



# HILLTOPPER

**AUGUST 2025**

## **PALOMAR ESTATES WEST**

### **Onsite Management**

**Maintenance:** Jorge Martinez

**Office:** Jessica DuBois

**Office Hours:**

Monday thru Friday

9:30 a.m. – 12:00 p.m.

1 p.m. – 4:00 p.m.

**Office Staff**

Gayle Plant

**Weekend Relief**

Doug Tickner

**Security Patrol** Hidden Valley

Security (760) 744-1061

**Office:** (760) 727-5453

Fax: (760) 727-3054

After hours - emergencies only:

(888) 518-6064

**E-mail:** [Palomarestateswest@gmail.com](mailto:Palomarestateswest@gmail.com)

**Resident website:** [Pewresidents.com](http://Pewresidents.com)

### **Offsite Management**

**PROPERTY MANAGEMENT  
HAVEN MANAGEMENT  
SERVICES**

3491 Concours Street, Suite 204

Ontario, CA 91764

Property Supervisor: Katie Davis

(909) 930-9750 Ext. 3005

Fax: (909) 481-7260

[kdavis@havenms.com](mailto:kdavis@havenms.com)

**MILLENNIUM HOUSING**

611 Anton Blvd., Suite 890 Costa Mesa, CA

92626 Phone: (949) 515-5100

Fax: (949) 515-5101

<http://millenniumhousing.com>

President: George Turk

COO / Vice President: Lori Carraway

Director of Asset Services: Diana Welsh

SPARC Director: Stacey Kazmierski

## MILLENNIUM MEMO

Last month, I reported that the City had finished its part of the Storm Drain project, at a cost of about \$200K, and that we hoped to finish the Park's portion on June 30.

Well...I'm typing this on June 30 and we aren't done yet. We're getting there – we just got a bill for \$407K representing 2/3 of the project – but last month's rains caused a delay. At least we got through the rainy season with no mishaps.

And yes, as some of you have noted, that's a lot of money down the drain.

### **Speaking of Park Finances...**

The Budget is final now, and includes nearly \$1M in Capital Improvements. The Surplus is "only" projected to be \$275K, with the rest coming from reserves.

The Hillside Project takes up most of that, but we'll also spend \$240K on streets, \$38K on the Car Wash drains, \$20K to replant the hillside and all the stuff I mentioned last month, like Pool Furniture, the RV Area, retaining walls...

These upgrades would not be possible without the funds generated by your Income Certs. Thank you for your cooperation.

### **See You At the Fair!**

SPARC, our resident services partner, is sponsoring a Senior Resource Fair on Aug. 7. We just had one of those at Palomar East, which was so successful that we figured you deserved your own Fair.

You can expect 10 Educational Booths, activity stations (tie-die & rock painting!), Smartphone Assistance, a FREE Lunch, plus a couple things the folks at East didn't get: bone density screening and a Police Dept. briefing on recent scams.

If that isn't enough, there will be raffles for prizes such as gift cards, a fire blanket and a \$50 Rent Credit. You don't want to miss all that, do you?

### **A Couple More Items**

- This month's Kudos go to those of you who have been gracing the Clubhouse with your artwork. It's fun seeing how much talent exists in Palomar West, and your efforts add a personal flair and a bit of fun. Kudos to you!
- In addition to watching your speed, we also ask that you refrain from running over sprinklers. Apparently, that's becoming a problem. Who knew?

Thanks again for your Income Certs and your artwork...and we'll see you at the Fair!

*George Turk*

## NOTES FROM YOUR PEWRA BOARD

This month let's talk about all the wonderful activities we have here at Palomar Estates West. Sadly, only a small percentage of our residents take advantage of all that is offered for the enjoyment of everyone. These activities and events help to provide better health to all, both mentally and physically.

Haven Management Services and the PEW Board allocate funds where it is needed and use it to keep equipment repaired and up-to-date. Your \$10 annual membership allows each member to have a vote on how these funds are spent. I encourage all PEW residents to become members and take advantage of the clubs and activities offered and listed in the Hilltopper.

Our Pickle Ball courts are some of the finest in the area. We have visitors come from our sister parks (Palomar East and Vallecitos) on a regular basis. Our gym is well equipped with multiple types of treadmills, weights and other multi use equipment. It is there for your recreational use and beneficial in recovering from knee, hip, shoulder and other surgeries.

I want to encourage you to participate and to get involved in being a part of the planning of these activities for all residents to enjoy. Don't be afraid to join in. Not only will you meet new friends, but you will have fun in the process.

Last month a visitor parked their car in the street. Unfortunately, it blocked the delivery of a new mobile home and the car had to be towed. We try to remind residents the importance of no street parking. It could be disastrous in the case of an emergency.

If you are not receiving informative ROBO calls, let the office know and they will add you to the list. If you do not want these calls, have the office remove you from the list but, keep in mind, these ROBO calls often let you know important and timely information such as emergency water shut offs, street closures, facility closures, etc.

Jesse Nieto  
PEWRA Board Director

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### **PET OWNERS:**

We have had a rash of dogs and cats running lost in our complex. Need I tell you we live in an area with many coyotes.

