through.



7-NIGHT ALASKA CRUISE ALASKA DAWES GLACIER AUGUST 30, 2024

Cruise Line: Celebrity **Ship:** The Edge

Booking Name: Palomar **Booking Number:** 1620039

Itinerary: Seattle – Ketchikan – Endicott Arm – Juneau – Skagway – Victoria, British Columbia

Accommodations:

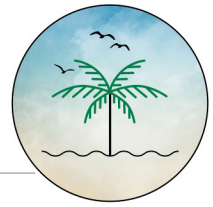
- ☐ Inside Cabin – 2 People: \$3,646.72
- ☐ Veranda Cabin – 2 People: \$4,934.72 (regular price \$6,306.72)
- ☐ Concierge Class – 2 people: \$5,302.72

Pricing:

- ☐ \$500 Deposit due on or before October 6, 2023; Balance on June 1, 2024
- ☐ Pricing is ALL INCLUSIVE (all drinks, port fees, taxes, Wi-Fi, tips, insurance, and refundable deposit).

Contact Chris Walla for further details: 760-583-6368 RelaxingOnTheOcean@gmail.com. More details to be provided soon.





The Double Header Event Day was a Home Run with bases Loaded!

The SPARC morning session had bases loaded with educational information and valuable resources. A delicious lunch was served along with three raffle ticket drawings. We are very blessed for all the support offered and provided for our residents. A huge thank you to SPARC, Stacey Kazmierski, and Millennium Housing.

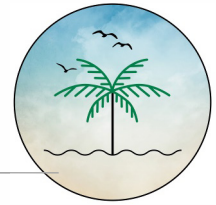
The PEERA evening session brought the loaded bases in with a home run! The desserts served were well received too.

We can all agree on one thing: We must put the Palomar Estates East community at the heart of our safety and emergency practices. Residents should be safe and feel safe.

Our community **PERT Committee lead, Catherine Chase** and our **Community Resources Committee lead, Joanne Price** both shared the importance of informing and preparing the residents with increased awareness, programs, and resources in the event of an emergency. Their meeting provided the community with information about the protocols in place.

The committees will work side-by-side to continually share updates on how the community is prepared for an emergency with detailed overviews. (See pages 8 and 9 for more detail.)

The beauty of a village is the way it inspires a profound connection to the community.



IF YOU GOT IT, HAUNT IT!

“Some people are born for Halloween, and some are just counting the days until Christmas.”

~ Stephen Graham Jones

Great news is that we will have a contest for both holidays...One Spooky and the other Bright!

Palomar Estates East bootiful Halloween Home decorating contest continues for a thrilling second year. So, let's awaken those spooky and creative spirits again!

This is a spooktacular PEERA sponsored contest. The premise this year is still the same: *Decorate your home to be judged and win prizes and howling rights.*

The prizes this year are gift cards:

- 1st place \$75
- 2nd place \$50
- 3rd place \$25

And who can't resist a few honorable mentions caught up in-the-webs?



Have a pawsitively good time!



The **Trick or Treat** is to build community connections through friendly competition while also making Palomar East a fun decoration destination for the holidays.

Community Resources & Activities

October

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.)
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

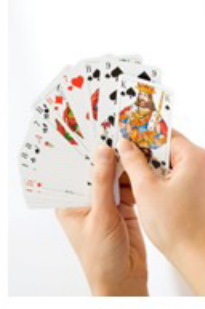
Additional Park Activities

ACTIVITY	WHO TO CONTACT
Billiards	Ken Hodar
Bocce Ball	Carl Silva
Card Games	Card Room
Darts	Don Bomar
Fishing	Don Bomar
Fitness Facility	Ken Hodar

ACTIVITY	WHO TO CONTACT
Golf Putting Green	Dave Fenner
Horseshoes	Dave Fenner
Library	A.J. Jangula
Pickleball	Joanne Price
Ping Pong/Tennis	Bill Mead
Puzzles	Card Room

Hand and Foot Card Game

By Anne Litz



We currently meet at Marilyn Fluharty's home (since Covid). We would welcome more players

Contact Anne Litz 760 846 5850 (please leave a message) or Marilyn Fluharty 218 821 0337.

We meet at 1:00 PM on Mondays and Wednesdays.

Yours truly, Anne Litz

Paint Class Reflections

By Dawn Anguiano

We had a great turnout for our September paint class where we painted a Tropical Waterfall picture. Everyone was glad to get back to painting and so were we.

In our October 17th, we will be painting a cute scarecrow. Classes are from 10:00 to 1:00, cost is \$10.00, and we supply everything. If you have not attended our classes and think that you cannot paint, just come in and check out what we do, you might be surprised.




