

HILLTOPPER

MARCH 2023

PALOMAR ESTATES WEST



Onsite Management

Maintenance: Felipe Diaz

Office: Debbie Bartlett

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

E-mail: Palomarestateswest@gmail.com

After hour emergencies only:

(888) 518-6064

Resident website: 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

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

Director of Resident Services: Stacey Kazmierski

MILLENNIUM MEMO

Believe it or not, March 18 is the 20th Anniversary of Palomar West's conversion to non-profit ownership. What a 20 years it has been.

Were you living in Palomar back then? Do you remember life under the Porath Group? The lawsuit against the City, demanding much higher rents and an end to rent control? Threats to remove the over-55 age restriction? Constant capital improvement pass-throughs? Management that was hostile to the residents?

If you moved in recently, you missed all that excitement. You probably take for granted the peace of mind of living in a non-profit-owned Park—and the protection of rent control that can't be taken away.

Palomar also enjoys the benefits of SPARC, our resident services partner, and such programs as Band & Bingo, ongoing exercise classes, Health Seminars...

Maybe best of all: 20 years later, Palomar West is still a Senior Park.

Thanks so much to the City officials, who have always supported our Parks, and to that original group of residents who embraced our vision—our OGs, as it were. The amazing community that Palomar has become is their legacy to you.

More Good News

- SPARC is planning a Women's Wellness Seminar over at East sometime in March, with topics such as self-defense, wellness, that sort of thing.

We're also hoping to bring back the FREE tax prep service in a few weeks, although tax volunteers are in short supply this year. Thanks again to Stacey & the folks at SPARC for all they do for you.

- This month's Kudo goes to Simon Spears. He was honored in the Jan. Hilltopper for his work on the Calendars at the Entrance, but this Kudo is for his work on the Movie Nights. You're a busy guy, Simon!
- If EDCO "forgets" to pick up your trash, we're happy to call them for you, but you'll get a faster response if you contact them directly—and certainly faster than leaving an after-hours voice message at the Office.

Regarding that last item:

Q. What do you call trash in small bags?

A. Dumplings. Get it? Dump-lings? Never mind.

Kudos to everyone—staff members, Managers, residents, SPARC, the City, Haven—who made the last 20 years such a success. We look forward to many more to come!

George Turk

FREE TAX PREP

Palomar West Residents Can Get Your Taxes Done For Free!

Dreams for Change is offering a free tax filing program where you will bring your social security card, ID, tax documents, and banking information (if you want your refund direct deposited) to the Palomar East office and have your taxes filed.

- You must bring all required tax and identification documents
- You must fill out an intake form before your appointment time to put with your documents
- You must wait for your taxes to be filed before leaving your appointment.
- Joint filings can be done in the same appointment, but each individual filing must sign up for a separate appointment, even if you reside in the same home (siblings, children, roommates, etc.)

Appointment Info

Date: March 15th (All Day) and March 22 (Afternoon Only)

Appointment Times: 9am-12pm and 1-4pm

Location: Palomar EAST Clubhouse

Each appointment will last 25 minutes and tax filing will take up to an additional 30 minutes. Then you can take your completed taxes home. Please sign up at the Palomar West Clubhouse to set up an appointment. SPACE IS LIMITED AND SIGN UPS ARE REQUIRED!



Please join us!

for the

Women for Women's Retreat

No Charge for Admission!

Hosted by SPARC

Deli Lunch Included

Saturday, April 1, 2023

9:00–4:30 p.m.

(you can join us or leave whenever you must)

Palomar Estates East Clubhouse

→ For residents of Palomar Estates

East and West & Rancho Valecitos only.

(40 from East, 20 from West & 20 from Rancho Valecitos)

To register:

See the sign-up sheet in your park's clubhouse.

Questions?

Call:

Michèle Silva
Space #212 PEE
(925) 596-1968



Topics include:

- Enhancing relationships with loved ones
- Increasing self-love
- Medication safety and more!

Manager's Mentions

Debbie Bartlett has indicated that she won't be providing her article this month.

We look forward to hearing from her next month.



RESIDENT ASSOCIATION DUES 250 received thus far.

Our Resident's Association supports the clubs, activities and events for the enhancement of all the residents of Palomar West.

