



HILLTOPPER

OCTOBER 2026

PALOMAR ESTATES WEST

Onsite Management

Maintenance:

Office: Pam Esquivel

Office Hours:

Monday thru Friday

9:30 a.m. – 12:00 p.m.

1:00 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 Concourses 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

This month, I'm going to talk a little trash.

At the August PEWRA meeting, several of you wanted to know why we allow EDCO to bring in those big trucks to collect trash, when that causes so much damage to our streets. The answer: the new Organics Law.

We'd much prefer that Park Staff collect your trash using smaller trucks, but the law now requires trash to be sorted into separate containers that are picked up directly by EDCO. It's very hard on Palomar's streets, but you can blame Sacramento for that.

We don't really have a choice. EDCO has an exclusive contract with the City. If we don't comply, then EDCO has the right to refuse to pick up our refuse. That's just how it is.

In Other News

- Last month I reported that we were still missing 55 Income Certs, more than 10% of the Park. It's a month later, and we're now down to...51, not much better.

If you're among the Forgetful 51, stop by the Office and fill out your Cert today. We need the tax rebate generated by your Certs to pay for EDCO's damage.

- We appreciate the warm welcome you've given Pam, as she settles in as your new Manager. Taking over Palomar is a daunting task, but your cooperation has made it that much easier for her. For that, you get this month's Kudo.
- Unkudos to those of you who insist on parking on the street. As you know, Palomar's streets are Fire Lanes. Parking there is not only against the Rules, it's also against the law, and potentially dangerous if it impedes emergency vehicles.
- Last month, 34 of you attended SPARC's seminar on Wills & Trusts – and yes, it was far more interesting than it sounds. One tip: do you have documentation that allows family members access to your home, if needed?

This was Stacee's last event before starting her Maternity Leave. Wish her luck!

As We Approach Halloween...

Q. What did Casper the Friendly Ghost, say to the Invisible Man?

A. Long time, no see!

Turn in your Cert, good luck to Stacee, watch where you park...and have a Happy Halloween.

George Turk

NOTES FROM YOUR PEWRA BOARD

Beat the Heat, Prep for the Wet

Yes, we are currently sweating through a late-summer heatwave, and talking about stormy winter weather might feel a bit premature. But with an El Niño pattern predicted for Southern California, and after watching that recent tropical storm skirt past us, it was a good wake-up call. When the warnings popped up, how many of us found ourselves dashing outside at the last minute to wrestle down patio umbrellas and rescue potted plants?

Here in San Marcos, winter storms can sneak up on us quickly, bringing sudden downpours, flash street flooding, slope runoff, and power outages. In a retirement community, scrambling in the middle of a deluge isn't just stressful - it's dangerous. Doing things safely, steadily, and well ahead of time beats navigating slick walkways or wrestling with awnings in a gale.

Instead of the standard textbook advice about stockpiling canned beans, here are a few practical, often-overlooked things to check while the weather is calm:

- **Clear the Perimeter & Drains:** Take a stroll around your skirting and carports. Sweep up dried summer leaves, mulch, and debris from your drains and swales *now*. When North County gets a heavy cloudburst, plugged drain grates cause instant standing water right against home foundations.
- **The Flashlight Mystery:** Do you know where yours is right now? More importantly, when did you last check the batteries, or are they corroded inside? Stash a fresh, working light right by your bedside table - not buried deep in a closet.
- **The Breaker Box Test:** Do you know exactly where your electrical panel is, and can you open it easily? Make sure access isn't blocked behind stacked garden pots, storage totes, or overgrown bushes so you aren't fighting spiders or stumbling in the pitch dark.
- **Patio & Awning Patrol:** Check your sun shades, awnings, wind chimes, and lightweight patio furniture. If a 45-mph gust rolls through the hills, will anything turn into a projectile aimed at your neighbor's home?
- **A Quick Charge Strategy:** If the power flickers or cuts out during a storm, having a small, pre-charged portable power bank ensures your cell phone stays connected to family and emergency alerts.
- **Important Park Contact:** In the event of an urgent park maintenance issue when the clubhouse office is closed, keep this number handy: **After hours – emergencies only: (888) 518-6064**.

A Quick Word on Road Safety & Our Slow Sticks

You may have noticed a fresh upgrade to our bright orange "Slow Sticks" in the center of the roadways. We have retired the old sandbags and replaced them with much cleaner, more aesthetically pleasing weighted bases to keep them firmly in place.

These markers aren't there to annoy drivers or turn our streets into an obstacle course. They are an essential visual reminder to adhere to our 15 MPH park speed limit. Between neighbors walking dogs, folks out on morning strolls, and golf carts sharing these narrow lanes, safe speeds are non-negotiable. Once an accident happens, we can't take it back. Let's look out for each other and keep Palomar Estates West safe.

