



Emergency: 911

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



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San Marcos, CA 92078

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Monday-Friday 8am-12pm & 1pm-4pm
Clubhouse Hours:
Monday-Sunday 8am-9pm

Haven Management Services
Property Management Company
3491 Concourses 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
Phone: (949) 515-5100
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May Editorial—Never Surrender...Never Forget



I often pontificate on this crazy, mixed-up world we live in today, and perhaps honoring our past and those who gave their all to keep us safe is one of my hot buttons. So, I ask you:

“What Does Memorial Day Mean to You?”

And I'm not asking you for a simple reply that takes two seconds to formulate. I'm asking you to dig inside yourself and think about this very important 'what it means to be an American' question.

Here's a little back story on this, our very special remembrance day.

Originally called *Decoration Day*, it is officially a day to remember those whose lives were lost in military service to the United States of America. Citizens across the nation break out Old Glory, and many residential blocks become a loving sea of red, white, and blue.

And on Memorial Day we, as a Nation of individuals, blessed with inalienable rights and privileges such as free speech, the right to bear arms to defend

ourselves, the right to partake in fair and speedy trials, and so much more, bow our heads and thank God for these brave men and women who served us so well.

I have had this year's killer cold twice since late February and was unable to attend the amazing sessions in March about our “USA Constitutional Documents.” Being a Navy brat, I have studied these documents throughout my life, but I wish I'd been well-enough to attend those March discussions. I can just imagine the great questions and answers that took place therein. (Maybe if I ask Lanny Lippincott super nicely, he'll repeat these sessions?)

This year, Memorial Day falls on Monday, May 29th. May we always fight to keep America the HOME of the BRAVE and the LAND of the FREE!

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



Monthly Contributors to The Breeze

Gayle Cinnamon—Editor

Patty Gonzales—Creative Director/
Staff Photographer

Dave Fenner

Lanny Lippincott

Carl Silva

Sandy Wagner

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

Happy Mother's Day Sunday May 14, 2023

Sooner or later, we all quote our mothers— “Cause life doesn’t come with a manual, it comes with a Mom.”

Moms genuinely are superheroes, so it's only fair that we dedicate a whole day to them. Mother's Day is all about celebrating moms and mother figures everywhere. We didn't always pamper mom this way, though. The holiday has a fascinating history filled with inspiring women worth learning about before diving into this year's Mother's Day brunch.

It's fitting that the holiday was started by a strong woman honoring her mom, but you might not know that the first Mother's Day celebration was a memorial service.

In the early 1900's, a woman named Ann Jarvis passed away. She was a Civil War medic and peace activist who often spoke of her dream to create a national holiday that would honor mothers everywhere. Throughout her life, she held what she called 'Mothers' Day Work Clubs' in her home state of West Virginia. At these meetings, she would gather local mothers and teach seminars on how to raise healthy children. She drew inspiration from the feminist poet Julia Ward Howe, who published the “Mother's Day Proclamation” in 1870 and dreamed of a holiday where people everywhere would help struggling mothers in their communities.

When she passed away, her daughter Anna Jarvis wanted to do something to celebrate her mother's life in a meaningful way. So, on May 10, 1908, Anna sent 500 white carnations to the Andrews Methodist Episcopal Church in Grafton, West Virginia (her mother's hometown). Anna also held a service in Philadelphia, where she was living then. This is considered the first Mother's Day celebration, though it wasn't a national holiday until eight years later.

After Anna's memorial for her mom, she raised awareness about creating a special day to honor moms everywhere. Over the next several years, her proposition gained popularity, and by 1914, Woodrow Wilson declared Mother's Day a national holiday.

It's worth noting that, later in her life, Anna fought to remove Mother's Day as a national holiday because she thought it had become too commercialized. Rather than a day of service for mothers, she saw greeting card companies and retail chains using the day as a way to sell products. But more than 100 years later, we still celebrate moms each May.



A few stats about Mother's Day:

- In the United States, Mother's Day is always celebrated on the second Sunday of May.
- Other countries celebrate Mother's Day, but it's often on different dates.
- More calls are made on Mother's Day than any other day of the year.
- Mother's Day is the third highest selling holiday for flowers and plants.
- Typically, Mother's Day is one of the busiest days of the year for restaurants.
- In 2022, over \$31 billion was spent on Mother's Day.
- The most popular gift for Mother's Day is the greeting card.