The Social Connection, parties, movies, free Saturday breakfasts, the Garden Club, Cooking with Katie, equipment for lawn and table games, and even the Dog Park are funded by the Association.

Your nominal \$5 contribution represents a willingness toward a sense of community and enables each member household a vote on special issues and elections that may come before the membership this year.

Envelopes for dues were delivered with the new Residents' Directory last month. The drop box is in the card room at the Clubhouse. Can't make it to the Clubhouse? You may call me for pick up at your mailing tube.

Thank you.

Michael Wilkinson, Treasurer of the Resident's Association

(760) 580-5075

FROM THE PEW BOARD

Utility Bill Blues

Many of us shared a collective gasp recently. We've had to deal with the shock of our last Gas and Electric bills. The convergence of colder than usual weather in the Northern Hemisphere and the boycott of Russian natural gas saw world market price spike, as reflected in our January 2023 energy bills.

My observation: SDG&E is not profiting from this GASTly event – It is not their fault.

The cost per unit of natural gas (known as a therm – about 100 cubic feet) had more than doubled for the month of January increasing from \$2.55 per therm in January 2022 to \$5.11 per therm in January 2023. More than 90% of the increase in the overall gas rate was driven by the market price for gas – what SDG&E pays suppliers to buy the gas on behalf of their customers. There is no markup of the commodity cost for gas or electricity. It is passed directly through to customers.

The GOOD NEWS is that we may look forward to a significant reduction in our February bill.

- price per therm is now about \$3.45 (somewhat lower than January).
- California Public Utilities Commission (CPUC) has moved up scheduled installments of **California Climate Credit** to provide winter bill relief. SDG&E's residential gas customers will see a \$43.40 credit on their February bill. Electric customers will see a \$60.70 credit on their March bill and the same amount on a bill in the second half of the year 2023.

...more GOOD NEWS:

Pay the lowest rates that are available to you. SDG&E has **Public Purpose Programs** which are funded by a surcharge on all customers' monthly energy bill. Federal and State programs can help. Find out if you qualify.

You may qualify for the lowest electric rate plan through SDG&E **Medical Baseline Allowance Plan** if you or someone in your household has a prescribed CPAP machine, respirator, nebulizer, pressure pads or pumps, electric wheelchair or other electrically powered medical device. Download the form to apply <https://www.sdge.com/node/21446> (Sorry, heating pads and golf carts do not qualify!) You will be asked to renew every 2 years.

The California Alternate Rates for Energy (CARE) can provide you with a discount on your monthly energy bill. If your household income is primarily from Social Security (less than \$36,620 per year) and/or you are already on a public assistance program such as CalFresh (food stamps) **SNAP**, or SSI you may be eligible. **CARE** program offers a monthly discount of up to 35% on your bill.

It is easy to apply for **CARE** online at **sdge.com/care**

No documentation is needed. Your information is kept private.

Customers who are struggling to pay their SDG&E bill are encouraged to visit **sdge.com/assistance** or phone to explore all the resources available – bill discounts, debt relief payment arrangements and no-cost energy efficiency upgrades that can help lower your bill. Tip: You may choose to average using **Level Pay Plan** to minimize bill spikes for a more predictable monthly bill, but consider waiting 3 bill cycles to begin, so that the January spike does not skew your average.

Don't use power hungry devices like clothes dryers or full-size ovens during peak usage hours between 2PM and 9PM. Electric space heaters are expensive to operate and can be dangerous!

Living in the 21st century is complicated and expensive, especially for those of us who developed our economic and social sensibilities decades ago.

Remember to budget some time to Count Your Blessings!

Best wishes,

Michael Wilkinson 760-580-5075

Riverboat1@gmail.com

MARCH



Robert Fierro	1
Dal Sherman	1
Frank Woods	2
George Krell	3
Debora McQuillan	3
Evelyn Quandt	4
Tammy Cardenas	5
Trina Braswell	7
Craig Claypool	7
Susan Enos	8
Jeanine Rowe	8
Dee Erickson	13
Bruce Giddens	13
June Gibson	14
Susan Packard	16
Roney Lewis	17
Katie Rodriguez	17
Charles Climenson	18
Bill Novak	19

Charles Shop	19
Tricia Spears	20
Barbara Darnick	21
Larry Jones	21
Susan Friedman	22
Marie Purdy	22
Robert Williams	22
Tony Gigliotti	23
Nancy Floyd	25
Gordon Richardson	25
Alice Eads	27
Les Rodriguez	27
Marni Stapp	27
Cesar Carrasco	28
Nejla Gharajedaghi	28
Tina Schneider	28
Bryan Cooper	30
Nancy Lahaye	30
Marguerite Springer	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 so we can include those birthdays in the future.

