

# HILLTOPPER

MARCH 2022

## 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**

Sandy Bolt

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

After hour emergencies only:

(888) 518-6064

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

### Offsite Management

**PROPERTY MANAGEMENT**

**HAVEN MANAGEMENT SERVICES**

1910 Archibald Avenue, Unit S

Ontario, California 91761

**Property Supervisor:** Katie Davis

(909) 930-9750 Ext. 3005

**Fax:** (909) 930-9498

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

**MILLENNIUM HOUSING COMMUNITY**

611 Anton Blvd., Suite 890

Costa Mesa, CA 92626

**Phone:** (949) 515-5100

**Fax:** (949) 515-5101

<http://millenniumhousing.com>

**President:** George Turk

Vice President: Lori Carraway

Project Manager: Diana Welsh

Director of Resident Services: Stacey Price

## **MILLENNIUM MEMO**

**MARCH 2022**

A couple months ago, I reported on the very strong home sale market in Palomar West. According to Debbie, that trend shows no sign of slowing down.

Given such sales activity and knowing how busy the Office can get, you'll want to do everything you can to ensure a smooth closing. With that in mind...

### **If You're Thinking of Selling Your Home**

There's an oddity in the Mobile home Residency Law. You have the right to sell your home to anyone you want. However, your Buyer doesn't have the right to actually live in Palomar **unless he or she is approved for residency**. That sounds like a technicality, but it isn't really.

Of course, most Buyers do end up qualifying for residency. The two main questions: (1) do they satisfy the 55-and-older age restriction, and (2) can they actually afford to live here, i.e., do they meet the income/credit standards.

The approval process isn't complicated, but just to be safe, have your Buyer apply early on, so your closing isn't delayed because of paperwork. Debbie—and your Buyer—will thank you.

### **In Other News**

- Former Mayor and current County Supervisor Jim Desmond is coming to the March 5 Palomar West Breakfast. If you remember his past appearances, you know it will be fun. I hope to see you there.
- This month's Kudo goes to Simon Spears, who according to Debbie "spent endless hours working on the sound system and prepping for the Super Bowl." Most of those "endless hours" were probably spent programming the remote.

Thanks, Simon. Prepping a sound system is a major service to the Park.

- Recent expenditures: Paving (\$119K!), Driveways (\$11K), Slope Work (\$14K) and \$4,347 for Simon's Sound System. Your Rent Dollars at Work!

### **Trash Talk**

Our latest resident complaint: folks taking out their trash too early—in some cases, 3 or 4 days early. No, it's not the biggest problem in the world, but as a courtesy to your neighbors, please wait until at least 4 PM on Monday to take out your trash.

Speaking of which...one resident was seen going through a neighbor's trash cans. He wasn't being nosey—he's just a bad driver.

See you on the 5<sup>th</sup>!

**George Turk**

## **Letter from the PEWRA Board President**

Hello Neighbors and Friends. I love Spring at Palomar Estates West. There are so many beautiful flowers blooming.

The Clubhouse remodel is complete. If you have not visited, please do. Over the last year and a half, there have been many improvements to the Clubhouse. We have new Lobby furniture, and the Library is reorganized. The Card Room and the Pavilion were remodeled, with a new sound system, projector and screen in the Pavilion and let's not forget the bathrooms makeover! The Board is really proud of our updated Clubhouse and hope you enjoy it. Many thanks to members of the Board, past and present, Felipe and Crew and Management for working together to make this happen for you.

The first phase of the Pickleball Court conversion is complete too! There are now three beautiful courts for play and a fourth coming. Shout out to Dana Eads for his persistence to make this happen for the Pickleball players.

These items complete our Wish List for fiscal 2021/2022. The Board will soon discuss and plan our Wish List requests for fiscal 2022/2023. If you have an idea that would benefit the park, please share it with any Board member so they can bring it to the table for discussion.

Our first "Cooking with Katie" class is scheduled for Tuesday March 15th at 4:00pm. Class size is limited to 25, so be sure to sign up in the Clubhouse.

Thank you for your great response paying your 2022 PEWRA dues. Those monies contribute to park activities and allow you to vote in our upcoming Board election and other park issues that may arise.

Speaking of elections, please consider volunteering to serve on the PEWRA Board. We will announce our Election Chairperson at the March meeting, Tuesday March 8th at 6:30pm in the Clubhouse. We have two Board members retiring in June and need three or more candidates in order to have an election. Serving on the Board is an honor and a very meaningful way to make a difference in our community.

