

# HILLTOPPER

MAY 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**

3491 Concours Street, Suite 204

Ontario, CA 91764

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

**May 2022**

Back in October, I reported on the booming Palomar West real estate market. 27 homes had sold in the 12 months ended Aug. 15, 2021, at an average price of \$276,400. Given all that activity, I offered some tips on how to expedite your sale escrow.

The market has to have cooled off since then, wouldn't you guess? Well, actually it's exploded. In the 6 months since my report, there have been 13 Palomar West home sales, at an average price of...wait for it...\$337,077!

We had never seen a sale for more than \$500K before, but Palomar West had two just in January. Nine of the 13 were for \$299K or more. This doesn't exactly help Palomar's affordability numbers, but that's a discussion for another day.

I realize I just wrote about this a few months ago, but I figured you wouldn't mind hearing again how valuable your home is. It's good to be a Palomar resident, isn't it?

### In Other News

- The latest SPARC event: a March 15 cooking class, taught by Palomar resident Katie Rodriguez. 21 aspiring chefs made Won Ton Soup & Bulgarian Soup, each featuring only 4 ingredients. How fun does that sound!

Next month's class features casseroles. Kudos to Katie for donating her talents, and to Stacey & the folks at SPARC, our resident services partner, for sponsoring.

- We're very sorry about the water interruption. The crew thought the problem was isolated to just one area, but that didn't prove to be the case.

We're working on next year's budget now. If necessary, we can include more water isolation valves on the "Wish List." I hope to have a Budget Report for you next month.

- Are the weeds in your yard getting a bit out of hand? Not surprising. As the old saying goes, "give weeds an inch and they'll take a yard."

We'd rather not get phone calls from your neighbors complaining about your yard, so please keep your weeds under control. If you think you don't like gardening, try planting a few seeds. It might grow on you.

### Marital Bliss?

My wife seemed a bit out of sorts this morning. Concerned, I asked her: "Did you wake up grumpy?" Her reply: "No, I let you sleep." Sounds like I'd better get her a great Mother's Day gift, doesn't it?

Enjoy your very valuable home...and have a fun Mother's Day.

***George Turk***

## WELCOME TO GAYLE PLANT, PEW NEW OFFICE ASSISTANT

We are delighted to welcome Gayle to Palomar Estates West. She was born in East Los Angeles and grew up on Bainbridge Island, Washington. She now lives in Escondido with her husband Mike. Before coming to PEW, she worked in the banking industry, performing escrow and title duties. We know she'll do a wonderful job helping Debbie and our residents!



Debbie & Gayle

Also, we want to wish a fond farewell to Sandy Bolt, who worked as Office Assistant at PEW for 6 years. Since she lives in the Park, we hope to see her often. Best wishes to you, Sandy.

Nancy Sims

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### Silver Sneaker Class at Rancho Vallecitos

We have been invited to attend the Silver Sneakers class at Rancho Vallecitos on Monday, Wednesday, and Friday at 10 am. The instructor tells me the class is paid for by the wonderful SPARC group at MILLENNIUM. I am told it is great.



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

Hello Neighbors and Friends. Just a quick note this month as I am currently in PA caring for my Mom. I do miss you all and our great So Cal weather.

If you missed the April PEWRA Board meeting, here are some notes:

As of the April meeting, 306 residences in the park paid their annual dues. Thank you. These monies contribute to park activities and enable you to vote in park elections and other issues should they arise.

Speaking of elections, three residents have now volunteered to serve on the Board beginning July 1st. These volunteers would fill the three vacancies coming up but will not give us the opportunity to have an election. If you are interested in serving your community on the PEWRA Board, please submit a bio to any Board member. Thank you.

Our next "Cooking with Katie" class is scheduled Tuesday May 17th. The sign-up sheet and menu for the class will be posted in the Clubhouse on May 1st. Class begins at 4:00pm. Class size is limited, so be sure to sign up.

