



# HILLTOPPER

**APRIL 2024**

## **PALOMAR ESTATES WEST**

### **Onsite Management**

**Maintenance: Felipe Diaz**

**Office: Lisa Hamernick**

**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 Concoors 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

How many people would you say live in Palomar West's 474 spaces? Any guesses? Nope – that's too high.

The answer: 726, or 1.53 residents per household. That compares with 1.5 for Palomar East and 1.48 for Rancho Vallecitos, so all 3 Parks have roughly the same density. OK, you're not impressed, but I found it interesting.

For a comparison, our Pillar Ridge Park in San Mateo County has only 227 spaces, but a total of 843 residents. Shows you the difference between a Senior and a Family Park.

The next fun fact: 81% of Palomar West's residents qualify as Low income, compared with 88% at Rancho Vallecitos and 87% at East. These high numbers aren't surprising. A 2-person household in San Diego County is low-income at \$83,300.

Then there's this less-fun number: only 226 of you – about 48%--pay your rent online. That's a bit more than the other two, Parks, but if you haven't signed up, think about doing so. In the meantime, isn't it fun living in such an active, interesting Community?

### In Other News

- Lisa is awarding this month's Kudo to artist Ann Kreile (Sp. 320), "for the use of her beautiful artwork in the Office. It's a delight to look at her work, and residents enjoy coming to the Office to view it." You have a gift, Ann!
- Please welcome Anthony Patino, the newest member of the Maintenance Team. Per Lisa, "Anthony brings experience in landscaping, welding, assembling & maintenance." We're looking forward to your contributions, Anthony.
- SPARC, our resident services partner, is sponsoring another Resource Fair on May 8. It's at East, but you're invited. Stacey Price is planning this event, but won't be attending, as she starts her maternity leave on April 27. Wish her luck!

Stacey might think that labor is the toughest challenge she's facing. Wait until she finds out that she'll be singing "The Wheels on the Bus" 20,000 times!

### Not That Sad?

A Palomar resident told me her rather obese parrot recently died. She wasn't sad about it, however. "It was a big weight off my shoulders."

Have a great St. George's Day (April 23).

*George Turk*

## From The Residents Board

There are 3 positions to be filled on the Board this year. We want to be sure to interview the most qualified and fully committed candidates. We would prefer that we not have to draft residents to be nominated. No one likes to be drafted without a bazillion dollar contract.

We need fresh realistic ideas that benefit everyone. This board has many important duties, many behind the scenes. If you are able, please consider becoming part of the community operations and leadership by contacting any board member for an application.

Also, we have received PEWRA dues from 300 homes to date. I would like to thank everyone for contributing. The support from YOU allows us to support clubs, activities and infrastructure and more.

Please consider becoming a member.

Thank you

Garry Larson

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## ***Scams***

Attending a presentation on seniors recognizing "scams" is crucial for staying vigilant against FRAUD. Learn about tactics (common tactics), safeguard personal information AND be cautious with unsolicited communications.

Empower yourself to protect against scams and be able to share this knowledge with friends, family members and most importantly, senior neighbors.

San Marcos Sheriff's Station will be doing a presentation at our Clubhouse, **Wednesday, April 10<sup>th</sup> at 6pm.** We welcome one and all.

Hope to see you there!

Submitted by Mikkie Sawyer

# MANAGER'S CORNER

## APRIL 2024



Did you ever wonder how April Fool's Day started? It is speculated that the custom of April Fools began in France during the 16th century, after the New year calendar was moved from April 1st to January 1st. Those who continued to celebrate the April new year were considered fools, and often the victims of practical jokes. Today we just like to have a little fun with our friends!



The best way to celebrate National Peanut Butter and Jelly Day is to pack a lunch for your little one, partner, or friend and spread the message "Happy National Peanut Butter and Jelly Day."



A safe and secure property is one of the cornerstones of successful homeownership. While there are no guarantees against crime, there are some steps that you can take to keep your home safer. From installing an alarm system, cameras and increasing outdoor lighting, these tips will help give you peace of mind when it comes to protecting your property from potential dangers.