Please provide photos and descriptions of your current pets, even if you think it is already on file. Please make sure your pets are micro-chipped and have a tag with your address information, making it easier for us to

return if lost. If you don't have the form that was distributed in your mail tube in June/July, contact the office or Vicki and they will provide the form.

***We appreciate your urgency in this matter.***

If you need any help or you need a micro-chip, please contact Vicki @ #304 or [Hetrickv@yahoo.com](mailto:Hetrickv@yahoo.com)

Thank you, Palomar Estates West Office



## “August Calendar”

*“After Lammas Day, corn ripens as much by night as by day.”*

- **August 1**, traditionally known as **Lammas Day**, was an old festival to mark the annual wheat and corn harvest. It was a sort of Thanksgiving (harvest time) in Britain. Lammas also marked the mid-point between the summer solstice and autumn equinox. Learn more about **Lammas Day**.
- **August 5** is a Civic Holiday in many parts of Canada. Celebrations and names for this holiday vary across the country. For example, in Alberta, it's celebrated as Heritage Day; in British Columbia, it's known as British Columbia Day!
- **August 10** is **St. Lawrence's Day**. “Fair weather on St. Lawrence's Day presages a fair autumn.”
- **August 11** marks the end of the Dog Days of Summer, which began on July 3.
- **August 17** is when the **Cat Nights** begin, harking back to a rather obscure Irish legend concerning witches; this bit of folklore also led to the idea that a cat has nine lives.
- **August 19** brings **National Aviation Day**, chosen for the birthday of Orville Wright, who piloted the first recorded flight of a powered heavier-than-air machine in 1903.

- **August 24** is **St. Bartholomew Day**. “At St. Bartholomew, there comes cold dew.”
- **August 26** is **Women's Equality Day**, which celebrates the 1920 ratification of the Nineteenth Amendment and, with it, women's right to vote in the United States.

## “Just for Fun” Days

Have fun with these strange celebrations!

- **Aug. 1-7:** International Clown Week
- **Aug. 3:** National Watermelon Day
- **Aug. 8:** National Sneak Some Zucchini Onto Your Neighbor's Porch Day (Or, use up that bounty with our best zucchini recipes.)
- **Aug. 10:** National S'mores Day
- **Aug 12:** Vinyl Record Day
- **Aug. 13:** International Left-Handers Day
- **Aug. 20:** International Geocaching Day
- **Aug. 20:** World Honeybee Day
- **Aug. 25:** Kiss-and-Make-Up Day
- **Aug. 31:** National Trail Mix Day

## Managers Corner

Happy August everyone! I hope you all stay cool and enjoy the pool. Thank you for the AMAZING 4<sup>th</sup> of July party you guys held. YOU are what makes PEW the best place to live!

I feel honored to be your manager.





## **Palomar Estates Residency Association Board (PEWRA)**

President - Cathie Byrd; Vice President - Garry Larson;

Secretary- Jo Gehringer; Treasurer Susan Freidman

**Directors** - Jesse Nieto, Michael Ach, Rick Towle

**Board Meeting: 1<sup>st</sup> Tuesday of the month (6:30) in the Pavilion Room**

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### **SOCIAL CONNECTION**

Merlin Chancellor – Chair, Cindy Palermo – Treasurer, Marilyn Ferri – Secretary, Simon Spears, Cathy Bassett, Rusty Bassett, Angela Sirota, Shevaun Teegarden, Heike Corbeil, Carol Godett, Linda Kerridge, Cindy Towle, Rick Towle, Lynne Widdison, Malcom Widdison, Linda Freeman, Jo Gehringer, Lisa Corrigan

### **HILLTOPPER COMMITTEE**

Delane Johnson, Fran Miller, Becky Hall, Lynn Thomas, Mary Wallace

### **READY ADVISORY PANEL**

Bryan Cooper, Mary Wallace, Cindy Palermo, Debbie McQuillan, Fran Miller, Jo Gehringer, Lee Tydlaska, Neil Teegarden, Robert Fierro, Ruthann Kirby

### **BREAKFAST COMMITTEE**

Mikkie Sawyer, LuAnn Foster, Trish Coy, Cathy Bassett, Diana Primeau, Karen King, Pat Taylor, Marcia Brown, Sheila Miller, Denise Hickey  
Toni D'Alessandro, Tish Litz

### **GYM COMMITTEE**

Larry Brown, Rusty Bassett, Marie McElligott

### **RULES COMMITTEE**

Jesse Nieto, Mary Wallace, Jo Gehringer, Delane Johnson, Shevaun Teegarden, Rick Towle

**For Fire, Sheriff, or Emergency in progress, such as break-ins, health problems or a life-threatening situation, call 911.**

**If you have a non-emergency question or to file a report, please call the San Diego Sheriff Dept at 760-510-5200.**

### **LOOKING TO GET INVOLVED...JUST A LITTLE BIT?**

The Hilltopper Team is looking for a few people to help with the monthly delivery to mail tubes. We need a couple people who would like to deliver around 20 Hilltoppers once a month.

We also need a couple people as occasional substitutes to cover when others are on vacation.

