



HILLTOPPER

MARCH 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

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

SPARC Director: Stacey Kazmierski

MILLENNIUM MEMO

"You want answers?" Jack Nicholson as Col. Jessup in A Few Good Men.

If you attended the February 4 PEWRA meeting, you got lots of answers.

Joining Katie Davis and me were Council Member Danielle LeBlang, City Manager Michelle Bender, City Engineer Stephanie Kellar and Project Manager Kyrenne Chua, all of us there to answer your questions about the Hillside Project.

You also got a chance to meet new Manager Jessica DuBois. More about her next month.

I described in painful detail the \$500K or so we've spent already: on plans (about \$200K so far!), running cameras in all the storm drains, "slip lining" any drains that might need it to prevent future failures (another \$160K), a \$135K deposit to the City...

If you think we aren't "doing anything," we're spending a lot of money not doing it!

Stephanie described the City's work: jackhammering 13' of hardened slurry, using a giant vacuum to suck out the material, then rebuilding the manhole. They're using our \$135K deposit to pay for that. She's hoping that's done by the end of February.

The City's pipe is only 36" wide. Imagine the challenge of jackhammering in such tight quarters. As Stephanie put it, "we're looking for a long-term solution, not a quick fix."

Our part: replace the clogged drain, connect into the new manhole, re-grade the hillside (it's steeper than the City likes), insert "plates & piles" to fortify the hill (I don't want to ask how much that will cost)...are you getting a feel for the scale of all this?

We could start our hillside work sooner, but do we want to risk tearing up the hillside during rainy season? Unless we're assured a few weeks of dry weather, we'll probably start our work in April, taking about 2 months to finish.

A resident asked if we will pass a special rent assessment to pay for all this. The answer: that's very unlikely. I hate to ever say "never," but if necessary, Millennium would probably cover some costs out of its own funds, hoping to be paid back eventually.

So there you have it--a very complicated project, but progress is being made, the City and our consultants seem to be on the same page...wish us luck!

While I Was Touring the Park...

...I noticed many of you are giving your landscaping a Spring refresh, something that's fun to see. One resident is especially serious about keeping his yard looking good. As he told me: "Now that Spring is here, I got so excited that I wet my plants!"

Yes, you heard that 5 years ago, but it was worth repeating, wasn't it? Now have a festive St. Patrick's Day.

George Turk

NEWS FROM YOUR PEWRA

Your PEW Board continues its efforts to represent each of you to ensure our park remains the best place to live in our area. Here are some of the current updates.

- At the general Board meeting on February 4th, after introducing and welcoming our new Park Manager, Jessica DuBois and Maintenance Manager, George Martinez, the Hillside Project was the main focus. We had 4 attendees from the City of San Marcos (including the Engineering Manager and her assistant), along with George Turk and Katie Davis representing PEW. There is good news. Plans for the project have been approved by the City, and they indicated that construction on the city manhole project is to start on February 17th. The start date of the park's portion will begin as well, as allowed by the weather. Park residents had formed a Hillside Project committee and submitted questions prior to the meeting and their questions were reviewed and addressed. One last item of note, it is the intent to have the car wash and laundromat areas returned to service if possible.
- Due to the emphasis on the Hillside Project at the Board meeting, the Fire Department presentation was moved to the March meeting, so please plan to attend. With the recent fire disasters in the LA area, this is top of mind for many.
- The Rules and Regulations Committee has presented a revised Pool Pass Program to the Board and Haven. Detailed information will be provided in the April Hilltopper!
- The new Park Directory has been completed and distributed to residents. Thanks to all who worked on this project, and thanks to Simon for selling over \$6,000 in advertising this year!
- We continue to ask that residents drop their wish list ideas for park improvements in the PEW Board Box in the card room. They must be submitted by February 25th, so time is short. Please include as much info as possible to include estimated pricing, pictures, etc. So far, we have requests for some replacement pool furniture, sun screens for dog park, additional storage area for tables and chairs for the Pavilion, new flooring in the Pavilion, commercial can opener and refrigerator for kitchen, bike rack for bikes including e-bikes, automatic billiard ball cleaner, new abdominal crunch machine for our gym, etc. The wish list will be submitted to management in early March!

