

HILLTOPPER

June 2023

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

Gayle Plant

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

After hours - emergencies only: (888) 518-6064

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

Director of Resident Services: Stacey Kazmiersk

MILLENNIUM MEMO

It was fun seeing so many of you at the May 2 General Meeting.

Katie Davis from Haven Management was also there, both to answer questions and to make sure I didn't make any rash promises.

We talked about next year's Budget—we'll spend a lot of money on your Park, as usual—SPARC's recent events, touched on the \$1/day rent increase...but the hottest topic was the Ground Lease. To that end...

What Happens When the Lease Ends?

Unlike Rancho Vallecitos, where we own both the land and the improvements, in the case of both Palomars, we are leasing the land, much as you are leasing the land under your home. The lease expires on March 1, 2037.

What happens then? As I repeatedly told the folks at the meeting, "it depends."

If we aren't able to extend the lease or buy the land, Palomar East & West will revert to the landowner—in this case, the Walker family (they own Farmers & Merchants Bank).

The current zoning only allows a mobilehome use, and all 3 of our Parks are included in the City's Housing Element, the document that describes the City's compliance with its Affordable Housing requirement. Unless that changes, it would be very hard for a future owner to change the use or redevelop the Parks.

We'd also presume that San Marcos will still have some form of Rent Control, and that mobile home residents would remain a powerful political force in the City, but again, "it depends."

When I got home after the meeting, I got out my old Magic 8 Ball and asked if Palomar would be OK after the lease expires. The first answer I got: "Signs point to yes." The next time I asked, I got: "Reply hazy, try again." Not very helpful.

Someone at the meeting asked me: "If you owned a home in Palomar West, would you stay knowing the lease expires in 14 years?" I looked out at the sun setting over the hills, past the beautiful Pool Area with the shimmering water, and replied, "Heck yes!"

Or as my Magic 8 Ball put it, "Outlook good." That's just me, however. You'll have to make your own decision. In the meantime, thanks again for coming to the Meeting.

Is This a Compliment?

I asked my wife if I was the only one she ever dated. "Yes," she said. "The others were 7s and 8s."

Have a Happy Father's Day.

George Turk

REMINDERS

- **I know it's May news but want to make sure everyone knows that the Park Team will be off Monday May 29th in observance of the Memorial Day Holiday. As always, Doug will be on duty to open the facilities, check pool chemicals and take any emergency calls that may come up.**

Fiscal Year End

Once again we are at the end of our Fiscal Year. July 1st marks the beginning of our 2023/2024 budget. As always, in June we require all rents to be paid to the exact amount. We want everyone to be aware so we don't have to call and get replacement checks. So please, be extra careful this month when writing your rent check.

Mailing Addresses

We have been getting a real influx of mail, courtesy of the USPS with no space numbers. I put the emphasis on LOTS of mail. One day I had to pry the mail out of our office mailbox. Apparently the postal workers will no longer look up space numbers so they are leaving them for us. Please double check your addresses and make sure there is a space number for all of your subscription mail as well as bills and personal correspondence. Once again we would like to suggest you use "1930-your space number" so that your space number is not at the end of the line and any portion gets cut off. For example:

Debbie Bartlett
1930-264 W San Marcos Blvd
San Marcos, Ca 92078



Summertime Fun

If you haven't gotten a pool pass yet, grab it before the hot weather arrives. A pool pass allows your visitors to use the pool without you having to accompany them. You are still responsible for them following the rules but you don't have to be with them.

From the PEW Residents Board....

Hi Neighbors:

June is the halfway point of the year, the beginning of summer, and the end of PEW's fiscal year. Beginning on July 1st you will have a new board but with some familiar faces as well. Since there weren't more candidates than positions available this year, we will not be having an election. Dita, Michael, and I will be stepping down and Cathie, Garry, Jo, and Katie will remain on the board. Joining them will be David Brennan, Lori Magnusson and my husband, Simon Spears.