Dawn Miller
Director, PEWRA Board



Can you believe it is October ?

Happy October everyone! I don't know about you all, but I am so grateful for the cool rainy weather & the holiday season! ♥

Major Global and National Dates

- **October 1:** International Day of Older Persons
- **October 2:** Gandhi Jayanti and International Day of Non-Violence
- **October 4:** World Animal Day
- **October 5:** World Teachers' Day
- **October 10:** World Mental Health Day
- **October 11:** International Day of the Girl Child
- **October 12:** Indigenous Peoples' Day / Columbus Day / Canadian Thanksgiving
- **October 16:** World Food Day
- **October 17:** Diwali (Festival of Lights)
- **October 18:** World Menopause Day
- **October 24:** United Nations Day
- **October 31:** Halloween and National Unity Day

Month-Long Observances

- Breast Cancer Awareness Month
- ADHD Awareness Month
- Black History Month (UK)
- National Pizza Month (US)



The maintenance team has asked us to share some information with everyone regarding communication about your homesite, projects, or concerns within the community.

When you see a member of the maintenance team out and about, please feel free to say hello and wave. However, we ask that you please do not stop them while they are working, unless it's an emergency. If they pass by without stopping, it is not because they are ignoring you or do not want to help. They are often working on a scheduled project with a specific timeframe to complete the work, or they may be responding to a maintenance emergency that requires their immediate attention.

Additionally, if they are focused on the task at hand, there is a good chance they may not remember the details of a question or concern that is brought to them while they are working. To ensure your question or concern is properly documented and addressed, please contact the office directly. We will make sure the appropriate member of our team receives the information and follows up accordingly. If an appointment with maintenance is needed, the office can assist with schedule one.

For those who may not have our contact information, please see below:

[760-727-5453](tel:760-727-5453) or palomarwest@havenms.com

Palomar Estates Residents Association Board (PEWRA)

President – Rick Towle; Vice President – Jessie Nieto;
Secretary- Tom Matthews; Treasurer - Susan Friedman
Directors - Michael Ach, Dawn Miller, Malia Campbell

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

SOCIAL CONNECTION

Shevaun Teegarden – Chair, Cindy Palermo – Treasurer, Marilyn Ferri – Secretary,
Simon Spears, Merlin Chancellor, Cathy Bassett, Rusty Bassett, Angela Sirota, Heike Corbeil,
Carol Godett, Linda Kerridge, Cindy Towle, Rick Towle, Lynne Widdison, Malcom Widdison,
Linda Freeman, Lisa Corrigan

HILLTOPPER COMMITTEE

Delane Johnson, Fran Miller, Becky Hall, Lynn Thomas, Mary Wallace

READY ADVISORY PANEL

Bryan Cooper, Mary Wallace, Cindy Palermo, Fran Miller, Jo Gehringer,
Lee Tydlaska, Neil Teegarden, Robert Fierro

BREAKFAST COMMITTEE

Karen King, Cathy Bassett, Pat Taylor, Marcia Brown, Sheila Miller,
Toni D'Alessandro, Tish Litz, Cyndy Nelson, Dita Kemp, Barbara Waggoner, Sylvia Hellman

GYM COMMITTEE

Larry Brown, Rusty Bassett, Marie McElligott

RULES COMMITTEE

Jesse Nieto, Mary Wallace, Jo Gehringer, Shevaun Teegarden, Christine Parkman

**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**



GAME NIGHT ON FRIDAY NIGHTS

Every Friday, starting at 6 PM

Come play cards or domino games
or bring a game you want to share/teach.
Mexican Train, Threes, Sequence, Chicken Foot, etc.

Bring your own beverage.

If you would like to bring a snack to share, that is great also.



