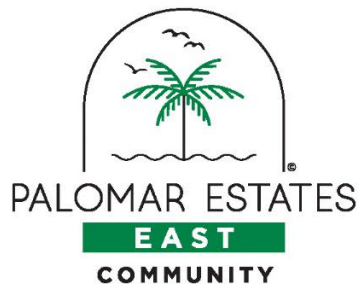




Emergency: 911

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



August Editorial

Funny Goes Back to School

"You don't stop laughing when you grow old, you grow old when you stop laughing."

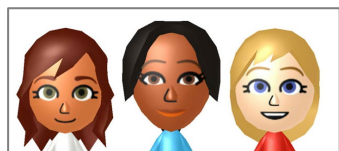
— George Bernard Shaw

School is Back in Session August 15th

During the summer, when the kids are out of school, there is ample opportunity to see children and their funny antics. Whether you have grandchildren or have the opportunity to interact with children in your extended family or with friends...these encounters can often be humorous. As an 'aging adult,' you can even become their plaything.

For example, my youngest grandchildren love to lift the skin on the back of my hand and see how long the skin will stay raised. (Pretty funny when you think of it.)

My older grandchildren are very amused when I try to play one of their Nintendo games with them. First, in these games you can create the look of your own player, your 'avatar.' This is your 'Mii' character, (pronounced 'Me').



You can choose the shape of your head, your body size, and skin color.

You can choose the shape of your nose, your eyebrows, as well as the color and shape of your eyes and hair. Since my grandkids create their own Mii's quickly, I let them create mine. I will let you imagine how that goes.

As I was thinking about the funny times with the kids, I began thinking of the show so many years ago, Art Linkletter's, 'Kids Say the Darndest Things,' as well as the more recent, Steve Harvey's, Little Big Shots.'

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

Also, the PEERA website is: peerasm.org

In a similar vein, numerous elementary school teachers have collected and compiled a variety of the humorous things they have heard children say in the classroom.

Parenting True Stories

The remainder of this editorial includes amusing children's comments, excerpted from Reader's Digest. You may wish to refer to Reader's Digest for these and many more funny stories.

[\(https://www.rd.com/list/hilarious-parenting-true-stories/\)](https://www.rd.com/list/hilarious-parenting-true-stories/)

At Least He Tried

As educators, my husband and I encouraged our son, Kenny, to always try to do his best. One afternoon, his dad, his godmother, and I took him to view the Henri Matisse "Paper Cut Outs" exhibit. Kenny was five years

old at the time and looked a bit befuddled by the artwork. He mused for a bit and then, with his hands clasped behind his back, remarked, "Well, he tried his best!"



Henri Matisse, *Memory of Oceania*

— Catherine Russell.

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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In Case of Emergency, Eat Snacks

After moving to the country, my three-year-old daughter and I were often alone in our house. Because we lived in a rural area with no close neighbors, I wanted to make sure my daughter would be able to call 911 in the event that something happened to me. After instructing her, I decided to test her: "OK, what would you do if you found me on the floor and you couldn't wake me up?" I could see her little brain working. To my surprise she finally said, "I would go into the kitchen and eat anything I want."

— Laura Albrecht



Reading Lessons

Babysitting my two great-granddaughters, ages three and four, I read them stories and then, needing a break, I suggested they watch cartoons for a while. As they were engrossed in their show, I decided to relax and finish a book I had been reading. The four-year-old kept looking over at me and finally asked, "Nana, what are you doing?" I told her I was reading my book. Looking puzzled, she said, "but you're not saying anything."

— Patricia Spillman



A Busy Woman

My favorite moment raising my children happened while tucking my daughter into bed. Jeanne told me she went to the nurse's office that day with a classmate who had just lost a tooth. Unfortunately, the nurse said, "You know, your mother is really the tooth fairy." My daughter looked up at me and asked if that was true, and I said, "Yes." Then she asked, "How do you fly around to all the houses?"

— Maryann Zacchea



How Old Are You?

My three-year-old great-great niece is a difficult eater. To get her to eat, I will ask her how old she is and she will say, "I am three years old." I will then tell her she has to have three bites of whatever she's eating. She wanted some whipped cream—a treat she loves—and so I asked her how old she was. "I am three years old," she said. I told her she could have three squirts. Her face became very serious and she whispered, "I am four years old."

— Barbara Korpa.



Millennium Memo



It was fun getting a chance to attend the June PEERA meeting—and being reminded again why we are so proud to be the owners of your amazing Park.

