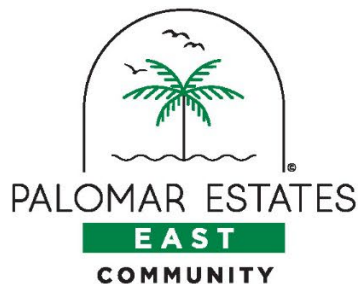




Emergency: 911

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



May Editorial

The Best Kind of Planting

"Just as seeds have the potential of becoming roses or petunias or hydrangeas, the ultimate beauty and strength of each flower is dependent on the nurturing it gets."

– Dana Suskind

Thinking about May celebrations brings to mind Mother's Day. While only some of us are mothers, ALL of us have mothers...each unique, each with strengths and weaknesses, just as we children are.

I was fortunate to have a wonderful mother. And trust me, I gave her lots of opportunities to practice her patience and ingenuity! Thinking of this, I began reflecting on the qualities that made her such a great mother and realized these are, in fact, the same qualities that make a great father, a great brother or sister, a great grandmother or grandfather, a great friend.

Although the following article by Stacey Tadlock was targeted toward marriage, I think it portrays loving relationships of all types. I hope you enjoy her article.



I came down the stairs with my shoulders slumped and my head lowered. I was tired and done with the day.

My husband was preparing to leave, he had an emergency at work, and he could not wait until the morning to handle it. I walked up to him, and I must have looked defeated because he pulled me in for a hug and asked what's wrong. I pulled away and started to open the dishwasher and I said, "I don't want to do this."



What I wanted was an hour to myself, what I wanted was to watch *This Is Us*, the ONLY television show I watch for me. I wanted an hour of not doing dishes or laundry or anything other than sitting down and enjoying something for myself.

I felt guilty for my thoughts but voiced them anyway. I said, "I haven't had an hour to myself in two weeks and I'm behind on watching *This Is Us*." I felt selfish as soon as the words left my mouth because the truth is he hasn't had an hour to himself either. Truth is, we both clamber around night after night picking up toys, doing dishes, washing bottles, and packing lunches. We are BOTH tired every night.

My husband hugged me and said, "I will get up early in the morning and I will clean all this." By my saying I want an hour to myself meant my husband would be losing an hour. I knew he was just as tired as I was. I knew setting his alarm an hour earlier in the morning was going to be hard after getting in late tonight from work. I rebutted, but he told me to sit down and enjoy my show and he was out the door.

I fought the urge to stay in that space and clean it, I fought the guilt that my husband would be setting his alarm an hour early so he could clean

(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

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

Also, the PEERA website is: peerasm.org

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this mess while I enjoyed time to myself that he doesn't get. I turned the light out and walked out of the kitchen, sat on the couch, and enjoyed an hour to myself catching up with the Pearsons.

He easily could have said different words, words I likely would have used if the situation had been reversed. He could have said, "I know you don't want to clean this up alone, but I have to go, and we won't have time in the morning."

My husband planted a seed in my heart of sacrificial love by doing something that was convenient for me but inconvenient for him.

A few days later, my husband walked in the house from working outside until dark. I was in the kitchen packing lunches for the next day—barefoot in my pajamas—when my husband said, "Will you come outside with me?"

At that second, I wanted to say, "No, I am in the middle of doing something, I am in my pajamas with peanut butter sandwiches in my hands, of course I do not want to go outside right now."

At first, my mind trickled to the selfishness of not wanting to make the effort to stop what I was doing to put on shoes and a jacket and go outside.

But I remembered my husband's act of love a few days earlier, so instead of saying no, I smiled and set down the peanut butter, slipped on shoes and a jacket, and walked out into the cold in my pajamas even though I didn't want to.

He said, "Look up over the house." I looked up and saw the clearest, most incredible star-filled sky. The moon was spectacularly bright and pure white. It was the first clear sky in months and it truly was one of the most breathtaking night skies I had ever witnessed. I looked over at my husband and his head was lifted, his eyes to the sky, and his face was in awe.

We stood there a moment just taking it in, our breath visible in the dark. He grabbed my hand to hold and we just looked up in amazement at the night's beauty. After a few minutes, we walked back into the house to resume our night.

In marriage, if we plant little seeds of sacrifice—seeds of saying yes when we want to say no; seeds of serving when we would prefer to be served; seeds of selflessness when we would rather be selfish—we will grow love into action.

Each action will snowball into another and another.

I have thought about the bits of resentment and hurt that could have been planted if we had chosen selfishness over selflessness.

What if my husband walked out the door that night and left me tired and worn to clean up that mess alone?

I wonder what seeds of hurt I would have planted in my husband if I had said, "No, can't you see I am busy?" when he asked me to come outside with him.

I wonder how weedy our marriage would be if we stopped planting those little seeds of sacrificial love?