RESIDENTS ASSOCIATION BOARD

President: Tricia Spears
Secretary: Jo Gehringer

Vice President: Cathie Byrd
Treasurer: Michael Wilkinson

Members

Garry Larson, Katie Rodriguez, Dita Kemp

Board Meeting: 1st Tuesday of the Month at 6:30 pm in the Pavilion

SOCIAL CONNECTION

Merlin Chancellor – Chairperson, Eileen LaLone - Treasurer, Marilyn Ferri - Secretary
Cathy Bassett, Herlinda Mahler, Cathie Byrd, Margaret Scotto
Arleen Schlafer, Rusty Bassett, Angela Sirota

HILLTOPPER COMMITTEE

Delane Johnson, Fran Miller, Jansi Sauer, Linda Swink, Lynn Thomas, Mary Wallace

READY ADVISORY PANEL

Bryan Cooper, Mary Wallace
Cindy Palermo, Lee Tydlaska, Liz Larkin

BREAKFAST COMMITTEE

Mikkie Sawyer, LuAnn Foster, Kim Stevenson, Trish Coy,
Helen Lyon, Cathy Bassett, Diana Primeau, Karen King
Alternate: Sheila Miller

GYM COMMITTEE

Larry Brown, Rusty Bassett, Marie McElligott

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.

Bridge Substitutes Needed

The bridge club meets from 1:30 - 4:00 on Mondays in the game room at the clubhouse. They are in need of substitutes for when members are sick or unable to attend. If you would like to play, please contact

Connie Krell at 760-734-6522. Phone number was incorrect in February.



ACTIVITIES DIRECTORY

<u>ACTIVITY</u>	<u>TIME & DAY</u>	<u>CONTACT</u>	<u>PHONE</u>
Aqua Exercise	2:30 pm Tu & F	Trish Coy	760-536-9338
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
Breakfast	1 st Sat 8:30 am	Mikkie Sawyer	760-690-7825
Bridge	1:30 pm M	Connie Krell	760-734-6522
Darts	6-8 pm Th Game Room	Chuck Thomas	707-799-6555
Dog Park	8 am- 8 pm Daily	Debbie McQuillan	858-663-2822
Garden Club	1 st M 2 pm	Merlin Chancellor	661-670-1336
Hand & Foot	1:00 pm W	Kim Stevenson	760-703-4872
Let's Dine Out	Times vary	Linda Kerridge Cathie Byrd	858-776-6783 530-417-5186
Library	Open Daily	Melissa Szilagyi	760-216-7182
Mahjong	1 pm Th	Kim Stevenson	760-703-4872
Medical Rehab Lending Closet	Open as needed.	Rusty Bassett	619-301-9551
		Jesse Nieto	408-666-8088
Mexican Train	2 nd and 4 th Tu 4:30 pm	Margie Farrelly	760-855-8416
Movie Night/ Dinner & Dance Nights	Dates Vary	Simon Spears	760-583-1549
Pickleball	8am-10am M-W-F Pickleball Club Group play Beginners are welcome!	Margaret Scotto	714-501-4345
Ping Pong	Tu 10:30 am	Nejla Gharajedaghi	760-536-9583
R.E.A.D.Y. Panel Emergency Preparedness		Mary Wallace	619-887-0700
		Bryan Cooper	858-342-3335
Shuffleboard	1:30 pm M	Rusty Bassett	619-301-9551
Live 2 B Healthy Strength & Balance	10 am M-W-F	Maria Barnabe	619-886-2779
Social Connection	Dates Vary	Merlin Chancellor	661-670-1336
Tai Chi	9-10 am Th		
Tennis	9 am W & Sa	Rob Edwards	760-807-5683

Hilltopper submissions to pewhilltopper@gmail.com.

All submissions must be submitted by the 10th of the month.