Best Wishes to all,
Larry Jones - PEWRA Director



St Patrick's Day is celebrated on March 17th and is often marked by:

- **Having meals together**

Eating Corn Beef & Cabbage & Enjoying Friendship!



Don't forget to set your clocks up an hour on March 9th, 2025



"Thank you all for the warm welcomes I received, starting as your new Community Manager. Please remember, my door is always open for any questions or concerns".

Jessica DuBois

Remember to celebrate the first day of Spring!



Palomar Estates Residency Association Board (PEWRA)

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

Directors

Katie Rodriguez, Jesse Nieto, Larry Jones

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

SOCIAL CONNECTION

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

HILLTOPPER COMMITTEE

Delane Johnson, Fran Miller, Jansi Sauer, 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

**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

ACTIVITY	TIME & DAY	CONTACT	PHONE
Art Gallery	On Exhibit in Pavilion	Sharon Lubert	909-519-8915
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 st 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 Community Garden	1 st M 2 pm 8 am – 8 pm	Merlin Chancellor Robert Fierro	661-670-1336 619-339-0433
Hand and Foot	Wed 1 pm	Kim Stevenson	760-703-4872
Let's Dine Out	Times vary	Linda Kerridge Cathie Byrd	858-776-6783 530-417-5186
Library	Open Daily	Susan Balog	916-759-2636
Mahjong	1 pm Th	Kim Stevenson	760-703-4872
Medical Rehab Lending Closet	Open as needed.	Rusty Bassett Jesse Nieto	619-301-9551 408-666-8088
Meditation	Tu 10:30 am	Sali Weiss	619-729-3226
Mexican Train	2 nd and 4 th Tu 4:30 pm	Margie Farrelly	760-855-8416
Movie/Dinner/Dance Nights	Dates Vary	Simon Spears	760-583-1549
Pickleball Group	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 Emergency Preparedness	3 rd Tuesday at 2 pm in Card Room	Mary Wallace Bryan Cooper	619-887-0700 858-342-3334
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 Simon Spears	661-670-1336 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
Water Aerobics	9 am Tu, Th, Sat 1 pm Tu, Th, Sat	Trish Coy	760-536-9338

Hilltopper submissions to pewhilltopper@gmail.com.

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

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

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.

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



Anita King	1
Robert Fierro	1
Judy Little	1
Dal Sherman	1
Frank Woods	2
Debora McQuillan	3
Linda Gorey	4
Evelyn Quandt	4
Tammy Cardenas	5
Margaret Scotto	5
Gloria Cawley	5
Linda Nichols	5
Kevin McLellan	5
Gene Sawyer	6
Trina Braswell	7
Pat Taylor	7
Craig Claypool	7
Jeanine Rowe	8

Pat Nieto	9
Katherine Peake	10
Cindy McArdle	12
Meisha Barbee	13
Dee Erickson	13
Bruce Giddens	13
Eleanora Dewey	14
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Charles Climenson	18
Charles Shop	19
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Marie Purdy	22
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Tony Gigliotti	23
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Gordon Richardson	25
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Martha Mestas	26
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Nejla Gharajedaghi	28
Tony Messina	28
Nancy Lahaye	30
Marguerite Springer	31
Lori Williams	31
Carl Freeman	31
Lynne Widdison	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.