Your homesites look great, the Common Areas have never looked better, the new Kitchen is quite an upgrade...there's nothing not to like. The real estate market agrees, given recent home sales.

There have been 15 sales so far in 2024. 9 of those were for \$375K or more—5 for more than \$400K! For the first time I can remember, Palomar East's average home prices are about the same as Palomar West's. Your efforts at maintaining your yards has paid off.

Sure, there are a few homesites that could use a bit of attention, but overall, you're doing great. You get this month's Kudo.

More News

- As I'm typing this (on July 1), we've received all but 3 Income Certs, for which we thank you. That's a great response in just a couple weeks. Great job!
- Kasey asked me to deliver this message: "Residents need to stop wearing shirts & clothing in the Pool. The lint is messing with the filtering of the Pool & Jacuzzi." You aren't doing that, are you? I didn't think so.
- Another comment from Kasey: "Residents think the Office is a referral service for movers, computer techs, plumbers, electricians, dog sitters..." Of course, he's far too kind to tell you that himself, so I'll say it for him.
- You can understand why he's reluctant to make recommendations, can't you? Maybe you could use the Breeze as a resource? Just keep in mind that we aren't endorsing the businesses advertising there—you'll have to vet them yourself.
- Finally, thanks to the editors of The Breeze for the fun photos and kind words about the SPARC Resource Fair. SPARC will have a quiet Summer, but Devin & Ally are planning several events for later in the year.

An Impressive Animal

Apparently, we have a talented companion. My lovely wife recently asked me: "Have you seen the dog bowl?" "No," I replied. "I didn't know he could." Stay cool, and have a fun Summer.

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 2 home sales in the month of July. Three homes are in escrow. Currently there are two homes for sale. We continue to receive calls from people interested in becoming residents. These interested people compliment the overall appearance of our community.

Maintenance Update

Staff landscaped the front of the park along Rancho Santa Fe Rd. The grass around the clubhouse was treated. The Bocci Court was restriped. The picnic tables and benches as well as the back gate were repainted. The pickleball and tennis court were pressure washed.

Exterior Painting & Space Improvement Forms

Management must approve paint selections before your home can be painted. Space Improvement forms are available in the office and are required before projects may begin on the exterior of your home. Fencing, concrete installation, shed alterations, and carport awning work are examples of items that must be approved by management. Please contact the office if you have a question about park approval.

Summer Days

The dog days of summer are here! Try walking your pets during cooler hours so that the hot concrete doesn't burn their paws.

Remember your pet must be registered with the office, per Park Rules and Regulations.

Stay hydrated and wear sunscreen when outdoors.

Wearing regular clothing items while using the pool or jacuzzi is not allowed. The lint from clothing has been causing damage and clogging the filter. Please wear swim attire only. Guests must be accompanied by a resident.

Short & Quick

- The park speed limit is 15 MPH. Please slow down, obey stop signs, and be the example.
- CleanEarth provides the service of collecting hazardous material. Their phone number is 800-714-1195.
- Please use black or blue ink pens when writing out rent checks. Our office check scanner does not process light ink pens well.

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

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Notifications & Activities

“August is the slow, gentle month that stretches out the longest across the span of a year. It yawns and lingers on with the light in its palms.”—Victoria Erickson

We hope this August issue of *The Breeze* finds you well. The PEERA Board expresses its sincere gratitude for your participation in the PEERA 2nd Annual Chili Cook-Off held on the Fourth of July. Your presence and enthusiasm contributed significantly to the success and enjoyment of the event. The camaraderie and positive energy displayed by all attendees and the volunteers were truly remarkable. We look forward to seeing you at one of the upcoming park events.

Bye-Bye July!

Who knew Christmas doesn't have to come only once a year? That's the premise behind Christmas in July. But if you think the idea of Christmas in July was created by retailers or greeting card manufacturers to boost purchases in the midst of a summer slump, you'd be wrong.

According to legend, Christmas in July was first celebrated at a girls' summer camp in 1933 when

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

Keystone Camp in Brevard, North Carolina, decided to dedicate two days (July 24 and 25) to the holiday—complete with cotton fake snow, a decked-out tree, a gift exchange, and, of course, Santa.

A few years later, the concept hit pop culture when the movie *Christmas in July* arrived in theaters in 1940. The plot? A man's colleagues prank him into thinking his work won a \$25,000 prize—and he goes on a jolly spree of generosity (including finally proposing to his longtime love). By the 1950s, retailers had hit on the concept, and now, Christmas in July sales are a big phenomenon. Have you started your Christmas shopping?... LOL!