PG Studio 286

Millennium Memo



"The trouble with Pickleball is that it starts out as fun." ~ Anonymous.

In response to a suggestion from PEERA, we began adding an exciting new amenity to Palomar East, replacing a tennis court with several Pickleball courts. Sounds good, doesn't it?

Naturally, in a case of "no good deed goes unpunished," hilarity ensued. Most feedback was positive, but we were also told that Pickleball can cause strokes, heart attacks, emotional distress and, worst of all, lower property values.

Against that, there's the view that "Pickleball is the cheapest form of therapy."

I did some googling, but I haven't yet found any examples of Pickleball-induced heart attacks—other than by playing, perhaps. Nevertheless, using the Property Management doctrine of "try to do no harm," we've decided to put things back to the way they were.

End result: we'll put back the one Pickleball court that was already there but won't add any additional ones.

Now...can we be friends again? You know the adage: *"Peace, Love, Pickleball."*

There Is Other News

- I want to add my belated condolences to the family of Gonzalo Carvajal, who left us at the way-too-young age of 58. Gonzalo worked at Palomar for 38 years—his entire adult life. That's dedication.

As Kasey put it: *"He was a hard-working, kind-hearted man who will be greatly missed by many."* Not a bad legacy for anyone. RIP, Gonzalo.

- 118 residents of Palomar East & West and Rancho Vallecitos had their taxes prepared for FREE last month, courtesy of SPARC, our resident services partner, and Dreams for Change, a local non-profit.

It was such a success that they promise to come back next year.

- You know that it's against the Rules to use your Carport for storage, don't you? We gave you a pass during those heavy rains, but the Sun's out again, Spring is in the air, and it's getting warmer...this is a great time for you to remove your clutter.

A Mother's Day Memory

Someone once asked my mother: "Which of your four children do you love the most." Her reply: "I love my children equally, except for the one who sleeps. I love that one more."

Have a Happy Mother's Day!

George Turk
President
Millennium Housing



Kasey Koenig
Park Manager/Office

East Park

MARKET UPDATE & MANAGER'S REPORT



Martin Hernandez
Park Manager/Maintenance



2



4



5

Among other chores,
we repaired the
flashing light on the
Viewpoint gate.

Home Sales

It is still a very hot market for us. Two homes were sold in April. See *Welcome New Neighbors* on page 16 for details. Also, four homes are currently in escrow, and five additional homes are for sale.

Landscaping

Landscaping was successfully completed along Rancho Santa Fe Road.

Additional Occupants

If you have a visitor for more than 20 consecutive days or 30 days in a calendar year, they must be registered with the office. Additional occupants must be 35 years old. They are not allowed to park their vehicles in guest parking and may not own pets. Homeowners can be held responsible for the actions of additional occupants and guests.

Speeding in the Park

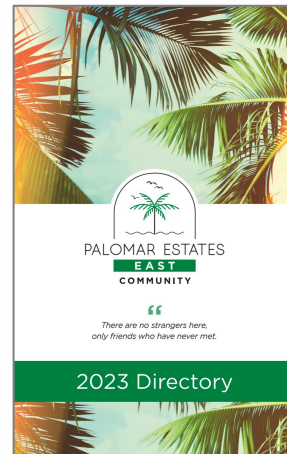
Please SLOW DOWN and obey the speed limit of **15 MPH**. This continues to be a serious issue. There are blind turns that can block a driver's view. Residents may be backing out of their driveway or walking their dog. Residents that walk at night, please wear bright/light clothing to be more visible.

Carport Storage

Items must be stored in your home or shed. Please contact EDCO @ 760-744-2700 for items that need to be discarded.

2023 Park Directory

The new directory is available at the office. Thank you, PEERA and Patty Gonzales, for designing and donating the covers.



