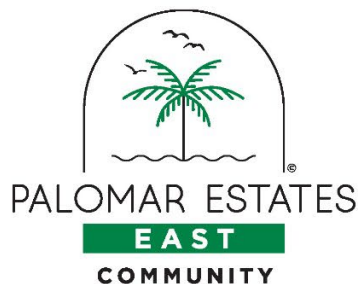




**Emergency: 911**

**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](mailto:palomareast@gmail.com)

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

**Clubhouse Hours:**  
Monday-Sunday 8am-9pm

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**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](http://www.havenms.com)

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**Millennium Housing**  
611 Anton Blvd Suite 890  
Costa Mesa, CA 92626  
[www.millenniumhousing.com](http://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



# September Editorial

## Fall is a Time for New Beginnings

*"Volunteers do not necessarily have the time; they have the heart."*

— Elizabeth Andrew

With the end of summer and the beginning of fall, we often take a long view of the months ahead. In this issue I have summarized just a few of the volunteer opportunities that are available. Some of these can be done from your home, others are done outside the home. Some opportunities are short term while others are longer term. You can search opportunities using your phone, tablet, or computer. Be sure to learn about the organization/opportunity before becoming a volunteer.

### Volunteering Opportunities

**Feeding San Diego:** The following description is from the website: [FeedingSanDiego.org](http://FeedingSanDiego.org)

"Volunteers are a crucial part of our mission at Feeding San Diego. With an ambitious goal of ending hunger in San Diego County through food rescue, we rely on those willing to donate their time to our cause.

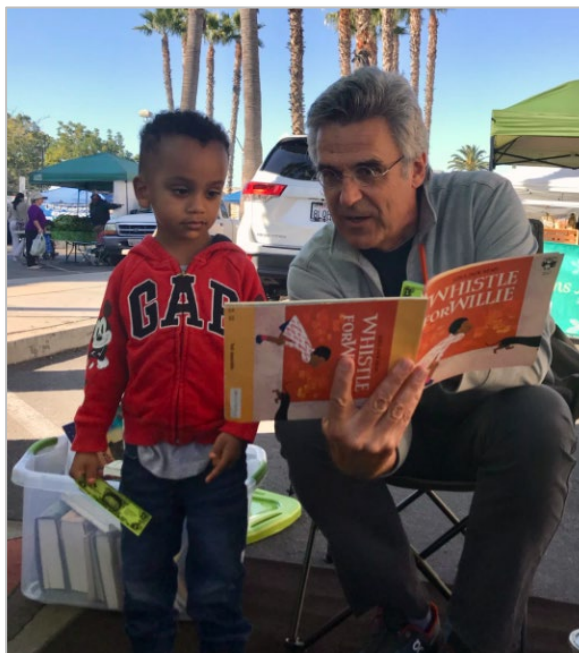
We have many volunteer opportunities at our Sorrento Valley headquarters. We also need volunteers at other locations in the community, as well as remotely.

Whether you're interested in sorting and packing produce for a family in need, supporting our food distributions, making personalized phone calls to thank our generous donors, or helping in another way — we're glad you're here!"

(See pages 18-19 for the story of Stephanie, a volunteer with Feed San Diego.)

Drop us a line or an article anytime at [PEE.TheBreeze@gmail.com](mailto:PEE.TheBreeze@gmail.com)

Also, the PEERA website is: [peerasm.org](http://peerasm.org)



**San Diego Council on Literacy:** The following description is from the website [schoolonwheels.org](http://schoolonwheels.org).

"Thank you for expressing interest in being a volunteer tutor. The San Diego Council on Literacy supports a variety of literacy programs throughout San Diego County. These programs provide one-on-one, small group, computer-assisted, and classroom instruction services for adults, youth, and families. Volunteers do not need to have previous experience to be a tutor. Patience, flexibility, a sense of humor, and a love for reading and helping people are characteristics of a successful tutor. You must be 18 years of age or older to tutor with most literacy programs."

**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

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# September Editorial

**School On Wheels:** The following description is from the website: [SchoolOnWheels.org/about](http://SchoolOnWheels.org/about)

"It's not about knowing everything or being a teacher – it's about being there for someone who needs the help." – Jeremy A., Volunteer Tutor

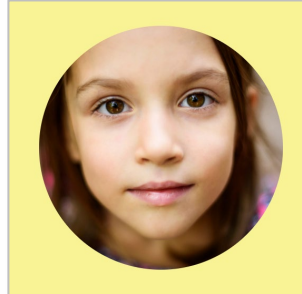


## Mission & Vision

Since 1993, the mission of School on Wheels has never wavered: To enhance educational opportunities for children who are experiencing homelessness from kindergarten through twelfth grade.

Our goal is to shrink the gaps in their learning and provide them with the highest level of education possible. Our program serves as a consistent support system for our students during a time of great stress and fear.