George Turk, President of Millennium Housing, was our guest at the May board meeting. He expressed appreciation to PEW volunteers, discussed the budget and the ongoing projects that affect the budget, and mentioned that the recent fruit-picking event that was arranged by SPARC resulted in 2,076 pounds of fruit. That is a lot of citrus! But the topic that garnered the most interest and discussion was the March 2037 PEW ground-lease expiration. Millennium leases our land, which is owned by the Walker Family of Farmers & Merchants Bank of Long Beach, CA. While Millennium would like to purchase the land, so far the offers have been declined and George doesn't feel that the lease will be extended to Millennium. There were a lot of questions about what can or might happen, but at this point it's anyone's guess. George talked about the state mandates for affordable housing, rent control issues, and the fact that currently we are zoned for a Mobile Home Park. He did point out that almost all of the money we pay in rent gets reinvested into the park. In addition, Farmers Bank gets 12%, and Millennium keeps a small fee that covers the cost of Haven Management. This will continue all the way through the lease's term.

A resident brought up an email that was sent from Jim Desmond regarding a new fixed-rate bill proposal from the California utility companies. The proposed breakdown for San Diego County is between \$34 and \$128 a month per household, depending on income. This suggested fee is regardless of if you use any electricity, and those with solar will also be charged. This fixed-charge proposal is in the very early stages and is part of the Demand Flexibility Rulemaking (ca.gov). If you would like to contact the California Public Utilities Commission to learn more, you can submit comments online at apps.cpuc.ca.gov/c/R2207005 or you can call the Public Advisor's Office at 1-866-849-8390.

It has been my pleasure to serve as Board President for the past year. I've had a full plate with working full time and renovating a home, and I couldn't have done it without the amazing group of people on the board. We have worked together well as a team, and I would like to thank each and every one of them for their dedication and support. The residents are lucky to have such a devoted group of volunteers, and I have no doubt that the upcoming board will continue to work together for the betterment of PEW.

Cheers everyone,

Tricia

2023/2024 BOARD CANDIDATES

David Brennan

My better half and wife, Gretchen, and I moved from Palomar Estates East to West in 2021. We love it here, have made many friends, and are very happy that we did too! Not only did we get married and have our reception (during COVID) in West's clubhouse but we joined longtime friends that already lived in West, after we urged them to move up here from Old Town. Currently, I own a small but thriving business with 50+ employees in Poway and am trying to semi-retire by only working a few days a week. At 61, although I love my job, I am willing, have the time, and the energy to be able to serve others any way that I can. In Palomar East, I served on their resident's board as the Membership person. I look forward to serving you, my neighbors, and making new friends along the way.

Lori Magnusson

I am looking forward to participating on the Board, rubbing elbows with those in the know, and meeting more residents in our slice of paradise. We all have a stake in maintaining the quality of PEW and I'd like to contribute to our ongoing growth. I have served on the boards of the San Diego Psychological Association and the California Psychological Association and have been members of their PACs, so I bring to the Board particular interests in maintaining our affordability and our rights as mobile home community residents.

I've recently moved here all the way from Carlsbad, a 30+-year stint, and after retiring from my psychology practice. My sons are living in my Carlsbad place—who can afford the housing costs in this area? (We've got the secret.) Outside of spending a lot of time rehabbing my place due to this winter's rains, I love to hike, backpack, travel in my RV, and create art. I hope to get out to the pickleball courts, too, if they'll have me!

Simon Spears

My wife, Tricia and I have lived in PEW for 5 years. We remain constantly amazed at what a great place it is, not only for the excellent facilities, but also for the sense of community. I believe in thinking globally, but acting locally, where it is still possible to make a difference. When the opportunity came along for me to join the Social Connection I jumped at it, I wanted to volunteer and give something back. Having been in the audio business all my life it seemed obvious that helping with the sound system, providing music for events and hosting Movie Nights, was a good way to start. When the request came to find new board members for the Residents Association, Trish and I discussed it and agreed that I should volunteer. It has a great team of people, and I would be honored to join in any way that can help.