Your Voice IN Our Community

PEERA Board peerasm.org

2024

PEERA Suggestion/Complaint Forms

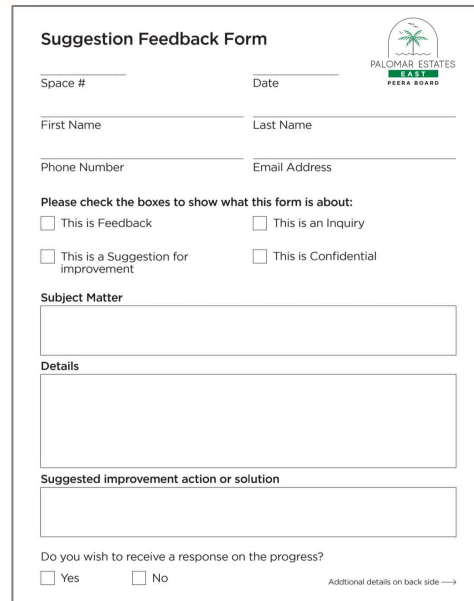
The PEERA Board would like to take this opportunity to clarify some matters regarding the suggestion and complaint form. We greatly value the feedback provided by our residents and appreciate your cooperation in using the designated forms when submitting suggestions or complaints. We do require the information to be written on one of the forms provided. This allows us to process the requests properly and keep it on file. Handwritten personal notes are not adequate for meeting PEERA objectives.

These forms, conveniently located on the PEERA bulletin board, offer the option to request a response and/or remain anonymous, etc. Once completed and dated, please deposit the form in the secure PEERA lockbox adjacent to the bulletin board. Kindly do not leave the form at a PEERA Board Member's residence.

It is essential to note that not all requests, suggestions, and complaints fall within the purview of the PEERA Board. We work closely with management, and certain decisions may be made solely by management or ownership without requiring further PEERA Board involvement.

Many common concerns received, such as land usage, landscaping, dog park rules, amenity hours, park speed limit, etc., are addressed in the Park Rules and Regulations (R&Rs).

When submitting a suggestion or complaint, please indicate whether it should be addressed to the PEERA Board or to Haven Management Services.



The form is titled "Suggestion Feedback Form" and features the Palomar Estates PEERA Board logo in the top right corner. It includes fields for "Space #", "Date", "First Name", "Last Name", "Phone Number", and "Email Address". Below these fields, there are four checkboxes for categorizing the form: "This is Feedback", "This is an Inquiry", "This is a Suggestion for improvement", and "This is Confidential". There are also checkboxes for "Subject Matter" and "Details". A section for "Suggested improvement action or solution" is provided. At the bottom, there is a question "Do you wish to receive a response on the progress?" with "Yes" and "No" checkboxes. A small note at the bottom right says "Additional details on back side ->".

If you believe both PEERA/Haven should be involved, please mention that you have already shared the matter with park management or vice versa.

If you wish to present your suggestion/complaint at a PEERA Board meeting, please submit your request in the PEERA lockbox at least ten business days in advance of the meeting. This will enable the Board to conduct a thorough research and come prepared for an informed discussion, with the aim of providing satisfactory answers and solutions to your concerns.

Your Voice Matters!

The next General PEERA Board meeting is Tuesday, August 6th, at 5:30 p.m. in the clubhouse.

Best Regards,

Patty Gonzales
PEERA Board Chair

July 4th Celebration at Palomar East



Chili Cook-Off Winners

There were a total of 9 chili entries for the Chili Cook-Off.

The photo above shows Patty Gonzales, PEERA Chair (center) presenting prizes to the winners:

- **Spicy Chili** – Gloria Jordan (Right)
- **Unique Chili** – Kathi Fennelly (not shown in photo)
- **Traditional Chili** – Bob Blackley (Left)



July 4th Celebration at Palomar East





Our Club. Our Members. Our Passion.

2024

With summer now in full swing, I have found that the pool is a wonderful respite from the heat. Floating in the water allows me to shrug off any worries about schedules, chores, bills, and this whole ridiculous aging process thing.

The pool is also a fun place to meet people you might not otherwise encounter. Just the other day I met wonderful newcomers. (Well, they have been here since September, but they were new to me!) We were talking about our summer gardens, and they both started laughing. They had been given a cutting from a plumeria (I think), but once planted it didn't seem to be very happy. Then one day they were in a local nursery and upon checking other plumerias, they knew that they could save the plant at home. All they had to do was plant it again, right side up!!

