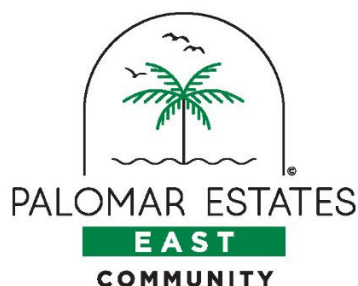


Emergency: 911

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



650 South Rancho Santa Fe Road
San Marcos, CA 92078

Kasey Koenig: Park Manager/Office
Burt Hamernick: Park Manager/Maintenance
Patty Mackey: Office Assistant
Phone: (760) 727-2010
Fax: (760) 727-2844
palomareast@gmail.com

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

Clubhouse Hours:
Monday-Sunday 8am-9pm

Haven Management Services
Property Management Company
3491 Concourses Street, Suite 204
Ontario, CA 91761

Katie Davis: (909) 930-9750 x3005
John Davis: (909) 930-9750 x3003
Fax: (909) 930-9498
www.havenms.com

Millennium Housing
611 Anton Blvd Suite 890
Costa Mesa, CA 92626
www.millenniumhousing.com

President: George Turk
Vice-President: Lori Carraway
Project Manager: Diana Welsch
Director, Resident Services: Stacey Kazmierski
Phone: (949) 515-5100
Fax: (949) 515-5101



June Editorial

A Father's Heart

"A father carries pictures where his money used to be."
— Steve Martin

Father's Day is on June 16th. In thinking about an editorial that highlights and honor fathers, I came across the two articles provided below. A father's heart often reaches out to his own children and sometimes beyond his own family, beyond his own children. The following are inspiring examples of the power of 'a father's heart.'

'Dads on Duty' Form to Prevent Violence at a Local High School

When gang violence spiked, concerned dads at this Louisiana high school said, "Not on our watch."

On Thursday, September 16, 2021, just weeks into the school year, two groups of boys brawled across the courtyard at Southwood High School in Shreveport, Louisiana. The following day, two groups of girls picked up where the boys had left off. In a mere two days, 23 students were in police custody. One student was charged with battery for allegedly hitting an assistant principal. Another was charged with threatening a resource officer and a staff member.

When a school administrator told her former classmate Craig Lee, a business owner and community activist, that gang tensions were rising, Lee wanted to do something. He contacted Michael La'Fitte, a fellow activist, who had an 11th-grade daughter at Southwood. That Sunday, the two held an emergency meeting with parents and the principal. By the end of the four-hour session, a group of the fathers in attendance had decided it was time to make their presence known on campus.

"We're dads," La'Fitte told CBS News. "The best people to take care of our kids are who? Us."

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

Also, the PEERA website is: peerasm.org



From left: David Telsee, Torian Walters, Michael Morgan, and Craig Lee, along with other dads, helped bring peace to Southwood High, Louisiana.

That's how Dads on Duty was born. Its goal: Make sure the kids are safe. Around 40 men organized into six-person shifts, with two shifts on campus every day. They started the day after the meeting. These dads are business owners, truck drivers, chefs, and financial advisers who sacrificed their own schedules and commitments. Some are fathers of kids at the school, while others are uncles, grandfathers, brothers, and men like Lee, who doesn't have a child at Southwood but wants the youth in his community to know they have an entire village behind them.

Now, anyone who wants to enter the school with rage and a closed fist will have to dodge boisterous papa bears, big smiles, positive affirmations, and a plethora of dad jokes.

(Continued)

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.

Since Dads on Duty arrived on campus, fights have drastically declined, and gang battles have stopped completely. "The school has been happy, you can feel it," said one student. Another told the Washington Post, "They interact with all the kids like we're their own children."

But it's not just corny jokes and bubbly good mornings that have healed Southwood. It's the Positive Presence Promotion, developed by Dads on Duty to make sure every student feels as if someone is invested in their success.

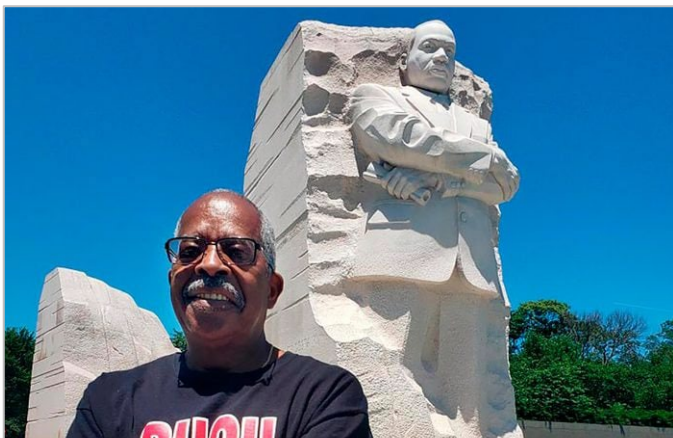
That means taking an interest in home lives, engaging in dialogue about entrepreneurship and alternatives to gang culture, sponsoring essay contests, and ultimately, making sure every kid has an adult they trust to turn to in times of crisis.

Source: Reader's Digest, by Caroline Fanning, July 14, 2023

He Stepped in as My Dad When I Needed One the Most

"Growing up, I was an immature, angry kid with no father, that is until I met Dennis Wilson," says Davidson Hosty. Wilson coached Hosty's varsity high school basketball team, but he says he was so much more than a coach, acting as a mentor and father figure to many of the boys. This included being tough when they needed it.