The Board purchased new benches and a scoreboard for the Bocce Ball courts, new Billiard Balls for the Billiard Room and an AB Lounger for the Gym.

We are creating the Wish List for Fiscal 2022/2023. Thank you for all your wonderful suggestions for making Palomar Estates West an even greater place to live.

Our May Board meeting will be Tuesday May 3rd, at 6:30pm in the Pavilion. Hope to see you there.

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

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## **Board Candidates**

### **Michael Wilkinson**

My wife and I came to Palomar West in 2011, as a winter refuge from the Oregon Coast, where we operated a floating B&B, The Newport Belle Riverboat Inn. We sold the Belle in late 2019 and happily retired here full-time. There is no place I'd rather live.

Currently I volunteer at PEW as a Bingo caller, and I deliver the Hilltopper. For me, a greater participation in activities, parties, classes, and mornings at the dog park with my Westie, Rumi, have given me a greater sense of living in a real community. I'm a good listener, an avid researcher, tech-savvy, and not afraid of a microphone.

I look forward to assisting the Board as we define and implement various things that may make our lives better.

## **Cathy Byrd**

My husband, Ron, and I have lived in PEW for 7 years. We both thoroughly enjoy catching some rays at our local beaches, taking in concerts at local music venues and spending time with family and the many friends we've made at PEW. Together, we've raised 8 children and have 3 ( with one on the way!) grandkids.

I'm fortunate to say that my "work" life has been varied and NEVER dull! My 20 years of work experience with nonprofits includes volunteer, program and event management with CASA and Big Brothers Big Sisters. In addition, I was a preschool teacher, taught piano for 45 years, developed curriculum and taught agriculture in the classroom and worked as a paraprofessional for a Charter school. I've failed at retirement ( twice) and am currently contracted with the Community Resource Center in Encinitas to manage their nonprofit fundraising events. I also do a bit of catering just for fun!

My volunteer service experience includes foster parenting and serving with various organizations including the California Youth Connection, EDC Student Advisory Review Board, EDC Child Abuse Prevention Council, Parent Resource Team, Sacramento Blue Ribbon Commission, Women's Fund El Dorado, Community Resource Center, Growing Alliances, Helping Hands of San Diego and the San Dieguito Interfaith Ministerial Association.

While living at PEW, I've served on the breakfast committee, the social connection and delivered the welcome packets to new residents. I'm now looking forward to kickin my volunteer service up a notch with this opportunity to serve as a PEWRA Board member because...in the words of Dr. Seuss "Unless someone like you cares a whole awful lot, nothing is going to get better. It's Not."

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## **Joan Ellen "Jo" Gehringer**

Born & raised in Pennsylvania, I transplanted to California after school and raised my family in Anaheim and Arroyo Grande. I moved to San Marcos and PEW in 2018 after living in Fresno, Ca for the past 30 years. Following my retirement from full time employment I wanted to be closer to my children, one daughter who lives in Carlsbad and another who lives in Baltimore. The easier transition was San Marcos, and I am growing to love my new home territory.

I am a Registered Nurse (35 years!) and worked for Community Regional Medical Center in Fresno for the past 25 years in many different capacities, both in direct patient care and hospital administration. I enjoy the challenge of ongoing management, problem resolution and personal interaction and communication.

In my spare time and new retirement status I enjoy reading, gardening, baking, theatre (nonexistence the past two years), classic films and traveling & VRBOing around the west with my 'gang' of friends. I also share my home with my furry canine companion Murphy who tolerates my presence in "his" house.

With the slow resolution of our recent pandemic I am looking forward to now being able to again become involved in my new community, both PEW and the city of San Marcos. I am planning to return to part time work in healthcare, join a few activities at PEW and also hope to serve PEWRA by participating on its board.

## Dog Park News

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

Reminders this Month:

- Dog Park hours are 8 am to 8 pm. Please respect the hours and don't show up before 8 am or after 8 pm.
- If your dog marks or pees around the benches, please take a moment to hose it down so the dog park doesn't smell, and we aren't sitting with our feet in pee.
- Dog Park is sprayed for insects on the third Tuesday. It will be closed 9-12.