Directory Changes

Please make the following additions and corrections to your park directory

Space	Delete	Add	Phone Number
213	Investor	Muhleman, Nancy	951-492-9750
16		Nygaard, Susan	913-624-4981
456	Bill Primrose	Vacant	
40	Phone Correction		619-729-3226

MARCH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Breakfast 8:30am Pickleball 8-10 am Water Aerobic 9am Water Aerobic 1pm
2	3 Pickleball 8-10 am Live 2 B Healthy 10 am Shufflebrd 1:30pm Women's Billiards 1:30 Garden Club 2pm	4 Water Aerobic 9 am Men's Billiards 9am Tai Chi 9 am Ping Pong 10:30am Meditation 10:30am Water Aerobic 1 pm Sunset Pickleball 6 pm Board Meeting 6:30	5 Pickleball 8-10 am Tennis 9 am Live 2 B Healthy 10am Hand & Foot 1 pm	6 Water Aerobic 9 am Tai Chi 9 am Mahjong 1 pm Water Aerobic 1 pm Sunset Pickleball 6pm Darts 6-8 pm Bingo 6:50	7 Pickleball 8-10 am Live 2 B Healthy 10am Game Night 6 pm	8 Pickleball 8-10 am Water Aerobic 9am Water Aerobic 1pm
9	10 Pickleball 8-10 am Live 2 B Healthy 10 am Shufflebrd 1:30pm Women's Billiards 1:30 Hilltopper Submissions Due	11 Recycle Water Aerobic 9 am Men's Billiards 9am Tai Chi 9 am Ping Pong 10:30am Meditation 10:30am Water Aerobic 1 pm Mexican Train 4:30 Sunset Pickleball 6 pm	12 Pickleball 8-10 am Tennis 9 am Live 2 B Healthy 10am Hand & Foot 1 pm	13 Water Aerobic 9 am Tai Chi 9 am Mahjong 1 pm Water Aerobic 1 pm Sunset Pickleball 6pm Darts 6-8 pm Bingo 6:50	14 Pickleball 8-10 am Live 2 B Healthy 10 am Social Hour 5pm Game Night 6pm	15 Pickleball 8-10 am Water Aerobic 9am Water Aerobic 1pm St Patrick's Day Party 4:30-9 pm
16	17 Pickleball 8-10 am Live 2 B Healthy 10 am Shufflebrd 1:30 pm Women's Billiards 1:30	18 Water Aerobic 9 am Men's Billiards 9 am Tai Chi 9 am Ping Pong 10:30 am Meditation 10:30am Water Aerobic 1 pm READY 2 pm Cooking with Katie 4pm Sunset Pickleball 6pm	19 Pickleball 8-10 am Tennis 9 am Live 2 B Healthy 10am Hand & Foot 1 pm Movie Night 6 pm	20 Water Aerobic 9 am Tai Chi 9 am Mahjong 1 pm Water Aerobic 1 pm Sunset Pickleball 6pm Darts 6-8 pm Bingo 6:50	21 Pickleball 8-10 am Live 2 B Healthy 10 am Game Night 6 pm	22 Pickleball 8-10 am Water Aerobic 9am Water Aerobic 1pm
23/30	24/31 Pickleball 8-10 am Live 2 B Healthy 10 am Shufflebrd 1:30pm Women's Billiards 1:30 Let's Dine In 4:30pm	25 Recycle Water Aerobic 9 am Men's Billiards 9am Tai Chi 9 am Ping Pong 10:30am Meditation 10:30am Water Aerobic 1 pm Mexican Train 4:30 Sunset Pickleball 6pm	26 Pickleball 8-10 am Tennis 9 am Live 2 B Healthy 10am Hand & Foot 1 pm	27 Water Aerobic 9 am Tai Chi 9 am Mahjong 1 pm Water Aerobic 1 pm Sunset Pickleball 6pm Darts 6-8 pm Bingo 6:50	28 Pickleball 8-10 am Live 2 B Healthy 10 am Book Club 2 pm Game Night 6 pm	29 Pickleball 8-10 am Water Aerobic 9am Water Aerobic 1pm

BREAKFAST TO BE SERVED

Saturday, March 1st 8:30 am



**Happiness is the only thing that multiplies
when you share it:**

Why don't we "share breakfast" together?