"I remember one practice, I mouthed off and he told me I could leave if I didn't like what he was saying. I threw my jersey down and stormed out," he says. "The next day, once I'd calmed down, he



Dennis G. Wilson

taught me that it's a good thing for men to have emotions and express them but that I couldn't let them control me. That was a real turning point for me."

Wilson stayed a part of his life long after Hosty graduated from high school, encouraging and supporting him through earning both a Bachelor's and a Master's degree from Salem State and then getting his dream job in academics. "Coach Wilson still calls and checks in on me all the time, he has been instrumental in everything I've accomplished," he says.

My Papa Learned to Sew



Diego Ramírez lives in the southwestern highlands of Guatemala with his three daughters. He's been raising his daughters alone for ten years and while he's able to provide for all their physical needs, he still worries they will suffer without their mom—which is why you'll often find him embroidering late into the evening after his work and chores are done. In their Mayan culture, it is traditional for a mother to make her daughter a "huipil," a special blouse that she covers in intricate, beaded, and brightly colored embroidery of birds and flowers.

"The huipil is a big part of a young woman's identity and they each have traditional cloth colors and have unique patterns of tiny figures," his daughter says. "Each one is unique and has a meaning that is often related to protection or survival." Diego taught himself the technique and patterns, with each blouse taking him over 20 hours of careful stitching to finish. Some men in the community even make fun of him because they consider this to be out of step with macho culture, but he doesn't listen to them, she says.

Source: Reader's Digest, by Charlotte Hilton Andersen, May 26, 2023

Millennium Memo



The big news this month: Stacee Kazmierski, the Director of SPARC, had her baby—and he was born on April 23, St. George's Day!

Let's all welcome Everett Brooks Kazmierski, the newest member of the SPARC team. Last month I reported that he was due on April 27, but apparently, he jumped at the chance to have such an important saint as his patron.

Stacee is planning to be on maternity leave until November 1. In the meantime, Devin & Ally will be covering for her, so Palomar will be in capable hands. I'm sure that if you come to the next SPARC event, we'll have pictures for you.

More Fun News

- The Kitchen finally opened. What do you think? Quite an upgrade, isn't it? It cost around \$85K, including \$10K just for appliances. I can't wait to see it.

We also did some asphalt repairs, added new landscaping at the Rancho Santa Fe entrance and replaced some electrical wiring.
- Volunteers from Senior Gleaners visited 19 Palomar East homes, picking 1,523 pounds of fruit to donate to food pantries. That's $\frac{3}{4}$ of a ton! Let's give this month's Kudo to those generous 19 households.
- SPARC sponsored another Resource Fair on May 8. I'll have a report next month.

"That Darned Cat!"

We're seeing more stray cats lately, likely attracted by residents leaving food out for them. Our local coyotes will solve some of that problem, but that also puts your own little friend at risk—unless you keep him/her indoors.

Allowing a cat to be loose in the Park isn't only a risk for your pet, it's actually against the Law, specifically, Title 25, Section 1114(a) of the State Health & Safety Code.

To be clear, that law about "loose" cats is aimed at cats that are unattended or off-leash. It isn't a knock on your cat's mating habits. Please encourage your little friend to be a model resident...and a bonus Kudo to anyone who caught the movie reference.

An Early Father's Day Note From My Daughter

"You're so lucky to have gotten such a smart, beautiful, funny, well-rounded child. No wonder I'm your favorite." Yes, I am lucky. Then she ended by writing: "Dad, you've always been like a father to me."

Heartwarming, isn't it? Congratulations to Stacee! And have a great Father's Day!

George Turk

President
Millennium Housing



Kasey Koenig
Park Manager/Office

East Park

MARKET UPDATE & MANAGER'S REPORT



Burt Hamernick
Park Manager/Maintenance



1



1



8

Home Sales

There was 1 home sold and 1 home in escrow in the last month. Currently 8 homes are for sale.

Maintenance Update

Asphalt was replaced in front of the laundry room. Landscaping was added at the park entrance of S. Rancho Santa Fe Rd. Electric wire was replaced on Elm to repair streetlights.

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 when June ends. Also, please make sure the written amount on your check matches the numeric amount. Your help is greatly appreciated.

Driving in the Park

The speed limit in the park is 15 mph. Please slow down, obey stop signs, and be the example. Tell your spouse, roommate, and your visitors the speed limit. This has become a serious issue. There are blind turns that drivers cannot see around. Residents may be backing out of their driveway or walking a dog. Please slow down and keep everyone safe. Residents that walk at night, please wear bright/light clothing to be more visible. Wear something reflective so you can be seen by drivers.

Pool Rules

Guests and additional occupants must be accompanied by a resident to use the pool. If the office is open and someone does not belong at the pool, please bring it to our attention. If the office is closed, introduce yourself to the new resident and let them know about the pool pass! If it is the weekend, we have people working that patrol the park and pool. Or, let the visitor know they must be with a resident to use the pool. Children's hours are from 11am-1pm and 4-6pm. Children under 3 or wearing diapers are not allowed in the pool.