Love in action is putting on shoes late at night to hold your husband's hand in the driveway and gaze at the night sky.

Love is showing with your actions that you choose to bring joy to someone else.

Love is when we sacrificially act instead of selfishly stay idle.

I wonder what other beautiful moments I might miss in this life if I stop putting others first.

I don't want to miss a single one.



Millennium Memo



The IRS will never call you about delinquent taxes, the City won't call about parking fines, your grandson hasn't been kidnapped by a cartel, and if you didn't buy a lottery ticket, you probably didn't win.

These are some of the scams you learned about, if you were among the 60 folks who attended the SPARC Lunch & Learn on March 7 over at Rancho Vallecitos. You also heard a specialist from the S.D. Sheriff Dept. give tips on staying safe.

I think I'm reasonably careful, but I had my briefcase stolen from my front seat while I was pumping gas, and one of our employees had her suitcase taken from her rental car. If we had been at the Lunch & Learn, we would have known to keep our cars locked.

Regarding that first item...even if your Caller ID says it's the IRS on the phone, it isn't. There's something called "spoofing," in which your Caller ID shows what looks like a legitimate phone number, but it isn't the actual number of the person calling you.

New cons keep popping up, so the next time SPARC sponsors one of these Seminars, make sure you attend. Come for the information, stay for the FREE lunch!

More News

- Last month, at least 5 cars in Palomar East were broken into. One thing they had in common? All 5 were unlocked! I'm pretty sure that was one of the suggestions at the Seminar.
- Please welcome Kyle Macpherson, the newest member of the Park Team and Tomas Flores' replacement. According to Kasey, "He is picking things up quickly and has a strong work ethic and attention to detail." Sounds like he'll fit right in.
- Recent expenditure: \$26,238, as a progress payment toward the \$85K Clubhouse Kitchen project. We're hoping it will be done by the time you're reading this.
- Still no word on Stacee's baby, although he isn't due until April 27, which is after my publishing deadline. I'm sure we'll regale you with stories next time.

Speaking of Scams

There's a particularly insidious one that I've warned you about before. If you get an email advertising cans of minced ham with water and salt, don't open it. It's Spam!

Best wishes to Stacee, as she celebrates her very first Mother's Day, and to all Palomar moms.

George Turk

President
Millennium Housing



Kasey Koenig
Park Manager/Office

East Park

MARKET UPDATE & MANAGER'S REPORT



Burt Hamernick
Park Manager/Maintenance



Home Sales

There were 5 homes sales in the last month and there are currently 5 homes for sale.

Maintenance Update

Staff is currently making asphalt repairs on Lucilla, Cedar, Elm, and Pine Street. Say hello and welcome our new staff member Kyle! His primary task has been caring for the pool and cleaning the park buildings. Kyle enjoys the outdoors and fishing. We are very happy to have him on our team.

Home Security

Lock your shed and vehicle. Install motion sensor flood lights for your carport. Be proactive and protect your property.

No Soliciting in the Park

A solar sales person is an example of a solicitor that can come through the park. Solicitors tend to open by saying they have permission from us to be here and you qualify for a program which will save you money. Do not engage with them! Simply say they are breaking the law and close the door in their face. **We have a No Trespass Order filed with the San Marcos Sheriff's Department.** If a deputy is dispatched because a solicitor is trying to sell goods or a service, they can be fined. If staff sees someone attempting to solicit, they will be escorted off the property. **If someone shows up over the weekend or in the evening call 760-510-5200** and inform the dispatcher of our No Trespass Order. This number is listed on the back of our park directory

2024 Directory

In case you didn't receive the robocall, park directories are available in the office. Thank you Patty Gonzales & PEERA for designing and donating the beautiful 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	
• Burt Hamernick - Park Maintenance Manager	
• Patty Mackey - 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).....	1-760-967-3028
Poison Control Center.....	1-800-972-3323
2024 Covers: design & print donated by the PEERA Board	

Note: Important phone numbers are listed on the Back Page of the New Directory

Short & Quick

- The Palomar East Resource Fair will be May 8th. Health Screenings, live music, free lunch, and raffle. Space is limited and you must sign up to attend.
- Make sure to look over your mail before you open it to make sure it belongs to you. If you have an additional occupant, be sure to register them with the office.

Your concerns and needs ARE IMPORTANT!

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

palomareast@gmail.com

Palomar Estates East Residents Association

P
E
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R
A



Notifications & Activities

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



May is Older Americans Month

There's lots to celebrate this May 2024. Along with the flowers, there is Kentucky Derby, Cinco de Mayo, Mother's Day, Memorial Day, and the national observance month honoring older Americans, "May is Older Americans Month."

When Older Americans Month was established over 60 years ago in April 1963, only 17 million living Americans had reached their 65th birthday.

About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing.

A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions to our country by older persons, in particular, those who defended our country.