I'm an experienced Sales and Marketing Consultant with a demonstrated history working in the custom Smart Home, Custom Home Theater, and Architectural Speaker industry. Strong sales professional, skilled in communications, negotiation, consumer products, distributed audio, and home automation, I have served on the board of two associations; the Federation of British Audio and the Custom Electronics Design and Installation Association. I am familiar with the way volunteer-based association boards work, am well versed in presentations and am competent in Microsoft Office, including Excel. I am comfortable creating and managing budgets in a spreadsheet format and reporting progress and results.



JUNE

Blythe Stokes	1
Kasey Koenig	2
Julie Shop	2
Elizabeth Jost	4
Linda Kerridge	5
Marie McElligott	5
Ginny Mugg	5
Dorothy Tippet	6
Tom Sundeen	7
Peter Rodriguez	8
Linda Williams	8
Debra Poortenga	9
Susan Smith	10
Mariam Viores	10
Dewayne Hudson	11
Jim Weinberg	11
Nadene Berkos	12
Jamie Hartstone	12
Jack Witter	12

Cal Dobbins	14
Robert Shepard	14
Teresa Johnson	15
Lucy Rodriguez	16
Gustavo Zanala	16
Carol Dahlberg	17
Debbie Snow	17
Barbro Edwards	19
David Coy	20
DeAnn Chernis	21
Kathleen Meek	22
Miki Cassell	23
Craig Cranic	26
Robert McCluskey	27
Susan Mangan	28
Robert Kennedy	30
John Schaefer	30
Cynthia Towle	30

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.

RESIDENTS ASSOCIATION BOARD

President: Tricia Spears; Vice President: Cathie Byrd
Secretary: Jo Gehringer; Treasurer: Michael Wilkinson

Members

Garry Larson, Katie Rodriguez, Dita Kemp
Board Meeting: 1st Tuesday of the Month in the Pavilion Room

SOCIAL CONNECTION

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

HILLTOPPER COMMITTEE

Delane Johnson, Fran Miller, Linda Swink, Lynn Thomas, Mary Wallace, Becky Zane

READY ADVISORY PANEL

Bryan Cooper, Mary Wallace
Cindy Palermo, Debbie McQuillan, Lee Tydlaska, Robert Fierro

BREAKFAST COMMITTEE

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

GYM COMMITTEE

Larry Brown, Rusty Bassett, Marie McElligott

For Fire, Sheriff, or Emergency in progress, such as break-ins, health problems or a life-threatening situation, call 911.

If you have a non-emergency question or to file a report, please call the San Diego Sheriff Dept at 760-510-5200.

ACTIVITIES DIRECTORY

<u>ACTIVITY</u>	<u>TIME & DAY</u>	<u>CONTACT</u>	<u>PHONE</u>
Aqua Exercise	2:30 pm Tu & F	Trish Coy	760-536-9338
Art Gallery	Varies	Herlinda Mahler	949-395-0815
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
Breakfast	1 st Sat 8:30 am	Mikkie Sawyer	760-690-7825
Bridge	1:30 pm M		
Darts	6-8 pm Th Game Room	Chuck Thomas	707-799-6555
Dog Park	8 am- 8 pm Daily	Michael Wilkinson	760-580-5075
Garden Club	1 st M 2 pm	Merlin Chancellor	661-670-1336
Hand & Foot	1:00 pm F	Kim Stevenson	760-703-4872
Let's Dine Out	Times vary	Linda Kerridge Cathie Byrd	858-776-6783 530-417-5186
Library	Open Daily	Melissa Szilagyi	760-216-7182
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 nd and 4 th Tu 4:30 pm	Margie Farrelly	760-855-8416
Movie Night/ Dinner & Dance Nights	Dates Vary	Simon Spears	760-583-1549
Pickleball	8am-10am M-W-F 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	2 pm on third Wednesday in the Card Room	Mary Wallace	619-887-0700
		Bryan Cooper	858-342-3335
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	661-670-1336
Tai Chi	9-10 am Th		
Tennis	9 am W & Sa	Rob Edwards	760-807-5683

Hilltopper submissions to pewhilltopper@gmail.com.