The application process will include three steps: (1) Online Orientation; (2) Introductory Training Session; and (3) Background Check.



School on Wheels works with Operation Hope – North County (Vista).

## Expectations:

- Tutor a minimum of 1 hour per week, typically between 3 pm to 7 pm
- Complete advanced training after 3 months of tutoring
- Demonstrate patience, persistence, and an innate love of learning
- Commit to 50 hours of volunteering

**Cards for Hospitalized Kids:** The following description is from the website: [CardsForHospitalizedKids.org](http://CardsForHospitalizedKids.org)

Cards for Hospitalized Kids spreads hope, joy and magic to hospitalized kids across America through uplifting, handmade cards.

CFHK distributes general cards monthly as well as holiday cards for major holidays to Children's Hospitals and Ronald McDonald Houses in all 50 States.

Guidelines for the following steps are provided on the website:

1. Gather supplies
2. Address the card
3. Write on the front/inside of the card
4. Follow design guidelines (what not to do)
5. Sign your name
6. Mail the card(s) to CFHK



# Millennium Memo

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Despite Palomar's clear "No Soliciting" signs, apparently two men have been touring the Park trying to get folks to install Solar panels. Sept. 2022 Millennium Memo.

Apparently, that is still happening. As I said back in 2022, if you want solar and your home can accommodate the weight of the panels, more power to you. There is a problem that has arisen, however.

Often, the solar system is financed, with the payments secured by your home. Lately, however, we've noticed solar installers recording their contracts on the property, which not only violates your rental agreement, but might also affect the Park.

If you sign one of these agreements, make sure you only pledge your home, and not the entire Park. Otherwise, you may have to pay the legal fees to remove it from our title..

## More News

- Our last 3 holdouts finally came forward, and we now have 100% of Palomar East's Income Certs. Way to go, everyone. Kudos to you!
- Thanks also to those of you who made the corrections we requested during the homesite inspections. Sure, a few residents complained, apparently balking at the idea of having a tidy yard, but they weren't really serious, were they?
- A reminder: if your guest wants to use the Pool, hang around the Clubhouse or practice his/her Pickleball, you have to stay with them. Pretty boring, I know, but that's the Rule.

If your friend wants to stay in the Park long-term, the next item might be of interest.

## About Your New Roommate

You're allowed to have a co-occupant, but that person needs to be registered with the Office if he/she is going to stay with you for more than 20 days. You can understand why we would want to know who's living in the Park, can't you?

Being a registered co-occupant gives your roomie limited rights, including the ability to stay in your home long-term, but you'll still have to tag along if said roommate wants to use the facilities—unless, of course, that person is on title to the home.

I had a roommate many years ago who claimed I was not respecting his privacy—or at least that's what his diary said.

Thanks again for returning your Income Certs, make sure your roommate is registered...and have a fun Labor Day.

*George Turk*

President  
Millennium Housing



Kasey Koenig  
Park Manager/Office

# East Park

## MARKET UPDATE & MANAGER'S REPORT



Burt Hamernick  
Park Manager/Maintenance



1



4



5

*"Peace is not something you wish for, it is something you make, something you are, something you do, and something you give away."*  
-- Robert Fulghum

### Home Sales

There was one home sale in the month of August. Four homes are in escrow. Currently there are five homes for sale. Palomar Estates East continues to be one of the more desirable communities in the area.

### Maintenance Update

The palm stalks along the main street of the park were trimmed and cleaned. The streetlights went out on Ash St and the electrical line was repaired. Sections of the pool deck have been repaired with caulking. The concrete in the car wash was cleaned and power washed.

### Clubhouse Flooring

The clubhouse flooring contractor had an unanticipated scheduling availability that required a prompt decision to take advantage of the early scheduling. This will provide the earliest completion and availability of the new flooring for the holiday season. Our thanks go out to you and the various activity groups for making alternative arrangements for the short term. I am confident that the new flooring will be worth it.

### EDCO Charges

The EDCO has increased their service rate with the park. You will notice an increase of 51¢ on your monthly statement. This has been their only rate increase since 2022 when they began the Organics Program.

### Short & Quick

- The office will be closed September 2nd in observance of Labor Day.
- We reached 100% completion on the Income Certs! This protects the park's low-income status.
- The first day of Fall is September 22nd.



### Your concerns and needs ARE IMPORTANT!

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

[palomareast@gmail.com](mailto:palomareast@gmail.com)



# Palomar Estates East Residents Association

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## Notifications & Activities

***"As long as autumn lasts, I shall not have hands, canvas, and colors enough to paint the beautiful things I see."*** – Vincent Van Gogh

Fall is my favorite season. There's something about this season that's simply unparalleled. Perhaps it's all the festivities that come with autumn: back-to-school season, trick-or-treating, and Thanksgiving baking — just to name a few. Or maybe it's because the temperature is almost perfect, not too cold or too hot, making it ideal weather for us to embrace after those dog days of summer. So fall slowly into the glorious colors of autumn's magic, even when the world may seem to be changing too fast around us; enjoy small moments of joy.