### 1. Take Care of your Environment

Home safety is about more than security and locks. Health hazards are also a factor, especially concerning the environment around your home. Make sure your property is well-maintained, with no standing water or debris. Trim back any trees or shrubs near windows and doors to eliminate potential hiding places for intruders. [Environmental compliance](#) can also help eliminate toxic wastes around your home, such as lead paint or chemicals. You should also keep your home free of pests and rodents, which can carry diseases.

### 2. Install a Good Security System

A good [security system](#) can provide you with peace of mind regarding home safety. Look for an alarm system that offers features like motion detectors, cameras, and remote monitoring so you can keep tabs on your property even when you're away. Most modern systems also allow you to connect with your smartphone or other devices, so you can monitor your home in real time and be alerted when there is a potential threat. For extra safety, consider installing a panic button or other emergency alert system that can quickly notify authorities in the event of an emergency.

### 3. Increase Outdoor Lighting

Outdoor [lighting](#) is one of the most effective security measures that you can take when it comes to protecting your property. Install motion-sensor lights around entryways and the perimeter of your home to deter intruders. You can also use timer-operated lights that come on at night and turn off during the day, as well as solar-powered lights that are powered by the sun's energy. With these creative lighting solutions, you can reduce dark spots around your home while providing extra security.

## **RESIDENTS ASSOCIATION BOARD**

President: Garry Larson; Vice President: Cathie Byrd  
Secretary: Jo Gehringer; Treasurer: Simon Spears

### **Members**

Katie Rodriguez, Jesse Nieto, Larry Jones

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

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### **SOCIAL CONNECTION**

Merlin Chancellor and Simon Spears – Co-Chairs, Cindy Palermo – Treasurer,  
Marilyn Ferri – Secretary, Cathy Bassett, Herlinda Mahler, Cathie Byrd,  
Margaret Scotto, Rusty Bassett, Angela Sirota, Shevaun Teegarden

### **HILLTOPPER COMMITTEE**

Delane Johnson, Fran Miller, Lynn Thomas, Mary Wallace, Becky Zane, Jansi Sauer

### **READY ADVISORY PANEL**

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

### **BREAKFAST COMMITTEE**

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

### **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.**

# ACTIVITIES DIRECTORY

<u>ACTIVITY</u>	<u>TIME &amp; DAY</u>	<u>CONTACT</u>	<u>PHONE</u>
<b>Art Gallery</b>	On Exhibit in Pavilion	Herlinda Mahler	949-395-0815
<b>Billiards (Men)</b>	9 am Tu	Stan Lindsay	760-598-0582
<b>Billiards (Women)</b>	1:30 pm M	Gerri Harper	760-500-8681
<b>Bingo</b>	6:50 Th	Delane Johnson	612-240-4049
<b>Book Club</b>	Fourth Friday 2:00 pm	Cynthia Towle	503-317-3544
<b>Breakfast</b>	1 <sup>st</sup> Sat 8:30 am	Mikkie Sawyer	760-690-7825
<b>Bridge</b>	Varies Call Ann	Ann Webb	702-449-9916
<b>Cooking with Katie</b>	Third Tuesday 4:00 pm	Katie Rodriguez	760-310-8623
<b>Darts</b>	6-8 pm Thurs Game Room	Chuck Thomas	707-799-6555
<b>Dog Park</b>	8 am- 8 pm Daily	Debora McQuillan	858-663-2822
<b>Garden Club</b>	1 <sup>st</sup> M 2 pm	Merlin Chancellor	661-670-1336
<b>Let's Dine Out</b>	Times vary	Linda Kerridge Cathie Byrd	858-776-6783 530-417-5186
<b>Library</b>	Open Daily	Susan Balog	916-759-2636
<b>Mahjong</b>	1 pm Th	Kim Stevenson	760-703-4872
<b>Medical Rehab Lending Closet</b>	Open as needed.	Rusty Bassett Jesse Nieto	619-301-9551 408-666-8088
<b>Mexican Train</b>	2 <sup>nd</sup> and 4 <sup>th</sup> Tu 4:30 pm	Margie Farrelly	760-855-8416
<b>Movie Night/ Dinner &amp; Dance Nights</b>	Dates Vary	Simon Spears	760-583-1549
<b>Pickleball</b>	8:00 am-10:00 am M-W-F-S Pickleball Group Open Play All are welcome!	Larry Jones	937-478-2500
<b>Ping Pong</b>	Tu 10:30 am	Nejla Gharajedaghi	760-536-9583
<b>R.E.A.D.Y. Panel Emergency Preparedness</b>	3 <sup>rd</sup> Tuesday at 2 pm in Card Room	Mary Wallace Bryan Cooper	619-887-0700 858-342-3334
<b>Shuffleboard</b>	1:30 pm M	Rusty Bassett	619-301-9551
<b>Live 2 B Healthy Strength &amp; Balance</b>	10 am M-W-F	Maria Barnabe	619-886-2779
<b>Social Connection</b>	Dates Vary	Merlin Chancellor Simon Spears	661-670-1336 760-583-1549
<b>Tai Chi</b>	9-10 am Th		
<b>Tennis</b>		Jim Catley	360-301-1566
<b>Water Aerobics</b>	9 am Tu, Th, Sat	Trish Coy	760-536-9338