Hilltopper Distribution- Jansi Sauer 509-421-7431

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

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

If you notice any errors on the list, please contact the Hilltopper at pewhilltopper@gmail.com

March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			Tennis 9 am Live 2 B Healthy Strength & Balance 10 am	Tai Chi 9-10 am Mahjong 1 pm Bingo 6:50 pm Darts 6-8 pm	Live 2 B Healthy Strength & Balance 10 am Hand & Foot 1 pm	Breakfast 8:30 am Tennis 9 am
5	6	7	8	9	10	11
	Live 2 B Healthy Strength & Balance 10 am Garden Club 2 pm Women's Billiards 1:30	Men's Billiards 9am Ping Pong 10:30 am Board Meeting 6:30 pm	Tennis 9 am Live 2 B Healthy Strength & Balance 10 am	Tai Chi 9-10 am Mahjong 1 pm Bingo 6:50 pm Darts 6-8 pm	Hilltopper Submissions Due Hand & Foot 1 pm	Tennis 9 am
12	13	14 Recycle	15	16	17	18
	Live 2 B Healthy Strength & Balance 10 am Women's Billiards 1:30 pm Let's Dine Out 5 pm	Men's Billiards 9 am Ping Pong 10:30 am Mexican Train 4:30 pm	Tennis 9 am Live 2 B Healthy Strength & Balance 10 am Tax Prep (PEE) by appointment Movie Night 6 pm	Tai Chi 9-10 am Mahjong 1pm Bingo 6:50 pm Darts 6-8 pm	Live 2 B Healthy Strength & Balance 10 am Hand & Foot 1 pm	Tennis 9 am St. Patrick's Day Party 5-9 pm
19	20	21	22	23	24	25
	Live 2 B Healthy Strength & Balance 10 am Women's Billiards 1:30 pm	Dog Park sprayed 9 am Men's Billiards 9 am Ping Pong 10:30 am Cooking with Katie 4 pm	Tennis 9 am Live 2 B Healthy Strength & Balance 10 am Tax Prep (PEE) by appointment	Tai Chi 9-10 am Mahjong 1 pm Bingo 6:50 pm Darts 6-8 pm	Live 2 B Healthy Strength & Balance 10 am Hand & Foot 1 pm	Tennis 9 am
26	27	28 Recycle	29	30	31	
	Live 2 B Healthy Strength & Balance 10 am Women's Billiards 1:30 pm	Men's Billiards 9 am Ping Pong 10:30 am Mexican Train 4:30 pm	Tennis 9 am Live 2 B Healthy Strength & Balance 10 am	Tai Chi 9-10 am Mahjong 1pm Bingo 6:50 pm Darts 6-8 pm	Live 2 B Healthy Strength & Balance 10 am Hand & Foot 1 pm	

B R E A K F A S T

WELCOME MARCH

We're definitely ready for Spring.
Wishing you a month filled with much
love, joy and peace all around.

Let's celebrate that comforting
thought together at Breakfast for
a bit of this and a bit of that....



Saturday.....March 4, 2023 8:30am

"SIGN-UP" FIRST - - - THEN...PLEASE ! SHOW-UP

Special Appearance:

**Sharing informative news regarding our community
Chris Robbins from Vallecitos Water District**

Hope to see you there

Mikkie

SOCIAL CONNECTION

The Social Connection members would like to thank Linda Swink for her 10 plus years of service leading and guiding our group. Under her leadership countless wonderful events have gone off without a hitch and entertained many. We have all enjoyed working with Linda and will continue to consult with her, drawing from her vast well of knowledge.

Before leading the social connection, Linda served on the Residents Association Board for four years, two of them as president. There are few people who would know more about the inner workings of this community. What an asset she has been to our team and the park in general.

Taking the helm and title of Chairperson will be myself, Merlin Chancellor. I have been a member of the Social Connection for a couple years helping on all fronts. With the help and support of a wonderful team, I'm confident the coming years' events will impress and excite. Stay tuned for upcoming events and join us to get more acquainted with your lovely neighbors.

Thanks again Linda! You have given us great guidance and focus for the future. Everything you have done is much appreciated!



We also want to give a special thanks to Arleen Schlafer for her unending dedication to provide the fabulous desserts for our events over the past few years. You never failed to impress us with the creative and delicious desserts for each event and we will never forget how great they were. Thanks again Arleen for your past involvement and creative desserts.