Crazy as it seems, Halloween is right around the corner. It is one of the most widely celebrated holidays, with its popularity growing yearly. From donning costumes to decorating homes, attending parties, and participating in the cherished tradition of trick-or-treating, there are numerous reasons to appreciate and engage in Halloween festivities, including our "3rd Annual Halloween Decorating Contest." Get ready to showcase your home

### 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

with spirited Halloween decorations. And of course, get your costumes in order for the Social Club Halloween party. It's always a blast.

### August & September Updates

We can all agree that the clubhouse serves as the central hub of our community, and it is very important to ensure it meets the needs of our residents. It's exciting to collaborate on these significant improvements to the clubhouse, which are underway to include new flooring, artwork, dining room tables and chairs, as well as renovating the cardroom/library. Project schedules and completion



# Your Voice IN Our Community

## PEERA Board [peerasm.org](https://peerasm.org)

# 2024

dates will be determined and communicated by park management.

It is understood that these renovations may cause some inconvenience, but your patience is appreciated as the work continues in creating a beautiful and functional space for everyone to enjoy. It is important to take the time to carefully consider each room's function, the space's aesthetics, and the budget to ensure we get these projects right.

In other news, we are pleased to announce that the City of San Marcos has approved the "Emergency Preparedness Plan." This is a great accomplishment, and we are grateful for the efforts of those who assisted us on this important project. You can find the document as a PDF on the PEERA website at [peerasm.org](https://peerasm.org).

Next on our agenda are the proposed updates for the PEERA By-Laws and Standing Rules, last updated in 2016. The proposed updates will be distributed to residents with paid PEERA memberships. For your reference, the current 2016 documents are on the PEERA website at [peerasm.org](https://peerasm.org).

We encourage you to review the proposed changes and the explanation sheet supporting these updates. Our goal is to ensure that these documents serve the community and the continued success of the PEERA Board. A ballot will be attached for your vote. Details and instructions will be provided.

Once this process is completed, we will then assign the PEERA Board nomination committee to start the 2025 election protocol. We thank you in advance for all your support.

### Service Reference Guide

When the need arises to hire someone to make repairs to our automobiles or homes, it can be a stressful situation, often arising unexpectedly or in an emergency. In such circumstances, we typically seek recommendations from family, friends, neighbors, or colleagues.

To facilitate this process, we propose a proactive approach by reaching out to the community to identify companies or independent contractors who have earned your trust and are worthy of referrals. The services we seek to cover include HVAC, roofing, plumbing, electrical, gardening, cleaning, windows, appliances, remodeling, auto repair, and more.

With your input, we will compile a service reference guide, providing copies on both the residents' and PEERA bulletin boards in the clubhouse. If you are a service provider here in the park, we are happy to add you to the list.

Please start a list of your referrals and drop them in the PEERA Board lockbox in the hallway leading to the cardroom/library in the clubhouse once it is reopened and we'll get started.

The next General PEERA Board meeting is Tuesday, September 3th, at 5:30 p.m. in the clubhouse. If Clubhouse flooring is not completed, the Board meeting will be held on September 10th, at 5:30 p.m.

*Have a great Labor Day weekend ahead!*

Best Regards,

**Patty Gonzales**  
**PEERA Board Chair**



# Moving and Grooving

Another home leaves our park to make way for a brand-new home and new neighbors, too! Our park continues to have that extraordinary appeal of a well-managed community, and it reflects in the prices of our recent home sales.

As a park resident, do you often get this question from outsiders: "What's the difference between manufactured homes and mobile homes?" The answer is simple.

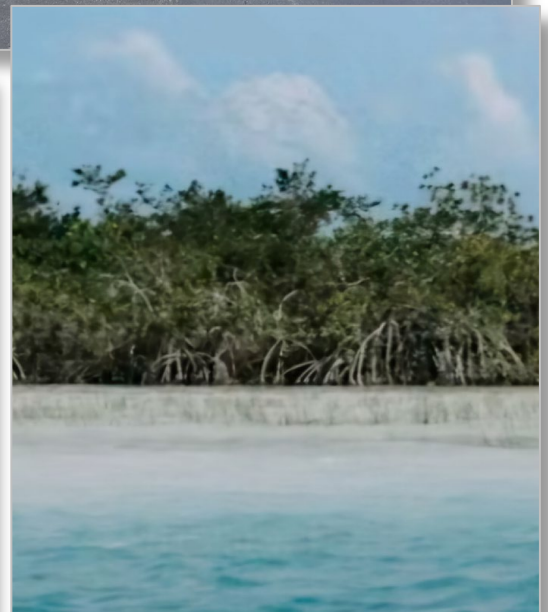
Manufactured homes are often referred to as mobile homes—and indeed, the two are, in a sense, the same thing. Both types of properties are regulated by the Department of Housing and Urban Development (HUD). The main difference between a manufactured home and a mobile home is the date it was built. Homes built in a factory before June 15, 1976, are considered mobile homes, while factory-constructed homes built after that date are called manufactured homes.