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 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.**

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



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*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.*

# APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	Pickleball 8:00-10:00 am Live 2 B Healthy 10 am Shufflebrd 1:30pm Women's Billiards 1:30 Garden Club 2:00	Water Aerobic 9 am Men's Billiards 9 am Ping Pong 10:30 am Sunset Pickleball 6 pm Board Meeting 6:30	Pickleball 8:00-10:00 am Tennis 9 am Live 2 B Healthy 10 am	Water Aerobic 9 am Tai Chi 9 am Mahjong 1 pm Sunset Pcklball 6 pm Darts 6-8 pm 6:50 Bingo	Pickleball 8:00-10:00 am Live 2 B Healthy 10 am Game Night 6 pm	Breakfast 8:30am Pickleball 8:00-10:00 am Water Aerobic 9am Concert Movie & Potluck 5 pm
<b>7</b>	<b>8</b>	<b>9 Recycle</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	Pickleball 8:00-10:00 am Live 2 B Healthy 10 am  Shufflebrd 1:30pm Women's Billiards 1:30  Let's Dine In 5 PM	Water Aerobic 9 am Men's Billiards 9 am Ping Pong 10:30 am  Sunset Pickleball 6 pm Board Meeting 6:30	Pickleball 8:00-10:00 am Tennis 9 am Live 2 B Healthy 10 am  Fraud Meeting 6:00  <b>Hilltopper submissions Due</b>	Water Aerobic 9 am Tai Chi 9 am  Mahjong 1 pm Sunset Pcklball 6 pm Darts 6-8 pm 6:50 Bingo	Pickleball 8:00-10:00 am Live 2 B Healthy 10 am  Game Night 6 pm	Pickleball 8:00-10:00 am Water Aerobic 9am
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	Pickleball 8:00-10:00am Live 2 B Healthy 10 am Shufflebrd 1:30pm Women's Billiards 1:30 pm	Water Aerobic 9 am Men's Billiards 9 am Ping Pong 10:30 am READY 2 pm Cooking with Katie 4-5:30 pm Mexican Train 4:30 Sunset Pcklball 6 pm	Pickleball 8:00-10:00 am Tennis 9 am Live 2 B Healthy 10 am  Movie Night 6:00	Water Aerobic 9 am Tai Chi 9 am  Mahjong 1 pm Sunset Pcklball 6 pm Darts 6-8 pm 6:50 Bingo	Pickleball 8:00-10:00 am  Live 2 B Healthy 10 am  Social Hour 5 pm	Pickleball 8:00-10:00 am Water Aerobic 9am  <b>DUMPSTER DAY 8 am to 1 pm</b>
<b>21</b>	<b>22</b>	<b>23 Recycle</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	Pickleball 8:00-10:00 am Live 2 B Healthy 10 am  Shufflebrd 1:30pm Women's Billiards 1:30 pm	Water Aerobic 9 am Men's Billiards 9 am Ping Pong 10:30 am  Sunset Pcklball 6 pm	Pickleball 8:00-10:00 am Tennis 9 am Live 2 B Healthy 10 am	Water Aerobic 9 am Tai Chi 9 am  Mahjong 1 pm Sunset Pcklball 6 pm Darts 6-8 pm 6:50 Bingo	Pickleball 8:00-10:00 am Live 2 B Healthy 10 am  Book Club 2 pm Game Night 6 pm	Pickleball 8:00-10:00 am Water Aerobic 9 am
<b>28</b>	<b>29</b>	<b>30</b>				
	Pickleball 8:00-10:00 am Live 2 B Healthy 10 am  Shufflebrd 1:30pm Women's Billiards 1:30 pm	Water Aerobic 9 am Men's Billiards 9 am Ping Pong 10:30 am Sunset Pcklball 6 pm				