All submissions must be submitted by the 10th 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

June 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				Tai Chi 9-10 am Mahjong 1 pm Bingo 6:50 pm Darts 6-8 pm	Live 2 B Healthy Strength & Balance 10 am Hand & Foot 1 pm	Breakfast 8:30 am Tennis 9 am Art Exchange Pavilion 1 pm
4	5	6 Recycle	7	8	9	10
	Live 2 B Healthy Strength & Balance 10 am Garden Club 2 pm Women's Billiards 1:30 pm	Men's Billiards 9 am Ping Pong 10:30 am Board Meeting 6:30 pm	Tennis 9 am Live 2 B Healthy Strength & Balance 10 am	Tai Chi 9-10 am Mahjong 1 pm Bingo 6:50 pm Darts 6-8 pm	Live 2 B Healthy Strength & Balance 10 am Hand & Foot 1 pm Social Conn. Happy Hour 5 pm	Tennis 9 am Hilltopper Submissions Due
11	12	13	14 Flag Day	15	16	17
Volunteer Appreciation 12 - 2	Live 2 B Healthy Strength & Balance 10 am Women's Billiards 1:30 pm	Men's Billiards 9 am Ping Pong 10:30 am Mexican Train 4:30 pm	Tennis 9 am Live 2 B Healthy Strength & Balance 10 am Let's Dine In 4:30 pm	Tai Chi 9-10 am Mahjong 1 pm Bingo 6:50 pm Darts 6-8 pm	Live 2 B Healthy Strength & Balance 10 am Hand & Foot 1 pm	Tennis 9 am
18	19	20 Recycle	21	22	23	24
	Live 2 B Healthy Strength & Balance 10 am Women's Billiards 1:30 pm	Dog Park sprayed 9 am Men's Billiards 9 am Ping Pong 10:30 am Cooking with Katie 4 pm	Tennis 9 am Live 2 B Healthy Strength & Balance 10 am Ready 2 pm Movie Night 6 pm	Tai Chi 9-10 am Mahjong 1 pm Bingo 6:50 pm Darts 6-8 pm	Live 2 B Healthy Strength & Balance 10 am Hand & Foot 1 pm Book Club 2 pm	Tennis 9 am
25	26	27	28	29	30	
	Live 2 B Healthy Strength & Balance 10 am Women's Billiards 1:30 pm	Men's Billiards 9 am Ping Pong 10:30 am Mexican Train 4:30 pm	Tennis 9 am Live 2 B Healthy Strength & Balance 10 am	Tai Chi 9-10 am Mahjong 1 pm Bingo 6:50 pm Darts 6-8 pm	Live 2 B Healthy Strength & Balance 10 am Hand & Foot 1 pm	

B R E A K F A S T

May June bring you Joy, Love and Lots of Sunshine

A NEW month marks a NEW beginning

And a fresh start for sure!

Just one positive thought in the morning

Can change your whole entire day.

So the thought....should be....

What are we cooking for " your " breakfast?



June 3rd - 8:30 - Sign Up or Don't Show Up, P L E A S E

Hope to see you there..... Mikkie



**PEW ARTISTS &
PHOTOGRAPHERS!
It's time for a new look!
We will be meeting at the
Clubhouse Pavilion Gallery
at 1pm on June 3rd (Sat.).**

Please bring up to three paintings, drawings, or photographs for consideration. The number to be displayed will depend on size. Also, the artwork will need to be framed and wired, so each piece can be hung appropriately on our walls. We're so grateful to our creative neighbors for sharing their works of art with us!