Your Voice IN Our Community

PEERA Board peerasm.org

2024

May is Older Americans Month – (Cont'd)

Every President since Kennedy has issued a formal proclamation during or before the month of May, asking that the entire nation pay tribute in some way to older persons in their communities.

There are currently roughly 62 million adults ages 65 and older living in the U.S., accounting for 18% of the population. By 2054, 84 million adults ages 65 and older will make up an estimated 23% of the population.

There is much to celebrate and honor. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

With more and more older Americans living longer and more healthfully than ever before, the theme is timely, inspirational.

May the force be with you!

Welcoming New Residents Together

Both membership committees, the Social Club and the PEERA Board are combining their efforts welcoming new residents to Palomar Estates East. We have produced a simple brochure that explains the difference between the Social Club and PEERA Board.

This brochure will be included in a Palomar Estates East tote bag along with other goodies and both membership envelopes.

This community collaboration improves communications between our groups and leads to more effective teamwork.

We look forward to a growing resident participation in all that we do.

Join Us!

Membership envelopes for the Social Club and PEERA are on the bulletin boards in the clubhouse.

Your Voice

Our PEERA Board meetings are the backbone of the community. They are the mechanism by which the Board discusses important topics, collects input from residents, and makes decisions that will ultimately affect everyone who lives in the community. The goal of the PEERA Board is to help the park operate effectively, ensuring that the majority of residents are on the same page and that concerns are resolved quickly and fairly.

We are always open to suggestions and encourage volunteering. See page 9 for examples. There are Suggestions/Complaints forms on the PEERA bulletin board in the clubhouse or you can shoot us an email at peeraboard2024@gmail.com.

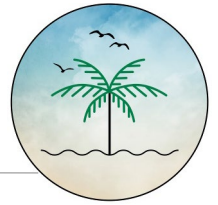
Our next PEERA Board meeting is an administrative meeting, Tuesday May 7th. Come to our General Board Meeting Tuesday, June 6th at 5:30 pm in the clubhouse.

Happy Mother's Day!

Patty Gonzales

Park Publicity

PEERA Board Committee



*A journey is best measured in friends,
rather than miles." – Tim Cahill*

Maps Are Functional...to a Point

GPS can get you from point A to point B, but it does a poor job helping you visualize where you are in relation to everything else.

Most people know how GPS works on their phone or in their car. They enter their desired location, the application inputs their current location, then maps out the shortest time to get there.

While GPS is very good at getting you to that specific location, it doesn't tell you anything about the places you're passing along the way.

The best route isn't always the fastest route.

Maps Connect You to Your Memories

A map isn't just a picture of a place, it's a connection to the memories you have in that place. Maps inspire you to think outside your world, to expand your horizons and take a look at the places you have been, the places you want to go to.

If you were to view a place on a map that you've visited, this will most always conjure up memories of that place. Maps are a treasure trove of memories and stories of the places where you've spent time.

Look at a map with someone else and it won't take long for you both to start pointing to different spots and sharing stories of that place. Maps are the perfect conversation starter.

Cognitive Maps and Shared Memories

I bet you remember where you were on the morning of September 11th, 2001, when you heard the news. I'd venture to say that you also remember the city, state, and even the room that you were standing in. But why is this? Why is it that certain memories are permanently tied to a geographic location?

True, September 11th was a life-altering event, but our brains function similarly with less eventful memories. For instance, maybe it's a particular bend

in a road that triggers a specific conversation, or maybe it's a song that takes you back to a time and place. Regardless of the trigger, our brains are remarkably good at creating spatial connections. In addition to the conversation, your brain stores related content such as geographic location, time of day, and the individuals present. And when you retrieve this memory, you likely retrieve the geographic information as well.

Much like a GPS, our brains are spatial. As early as 18 months, we begin developing cognitive mapping skills to organize the world around us. These so-called brain maps not only help us navigate our homes and neighborhoods, but they also play an important role in how we organize, store, and retrieve memories.

Source: (Online) Cognitive Maps – The Science Behind our Brain's Internal Mapping and Navigation System, by Greg Bunce

Back by Popular Demand

Where are you from? How many places have you lived? Back by popular demand, a new community USA map is hanging proudly in the main room of the clubhouse. Come mark your place!



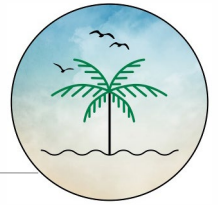
Photo credit – Jetta Russell.

At the April social hour, resident Larry Russell marked his place on the map – Emporia, Kansas.

Thank you, PEERA, for sponsoring this map!

Park Beautification

PEERA Board Committee



We Have Been Gleaned!

What is gleaning? Gleaning is the act of gathering surplus food from farms, gardens, farmers markets, grocers, restaurants, backyards, orchards, and more—redirecting this surplus food from a landfill and providing it to those in need.