Contact Becky Hall 858-967-8725 or Mary Wallace 619-887-0700

or email [pewhilltopper@gmail.com](mailto:pewhilltopper@gmail.com).

# ACTIVITIES DIRECTORY

ACTIVITY	TIME & DAY	CONTACT	PHONE
Art Gallery	On Exhibit in Pavilion	Sharon Lubert	909-519-8915
Aquarobics	9 am M-W-F	Trish Coy	760-536-9338
Cardio Aquarobics	9 am Tu, Th, Sat		
Billiards (Men)	9 am Tu	Stan Lindsay	760-598-0582
Billiards (Women)	1:30 pm M	Gerri Harper	760-500-8681
Bingo	6:50 Th	Delane Johnson	612-240-4049
Book Club	Fourth Friday 2:00 pm	Cynthia Towle	503-317-3544
Breakfast	1 <sup>st</sup> Sat 8:30 am	Mikkie Sawyer	760-690-7825
Bridge	Varies - Call Ann	Ann Webb	702-449-9916
Cooking with Katie	Third Tuesday 4:00 pm	Katie Rodriguez	760-310-8623
Darts	6-8 pm Thurs Game Room	Chuck Thomas	707-799-6555
Dog Park	8 am- 8 pm Daily	Tom Matthews	951-660-0411
Game Night	Friday 6 pm	Linda Kerridge	858-776-6783
Garden Club	1 <sup>st</sup> M 2 pm	Merlin Chancellor	661-670-1336
Community Garden	8 am – 8 pm	Robert Fierro	619-339-0433
Hand and Foot	Wed 1 pm	Kim Stevenson	760-703-4872
Let's Dine Out	Times vary	Linda Kerridge	858-776-6783
		Cathie Byrd	530-417-5186
Library	Open Daily	Susan Balog	916-759-2636
Mahjong	1pm M	Kim Stevenson	760-703-4872
Medical Rehab Lending Closet	Open as needed	Rusty Bassett	619-301-9551
		Jesse Nieto	408-666-8088
Meditation	Tu 10:30 am	Sali Weiss	619-729-3226
Mexican Train	2 <sup>nd</sup> and 4 <sup>th</sup> Tu 4:30 pm	Margie Farrelly	760-855-8416
Movie/Dinner/Dance Nights	Dates Vary	Simon Spears	760-583-1549
Pickleball	8:00-10:00 am M-W-F-S Open Play All are welcome!	Larry Jones	937-478-2500
Ping Pong	Tu 10:30 am	Nejla Gharajedaghi	760-536-9583
R.E.A.D.Y. Panel	3 <sup>rd</sup> Tuesday at 2 pm in	Mary Wallace	619-887-0700
Emergency Preparedness	Card Room	Bryan Cooper	858-342-3334
Shuffleboard	1:30 pm M	Rusty Bassett	619-301-9551
Strength & Balance	10 am M-W-F	Dean Kelsey	760-519-1909
Social Connection	Dates vary	Merlin Chancellor	661-670-1336
		Simon Spears	760-583-1549
Tai Chi	9 am Th	Rudy Cobos	
Tai Chi 24 Yang Style Form	9-10 am Tu	Arnold Epel	760-208-9627
Tennis		Jim Catley	360-301-1566

Hilltopper submissions to [pewhilltopper@gmail.com](mailto:pewhilltopper@gmail.com).

**All submissions must be submitted by the 10<sup>th</sup> of the month.**

If you notice any errors or omissions, please contact the Hilltopper at [pewhilltopper@gmail.com](mailto:pewhilltopper@gmail.com)

**Hilltopper Distribution – Becky Hall - 858-967-8725**

The Hilltopper may edit articles for publication and will not publish anything of a political, medical, religious nature or solicitations. The Hilltopper does not publish articles submitted anonymously.

**THE HILLTOPPER DOES NOT ENDORSE ANY OF THE ADVERTISERS THAT APPEAR IN ANY ISSUE.  
USE AT YOUR OWN DISCRETION.**

To advertise your business in the Hilltopper,  
call Boe Davis at Mobile Home Park Magazines, 408-744-1011, ext. 3107.



Brenda McQueen	1
Scott Higgins	2
Ryan Teegarden	2
Christopher Beverly	4
Marlene Postell	4
Robert Williams	4
Jim Cately	5
Marie Witter	5
Edward Munson	7
Natasha Busick	8
Leigh Gardner	8
Jeannie Stratis	8
Donna Bettencourt	9
Larry Vogel	10
Margaret Clive	11
Diane Ferguson	11

Sally Jeans	12
Jack Pelamati	12
Cathie Byrd	14
Linda Freeman-Durst	14
Cheryl Robertson	14
Laurie Martino	15
Sean Kee	16
Erin Wolff	16
Becky Hall	17
Chaney Engel	19
Karen Barlow	20
Sandy Manoogian	20
Janet Adams	21
Frank Meza	21
Miriam Zavala	21