If interested, please contact Herlinda Mahler (949) 395-0815 or herlindamahler@yahoo.com

Social Connection

June 9th Happy Hour

Pot Luck, Social, Music and Dancing

5:00 PM – Social and Pot-Luck

6:00 PM Music and Dancing

No Sign up, No Cost, BYO food and beverages, and have fun

HAPPY HOUR

**Volunteers do not necessarily have
the time; they just have the heart.**

**HAVE YOU DONATED YOUR TIME IN ANY
CAPACITY TO THE RESIDENTS, CLUBS OR
EVENTS AT PEW?**

**IF SO, WITH SINCERE APPRECIATION FOR YOUR
SERVICE, THE PEWRA BOARD INVITES ALL PAST
AND CURRENT PEW VOLUNTEERS TO A
VOLUNTEER APPRECIATION LUNCH.**

WHEN: SUNDAY, JUNE 11th

12-1p SOCIAL HOUR -- 1-2 LUNCH

WHERE: PEW PAVILION

**TO CONFIRM YOUR ATTENDANCE, PLEASE SIGN UP IN THE
CLUBHOUSE BY SUNDAY, JUNE 4TH. SIGNIFICANT OTHERS ARE
WELCOME.**

Questions? Text or call Cathie Byrd @ 530.417.5186



**“LET’S DINE OUT” INVITES
YOU TO**

**DINE TOGETHER AT THE
PEW PAVILION
ON**

**FLAG DAY- WEDNESDAY
JUNE 14th**

4:30- DOORS OPEN

5:00-PRESENTATION BY A DOCENT FROM THE USS MIDWAY

5:30- DINNER IS SERVED

MENU:

**RED, WHITE AND BLUE SALAD, GRILLED KABOBS, RICE PILAF, ROLL AND
BUTTER, USS MIDWAY CHOCOLATE CHIP COOKIE BARS**

COST: \$15.00 PP BYOB

**SIGN UP IN THE CLUBHOUSE BY WEDNESDAY JUNE 7TH. DELIVER
PAYMENT TO CATHIE BYRD (#329) OR CATHY BASSETT (#86). YOUR
PAYMENT CONFIRMS YOUR SEAT!**



Cooking With Katie

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

Date: Tuesday, June 20

Time: 4 pm - 5:30 pm

Location: Palomar West Clubhouse

**Tasting Different Products: OLIVE OILS,
BALSAMIC VINEGARS, MARINARA SAUCES**

**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.

MOVIE NIGHT

ALL THE MONEY IN THE WORLD

June 21st – 6.00pm Showing at the Pavilion

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

ACADEMY AWARD® WINNER

CHRISTOPHER PLUMMER

is J. PAUL GETTY

“There is very little
in life worth paying
full price.”



ALL THE
MONEY IN THE WORLD

Free Popcorn and soda

Social Connection

The Social Connection Presents



JULY 4TH PARTY

Celebrate Independence Day

12:00 noon till 3:00PM

At the Pavilion, Pool and outside the Gym -
Shuffleboard, Corn Hole, Bocce Ball, and Music - Hot
Dogs, Hamburgers and Beans - Sides include Chips
and Coleslaw - Dessert

Free to Residents \$5.00 for guests

Guests limited to one per resident

Capacity limited to 150 people

Sign up and payment deadline June 26th

Include the names of all people

Check-in on arrival to get name tags

NO sign up means NO name tag = NO food



July 4th Parade

Dress up your vehicle and join us on a trip around the park

Bring the 4th of July to everyone

11:00 AM start at the clubhouse

CITY OF SAN MARCOS ANNUAL JULY 4th FIREWORKS FUNDRAISER "Our Flag - Old Glory"

Our Flag has always been proudly Independent. Born in Philadelphia on June 4, 1777, the Flag of The United States of America symbolizes the patriotic ideals of a nation "conceived in Liberty" and admired around the world. From the dawn's early light to the twilight's last gleaming. Our "Grand Old Flag" has been through a lot over the years, but a true Patriotic American will always stand by Old Glory through thick and thin, will respect, protect, and defend "Old Glory".

A donation in any amount is most appreciated.

Your donation is Tax deductible.