Phone Numbers Of Note	
Palomar Estates East Office.....	1-760-727-2010
After Hours Emergency.....	1-661-325-3239
• Kasey Koenig - Park Office Manager	
• Martin Hernandez - Park Maintenance Manager	
• Patty Mackley - Office Assistant	
Millennium Housing (George Turk).....	1-949-515-5100
Haven Management Services (Katie Davis).....	1-909-930-9750
POLICE FIRE NUMBERS	
EMERGENCY.....	911
Police Non-Emergency.....	1-760-510-5200
Fire Non-emergency.....	1-760-744-1234
HOSPITALS	
Palomar Medical Center.....	1-760-739-3000
Scripps Memorial.....	1-800-727-4777
Tri-City Medical Center.....	1-760-724-8411
UTILITIES	
AT&T Support.....	1-800-288-2020
Cox Support.....	1-800-234-3993
San Diego Gas & Electric.....	1-800-411-7343
EDCO Waste & Recycling.....	1-760-744-2700
Vallecitos Water District.....	1-760-744-0460
Emergency.....	1-760-744-0461
COMMUNITY SERVICES	
City of San Marcos.....	1-760-744-1050
Senior Center.....	1-760-744-5535
North County Transit (Bus).....	1-760-967-0828
Poison Control Center.....	1-800-972-3323
2023 Covers: design & print donated by the PEERA Board	

Short & Quick List

- Residents are not permitted to double-park their vehicles or golf carts on the street.
- The Dog Park is for registered pets only. Contact the office for an Animal Agreement Form.
- Do not place FREE items on the street. Keep them on your property.
- The office will be closed May 29th in observance of Memorial Day. Enjoy!

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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R
A



Notifications & Activities

Wow! What a dynamic start to the first quarter of the year. Though it may have appeared as a bumpy start, I believe we are moving in the right direction and coming together.

Our community is creating opportunities for engagement in many areas. Our "voices" are built into everyday life here at Palomar Estates East. The way we communicate with one another becomes our voice.

We come from all walks of life—Teachers, nurses, small business owners, big business CEOs, university professors, housewives, lawyers, engineers, musicians, and more—all making the choice to live in a senior living setting.

The residents sharing these diverse backgrounds have opened the door to wonderful conversations and possibilities.

Community cultures are shaped by the people who live within them. For example, some residents are oriented towards volunteerism and social action, while others thrive on culture, academia, or outdoor activities.

PEERA Board

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

Members At Large

Beautification	Dave Fenner
Community Services	Gayle Cinnamon
Complaints	Paul Thiboutot
Emergency Prep	OPEN
Membership	Carl Silva
Publicity	Patty G. (interim)

Many 55+ adults are making the move to active senior living communities as a lifestyle choice. It allows them (us) to take advantage of the services, amenities, and opportunities all within their (our) community. And contrary to what some might think, most independent living residents are quite active.

I ask for your support in this PEERA Board leadership role as chair. Effective teamwork and leadership are crucial for a successful business (PEERA). Without both, we cannot hope to function effectively.

Patty Gonzales



Patty Gonzales

Chairperson



Don Antrim

Vice-Chairperson



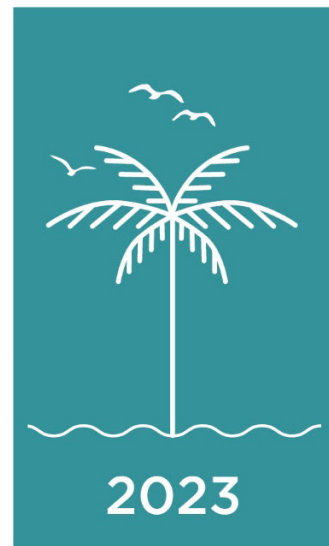
Kristen Antrim

Secretary



Pete Eiden

Treasurer



Your Voice in Our Community PEERA Board

Pickleball/Tennis Court Survey Results

We thank the residents who took the time using the survey to share their voices. The responses are in favor of the restoration of one pickleball court by more than double. Within those responses more residents chose the third option, one permanent pickleball court with one permanent tennis court, choosing the second option for the court(s) playtime, 6 days - 9 am to 5 pm Monday thru Saturday, no play on Sundays.

Park management will notify the community when the restoration begins. They will also keep us in the loop of the different stages and what to expect.

Newly Appointed PEERA Board Members

■ Beautification Committee—Dave Fenner

Dave currently drives the park two weekends a month monitoring the community for the management team. He is very friendly, mild mannered, and very supportive of the residents in our community. He is observant and a great addition to this committee.