ACTIVITIES DIRECTORY

<u>ACTIVITY</u>	<u>TIME & DAY</u>	<u>CONTACT</u>	<u>PHONE</u>
Art Gallery	On Exhibit in Pavilion	Sharon Lubert	909-519-8915
Art Workshop	W 10:00	Claudeen Lindsay	760-598-0582
Aquarobics	9 am M-W-F	Trish Coy	760-536-9338
Cardio Aquarobics	9:30 am Tu, Th, Sat		
Billiards (Men)	9 am Tu	Peter Oberg	760-300-8891
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	Karen King	760-755-0802
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	1 st M 2 pm	Merlin Chancellor	661-670-1336
Community Garden	8 am – 8 pm	Robert Fierro	619-339-0433
Get Moving	Mon & Wed 11:15-11:45	Sparc	
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 Mon	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	Linda Kerridge	858-776-6783
Movie/Dinner/Dance Nights	Dates Vary	Simon Spears	760-583-1549
Pet Place	Every Day 8 am-8 pm	Vicky Hetrick	760-672-2258
Pickleball	8:00 -10:00 am M-W-F-S	Dana Eads	760-216-7284
Ping Pong	Tu 10:30 am	Nejla Gharajedaghi	760-536-9583
R.E.A.D.Y. Panel	3 rd Tuesday at 2 pm in	Mary Wallace	619-887-0700
Emergency Preparedness	Card Room	Bryan Cooper	858-342-3334
Shuffleboard	1:30 pm M	Rusty Bassett	619-301-9551
Strength & Balance	10 am M-W-F	Dean Kelsey	760-519-1909
Social Connection	Dates vary	Shevaun Teegarden Simon Spears	858-603-2293 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
Yoga	4:30 pm M	LuAnn Foster	480-203-4330
Chair Yoga	10 am Tu		

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 – Becky Hall - 858-967-8725

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.



Evelyn King	1
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Audrey Sonka	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

	DELETE	ADD	PHONE NUMBER
234	Andreas, Thomas	Zanelli, Beth	858-342-2710
251	Lotwin, Elaine & Lisa	Minch, Jeffrey & Kerry	619-994-4969

OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				Cardio Aquarobics 9:30am Tai Chi 9 am Darts 6-8 pm Bingo 6:50	Pickleball 8-10 am Aqarobics 9 am Strength & Balance 10am Game Night 6 pm	Pickleball 8-10am Cardio Aquarobics 9:30am Breakfast 8:30
4	5	6 Recycle	7	8	9	10
Pumpkins for Good 10:00	Pickleball 8-10 am Aqarobics 9 am Strength & Balance 10am Get Moving 11:15 - 11:45 Mahjong 1 pm Shuffleboard 1:30pm Women's Billiards 1:30 Garden Club 2:00 Yoga 4:30	Men's Billiards 9am Tai Chi 9 am Cardio Aquarobics 9:30am Chair Yoga 10 am Ping Pong 10:30am Meditation 10:30am Board Meeting 6:30	Pickleball 8-10 am Aqarobics 9 am Strength & Balance 10 am Art Workshop 10 am Get Moving 11:15-11:45 Hand & Foot 1 pm	Tai Chi 9 am Cardio Aquarobics 9:30am Darts 6-8 pm Bingo 6:50	Pickleball 8-10 am Aqarobics 9 am Strength & Balance 10am Art Show Setup Noon Game Night 6 pm	Pickleball 8-10am Cardio Aquarobics 9:30am DRIVEWAY SALE 8:00 - NOON
11	12	13	14	15	16	17
Pumpkins for Good 10:00	Pickleball 8-10 am Aqarobics 9 am Strength & Balance 10am Get Moving 11:15 - 11:45 Mahjong 1 pm Shuffleboard 1:30pm Women's Billiards 1:30 Yoga 4:30 Let's Dine Out 5:00	Men's Billiards 9am Tai Chi 9 am Cardio Aquarobics 9:30am Chair Yoga 10 am Ping Pong 10:30am Meditation 10:30am Mexican Train 4:30	Pickleball 8-10 am Aqarobics 9 am Strength & Balance 10 am Art Workshop 10 am Get Moving 11:15-11:45 Hand & Foot 1 pm	Tai Chi 9 am Cardio Aquarobics 9:30am Darts 6-8 pm Bingo 6:50	Pickleball 8-10 am Aqarobics 9 am Strength & Balance 10am Game Night 6 pm	Pickleball 8-10am Cardio Aquarobics 9:30am
18	19	20 Recycle	21	22	23	24
	Pickleball 8-10 am Aqarobics 9 am Strength & Balance 10am Get Moving 11:15 - 11:45 Mahjong 1 pm Shuffleboard 1:30pm Women's Billiards 1:30 Yoga 4:30	Men's Billiards 9am Tai Chi 9 am Cardio Aquarobics 9:30am Chair Yoga 10 am Ping Pong 10:30am Meditation 10:30am READY 2 pm Cooking with Katie 4PM	Pickleball 8-10 am Aqarobics 9 am Strength & Balance 10 am Art Workshop 10 am Get Moving 11:15-11:45 Hand & Foot 1 pm Movie Night 6:00	Tai Chi 9 am Cardio Aquarobics 9:30am Darts 6-8 pm Bingo 6:50	Pickleball 8-10 am Aqarobics 9 am Strength & Balance 10am Book Club 2 pm Game Night 6 pm	Pickleball 8-10am Cardio Aquarobics 9:30am
25	26	27	28	29	30	31
	Pickleball 8-10 am Aqarobics 9 am Strength & Balance 10am Get Moving 11:15-11:45 Mahjong 1 pm Shuffleboard 1:30pm Women's Billiards 1:30 Yoga 4:30	Men's Billiards 9am Tai Chi 9 am Cardio Aquarobics 9:30am Chair Yoga 10 am Ping Pong 10:30am Meditation 10:30am Mexican Train 4:30	Pickleball 8-10 am Aqarobics 9 am Strength & Balance 10 am Art Workshop 10 am Get Moving 11:15-11:45 Hand & Foot 1 pm	Tai Chi 9 am Cardio Aquarobics 9:30am Darts 6-8 pm Bingo 6:50	Pickleball 8-10 am Aqarobics 9 am Strength & Balance 10am Game Night 6 pm	Pickleball 8-10am Cardio Aquarobics 9:30am  Party 4:30 Live Band