On April 9th, the Senior Gleaners visited Palomar Estates East residents' homes who signed up for removal of fruit from their trees.

Total amount gleaned: 1,523 lbs of fruit!

- Tangerines - 75 lbs
- Oranges - 883 lbs
- Grapefruits - 133 lbs
- Tangelos - 78 lbs
- Lemons - 343 lbs
- Limes - 11 lbs

A big shout out to the Senior Gleaner volunteers...THANK YOU!

And thanks go as well to our residents who took the time to sign up to have their fruit harvested.



April 13th in the Weeds

April 13th was 'Weeds Blitz Day' at Space 21. A group of men from the Men's Group at Rhythm Church, Oceanside, came to Palomar Estates East to do weed removal for the resident at Space 21. This resident is unable to do the weeding herself.

Peter Del Bene (Spc 78) was our resident lead on the project.

At the start of the project, it was Men - 10, Weeds - 1000. At the conclusion of the project, it was Men - 10, Weeds - 0.

Thanks very much to the Rhythm Church Men's Group for caring for our residents!



The Weeds Team from Rhythm Church, Oceanside



Senior Gleaners at Palomar Estates East



The Truck Says It All



Peter (Spc 78) and a Very Happy Resident (Spc 21)

The 'Whys' of No Solicitations

California Extended the Cancellation Period for Senior Citizens under certain "Door-to-Door" Contracts – There is a Reason Why

Beginning on January 1, 2021, senior citizens in California have been afforded additional cancellation rights when entering into contracts negotiated or executed away from typical business establishments. Assembly Bill AB-2471 provides greater protections to senior citizens by extending from three to five business days the right of persons 65 years of age and older to cancel certain consumer contracts. In doing so, California joins other states who have expanded protections beyond those offered under the FTC's Cooling Off Rule to those aged 65 or older.

The Assembly Bill applies to home solicitation contracts, home improvement contracts, PACE assessment contracts, service or repair contracts, and seminar sales contracts and the bill amends existing California law that requires cancellation notices for these transactions.

Sponsors of the bill reported that some senior citizens may have difficulty understanding complex financial transactions or may be vulnerable to high-pressure sales tactics, particularly if they occur in the senior's home, and may need more time to consult with family members or others about the implications of their financial decisions. Sponsors further noted that these transactions often occur in non-traditional business environments, such as at the consumer's home or during a seminar, where there is an increased risk of unfair or predatory business practices such as high-pressure or intimidating sales tactics or intentional miscommunications regarding the terms of the written contract. The bill seeks to protect senior citizens from entering into a contract they misinterpret, do not fully understand, or would simply not choose to enter into in a traditional setting by providing an additional two days for seniors to review a contract before the right to cancel terminates.

No Solicitation in Palomar Estates East

Solicitation is not permitted in Palomar Estates East. Allowing solicitors into your home sets up compromising exposure to all your neighbors in the park.

Door-to-door solicitors may have other motives than selling services when going door-to-door, such as burglary or theft. In an effort to help combat against these types of crimes, below are safety measures to consider.

Solicitors / Strangers at Your Door

When someone knocks at your door, always acknowledge you are home. Talk through the door without opening it. If you don't answer, and it happens to be a criminal, they may attempt to break into your home.

You are not obligated to open the door for anyone. Identification should always be verified before opening the door. A wide-angle door viewer is an absolute must if visibility of the person(s) is not possible. Service representatives should have appointments and not just "show up" at your door.

Do not rely on a door chain for security. Partially opening a door equipped with a door chain is not a safe practice. The door is not secured. A door chain cannot withstand physical force. To ensure your safety, follow these simple steps:

- Talk to the person through the door. If you don't know the person, don't open the door.
- Ask them why they are at your door. If there is an emergency let them know you will make a call to the authorities. The idea is to keep them outside while you make the call for them.
- Ask them to stand by while you place the call. If the person(s) stays, it is a good chance that they are legitimate; however, if they leave quickly, it is probably a con artist.

(Continued)

No Solicitations – (Cont'd)

As with any suspicious circumstances, information about the suspect is of great benefit to the Sheriff in locating the suspect. Take a good look at their face, clothing, any distinguishing features, direction of travel, another person, vehicle, etc. This is more the reason to have outdoor cameras monitoring your doors.

If the person leaves quickly, consider it very suspicious - it would be best to call the Sheriff immediately (760)510-5200 or call 911 if an emergency. Make a follow up call to park management during office hours to report the incident.

If it is a solicitor – someone trying to sell you something or asking for money – they must have a permit issued by the San Marcos City's Licensing Division. The Licensing Division can be reached at (760)744-1050.