■ Community Resource Services Committee—Gayle Cinnamon

Gayle is our Breeze editor. She is also a technical writer with tech support knowledge. She inserts the Millennium information column and any flyers they require as space allows. It just makes sense that she be the SPARC contact person. She is a good asset for this committee.

■ Publicity Committee—I will continue as Publicity interim and may have a resident to appoint in a few months.

■ Emergency Preparedness (PERT) Committee—OPEN

Lanny Lippincott retired from PERT as of April 1, 2023. In Lanny's words, "I have served as PERT Coordinator for almost eight years and feel that I need to step down from that responsibility as I am "burned out" and no longer effective at managing this very important position. It is time for a new leader to take on this responsibility who can bring new enthusiasm and dedication."

His dedicated service was not only on PERT, but he also served as the Breeze editor. He did a fantastic job managing both as a volunteer in our community. We thank YOU Lanny for your time served. Enjoy your well-deserved retirement!

■ PEERA Membership—Your Voice

If you have not joined our residents' membership, please consider doing so. With only a \$5.00 membership fee, your vote counts. Membership envelopes are located on the PEERA bulletin board in the hallway leading to the cardroom/library (multi-function room).

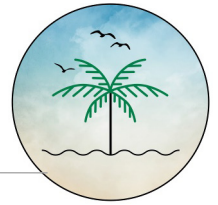
Next PEERA General Meeting

The next PEERA board meeting is Tuesday, June 6th at 5:30 pm. The May meeting is an exclusive administrative board meeting with Haven Management Services.

Should you have any communications to share in the meantime, please fill out a Suggestion Form placing it in the PEERA lockbox. Our goal is to respond sooner than later. These forms are located on the PEERA bulletin board. Or always feel free to email patty.peera@gmail.com.

Park Beautification

PEERA Board Beautification Committee



Clubhouse Etiquette and Safety

Frequently Asked Questions!

Q. What type of tape or tacks can we use on the clubhouse walls?

A. None. Please use the four rolling panels placed in the two side stage storage areas to meet your decorating needs.

Q. Where is the resident's bulletin board?

A. The resident to resident and the park pets bulletin boards are located in the hallway leading to the spa/pool area.

Q. Where are the PEERA and Social Club bulletin boards?

A. These two bulletin boards are located in the hallway leading to the cardroom/library.

Q. Where do special event flyers get posted?

A. If they are not a Social Club or PEERA Board event, place them on the smaller event bulletin board on the wall across the hallway and/or on the resident's bulletin board.

Q. Why do the folding tables need to be removed after every event?

A. The folding tables are for temporary usage only. They are usually placed in walking path areas. For safety purposes railings and wheelchairs require these areas to be open and accessible. To be ADA compliant, there must be enough space for a wheelchair user to do a 360-degree turn.

The folding tables should be placed no more than two days prior to an event. Once the event is over, please remove all decorations and wipe clean. The maintenance crew will then properly store them the next business day.

Q. Did you see the stains on the new stage carpet? Why are people allowed to bring drinks or food to the stage area?

A. Yes, they were noticed...NO beverages or food on the stage carpet area please. We will have the carpet cleaned. The host of any event is responsible for cleaning up this area too. Same cleanup rules apply to the kitchen, tables, etc.

Stair Safety: When decorating the stage area keep all decorations on the outer sides of the stair railings (left and right) not on the main stairway stepping area.

Q. Did the clubhouse hours change?

A. Yes, it is no longer open until 10 pm. The open hours are from 8 am to 9 pm, 7 days a week. The signs next to the front and back entry doors were updated to reflect these hours.

Q. Can we get supportive pillows for the chairs placed in the firepit area?

A. Done. There are eight chairs, four chairs now have supportive pillows placed.

Q. Can the cardroom be reserved for events?

A. Unfortunately not as it is a multi-purpose room. It is an open room serving the residents as a cardroom, library, puzzling, and TV viewing. Residents can enter and stay at any time.

Q. Why is there only one loudspeaker for such a large room?

A. A new PA sound system was requested on this year's wish list. The goal is to have additional speakers placed around the room for a balanced surround sound.

Q. Why do people who work out at our gym not wipe up their sweat on the equipment and the workout room floor?

A. Great question, right? On the wish list we have asked for professional janitorial services to deep clean some areas twice a month, others once a month in both clubhouses. This will help but users should make every effort to clean up after themselves on every visit.