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## ARE YOU AS CONCERNED ABOUT VOTING IN NOVEMBER AS I AM?

Delane Johnson and Sarah Johnson in space #378 are willing to help. Non-citizen voting is about 0.000096%. Usually, these persons are legitimately mistaken as to whether they are entitled to vote. The majority of these are caught and not counted. I have worked the local polling place at La Mirada Academy and the school on Discover before that. I have seen how safe our screening is. IF we do receive our ballots by mail, great. They can be returned:

1. In the mail.
2. Dropped off at a drop box.
3. Dropped off at the polling place (La Mirada Academy) on Saturday, Sunday, Monday or Tuesday.
4. Someone can deliver for you. See the box in the upper right-hand corner of your ballot to authorize.
5. You can vote in person. (I would suggest Saturday, Sunday or Monday to avoid lines)

Sarah and I are more than willing to help you for #2, 3, 4 or 5. Just contact us. [612-240-4049](tel:612-240-4049)

But, PLEASE REMEMBER TO VOTE!!!

# Let's Dine Out



Time for us to return to Outback Steakhouse. Enjoy steak, pork, chicken or fish prepared in multiple ways.

**When:** Monday, October 12th @ 5 pm

**Where:** Outback Steakhouse – 177 W San Marcos Blvd

Enjoy separate checks and an open menu selection.

RSVP to Linda Kerridge via text or phone call at [858-776-6783](tel:858-776-6783)

Please let me know if you need a ride. Thank you.



## Cooking With Katie

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

**Date:** Tuesday, October 20th  
**Time:** 4 to 5:30 PM  
**Location:** Palomar West Clubhouse

**DEMO: Cozy Soups**  
Sign up at the clubhouse to get a spot for this free, tasty class!  
Sign-up Lists goes up on the 1<sup>st</sup> of each month.  
Class max of 25.

## **RECIPES FROM COOKING WITH KATIE**

### **MEDITRRANEAN ORZO SOUP**

1 "Box" Chicken Broth  
1 container Mediterranean Orzo Pasta Salad  
1 container Lemon Pepper Chicken (chopped into bite size pieces)  
1/2-1 Bag (6oz) Organic Baby Spinach (chopped)  
Juice of 1 lemon

In a saucepan, heat the broth, add salad contents and spinach and chicken. Heat until spinach is wilted. Add lemon juice. Pour into bowls and serve.

### **WATERMELON ARUGULA ORZO SALAD**

1 cup dry Orzo Pasta (cooked according to package directions)  
4 T. Fresh Lime juice  
2 tsp. Honey  
1/3 c. Olive Oil  
1/4 c. Fresh Basil (copped and packed)  
4. Cups Watermelon (cut into bite size pieces)  
2 cups Baby Arugula  
1 cup crumbled feta cheese  
1/3 cup roasted Pine Nuts.

Cook the Orzo and refrigerate. Whisk together lime juice and honey, Slowly pour in Olive Oil and whisk until combined. Stir in basil and add salt and pepper. Add the cooked orzo to the dressing and toss to coat. Add the watermelon, arugula, feta and pine nuts just to combine. Serve with more feta and basil if desired

### **QUINOA TABBOULEH**

1 cup dry Tri Color Quinoa (cooked according to directions)  
1/4 cup Olive Oil  
1/2 tsp. Salt  
1/4 cup Lemon Juice  
3 Tomatoes (diced)  
1 cucumber (diced)  
1 bunch Green Onions (diced)  
2 Carrots (grated)  
1 cup fresh Parsley (copped)

Cook Quinoa and chill in refrigerator. Combine Olive Oil, Salt and Lemon Juice and whisk. Add chopped Vegetables. Stir in cooled Quinoa Combine well and serve.