Just a reminder that our park is full of wonderful people. All we need to do is go out and meet them!

Okay, enough of my frivolity. Back to Social Club business...

I hope everyone thanked Patty and the PEERA gang for the fun 4th of July celebration. And kudos to all the chili cooking contestants. Quite a few new twists on an American standard. Good job!

Also in July, we welcomed newcomers and celebrated our 90 years young residents.

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

August 2 – There will be another Social Hour with potluck appetizers to share. Bring your own beverage of choice, 5:30 at the clubhouse. We will also be pinning our birth places on the new United States map.

August 14 – Ceramics will finally start up again on August 14th, ready or not. It will be held on the 2nd, 3rd and 4th Wednesdays of the month from 6 pm – 8 pm in the art room. Hope to see you there!

September 7 – Luau. Save the date. Ticket sales TBD.

Also Coming Soon (Hopefully)

We are checking into having an ice cream truck to come around like we had during the COVID lock down.

We are also waiting to hear back from SPARC regarding the Clothing Exchange.

Andrea Martin

Social Club Vice President

Palomar East Clubs Corner

Palomar East Quilting Group

With the donation of fabric, and having no idea what to do with it, a quilting group was formed in September 2023. The decision was made to make and donate quilts to those in need.

At this time, we have 10 dedicated ladies, and one gentleman (as his work permits) who show up weekly. Our team consists of three very experienced quilters with the rest of us trainees. Trust me, we knew nothing about quilting but now love it. We do the odd jobs: strippers (pick the colored strips to make the squares), sewers, ironing person (does the pressing), cutters/trimmers, runner (goes where needed), tiers (put the small ties on when everything has been put together), finishers (put the binding around the edge) and make sure it's complete and ready to be given away. The quilts are various sizes, from small children to teens. Just like a Village, it takes all of us to see them completed, plus the added benefit of great conversations and good friends.

The first 5 quilts were delivered by a PEE resident to Lahaina after the big fire there. Some quilts have been given to the Sheriff's Department. The majority of quilts are now being given to a non-profit group "One Safe Place," who assist women and children facing difficult situations such as abuse, trafficking, or homelessness. The quilts have been well received. One of our Angels delivers them when we have 10 to 12 ready. To date, we have donated more than 90 beautiful, comforting quilts, made with love. They are given with our feeling of satisfaction and pride.

A few quilts have been made by residents outside the group and donated to us.

The group meets every Tuesday from 9:30 -12, in the clubhouse card room. The closet in that room is our supply room, with numerous fabric donations giving us a wide selection of colors to work with. We have been given plastic storage bins and a chest of drawers for storage. Thank you everyone for your generosity and for the monetary donations we have received. These resources allow us to purchase the very expensive batting needed to make the quilts warm and comfy, as well as other supplies, as needed. We thank everyone for all donations.

We encourage anyone wanting to give of their time to a worthwhile cause, to join us. Sewing volunteers are needed for the positions mentioned in this article. Sewing machines are also needed. You need no experience...we will welcome you and train you. You can do this. Try it, you'll like it!

P.S. If you have a recommendation of other places the quilts can be donated, please let us know.



Emergency Preparedness

PEERA Board Committee



Earthquake Safety

In previous issues of *The Breeze*, there have been several articles covering different aspects of Emergency Preparedness. In this month, the focus will be on preparing for earthquakes. The information for these articles is excerpted from the California Residential Mitigation Program (CRMP) website.

7 Essential Earthquake Safety Tips

If you live in California, it's not a matter of if, but when earthquakes will hit in our earthquake-prone state. Earthquakes can clearly be dangerous, but you can mitigate your risk of personal injury, property damage and financial loss by following some essential earthquake safety tips. Start getting ready for the next big earthquake today by creating an earthquake preparation checklist, conducting a "hazard hunt" to help identify and fix unsecured items and heavy objects like large appliances and bookshelves, and making a plan for keeping your family safe.

Not sure where or how to start? Simply follow these Seven Steps to Earthquake Safety

Steps to Take Before the Shaking Begins



Step 1: Secure Your Space – Secure your space by identifying hazards and securing moveable items.

Prepare your home BEFORE an earthquake strikes. Decrease your risk of damage and injury from an earthquake by identifying possible home hazards and adhering to the tips below. For a complete list of home earthquake safety precautions, visit Red Cross Earthquake Safety website.

- Keep heavy unstable items away from doors and exits.

- Use flexible connections where gas lines meet appliances.
- Place beds away from windows.
- Brace overhead light fixtures.
- Secure top-heavy furniture to studs.
- Brace water heaters with metal straps attached to studs.