Q. How about placing a TV in the pool hall rec room in the lower clubhouse?

A. This request was placed on the wish list. Approved items will begin in June. Stay tuned...LOL

Our resident clubhouses do a lot of heavy lifting on many levels. With all the benefits they offer, let's respect them as we do our own homes, leaving them in a better place than we found them.

PEERA Chili Cookoff Throwdown

Forms are available on the PEERA Bulletin Board in the Clubhouse, in the hallway leading to the Cardroom. Place your completed form in the PEERA lockbox next to the bulletin board.

Partner Form



4th of July Chili Cookoff Throwdown

Chili is largely a state of mind. Nowhere is that truer than in the creative world of chili cook-offs, where a champion's mindset — along with the right recipe and some mad cooking skills — can lead to fame, glory, and even great prizes and bragging rights.

How would you like to participate with this event?

- ☐ Create Contest Rules
- ☐ Judging
- ☐ Themed Setup
- ☐ Karaoke
- ☐ Determine Grand Prizes
- ☐ Games (TBD)
- ☐ Select Music Playlist
- ☐ Line Dance Leaders
- ☐ Chili Contestant

Suggestions

Space # _____ Phone # _____

First/Last Name _____

Place your completed form in the PEERA lockbox next to the PEERA bulletin board.

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

May Update!

Hard to believe we are already in the 5th month of 2023. Hopefully, warm weather is on the way.

We will kick it off on **May 5th** at 5:30 PM with **Cinco de Mayo**. Hope you got your tickets.

The **English Garden Tea** will be on **May 20th** from 3 to 5 PM. Tickets may be purchased at the clubhouse on Wednesday May 3rd from 10 to Noon for \$10. Bring your mother, grandmother, granddaughter and share an elegant afternoon. (See flyer on page 19.)

On Wednesday **May 10th** at 11 AM, a **Social Club General Membership Meeting** will be held. After the business meeting, there will be an open discussion for questions and ideas. Enjoy refreshments while visiting with old and new friends. Please join us.

On **June 6th** at 5:30 PM, **Happy Hour** will resume. Bring your drink of choice and an appetizer to share. These will be a fun participation event you don't want to miss.

July 4th we will **co-host** the annual celebration with PEERA. This year will be the **Chili Cookoff Throwdown**. Lots of food, fun, music, games, and prizes. Celebrate the privilege of living in the USA.

Last month, I forgot another volunteer librarian, Linda Cockrell. Thank you, Linda!

Wishes to all for a great month.

"Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen."

~ Winston Churchill



Sandy Wagner
Social Club President

Note: Please remember, we are all VOLUNTEERS and help is needed at every function. A signup sheet is in the Cardroom hallway on the Social Club bulletin board showing events and the type of help needed. Please check it out and sign up.

Many thanks in advance.

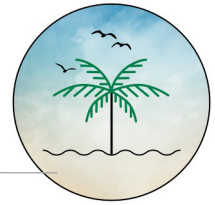
Social Club St. Paddy's Day Dinner Photos

We all had such an amazing time that we almost forgot to take photos. Such a fun night and wonderful to catch up with so many friends.



Park Publicity

PEERA Board Publicity Committee



Volunteer-Driven

Our park committees are always looking for volunteers who are passionate about making a difference. We continue to operate with exceptionally lean volunteers. We thank those who do for their continued support. The St. Patrick's Day preparation and dinner served hit the spot. We are a lucky community.



It's getting hot in here!

A Stylish Stroll Park Parade

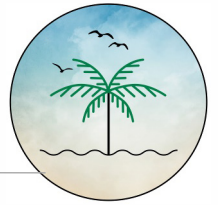
It was Easter morning, when Elvis and a couple of "somebunnies" appeared driving together in their own little Easter Parade. With baskets in hand filled with Easter treats, it was a spirited and welcome start to a beautiful sunny day.

Thank You, Andrea, Rupert, and Shelly.



Did You Know...

Easter and Halloween compete for the highest candy sales. The two holidays go head-to-head for the most candy sales every year. In fact, some years people buy more candy the week before Easter than the week before Halloween, but that's because Halloween purchases are more spread out over the month leading up to the spooky night. Scary to think it will be here before we know it.