And always, if you are alone or need help, please contact the Park Office or any Board Member. If you have a neighbor who is alone, please call them to say hello and check on them. Stay safe and be well.

Thank you and take care of one another. Lu Ann

**RESIDENTS ASSOCIATION BOARD**

President: LuAnn Foster  
Secretary: Clarita Kemp

Vice President: Marcia Brown  
Treasurer: Diana Primeau

**Members**

Chris Craig-Jones Tricia Spears Katie Rodriguez

**Board Meeting: 1<sup>st</sup> Tuesday of the Month at 6:30 pm in the Pavilion**

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**SOCIAL CONNECTION**

Linda Swink – Chairperson, Eileen LaLone - Treasurer, Margaret Scotto - Secretary  
Cathy Bassett, Herlinda Mahler, Mary Ahart, Simon Spears, Cathie Byrd  
Arleen Schlafer, Rusty Bassett, Merlin Chancellor

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**HILLTOPPER COMMITTEE**

Debbie McQuillan and Mary Wallace- Editors  
Linda Swink, Nancy Sims

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**READY ADVISORY PANEL**

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

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**BREAKFAST COMMITTEE**

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

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**GYM COMMITTEE**

Larry Brown, Rusty Bassett, Cathy Bassett, Marie McElligott

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**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.**

# ACTIVITIES DIRECTORY

<u>ACTIVITY</u>	<u>TIME &amp; DAY</u>	<u>CONTACT</u>	<u>PHONE</u>
Aqua Exercise	9 am M-F	Trish Coy	760-536-9338
Billiards (Men)	9 am Tu	Stan Lindsay	760-598-0582
Billiards (Women)	1:30 pm M	Lynn Chialtas	760-310-1354
Bingo	6:50 Th	Delane Johnson	612-240-4049
Breakfast	1 <sup>st</sup> Sat 8:30 am	Mikkie Sawyer	760-690-7825
Bridge	1:30 pm M	Connie Krell	760-734-6522
Darts	W 6-8 Game Room	Chuck Thomas	707-799-6555
Dog Park	8 am- 8 pm Daily	Debbie McQuillan	858-663-2822
Garden Club	1 <sup>st</sup> M 2 pm	Ann Kreile	760-421-8338
Golf (Men)	8 am Th	Doug Doucette	760-734-1232
Let's Dine Out	Times vary	Jesse Nieto	408-666-8088
Library	Open Daily	Eileen LaLone	858-229-8648
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 <sup>nd</sup> and 4 <sup>th</sup> Tu 4:30 pm	Diana Primeau	442-245-1412
Movie Night		Simon Spears	760-583-1549
Pickleball	8am-Noon: Open social play Noon-sunset: 1 <sup>st</sup> come, 1 <sup>st</sup> serve M-W-Fri 8am-10am Pickleball Club Group play Beginners are welcome!	Dana Eads <a href="mailto:pewpbclub@att.net">pewpbclub@att.net</a>	760-216-7284
Ping Pong	Tu 10:30 am	Nejla Gharajedaghi	760-536-9583
R.E.A.D.Y. Panel Emergency Preparedness		Bryan Cooper	858-342-3335
		Mary Wallace	619-887-0700
Shuffleboard	1:30 pm M	Rusty Bassett	619-301-9551
Social Connection		Linda Swink	760-855-2008
Tai Chi	9-10 am Th		
Tennis	9 am W & Sa	Rob Edwards	760-807-5683
Walking Group	7:30 am W	Ruthann Kirby	760-734-1340

Hilltopper submissions to [pewhilltopper@gmail.com](mailto:pewhilltopper@gmail.com). All submissions must be submitted by the 10<sup>th</sup> 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](mailto:pewhilltopper@gmail.com)



# MARCH

# BIRTHDAYS THIS MONTH

Robert Fierro	1
Dal Sherman	1
Frank Woods	2
George Krell	3
Debora McQuillan	3
Evelyn Quandt	4
Carol Barrett	5
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
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
Jim Edwards	26
Alice Eads	27
Russel Jones	27
Les Rodriguez	27
Marni Stapp	27
Cesar Carrasco	28
Nejla Gharajedaghi	28
Tina Schneider	28
Bryan Cooper	30
Nancy Lahaye	30
Sally Robinson	30
Marguerite Springer	31