Garden Club

Hello all gardening enthusiasts. Spring is very near and I am sure some of you are already starting seeds indoors, me too. Looks like the community garden space is moving forward with new fencing and hopefully soon, raised beds. Check out the progress at the end of Viewpoint Dr.



We had a very informative meeting covering a variety of topics. First off, I would like to thank Debbie Stevenson for writing and submitting the garden blurb for the past 18 months. She has done a flawless job covering the garden club activities and including some great photos of our local residents' gardens. I hope to carry on that tradition as I take over the garden submissions.

Most of our volunteer positions have been filled. Thank you to the new volunteers! Team work, makes the dream work.

A couple more shout outs. Kudos to Robin, the refreshments were spot on. Many thanks club member Sheila Miller for bringing some very useful information to the meeting. Sheila shared her personal experiences with her rat infestation inside and around her home. The takeaways were many, including:

- *Using corn based pre-emergent seemed to attract rats.
- *Make sure all access points are sealed with heavy duty ¼ inch hardware cloth.
- *Putting out bird seed not only attracts birds but rats as well.
- *Call the **County Vector Control** at (858) 694 2888 for a free evaluation and trap.

Looking forward to March and April we have several events and speakers. The long-awaited speaker Rob Wood will introduce us to the Monarch Universe March 6th at 2pm. His information packed PowerPoint presentation is nearly an hour long. I am sure we will all be captivated. There will be native butterfly attracting plants available for sale after the presentation.

April's speaker will be Herb Fields, a local entomologist. His educational PowerPoint presentation informs us on prevention and solutions to pest infestations, inside or out. Later in the month he will host a free seedling giveaway of over 700 seedlings, at his home. More information to come.

We'll see you at the next meeting March 6th at 2pm in the Clubhouse. Until then keep on gardening and making the park a more beautiful place.

Merlin Chancellor

Join the PEW garden club for The Monarch Universe Presented by Rob Wood



.....

Rob will give a PowerPoint presentation covering everything monarch, detailing each stage of the butterfly's life. He explores the many reasons for their decline in numbers, and solutions on how we can all participate to assist in their recovery. He helps us understand the monarch's life cycle and migration. There will be native plants (which the monarchs need during every stage of their life) for sale after the presentation.

Monday March 6th 2023 at 2 pm...PEW club house...
Any questions text or call Merlin at 661 670 1336

PALOMAR WEST GARDEN CLUB

TO DO LIST FOR MARCH 2023

GARDEN TO- DO LIST FOR MARCH

- Divide perennials that bloom in Autumn.
- Spray fruit trees.
- Plant spring and summer flowering bulbs such as Agapanthus and Clivia Lily.
- Sterilize pots before reusing them for seeds.
- Use seed starting mix, not regular potting soil for new seed planting.

FEATURED PLANT: ROSEMARY

Salvia rosmarinus, formerly *Rosmarinus officinalis*, is a perennial evergreen shrub of the *Lamiaceae* family native to the Mediterranean. This fragrant plant comes in both upright and creeping varieties, and it's super-easy to grow. It has slender, needle-like, gray-green leaves on erect woody stems. It produces clusters of small, light blue to white flowers in late spring to early summer. Rosemary is best to grow from a cutting, as germination of seeds is spotty. The best time to do this is in late spring. Rosemary likes full sun and does not tolerate shade. Pruning isn't necessary, but rosemary tends to grow quite large. Cut the branches back by a few inches each spring to retain their shape and if the shrub begins to get woody, cut out the dead branches. There are several cultivars of rosemary: '**Arp**' (cold tolerant), '**Golden Rain**' (compact), '**Albus**' (white flowers), and '**Prostratus**' with a low, spreading growth habit at around 2 feet high and 2 to 3 feet wide. Rosemary, both fresh and dried, has numerous cosmetic, decorative, medicinal, and culinary uses, besides its ornamental appeal. The aromatic oil is added to soaps, creams, lotions and perfumes. The leaves can be used in sachets and potpourris. Use it in recipes, or simply brush against your rosemary plant to experience its uplifting scent. High humidity and poor air circulation can result in powdery mildew, a white, powdery fungus which can be avoided by making sure the soil isn't too wet, and provide a few feet of space around it for airflow. *Source: sunset.com; thespruce.com; hort extension.wisc.edu*



STERILIZING POTS

- Soil borne pathogens can survive the winter clinging to the sides of your pot.
- Use warm, soapy water with chlorine added at a 1 to 9 ratio.
- Let soak 15 to 20 minutes and rinse.
- Air dry.