Step 2: Plan to be Safe

– Plan to be safe by creating a disaster plan.

Begin writing your earthquake emergency plan by focusing on family communication. Remember that family members may not be home when the earthquake strikes.

Follow these earthquake safety procedures:

- Collect contact information about your family and organizations, such as doctors, schools, and hospitals. Include the name and phone number of the person who should be contacted in an emergency. Also include your reunion location, and the location of your emergency supplies.
- Share a paper copy of the plan with every family member.
- Store the plan on your refrigerator and keep copies in backpacks, briefcases, handbags, and cars.
- Enter emergency contact information into all household members' cell phones or devices. Text messages may get through during an earthquake even when phone cannot go through.
- Sign up for the MyShake app which will send your mobile device an earthquake early warning. (<https://myshake.Berkeley.edu>)
- Review and practice the plan during family meetings.



Step 3: Organize Disaster Supplies – Organize disaster supplies in convenient locations.

Have your earthquake emergency kit readily reachable. It should include at least three days' supply of water and food for each member of your household and your pets. Also include flashlights and batteries, portable radios, a first aid kit, medications, and a whistle.

For a full list of suggested earthquake safety preparedness supplies, visit [Ready.gov/Resources](https://www.ready.gov/Resources).

Step 4: Minimize Financial Hardship – Minimize financial hardship by organizing important documents.



Protecting financial and personal documents before an earthquake hits is an important step in being prepared. You can choose to store financial documents in the Cloud, in a fireproof bag, or on a portable drive kept in your earthquake emergency kit. Gather items such as home title and insurance, vehicle information, banking information, trust, power of attorney, etc.

Without the proper documentation, it can take much longer to get financial assistance and begin the recovery process.

For additional checklists and guidance on collecting and safeguarding important information, download FEMA's Emergency Financial First Aid Kit.

(<https://www.fema.gov/emergency-financial-first-aid-kit>)

Step 5: Drop, Cover, and Hold On – Drop, cover, and hold on when the earth shakes.



These safety tips for earthquakes help you know what to do as soon as the ground starts to shake.

Note: Always adapt to your situation. If you have difficulty getting onto the ground, or cannot get back up again without help, you will need to adapt according to your physical abilities.

DROP to the ground away from windows or furniture that could fall. Or adapt to your situation. If you have difficulty getting onto the ground, or cannot get back up again without help, then follow these recommendations:

COVER. Cover your face and head with your arms and crouch in an inside corner of the building.

HOLD ON. Stay inside and in place until shaking stops. Research has shown that most injuries occur when people inside buildings attempt to move to a different building location or try to leave.

Step 6: Improve Safety –Improve safety after earthquakes by evacuating if necessary, helping the injured, and preventing further damage.



Step 7: Reconnect & Restore – Restore daily life by reconnecting with others, repairing damage, & rebuilding community.

Community Resources & Activities

August

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 Card Room.
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
HAND & FOOT CARD GAME	Anne Litz (760) 846-5850 (Please leave message) or Marilyn Fluharty (218) 821-0337: Mondays and Thursdays , 1 pm, at Marilyn Fluharty's home (Spc 179)
PAINT CLASS	Dawn Anguiano , dawny46@gmail.com: (1 st Tuesday each month at Rancho Vallecitos) (Note: No classes July or August)
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 AM West, Tuesday: 2:15 PM Zoom, Wednesday: 10:30 AM Zoom, Thursday: 11:15 AM East

Many Types of Activity Groups

As the summer begins to fade, and the fall season approaches, you might want to consider attending one of the many activities available to Palomar Estates East residents. This is a great way to meet residents with similar interests.

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 August

By **Andrea Martin**

Now that the construction is done 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!

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

Paint Classes Begin Again in September

By **Dawn Anguiano**

Summer vacation...There will be no classes held during July or August. Painting fun will resume in September.





Come see what we do, join the fun. Remember, if you have a friend that would like to paint with you, they are welcome too. All classes are held at Rancho Vallecitos on the first Tuesday of every month (beginning September). Call Dawn at 760 802-2170 or Donna at 760 419-2222. Cost is \$10 and we provide all the materials.

Palomar East Calendar

August

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 PM - Ceramics	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
					 5:30 PM Social Hour & Map Fun	
4	5	6	7	8	9	10
			2pm- 3:30pm Dance Lessons	2pm- 3:30pm Dance Lessons		
11	12	13	14	15	16	17
			1:00 PM - Book Club Meeting 			
18	19	20	21	22	23	24
				2pm- 3:30pm Dance Lessons		
25	26	27	28	29	30	31
						

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 it to the Social Club and/or PEERA lockboxes in the clubhouse.