# MARCH 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>RECYCLE 1</b>	2	3	4	5
			Darts 6-8 pm	Mahjong 1 pm Bingo 6:50 pm		BREAKFAST 8:30 am
6	7  Women's Billiards 1:30 pm  Garden Club 2 pm	8  Men's Billiards 9am  Mexican Train 4:30 pm  Board Mtg 6:30 pm	9  Darts 6-8 pm	10  Tai Chi 9-10 am Hilltopper Submissions Due  Mahjong 1 pm Bingo 6:50 pm	11	12
13	14  Women's Billiards 1:30 pm	<b>RECYCLE 15</b> Dog Park sprayed @9am Men's Billiards 9 am Cooking w/Katie 4:00-5:30 pm	16  Darts 6-8 pm	17  Tai Chi 9-10 am  Mahjong 1pm Bingo 6:50 pm	18	19
20	21  Women's Billiards 1:30 pm	22  Men's Billiards 9 am  Mexican Train 4:30pm	23  Darts 6-8 pm	24  Tai Chi 9-10 am  Mahjong 1 pm Bingo 6:50 pm	25	26
27	28  Women's Billiards 1:30 pm	29  Men's Billiards 9 am	30  Darts 6-8 pm	31  Tai Chi 9-10 am  Mahjong 1pm Bingo 6:50 pm		



## BEAUTIFUL BLOOMING..... BREAKFAST

Life seems to pick up the pace lately,  
yet somehow, we seem to be running behind.

Well...we certainly want to catch up, so let's bring back our monthly breakfast. Mark your calendars and join us the first Saturday of each month. Next time that we are serving is March 5, 2022

**"It's your life; live it well"**

Enjoy a home cooked meal on us.

Our team looks forward to serving you at 8:30am.

Be sure to sign up and check it out.

We just might very well host another surprise guest.

Hope to see you there!

***Mikkie***



## LET'S DINE OUT FOR LUNCH

Join us for some local "home style" cooking!

**WHERE:** Pegah' s Kitchen  
576 E. Mission Rd. San Marcos, CA 92069  
(On the corner of Mission and Mulberry next to the 7-Eleven)

**WHEN:** Monday, March 14, 2022  
12:00 PM

Come hungry as they serve generous portions!

Call or text Jesse Nieto (408-666-8088) to make your reservation and please leave your space number along with your name. Let me know if you need transportation. See you there!

Jesse

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## HOLIDAY DECORATING CONTEST WINNERS

Congratulations to the winners of the Holiday Decorating Contest! First place was awarded to Katie Leslie and Erin Wolff. Second place was awarded to Cathy and Rusty Bassett, and third place was awarded to Neil and Shevaun Teagarden. The four contest judges were not park residents and did not know one another. Thank you everyone who decorated their homes to bring the "Holiday Spirit" to Palomar Estates West.



# Pickle Ball Updates

Hello PEW residents,

The three new Pickleball courts are open!

We are so grateful to our Owners for putting these beautiful world-class courts in for us, and plan to take very good care of them.

Please Come out and join us for fun pickleball no matter what level you are. Currently the club has about forty members, Pickleball club membership is free; just email me to be added to the membership.

The courts are open to all residents, at all times, the same as all PEW facilities. **As required by management, all guests must be accompanied by a resident.**

The best time to come out and learn is Mon, Wed, Fri, 8-10am for open group play.

We usually have 6-12 players or more!

There are also fun groups that play on other mornings as well, with varied abilities. 8am to Noon seems to be the most popular time slot, and the courts are open 'till sunset.

Pickleball is a growing sport, and our club numbers are increasing steadily. Sharing the courts with other players, good exercise while laughing, joking, having fun, and allowing others to rotate into play is what gives the game it's social spin.

Saturday mornings are the busiest of the week, usually 10-20 payers.

Come ready to share the courts, as they are all open.

**Please wear tennis shoes only, as flip flops are dangerous and hard shoes will damage the court surface.**

**When moving the benches, please lift them up, don't drag them as they can damage the court surface.**

Anyone with any other questions, please feel free to email me at [pewpbclub@att.net](mailto:pewpbclub@att.net), or call at (760) 216 7284.

See you out there!

Sincerely,

Dana

PEW PB Club 2022



## Dog Park News

A quick note to all the dog owners in the park.