WHEN: SATURDAY March 18th 5p-9p

WHERE: PEW PAVILION

WHAT: DINNER – Corned Beef, potatoes, carrots, cabbage, bread and butter, dessert

IRISH MUSIC and Dancing



**SIGN UP AND PAY BETWEEN 2.11 AND 3.11 IN THE CLUBHOUSE. YOUR PAYMENT CONFIRMS YOUR SEAT!
CANCELLATIONS AFTER 3.15 CANNOT BE REFUNDED
MAKE CHECKS PAYABLE TO "SOCIAL CONNECTION"**

Social Connection

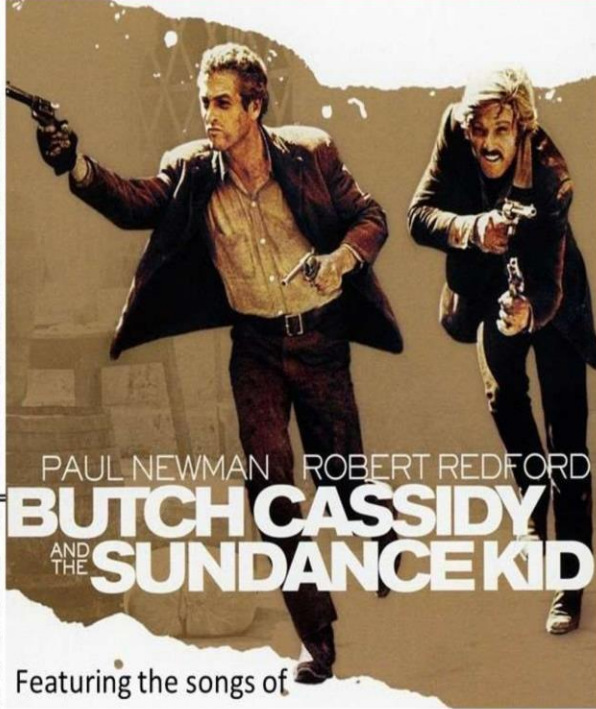
MOVIE NIGHT

BUTCH CASSIDY AND THE SUNDANCE KID

March 15th – 6.00pm Showing at the Pavilion

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

Free Popcorn and soda



Social Connection

Featuring the songs of

Burt Bacharach

The Dark Side of the Moon is the eighth studio album by the English rock band [Pink Floyd](#), released on 1 March 1973 and is among the most critically acclaimed albums of all time and often features in professional listings of the greatest albums.

There are no great film recordings the band playing the album during the 70's or 80's but in the 90's, on the enormously successful Division Bell tour (released as Pulse in June '95), the complete album is performed as the second half of the concert. I was fortunate to be at the concert in October '94 and it remains one of the top 5 concerts I've ever attended. Join me and celebrate the 50th anniversary of The Dark Side of the Moon.

In Memory of Burt Bacharach

The year 1969 marked, perhaps, the most successful Bacharach-David collaboration, the Oscar-winning "[Raindrops Keep Fallin' on My Head](#)", written for, and prominently featured in, the acclaimed film [Butch Cassidy and the Sundance Kid](#). The song won an Oscar with Music by Burt Bacharach and Lyrics by Hal David. Nine songs in the movie were Scored, Composed, Conducted by Bacharach.

March 25th

PINK FLOYD



**THE DARK SIDE
OF THE MOON**

Celebrate the 50th Anniversary
Watch the concert at the Clubhouse on the big screen
Complete video of the 94' Pulse concert including the
whole of Dark Side of the Moon
Doors open 5:00pm Concert starts at 6:00pm
Potluck and BYOB
Sign-up sheet at the Clubhouse

A Social Connection event

Let's Dine Out For Dinner

Let's enjoy some Steak, Chicken, Pork, or Seafood prepared multiple ways with friends and neighbors at our San Marcos Outback Steakhouse.

Where: Outback Steakhouse San Marcos

177 San Marcos Blvd, San Marcos CA (near Twin Oaks Valley Rd)

When: March 13th, 2023 Monday @ 5:00 PM

Please call or text Linda Kerridge at 858-776-6783 to make your reservation. Let me know if you need transportation. Please include your space # when making your reservation.