- Coleen Adachi Space 304
Arrived: 6/21/2024

Wedding Anniversaries

- Aug 13 Bob & Charlene Erickson
- Aug 13 Larry & Carol Mentze
- Aug 22 Michael & Greta Curtis
- Aug 27 Rick & Pamela Scott
- Aug 29 Lanny & Susan Lippincott



Gone and Not Forgotten

- George Bancroft Space 330
Arrived: 4/1998 Passed Away: 6/14/2024

- Susan Hunter Space 304
Arrived: 6/2022 Departed: 6/21/2024
Moved into her Kansas home full time



From the Beach to the Desert



How a group of ambitious kids from Laguna Beach High School in California are digging wells in Kenya.

Cruise down Highway 1 through the little beach town of Laguna Beach in California and you'll be charmed by the quaint shops, the sea breezes, the soothing sound of waves.

Just up the hill from the beach is the high school, where students will meet before traveling to neighboring San Clemente High on a Saturday for a 2-mile walk to raise money to build a well in a Kenyan village.

Most Kenyans live where clean water is hard to access. The climate switches from extreme rain to extreme heat, making water resources challenging to manage. Dams provide some help for agriculture, but the flat and porous terrain quickly soaks up water before it can be stored and distributed.

The good news is all that water that falls in the rainy season is stored far underground, sometimes as deep as 900 feet. But bringing it to the surface can be a challenge. Sometimes, it requires heavy-duty

equipment. Shallower wells are less costly but still require manpower and technology to work. A single well can supply water to an entire village, and this can be life-changing. Waterborne illnesses are the No. 1 killer of children in Kenya due to dysentery. And having to walk 6 to 8 miles to get water takes time away from school. A well can make a difference in so many ways.

Weeks before the first annual Healing Hands for Water Walk Fundraiser event in 2012, students walked the beach town and solicited donations from businesses. They covered a lot more distance than the 2 miles they would cover during the event as student organizers Branner Grimsley, Klara Gundelach and Solveig Enggren pounded the boardwalk. But "making a difference by helping these people's lives in Africa" was worth it, Grimsley said. The communities on both sides of the world would agree, as Walking for Water celebrated its 20th anniversary this year.

In a Kenyan village, a well has just been completed. As the villagers excitedly seesaw the hand pump, the anticipation builds. Within minutes, a trickle of clean water flows, then a gush. It is a miracle in such a dry village. Barrels are filled, children splash, and tears of joy flow as easily as the well water.

Celebrating Our August Birthdays!

3	Sofie James
3	Larry Russell
3	Ha Le Riggio
3	Michael Weiss
4	Manuela Ortega
4	Kathy Warren
4	Christine Weidinger
5	Joyce Pratt
6	Greta Curtis
11	David Whalen
11	Zhou Li
11	Jetta Russell
12	Anthony Riggio
12	Marina Wallen
12	Dave Esposito
15	Coleen Adachi
15	Terrie Schmidt
16	John Kure
16	Larry Wright
16	Walter Brock
16	Colleen Hannegan
16	Robert Scotland

17	Robert Barry
18	David Rodriguez
18	Josephine Bucelli
18	Cindy Hansen
18	Deborah Bennett
21	Michael Fluke
22	Pete Knowlton
22	Jane Manchip
22	Joanne Price
23	Marsha Allen
24	Norma Zuiderweg
25	Susan Peck
25	Judy Smith
26	Carolyn Buckley
26	Judy Benaderet
27	Kelly Hoege
28	Janet Kelly-Reid
28	Roy Hughes
28	Angelina Franco
29	Serietta Harrell
29	Paula Bente
30	Tony Arauz
30	Susan Schmidt

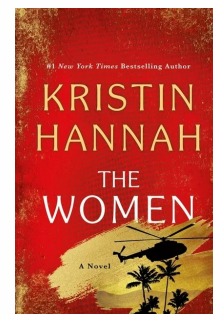
August Book

Our House, by Louise Candlish

September Book Review

The Women, by Louise Candlish.