Short & Quick

- Carport Storage – Items must be stored either in your home or shed, not on your carport. Please contact EDCO @ 760-744-2700 for items that need to be discarded.
- EDCO – Electronic waste, batteries, light bulbs, and syringes can be disposed of at EDCO on Sundays only between 8am-4pm for free of charge. Batteries and bulbs can also be disposed of at Home Depot.

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
E
R
A



Notifications & Activities

"Strive for continuous improvement, instead of perfection." – Kim Collins

In writing my monthly articles, I try to include information that is relevant to both new and existing residents. Our newsletter is a valuable resource for information, updates, and event details, along with other community matters.

Our Kitchen Debut

It's exciting that our clubhouse now offers a newly remodeled kitchen. The debut of our new kitchen was the Cinco de Mayo party. The kitchen was in full service. The Social Club and the volunteers did a fantastic job. Thank You!



PEERA Board

Patty Gonzales	Chairperson
Connie Bloem	Vice Chairperson
Susan Ewing	Secretary
Leslie Dranko	Treasurer

Members At Large

Peter Del Bene	Beautification
Joanne Price	Community Resources
Joanne Robinson	Complaints
Board Committee	Emergency Prep
Merlene Heeren	Helping Hands
Carl Silva	Membership
Kate Niebur	Publicity

Any resident can reserve the clubhouse on a first come basis. The clubhouse is the main hub and is a great place to have your next gathering or meet your neighbors at one of the events. Our community events are announced in *The Breeze* newsletter, are listed on the park entrance event board, and are posted on the bulletin boards in the clubhouse.

Opportunities to Meet New Friends

Summer is on our doorsteps...June 20th is the first day of summer, with the anticipation of fun times indoors and outdoors – picnics, parties, and gatherings of all types with family and friends.

Your Voice IN Our Community

PEERA Board peerasm.org

2024

We hope that if you have never participated in Palomar Estates East events in the past, that you might consider coming out to one of our events. We'd love to meet you! And for those of you who participate regularly in community events, we appreciate you!

Whether you have just joined our community or have been here quite a while but have never participated much in community events, the following are just some of the ways you can meet new friends.

Donut Day – Yum!

Now this is an especially delicious way to meet new friends! Come up in the morning after 8 am on the first business day of every month for "Donut Day" and coffee sponsored by park management. It's a great time to catch up with your neighbors. Kasey reminds us the day prior Donut Day via a robo call to residents.

Social Hour – Double Yum!

We encourage wide participation in events and always appreciate the service of volunteers. This is a great way to meet residents and let them get to know you.

4th of July PEERA Event

All residents should have received their 4th of July invitation flyer in the tube under your mailbox. This event is FREE, NO ticket sales required. There will be live music provided by the original Boatrockers band.

If you have never volunteered and would like to give it a try, we welcome you to do so. We have a list. It's a great way to meet and greet residents. Interested? Contact Leslie Dranko #225 or Patty Gonzales #286. Our phone numbers are listed in the Palomar East Directory.

Collaboration. Cooperation. Coordination.

Our PEERA Administrative Board Meeting, held on Tuesday, May 7th, was productive with active participation and engagement from all board members. They are an impressive team.

The next PEERA Board General Meeting is Tuesday June 4th. Come to our General Board Meeting Tuesday, June 4th at 5:30 pm in the clubhouse.

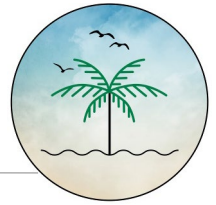
Happy Father's Day!

Patty Gonzales
PEERA Board Chair



Park Publicity

PEERA Board Committee



Save the Date

Community Carport Sale

Saturday, June 22nd | 8:00 am - 2:00 pm

Have you been spring cleaning and finding you have stuff that has not been used for years? Then it's time to make a little cash and lighten your load by participating in our community carport sale.

We will be advertising this event to the public. Signs will be strategically located throughout the park. A map will be provided with the seller's spaces highlighted.

Sign Up is Required! The sign up sheet is located on the Social Club bulletin board in the clubhouse.

Questions?
Contact Deb Johnston 760-703-6705

Come join us!
The Social Club

Carport Sale Tips

Don't forget that a big reason for having this community carport sale is to DECLUTTER. With the date confirmed – get to decluttering like a crazy person! Now is the time to go through your home and shed, pulling out anything that you don't need or want.

The great thing about decluttering for our community carport sale is that extra motivation that comes with knowing each item you get rid of means a bit more cash in your pocket. The more you can plan (and actually do) ahead of time, the better. Trust us, you will thank yourself on the day of the sale when things get busy.

Go ahead and put price stickers on items as you are decluttering. Not only is pricing clearly important, but so is pricing right.

If you price things too high, no one is inspired to buy. You will often actually make MORE money by pricing things reasonably lower. Remember buyers are looking for deals at a carport sale.

The better your items are organized and displayed, the more that people will buy. Set up your area more like a store; it encourages people to stick around, browse, and it helps them find those treasures.

Before the sale, make time to go to your bank and pick up a roll of quarters, \$20 in ones, \$30 in fives, and \$30 in tens – assuming most of your items are priced in the \$0.50 to \$15 range. Be prepared to give your carport sale your full attention while it's going on. You may need to rearrange your items after people have browsed or after you've sold a lot.

Good luck and much success \$\$\$

Park Publicity

PEERA Board Committee



Save the Date – We Look Forward to the Chili Entries of Our Residents!