*The Social Connection and PEW residents would like to send a  
**HUGE THANK YOU TO DAVE AND GINNY MUGG**  
 for their wonderful Labor Day BBQ Event.  
 The evening was very festive and full of good food and laughter!  
 What a wonderful way to finish off a holiday weekend.*



## 2026 Social Connection Events

| Date   | Event                     | Time    | Cost |
|--------|---------------------------|---------|------|
| Oct-21 | Movie Night               | 6:00 PM | Free |
| Oct-31 | Halloween Party/Live Band | 4:30 PM | \$20 |
| Nov-18 | Movie Night               | 6:00 PM | Free |
| Dec-9  | Holiday potluck           | 5:00 PM | Free |
| Dec-16 | Movie Night               | 6:00 PM | Free |
| Dec-31 | NYE party                 | 5:00 PM | \$25 |

# “PUMPKINS FOR GOOD” SUCCULENT WORKSHOP

## Pumpkins for Good

is a seasonal, student-led fundraising and grant-making program that uses the sale of handcrafted succulent pumpkin arrangements as well as teaches succulent pumpkin workshops to raise money for programs that combat senior isolation. Inspired by the Stein family's grassroots tradition in Solana Beach, funding from Pumpkins for Good provides holiday gifts for 200 seniors living in low-income facilities and supports a dinner for 45 seniors who are also invited to participate in a dignified, free shopping experience.



At this workshop, all materials are provided to create a medium size beautiful succulent pumpkin that will last throughout the holidays! The class is facilitated by youth and the Stein family.

**COST: \$40.00**

**DATES: Sunday 10.4 OR Sunday 10.11**

**TIME: 10a-12p**

**Location: PEW Pavilion**

- Sign-up on sheet in the PEW Clubhouse
- Provide payment 5 days in advance of the workshop.
- Mark an envelope with “PUMPKINS FOR GOOD” and drop payment into the social connection box.
- Cash is **PREFERRED** but if you need to write a check, please make it out to: **SDSCF (San Diego Seniors Community Foundation)**

**INTERESTED IN HAVING A SUCCULENT PUMPKIN for \$40.00 BUT CANNOT ATTEND THE CLASS?**

Sign up on the sign-up sheet and follow payment instructions above. You can pick up your pumpkin in the Pavilion on 10.4.26 between 10a and 12p.



**Palomar Estates West  
Annual Community Driveway Sale!  
Saturday October 10th  
8:00AM-12:00PM**

**Sign Up in the Clubhouse!**  
Information packets and balloons will be  
delivered to you.

**Questions...contact LuAnn Foster 480/203-4330**

# MOVIE NIGHT

## Little Women

October 21<sup>st</sup> - 6:00 PM Movie

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

Contributions by Liz and Adam Bishop



Social Connection = popcorn/Soda



**Contributions by Liz and Adam Bishop**

**Craig's Band**

# **HALLOWEEN PARTY**

**Music and Dancing**

**Saturday, October 31<sup>st</sup> - Doors open 4:30 PM**

**Apple Cider Pork Roast, Roasted Root Veg,  
Fall Salad, Bread, Butter & Dessert.**

**Dry Ice Bar**

**Costumes encouraged! There will be prizes**



**\$20.00**

**SIGN UP AND PAY BY October 26th  
Limited to 120 people**

**YOUR PAYMENT CONFIRMS YOUR SEAT, SO  
PLEASE PAY WHEN YOU SIGN UP!  
CANCELLATIONS AFTER October 26th NON-  
REFUNDABLE, MAKE CHECKS PAYABLE TO  
"SOCIAL CONNECTION"**



**Live  
Music  
with  
Craig's  
Band**



# The Craft FAIR



**at Palomar Estates West**

1930 W. San Marcos Blvd, San Marcos, CA 92078

**Saturday, November 14, 9 a.m. – 1:30 p.m.**

At the Clubhouse - Bring a friend!

Handmade Crafts & Baked Goods. Food Vendor for lunch. FREE raffle ticket for \$10 Craft Fair Coupon. Raffle at 10, 11, Noon and 1. Must be present to win.

*Free coffee and donuts while supply lasts.*

## Know Your Numbers: Understanding High Blood Pressure

FREE EDUCATIONAL TALK FOR PALOMAR ESTATES WEST RESIDENTS

High blood pressure affects nearly half of American adults, yet many people don't know they have it. Join Dr.

Sprague for an informative workshop about what your blood pressure numbers mean, why hypertension matters, and how to protect your heart, brain, and kidneys. Learn how to monitor your blood pressure correctly, explore lifestyle and treatment options, and understand when a high reading requires medical attention.