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)

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## ATTENTION ALL ARTISTS

We're meeting at the clubhouse on Tuesday, May 10 at 11:00 a.m. to change our artwork in the corner gallery.



Please bring up to 3 pieces for consideration. The number we put on display will depend upon the sizes and numbers of the works presented.

We're looking forward to improving the ambiance in the clubhouse with both new and continuing artists. And we want to show off your work!

Please contact Ann Kreile if you have any questions. 760 421-8338

LET'S BRIGHTEN THE CORNER!

AND BRING JOY AND HAPPINESS TO THE HEARTS AND MINDS OF OUR NEIGHBORS!

## Latest information from The Social Connection

The Social Connection is pleased to announce our calendar of Movies and Happy Hour Events for the rest of the year. There are now no excuses for not planning ahead and being there 😊

The Movie nights and Happy Hours are free to attend. All the costs—set-up, clean-up, plates, cups, coffee, sodas, etc.—are covered by the Social Connection. The Social Connection committee members are volunteers, and we gladly give our time as a way of saying thank you to all the residents in the park that make this such a great place to live. We welcome anyone who would like to help with the expanded events. There are two positions available on the committee. If you are interested, please contact our President Linda Swink - [lindaswink@roadrunner.com](mailto:lindaswink@roadrunner.com)

A couple of the events later this summer are going to be themed. In August, to celebrate the anniversary of Woodstock, we will be playing music from that era and then at 7:00 pm, on the big screen, we will show the extended director's cut of the concert. Naturally we encourage everyone to attend in outfits reflecting the era and to bring a pot-luck dish that would have been popular in the late 60's and early 70's. We will try and get the Pavilion looking like Yasgur's Farm, without the latrines and, hopefully, no rain.

In September we will jump forward a decade and be going all "Disco." The movie/concert will be *Saturday Night Fever* and both before and after we will be playing the best disco music we can find. Why not come dressed as Travolta or Gorney and be prepared to show off your moves.

Please let your friends and neighbors know about these events and encourage them to come and say hello. We welcome people to attend for as little or as long a time as they want. There will be sign-up sheets in the library on the notice board so that we can plan for plates, etc.

We look forward to seeing as many of you as possible.

Thanks,

Simon – The Social Connection  
Movie Nights and Happy Hour/Concert Events

### **Movie Nights Upcoming Schedule:**

All movies start at 6:30pm and are typically on the middle Wednesday of each month.

Wednesday May 18<sup>th</sup> – *The Father* – Anthony Hopkins (Best Actor Oscar 2021)

Wednesday June 15<sup>th</sup> – *Ford v Ferrari* – Matt Damon, Christian Bale (Best Sound and Film Editing Oscars 2020)

Wednesday July 13<sup>th</sup> – *The Hundred-Foot Journey* - Helen Mirren (Golden Globe Nomination), Produced by Steven Spielberg and Oprah Winfrey

**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  
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		
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	Th 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/ Dinner & Dance Nights	Dates Vary	Simon Spears	760-583-1549
Pickleball	8am-10am MWF 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		Bryan Cooper	858-342-3335
		Mary Wallace	619-887-0700
Shuffleboard	1:30 pm M	Rusty Bassett	619-301-9551
Silver Sneakers @ Rancho Vallecitos	10 am MWF @ Rancho Vallecitos	Dean Kelsey	760-519-1909
Social Connection		Linda Swink	760-855-2008
Tai Chi	9-10 am Th		
Tennis	9 am W & Sa	Rob Edwards	760-807-5683

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)



# MAY

# BIRTHDAYS THIS MONTH

Peter Oberg	1
Cindy Palermo	1
Deborah VanBeuseKom	5
Michael D'Arcy	7
Bob Lahaye	8
Shevaun Teegarden	8
Elaine Hawkins	9
David King	9
Debbie Bartlett	10
Dorothy Long	10
Dennis Longeuay	11
Bob Rosenberg	11
Kai Friis	13
John Springer	13
Cherie Hudson	15