Manufactured homes are still "mobile" in that they have a trailer hitch and axles attached to a steel beam that runs their length (which allows them to be transported to the home site). They are considered a vehicle for tax and zoning purposes because, technically, they can be relocated.

Other than that, they often bear little resemblance to the rectangular, metallic, trailers-with-the-wheels-off of old. As noted above, manufactured

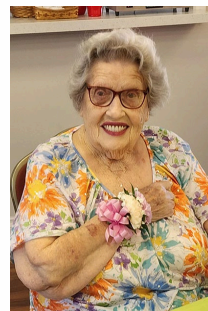
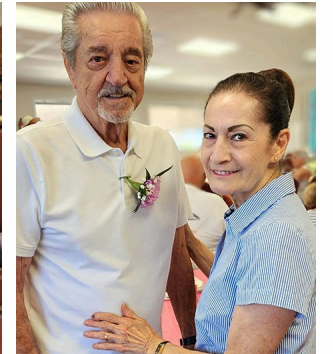
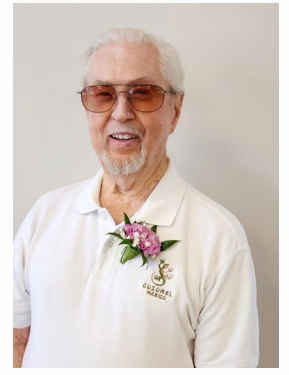
homes are solidly built, can be affixed to the land in fairly permanent ways, and often run as much as 2,000 plus square feet (what the industry calls double- or triple-wide).

Mobile homes, being older, are often less expensive to buy than contemporary manufactured homes. But we have some pretty nice remodeled older homes here in our park that have sold for new home prices. This one, from Space #31, is probably on its way to a beachy area in Mexico for a second life. Farewell...





# Ice Cream Social for Residents 90+ Years







## Our Club. Our Members. Our Passion.

2024

We had anticipated starting the ceramics class again in August. However, the opportunity to install the new Clubhouse flooring changed our plans. We will wait to schedule the ceramics class startup until after the flooring is completed. Stay tuned. We look forward to our meetings together.

As this Breeze is delivered, we will be looking forward to the Luau on September 7th. Leis and flowers and dancers and luscious food! What's not to like?? I can hardly wait!

### 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

### Upcoming Events

**September 7** – Luau. 5 pm at the Clubhouse.

**September 25** – Clothing Exchange (with help from the funsters at SPARC).

If flyers haven't gone out to everybody yet, they will be soon. This event is a lot more interesting than it may seem. It's a good chance to clean out your closet. And then to fill it back up again! All for free!

And for any skeptical men out there, let's just say that the men who took a chance and joined us last time were sure glad they did!

**October** – Here's hoping you are all getting your Halloween costumes together. It will be here before you know it!

*Andrea Martin*

Social Club Vice President



(NOTE: There will be no Social Hour in September, since the Luau is only one day later.)



# August Social Hour

The Social Hour with potluck appetizers was a delicious and well-attended event.





# Language and Laughter

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One of my favorite books of humor is *Anguished English*, by Richard Lederer. For more than 25 years, Richard Lederer was a high school English teacher. During this time, he collected and filed away hundreds of humorous segments written by students. In his introduction, Lederer notes:

"I have pasted together the following "history" of the world from genuine student bloopers collected by teachers throughout the United States, from eighth grade through college level."

The remainder of this article includes selected excerpts from the book.

## History...The Student Bloopers Version

Rome came to have too many luxuries and baths. At Roman banquets, the guests wore garbics in their hair. They took two baths in two days, and that's the cause of the fall of Rome. Today Rome is full of fallen arches.

Then came the Middle Ages, when everyone was middle aged. King Alfred conquered the Dames. King Author lived in the Age of Shivery with brave knights on prancing horses and beautiful women. King Harold mustarded his troops before the Battle of Hastings. Joan of Arc was cannonized by Bernard Shaw. And victims of the blue-bonnet plague grew boobs on their necks. Finally, Magna Carta provided that no free man should be hanged twice for the same offense.

The Renaissance was an age in which more individuals felt the value of their human being. Martin Luther was nailed to the church door at Wittenberg for selling papal indulgences. He died a horrible death, being excommunicated by a bull. It was the painter Donatello's interest in the female nude that made him the father of the Renaissance.