It won't take much of your time, but I can guarantee that it turns out
to be a fun time, a special time and
become a memorable time.

Talking, laughing and sharing your thoughts "together"

That's what it's all about,

You, Us and the beauty of having breakfast,
right in your own "back yard"

Hope to see you!

Mikkie

PEW Book Club

Greetings from the Book Club!

Last month we read and discussed "The Last Bus to Wisdom" by Ivan Doig

Our March book selection is "Where'd You Go Bernadette?" By Maria Semple. It was nominated by the Goodreads Choice Awards for Readers Favorite Humor in 2012. Bernadette has vanished and the whole family, led by her daughter, begins a madcap search to find her.



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

Until then, keep reading!

Cynthia (Cindy) Towle 503.317.3544

Towlecandr@gmail.com

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

COME ONE, COME ALL

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

EVERYONE IS WELCOME

Game Night every Friday, starting at 6 PM

Come play cards or domino games or bring a game you want to share/teach.

Social Hour on the 3rd Friday, starting at 5 PM

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

UPDATE ON HUGH HATCH

I had lunch with Hugh Hatch on Thursday after his long absence.

He had a stroke in November of 2024. He is in a care facility in Vista.

He is still the lively social guy and is still making balloon animals for the kids.

Many people will remember him when he lived at PEW and was our PEWRA President.

He would love to hear from his friends. He asked me to contact you. Please contact me at:

tomandreas725@gmail.com or my cell phone: (562) 405-6892

I will put you in contact with Hugh.

Thanks, Tom Andreas, Spc. 234

PEW Art Gallery News

“Sharing Creations,” Our First Group Show for 2025 is on display!
12 of our many resident artists are exhibiting work, enjoy.

Meet the Artist Coffee Clutch on March 8, 1 pm in Card Room
Artists and friends chat about the art, share ideas, and have fun. Please join us!

The next show begins Saturday April 5 at 12:00.
All shows will be up for two months.

Artists Be Prepared! Plan for Saturday April 5:
Please bring your pieces between 12:00 pm and 1:00 pm,
set up wires fastened with D-rings, and ready for hanging.
Late entries need to be entered in the next show.
If you cannot be present, please arrange for someone to bring your art work.

Let's keep the beautiful shows and dialogue going!
With ideas for shows, meet-ups, your ideas, etc., please call Sharon at 909-519-8915.
If you want to do a one person show, let's plan it in advance.

Note: Purchases can be arranged directly with artists who provide their contact information.

Thank you, everyone, for your amazing participation!

Submitted by Sharon Lubert



Cooking With Katie

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

Date: Tuesday, March 18th
Time: 4pm – 5:30pm
Location: Palomar West Clubhouse

Demo: Fast Easy Meals
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 25.

Recipes from "Cooking With Katie" in February

WHITE CHICKEN CHILI

1 pound Ground Chicken
1 med. Onion (chopped)
1 can chopped Green Chilis
1/2 tsp Oregano
1/2 tsp Ground Cumin
1/2 tsp ground Chili Flakes
3 c. Chicken Broth
1 can Corn (drained)
1 can Pinto Beans (drained)
1 Jar Salsa Verde
1 block Cream Cheese (cut in cubes)
1 bunch Cilantro (chopped)
Corn Chips (crushed)

In oil, saute onion until soft. Add chicken and crumble until cooked. Add chilis and spices and stir 3 minutes. Add broth, corn, beans and salsa verde and blend. At this point, use a potato masher to break apart beans and corn. This will help thicken the soup. Add cream cheese and stir until melted and smooth. This may take a few minutes. Just before serving, add cilantro. Dish into soup bowls and add chips.

RED CURRY TOFU SOUP

3 c. Chicken Broth
1c. Coconut Milk
1/2 jar Red Curry
1 T. Siracha Sauce
1 T. Soy Sauce
2" knob of Ginger (peeled and grated)
7 oz. Siracha Baked Tofu (cut in small pieces)
1/2 -1 bag chopped spinach

In a large saucepan, mix broth, coconut milk, curry, sauces and ginger. Stir until hot. Add the tofu and Spinach and stir until spinach is wilted. Serve.