Mark your calendar for a special 4th of July celebration. The timing (12 pm to 2 pm) of this PEERA-sponsored event allows residents to continue celebrations later in the day with friends and families. Flyers will be provided to all residents.

Chili Contestants

- Register to enter the contest (Contact Leslie Dranko 760.295.2026)
- Deliver your chili to clubhouse kitchen by 11 am on July 4th.
- Mystery judges will taste and decide the winners by 12 pm.
- Winners will be chosen for three categories:
 - ✓ Spicy
 - ✓ Most Unique
 - ✓ Old fashioned home-style

Live Music Provided!

PEERA PROUDLY PRESENTS
4TH OF JULY
CELEBRATIONS &
OUR 2ND ANNUAL
CHILI COOK-OFF CONTEST

The luncheon starts promptly at
12:00 PM – 2:00 PM
on the patio & inside the clubhouse

BBQ coals will be hot and available
from 12:00 to 1:30 pm
for those bringing their own grub to flip on the grill

CHILI CONTESTANTS:	PEERA IS PROVIDING:
<p>REGISTRATION IS REQUIRED to enter the contest. Your Chili needs to deliver to the clubhouse kitchen no later than 11 am to be entered.</p> <p>Please contact Leslie Dranko 760-295-2026 to register.</p> <p>Mystery judges will taste test & decide the winners prior to 12 pm.</p> <p>Three lucky winners will receive prizes for these categories: spicy, most unique, old fashion home-style.</p>	<ul style="list-style-type: none">• Dinner Hot Dog or Polish Sausage on a Bun• Pulled Chicken Sandwiches• Selection of cold slaw, fresh fruit, other fun side dishes, & condiments• Ice cream station with root beer floats, drumsticks, & sugar free selections• Bottled water & iced tea• Plates, bowls, napkins, utensils

Chili will be available to all Residents

Chili topping bar provided:
Onion, Cheese, Sour Cream, Limes, Fritos,
French Bread, Corn Bread with butter

Feel Free to bring your own special 4th of July
side dish to share & beverage of choice

COME JOIN US!
THE PEERA BOARD

Fun in the Summertime



City of San Marcos

The City of San Marcos Summer Concert Series is held at the Wood House located in Woodland Park, 1148 Rock Springs Road, San Marcos.

This location features an outdoor venue that can accommodate a maximum of 100 people.

The four bands featured in this year's series are:

- June 29 – Broken Halo – Classic Rock 70s, 80s, 90s
- July 27 – Classic Journey – Journey Tribute Band
- Aug 17 – Grooveline SD – Funk, Disco, R&B
- Sept 29 – Savor – Santana Tribute Band

Concerts begin at 7:30 pm. Gates open at 6 pm.

Only beach chairs or blankets for lawn seating. No pets permitted. Children under 12 are free.

Concert goers may bring outside food and drink.

Tickets: \$8 Pre-Sale; \$10 at door; \$25 Season Pass. Pre-sale tickets can be purchased at the San Marcos Community Center, Senior Activity Center, or online at www.san-marcos.net/register. Cutoff for sale is noon Friday, prior to the concert. Your receipt is your ticket. No fee required for parking.



City of Carlsbad

Every summer, the City of Carlsbad staff turn community park baseball fields into concert venues that bring friends, families, and neighbors together for a night of live music under the stars. Over 30,000 residents attend this beloved concert series every season. Concerts are on Friday evenings, from 6 pm to 8 pm.

Stagecoach Community Park

June 21
June 28
July 5
July 12

Calavera Hills Community Park

July 19
July 26
Aug. 2

Alga Norte Community Park

Aug. 9
Aug. 16

Both locals and visitors are invited to attend the performance, and everyone can bring along comfortable portable seating. To add an extra dash of fun to the events, the crowd will be able to purchase tickets for the raffle draws, where many of the prizes up for grabs will be corporate gifts and experiences donated by area businesses. Tickets start at \$20 for one panel.

There are many more wonderful events during the summer. You can search for summer events, by city, on your computer or phone. Have fun!

Fun in the Summertime

City of Vista – Moonlight Amphitheater Performances

Every summer Moonlight Stage Productions presents Broadway's Best Under the Stars!

These musicals are produced from the ground-up; utilizing Broadway and professional regional on-stage talent as well as professional technical designers and crews. Every Moonlight show also features a full orchestra performing live!

Brengle Terrace Park also has a summer concert series.

Musicals featured this summer will be:

- June 5-22 – Escape to Margaritaville
- July 10-27 – School of Rock
- Aug 14-31 – Beautiful, The Carole King Musical
- Sept 11-28 – Tootsie

Building on Past Fun ... The 'Where Are You From?' Map

At the potluck dinner on June 29, 2018, the original United States map was dedicated. In addition to the states map, we had flags from other countries. After dinner, everyone was asked to tell something interesting about the state/country where they were born and insert their pin. We had so many interesting people from all our states and other countries - Vietnam, Tasmania, Canada, Porto Rico, UK, plus others. We learned many interesting and fun things and had lots of laughs. We got to know our neighbors a bit more.

Dan Smith, then Park Manager, built a board that hung above the map to display all the flags, purchased by Social Club.