Gerry McClelland	15
Jim Page	16
Bill Thompson	17
Robin Wilson	17
Vicky Hetrick	22
Trudi Steele	22
Marilyn Ferri	24
Susan Kutner	25
William Egge	27
Debbie Johnson	27
Rob Robinson	27
Jansi Sauer	28
Jean Tucknies	28
Bert Bettencourt	31
Russ Parker	31



# May 2022

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>	<b>7</b>
Uno de Mayo 4-8 pm	Silver Sneakers 10 am @RV  Women's Billiards 1:30 pm Garden Club 2 pm	Men's Billiards 9am  Board Mtg 6:30 pm	Silver Sneakers 10 am @RV	Mahjong 1 pm Bingo 6:50 pm Darts 6-8 pm	Silver Sneakers 10 am @RV	BREAKFAST 8:30 am
<b>8</b>	<b>9</b>	<b>10 Recycle</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	Silver Sneakers 10 am @RV  Women's Billiards 1:30 pm	Hilltopper Submissions Due Men's Billiards 9am Mexican Train 4:30 pm	Silver Sneakers 10 am @RV	Tai Chi 9-10 am  Mahjong 1 pm Bingo 6:50 pm Darts 6-8 pm	Silver Sneakers 10 am @RV	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	Silver Sneakers 10 am @RV  Women's Billiards 1:30 pm Dine Out 5 pm	Dog Park sprayed @9am Men's Billiards 9 am  Cooking w/Katie 4:00 pm	Silver Sneakers 10 am @RV  Movie Night- "The Father" 6:30 pm	Tai Chi 9-10 am  Mahjong 1pm Bingo 6:50 pm Darts 6-8 pm	Silver Sneakers 10 am @RV	
<b>22</b>	<b>23</b>	<b>24 Recycle</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	Silver Sneakers 10 am @RV	Men's Billiards 9 am  Mexican Train 4:30pm	Silver Sneakers 10 am @RV	Tai Chi 9-10 am  Mahjong 1 pm Bingo 6:50 pm Darts 6-8 pm	Silver Sneakers 10 am @RV  Happy Hour 3-5 pm games 5-9 pm Potluck and Dancing	
<b>29</b>	<b>30</b>	<b>31</b>				
	Women's Billiards 1:30 pm	Men's Billiards 9 am				

# ***BREAKFAST***

Every moment is a fresh beginning.

All that we ask of you is to join us once again and share your morning with neighbors and friends.

Breakfast is the most important start of your day,  
they say.....

The Food we make is for your pleasure.

What we love to see are your smiles.

*May 7<sup>th</sup> - 8:30 am -*

*be sure to sign up and show up.*

*Make our morning together,  
another sun filled day.*

*Mikkie*

# The Social Connection Presents



At the Pavilion, indoors and outdoors;  
mariachi music, dancing, taco and  
virgin margarita bar, BYOB,  
4.00-8.00PM - \$10.00 - sign-up and  
pay by April 20th

**Sign-up NOW!**



# Social Connection

**MOVIE NIGHT**

**THE FATHER**

**WEDNESDAY MAY 18th - 6.30 PM - \$Free**

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

Showing at the Pavilion



# The Social Connection

## HAPPY HOUR

**Friday May 27<sup>th</sup>**

**Free to All Residents and Guests**

**3.00 - 5.00 outside the gym, Bocce Ball, Shuffleboard,  
Cornhole, Music**

**Charcoal BBQ's - Bring your own food**

**5.00 – 9.00 at the Pavilion – Pot-luck, Music and Dancing**

**7.00 on the big-screen - Fleetwood Mac**

**The Dance - 1998 Re-union concert**

*Come and join us for any or all of the fun*

## Fleetwood Mac

**THE DANCE**





## LET'S DINE OUT FOR DINNER

Let's have some English Food  
If you're not hungry, come and enjoy a pint with us!