## **Sweet April Showers, DO bring May Flowers**

So let us bring you “breakfast” to delight your taste buds.  
Let us take you away one morning of wondering what to have.  
Let us bring your taste buds a wonderful warm meal  
of eggs, muffins, and plenty of .....sweet delights.

“April is a gentle reminder that life's transformations are beautiful and inevitable.”

**Saturday, April 6<sup>th</sup>, 8:30am**

**Hope we see you there!**

***Mikkie***



**LET'S DINE OUT...  
IN THE PAVILION!**

**Featuring  
Giada De Laurentiis's  
CHICKEN FLORENTINE**

**WHEN: Monday April 8 at 5pm**

**COST: \$15.00 pp**

**MENU: Chicken Florentine with pasta, green salad, roll,  
dessert BYOB**

**To sign up:**

- **Make check to Cathy Bassett**
- **BY APRIL 5<sup>th</sup>, drop your check or CASH in the LET'S DINE OUT box located in the office lobby**
- **Your payment confirms your seat!**

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## **Come One and All**

Come to the clubhouse on Friday nights  
Bring your neighbors or come meet your neighbors

**EVERYONE IS WELCOME**

**Social Hour on the 3<sup>rd</sup> Friday, starting at 5 PM**

**For April, it will be April 19th**

Bring something to share – appetizer, main course, dessert, et cetera

Bring your own beverage

**Game Night on the other Fridays, starting at 6 PM**

Come play cards or domino games

Or bring a game you want to share/teach (Yahtzee, Uno, Scrabble, ??)

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

*Submitted by Linda Kerridge and the Social Connection*

## PEW Book Club

Greetings from the Book Club!

In March, we read ""West With Giraffes" by Linda Rutledge

The Book Club is choosing the books we read differently this year. Each member will have the chance to pick the book we read for his/her designated month. We have already gotten our choices in, all the way to May!

- April: "Bee Sting"
  - by Paul Murray
- May: "Remarkably Bright Creatures"
  - by Shelby Van Pelt



The Book Club meets the 4th Friday of every month in the Multi-Purpose room at 2 pm. We would love you to join us!

Happy 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



## Cooking With Katie

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

**Date: Tuesday April 16th**  
**Time: 4pm-5:30pm**  
**Location: Palomar West Clubhouse**

**Demo: Soups**  
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

# PALOMAR WEST FRUIT PICKING PROGRAM



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Sign up in the clubhouse to be added to our fruit picking day with Senior Gleaners! Only citrus fruits, kumquats or apples can be picked! Deadline to sign up April 3rd

Fruit Picking Date: April 9th

Time: 8:30am-3:00pm

The volunteers will be coming during this time frame window!



# Garden Club

Spring has sprung and we're all anxious to get our seeds and seedlings into the ground. April 6th will be the annual seedling event at the home of Herb Field located at 1312 La Granada Dr, San Marcos. He will have over 700 seedlings which will go fast. Doors open at 9am but from past experience arriving at 8:30 is advised since the line forms early.