Thank you to Delane Johnson for procuring this location with open menu and separate checks.


Attention All Resident Artists!



Thursday, March 2 is "change our artwork" day! We hope that we have some new artists to share their work on the two walls. Whether you are new or an old-timer (!), bring up to two paintings to display. Depending on the turnout, we will be able to display at least one of your items. Be sure to include your name and contact info on the back of each piece.

Come at 10:30. We will have a short meeting to introduce and welcome our new Art Coordinator, Herlinda Mahler.

Ann Kreile 760-421-8338



Cooking With Katie

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

Date: Tuesday, March 21
Time: 4:00 pm - 5:30 pm
Location: Palomar West Clubhouse

Demo: Salads
Sign up at the clubhouse to get a spot for this free, tasty class! Sign-up List goes up on 1st of each month. Class max of 35.

PEW Book Club?

Do you love to read? Do you love talking with others about books you've read? Then, you might like a Book Club.



I have done some research at our Public Library and they have access to many novels throughout the county of San Diego. A Book Club, be it large or small, will be able to get various kinds of copies through our local library. That means physical books (hardback and paperback), electronic books (downloaded through the library to your computer), or audio books you can listen to.

First, let's find out if we have enough people interested in a Book Club. If you are interested, please answer the questions below and contact me.

1. What types of stories do you like? (Fiction, non-fiction, humorous, suspenseful, dramatic, Biographic, etc. In order of preference, please provide a list.
2. How many pages are you willing to read?
3. Do you have a favorite author?

Book Clubs can open literary doors for people who are willing to go beyond what they normally like to read. Therefore, I hope the adventurous person inside yourself decides to take a chance and try something new.

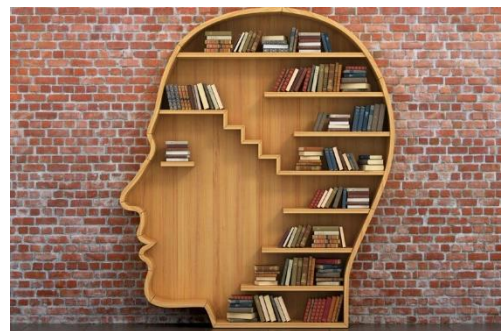
You can send the answers to the above questions to me, Cynthia Towle, as follows:

Email: towlecandr@gmail.com

Telephone or Text: 503.317.3544

Looking forward to meeting all of you, and to start our journey through the literary field of stories we can explore!

Cynthia Towle
SPC 113





RATS!

I live in space 348 or as I've been calling it lately: The Amityville Horror House.

Last fall I started seeing evidence of rat activity and bought a few traps, some glue strips & a bag of rat poison and put these under the house and everywhere I saw where they had dug to get under my house. I didn't catch a single rat and the poison didn't seem to be doing the job. I started hearing them on my roof, in my ceiling, in my walls, under my floor, and then actually made eye-to-eye contact with them in my floor heating vents. (I'd be happy to show you the video - disgusting) A handyman said they had chewed SO many holes in the vapor barrier that we all have under our homes. If I had to do this all over again, I would have contacted CORKY'S way sooner but thought it was something I could take care of myself. I couldn't.

I paid \$900 to have all my vents blown out, and \$1,400 for Corky's to do something called an "exclusion" which is where they go around the entire perimeter of the house taking care of any possible spot where rats could get under or in my house. They put 1/4" mesh on 3 of the vents on my roof - which is one of the ways they gain entry into the ceiling.

Why my house? Well, I was using PREEN a Natural Weed Preventer. Turns out it's corn-based. They found the bag in my shed and tried chewing the snap-on handles off of a plastic tub. If you're using this product, or feeding birds, cats etc then you are attracting and feeding rats.

They'll be looking for another warm place to raise their babies - don't let it be your house. You don't want to go through what I've gone through. It's not over for me yet - now I'm dealing with the stink as they decompose because those that were in my house while Corky's did their work, are still here and unable to get out so..... yeah, you know. :-(

I'd recommend some of those black heavy-duty traps. Peanut butter works but the rats don't like it if the PB is a few days old. There are also some YouTube videos of homemade 5-gallon bucket traps that are pretty clever. The one I like the best uses a red bucket Although watching that video might give you the willies.

Sheila Miller