**WHERE:** Churchill's Pub  
887 W. San Marcos Blvd. San Marcos CA 92069

**WHEN:** Monday, May 9, 2022 @5:00 pm

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



**Palomar West Cooking Class**

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

**Date: Tuesday, May 17**  
**Time: 4pm-5:30pm**  
**Location: Palomar West Clubhouse**

**Recipes Demo: Salads**

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



# Garden Club Meeting

Ann Kreile unfortunately will not be returning to the garden club leadership any time soon, as she is recovering from her fall. In the meantime, the steering committee will plan future meetings. Please get well soon Ann! We miss your smiling face! And Roger's too!

Tuesday, April 19<sup>th</sup> was a free day at the Japanese Garden in Balboa Park, so went there. Hopefully we were able to see the Cherry Blossoms in bloom!

Cathy Byrd will discuss growing and supporting earthworms at the next meeting, May 2<sup>nd</sup>. Wonderful creatures to have in your garden!

Marilyn e-mailed and passed out a to-do list for all the members for April 2022 with lots of good information like planting summer blooming bulbs, repairing leaky hoses, plant starts of tomatoes, peppers, eggplants, fertilizing shrubs, planting dwarf fruit trees, etc. And especially planting the Star Jasmine, with its glossy green leaves and white flowers!

A few other things we covered:

A topic for future discussion, maintenance-free gardening. Is there such a thing?

Our plan to renovate the area in front of the clubhouse has been approved! Work will begin soon!

We are still looking for a Garden Club Historian!

Our potluck was a success! Thanks for everyone who participated! After our next meeting, we will be touring some of our own members gardens/yards. We have lots to share! People who signed up, expect some company that day.

I'll sign off with some photos of a few of our member's garden flowers, trees, and succulents.

Next meeting is Monday, May 2<sup>nd</sup> at 2:00. We welcome new members. Come one come all!



Patty and Sally's Japanese Maple Tree



Merlin's Angel Trumpets



Lynn's White Bird of Paradise



Robin's Bougainvillea



# **BIG NEWS!!!**

## **DART NIGHT**

## **CHANGED TO**

## **THURSDAYS!**

Starting on May 5<sup>th</sup> the now “official” dart club will play on Thursday nights. We play from 6 to 8pm.

We’ve added 2 new boards for a total of 3. Start practicing to find your old shot or join in the group, either way it’s fun and relaxing. Extra darts are available.

**Where: PEW –  
CLUBHOUSE GAME  
ROOM**

**Why: FUN &  
RELAXING!**

**When: STARTING  
THURSDAYS ON  
MAY 5<sup>th</sup>, 6 to 8 pm**

**Who: OPEN TO  
MEN AND  
WOMEN!**

**How: TO MEET  
NEW FRIENDS**

**QUESTIONS OR  
COMMENTS**

**Call:  
Chuck Thomas  
707-799-6555**

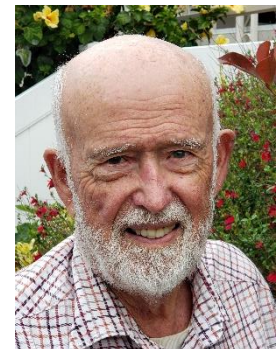
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## **INTERVIEW WITH PEW WISE ELDER, GERRY MCCLELLAND**

**Good day, Gerry. Thank you for meeting with me. You're welcome.**

**Let's begin with some background. When and where were you born?** In Belfast, Northern Ireland on May 15, 1934.

**Tell me about your family.** My father was a general engineer; he worked mostly with linen making machinery and fans. My mother was a secretary. I have one older brother, Eppie, aka Samuel Edward. He's a physicist in Edinburgh, Scotland. My parents were Fundamentalist Baptist; at about age 11, I concluded that the Book of Genesis was not credible, so I lost that belief.