SPARC – Women’s Retreat



On Saturday, April 1, Palomar East hosted the first ever Women's Retreat! This event featured four great speakers:

- Dr. Laudani—Nutrition
- Barbara Lovejoy—Positive Mindset and Guided Meditation
- Anu Ramdas, Pharmacist—How medicine affects the body, and combining medicines
- Michele Silva—Leveraging the Law of Attraction for Well-Being

A 10–15-minute Q&A session followed most of the speakers.



Michele was a wonderful host by leading a dancing break, meditation break, and navigating the Q&A's. A light breakfast and lunch were served, which was sponsored by SPARC. All attendees left with a wealth of knowledge, new resources, and new friends.

Between Palomar West and Palomar East, 30 residents attended the event. We did not have any signups from Rancho Vallejos.

And a special thanks goes to Stacey Kazmierski, our Millennium Housing Director of Resident Services and SPARC coordinator, for helping to make this event happen.

Community Resources & Activities

May

2023

All Are Welcome



Come Join the FUN!

ACTIVITY	DETAILS
PAINT CLASS	Dawn Anguiano , dawnv46@gmail.com: 3 rd Tuesday, 10 am—1 pm, East Clubhouse. (Also, the 1 st Tuesday of each month at Rancho Vallecitos.)
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
SPARC	Gayle Cinnamon (949) 212-9140: PEERA Community Services Member-at-Large
TAI CHI	Rudy Cobos (773) 519-6627: Fridays at 9:00 am, East Clubhouse
YOGA	LuAnn Foster (480) 203-4330: Monday—Thursday (See Calendar for details.)
ZUMBA	Saleemah (803) 463-2880: Monday—Thursday (See Calendar for details.)

Fiber Arts Group

The Fiber Arts Group welcomes residents each Wednesday from 9:30 to 11 AM in the Clubhouse. Just like their name implies, this is a group who like to craft with fiber from knitting to crocheting, to wall art, macrame—you name it. Residents can bring in any project they are working on and socialize, gets tips and tricks, and just work on their designs.

Because this is not a class per se, it is FREE. So come join them and spend a while creating with a like-minded group.

If you're "stuck-on-start," they can help with that too! Both beginners and advanced artists are welcome.

Questions? Contact Sally Yeater, (719) 651-2866.



Additional Park Activities

ACTIVITY	WHO TO CONTACT
Billiards—Lower Clubhouse	Ken Hodor
Bocce Ball	Carl Silva
Fitness Facility—Lower Clubhouse	Ken Hodor
Golf Putting Green	Henry Robicheaux
Horseshoes	Henry Robicheaux
Library	A.J. Jangula
Pickleball—Lower Clubhouse	Bill Mead

Paint Class Reflections



Even though it was pouring rain for our March paint class, we had eight painters show up.

In our April class, we painted terracotta pots for spring and some painters who did not finish their basket of flowers were able to bring those paintings to finish up.

Our May class will be held on May 2nd at Rancho Vallecitos and on May 16th at Palomar East, you can come to either one or both if you wish. Don't forget to sign up, put your \$10.00 into the small manila envelope and drop it into the Paint lockbox across from the PEERA bulletin board. Hope to see you there. ~ Dawn & Donna

Palomar East Calendar

May

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
March 30	May 1	2	3	4	5	6
	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 10:00 AM Vallecitos Paint Class 2:15 PM Zumba Zoom 1:00 PM Hand & Foot*	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 Cinco de Mayo Dinner	
7	8	9	10	11	12	13
	The Breeze Deadline			2 PM Dance Lessons		
MOTHER'S DAY 14	15	16	17	18	19	20
		10 AM East Paint Class				3:00 PM Soroptimist & Social Club High Tea
21	22	23	24	25	26	27
				2 PM Dance Lessons		
28	MEMORIAL DAY 29	30	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 3 (new home coming soon)

Space 161 John and Patricia Wilson



You are as welcome as
the flowers in May.

Wedding Anniversaries

Please let us know if we missed your anniversary, and let's wish a very happy anniversary to:

May 1 Kenyon & Kimra Ackley

May 10 Joan & Stephen McMahon

May 12 Diane & Larry Wright

May 12 Gordon & Lidia Penge

May 16 Kelly & Sam Biondo

May 16 Anne & Walt Pearson

May 19 Esther & Timothy La Fuze

May 19 Ken & Marie Losey

May 28 Bob & Jane Manchip



Till We Meet Again...