If you are unable to make the third Tuesday of the month, you can always attend the class at Rancho Vallecitos on the 1st Tuesday of the month. Hope to see you there.



Palomar East Calendar

October

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	11:15 PM Zumba West 1:00 PM Hand & Foot* 2:30 PM Men's Bocce 3:00 PM Yoga Zoom 6:00 PM Yoga West & Zoom	10:00 AM Chair Yoga West & Zoom 2:15 PM Zumba Zoom 1:00 PM Hand & Foot* 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	
8	9	10	11	12	13	14
The Breeze Deadline				2 PM Dance Lessons		
15	16	17	18	19	20	21
		5:30 PM PERT Meeting For listed and prospective block captains				
22	23	24	25	26	27	28
		10 AM East Paint Class 		2 PM Dance Lessons		5:00 PM Halloween Spooktacular 
29	30	HALLOWEEN 31				

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 42	Sherry & Mark Dorsey
Space 104	Maria Bojorquez
Space 253	Karen Rochelle
Space 288	Lauren Grey



**Come meet your neighbors at the
October 6th Social Hour!
5:30 pm at the clubhouse**

October Wedding Anniversaries

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

Oct 7	Dolores & Ronald Berenty
Oct 8	Naomi & Paul Van Middlesworth
Oct 9	Becky & Pete Eiden
Oct 9	Sabine Kurz-Sherman & Jon Sherman
Oct 16	Jacqueline & Pete Knowlton
Oct 29	Carol & Jerry Chamberlin



*True love liberates
the soul...love deeply
and truly...no fear...
no regrets...*

Gone And Not Forgotten

Bill Bing	Space 190	Arrived: 04/2014	Departed: 08/2023	Moved into assisted living.
Marlene Parmenter	Space 160	Arrived: 09/2007	Departed: 09/2023	Passed away.

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



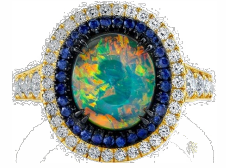
Park Member News

Celebrating Our October Birthdays!

1	Connie Bloem	21	Becca Leyden
1	Felix Bucelli	21	Nan Ryan
1	Kathleen Grooms	22	Karen Rochelle
3	Teresa Cadenas	22	Janet Valentine
3	Paul Waller	25	Barbara Perry
4	Connie San Pedro	25	Sandy Wagner
7	Patricia Wilson	25	Yvonne DeYoung
8	Mary Lausten	26	Mary Bright
8	Carol Centanni	26	Don Kay
11	Heidi Arauz	26	Cindy Ramsey
11	Terry Kaltenbach	27	Gene Ball
13	Patty Gonzales	27	Joann Kocyk
14	Mary Wernow	27	Michael Curtis
16	Barbara Givens	28	Ken Losey
17	Jim Gleason	29	Janine Piper
18	Beatrice Alexander	29	Coral Shields
18	Martha Lopez	29	Carol Randall
20	Camila Gonzalez	29	Ghislane Meisenholder
20	Mark Dubas	30	Michelle Purcell
21	Anne Vernia	31	Jessie Taylor
21	Melvis Morris		

October Trivia

- ♦ **Birthstone:** Opal (prophecy, protection, purity, hope and truth)
- ♦ **Color:** Pink
- ♦ **Flowers:** Marigold and Cosmos



Astrology

Libra: 09/24—10/22

Scorpio: 10/23—11/23



October 2023 Horoscope

This month's horoscope promises a streak of luck. The autumn wind will bring changes, mainly they will be related to your personal life. Lonely people will get a chance to arrange their fate: a change of job or place of residence will bring new acquaintances. The position of the Sun in Libra requires work on oneself: everything in a person must be harmonious. In order for the internal content to correspond to the external, you need to constantly improve. It's time to visit a beautician and nutritionist. Improvements will be visible after the Hunter Full Moon on October 28th, when the concentration of forces reaches its maximum. This is a good time to start new projects, start studying or implement plans related to the development of your business.

Did You Know...

So far in 2023:

- ❖ **20 homes sold** with 28 new people moving into Palomar East. That's a 5.38% housing turnover.
- ❖ **Only 1 new home** has been brought into Palomar East this year (#3 Elm Street). (See the June edition of *The Breeze*, page 19 for details.)

Note: Between 2021 and 2022, three other new homes were brought into the park (space #s 28, 203, and 205).



Recipes from the Heart

Do you love fried chicken? If so, try this boneless breast version based on an Austrian recipe. It is amazingly tender, flavorful, and healthy especially if you cook it in clarified butter. Clarifying butter removes the fat meaning you can cook food at up to 500 degrees without burning the butter. (See next page for further butter details.)