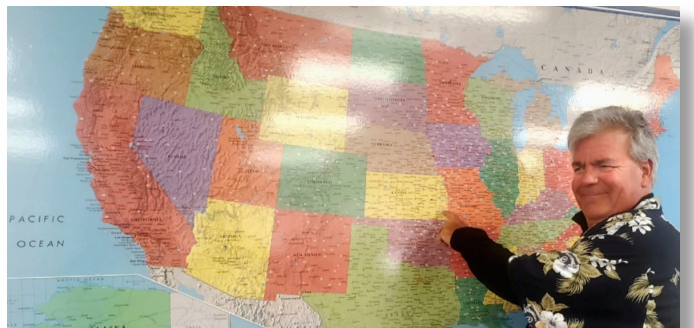
The map was a topic of conversation for many visitors and those looking to make their home here. Residents enjoyed placing their pins on the map, not only from their home state/country but other places they had lived. It was fun to find a pin someplace you had lived, then find the person who had lived there too; great conversation starter.

During the renovation of the Clubhouse main room, the map and flags had to be removed. Unfortunately, the flags were not found after the construction work was completed. I'm so glad popular demand was able to bring a facsimile back. Sad though, that we lost so many pins of friends that have left us.

- Sandy Wagner



Original Map & 'Where Are You From' Dinner



New Map in the Clubhouse (Larry Russell at the Map)

At the April Social Hour, several people placed their pins on the new map. However, the previous Social Club Map Event sounded so fun that Social Club will be hosting a Map Night on August 2nd (Social Hour day).

Thanks to Burt and his team for mounting the new map!



Our Club. Our Members. Our Passion.

2024

The biggest news to report this month is the completion of the Clubhouse kitchen remodel and our test run of the kitchen for our Cinco de Maya Celebration.

Due to delays and illnesses (and my subsequent acting like a chicken in a 1960's cartoon), we were almost forced to cancel the party the week before it was to take place.

Fortunately, people stepped up and went above and beyond anything I could have hoped for. Burt Hamernick was able to do what was needed to get the refrigerator operational. Dave Fenner helped with all the heavy lifting and patiently came up to unlock doors at the drop of a hat. Patty Gonzales rolled up her sleeves and cooked all the chicken at her house before coming up to the clubhouse at 10 am to cook the rest of the food, (Some say it was comparable to authentic homemade Mexican food. And I would sure believe it!)

Leslie Dranko took over the door to get everybody checked in and to a table. Michelle Silva did pretty much anything and everything else needed to make the party a success. She tries to retire, but we keep pulling her back in!!! And of course, there were all of you who were patient and pleasant throughout. Thank you everyone!

The resource Fair on May 8th had a great turnout. There were quite a few vendors filling our goodie bags with snacks, gifts, and loads of information. There was a vendor who did bone density tests. I tried it. Yes, I do have bones, and yes, they were so dense it made the vendors testy....

Social Club Board

1 Sally Yeater	Membership
2 Michelle Lema	Treasurer
3 Andrea Martin	Vice President
4 Debbie Johnston	President
5 Lani Beltrano	Secretary
6 Susan Adorno	Member-at-Large

Board Members-at-Large not shown in photo: Dolores Bsharah and Paul Hoffman

We hope that those of you who are mothers, and those fortunate enough to still have their mothers, enjoyed a special day on May 12th. Don't forget the special day for fathers is coming up on June 16th.

Upcoming Events

June 7: Social Hour at 5:30pm

June 22: Carport Sale 8 am to 2 pm. Have you signed up at the clubhouse yet?

July 4: PEERA Chili Cookoff and Barbecue.
(See page 9 for more info)

July 20: General Meeting, Ice Cream Social, and 90 plus Birthdays (Time TBD)

Currently Unscheduled... But in the Works

- Clothing Exchange
- Luau
- Halloween Party

If you have any suggestions for events, we'd be glad to hear them.

Andrea Martin
Social Club Vice President

Cinco de Mayo Celebration

Cinco de Mayo has come and gone, but not the fun memories of the celebration!



Community Resources & Activities

June

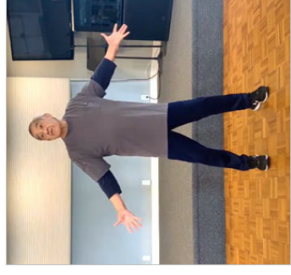
2024

All Are Welcome



Come Join the FUN!

ACTIVITY	WHO TO CONTACT AND MEETING SCHEDULES
BINGO	Debbie Johnston & Delane Johnson: Thursdays , 6 PM at West
BOOK CLUB	Social Club: 2 nd Wednesday each month, 1:00 PM, East Clubhouse Cardroom.
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
HAND & FOOT CARD GAME	Anne Litz (760) 846-5850 (Please leave message) or Marilyn Fluharty (218) 821-0337: Mondays and Thursdays , 1 pm, at Marilyn Fluharty's home (Spc 179)
PAINT CLASS	Dawn Anguiano , dawn46@gmail.com: (1 st Tuesday each month at Rancho Vallecitos)
QUILTING GROUP	Social Club: Tuesdays , 9:30 am to whenever, East Clubhouse Card Room.
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



Tai Chi

By Michelle Lema

Now that the construction is done in the Clubhouse, TAI CHI is back at Palomar East. 9 am every Friday. Hope to see you there!

Enhancing Well-Being: Senior Tai Chi Instruction by Rudy

(Rudy is 86 years young!) Instruction is free.