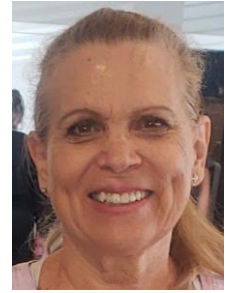
Please visit: <https://gofund.me/b1494984>

Checks can be made payable to the

Friends of San Marcos Parks & Recreation

and mailed to: 3 Civic Center Drive, San Marcos, CA 92069

Our motto here at Palomar Estates West is: "Pride in and Patriotism to our Country and Community is alive and well here at Palomar Estates West"



PEOPLE OF PALOMAR ESTATES WEST

This begins a new series of interviews profiling the people who live and/or provide services in our community.

The first profile is a conversation with our very popular exercise instructor, Dean Kelsey. The official name of the class is “Live 2 B Healthy Strength & Balance”. Look at the calendar in your Hilltopper magazine and you will see that the class meets every Monday, Wednesday and Friday at 10:00 am in the Pavilion. The best part: it’s FREE for residents! We can thank Millennial Housing for this wonderful service. The class is designed especially for seniors, so it’s low impact aerobics, with lots of stretching, balance, and strength work using weights and bands. Let’s talk with Dean now: **Good morning Dean, thanks for meeting with me.** My pleasure.

Can you tell me a bit about yourself? Where and when were you born? In Long Beach, CA on June 2. **Did you grow up there?** Yes, I went to Long Beach High School, graduated in 1973, then went to San Diego State University where I earned a B.S. in Physical Education. By the way, P.E. is no longer offered as a major; now it’s sports psychology, or personal training or...

Did you work in this field for your career? Yes, my first job was while I was in college; I worked for Jack LaLanne Health Clubs. Our main task was to sell memberships: we wore black leotards, orange smocks and HIGH HEELS! We kicked off our heels to demonstrate how to use the machines! **WOW! Times have changed.** Oh yes. Then music was added to the routines. This was pre-disco; we played R&B music to teach the classes. Then in 1980, Dr. Kenneth Cooper came along and told us we must do aerobic exercises for at least 20 minutes for each class session. So that was added as a new component.

Where did you work after college? After graduating in 1978, I worked at Palomar College 10 hours a week teaching P.E. classes and Aerobic Dance, as it was then called. I then worked as a full-time manager at a women’s spa in Carlsbad, where I taught group fitness classes, personal training, and sold memberships. They closed their doors in the ‘80s. After that I went to the YMCA in Escondido and was The Fitness Director of the Y in Temecula. From there I became a fitness specialist for the Golden Door.

You certainly have lots of experience teaching physical fitness. What are you certified to teach? I have several specific certifications; among them are:

- Silver Sneakers (which I do here at PEW)
- Spin classes, Suspension training
- Pilates Mat, not Reformer
- Body Pump (weightlifting) Personal training

We are so lucky to have such a professionally trained teacher! Can we talk a bit about your personal life? Nothing too “personal”, OK? Sure.

I got married in 1984, had my first child in 1985, the 2nd in 1988, and my third kid in 1991. My second husband, Malcolm, had 3 kids when we married, so we are a blended family with 6 children! Of course, they are grown up now and only one lives at home with us in Escondido.

How did you meet Malcolm? I was working at the Golden Door in Escondido, and I was waiting for my co-workers to meet me after work for dinner at Chin's Restaurant. I was the first one there, and I was sitting at the bar; he came in and sat next to me. We chatted for a while, and he gave me his business card and told me to call him if I wanted to get together. Now, at this point I was NOT interested in meeting anyone, but 1 month later I found his card in my pocket. My 20-year-old son said, "call and invite him to meet you for coffee". So, I did; we dated for 8+ years, then got married! **Why so long?** I really don't know, but we lived together, and he popped the question, and I said yes. We've been happily married for 2 years. **What does he do?** He owns a heating and air conditioning business; he does both residential and commercial jobs.