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



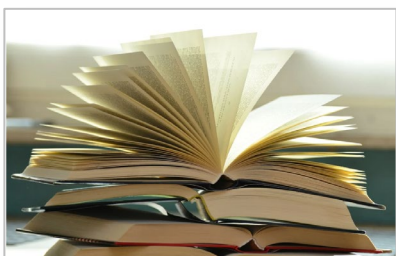
Raised in the sun-drenched, idyllic world of Southern California and sheltered by her conservative parents, she has always prided herself on doing the right thing. But in 1965, the world is changing, and she suddenly dares to imagine a different future for herself. When her brother ships out to serve 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, The Women is a richly drawn story with a memorable heroine whose idealism and courage under fire will come to define an era. (Review Source: Amazon Books)

Book Club



Meetings are typically held on the 2nd 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

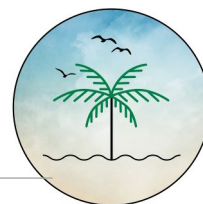
The San Diego County Library provides free access to digital library resources.

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2. Open and find San Diego County Library.
3. Sign up with your phone number!

Community Resources/Helping Hands

PEERA Board Committees



More About Hearing Aids Technology

Hearing loss can lead to social isolation, contribute to cognitive decline, and even increase the risk of falls in older adults.

Whether you experience hearing loss or have a family member or friend with hearing loss, you may find the articles in last month and this month's issue of *The Breeze* informative. I hope you will share this information, as applicable, with family and friends that experience hearing loss.

In the July issue of *The Breeze*, we described some typical problems associated with the use of hearing aids in large venue locations such as theaters, auditoriums, airports, stadiums, museums, churches, etc. The background noises and echoes in these locations make it very difficult to hear clearly.

Hearing Loop Technology

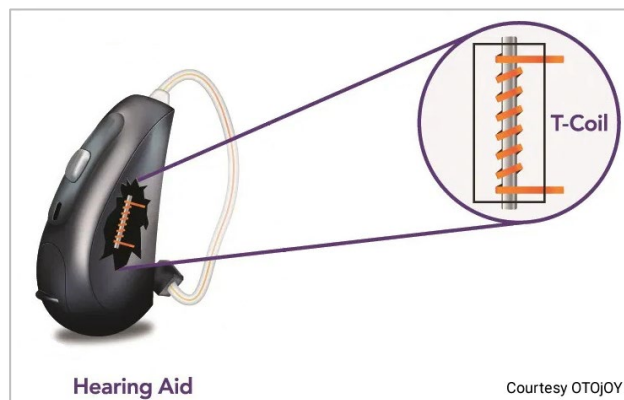
There are a variety of assistive listening solutions used in these large venue locations. But many of these assistive listening devices require the person with hearing loss to go to a location in the venue, pick up the assistive listening device, and then return it after use. Many people, however, do not wish to make their hearing loss so public....thus they tend to 'suffer through,' while not hearing clearly.

The hearing loop assistive listening device broadcasts directly to telecoils that are already present in many hearing aids. Fantastic!

The telecoil, or T-coil, is a tiny copper receiver automatically built into more than two-thirds of today's hearing aids and in all cochlear implants. (Note: Telecoils are not required in new over-the-counter hearing aids.)

The person with the hearing aid simply presses the button on their hearing aid to activate the t-coil receptors, and VOILÀ! Clear sounds!

But wait ...there are three things that must be in place for this fantastic potential to be a reality.



1. The hearing aid must have a t-coil installed.

In researching, it appears that many of the newer hearing aids have this technology included. Often, the t-coil can be added.

2. The hearing aid user many not know how to activate t-coil when desired.

The t-coil functionality is only activated when needed. So, while it may be present, the hearing aid user must know how to access it.

3. The hearing loop device must be installed at the venue.

A hearing loop system transmits an audio signal directly into telecoil-enabled hearing devices via a magnetic field, greatly reducing background noise. Venues that have hearing loop systems will display the hearing loop icon.



This technology is new and there do not appear to be numerous locations in Southern California that have hearing loops. However, that will change over time.

Google Maps has launched new accessibility information about hearing loops. Simply look up any location using Google Maps, then go to the "About" tab at that location. This will include information about any ADA accommodations, including hearing loops.



Blue Tooth Technology

Information was excerpted from the article, "Bluetooth Hearing Aids," by Megan Gerhart, AuD, audiologist, and Joy Victory, managing editor, Healthy Hearing, April 26, 2024.

Hearing aids with Bluetooth technology help you stay connected to smartphones, televisions, tablets and other favorite audio devices.

Many modern electronic devices these days come equipped with Bluetooth technology. This feature lets you stream audio between various devices, such as from a TV to your headphones, or from your phone to your car speakers.

Bluetooth connection to Apple devices and other smartphones is available in hearing aids from every major hearing aid manufacturer.