Rudy offers invaluable guidance in the practice of Senior Tai Chi. This ancient discipline, adapted for older adults, delivers a myriad of benefits, including enhancing balance, strength, flexibility, and breathing techniques. In addition, it fosters mental well-being by sharpening focus, promoting relaxation, and mitigating stress.

(To view a class by Rudy, search "Tai Chi by Rudy" on YouTube.)

Paint Class Reflections

By Dawn Anguiano

Summer is just around the corner, so in May, we decided to paint terracotta pots. We had lots of ideas for everyone to do their own thing and they came up with some awesome painted pots. Come see what we do, join the fun. Remember, if you have a friend that would like to paint with you, they are welcome too. All classes are held at Rancho Vallecitos on the first Tuesday of every month. Call Dawn at 760 802-2170 or Donna at 760 419-2222. Cost is \$10 and we provide all the materials. See you on Tuesday, June 4th.

Additional Park Activities





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

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

Palomar East Calendar

June

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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	9:30 AM - Quilting Group 10:00 AM - Chair Yoga West & Zoom 2:15 PM - Zumba Zoom	9:30 AM - Fiber Arts 10:30 AM - Zumba Zoom 1:00 PM - Book Club (2 nd Weds each month) 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	
						1
2	3	4	5	6	7	8
		10am - 1pm + Paint Class at Rancho Vallecitos 			5:30 PM Social Hour 	
9	10	11	12	13	14	15
			1:00 PM - Book Club Meeting 	2pm- 3:30pm Dance Lessons		
16	17	18	19	20	21	22
						8am - 2pm - Carport Sale
23	24	25	26	27	28	29
30				2pm- 3:30pm Dance Lessons		

Park Member News

Welcome New Neighbors

To our new park residents: WE WELCOME YOU!

We look forward to getting to know you! Please fill out the form found in your Welcome Kit. You can return it to the Social Club box in the clubhouse.

Gone and Not Forgotten

- Joan Wilfert Space 259
Arrived: 5/20003 Departed: 4/19/2024
Moved to Nashua, New Hampshire

Wedding Anniversaries

June 15 John & Susan Helander
June 22 Debbie & Jay Diaz
June 23 Bill & Joan Elder
June 25 Markay & Michael Allen

Note: We can only include anniversary dates that have been provided us. Please let us know your anniversary date if you would like to be included in *The Breeze*. Email your info to PEE.TheBreeze@gmail.com, or hand in your anniversary date at the Office.



Marlynn McNabb

August 5, 1933 – March 17, 2024

Moved to Palomar Estates East – February 2017



Marlynn, as many of us knew her, was a “front porch friend.” She and Mike enjoyed sitting on their porch greeting and meeting all the walkers. The first year they were here, I invited them to come to our Social Club functions.

They explained that they had a large family and spent most of their time with them: 3 boys, four girls, 18 grandchildren, and 12 great-grandchildren. In addition, over the years she “adopted” several other families. Yes, they were definitely busy. But when they were not home to greet you as you passed by, you missed them.

Born in Sumter, South Carolina, Marlynn migrated to California permanently in 1951. She loved telling everyone what growing up in the South and in her beloved Carlsbad in the 40’s and 50’s was like. She never knew a stranger, visiting with everyone, everywhere. Her beautiful smile, sparkling eyes, laugh, and sincerity made her someone you wanted to get to know.

Marlynn and Mike were avid sports fans, listening to games on the radio – the golden voice of Vin Scully announcing the Dodgers games. However, when the Padres organization was formed, SHE switched her allegiance, and this resulted in her having to listen to the games in the garage because her Padre radio was banned from the house.

They shared a passion for baseball, college football, and youth sports. Over the years, they cheered for their grandchildren’s teams, and went to big league spring trainings in Arizona and Florida. In later years, they became less active but were still avid USC football fans, and fans of women’s softball at the collegiate level. UCLA and Oklahoma University became their favorites to follow.

Marlynn’s life passions were her family, church, Bible study, card playing, baking, and making others happy. Known to her family as Mom/Nana/Gama, she passed away peacefully in the early hours of their 59th wedding anniversary.

She was known to us as, friend.

- Sandy Wagner

Park Member News

Celebrating Our June Birthdays!

1	Kathi Fennelly
1	Paul Thiboutot
1	Betty Lou Cassel
2	Valerie Cottrell
3	Donald Agostino
3	Leroy Dutton
4	Elaine DeAngelo
6	Naomi Van Middlesworth
8	Lesa Nassar
9	Chris Walla
11	Jeffrey Quigley
12	Jon Sherman
12	Flechelle Morin
13	Kang Young
14	Susan Alves

14	Gerald Daffer
14	Sandy Gonzalez
15	Tina Finn
17	Bill Ralston
18	Maryellen Franey
18	Manuel Gonzalez
19	Doug De Stefano
20	Karen Del Bene
20	Christina Laske
21	Shirley Tisdall
25	Joan McMahon
26	Jim Young
27	Terry James
28	Renee Joseph
28	Leslie Dranko

June Book Review

Winter Garden, by Kristin Hannah.