Lisa Corrigan	22
Lynn Thomas	22
David Darnick	23
Debi Gilgen	23
Kathleen Margiotta	23
Kim Stevenson	23
Nancy Muhleman	24
Joseph Prutch	25
Donald Henderson	26
Sheri Meza	26
Kathy Gillin	28
George Newby	28
Maryanne Cioe	29
Ruthann Kirby	30
Judy Havens	31

*If you know of any birthdays throughout the year that we don't have on our list, please send an email to [pewhilltopper@gmail.com](mailto:pewhilltopper@gmail.com) so we can include those birthdays in the future.*

## Directory Changes

Please make the following additions and corrections to your park directory

**Space**  
456

**Delete**  
Bill Primrose

**Add**  
Zeluff, Karen

**Phone Number**  
760-712-9813

## FUTURE EVENT PLANNING

<u>ACTIVITY</u>	<u>TIME &amp; DAY</u>	<u>CONTACT</u>	<u>PHONE</u>
Driveway Sale	October 11	Cindy Towle	503-317-3544
Craft Fair	November 22	Lynn Thomas	707-799-4416

# AUGUST 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b>	<b>2</b>
					Pickleball 8-10 am Aquarobics 9 am Strength & Balance 10am  Game Night 6 pm	<b>BREAKFAST 8:30</b> Pickleball 8-10 am Cardio Aquarobics 9 am
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	Pickleball 8-10 am Aquarobics 9 am Strength & Balance 10am Mahjong 1 pm Shuffleboard 1:30pm Women's Billiards 1:30 Garden Club 2pm	Cardio Aquarobics 9 am Men's Billiards 9am Tai Chi 9 am Ping Pong 10:30am Meditation 10:30am Sunset Pickleball 6pm  <b>Board Meeting 6:30</b>	Pickleball 8-10 am Aquarobics 9 am Tennis 9 am Strength & Balance 10am  Hand & Foot 1 pm	Cardio Aquarobics 9 am Tai Chi 9 am <b>Resource Fair 11:30 – 3:30</b> Sunset Pickleball 6pm Darts 6-8 pm Bingo 6:50	Pickleball 8-10 am Aquarobics 9 am Strength & Balance 10am  Game Night 6 pm	Pickleball 8-10 am Cardio Aquarobics 9 am  <b>Art Gallery 12:00 – 1:00</b>
<b>10</b>	<b>11</b>	<b>12 Recycle</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Hilltopper Submission Due</b>	Pickleball 8-10 am Aquarobics 9 am Strength & Balance 10am Mahjong 1 pm Shuffleboard 1:30pm Women's Billiards 1:30 <b>Let's Dine Out 5pm</b>	Cardio Aquarobics 9 am Men's Billiards 9am Tai Chi 9 am Ping Pong 10:30am Meditation 10:30am Mexican Train 4:30 Sunset Pickleball 6pm	Pickleball 8-10 am Aquarobics 9 am Tennis 9 am Strength & Balance 10am  Hand & Foot 1 pm	Cardio Aquarobics 9 am Tai Chi 9 am Sunset Pickleball 6pm Darts 6-8 pm Bingo 6:50	Pickleball 8-10 am Aquarobics 9 am Strength & Balance 10am  <b>Social Hour 5:00PM</b> Game Night 6 pm	Pickleball 8-10am Cardio Aquarobics 9 am
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	Pickleball 8-10 am Aquarobics 9 am Strength & Balance 10am Mahjong 1 pm Shuffleboard 1:30pm Women's Billiards 1:30	Cardio Aquarobics 9 am Men's Billiards 9 am Tai Chi 9 am Ping Pong 10:30 am Meditation 10:30am READY 2 pm <b>Cooking with Katie 4pm</b> Sunset Pcklball 6 pm	Pickleball 8-10 am Aquarobics 9 am Tennis 9 am Strength & Balance 10am  Hand & Foot 1 pm  <b>Movie Night 6 pm</b>	Cardio Aquarobics 9 am Tai Chi 9 am Sunset Pickleball 6pm Darts 6-8 pm Bingo 6:50	Pickleball 8-10 am Aquarobics 9 am Strength & Balance 10am  Book Club 2 pm Game Night 6 pm	Pickleball 8-10am Cardio Aquarobics 9 am  <b>LUAU 3:00</b>
<b>24/31</b>	<b>25</b>	<b>26 Recycle</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	Pickleball 8-10am Aquarobics 9 am Strength & Balance 10am Shufflebrd 1:30pm Women's Billiards 1:30 pm	Cardio Aquarobics 9 am Men's Billiards 9 am Tai Chi 9 am Ping Pong 10:30 am Meditation 10:30am Mexican Train 4:30 Sunset Pcklball 6 pm	Pickleball 8-10 am Aquarobics 9 am Tennis 9 am Strength & Balance 10am  Hand & Foot 1 pm <b>Square Dance Demo 2:00</b>	Cardio Aquarobics 9 am Tai Chi 9 am Sunset Pickleball 6pm Darts 6-8 pm Bingo 6:50	Pickleball 8-10 am Aquarobics 9 am Strength & Balance 10am  Game Night 6 pm	Pickleball 8-10am Cardio Aquarobics 9 am



**IT'S HAPPENING!**  
**HUGE DRIVEWAY SALE!**  
**START PLANNING NOW!**

**Palomar Estates West Community Driveway Sale!**  
**Saturday, October 11th 8:00AM - 3:00PM**

Beginning September 1st,  
Sign Up in the Clubhouse and  
get your packet from the office.