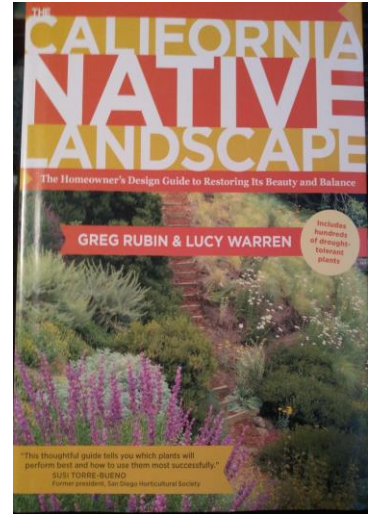
If you were at our March 4th meeting you were lucky enough to experience our guest speaker, master gardener and author of several books, Lucy Warren. Her field of expertise is California native plants. Her powerpoint presentation gave us valuable insight into the benefits of using native plants, whether you want to conserve water or time, since once established, these plants need little care or fertilizer. She literally wrote the book on landscaping with native plants with co author Greg Rubin called The California Native Landscape. With a generous donation from Debbie McQuillan we were able to purchase a copy for our garden section in the clubhouse library. Thank you Debbie for your generosity!

Our next meeting will be April 1st, and we have a field trip planned on April 20th, Herb Field will host us for a guided tour of his gardens. He grows a plethora of vegetables in his raised beds, so much so he gives hundreds of pounds away to food banks and through his free farm stand in front of his house. We have learned a lot of valuable information from Herb which we used in the creation of our PEW community garden.

Another high point of our meeting was the ten foot long St. Patty themed buffet provided by Shevaun. There was sweet, savory, hot, cold, and everything in between including green beverages. The offerings were complete with intheme plates, napkins, and cups atop fancy linens. Thanks again Shevaun, it will be hard to out do such a flawless spread!

I attended the Tuesday board meeting and presented several garden themed suggestions, some inspired by our guest speaker Monday. We have suggested our slopes throughout the park transition to native plantings which would better hold the soil in place, not to mention require less water and maintenance. We will compile a list of recommended native ground covers and submit it to the board. I was glad to hear one of my wish list items for more park benches around our community had already been put into motion and submitted to Millennium.

The community garden would like to extend the existing garden Southward to create six more raised beds measuring 4x4 feet. This request will have to be reviewed by Millennium before anything can go forward. They have our wishlist and will be making decisions in the next few months.



Friends are flowers in the garden of life.

Sydney Hauser

Merlin Chancellor

# GARDEN TO DO LIST FOR APRIL 2024

- If you are bored with a perfectly manicured yard, check out English cottage gardens. Pollinators will love you.
- Ornamental grasses are not just for beauty: they provide much needed food for pollinators and for wildlife.

## FEATURED PLANT: NERIUM OLEANDER

Beautiful and dangerous would be an apt description of Oleander (*Nerium oleander*). Native to Asia and the Mediterranean area, Oleander grows naturally as a mounded round shrub. It can, however, be trained as a small single or multi trunked tree. Its foliage is dense with leathery, dark green leaves. Fast growing with a thick multi-stem it makes a good privacy hedge. Delicate, fragrant flowers are usually pink although some varieties produce red, orange, yellow or white flowers. With a long bloom period the flowers - 1 to 3 inches – appear from spring to summer and occasionally to early fall. In warmer climates they bloom year around.



Used on slopes, they will mitigate erosion. They are resistant to verticillium wilt, but may fall victim to aphids, mealybugs and scale. The most damaging pests are oleander caterpillars. Watch for cocoons and remove them before eggs hatch.

Larger varieties can be used as hedging and screening. They are attractive when planted in a line along driveways or at entryways.

All parts of the oleander plant are toxic to humans and pets. That includes the smoke created from burning the plant. Do not plant oleander around areas where children may play and where pets may wander. Always wear gloves when planting or tending this plant.

Propagate by stem cuttings. Remove all leaves except the top two and use rooting hormone on the cut stem. Cover with plastic and leave in a warm spot that receives filtered light.

Some cultivars are: Calypso (hardy with single red flowers)  
Isle of Capri (single, light yellow flowers),  
Sister Agnes (large single white flowers)

Temperatures as low as 20 degrees are tolerated by this member of the Apocynaceae family.

*The spruce .com*

*Submitted by Marilyn Chambers*

**PEW RESIDENTS DUMPSTER DAY!**  
**PALOMAR ESTATES WEST CLUBHOUSE DATE:**  
**APRIL 20, 2024**  
**8:00 AM to 1:00 PM**

Discard your old/useless household items. Please read the following list of what is NOT accepted for dumpster disposal. This service is provided for **PEW residents** only. No outside trash items will be allowed. There will be two dumpsters this year and we are asking for a \$5.00 donation per load to help offset the cost of the 2<sup>nd</sup> dumpster.