The cucumber salad offers a freshness to the meal while the warm potato salad offers a tang of vinegar perfect to balance your taste buds.

I've made this recipe twice now to rave reviews from my neighbors. Can you say, "Winner, winner, chicken dinner?" The following recipe makes 2 to 4 servings.



Enjoy!
G. Cinnamon

Chicken Schnitzel with Potato & Cucumber Salads

Chicken Ingredients

- 1 Large (12 to 14 ounces) or two smaller (6 to 8 ounces) Chicken Breasts
- 1 cup of Seasoned Flour (Salt and Pepper)
- 2 Eggs, beaten
- 1 Lemon Zested
- 1 to 2 cups Panko Breadcrumbs
- 2 to 3 cups Clarified Butter or any good cooking oil
- Salt and Pepper to taste



Chicken Directions

1. Butterfly the Chicken.
 - a) Start with a thick chicken breast.
 - b) Cut towards the straight side of the chicken breast, to open it like a book. This helps avoid large holes in the chicken when you butterfly it.
2. Pound the Chicken: Lay some plastic film on your wet cutting board. Place the chicken on the wet cutting board (for grip). Using a meat mallet, gently pound the thicker parts of the chicken to ensure even cooking. Avoid using the rough side of the mallet to prevent tearing the meat.
3. Season the chicken with salt and pepper.
4. Dredge the chicken in the seasoned flour, ensuring all parts are covered. Then dip it in the beaten eggs mixed with lemon zest. Lastly, coat the chicken with the panko breadcrumbs. Make sure each layer adheres well to the chicken to avoid breadcrumbs falling off during frying.
5. Heat the Clarified Butter to 330 Degrees Fahrenheit. Gently place the chicken into the hot butter and fry it until golden brown. Turn the heat down after flipping the chicken to ensure even cooking. Once cooked, remove the schnitzel and place it on a paper towel to absorb any excess oil.

Continued on next page ➔

Chicken Schnitzel Side Dishes, etc.

Cold Cucumber Salad

- 1 large Cucumber, partially peeled and thin sliced
- 2 to 3 tablespoons Sour Cream
- 1 tablespoon Fresh Dill, chopped
- 1 to 2 tablespoons White Balsamic Vinegar
- 1 to 2 tablespoons Sugar
- Salt and Pepper to taste

Directions:

1. In a bowl, combine sour cream, dill, white balsamic vinegar, and sugar. Stir until well combined.
2. Add in the sliced cucumber and mix well. Season with salt and pepper to taste.

Clarified Butter vs. Ghee



Clarified Butter and Ghee are both healthy fats that can be used in place of other oils in cooking.

- **Clarified Butter:** Butter that has been slowly melted and strained to remove the milk solids and water. This leaves behind pure butterfat perfect for cooking. It also has a richer flavor than regular butter, making it perfect for use in sauces and baked goods.
- **Ghee:** A type of clarified butter that has been cooked even longer to brown the milk solids. This gives ghee a deeper flavor and a slightly darker color. Ghee also has a higher smoke point than clarified butter (up to 490 degrees).

Warm Potato Salad

- 2 to 3 Potatoes, medium sized
- 1 Red Onion, cut in strips
- 1 tablespoon Dijon Mustard
- 2 tablespoons Garlic Olive Oil
- 1 to 2 tablespoons Sherry Vinegar or White Wine Vinegar
- ¼ cup Warm Chicken Stock
- Salt and Pepper to taste

Directions:

1. Boil the potatoes in salted water with their skin on. Once cooked, remove them from the boiling water and place them in cold water.
2. After the potatoes have cooled down enough to handle, peel them and cut them into pieces.
3. In a separate bowl, make a dressing by combining Dijon mustard, sherry vinegar, warm chicken stock, salt, and pepper. Stir until well combined.
4. Toss the potatoes with the red onion and the dressing. Adjust seasoning as needed.

Ghee is commonly used in Indian cuisine, while clarified butter is more popular in French cooking.

Clarified butter is also sometimes called **drawn butter**. The result is a clear, golden-yellow liquid with a nutty flavor. Both clarified butter and ghee have a higher smoke point than regular butter.

Clarified butter can be stored for longer than ghee, in a tightly covered refrigerated container (up to 6 months) in a pantry (up to 3 months).

Bon Appetite!



Palomar Estates West's Annual

Craft Fair



Saturday, November 11th

9 a.m. – 1:30 p.m.

At the Pavillion (Clubhouse)



Handmade Crafts & Baked Goods. Food Vendor for lunch.
FREE raffle for \$10 Craft Fair Coupon

➡ To be a vendor call Ruthann Kirby at 619-997-3040

Raffle at 10, 11 and 12. Must be present to win. *Free coffee and donuts while supplies last.*