**Questions...contact Cindy Towle 503-317-3544**

**ARE YOU READY?**  
**READY FOR WHAT?**

**Ready to evacuate should a wildfire threaten our homes?**  
Do you have an evacuation plan and a pre-packed bag ready to take with you?

**Ready for a personal medical emergency by filling out a Vial of Life form?**

**Ready to "Shelter In Place" should a major earthquake happen?**

**Want to get ready?**  
Many resources are available on our PEW Residents website under Quick Links - Ready  
<https://www.pewresidents.com/ready>

You will find links to information from local agencies to help with building your plan.  
There are also several applications that you can install on your cell phone to guide you.

*You can also email your READY team, specifying what form or type of info you are looking for.  
We will be happy to send you the information. [ready4pew@gmail.com](mailto:ready4pew@gmail.com)*

**LET'S BE READY!**



***August is the perfect time to pause,  
unwind***

***and embrace the tranquility ....  
of summer's last days.***

***What more a perfect way to enjoy that,  
Is by joining "your friends"  
at the breakfast table.***

***SPECIAL SURPRISE....***

***Let's wish MARGO a Happy Birthday on her 100<sup>th</sup>***

**Hope to see you all there – don't forget, if you sign up – show up**

**Let the sunshine of August inspire you to shine your brightest**

**Mikkie**



### **PEW ART GALLERY NEWS**

**Artists – We hang our new show on  
Saturday, August 9, from 12:00 to 1:00.**

***Please bring 1 to 4 pieces, and we will choose what we can use in the show,  
trying to include everyone. Please pick up your art pieces the day before.***

***Late entries need to be entered in the next show.***

***If you cannot be present, please arrange for someone to bring your art work, or make special arrangements  
with Sharon.***

***Ideas, questions, comments, suggestions? Please call Sharon, 909-519-8915***

***We are using the STAS Moulding Hook System with Perlon cords. They accommodate pictures hung with wire on D-  
Rings. The system is limited.***

***Each show has been beautiful! Lots of compliments from our neighbors. Thank you!***

## Open Letter to the Social Connection Committee

*We had the pleasure of coming to the festive 4<sup>th</sup> of July picnic. I personally want to thank ALL of you for taking it upon yourselves to provide such a lovely time. I noticed how you all knew what you were doing to make the day a seamless experience. The decorations were beautiful and the Hot Dogs were yummy!*

**THANKS TO ALL OF YOU! You are lovely people!**  
*Sali Weiss and Meditation group*



## GAME NIGHT ON FRIDAY NIGHTS

**Every Friday, starting at 6 PM**

Come play cards or domino games  
or bring a game you want to share/teach.  
Mexican Train, Threes, Sequence, Chicken Foot, etc.



Bring your own beverage.  
If you would like to bring a snack to share, that is great also.

**Bring your neighbors or come meet your neighbors.**

*Submitted by Linda Kerridge and the Social Connection*



## Cooking With Katie

**Come join us to learn about ways  
you can cook healthy and delicious  
meals on a reasonable budget!**

**Date: August 19th**

**Time: 4pm – 5:30pm**

**Location: Palomar West Clubhouse**

### **Demo: Mish-Mash**

Sign up at the clubhouse to get a spot for this free,  
tasty class! Sign-up List goes up on 1<sup>st</sup> of each  
month. Class max of 25.

## Recipes from Cooking With Katie in June

### **QUINOA TABBOULEH**

1 cup Tri Color Tabbouleh  
 1/4 cup Olive Oil  
 1/2 tsp salt  
 1/4 cup fresh Lemon Juice  
 3 Tomatoes (diced)

1 Cucumber (diced)  
 1 bunch Green Onion (diced)  
 4 Carrots (grated)  
 1 cup Parsley (diced)  
 Mint (leaves minced)

Cook Quinoa according to directions and chill. In a large bowl, combine tomatoes, cucumber, onions, carrots and mint and parsley. Stir in cooled Quinoa. Serve with Pita Bread and Hummus.

### **FIRECRACKER SLAW**

1 bag Cruciferous Crunch  
 1 can Black Beans (drained and rinsed)  
 2 ears of Corn (cooked and cut off the cob)  
 2-3 Roasted jarred Red Peppers (diced)  
 1/2-1 bunch cilantro (diced)  
 1/2 Pepitas (roasted and salted)  
 1-2 Avocados (diced)  
 Cilantro Salad Dressing

Put Cruciferous Crunch into a bowl and cut into smaller pieces. Add beans, corn, peppers cilantro and avocado, Toss with desired amount of dressing. Add Pepitas and toss gently. Serve with Corn Dipper Chips.