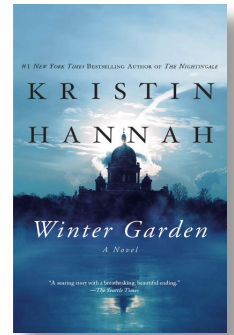
Meredith and Nina Whitson are as different as sisters can be. One stayed at home to raise her children and manage the family apple orchard; the other followed a dream and traveled the world to become a famous photojournalist.

But when their beloved father falls ill, Meredith and Nina find themselves together again, standing alongside their cold, disapproving mother, Anya, who even now, offers no comfort to her daughters. As children, the only connection between them was the Russian fairy tale Anya sometimes told the girls at night.

On his deathbed, their father extracts a promise from the women in his life: the fairy tale will be told one last time—and all the way to the end. Thus begins an unexpected journey into the truth of Anya's life in war-torn Leningrad, more than five decades ago. Alternating between the past and present, Meredith and Nina will finally hear the singular, harrowing story of their mother's life, and what they learn is a secret so terrible and terrifying that it will shake the very foundation of their family and change who they believe they are.

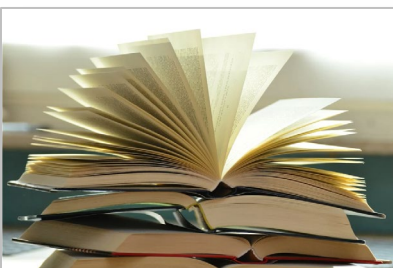
Review Source: Amazon Books

July Book: **The Women**, by Kristin Hannah.



Book Club

Sponsored by the Social Club



Meetings are typically held on the 2nd Weds of each month, 1pm at the clubhouse.

Pick up copies of these books new or used, digital or borrowed from our library. Plan to join the Book Club for a light snack, friendly neighbors, and a chance to laugh out loud.

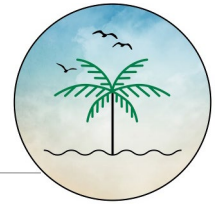
Libby – Free Audiobooks at Your Fingertips

The San Diego County Library provides free access to digital library resources. This includes ebooks, digital audiobooks, and even magazines. You can listen to these resources on your phone, tablet, or computer using Wi-Fi or mobile data; OR, you can download the books for offline use and read anytime, anywhere. All you need to get started is a library card.

Get an Instant Digital Library Card – All you need to provide is a cell phone number.

Community Resources

PEERA Board Committee



The SPARC Resource Fair held at our Clubhouse on May 8th was amazing! There were representatives from a variety of programs and services that serve the seniors community. The following article describes just one resource present at the event.

California Connect Provides Specialized Telephones AT NO COST to Those Eligible

The California Telephone Access Program offers a range of free, specialized phones to anyone with hearing, vision, cognitive, mobility, or speech-related disabilities.

Accessible Equipment and Accessories

Every day, communication services and devices from this program enable over half a million Californians to stay connected. There's a service, phone or piece of equipment for every need. For example, there are specialized devices that make it easier to hear, see, and speak during conversations. Big button phones that make it easier to dial. Phones with lights that flash for incoming calls. Convenient portable phones – and more to help people with hearing, vision, speech, mobility, or cognitive disabilities.

Example Equipment for Hearing



- Amplified incoming sound up to 50 decibels
- Provides tone control for additional clarity
- Increases ringer volume up to 112 decibels

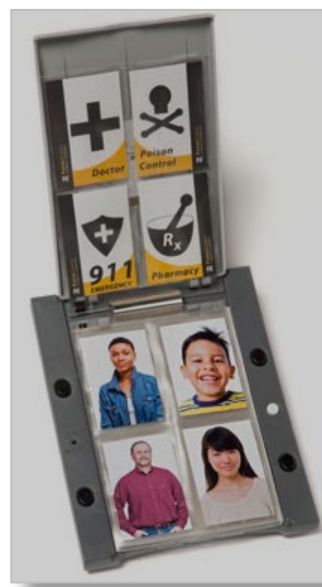
- Is hearing-aid compatible
- Features a speakerphone for hands-free conversations.

Example Equipment for Vision



- Amplified incoming sound up to 50 decibels
- Extra large buttons with Braille characters repeat each number as it is dialed
- Three (3) programmable one-touch emergency buttons with Braille characters and 10 memory buttons
- Record custom voice announcements for each number, memory and emergency button
- Battery backup for use in the event of a power outage

Example Equipment for Memory



- The Photo Dialer features 24 photo buttons for one-touch dialing
- You pick the photos. Buttons could include emergency numbers, doctors or pharmacy numbers, and friends and family numbers

Helping Hands

PEERA Board Committee



Example Equipment for Mobility



- Designed for anyone with any degree of mobility and/or dexterity loss

- Includes a rechargeable wireless remote control for memory scanning, dialing and answering from up to 40 feet away
- Designed for use with Headphones/ Microphone
- Voice activated answering - just say "Hello"
- Sensitive microphone for hands-free conversations up to 15 feet away

The Process to Quality is Fast and Easy

Step 1: Download, print, and complete Section 1 of the Certification Form.

This is simply general information including your name, address, phone number, year of birth, and phone company name, etc.

Step 2: Have Section 2 completed by an authorized certifying agent.

This can include a medical doctor, physician assistant, nurse practitioner, audiologist, optometrist, and others

Step 3: Return the form.

There are numerous ways the Certification Form can be returned.