ZESTY RED PEPPER SOUP

1 box Roasted Red Pepper Soup
1 pkg. frozen Penne Arrabbiata
3 T prepared Pesto

Mix soup and frozen arrabbiata until defrosted and hot., Mix in Pesto Sauce and stir until well mixed. Serve with croutons.



SATURDAY March 15th 4:30pm-9pm

**Irish Dancers/Best costume –
'Original' and 'Couple'**

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



Social Connection

MOVIE NIGHT
THE AFRICAN QUEEN

March 19th – 6:00 PM Movie

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

Movie Night, popcorn/Soda



Social Connection



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

WHEN: MONDAY MARCH 24th

**Social time and Paella cooking
presentation 4:30-5ish (UNTIL DONE COOKING!)**

COST: \$20.00 pp

MENU: PAELLA, SALAD, BREAD, DESSERT

*Paella is a traditional dish of Valencian cuisine, made with rice, meat,
seafood, vegetables, and saffron*

To sign up:

Make check payable to the Social Connection;

**BY March 20th, drop your check or CASH in the Social
Connection box in the office lobby;**

Your payment confirms your seat!

BYOB!

Pew Garden Club

As we welcome the rains we still keep in mind the near year round drought conditions. With that in mind as we select plants for landscape we can be a positive force towards water conservation. This subject was touched on by this month's speaker Lisa Urabe, the Master Gardener from the Vallecitos Water District.

Lisa gave us instruction on water wise gardening/water conservation. She brought giveaways such as seeds from the district's seed library and prizes for people who answered questions about her presentation. Lisa kept the audience quite engaged and left us full of knowledge about water conservation. If you get a chance visit the Vallecitos Water District display gardens in front of their headquarters. Lisa helped design and implement the water wise garden plus there is a seed library with free seeds for waterwise plants. Calscape.org is a great site to check out waterwise plants, see photos, growing habits, and design your garden.

We all love freebies. I wanted to pass along a couple places to get free quality mulch. Every second Saturday of the month San Pasqual Valley Soils gives away mulch or soil. You can check out their website, spvsoils.com, for the monthly offerings. The second site might be a bit closer here in San Marcos. **City of San Marcos free mulch giveaway, Friday- Sunday from sunrise to sundown. Visit the designated pickup area located on the northside of La Moree Rd. west of Sandy Ln. for free mulch pickup** 🌱

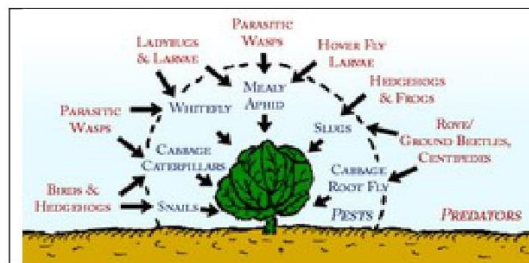


Thank you Robin Green for the tasty, Valentine themed treats you provided all of us. What a great variety, something for every taste. Thanks again Robin.

Our NEXT MEETING will be Monday March 3rd, at 2 p.m. at Lynn Thomas home, space #67. For our April meeting we will have Herb Field speak. If you haven't experienced one of Herd's talks you will be pleasantly surprised with his vast knowledge and engaging topics!

Each small kindness, like a seed, grows tall in memory.

Merlin Chancellor



Biological Control By Herb Field

In a recent class I did for the San Dieguito Garden Club I talked about creating Victory Gardens to supplement our grocery list and adding organic vegetables into our diets. I mentioned that I was nostalgically looking at my old copy of James Underwood Crocket's book, "Victory Garden". His book was based on the popular 1970's PBS show by the same name.