As you know we have a lovely dog park with grass, so there is no need for you to allow your dogs to go to bathroom on your neighbors' yards or the public areas. Many of us in the park remember when dogs were not allowed to walk in the park, so please be respectful. As I've stated before, dog poop may only be discarded in your own trash or the dog park trash. The dog park trash is emptied three times per week on Sunday, Tuesday and Friday by the park staff and extra bags are provided if it needs to be emptied any other time.

All dogs in the mobile home park need to be registered with the office. The dog park is only for dogs belonging to residents, not guests or friends.

The dog park is a wonderful place to socialize with other residents as well as giving your dog an opportunity to run and play with other dogs. I know some of us get distracted so don't be afraid to gently remind each other if someone doesn't notice their dog taking care of business.

Please note that the dog park is sprayed for bugs the third Tuesday of the month at 9 am. It is on the Hilltopper calendar.

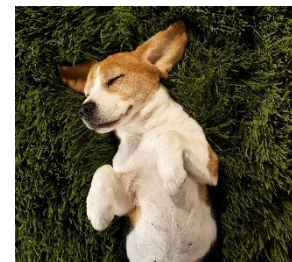
Lastly, please remember the dog park is surrounded by our neighbors, the same as the pool, tennis courts and gym. The residents there have a right to enjoy their yards with peace and privacy. Therefore, **please** let's be courteous, keep our voices low and the dog barking to a minimum and be good neighbors.

It seems that the dogs bark mainly when a newcomer arrives at the gate. Let's try something: how about when a new dog arrives, we pick up our dogs and wait quietly with them on our laps for a minute until the new visitor is in and has a chance to settle. I've seen this work very well. Shall we give it a try? I'm sure those living nearby will be grateful for the peace and quiet, not to mention how it will positively enhance our neighborliness.

Thanks for listening. As always if you have any questions or suggestions, please feel free to contact me.

Phone/text 858-663-2822

[Debora.mcquillan@gmail.com](mailto:Debora.mcquillan@gmail.com)



(Not our dogs, but aren't they cute)

## Interested in a Community Garden Plot?

The garden club is working to establish a community garden here in PEW. We would like to have enough plots for everyone who is interested. Let us know if this is something you would commit to for at least one season to grow your own food and/or flowers.



You can call or text Merlin at 661 670 1336.



### Palomar West Cooking Class

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

Date: Tuesday, March 15th

Time: 4pm-5:30pm

Location: Palomar West Clubhouse

Recipes Demo: Miso Wonton and Lentil Soup

Sign up at the clubhouse to get a spot for this free, tasty class! Class max of 25

## Garden Club Meeting



Hi there, Gardeners ! We met on February 7th, with twenty members present.

This photo above is from Waterwise Botanicals. A place to dream and adventure in Bonsall. A beautiful place for a trip. It was amazing, a plant lover's rustic elegance. We had a wonderful time and wished all the members of the club could have joined us! Plus, even all of you residents of Palomar Estates West. The next trip is March 1st in Encinitas, their free day. Bring your Driver's License to prove your residency. Information coming soon. Thirty-seven acres and a feast for the eyes: subtropical fruit garden, bamboo groves, and a desert rainforest. Come join us and reflect.

Ann and Merlin will be planning the clubhouse fountain enhancement, They will also be discussing possible locations for a community garden. We are looking forward to their ideas.

TIP: For soil improvement mulch - - combine kitchen scraps, eggshells, coffee grounds, vegetable scraps, banana peels - all in a blender and dump the mixture into your garden.

QUESTION: Do you think the club should be involved in harvesting (oranges, lemons, grapefruits, avocados) on trees not being picked? We could share with the homeowner, others in the park, and local food banks. (Approval needed.)

Please contact Ann Kriele if you are interested in joining the Garden Club. We meet once a month. [annkreile@gmail.com](mailto:annkreile@gmail.com) if you have any questions or ideas or want more information about the field trip.

# Friday 25<sup>th</sup> March

Presented by The Social Connection - Club House

## ROY ORBISON BLACK & WHITE NIGHT

WITH FRIENDS: JACKSON BROWNE, T BONE BURNETT,  
ELVIS COSTELLO, K.D. LANG, BONNIE RAITT, J.D. SOUTHER,  
BRUCE SPRINGSTEEN, TOM WAITS, JENNIFER WARNES



### Concert Movie Night

Roy Orbison & Guests In Concert

Doors Open 6.00 PM

Sign-up Required – BYOB and Dinner



The Social Connection Welcomes  
you to an early St Patrick's Day  
celebration Saturday 12<sup>th</sup> March



Corned Beef and Cabbage

Arleen's amazing Dessert

50/50 Raffle

and

Entertainment by our very own 'Lord of the Dance Floor' - Rob Robinson who will perform a selection of Irish Songs and others to keep everyone 'jigging' about.