**ITEMS NOT ACCEPTED IN THE DUMPSTER:**

APPLIANCES (Stoves, ovens, microwaves, water heaters, washer/dryers)  
AIR CONDITIONERS/SPACE HEATERS/ FURNACES  
AEROSOL CANS  
BATTERIES  
CERAMIC ITEMS (tiles, dishes, etc.)  
CONCRETE ITEMS  
COOKING OILS  
DIRT  
ELECTRONIC DEVICES (VCR'S, cell phones, televisions, etc.)  
LIGHT BULBS/FLUORESCENT TUBES  
HAZARDOUS WASTE OF ANY TYPE (flammable liquids, car batteries, etc.)  
MIRRORS  
MATTRESSES  
MOTOR OILS  
PAINT OF ANY TYPE  
TIRES  
WINDOW GLASS  
MEDICAL WASTE

**QUESTIONS: Call Jesse Nieto: 408-666-8088**

## Spring into Pickleball Anyone?

Spring is almost here and hopefully all this wonderful rain we have been having will taper off soon, and the morning temps will begin to moderate. That means that you need to get out on our beautiful courts, have fun and get some exercise with your neighbors!

The PEW Pickleball Club has been listening to suggestions from residents. The key points were that we need to set aside a specific time on Monday, Wednesday, Friday and Saturday mornings for resident “open play” with a limitation on guests. We have a group of players out there regularly on M/W/F mornings, but no scheduled weekend open play for residents who work. A committee was formed to review suggestions and come up with an additional option for a member vote. Proposals were sent to the members and a new set of rules approved which cover a 2-hour period on M/W/F and Saturday mornings from 8-10am. Three of our courts will be reserved for open play and one court designated as a challenge court during this period, and residents are limited to bring only **one guest**, so this ensures our residents get more playing time. After all, the resident dollars paid for our courts! **Outside of these 8 hours a week, the existing posted rules apply and a resident can have up to 3 guests. The new guidelines go into effect April 1<sup>st</sup>. The new rules are as follows:**

### PEW Pickleball Rules - 04/01/2024

#### Definitions:

- **Open Play:** Any PEW Resident of any skill level, may come to the courts, with or without a partner and rotate into an existing group.
- **Arranged Play:** Any Pew Resident of any skill level, may play on a court with up to three guests. They will rotate off and back on the court as a foursome.
- **Challenge Court:** Designed to allow players to increase their skill level by playing “up”. Creates fewer “unbalanced” games, thus keeping anxiety and injuries to a minimum.
- **Winners split:** The winning team stays on the court but they split up and become opponents. Each receives a new partner and thus avoids any one person dominating court time.
- **Four Off / Four On:** All four players leave the court for the next group that is waiting and ready.
- **Paddles Up:** When waiting to play, place your paddle “in line” so you don’t have to stand in line.

#### PEW Pickleball Court Rules

- **Monday, Wednesday, Friday & Saturday mornings** are scheduled for resident **OPEN PLAY** 8-10am all year long on courts 1, 2 and 4.
- A resident may bring only **ONE** guest (and resident must remain present).
- When courts are full with players waiting, “**Paddles up**” will be the format. New paddle holders will be installed on both sides of the gate.
- **When there are less than Four players waiting**, winners stay on the court and split. **FIRST TWO** paddles go out and join the fun. If you want to play again, line your paddles up. (South of the gate) Closest to the gate is first to join and so on.
- If you are waiting, have a seat and enjoy the company of your neighbors but be aware and ready to keep downtime to a minimum.

**When courts are full and there are Six or more players waiting**, **FOUR OFF / FOUR ON** applies. **FIRST FOUR** paddles go out and join the fun. If you want to play again, line your paddles up. (South of the gate) Closest to the gate is first and so on. Others, have a seat and enjoy the company of your neighbors.