### **STRAWBERRY SUMMER SALAD**

1 pkg. Ramen Noodles, crushed (flavor packet discarded)  
 1/4 cup roasted and salted Sunflower Seeds  
 1/2 cup roasted and salted Cashew Pieces  
 1/4 cup butter  
 1 head Romaine or 2 heads Little Gems (sliced thinly)  
 1 5-7 oz Baby Spinach, sliced thinly  
 1 pint Strawberries, sliced thinly  
 1/2 cup grated Parmesan Cheese

3/4 cup sugar

3/4 cup Avocado Oil

1/2 cup Seasoned Rice Vinegar

2 cloves garlic (minced)

Saute noodles, seeds and nuts in the butter until brown and set aside. Mix lettuce, spinach, strawberries and cheese in a large bowl. For the dressing, dissolve the sugar in the vinegar Add oil and garlic. When ready to serve. Toss salad with dressing and stir in crunchy topping.



# PEW GARDEN CLUB

Summer has officially arrived and we can sure feel it in full force. Harvesting has begun in the Community Garden and the next succession of crops are being planted. Looks like a banner year for produce in the garden.

On the first day of Summer we gathered for the ribbon cutting and unveiling of the memorial bench and gazebo. Beside the bench is the plaque honoring Herlinda for the dedication and kindness she shared with our community. It is a great spot to commune with nature and relax.

For our June meeting we had a great presentation on how and when to re-pot orchids highlights:

\*When: in between blooming periods

\*How: remove all black & brown roots & moss pieces, cut & wash roots, use Orchid Grow Mix for good drainage and a pot with holes. Plant only up to the crown, do not increase the size of the pot by more than 2-4".

\*Care: Orchids need good moisture and drainage

Delicious refreshments were kindly provided by Sheila and Alice using some of the bounty from our Community Garden. There was barely a crumb left of the chocolate chip zucchini bread and the mango lemonade was superb! Thanks for the fabulous assortment of treats.

**August 4th, Monday** – Speaker Diana Donnellan who runs the Plumeria Festival at the LA Arboretum; she will share her expertise on growing/propagating plumeria and giving information on butterfly gardens and caterpillar food. She will also bring plants to win in a drawing.

**September 8<sup>th</sup> Monday** – The September meeting is postponed a week due to Labor Day. Final plans for participating in Vallecitos Craft Faire

**September 27<sup>th</sup> Saturday** Craft Faire at Vallecitos. We have been invited to have a table at Vallecitos Mobile Home Park, so we encourage you to prepare some cuttings or plants for this opportunity to raise funds for our garden group.

**NEXT MEETING – MONDAY 4TH AUGUST, at 2 p.m.**

**In joy or sorrow, flowers are our friends.**

**Anonymous**

**Submitted by Merlin Chancellor**







## What happens if I don't Mow my Lawn?

By Herb Field

Forensic Entomologist

The latest issue of **Sierra**, the official magazine for the Sierra Club had an interesting article on what happens if you don't mow your lawn. I'm not suggesting that we all stop having our lawns mowed but it's fascinating as a quote from the film, "Jurassic Park, nature finds a way.

After a few days the grass obviously grows taller and the weeds that were hidden below the cut grass begin to grow and those weeds quickly flower providing nectar for bees and butterflies. The moving of pollen from plant to plant allows seeds to begin to form.



After several weeks the grass is much taller and seeds from flowering weeds now provide food for squirrels and birds. The food attracts birds from other areas that before had not been seen in your yard.



Eventually, after several months the very tall grass and weeds provides cover for several unwanted guests such as ticks, fleas, rats and field mice. Soon after snakes and hawks begin to appear feeding on the rodent population.



The good news is that we are seeing at least in San Diego County a significant reduction in homeowners planting grass yards! An interesting fact is that Americans use nearly 8 billion gallons of water on their lawns DAILY!! Even with the reduction of grass covered landscape lawns cover 63,000 square miles of the United States approximately the size of Wisconsin.

All these lawns use nearly 5 billion pounds of synthetic fertilizer which contaminates storm drains hence ending up in our lakes and oceans.

I've written articles on the use of this type of fertilizer which are made from petroleum products like natural gas and their adverse effect on Lake San Marcos as a watershed.

# COMMUNITY

## Palomar West RESOURCE FAIR

**Date:** Thursday, August 7  
**Time:** 11:30am-1:30pm  
**Location:** Clubhouse

Come learn about various topics and programs from our educational vendors. Plus, have fun at our interactive stations.

**CALL OR VISIT THE  
OFFICE TO SIGN UP BY  
MONDAY, 8/4**

**SPARC Inc.**

Police Dept.  
Scam  
presentation  
during lunch!