Feng-Ying Bartimus SP 3 Arrived: 02/2005 Departed: 03/2023, moved to assisted living

John Paquin SP 253 Arrived: 07/2012 Departed: 03/2023, 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

May Flower Notes



During the Middle Ages, May Day (May 1st) celebrations honoring new life became associated with Mary. The **May hawthorn**, which bears white blossoms in early spring, became known as Mary's Flower of May. Another May flower, **Lily of the Valley**, was known as Mary's Tears. It is told that when Mary cried at the Cross, her tears turned into this flower.



Park Member News

Let's Celebrate Our May Birthdays!

1	Ha Le To	21	Brenda Bomar
2	Rick Hadnagy	23	Sean Ahem
2	Toni Simpson	23	Shannon Veal
3	Pamela Schaible	23	Elizabeth Smith
5	Mario Leon	24	Deborah Ash
6	Kathleen Barrett	24	Jerome Wernow
6	Marilyn Fluharty	25	Jay Diaz
7	Patricia Pasqualetti	25	Jacqueline Underwood
8	Mary Ann Ball	25	Bertha Jaquish
8	Margaret McClain	26	Richard Johnson
9	Billy Brandon	26	Ruth Bancroft
10	David Tisdall	26	Johanna Brooks
14	Sharon Irving	26	Kim Cyr
15	Patrice Jensen	27	Joann Reinstein
17	Paul Van Middlesworth	28	Deborah Lyon
18	Gayle Cinnamon	28	William Elder
18	Susan Lawes	29	William Richards
19	Elsie Ashcraft	31	Cecilia Ralston
21	Victoria LaGuardia		

May Trivia

- ♦ **Birthstone:** Emerald (royalty, wit, eloquence, foresight)
- ♦ **Color:** Green
- ♦ **Flower:** Lily of the Valley, Hawthorn



Astrology

Taurus: 04/20—05/20

Gemini: 05/21—06/21

May 2023 Horoscope

May 2023 brings in a powerful and transformative energy that may leave us empowered and ready for change. This month some of the most important astrological events occur that may shape our lives for years.



- **May 5th:** Full Moon in Scorpio--intense emotions, forcing us to confront our deepest fears and desires. Let go of all that no longer serves you and embrace the power of transformation and rebirth.
- **May 7th:** Venus, the planet of love and beauty, enters Cancer, bringing nurturing and loving energy, helping us to connect with our loved ones on a deeper level and to express our feelings with greater ease and authenticity.

May 2023 Horoscope (continued)

- **May 16th:** Jupiter, the planet of expansion and abundance, enters Taurus, bringing a sense of stability and grounding, allowing us to focus on building a strong foundation for our future. Expect to experience financial growth, career success, and spiritual awakening.
- **May 19th:** New Moon in Taurus marks the beginning of a new lunar cycle, signaling a time of fresh starts and new beginnings. Set your intentions wisely and be ready to take action toward your goals.
- **May 20th:** Mars, the planet of action and passion, enters Leo, bringing energy and creativity, and inspiring us to take bold risks and express ourselves more boldly and authentically.
- **May 21st:** Sun enters Gemini, ushering in a period of communication and connection, helping us to connect with others on a deeper level and to express our thoughts and ideas with greater clarity and confidence.



Neighborhood News

Neighbors Helping Neighbors

By Markay Allen

Now-a-days, we don't hear a lot of feel-good stories.

In February, I was walking my dog by the center median and bent over to pick up his poop. I lost my balance and fell face first into the rocks. I was bleeding and couldn't get up. Well here comes Dave Fenner who helped me up and made sure I was OK.

Thank you, Dave! We do have a good community here and good people.



New Roommate

By Victoria La Guardia



"It was a long ride to my new home. My new mom held me tightly, When we arrived, food treats were waiting.

This is just like camp!"

Introducing Tia La Guardia, one of Palomar Estates East's newest residents.

Uh-Oh...