\$15.00 per person

Please sign-up by March 5th – sheet on notice-board in Library

5.00 until 9.30 PM



In partnership with BEST BUY presents:

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WATCH MOVIES, MUSICALS, AND NEWS ONLINE

SET UP VIDEO CALLS WITH FRIENDS AND FAMILY

USE A SMARTPHONE, TABLET, OR COMPUTER

USE FACEBOOK, YOUTUBE, OR TIKTOK

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Connect With Us On Social Media!!



# INTERVIEW WITH WISE ELDER LES RODRIGUEZ

By Nancy Sims

**Hello Les, thank you for meeting with me to share your story with our PEW neighbors.** Delighted.

**When and where were you born?** I was born on March 27, 1942, in Havana, Cuba.

**Tell me about your parents.** My father, Alfonso, was Cuban, of Spanish descent, and my mother, Mathilda was of German descent, born in Iowa, USA.

**How did your parents meet?** My mother went to Oberlin College in Ohio in 1917 to train to become a missionary; upon graduation she went to Cuba to teach English. My father was a teacher at a private Presbyterian school in Cuba, where they met. They married in 1935.

**Then what happened?** When I was one year old, and my sister Anita was six, my parents moved to Princeton, New Jersey, where my father went to the Presbyterian Seminary.

**What did your mother do?** She was a mother and homemaker.

**Did you like Princeton?** Well, I was very young, but I do remember that we lived across the street from Albert Einstein.

**WOW! Did you know him?** Not really, but I do remember that he was the umpire when we kids were playing ball.

**Did you talk to him?** Yes, but all I remember is that he was a nice guy.

**How long were you in Princeton?** When I was age six, we moved back to Cuba, and my father became the Director of Theology in a multi denominational seminary in Cuba. He then became a Presbyterian minister.

**What about your schooling?** I went to a private boarding school in Cuba for elementary and most of high school; I went back to New Jersey for my senior year of high school in 1958. **How did that happen?** Well, this is a crazy story: I was living in a dorm, and I bragged to my girlfriend at the time that "we had guns in our room" (they weren't mine). My dad





had been a friend of Fidel Castro's and somehow word got back to Castro that Alfonso's son possibly had guns. Well, Castro immediately got word to my father that he'd better get me out of the country, as my life could be in danger. **How?** Well at that time Batista was in charge, and Castro was considered a rebel; Batista's army might be looking for other "rebels" to execute. Therefore, I was sent back to New Jersey for my senior year of high school.

**WHEW! That's quite a story. Were you safe then?** Oh yes, thanks to my dad and Castro; I lived in Tom's River with a family friend and graduated in 1959.

**Did you continue your education?** Yes, I went to Wooster College in Wooster, Ohio, a private Presbyterian college. I majored in Political Science, with plans for law school, but I never went.

**Where and when did you meet your first wife?** I met my first wife, Caroline in college. We married in 1964.

**And your career?** I taught high school Spanish and 8<sup>th</sup> grade History in Laurel Valley, PA.  
**Did your wife also teach?** Yes.

**Have you taught in many other places?** Oh yes, in 1966 we moved to Austin Texas where I taught Spanish in a private boarding school; my wife and I were in charge of the dorm. I also taught Spanish and photography in Princeton, N.J.; for a year at the George School, a Quaker school in Georgetown, PA, and a farm school in Woodstock, Vermont.

**Please describe a farm school.** It was a private school centered around agricultural skills, for example, learning about animal husbandry, growing crops, etc. Of course, they had an excellent academic program as well, where I taught Spanish. However, the school shut down in 1976 due to lack of funds, so I was out of a job.

**What did you do ?** About 1977, my wife and I got in a VW Van and headed for California, the land of opportunity! We rented a house in Vista, and I took odd jobs.

**Did you have children?** No.

Here's another wild story: Caroline and I were looking for a dentist in the North County area around 1977, and we found Dr. Wes Leffingwell in Cardiff. It just so happened that Katie (Les' current wife) was the office manager. When Katie first set eyes on Les, she ran to the back room and said to her co-worker, "I'm going to marry that man one day!" More later!