### Details:

- *Free lunch and ice cream*
- *Raffles*
- *Rock Painting*
- *Tie-Dye Station (You can bring your own items or use the free items provided)*
- *12 Education Vendors*
- *Mini Seminar*
- *Phone Help Booth*
- *Fall Risk Assessment*

### Some Vendors:

- *San Marcos PD*
- *Elderhelp*
- *Elder Law & Advocacy*
- *Aging & Independent Services*
- *Wills and Trust Support*



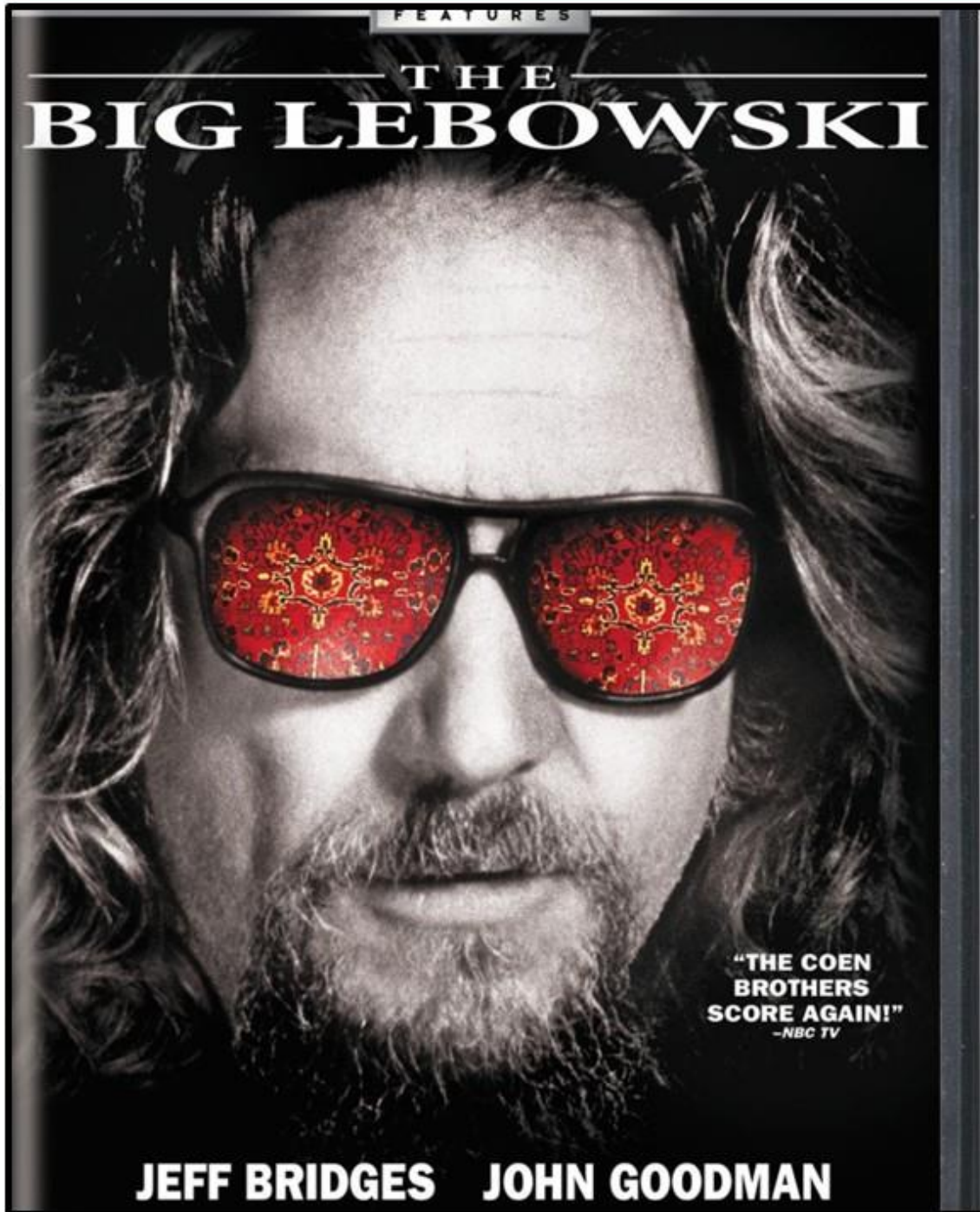
MOVIE NIGHT

# THE BIG LEBOWSKI

Aug 20<sup>th</sup> – 6:00 PM Movie

Please sign-up as spaces are limited to 30 – Thank you

Movie Night! Popcorn/Soda



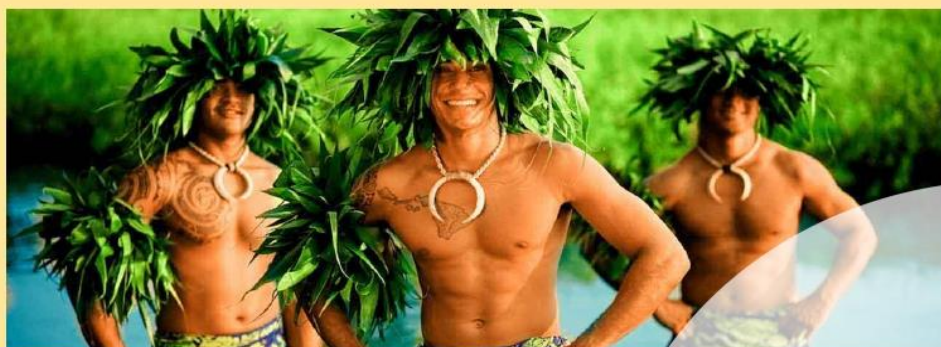
Social Connection



Saturday 23<sup>rd</sup> August

LŪ'AU

Hawaiian Lū'au Party at the club house and pool.  
Hula Dancers, Kalua pork, white rice, tiki bar.  
Doors open 3:00 PM  
**Grass skirts and Hawaiian shirts encouraged!**



**\$20.00**

**SIGN UP AND PAY BY August 16th**

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YOUR PAYMENT CONFIRMS YOUR SEAT!  
CANCELLATIONS AFTER **August 16th** NON-  
REFUNDABLE, MAKE CHECKS PAYABLE TO  
"SOCIAL CONNECTION"

## **PEW Book Club**

Greetings from the Book Club!