Possession of a permit does not mean that park management endorses them. REMEMBER, even if you are convinced that the person knocking on your door is a legitimate solicitor, you have no obligation to open the door. You can simply tell the solicitor through the door that you are not interested or ask to set an appointment, or request that they leave their business card at your doorstep. Prior to an appointment, do your homework researching the company and verify that the person is indeed employed there as well.

Should you have concerns about the person knocking on your door and are thinking about calling the sheriff, it is better to be cautious and make the call and provide the information. In the big picture, it may be the very piece of information the Sheriff needs to stop an individual whose only purpose is to victimize you or your neighbor.

"No Soliciting" Signs

When a "No Soliciting, No Trespassing, No Handbills, Do Not Disturb" sign is posted at a community entrance and at a residence, it prohibits solicitation on the premises. This code is legally enforceable by the Sheriff.

Point out the sign to the solicitors and they should leave. If they don't leave or give you a hard time, call the Sheriff. Again, we encourage you to let the solicitor know that someone is home, but not to open the door.

You can order online or drop by Home Depot to obtain "No Solicitors" placards. Place them by both doors.

Be safe, stay vigilant.

This information was shared in light of the recent solar solicitors in the park and the information presented. You can certainly install solar on mobile homes, but homes that meet the requirements may be rare.

Our best advice is to talk to a "few" local installers to see what the local building requirements are. You can have them inspect your roof joists and foundation to see if your home is up for the challenge.

Also check with your homeowner's insurance. Should there be damage to your home down the road...is such damage covered? Solar companies pop up and go out of business within a few years. Please do your research thoroughly.



No Solicitations – (Cont'd)

As many of you know, there were solicitors in the park recently, offering solar panel installation. For the reasons described in the previous two pages, solicitation is not permitted in Palomar Estates East for the protection of our residents.

An Advisory provided by the California Department of Housing and Community Development (HCD) describes some of the potential issues associated with installing solar panels on manufactured or mobilehomes (see below).

ADVISORY FOR MANUFACTURED HOME ROOF MOUNTED SOLAR PHOTOVOLTAIC SYSTEMS

Homeowners!
Beware of potential negative impacts of attaching solar panels on manufactured home roofs.



What you should know...

- An HCD permit is required for any solar system installed on manufactured homes.
- Permits help protect you from damages caused by solar installers.
- Manufactured home roofs are not accessible—damage resulting from poor installation practices is not visible.
- Before entering into an agreement with a solar company, make sure they are licensed by the Contractors State License Board www.cslb.ca.gov and have obtained a permit from HCD.

CALIFORNIA DEPARTMENT OF HOUSING AND COMMUNITY DEVELOPMENT
1.800.952.8356 www.hcd.ca.gov



Modifying a Mobilehome or Manufactured Home – Protect Your Investment

From the HCD website:

Before beginning any work to alter your mobilehome or manufactured home... you must first obtain a permit.

The Department must review and approve plans and specifications for the alteration or conversion of manufactured homes.

Department employees perform on-site inspections of alterations and conversions to the structural, fire safety, plumbing, mechanical, and electrical systems of regulated units.

<https://www.hcd.ca.gov/manufactured-and-mobilehomes/modifying-mobilehome>

These rules are for your safety and to protect your investment in your home



Our Club. Our Members. Our Passion.

2024

After so much rain, it sure is nice to see all the beautiful flowers that it has produced. And, I have doves nesting in the flowerpot up behind my porch. This is the second year that they have done this. The picture shows babies they produced last year.



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

The April Social Hour was a great success. Lots of food, fun, and frivolity! Even an impromptu performance by our own resident band! As I looked around the room, I noticed quite a few new faces. I have to wonder if we looked so young when we first moved in!

Have all you new folks joined the Social Club? It's only \$12 per year, and most members make that money back when they buy tickets to our various events. If you wish to join the Social Club, there are envelopes available up at the clubhouse, and they can be returned to the box by the office upon completion (and insertion of dues).

Speaking of tickets, does everyone have their Cinco de Mayo tickets for the upcoming extravaganza? Tickets are \$10 for Social Club members, and \$15 for non-members and guests. Please contact Debbie Johnston at (760) 703-6705 regarding ticket availability.

Here is what we have planned:

Cinco de Mayo Party
3 pm, Sunday, May 5th



We will be featuring a Taco Bar, a Nacho Bar, with refried beans and Spanish rice on the side. There will be coffee and iced tea available, or feel free to bring your beverage of choice. And we are working on some sort of ice cream treat for dessert.

Due to the Cinco de Mayo event, we will not be having a Social Hour gathering in May.

Save the Date – Carport Sale, June 22nd

Have you been doing your spring cleaning and finding you have too many things taking up space.. things you have not used in years? You will be able to get rid of these things and make a little cash if you participate in the Carport Sale. This will be held on June 22, 2024, from 8 am – 2 pm. We will be advertising this event for the public, and signs will be strategically located on the day of the sale.