**Thursday, November 19**



**11:00 AM**



**The Pavilion**



### About the Speaker

Dr. Tyler Sprague is a board-certified internal medicine physician and co-founder of Collaborative Health in San Marcos. He provides personalized primary care for adults, with a focus on preventive health, chronic disease management, and helping patients take an active role in their well-being.

**COLLABORATIVE  
HEALTH**

**Signup sheet has been provided in the clubhouse.**

# Letter from Liz Bishop to Palomar Estates West Residents

## Commitment to Palomar Estates West

As you know, I have specialized in the manufactured home resale market for many years and have had the privilege of working with hundreds of happy homeowners and sellers. Palomar Estates West has been very good to me, and I do not take that support lightly. To demonstrate my ongoing commitment to the community, I have entered into an agreement with the Social Connection to contribute to all events through the end of June 2027.

## Supporting Community Events

This contribution will help fund additional events, offset costs for existing events, and support enhancements wherever possible.

- Expand opportunities for residents to connect and participate.
- Help maintain the quality and variety of community activities.
- Strengthen the vibrant spirit that makes Palomar Estates West stand out.

The Palomar Estates West community is strong and vibrant, with activities and events that help it rise above any other community I know. Being part of this community means a great deal to me, and I feel privileged to support it further.

Thank you,

Liz Bishop

Monday,  
December 7,  
2026

2:00 pm - 4:00 pm

Palomar Estates  
West Clubhouse

!!Festive Attire  
Encouraged!!

INVITE YOUR  
FRIENDS

Enjoy teas provided, or  
hot water is available  
for your preferred  
brand

R.S.V.P. BY TUESDAY,  
DECEMBER 1ST TO:  
MERLIN CHANCELLOR  
Mvdhanc@gmail.com  
661-670-1336  
LYNN THOMAS  
zzzenmwoman@sbcglobal.net  
707-799-4416



3<sup>RD</sup> ANNUAL  
HOLIDAY TEA PARTY!

BRING YOUR FAVORITE TEA CUP & A SMALL PLATE OF  
FINGER FOOD TO ADD TO THE BUFFET

The Palomar Estates West  
Garden Club cordially invites  
you & your friends to our  
3<sup>rd</sup> Annual Holiday Tea Party!

Join us for an afternoon of delightful  
teas, delicious treats, & joyful  
company as we once again celebrate  
the spirit of the season!

## PEW ART GALLERY NEWS

**We have Two Group Shows scheduled.**

**October 9 we begin a one-month group show**

**November 14 we begin a two-month group show**

This year we have presented three one person shows (and receptions) which highlighted the special talents of our artists (painters and photographers). All three have been amazing and a lot of fun.

Thank you, Zak (Thomas Zakery), Ann Kreile and Shelby Asch!!

These events require lots of volunteer coordination. To avoid overusing our precious volunteer resources, Mary Brenda McQueen has graciously rescheduled her show to March. It will be a **very special show**, and we will share details later. Attempting three consecutive shows was overly ambitious. Thank you, Mary Brenda!

Artists: Please bring your pieces to the Pavilion between 12:00 pm and 1:00 on 10/9 and 11/14. If your pieces are not set up with wire for hanging, please contact us. We have some new hooks which might work with some other hanging styles.

Thank you everyone! Sharon Lubert, 909-519-8915 and Karen Zeluff, 760-712-9813



### PEW Book Club

Greetings from the Book Club!

**This month's book is "No Two Persons" by Erica Bauermeister.**

This best-selling novel was published May 2, 2023. It celebrates the profound, unique impact a single book can have on different lives.

The story follows Alice Wein, a young writer who struggles to write with true emotion until a devastating family tragedy breaks her heart open. The book she writes, as a result, affects nine readers in nine diverse ways. It explores how the exact same written words can mean entirely different things, depending on who is reading them and what the reader is going through.

The Book Club meets the 4th Friday of each month in the Cards & Coffee room inside the Pavilion. Meeting time is 2:00 pm. We would love you to join us for lively discussions on our chosen books.

Until then, keep reading!

Cynthia (Cindy) Towle [503-317-3544](tel:503-317-3544) [towlecandr@gmail.com](mailto:towlecandr@gmail.com)

# Garden Club

We didn't have our September Garden Club meeting the first Monday as usual because of the Memorial Day holiday. I wrote this article before our meeting to make the cutoff date for the Hilltopper. I wanted to pass on this information I found interesting and hope you do as well.

## Ice plant Seems Like a California Native, But It's Not!

Ice plant is so incredibly common across California, and especially Southern California, that you might think it's a native plant that's always been here. However, ice plant is very much an invasive plant that's actually from the coast of South Africa rather than the California coast. It's been used in SoCal for more than a century to prevent erosion, but it also tends to take over the environment and prevent native plants from thriving.