Queen Elizabeth was the "Virgin Queen." As a queen she was a success. When Elizabeth exposed herself before her troops, they shouted.

"hurrah." Then her navy went out and defeated the Spanish Armadillo.

It was an age of great inventions and discoveries. Gutenberg invented the Bible. Another important invention was the circulation of blood. Sir Walter Raleigh is a historical figure because he invented cigarettes and started smoking. And Sir Francis Drake circumcised the world with a 100-foot clipper.

During the Renaissance America began. Christopher Columbus was a great navigator who discovered America while cursing about the Atlantic. His ships were called the Nina, the Pinta, and the Santa Fe.

Later, the Pilgrims crossed the ocean, and this was called Pilgrim's Progress. The winter of 1620 was a hard one for the settlers. Many people died and many babies were born. Captain John Smith was responsible for all this.

One of the causes of the Revolutionary War was the English put tacks in their tea. Also, the colonists would send their parcels through the post without stamps. During the War, the Red Coats and Paul Revere was throwing balls over stone walls. The dogs were barking and the peacocks crowing. Finally, the colonists won the War and no longer had to pay for taxis.

Delegates from the original 13 states formed the Contented Congress. Thomas Jefferson, a Virgin, and Benjamin Franklin were two singers of the Declaration of Independence. Franklin had gone to Boston carrying all his clothes in his pocket and a loaf of bread under each arm. He invented electricity by rubbing two cats backwards and declared, "A horse divided against itself cannot stand."

Franklin died in 1790 and is still dead.

George Washington married Martha Curtis and in due time became the Father of Our Country. His farewell address was Mount Vernon.



# Language and Laughter



*Franklin invented electricity by rubbing two cats backwards*

Soon the Constitution of the United States was adopted to secure domestic hostility. Under the Constitution the people enjoyed the right to keep bare arms.

Abraham Lincoln became America's greatest Precedent. Lincoln's mother died in infancy, and he was born in a log cabin which he built with his own hands. When Lincoln was president, he wore only a tall silk hat. He said, "In onion there is strength."

Abraham Lincoln wrote the Gettysburg Address while traveling from Washington to Gettysburg on the back of an envelope. He also freed the slaves by signing the Emasculation Proclamation.

On the night of April 14, 1865, Lincoln went to the theater and got shot in his seat by one of the actors in a moving picture show. The believed assassin was John Wilkes Booth, a supposingly insane actor.



*Lincoln wore only a silk hat*

This ruined Booth's career.

Meanwhile in Europe, the enlightenment was a reasonable time. Voltaire invented electricity and also wrote a book called Candy. Gravity was invented by Isaac Walton. It is chiefly noticeable in the autumn, when the apples are falling off the trees.

Bach was the most famous composer in the world, and so was Handel. Handel was half German, half Italian, and half English. He was very large.

Beethoven wrote music even though he was deaf. He was so deaf he wrote loud music. He took long walks in the forest even when everyone was calling for him.

France was in a very serious state. The French Revolution was accomplished before it happened and catapulted into Napoleon. During the Napoleonic Wars, the crowned heads of Europe were trembling in their shoes. Then the Spanish gorillas came down from the hills and nipped at Napoleon's flanks. Napoleon became ill with bladder problems and was very tense and unrestrained. He wanted an heir to inherit his power, but since Josephine was a baroness, she couldn't have any children.

The sun never set on the British Empire because the British Empire is in the East and the sun sets in the West. Queen Victoria was the longest queen. She sat on a thorn for 63 years. She was a moral woman who practiced virtue. Her reclining years and finally the end of her life were exemplary of a great personality. Her death was the final event which ended her reign.

The nineteenth century was a time of a great many thoughts and inventions. People stopped reproducing by hand and started reproducing by machine. The invention of the steamboat caused a network of rivers to spring up. Cyrus McCormick invented the McCormick reaper, which did the work of a hundred men. Samuel Morse invented a code of telepathy. Louis Pasteur discovered a cure for rabbis. Charles Darwin was a naturalist who wrote the Organ of the Species. Madman Curie discovered radio. And Karl Marx became one of the Marx brothers.

# Community Resources & Activities

September

2024

All Are Welcome



Come Join the FUN!