Our August selection is "The Rosie Project" by Graeme Simsion. A socially challenged man with precise routines and an analytical mindset becomes the protagonist in an entertaining romantic comedy that leads to unexpected developments.

The Book Club meets the 4th Friday of every month, in the Multi-Purpose Room at 2:00 pm. Please join us for enthusiastic discussions about our chosen books

Until then, keep reading!

Cynthia (Cindy) Towle 503-317-3544 [towlecandr@gmail.com](mailto:towlecandr@gmail.com)



*"I cannot live without books..."* Thomas Jefferson to John Adams June 10, 1815

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## **Let's Dine Out**

Let's Dine Out close to home at Brunch Point, now open for dinner! Enjoy the complete prior menu selections including new dinner options consisting of steak, chicken, fish and assorted pastas. Pastas are just \$11 for seniors. Kids menu is also available for seniors. Wine is half price with any pasta or dinner entree and beer is half price with any burger!

**Where: Brunch Point 3225 Business Park Dr. Vista 1.5 miles away!**

**When: Monday, August 11th at 5 p.m.**

Enjoy separate checks and bring your patience with you as they are a bit short staffed. Showing up with 30+ customers is a big task for any restaurant these days. Call or text me at (858) 776-6783 to reserve your seat and let me know if you need a ride.

Thank you. Linda Kerridge

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## **SQUARE DANCING, ANYONE?**

The PEW Ballroom has been reserved for  
Wednesday August the 27th from 2 PM - 5 PM  
for free introductory Modern Square Dance Class.

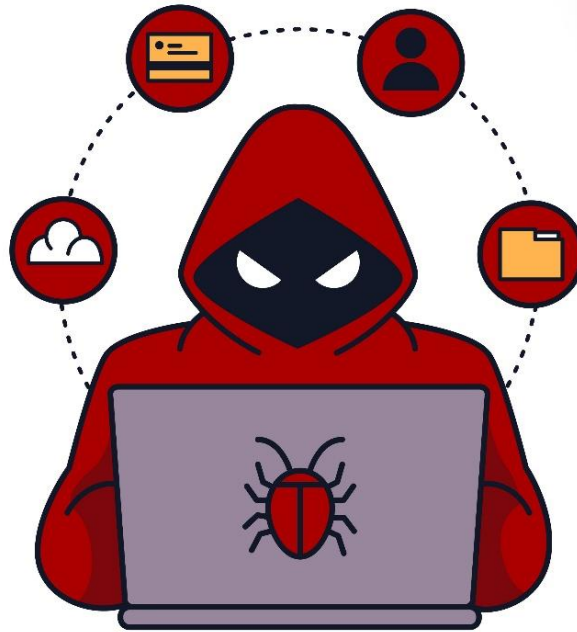
There will be demonstrations of modern square dancing with a professional caller.  
We would like to see as many residents as possible.

*Submitted by Merlin Chancellor and Bente Friis*



# PALOMAR WEST SCAM SEMINAR

SPARC Inc.



## STAY SMART. STAY SAFE.

Aging and Independent services will present on the most recent scams and how to avoid becoming the next victim!

Date: September 10  
Time: 12pm-1pm  
Location: Clubhouse

Free lunch will be provided! Signup in the clubhouse by September 8

## 2025 Social Connection Events

| DATE   | EVENT                            | TIME    | COST    |
|--------|----------------------------------|---------|---------|
| 15-Aug | Social Hour                      | 5:00 PM | Free    |
| 20-Aug | Movie Night                      | 6:00 PM | Free    |
| 23-Aug | Island Escape/Live entertainment | 4:00 PM | \$20.00 |
| 17-Sep | Movie Night                      | 6:00 PM | Free    |
| 19-Sep | Social Hour                      | 5:00 PM | Free    |
| 15-Oct | Movie Night                      | 6:00 PM | Free    |
| 17-Oct | Social Hour                      | 5:00 PM | Free    |
| 31-Oct | Halloween Party/Live Band        | 4:30 PM | \$20.00 |
| 15-Nov | Chili Cookoff                    | 5:00 PM | Free    |
| 19-Nov | Movie Night                      | 6:00 PM | Free    |
| 20-Dec | Holiday Party                    | 5:00 PM | Free    |
| 31-Dec | New Year's Eve Party/Live Band   | 4:30 PM | \$25.00 |

*From the Social Connection:*  
 Hope everyone had a great 4th of July. The celebration at the club house was unprecedented. Everyone seemed to really enjoy the pool side band, San Diego Sam & The Mystery Company