When you pair the Bluetooth in your hearing aids to your smartphone, you can stream audio from phone calls, podcasts, music and other apps directly to your hearing aids.



Personalized Listening Experience

When having a phone conversation, or listening to music, the audio signal from your smartphone can often stream to one hearing aid, or both. The volume will be matched to amplify sounds according to what you need based on your hearing loss. You also can adjust the volume of the input, depending on the model you have. This personalization lets you hear other sounds in the room if you choose, or you can immerse yourself in the streaming input from your device.

Hands-free Listening

Since streaming is a wireless technology, you do not have to hold your audio device closely to hear the sounds. Bluetooth technology allows you to move up to 30 feet away from the device, depending on the device used and the environment. For example, you can have your phone across the room from you and still be able to hear a podcast in your hearing aids.

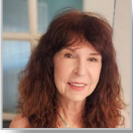
Remote Control Of Your Hearing Aids

You can remotely change the volume or program from either a streamer or from an app on your smartphone or smartwatch. This is especially useful if your hearing aids are too small to accommodate external controls, or you want to be discreet when adjusting your hearing aids in public.

Reliability

Bluetooth® is an electronics industry standard protocol. It's not unique to a particular hearing aid or hearing aid manufacturer, so there is uniformity and reliability in the way that it works across all devices. The platform has been tested and refined already, as it's been in use for many years in the mobile phone industry.

Residents' Corner



Welcome Monarchs!

By Kim Cyr

June is my favorite month of the year because every year I am visited by beautiful monarch butterflies. I have grown milkweed for years and that is a sure-fire way to have monarchs visit you.



Milkweed is the only plant that monarch caterpillars can eat. You may wonder how these monarch butterflies know where milkweed is growing.

Apparently, they use visual and chemical cues to find the milkweed and once they land on a plant, they use sensory organs on their feet and head to tell if the plant is actually milkweed. Then they will proceed to lay their eggs on the underside of the leaves.

The size of a caterpillar egg is about the size of a pinhead or pencil tip. They take about 4 days to hatch and from then on, they do not stop eating until they are ready to form a chrysalis.

We have a plant out front and that is always the plant that the monarchs find first. My daughter, Ash waits outside for her bus and she is always the first to notice when caterpillars start eating the plant. Every day there are more caterpillars, chomping away at the milkweed leaves.

Eventually, there are more caterpillars than there are leaves to eat. That's when we "hand deliver" the caterpillars to the backyard where there are more plants waiting. These plants have caterpillars on them also but there is enough milkweed to go around for everyone.

When caterpillars first hatch, they are about ¼ cm and they are cream colored with no stripes. Within the first day, they start getting their stripes. Caterpillars will grow from this size up to 2 inches within 10 to 14 days.

When they're ready to form a chrysalis, the caterpillars crawl off the milkweed plant and find something to crawl on when forming a chrysalis.

The caterpillars climb high and like to find something to dangle from.

It's fascinating watching a caterpillar turn into a chrysalis. Once the caterpillar has found a good place to form a chrysalis, it spins a little wad of silk from its head and dangles upside-down in a distinctive J shape, getting ready to turn into a chrysalis.

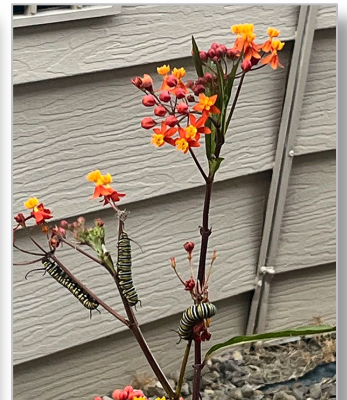
The caterpillar then splits and sheds its skin, starting from the head and down the back of the body, revealing the formed chrysalis beneath. Almost like it's being unzipped from the skin.

After about two weeks, when the butterfly is ready to come out of the chrysalis, the chrysalis which is now transparent, will look darker because the butterfly inside is more visible. When the butterfly is ready to come out of its chrysalis, the chrysalis will split open, and the butterfly will come out.

In the past, I have raised monarchs from eggs to butterflies indoors, trying to help them along. There is a fly that parasitizes the caterpillars and I have found that raising caterpillars from eggs indoors, prevents the flies from getting to them.



The life cycle of the monarch is absolutely fascinating. The image to the left shows the three main stages of development: Caterpillar, chrysalis, and butterfly.




You may wish to experience just how wonderful the monarch is!




PALOMAR EAST REMINDER




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Please be on the lookout for a flyer in
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