ACTIVITY	WHO TO CONTACT AND MEETING SCHEDULES
BINGO	Debbie Johnston & Delane Johnson: <b>Thursdays</b> , 6 PM at West
BOOK CLUB	<b>Social Club:</b> 2 <sup>nd</sup> <b>Wednesday</b> each month, 1:00 PM, East Clubhouse Card Room.
CERAMICS	<b>Andrea Martin:</b> <b>Wednesdays</b> , 6 - 8 pm, East Clubhouse, Arts & Craft Room
DANCE LESSONS	<b>Anne Pearson</b> (858) 610-4816: <b>2nd &amp; 4th Thursdays</b> , 2 - 3:30 pm, East Clubhouse
HAND & FOOT CARD GAME	<b>Anne Litz</b> (760) 846-5850 (Please leave message) or <b>Marilyn Fluharty</b> (218) 821-0337: <b>Mondays and Thursdays</b> , 1 pm, at Marilyn Fluharty's home (SpC 179)
PAINT CLASS	<b>Dawn Anguiano</b> , dawnny46@gmail.com: (1 <sup>st</sup> <b>Tuesday</b> each month at Rancho Vallecitos) (Note: No classes July or August)
QUILTING GROUP	<b>Social Club:</b> <b>Tuesdays</b> , 9:30 am to whenever, East Clubhouse Card Room.
TAI CHI	<b>Rudy Cobos</b> (773) 519-6627: <b>Fridays</b> at 9:00 am, East Clubhouse
YOGA	<b>LuAnn Foster</b> (480) 203-4330: <b>Monday:</b> 3:00 PM Zoom, 6:00 PM Yoga West & Zoom, <b>Tuesday:</b> 10:00 AM Chair Yoga West & Zoom, <b>Thursday:</b> 10:00 AM Chair Yoga East & Zoom
ZUMBA	<b>Saleemah</b> (803) 463-2880: <b>Monday:</b> 11:15 AM West, <b>Tuesday:</b> 2:15 PM Zoom, <b>Wednesday:</b> 10:30 AM Zoom, <b>Thursday:</b> 11:15 AM East

## 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

## Many Types of Activity Groups

Thank you to all the volunteer residents who sponsor these activities. We appreciate your providing such so many opportunities for fun interactions among our residents.

We encourage you to give one or more of these groups a visit to find a group that matches your interests.

## Ceramics Group Resumes in September

By **Andrea Martin**

Now that new flooring has been completed in the Clubhouse, the Ceramics can meet again. Meetings are on every Wednesday, 6 – 8 pm at the Palomar East Card Room. Hope to see you there!

## Paint Classes Begin Again in September

By **Dawn Anguiano**

We're back from our summer break and ready to paint! Come join us on September 3rd for something new we are trying out, we think you will like it. Class is from 10:00 to 1:00 on the first Tuesday of the month. Cost is \$10.00 which includes everything you need.

In October, we are going to be celebrating our 6th Anniversary of painting at Rancho Vallecitos with our paint class and a fun party afterwards. Everyone is invited to the party. Even if you don't paint, we would love to have you meet us and see what we have been doing, meet some new friends and enjoy the goodies. Hope to see you there.








# Palomar East Calendar

September

NOTE: Regular activities held on given days of the week are shown at the top of the calendar.  
Activities with special scheduling are shown on the calendar in red.

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	11:15 AM 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)	10:30 AM - Zumba (Zoom) 1:30 PM - Pool/Billiards 6:00 - 8:00 PM - Ceramics 6:00 - 8:00 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 (At West)	9:00 AM Tai Chi (East)	
1	2	3	4	5	6	7
		10:00 AM to 1:00 PM - Paint Class				5 pm LUAU 
8	9	10	11	12	13	14
			1:00 PM - Book Club Meeting 	2pm- 3:30pm Dance Lessons		
15	16	17	18	19	20	21
22	23	24	25	26	27	28
			12 to 1:30 PM - Clothing Exchange 	2pm- 3:30pm Dance Lessons		
29	30					

# Park Member News

## Welcome New Neighbors

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

- Christine Weidinger    Space 350  
Arrived: 7/1/2024

## Gone and Not Forgotten

- Patricia Dedonato    Space 350  
Arrived: 3/2022    Moved: 7/1/2024  
Moved to live closer to daughter in Thousand Oaks



## Wedding Anniversaries

- |        |                           |
|--------|---------------------------|
| Aug 3  | Jerome & Mary Wernow      |
| Aug 11 | Felipe Lee & David Whalen |
| Aug 16 | Danny & Deborah Ash       |
| Aug 20 | Dante & Connie San Pedro  |
| Aug 21 | Carl & Michele Silva      |
| Aug 24 | Gerald & Deborah Daffer   |
| Aug 24 | Joe & Alicia Ruiz         |

# Park Speed Limit & Stop Signs

Our community is facing a growing safety concern due to drivers disregarding the 15 mph speed limit and posted stop signs. This poses a risk to residents' safety, especially considering the absence of sidewalks, which necessitates sharing the road with pedestrians. Our speed limit and posted signs apply to vehicles, golf carts, and even bicycles.

Similar to the general speed limits that apply residential areas and business district zones, the California Vehicle Code 21107.9 sets the speed limit within mobilehome parks and manufactured housing communities at 15 miles per hour. These limits are based on safety considerations and a history of various traffic incidents in those zones.