I notice now that so often Crocket's answer to garden pest control is to spray with pesticides like; Malathion, Diazinon and Dursban. He promotes the use of synthetic fertilizers to increase production.

It's interesting that at the same period of time Crocket was expounding on the use of traditional pesticides Dr. Robert Van Den Bosch wrote the book Biological Control. He discusses the use of natural predators, parasites and changing the environment to control pest insects. When I designed the pest management program for the San Diego Zoo, I included the release of fly parasites to attack and eliminate pest flies without the use of widespread pesticide use and using insect monitors to determine severity of infestations to dictate the control approach.

There are so many alternatives to pesticides now that I thought that I would review a few that might be of interest.

1. **Whitefly Control:** There are at least three parasites or predators that attack and eliminate whiteflies. Two are parasites: *Encarsia formosa* and *Eretmocerus eremicus*, both are tiny parasitic wasps that when released lay eggs inside the whiteflies and kill them within a few weeks. *Delphphatus catalinae* is a whitefly predator that when dropped onto your plants will devour whiteflies, aphids, scale and thrips.
2. **Aphid Control:** There are tons of parasites and predators that control aphids. We all know that the larvae and adults of Ladybugs eat aphids but *Aphidoletes aphidimyza* is another predator that attacks over 60 species of aphids as well. Aphid parasites are plentiful, here are a few: *Aphidius colemani*, *Aphelinus abdominalis* and *Aphidius ervi*.
3. **Spider Mites:** I know of at least half a dozen creatures that eliminate mites but there are two specific spider mite destroyers, *Feltiella acarisuga* and *Stethorus punctillum*.
4. **Mealybugs:** *Cryptolaemus montrouzieri* is a mealybug destroyer and *Anagyrus pseudococci* is a tiny parasitic wasp that attacks mealybugs. This wasp is amazing as each female has the ability to parasitize nearly 50 mealybugs!
5. **Scale Insects:** *Aphytis melinus* is a parasitic wasp that attacks many species of scale including: red scale, oleander scale, San Jose scale yellow scales and ivy scales. *Rhyzobius lophanthae* specializes in purple scale but also attacks mealybugs.

Additionally, the utilization of various soap mixtures for the control of homopterans (aphids, scale insects, etc.) is a safe and effective of pest control. There is a myriad of control approaches that don't use the traditional petroleum-based pesticides, some of which are found in your kitchen. Remember to consider changing where you place plants, as a small change in microclimates can have a significant change in the plant's health.

These are just a few of the hundreds of creatures that will eliminate garden pests without the use of pesticides, which is good for our garden, our homes and our lake. As a reminder, everything you spray on your lawn, or around your structure will eventually end up in our watershed.

If you interested in experimenting with any of the above alternative methods go online and look up www.arbico-organics.com They have the above biological control creatures plus many other items for organic gardens. If you have questions where you can obtain biological control insects or bug questions in general, please contact me at entomologyservices@gmail.com



ON-GOING MEDITATION GROUP NEWS

After a bumpy time during the holidays,
our Meditation group is meeting on
TUESDAYS at 10:30 a.m.

We are happy to include anyone who is curious about meditation, or has their own personal experience with it. The practice really does help people become more grounded and less stressed~

You are welcome to join us at Sali Weiss' house #40.

The home is on Sea Breeze.

If you have any questions, please contact Sali at: 619-729-3226.

We look forward to seeing you at our next session!

Package Etiquette

Who doesn't love receiving packages delivered to their door? Whether it is medications, an Amazon order, or a gift that someone sent you for a special occasion.

What if you get a package that was delivered to the wrong space number? What if you have several packages and accidentally open one that doesn't belong to you? Here are some suggestions:

1. Always look at the name on the package before you open it.
2. Too late, you already opened it in your excitement? As soon as you see that it is not what you ordered, replace the items in the package and make sure that it gets to the correct space #.
3. No Space #? Maybe check with the office.
4. If you are unable to get it to the rightful owner, please call the office and maybe, they will be able to help you.