Andrea Martin
Social Club Vice President



Community Resources & Activities

May 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 Wednesdays , 1 pm, at Marilyn Fluharty's home (Spc 179)
PAINT CLASS	Dawn Anguiano , dawnv46@gmail.com: 3rd Tuesday , (Verify during kitchen remodel) (Also, the 1st 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

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

Hand and Foot Card Game

By Anne Litz



We currently meet at Marilyn Fluharty's home (Spc 179). We welcome more players. Contact Anne Litz 760-846-5850 (please leave a message) or Marilyn Fluharty 218-821-0337.

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

Paint Class Reflections

By Dawn Anguiano

Our paint class in April was a hit, with everyone painting a vintage pickup truck filled with spring flowers. We would love to see you on May 7th at Rancho Vallecitos for our next class, no experience necessary, really!! Cost is \$10 per class, everything included. Class starts at 10:00, hope to see you there. Call Dawn (760) 802-2170 to sign up.




If you have any questions, call Dawn at 760- 802-2170 or email her at dawnv46@gmail.com.



Palomar East Calendar

May

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	
3:00 PM Cinco de Maio 	5	6	7	8	9	10
						
12	13	14	15	16	17	18
19	20	21	22	23	24	25
						
26	27	28	29	30	31	

Park Member News

Welcome New Neighbors

To our new park residents: WE WELCOME YOU!

- Space 160 Alecia Cash
- Space 285 Jane Zaron
- Space 322 Michael & Jen Weiss

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

- Loretta Sepulveda Space 160
Arrived: 8/2000 Departed: 3/11/2024
Passed away.
- Howard Christy Space 322
Arrived: 6/2007 Departed: 3/25/2024
Moved away with daughter.
- Marily McNabb Space 354
Arrived: 2/2017 Departed: 3/14/2024
Passed away.
- Paul Deak Space 357
Arrived: 8/2019 Departed: 3/25/2024
Moved to live closer to family.

For those who have moved or passed away, we would like to share information about them and their time with us. No one person is more important than another.

We've had many memorable residents throughout the years, and going forward, we hope to share more of their stories and photos. If you know of someone who has moved or passed away and have information to share with us, please contact Sandy Wagner, Space 271.



May Birth Flower: Lily of the Valley

Wedding Anniversaries

- May 1 Kenyon & Kimra Ackley
- May 12 Diane & Larry Wright
- May 14 Gordon & Lidia Penge
- May 16 Kelly & Sam Biondo
- May 16 Anne & Walt Pearson
- May 19 Esther & Timothy La Fuze
- May 24 Ken & Marie Losey
- May 28 Bob & Jane Manchip

The Importance of Remembering

Remembering people and special dates is an important part of life. These dates remind us of important events, both personal and cultural. Whether we're marking a birthday, a wedding or civil partnership, a momentous event, or the death of a loved one, an anniversary puts a pin on the calendar to remind us of something that matters to us. It's a chance reflect on a relationship or a cultural identity, to come together to remember a person who's died, or to celebrate a joyous event.

Whatever the anniversary, it gives us a chance to look back over the years since the event we're marking and reflect on how it has shaped us. Remembering the past (but without letting it rule us) can be an important part of understanding who we are.

Source: TheAwarenessCentre.com

Park Member News

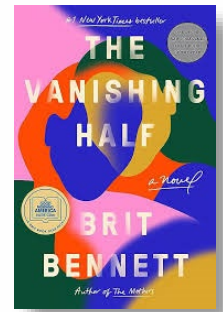
Celebrating Our May Birthdays!

1	Ha Le To
2	Rick Hadnagy
2	Toni Simpson
3	Lauren Grey
3	Pamela Schaible
5	Mario Leon
6	Kathleen Barrett
6	Marilyn Fluharty
7	Patricia Pasqualetti
8	Margaret McClain
9	Billy Brandon
14	Sharon Irving
15	Patrice Jensen
17	Paul Van Middlesworth
18	Susan Lawes
19	Elsie Ashcraft
21	Victoria La Guardia

21	Brenda Bomar
23	Sean Ahern
23	Shannon Veal
23	Elizabeth Smith
24	Deborah Ash
24	Jerome Wernow
25	Jay Diaz
25	Jacqueline Underwood
25	Bertha Jaquish
26	Richard Johnson
26	Johanna Brooks
26	Kim Cyr
27	Joann Reinstein
28	Deborah Lyon
28	William Elder
29	William Richards
31	Cecilia Ralston

May Book Review

The Vanishing Half, by Brit Bennett.



Spanning nearly half a century, from the 1940s to the 1990s, the novel focuses on twin sisters

who were raised in Mallard, Louisiana, a (fictional) small town conceived of by their great-great-great grandfather as an exclusive place for light-skinned blacks like him.