Pay particular attention to cars backing out of their carports. Even for cars that have backup cameras, there is often a blind spot until the car is partly out into the street. And for cars with no backup cameras, backing up is significantly more difficult to see approaching vehicles.

Thanks to all of you who take the time to slow down, stop at the designated stop signs, and have patience while driving in our community. By doing so, you are prioritizing the safety of our community residents and visitors.

Live long and prosper.





# Park Member News

## Celebrating Our September Birthdays!

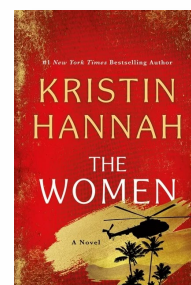
1	Clarabel Schubert
1	David Sarikhan
2	Victoria Deprez
2	Ronald Waters
3	Karen Story
5	Grace Balfoort
5	Robert Maxwell
6	Cuong Dinh
6	James Elmer
9	Irma Eaton
9	Carol Chamberlin
9	Betty Miller
9	Dante San Pedro
10	Donna Maddox
11	Carol Mentze
11	Felipe Lee
11	Brad McCartt
12	Marcia McDonald
15	Vickie England
15	Brenda Fainkujen

16	John Johnson
17	Andrea Martin
18	Mary Salazar
18	Satie Jess
19	Larry Mentze
19	Il Kang
19	Gordon Lilley
21	Preston Shin
21	Cindy Gleason
22	Debra Purves
22	Christine Hill
23	Joyce Daffer
23	Lydia Seifert
23	Juliette Johnson
25	Brad Schmidt
26	Holly Barry
27	Diane Wright
27	Michelle Lema
28	Arlene Jangula
28	Therese Boatwright
29	Rebecca Eiden

## September Book

**The Women**, by Kristin Hannah

Women can be heroes. When twenty-year-old nursing student Frances “Frankie” McGrath hears these words, it is a revelation.



Raised in the sun-drenched, idyllic world of Southern California and sheltered by her conservative parents, she has always prided herself on doing the right thing. But in 1965, the world is changing, and she suddenly dares to imagine a different future for herself. When her brother ships out to serve in Vietnam, she joins the Army Nurse Corps and follows his path.

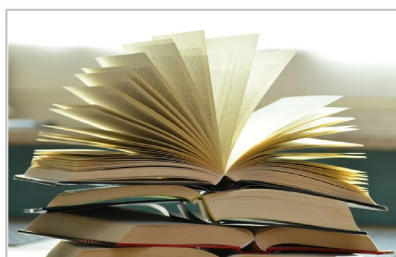
As green and inexperienced as the men sent to Vietnam to fight, Frankie is overwhelmed by the chaos and destruction of war. Each day is a gamble of life and death, hope and betrayal; friendships run deep and can be shattered in an instant. In war, she meets—and becomes one of—the lucky, the brave, the broken, and the lost.

But war is just the beginning for Frankie and her veteran friends. The real battle lies in coming home to a changed and divided America, to angry protesters, and to a country that wants to forget Vietnam.

The Women is the story of one woman gone to war, but it shines a light on all women who put themselves in harm's way and whose sacrifice and commitment to their country has too often been forgotten. A novel about deep friendships and bold patriotism.

(Review Source: Amazon Books)

## Book Club



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

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.

Get an Instant Digital Library Card:

1. Download the Libby app from the app store.
2. Open and find San Diego County Library.
3. Sign up with your phone number!

# Stephanie's Story

## Following the Urge to Do More



*Stephanie during a recent volunteer shift*

"I've been retired for a year. I do some work with the homeless, and I thought, 'I have more time on my hands, and I'm very able to help.' Then I saw Feeding San Diego in the San Diego Union-Tribune, an article about how volunteers were needed. And I thought, 'I can do that. I can help,'"

Stephanie explained. "I started with food sorting. Then the Marketplace came up on the volunteer opportunities page. I liked it so much, and they



*Stephanie in the marketplace*

asked me if I'd like to do it on a regular basis. I've been in the Marketplace every Tuesday ever since."

The Feeding San Diego Marketplace allows community members to shop for no-cost groceries. Volunteers and staff work together to offer a convenient and dignified shopping experience.

"I like my friends that I work with," Stephanie said when asked why she keeps returning. "I like all the people that come. There's seniors, there's young people, there's people who are new to this country. It's a good feeling to help out. It's not a lot, just a couple of bags of groceries, but they're so appreciative. And it helps them a lot. And it's always a surprise to see what we have. It's very well-rounded. People like the snacks and the bread. They go crazy for the bread."

## Addressing Senior Hunger

For many seniors, limited incomes and rising inflation make shopping for food difficult. According to Feeding America, 1 in 14 seniors were food insecure in 2021. That amounts to about 5.5 million seniors. For Stephanie, helping other seniors adds to her passion for volunteering.