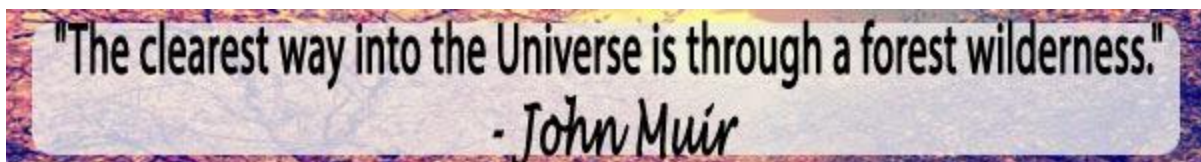
The one good thing about ice plant is that it's not difficult to remove. It doesn't have deep roots, so it won't serve to prevent erosion but it's pretty easy to pull up as long as you grab it close to ground level. The perfect replacement for ice plant is [California lilac](#) or "ceanothus," which is also a super choice because it needs zero attention in the summer when water is scarce, and the need to conserve is at its highest. They only need attention as they're getting established and are entirely self-sufficient once mature.



## Save the dates

- October 5th Speaker will be San Diego Vector Control to talk about pests (rats, mice and mosquitoes, etc.)
- November 2nd Craft workshop
- December 7th Holiday tea

*Submitted by Merlin Chancellor*



## Why Do We Get Flies When It's Hot?

Herb Field  
Forensic Urban Entomologist



I'm receiving calls and emails regarding why are there so many flies and what can I do to get rid of them?

As a precursor to this discussion, you need to know that there are dozens of common fly species that we have in Lake San Marcos, but the most common and the one that we complain about most often is the Housefly, Musca domestica L. The common housefly is a global pest of humans and animals that carries scores of pathogens and costs up to one billion dollars per year in the United States alone. Houseflies do not bite as they have sponging/lapping mouthparts. Imagine a fly with a kitchen sponge as its mouthparts. The sponge soaks up moist organic material then draws the sponge into a device that squeezes all the wet material into its gut. When a housefly land on dry organic material it throws up the contents of its gut then it begins to lap up the mixture it created. It is easy to understand with that graphic image how diseases are spread. It's actually more disgusting than it sounds!

The biology of the housefly is interesting and it is the reason why they are so abundant during hotter weather. The average life span of a wild fly is 1-6 days. When it's hot and humid the lifespan is shorter so the time between birth and egg-laying is shorter, therefore you have more flies in less time. The average female lays between 100-150 eggs, imagine for a moment that the female is laying eggs 1-2 days after birth because the temperatures are exceeding 85 degrees Fahrenheit. So, during a heatwave that lasts 5 days if we had on day one a female that can lay eggs on that first day by the end of the 5 days, we would potential have over 25,000 houseflies! Under normal weather conditions it would take many weeks reach 25,000. So, heat and humidity play a huge role in the accelerated reproduction of flies.

Control methodology varies from simple physical control such as tightly sealed garbage bags to chemical control. Chemical control can be accomplished using wettable powders inside the garbage can so when a fly lands on the surface it picks up a lethal dose. Other chemical controls include a product call "Fly Spot", this material has an attractant specifically for the family of flies that includes the common housefly. The material attracts the fly to land on it and consumes a lethal dose and within a day or so you will see a pile of dead flies under area where you applied the product.

Before I close, I have to mention our infamous Chironomid midge, which is another fly species in the family of Diptera meaning two-wings. As summer warms up, we not only get an influx of the common housefly but with warmer ambient air temperatures we see raising water temperatures. This is important because as water temps rise the breeding time frame of the midge shortens, so what may have taken a week to go from egg to adult now happens in just a few days. The result is millions of midges being released in a much shorter period of time. Research shows that in the shallow areas near the lake shore that in one square meter of submerged soil more than 10,000 midges can emerge! If you live along the lake there are a few things that you can do to lessen their presence in your home. One, replace all exterior light bulbs with "bug light" bulbs, midges are not attracted to the alternate bulbs. Two, check that all screens on doors and windows are in good shape.

Hopefully this answers the many questions I've recently received regarding flies.