"In Mallard, nobody married dark," Bennett writes starkly. Over time, its prejudices deepened as its population became lighter and lighter, "like a cup of coffee steadily diluted with cream." The twins, with their "creamy skin, hazel eyes, wavy hair," would have delighted the town's founder.

Yet fair skin did not save their father, whose vicious lynching by a gang of white men marks the girls irrevocably. Nor did it save their mother from an impoverished existence cleaning for rich white people in a neighboring town, and it won't save the twins from an equally constricted life if they stay in Mallard.

We learn in the first few pages that at 16, Desiree and Stella ran off to New Orleans, two hours away, but "after a year, the twins scattered, their lives splitting as evenly as their shared egg. Stella became white and Desiree married the darkest man she could find."

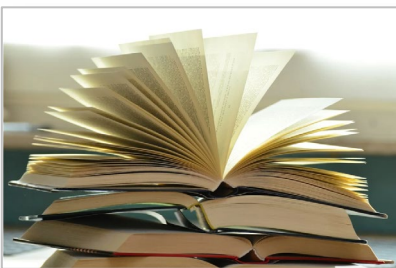
In *The Vanishing Half*, Bennett draws on racial issues and the particular pain of a twin losing her other half.

Review Source: NPR/KPBS

June Book: *Winter Garden*, 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.

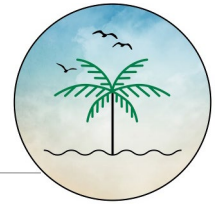
Libby – Free Audiobooks at Your Fingertips

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



Vial of Life Kit

Time is precious and it is particularly so during a medical emergency. Emergency Responders must be ready for anything, but often don't have access to important medical information right away. A Vial of Life kit may provide Emergency Responders with knowledge that saves time, and your life, during a home medical emergency.

Vial of Life resources may be found on the ALERT San Diego website, under the "Preparedness" tab and "Make a Plan" option:

<https://www.alertsandiego.org/en-us/preparedness/make-a-plan.html>

4 Simple Steps for Vial of Life Resources

Follow these four simple steps to get your Vial kit ready!

1. Print and fill out a Vial of Life Form.
2. Place a Vial of Life decal on the front of a clear plastic baggie
3. Place your completed form inside and tape the plastic baggie onto your refrigerator door.
4. Place a second decal on your front door to let first responders know you have a Vial of Life!

ALERT San Diego provides the following link to obtain the Vial of Life decals:

<https://www.vialoflife.com/#order-decals>

These Vial of Life decals are vinyl UV-coated fade-resistant, self-adhesive stickers, that will stand up to most weather conditions. (Note: Home printed decals typically do not stand up to weather conditions and will fade).

An individual Vial of Life Kit includes 2 UV-Coated Vial of Life Decals and 1 Medical Information Form. The cost is \$5.

You may wish to use the San Diego Medical Information Form provided on the PEERA website (peerasm.org "What's New Link.")

Vial of Life Form from ALERT San Diego



Do You Need a Vial of Life Kit?

During a medical emergency, it may be difficult to remember pertinent medical facts, think straight, or even speak at all. A Vial of Life kit can speak for you or your loved ones when time is a critical factor.

- Do you have a chronic illness or care for someone with a chronic illness?
- Do you care for someone who is elderly or disabled?

A Vial of Life kit may be especially important for people in these situations.

For example, suppose you have a chronic heart condition and suffer a stroke at home. You are able to call 911 but cannot speak by the time the EMTs arrive.

A Vial of Life kit could provide Emergency Responders with critical information. It could also provide contact information for a relative or someone designated as your emergency contact. This information could give emergency personnel the information they need to make the best treatment decisions.

WaterSmart and Native Landscapes

When considering refreshing or updating your landscape, you might want to check out some of the resources available online.

San Diego County Water Authority

The SDCWA website includes a page dedicated to WaterSmart Resources. Two of these resources are described below. If you are interested, you can find these resources on the PEERA website peerasm.org ("What's New" link).

- **Nifty 50 Plant Guide**

These Nifty 50 plants have been selected because they are attractive, non-invasive, easy to maintain, long-term performers, typically available in retail nurseries, scaled for residential landscapes and once established, water-wise. These climate-appropriate plants are excellent pollinators for birds, bees, butterflies and hummingbirds. Choosing WaterSmart plants that thrive in San Diego's climate zones create more beautiful and sustainable landscapes for generations to come.



Narrow-Leaf Milkweed – A Butterfly Favorite

- **Sustainable Landscapes Guidelines:
A Watershed Approach to Landscaping**

This resource includes photos, diagrams, and checklists for following sustainable landscaping principles including climate-appropriate plants, high-efficiency irrigation equipment, rainwater capture and detention features, and soil amendments to improve water efficiency.