"It's a really good feeling to know that we're here to help seniors, especially seniors who are on a limited income," Stephanie added. "You see how grateful they are and how much it helps them. It's just a good feeling. By working here, you see how much it helps and how people need to have the extra food and be able to shop here. I'm happy to do it, and I'm glad I found it."

## Calling All Seniors!

We asked Stephanie what she would say to other seniors and retirees about volunteering. "If you have time on your hands and you want to give that to the community and feel good about getting out and meeting new people, volunteer," she said.




# Stephanie's Story



"It's wonderful; it's enlightening; it's so gratifying. Even if it's just once a week, come and try it. It's worth it. You meet new friends and talk to people. They're so appreciative of the volunteers."

"Everybody that works at Feeding San Diego is warm. They're giving, they're nice, they're patient, they're helpful," she added. "I've met so many nice people there. I would say to a senior: if you've got time on your hands and you want to do something good, volunteer. Don't stay at home."


Without intervention, Feeding America expects the number of seniors experiencing food insecurity to reach 7 million by 2050. By volunteering, you can make a difference for seniors facing hunger. Whether you volunteer your time or donate funds, you can join Stephanie in making a difference for your community. Join us in ending hunger through food rescue!



### Get Help

Find a free food distribution at a convenient location near you, or let us help you apply for CalFresh.


[Learn More](#)




### Give Help

No matter your age, where you live, if you are an individual or corporation, or whether or not you are in a position to give, you can help end hunger in San Diego County — every action counts.

[Get Involved](#)

[Find Help](#)[Donate](#)[About Us](#)[Get Involved](#)[Partner With Us](#)[Shop](#)


## Find the Help You Need, When and Where You Need It



### Food Distributions

In partnership with nearly 350 local charities, schools, faith communities, meal sites, and food pantries, Feeding San Diego distributes more than 35.4 million meals a year to people facing hunger.


[View All](#)



### Feeding San Diego Marketplace

We're proud to have a community marketplace at our headquarters in Sorrento Valley. Community members are welcome to come once a month to shop for no-cost groceries.


[Learn More](#)



### CalFresh Program

CalFresh is a nutrition assistance program designed to help families and low-income individuals purchase healthy food. During tough times, CalFresh can help you keep food on the table.

[Learn More](#)



### Recipes and Nutrition

Did you receive a type of produce at a recent distribution you're unfamiliar with? Check out our nutrition information page for recipes and nutritional facts for some of the types we distribute.

[Learn More](#)

# Around Town

## First Free Sunday at Oceanside Museum of Art

September 1 – 12-2 pm



The OMA welcomes friends and neighbors on Free First Sundays, our fun hands-on art-making experience led by artists and cultural partners from our community.

## Art Walk Carlsbad

September 21 – 22: 11 am to 6 pm



Located above the Flower Fields, ArtWalk Carlsbad is back for its 5th year, bringing fine art, live music and interactive art experiences, offered for free to attendees. The weekend-long festival focuses on fine art for sale by artists, who travel from all over the U.S. and Mexico to show and sell their work. In a venue overlooking the ocean, guests can explore different facets of art, while enjoying beautiful coastal views.

The festival will display every medium of art, including painting, sculpture, glass work,

fine jewelry, photography and more. More than 150 fine artists' work will be featured, along with interactive art for families at KidsWalk, a full palette of musical performers, food trucks and stands and more.

The event will be fenced, even though admission is free. The fence allows attendees to enjoy beer and wine (to those 21-years and over), while strolling around the event, rather than having to remain in a Beer Garden.

For more information please visit <https://artwalksandiego.org/carlsbad/>

## Pumpkin Station – Del Mar Fairgrounds

September 29 – October 27: 11 am to 6 pm

East Parking Lot



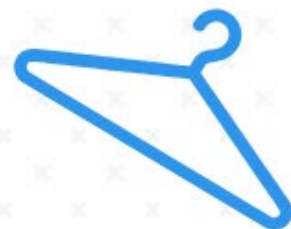
Pick your perfect pumpkin and enjoy the many activities and attractions for kids of all ages, including Giant Slides, an antique carousel, and several other rides and inflatables. FREE Parking & Admission. Rides require a separate ticket, packages are available.

To learn more:  
[Pumpkinstation.com/del-mar-pumpkin-station/](http://Pumpkinstation.com/del-mar-pumpkin-station/)



*SWAP DON'T SHOP*

# Community Clothing Exchange



**Wednesday September 25th  
12:00PM - 1:30PM  
Palomar East Clubhouse**



**Please sign up in the clubhouse!**

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**10 donated items per resident only.**

Clothes must be lightly worn and in good condition.

Items may be dropped off at the office on Monday September 23rd.

*Books, handbags and small decor are allowed.*

*No large items, kitchen supplies or any electronics.*

**SPARC Inc.**