If you have any other questions, please contact me at [entomologyservices@gmail.com](mailto:entomologyservices@gmail.com)



## PALOMAR ESTATES WEST PET PLACE



- WE HAVE HAD ISSUES WITH PETS GETTING LOOSE AND NEEDING TO BE IDENTIFIED.
- PLEASE REMEMBER TO HAVE YOUR DOG OR CAT MICROCHIPPED. PLEASE CONTACT VICKY @ SPC 304 IF YOU NEED ASSISTANCE. VICKY DOES HAVE A MICRO-CHIP READER IF YOU'RE NOT SURE IF YOUR ANIMAL HAS BEEN CHIPPED.
- PLEASE MAKE SURE YOUR DOG OR CAT HAS A COLLAR ON IF YOU'RE IN THE PARK. IT SHOULD HAVE AN ID TAG SHOWING PET'S NAME AND YOUR CELL NUMBER.
- PLEASE MAKE SURE A PHOTO OF YOUR PET IS GIVEN TO THE PARK OFFICE ALONG WITH A FULL DESCRIPTION OF THE PET.
- IF YOU NEED ANY HELP WITH YOUR PET, SUCH AS A VET REFERRAL, REHOMING AND TRAINING, CONTACT VICKY@ 760-672-2258. CONTACT INFO IS LISTED IN THE ACTIVITIES DIRECTORY FOR EASY FUTURE REFERENCE.
- ANY DONATIONS CAN BE BROUGHT TO SPC 304. TAX RECEIPT PROVIDED.

(SUBMITTED BY VICKY HETRICK)

## Pickleball and Tennis Players!!

One of the great attributes living here in PEW offers its residents is a vast array of amenities that rival the best resorts anywhere. We are blessed to have 4 spacious Pickleball Courts to serve our ever-expanding group of pickleball players which are supported through the PEW Pickleball Club. We also have an amazing Tennis Court for our residents and their guests to enjoy.

As residents we need to make sure we are familiar with and obeying court rules which are posted.

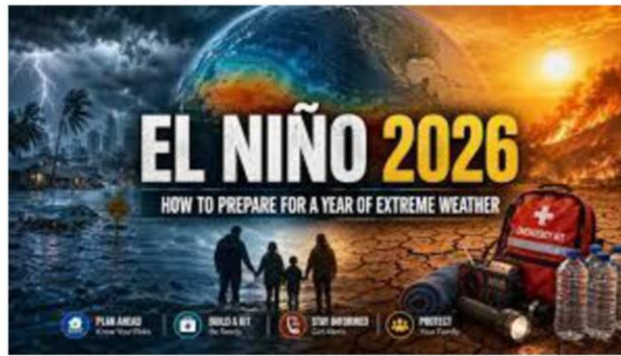
In the meanwhile, here are a few reminders which all court users (**including your guests**) should be aware of:

- The maintenance staff closes all courts on the 3<sup>rd</sup> Thursday of each month for a thorough cleaning and maintenance.
- No food is allowed on the courts and drinks should be water ONLY! If you want to eat and drink your coffee, hot chocolate, etc, please use the tables outside the gym or the pool prior to or after your play.
- If you need to use spray on sun screens, please do so outside of the courts. Some of them are staining the courts, and other players inhaling your overspray is not fun or healthy.
- Please no music on the courts. The neighbors surrounding the courts may not enjoy your choices and it interferes with their quiet enjoyment.
- We have 4 commercial grade benches. They are heavy, and if you need to move them, please pick them up so the court surface is not damaged.
- We have 2 new cantilever umbrellas to provide shade. They operate somewhat differently than many, so please do not force them. If you are not familiar, please ask around for help. When you leave the courts, PLEASE make sure to lower and secure the umbrellas to prevent wind damage.
- Please no play prior to 9am on Sundays!

If you need equipment such as paddles, rackets or balls for you or your guests, extras can usually be found in the sports equipment room located beside the gym entrance. The Pickleball Club has purchased 4 quiet paddles as well as regular paddles, and residents have donated several tennis rackets.

If you are interested in learning more about Pickleball, club members are always available to help new players get started. You can check the Activities Directory in your Hilltopper for times and contact information for both Pickleball and Tennis. Thank you and enjoy our great courts!!

Larry Jones



To prepare for the strong 2026 El Niño expected, you should secure your home against extreme weather, build an emergency supply kit, and monitor local forecasts for flood or drought risks.

### Protect Your Home

- **Clear drainage:** Clean out gutters, downspouts, and storm drains so heavy rain can flow away from your property.
- **Inspect the roof:** Fix loose tiles or leaks before severe storms arrive.
- **Seal gaps:** Check windows and doors to prevent water or wind damage.

### Build an Emergency Kit

- **Store water:** Keep at least three gallons of water per person for 72 hours, using clean, tight-sealed containers.
- **Stock food:** Gather non-perishable food items that do not require cooking or refrigeration.
- **Gather supplies:** Include a first-aid kit, flashlights, extra batteries, and a battery-powered radio. [\[1\]](#)

### Plan and Stay Informed

- **Create a family plan:** Pick a safe meeting place and map out evacuation routes if flooding occurs.
- **Check official updates:** Follow alerts from the National Weather Service or your local emergency management office.

## Be prepared and Stay Safe