#### Court # 3 is now a Challenge Court

All are welcome. **Winners stay on the court and split.** **FIRST TWO** paddles go out and join the fun. If you want to play again, line your paddles up. (NORTH of the gate) Closest to the gate is first to join and so on. If you are waiting, have a seat and enjoy the company of your neighbors but be aware and ready to keep downtime to a minimum.

\*Kindness and respect are paramount for things to work properly!

**During all other days and hours, the EXISTING RULES posted on the court apply!!!**

Larry Jones and Lisa Kaufman



# Concert Movie and Potluck Tina Turner

April 6<sup>th</sup> 5:00 PM Potluck 6:00 PM Concert Movie  
A Social Connection Event – Please sign up

*Tina Turner*  
*Live in Amsterdam*  
**WILDEST DREAMS TOUR 1996**



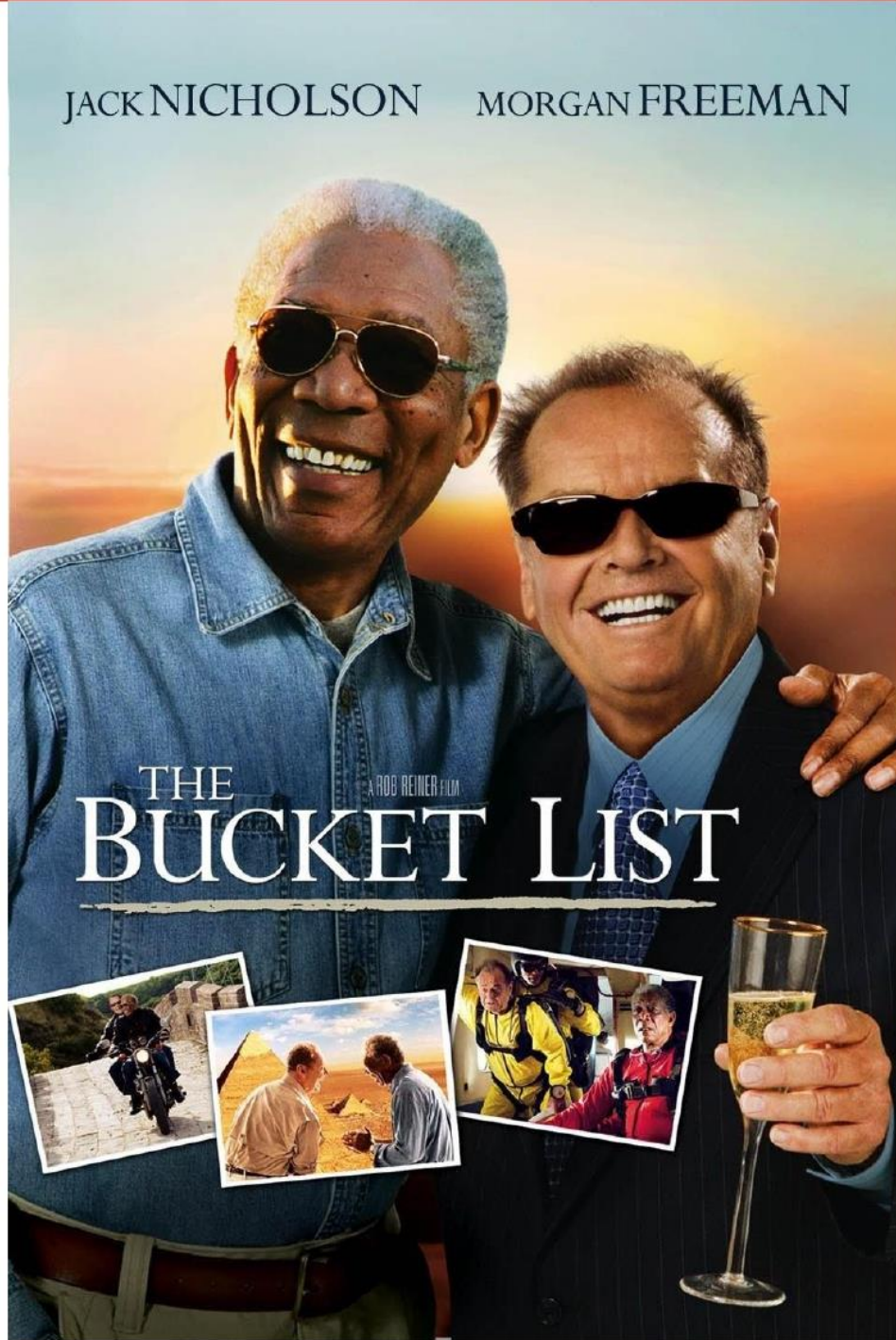
Movie

# THE BUCKET LIST

April 17<sup>th</sup> 6:00 PM Movie

A Social Connection Event – Please sign up

JACK NICHOLSON    MORGAN FREEMAN



Popcorn and Soda

A Social Connection Event

# INTERNATIONAL POTLUCK



WHEN: Saturday May 8<sup>th</sup> 5p

WHERE: PEW Pavilion

Cost: FREE. Just bring a dish to share

WHAT TO BRING: Your favorite international main dish or hearty side dish to serve 8 and BYOB

SIGN UP: In the clubhouse by Monday, April 29th



**BUT WAIT.. there's MORE!! There will be a table decorating contest with PRIZES! If you are interested in adopting a table to decorate in an international theme, call Cathie Byrd @ 530.417.5186.**

**ACT FAST!**

**There are only 10 tables to decorate!**

# Resource Fair

Save the Date

Wednesday, May 8

## Vendor Booths:

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

San Diego Sheriff's Department  
ClearCaption  
WestPace  
AARP  
California Connect

## Screenings and Activities:

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

## Timeline:

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

**Health Screenings 10:00AM-12:00PM**

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

**Raffle: 12:00PM**

**Location: Palomar East Clubhouse**

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