If desired, staff at a Service Center located in San Diego can provide one-on-one consultation regarding the available equipment to ensure that the equipment you select meets your needs.

Application and Loan Agreement for CTAP Specialized Phones

APPLY TODAY! 3 Easy Steps:

1. Complete this section. Page 1 of 2

Last Name _____ First Name _____ MI _____

Street Address _____ City _____ State _____ Zip _____

Your Phone Number (_____) ☐ Home ☐ Mobile

Email Address _____ Year of Birth (optional) _____

Local Phone Company's Name _____

Name on Phone Bill (First & Last) _____

Ethnicity (optional): ☐ Caucasian ☐ Latino ☐ African American
☐ Native American ☐ Pacific Islander ☐ Asian ☐ Other

I prefer materials in: ☐ English ☐ Spanish ☐ Chinese ☐ Vietnamese
☐ Russian ☐ Hmong ☐ Braille ☐ Large Print (English)
☐ Large Print (Spanish)

Alternate Contact (First & Last) _____

Relationship _____

Phone Number (_____) _____

IMPORTANT, READ BEFORE SIGNING Limited Liability Agreement The applicant hereby agrees that the CPUC and/or the State of California, and/or the California Communications Access Foundation (CCAF) make(s) no warranties, either express or implied, with regard to the possession, use, condition, and/or operation of the telecommunications equipment provided to applicant as part of this program (the Equipment). The applicant hereby agrees to indemnify, defend, and hold harmless the CPUC, the State of California, and/or the CCAF from any and all third party claims, costs (including without limitation reasonable attorneys' fees), and losses which in any way arise out of or in connection with the possession, use, condition, and/or operation of the Equipment. The applicant hereby agrees that the CPUC, the State of California, and/or the CCAF shall have no liability to the applicant or any other person with respect to any liability, loss, or damage caused or alleged to be caused, directly or indirectly, by or through the possession, use, and/or operation of the Equipment. I verify that I live in a household that subscribes to local telephone service in California.

NOTE: Please choose your equipment carefully because we want to provide you the most appropriate phone. CTAP will repair or exchange equipment if 1) the equipment loaned to the consumer stops working or malfunctions or 2) the consumer's disability certification changes. Please return your equipment with all original parts in the manufacturer's packaging.

PRIVACY NOTICE: The CPUC DTP, under the authority of Public Utilities Code § 2881, uses this form to collect personal information solely for the purposes of identification and document processing. Unless otherwise noted, all requested information is mandatory, and incomplete information may result in incorrect processing. The information submitted will be held in confidence to the extent allowed by law and is available for your review, upon request. The DTP complies with the information Practices Act of 1977, and its Privacy Policy and contact information are online at <http://dtp.cpuc.ca.gov/privacy.aspx>.

Signature of Applicant _____ Date _____

Print now and ask your authorized certifying professional to complete section two and return the form to you to sign and submit.

2. Have this section completed by an authorized certifying agent. Page 2 of 2

☐ Licensed Medical Doctor ☐ Licensed Optometrist ☐ Licensed Audiologist
☐ Department of Rehabilitation Counselor ☐ Licensed Nurse Practitioner
☐ Superintendent/Audiologist from the California School for the Deaf Fremont/Riverside
☐ Licensed Hearing Aid Dispenser (see provision below)*
☐ Licensed Physician Assistant ☐ Licensed Speech-Language Pathologist

Impairment(s) of the Applicant (Check All That Apply):
☐ Deaf/Deafened ☐ Mobility/Manipulation ☐ Blind ☐ Hard of Hearing ☐ Low Vision ☐ Speech ☐ Cognitive
Hearing Loss: ☐ Mild ☐ Moderate ☐ Severe **Mobility:** ☐ Upper body ☐ Lower Body ☐ Both

Notes: _____

Signatory please write patient's name from page 1 here: _____

Address of patient from page 1: _____

I certify that the above named person has the impairment(s) marked above that restrict(s) his or her use of the telephone and qualifies for equipment provided under California state legislation.

Print Name (Must be legible) _____ License Number _____
Professional Credentials _____
Telephone (_____) _____ Fax (_____) _____
Signature of Certifying Agent _____ Date _____
(No stamped signatures accepted)

*For Licensed Hearing Aid Dispensers - I certify that I have fitted the above person with an amplified device and have the individual's hearing records on file.

Signature (Hearing Aid Dispensers only) _____ Date _____ HAD License Number _____ Telephone _____

Processed by _____ Date _____ 5/12/2024 8:48 pm
Office Use Only CRT-ENG-CONNECT-28H-WEB

Our Own "Green Acres"

The Community Garden (Next to the Dog Park)

I don't know about you, but it has been some while since I visited the Palomar East Residents Community Garden. And WOW has it changed! It is clear that a lot of love and care have transformed this area into a Garden Paradise! We encourage you to experience the garden first-hand. For more details about the garden, the garden lead resident for this area is Lorene Christian.

Many thanks Lorene Christian for coordinating the efforts of this wonderful garden space! And thanks to Kim Cyr for painting the Green Acres sign!



SPARC Inc. Resource Fair

I hope you were able to attend the SPARC Resource Fair on May 8th. It was amazing! There were representatives from a variety of agencies and companies that serve the seniors community. Below are a few pictures from the event.

Much appreciation to Ally and Devin for hosting this SPARC event.