California Native Plant Society – San Diego

The [California Native Plant Society](http://CaliforniaNativePlantSociety.org) (CNPS) is a statewide nonprofit organization seeking to increase understanding and appreciation of California's native plants and to preserve these plants in their natural habitat through scientific activities, education, conservation, and restoration.

The San Diego Chapter serves San Diego and Imperial counties. The public is invited to come to their meetings and field trips, learn more about the flora of our state, and meet people who share an interest in native plants.

The CNPS-SD website includes a "Native Gardening Resources" page that provides links to:

- Resources for Planting and Maintaining a California Native Garden,
- Articles on Gardening and Landscaping with California Native Plants
- Where to Buy Native Plants in Southern California, and
- Where to Buy Native Seeds and Bulbs

One of these resources is titled, "Watering Native Plants." We have included this resource as well on the PEERA website ('What's New' link).



Native Wildflower Mix

The Silly, Hilarious and Funny Side of DIY [Do It Yourself]

Rosie Hall buys a self-assembly, flat-pack, cupboard from her local Homebase store. Reaching home Rosie reads the instructions carefully, counts the pieces then assembles the cupboard in the bedroom. It looks really great and she is delighted.

Now, Rosie lives near a railway line and as the train passes by, the cupboard collapses. Undaunted by this misfortune she re-reads the instructions and reassembles the cupboard. Once more, another train passes and the whole cupboard collapses again.

Rosie now frustrated and thinking that she must have done something "wrong" re-re-reads the instructions and re-re-assembles the cupboard. Shortly, a train passes and the whole cupboard collapses yet again for the 3rd time.

Rosie is now fed up, cross and rather angry so she 'phones the customer service department. She is told that this is quite impossible and that they'll send along a fitter to take a look.

The fitter arrives and assembles the cupboard. Again, a train passes and the cupboard collapses. Completely baffled by this unexpected event, the fitter decides to reassemble the cupboard and sit inside it to see whether he can find out what causes the cupboard to collapse. At this point, Rosie's husband comes home, sees the cupboard and says, 'Oh, that's a splendid looking cupboard,' and he opens it to look inside.

The fitter, who had been wondering how to explain his position in Rosie's bedroom cupboard, blurts out, 'You probably won't believe me, but I'm standing here waiting for a train.'

An Irishman's Tale

An Englishman, a Scotsman, and an Irishman all entered a 26-mile-long swimming race.

After 12 miles, the Scottish man gets tired and drops out. Then after 16 miles, the English man gets tired and drops out. After 25 miles, the Irish man decides he can't finish the race, so he turns around and swims back to the start.

Easy to Swallow?

My sister, Paula, and her husband, Chris, had just finished tucking their young ones into bed one evening when they heard crying coming from the children's room. Rushing in, they found Tommy crying hysterically.

He had accidentally swallowed a penny and he was sure he was going to die. No amount of talking could change his mind. Trying to calm him, Chris palmed a penny that he happened to have in his pocket and pretended to remove it from Tommy's ear. Tommy, naturally, was delighted. In a flash, he snatched it from his father's hand, swallowed it and demanded cheerfully — 'Do it again, Dad!'

Heard This One Before?

A man boasts to a friend about his new hearing aid, 'It's the most expensive one I've ever had, it cost me \$3,500!'

His friend asks, 'What kind is it?'

The boaster says, 'Half past four.'

Lesson in Employee Relationship

Fred Gibbs was in his early 60's, retired, and had started a second career in catering. However, he just couldn't seem to get to work on time. Every day he was 2, 3, 5 minutes late. However, he was a good worker, really clever, so the owner was in a quandary about how to deal with it. Finally, one day he called Steve into the office for a talk.

Fred, I have to tell you, I like your work ethic, you do a top class job, but you're being late so often is quite a worry.'

'Yes, I realize that, sir, and I am working on it.' replied Fred.

'I'm pleased to hear that you are a team player. It's odd though, your coming in late. I know you're retired from the Navy. What did they say if you came in late there?'

'They said, "Good morning, Admiral".'

Source: <https://medium.com/@beru4ang.happy>

Resource Fair

Save the Date

Wednesday, May 8

Vendor Booths:

There will be 15-20 informational vendor booths. Some confirmed booths:

San Diego Sherriff's Department
ClearCaption
WestPace
AARP
California Connect
Interfaith

Screenings and Activities:

Bone density screening
Free lunch
Free raffle
Live music
More screenings and activities to be added!

Timeline:

Resource Fair begins: 10:00AM-12:00PM

Health Screenings 10:00AM-12:00PM

Lunch with live music: 11:15AM-12:00PM

Raffle: 12:00PM

Location: Palomar East Clubhouse

PLEASE SIGN UP WITH THE MANAGER IN THE CLUBHOUSE TO ENSURE YOU HAVE A SPOT TO ATTEND THIS AMAZING EVENT!

MAXIMUM OF 40 RESIDENTS MAY ATTEND