**MAXIMUM OF 20 RESIDENTS MAY ATTEND**

**COOKING WITH KATIE  
RECIPES FROM FEBRUARY**

**BREAKFAST STRATA**

2 cups fresh mushrooms, chopped  
2T. butter  
1 small onion , chopped  
10 eggs  
10 cups (day old) Brioche Bread, cut in cubes  
3 cups whole milk  
1 c. Shredded Swiss Gruyere cheese  
2 cups shredded Sharp Cheddar Cheese (divided)  
1 cup chopped Black Forest ham  
1 (10 oz.) Frozen chopped spinach (defrosted and drained)  
2 T all-purpose flour  
2 T. Mustard  
Salt and pepper

Saute the mushrooms and onions in the butter until golden and fragrant. Cool. In a big bowl, mix the eggs, mushroom, milk, 1 C. Cheddar cheese, Swiss cheese, ham spinach, flour mustard, salt and pepper. Fold in the bread cubes and mix well. Turn into a greased 9x13 baking dish and cover and refrigerate 2 hours to overnight. Preheat oven to 350 degrees and bake 60 to 70 minutes or until eggs have set. Cover with foil if cheese gets too brown.

**DEEPAK CHOPRA GRANOLA RECIPE**

2 cups organic rolled oats	
1/2 cup chopped pecans	
1/4 cup sunflower seeds	1 T. Ground cinnamon
1/4 cup pine nuts	2 T. Avocado oil
1/4 cup flaxseeds	2 T juice of your choice
1/4 cup hemp seeds	2 tsp Vanilla Extract
1/2 cup sliced almonds	1/2 cup Maple Syrup
1/2 cup Coconut Flakes	1/2 cup dried Blueberries

Preheat oven to 350 degrees. In a large bowl, mix the dry ingredients together excluding the blueberries. In a small bowl, mix the wet ingredients together. Add to the dry mixture and mix well. Massage with hands let rest for 30 minutes. Spread on baking sheet and bake for a total of 30 to 35 minutes. Stirring every 5 minutes. BURNS FAST...BEWARE!!

**SALMON BREAKFAST SANDWICHES**

Smoked Sockeye Salmon	Red Onion (thinly sliced)
Trader Joes Crumpets	Tomato (thinly sliced)
Whipped Cream Cheese	Micro Green Sprouts
Capers (optional)	Balsamic Glaze

Toast the Crumpet, smear with generous amount of Cream Cheese, top with salmon fillet, then top with tomato, small slice of red onion, capers, micro greens and then drizzle with Balsamic Glaze.