Let's get back to your career. What next? I left the Golden Door when one of my personal training clients offered me a position overseeing a military contract at the Naval Base at 32nd St in San Diego; I took it because the pay was great, but it was mainly a lot of paperwork.

Did you like it? Not really, it was a desk job and I got bored. So, I went to the Palomar YMCA and taught exercise, step and body pump classes. I enjoyed that much more. I was with the Y for 29 years in all, then COVID hit, and everything shut down. I didn't work for 2 years. Then I came to work 3 days a week at Rancho Vallecitos teaching classes for seniors; we were moved to PEW because most of the participants were from PEW. So here we are.

Yes, and your classes are full because everyone loves your teaching style. Thanks, I hope so. **Do you also work in other places?** Yes, I teach water aerobics and Silver Sneakers classes at LA Fitness in Escondido. **What is your favorite part of your job?** You guys! You are the most fun and appreciative group I've ever had. **AWW I know everyone loves your teaching too. We don't mind having a sub, but we really miss you. Something I notice about your teaching style (having taught myself), is that you are always aware of what the class is doing, e.g., if they are following you, or if they understand your directions. You are very interactive; you ask, "Does that make sense?" On the other hand, you make sure we 're not feeling like we MUST follow every step. I love how you say, "Do this, OR NOT!" I can see everyone smiling when you say this. So, what do you do for fun? (Besides teaching?)** I like to hike, garden, outdoor stuff. We have a house in Desert Hot Springs where my husband and I like to golf. I like to travel. **Where?** We like Canada, where Malcolm is from, also Spain, Cancun, Banff. **Any advice on eating healthy?** Yes, I eat real food, as opposed to processed. I try to eat high protein, low carbs, low sugar.