**Yikes! Did that come true?** Please wait because there's more in the interim.

**OK, please continue.** Caroline and I were separated in 1978; I was dating Linda; we were riding bicycles in Escondido and were hit by a drunk driver. Unfortunately, Linda was killed instantly; I sustained a brain injury. I was in a coma for 10 days, and subsequently some of

my memory is gone to this day. **So sorry.** I had been living with Linda, so I had nowhere to live when I was released from the hospital in 1979. Fortunately, Wes the dentist, who had become a friend, offered me his studio in Cardiff to live in while I was recovering.

**How did you support yourself financially?** Well, I had very little money because I was attending Mueller Massage School in San Diego and working part time as a masseur at the La Costa Spa in Carlsbad. So, Wes and I made a deal. I massaged Wes's staff in exchange for rent. **A great deal!** Oh yes, especially because that's how I finally met Katie, my lovely wife.

**When did you and Katie marry?** After dating for a brief period, we married in March 1981 on the beach at La Jolla. I was 39 and Katie was 31; the Minister was of course Alfonso, my father! **How perfect and lovely.**

**Where did you live and what did you do?** We lived in a small, charming cottage in an avocado grove in Leucadia. Katie remained working at Wes's dentist office, until 2002. She then began working at Trader Joe's, where she's been for the past 17 years in various locations in San Diego County. I was working as a massage therapist in a physical therapy practice; that led to a prosperous private massage business where I went to people's homes to give massage therapy. I did that for 25 years until I retired in 2005.

**Do you have children?** Yes, our daughter Larkin, age 38; she lives in Vista.

**Where else have you lived?** We lived in Village Park, Encinitas, for 16 years, then moved to Escondido for another 15 years.

**When/why did you move to PEW?** Our house in Escondido was too large for the two of us, and luckily, we found our home here in 2016. The house was move-in ready, and we love it here.

**Now that you're retired, Les, what do you like to do?** I've done lots of volunteer work that I enjoy. I worked at the Cancer Center in Vista, the Rancho Coastal Humane Society, and the Bressi Ranch Active Care Home for Alzheimer's patients. I massaged the staff for all three facilities.

**What would your daughter and your friends say about you?** My daughter says that I'm eccentric, warm, generous, and loving. (Katie asked her while we were interviewing). My friends would say I'm reliable, caring, and selfless.

**Do you have any hobbies?** Yes, photography, golf and travelling. **Any favorite places to travel?** Yes, we love Hawaii, particularly the North Shore of Kauai, at Hanalei Bay.

**What's the secret to your longevity?** Live one day at a time.

**Great! Thank you so much for your time and telling your interesting story.**

My pleasure.



## SPARC INC PROGRAM QUESTIONNAIRE:

**Please return to the office by March 4<sup>th</sup>**

SPARC Inc. is Millennium Housing's 501(C)(3), non-profit division that is geared to providing health, wellness, and educational programs. We want to gauge resident's interest and availability to help better serve you and your community. Please return this form to the office once it is completed. Keep in mind, this survey is completely anonymous and will only be used to help SPARC Inc. with providing quality programs that align with the interests of the community.

For the questions with the "other" category, please provide a type of exercise or topic we might not have listed. Thank you!

1. Would you like to have an exercise program?
  - a. Tai Chi
  - b. Yoga
  - c. I am not interested
  - d. Balance
  - e. We already have a program
  - f. Other: \_\_\_\_\_
  
2. Would you like to have educational seminars?
  - a. Nutrition
  - b. Financial Planning
  - c. Technology
  - d. Safety
  - e. Health Topics: Heart, Lungs, Osteoporosis, etc.
  - f. I am not interested
  - g. Other: \_\_\_\_\_
  
3. Would you like to have wellness classes?
  - a. Art
  - b. Cooking
  - c. Gardening/Floral
  - d. Dance
  - e. I am not interested
  - f. Other: \_\_\_\_\_
  
4. What days are you typically available to attend programs in the clubhouse?
  - a. Monday
  - b. Tuesday
  - c. Wednesday
  - d. Thursday
  - e. Friday
  - f. Saturday
  
5. What time of day are you typically available?
  - a. Morning (8am-12pm)
  - b. Afternoon (12pm-4pm)
  - c. Evening (5pm-7pm)

Any other ideas?

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