**Did you grow up in Belfast?** When World War II broke out in 1939, I was 5 years old; my family was evacuated to a rural cottage, with no electricity, running water, or bathroom. My brother and I were bused to school, as daylight air raids were not expected. My father rode to work on the same bus we took to school. We were there until the war ended in 1945.

**What about your education ?** I earned a B.Sc. (Bachelor of Science) degree in physics from Queens University in Belfast in 1955. As an aside, the British system of higher education is radically different from that in the U.S. We took year-long courses in one school; we were not required to take any General Studies classes, e.g., English, History, Classics, Geography. **How could you be called an "Educated Person"?** We were expected to pursue those interests on our own. Our secondary school education had provided a sound foundation.

**Are you married?** I married Eileen in 1956, I was 22 and she was 19. **How did you meet?** Through her best friend. Her father had died, and rather than go to university, she was sent to secretarial school so she could earn her keep. **Do you have children?** Yes, three; Michael was born in England; he is now a Professor of Microbiology at the Medical School at U.C. Irvine in Orange County; he has 3 children. Sheila was born in Ireland; she teaches English in Hong Kong. Patrick was born in Ghana, West Africa; he's now a chef in England. My granddaughter goes to U.C. Berkley and is presently in Jordan studying Arabic. She eventually wants to join the US Diplomatic Corps. **Interesting!**

**It seems that you have lived in many places around the world. What was your profession?** Teaching Physics and/or Science Education in Universities all over the world.

**In addition to your B.Sc. from Queens University, where were you educated?** After we were married, I taught Physics and Math for 2 years in Belfast, Ireland and Blackburn, England; this was a requirement of a scholarship I had been granted from Queens University. In 1958, my brother recommended me for a teaching position at the University of Ghana in West Africa, Dept. of Physics; I was there for 14 years. It was a wonderful experience; the people were very friendly and helpful.

**How and when did you come to the U.S.?** I came in 1968 to attend Cornell University in upstate New York for my PhD in Science Education. I had taken a paid sabbatical year and additionally received a scholarship for the second year from Cornell. I went back to Ghana from 1970 to 1972, in order to complete my contract. I must say, my experience at Cornell was the most interesting of my life. **How so?** I was surrounded by people with the same interests. My thesis was a research project which involved teaching 7-year-olds the concept of *ENERGY* through listening and experiencing, as opposed to lecturing. It was very successful; I was astounded by the children's responses.

**In the interest of space, I will list the numerous Universities where you taught around the world:**

- 1972-73 University of London, one year fellowship
- 1973-74 University of Sheffield, England
- 1974-75 Instituto de Fisica Federal University of Rio Grande do Sul, Brazil by invitation, on leave from Sheffield University
- 1976-84 University of Sheffield
- 1984-94 University of Hong Kong
- 1994-96 University of Swaziland, S. Africa
- 1996-97 Retired in Portugal, bought a house

**What did your wife think about all this travelling?** As the plane took off for Hong Kong, she said, "We're off on another adventure!"

**Did you stay in Portugal for your retirement?** We planned to, but in 1997 our son Michael came to visit from the States and told us he and his wife were expecting their first child. That news changed EVERYTHING for Eileen; we soon moved to North County San Diego, where I taught Physics at Palomar College from 1999-2000. Our grandson, Richard, was born in 1997. We lived in Cardiff from 1997-2000.

- 2000-01 Taught for one year at Austin Peay University in Tennessee. (obviously came out of retirement). Eileen went often to California to visit our grandson.
- 2001-03 Physics Professor at the University of Richmond, Virginia. I loved my colleagues there.

Eileen became ill in Richmond, and we moved back to Encinitas to be near family. She passed in 2004. In 2004 I moved to a condo in Lake San Marcos where I lived until 2019.