Bottom line is: Please don't keep someone else's package; do the right thing.

Sincerely,

Tish Litz (Still looking for my package)





**Dean Kelsey's Popular 2025 "Live to be Healthy" Exercise Class
Monday, Wednesday & Friday (10-11 AM) !**

Submitted by Herlinda Mahler





HEALTH AND WELLNESS SEMINAR



REFRESHMENTS WILL BE PROVIDED
TO THOSE WHO SIGNUP!



FUN DEMO'S AND GIVEAWAYS!

• TOPICS

- Importance of Posture
- Mindfulness: Coping with Anxiety and Stress
- Home Exercise Program: Seated or Standing
- Fun & Fitness: Chair Volleyball
- Physical Therapist: Mobility and effects of Pickleball

SIGNUPS ARE MANDATORY. DEADLINE TO SIGN UP
IS **MARCH 11.**
SIGNUP IN THE CLUBHOUSE

PALOMAR WEST RESIDENTS CAN ATTEND

EITHER SESSION

SESSION 1

DATE: MARCH 13

TIME: 9:30AM-11:00AM

LOCATION: PALOMAR EAST CLUBHOUSE

SESSION 2

DATE: MARCH 13

TIME: 12:30PM-2:00PM

LOCATION: RANCHO VALLECITOS
CLUBHOUSE



FREE TAX PREP RESOURCES

AARP is filing taxes for free (for those that meet their requirements) at the Senior Center. Please call to make an appointment or for more details

(760) 744-5535

SPARC Inc.

Services and Programs Assisting Residents in our Communities

Five Focus Branches
Basic Needs
Social Engagement
Education
Home & Safety
Health

As Millennium Housing's resident services partner, SPARC brings a variety of resources to Millennium's mobile home park communities. Resources include; health resource fairs, college scholarships, food programs, exercise classes, holiday assistance programs, etc.

Do you have a
suggestion for a program
or need resources?
Contact us!

Palomar West SPARC
Representative: **Stacee Kazmierski**
Phone: (949) 515-5100 ext.305
Email: Skaz@sparc-ca.org

ARE YOU READY?

With the terrible and historic wildfires in January, this is a reminder that you need to be READY to evacuate if San Marcos were to have a wildfire. If we need to evacuate, please consider whether you have neighbors that don't drive or that would need assistance with evacuating.

Some WEBSITES with more information:

- www.AlertSanDiego.org
- READY.gov
- www.redcross.org
- www.fire.ca.gov/incidents

Here's a list of apps that you can download from your App store to your mobile device.

- SD Emergency (San Diego County Emergency)
- Watch Duty (Wildfire)
- FEMA (Federal Emergency Management Agency)
- Cal Fire Planner (will help you track wildfires and stay updated)
- My Shake (Get earthquake early warning alerts)
- First Aid American Red Cross

Be Smart, Be R.E.A.D.Y

**Brought to you by your PEW
READY Team**

1 Get a Kit

Of Emergency Supplies

The first step is to consider how an emergency might affect your individual needs. Plan to make it on your own, for at least three days. It's possible that you will not have access to a medical facility or even a drugstore. It is crucial that you and your family think about what kinds of resources you use on a daily basis and what you might do if those resources are limited or not available.

Basic Supplies: Think first about the basics for survival – food, water, clean air and any life-sustaining items you require. Consider two kits. In one kit put everything you will need to stay where you are and make it on your own for a period of time. The other kit should be a light-weight, smaller version you can take with you if you have to leave your home. Recommended basic emergency supplies include:

- ▶ Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- ▶ Food, at least a three-day supply of non-perishable food and a can opener if kit contains canned food
- ▶ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- ▶ Flashlight and extra batteries
- ▶ First aid kit
- ▶ Whistle to signal for help
- ▶ Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- ▶ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ▶ Wrench or pliers to turn off utilities
- ▶ Local maps
- ▶ Pet food, extra water and supplies for your pet or service animal