Spring is here and the cocoons are hatching. -;)





Invitation to Residents

of Palomar Estates East to an

“English Garden Tea”

Saturday, May 20th, 2023

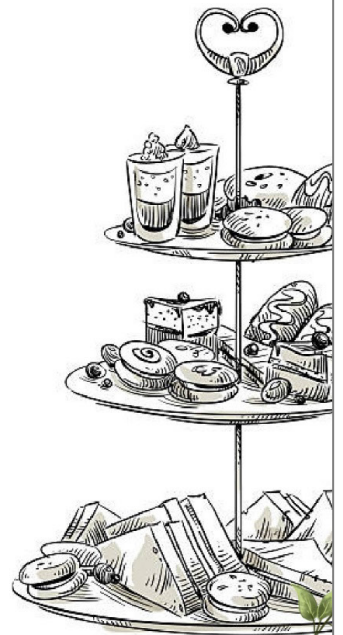
3:00 pm to 5:00 pm in the Clubhouse

Requested Donation: \$10 in advance of event

Co-sponsored by the **Palomar Estates East Social Club** and
Soroptimist International of Vista and North County Inland, a 501(c)(3) organization.
All proceeds will fund programs to help women in our local communities.



Enjoy a selection of sweet and
savory delicacies with hot teas in
three flavors. Tables will be
decorated in white and pink with tea
sets and proper accompaniments for
high tea. Attendees who wish to bring
their own tea sets and decor will have
the opportunity to win the **"Best
Table"** prize. There will also be a **"Best
Hat"** Contest, so dust off your fancy
hat, feathered or flowered.



Join us for a Beautiful Afternoon!

For tickets or more information contact Sandy Wagner,
Social Club President (602) 882-2977
or Soroptimist Dyana Preti, Sp. 98, (760) 533-4903



Recipes from the Heart



When visiting friends in the Adirondacks back in the early 80's, I stumbled upon an incredible mostly vegetarian cookbook called *The Moosewood Cookbook*, by Mollie Katzen. Mollie had a restaurant also called Moosewood up in Ithaca, NY.

Over the years, I have made many of the dishes in this cookbook and highly recommend it. If you like Tabouli, I highly recommend that recipe too!

Feel free to share your own recipes to *The Breeze*—especially if you'd like to share something sweet. Sweets are definitely not my forté.

Enjoy!
G. Cinnamon

Cauliflower Cheese Pie

Filling Ingredients

1 TB Olive Oil
1 Cup Onion (diced)
2 Cloves Garlic (minced)
1 Tsp Salt
Freshly Ground Black Pepper (to taste)
1 Tsp Fresh Thyme (twigs removed)
1 Tsp Fresh Basil (chopped fine)
1 Head Cauliflower (broken into small florets)
1 Cup (8+ oz.) Cheddar Cheese (grated)
2 Eggs
¼ Cup Cream

Potato Crust Ingredients

2 Cups Raw Potatoes (grated from 2-3 peeled potatoes)
1 Tsp Salt
1 Egg White (beaten)
¼ Cup Onion (grated)
Dash of Paprika and/or Cayenne

Directions

1. Preheat the oven to 400°F and generously oil a 9" pie dish. Seriously, be generous to avoid crust sticking.
2. Keeping each separate, grate the cheese, then the potatoes, then the onion.
3. To make the crust, place the grated potatoes in a colander and toss them with the salt. Wait ten minutes, then squeeze out the excess water. A salad spinner works well for this, or you can wring the potatoes out in a dishtowel. Stir together the potatoes, egg white and onion in a large bowl, then pat the mixture evenly into your pie dish, building them up the sides to form the crust.
4. Bake for 30 minutes, then brush the crust lightly with olive oil and bake for 10 more minutes. Remove from oven and lower the temp to 375°F.
5. While the crust bakes, heat 1 TB olive oil in a large sauté pan over medium heat. Add the onion, garlic, salt, pepper, and herbs and sauté for about 5 minutes until the onions are translucent. Add the cauliflower and stir well to coat. Cover and continue cooking, stirring occasionally, until the cauliflower is tender, 8-10 minutes. Add a TB of water if the cauliflower begins to stick to the pan.
6. Spread half the cheese over the crust and spoon the cauliflower mixture over, then sprinkle with the rest of the cheese. Whisk together the eggs and cream, then pour this mixture over the cauliflower cheese mixture.
7. Bake for 35-40 minutes, until golden and set.



P.S. This dish is also great when made with broccolini! Bacon lovers tend to add that to the topping too.