In 2008 I met Marion, now my partner for 14 years; she lives in Encinitas; we met through mutual Irish friends. Our friends invited us to dinner to meet each other. Success! In 2019, I bought a house and moved to PEW. **Why did you move?** My condo had 14 steps, and my hips and knees decided to go on strike!

**Are you happy here?** Oh yes, I love it. **Do you have any activities or hobbies?** Yes, I enjoy playing pool; I often go to San Elijo to bird-watch. I like gardening, reading, crosswords and Sudoku. Marion & I go to the Moonlight Theater in Vista every season. When I was young and fit, I played soccer, rugby cricket and badminton.

**What do you read?** I like to read one serious book(e.g., History of WW II) and one for entertainment at a time. **What authors do you like?** Crime stories by Lee Child and Harlan Coben. **Who are your favorite authors?** Jodi Picoult (Fiction) and Mary Renault (historical fiction).

**What would your family say about you?** I'm kind and helpful, but I want things to be correct, i.e., English grammar. E.G., don't say "like" or "ya know" before or after every sentence!!

**What would your friends say?** I'm humorous, always ready for a party or adventure.

**Where was your favorite place to work?** Ghana, because my kids grew up there.

**In addition to work, you are also a world traveler; where is your favorite place to visit?** Bali, Indonesia.

**What is your secret to longevity?** SELF INDULGENCE (had to put this in all caps)!!!

**Any words of wisdom for us?** Definitely NOT. **What does wisdom mean to you?** To accept one's limitations. Wisdom is more conspicuous by its absence than by its presence.

**Thank you for your time and interesting story.** You are most welcome.

Interview by Nancy Sims

## Cooking With Katie for March and April

<p style="text-align: center;"><b><u>BULGARIAN SOUP</u></b></p> <p>1 box organic Chicken Broth            1 container Cooked Fresh Lentils            1 jar Eggplant Garlic Spread            1 bag frozen Chimichurri Rice</p> <p>Combine all five items in saucepan and heat thoroughly.            Optional: Add leftover turkey, ham, or protein of choice.</p>	<p style="text-align: center;"><b><u>MISO WON TON SOUP</u></b></p> <p>1 container Baby Bok Choy            1 Miso Ginger Broth            1 Baz frozen Cilantro/ Chicken Wontons (defrosted)            4-6 Green Onions</p> <p>Chop Bok Choy (including stems). Dice Green Onions (including tops). Combine everything into a saucepan and simmer gently until Won Tons are hot.            Serves 2-4</p>
<p style="text-align: center;"><b><u>10 MINUTE SKILLET DINNER</u></b></p> <p>1 pkg Bavarian Bratwursts (Sliced)            1 jar Bruschetta            1 can Northern Beans (drained)            1 bag Organic Baby Spinach</p> <p>In a large skillet, brown the bratwursts in oil, add bruschetta and beans. Heat thoroughly and then torn spinach levels and warm, Serve while spinach leaves are still green. Serve over rice.</p>	<p style="text-align: center;"><b><u>CHORIZO CASSEROLE</u></b></p> <p>1 Tube Polenta            1 pkg soy chorizo            1 can black beans (drained)            1 jar chunky salsa            Mexican Cheese</p> <p>Using wet hands, pat the Polenta into the bottom of an 8x8 baking dish or equivalent. Mix the black beans, soy chorizo and salsa together and pour over the polenta. Top with Mexican Cheese and bake at 350 for 20 minutes or until brown. Serve with a side of guacamole.            Serves 6.</p>
<p style="text-align: center;"><b><u>LAZY MAN'S ENCHILADA PIE</u></b></p> <p>1 box Frozen Chicken Taquitos            1 jar Roasted Salsa            1 bottle Enchilada Sauce            1 can Sliced Olives (drained)            ½- 1 bag Three Cheese Blend</p> <p>Place the taquitos in a single layer in a small baking dish. In a bowl, stir together the salsa and enchilada sauce. Pour evenly over the taquitos. Sprinkle with olives and cheese bake at 350 for 20-230 minutes until hot and bubbly brown.</p>	