Thanks for your time, I think everyone will enjoy getting to know you better. You're welcome.

~~~Nancy Sims If you'd like to be interviewed, please contact me at [nancyasims@gmail.com](mailto:nancyasims@gmail.com)



## PEW Book Club

### Book Club Successful Launch!

Our first meeting was Friday, April 28th. Our Book was "All the Light We Cannot See". A great discussion ensued!

We will be continuing our club by picking one book a month to read and discuss. Our next selection is "Horse" by Geraldine Brooks. We will be discussing this book on May 26. Contact me to hear about the June selection.



If you would like to be included in future announcements and want to be a part of our Book Club, please contact me at [towlecandr@gmail.com](mailto:towlecandr@gmail.com). I will add you to our mailing list.

All meetings will be in the Multi-Purpose room (Dart boards) at 2:00 pm on the 4th Friday of each month.

I look forward to having you join us!  
Cynthia (Cindy) Towle  
**Email:** [towlecandr@gmail.com](mailto:towlecandr@gmail.com)  
**Telephone or Text:** 503.317.3544



### Pickleball players in Palomar Estates West.

Margie is 87, Roger is 86, and Scott is the young man of the group at age 80.

**Each Monday, Wednesday, and Friday, at 9 a.m.**

We join 8 to 12 other players for spirited and reasonably good Pickleball on the excellent courts available in the park.

The game provides good exercise, the occasional good shot, and excellent camaraderie.

The real fun of pickleball is not only the game, but the camaraderie. A very nice group of players

**Just another outstanding activity available at Palomar Estates West.**

# Garden Club

Warm and sunny greetings from the garden club. Thank goodness we are finally getting to enjoy the sun we've been missing. Now that the tomatoes and other veggies are planted, we can sit back and let the warm weather and sun do their thing.

We are looking forward to the community garden installation and are closer to our goal of raised beds and planting them out. Keep watching the end of Viewpoint Dr in front of the white fence for the next step of the journey.



Currently

Previously

If you haven't checked out the plantings in front of the waterfall at the clubhouse, it's really grown in. The colors & forms have grown according to plan. Thanks again to Felipe and his crew for installing the plantings for us last year.

This month our meeting was short and simple so we could tour a couple club members' gardens after a few announcements and refreshments. A couple items worth mentioning from the meeting.

First, Saturday May 13th was our field trip to **San Pasqual Valley Soils** and they gave away free mulch, as they do once a month. Car pools were available in front of the clubhouse. We departed at 9 a.m. It was about a half hour drive.

Second, **June's planned speaker – Gordon Coop** will discuss bamboo. He's a member of the Southern CA chapter of the American Bamboo Society. [bamboo@socalabs.org](mailto:bamboo@socalabs.org) Thank you, Cheri Carry, for a bountiful spread of tasty goodies and liquid refreshments!

Shevaun Teegarden and myself had our gardens on display for the tour. What a great time of year to show off our gardens. The weather was perfect and the rains had blessed us with ample nutrients to invigorate all that grows. I know everyone reveled in the intriguing display gardens. Let me know if you want your garden to be in future tours. Our next meeting will be Monday June 5th, 2 pm at the clubhouse.

Keep on gardening,  
Merlin Chancellor

## GARDEN TO-DO LIST FOR JUNE

- Check fruit trees for pests or disease.
- Plant vegetable seeds now for late summer harvest. Seedlings will produce about a month sooner.
- Prune spring flowering shrubs such as honeysuckle and forsythia after flowering has finished.
- Create summer hanging baskets of colorful flowers like petunias.

### FEATURED PLANT: *Euphorbia*'s “Firestick plant”

*Euphorbia tirucalli* ‘Rosea’, a cultivar of the plant commonly known as Firesticks, Pencil Cactus, or Pencil Tree, is a striking succulent shrub with smooth green cylindrical branches and orange, pink, or red tips. It is a stunning succulent plant that grows as a houseplant, patio container plant or a landscape shrub outside. It can grow up to 25 feet tall and 10 feet wide. The color tends to fade closer to yellow in the summer and becomes redder in winter. Leaves are small and fall early, so usually, the stems are naked. Flowers are pale yellow and inconspicuous. More Euphorbias die from too much care and watering than from neglect. They need well-



draining soil and lots of sunlight and may need weekly watering during the summer. Water deeply but don't let them sit in wet soil, which can cause root rot. Add some organic matter or fertilizer to the planting hole. Feed with a half-strength fertilizer monthly if growing them in containers or your soil is poor. While the ‘Firestick plant’ doesn't have many issues with pests and diseases, it is susceptible to a few. Spider mites tend to be the biggest issue, along with aphids. **Be careful pruning it.** Like all euphorbias, ‘Sticks on Fire’ has a white, milky sap. The liquid can cause irritation of the skin and is especially painful and dangerous to the eyes. Obviously, you shouldn't plant it where children and pets play. Carry the cuttings to the green waste bin by the dry branches or use them to start new plants. Choose a healthy stem and cut it with a sterilized and sharp pair of garden shears. Best time to trim euphorbias is during the dry season. After winter and spring rains, the plants may become engorged with sap that may squirt when limbs are cut. *Sources: [aboutsucculents.com](http://aboutsucculents.com), [worldofsucculents.com](http://worldofsucculents.com)*

## WHEN TO PRUNE

- We prune spring flowering plants like forsythia and honeysuckle in the spring because they bloom on old wood and the new growth that results from pruning needs time to grow and harden and produce new buds.
- We prune summer and fall blooming plants while dormant in late fall and winter to encourage new growth the following spring because they bloom on new wood.



# CINCO DE MAYO PHOTOS

Submitted by Mikkie Sawyer



## From the PEW Hilltopper Team:

We were happy to receive some new submissions for publishing in the Hilltopper. We actually received more articles and events than would fit in our allotted number of pages.

The publisher provides 20 to 21 pages to us. Page 21 is tentative. If the publisher has enough advertisements, then the publisher gets to use page 21 for the ads. The ads pay for the printing of the Hilltopper. We receive the beautiful four-color printing for free!

We were unable to include some submissions due to this space limit. In fact, you probably noticed that some events that normally were given a full page were only given a half page this month. We will do our best to include next month any submissions that were not able to be included in this month's issue.