

HILLTOPPER

May 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 Concourse 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

“Good intentions are like seed pods that blow away in the wind, but good acts are like the seed planted in fertile soil.”

Nothing like a fortune cookie to make you philosophical. One “good act” could be to keep up with soil that, because of the heavy rains, will be a little too fertile this Spring, with an expected surplus of weeds and other seasonal flora.

After such a long dry spell, 2023 may be one of those years in which we all have to work a little harder to keep your Park looking great. Thank you for doing your part by keeping your vegetation under control. We’ll try to do the same.

Since we’re talking about plant life, here’s a bit of tree trivia:

Q. How can you identify a Dogwood tree?

A. By its bark.

In Other News

- This month’s Kudo goes to Mary Ahart, “our resident Welcome Person,” helping our newcomers get settled and acquainted with their new home. Thanks, Mary.
- More Kudos: to Lee Zook, who donated 426 pairs of pajamas, ranging from 3 months to Adult XL. These PJs will benefit residents at 6 of our communities.

I’m not sure what to say, Lee, other than to express our gratitude to you for making less fortunate folks feel a bit cozier at night. Your gift is appreciated!

- 118 residents of Palomar East & West and Rancho Vallecitos had their taxes prepared for FREE last month, courtesy of SPARC, our resident services partner, and Dreams for Change, a local non-profit.

It was such a success that they promise to come back next year.

- Last year, all but one of you returned your Income Certs – those pesky forms we nag you about. Thanks so much for your cooperation. Your forms have helped pay for the \$3M in upgrades we’ve made during our ownership.

It’s almost time for you to do that again, so when you get your 2023 form in a few weeks, please return it promptly.

A Mother’s Day Memory

Someone once asked my mother: “Which of your 4 children do you love the most.” Her reply: “I love my children equally, except for the one who sleeps. I love that one more.”

Have a Happy Mother’s Day!

George Turk

Manager's Mentions

Debbie Bartlett has indicated that she will not be providing her article this month.
We look forward to hearing from her next month.



MAY 2ND BOARD MEETING 5:30 pm

General Board Meeting in the Pavilion at 5:30 on May 2, 2023

Guest speaker George Turk



MAKE A DIFFERENCE Join the PEWRA Board

There's no better way to get involved in your community than to join the Palomar Estates West Residents Association Board.

If you are interested in representing the interests of your fellow neighbors and wish to contribute to the growth of the community, then this is the perfect opportunity for you.

Please contact Tricia Spears (951-203-4945/spearstricia@yahoo.com) or any board member if you would like more information.

Interested? Send an email and brief Bio by May 5th

From the PEW Residents Board....

Hi Neighbors:

Spring has arrived and I for one couldn't be happier. I had previously thought that it would be nice to live somewhere with real seasons, but I think I've changed my mind. As much as I love the rain—and we certainly needed it—I'm very happy to see the backside of it!

At the last two board meetings a few residents brought up the subject of the recent rent increase. There was also some concern about what happens when our land lease is up in 2037. So I reached out to George Turk, President of Millennium Housing, and asked if he would be available to come to a board meeting and answer questions and share some insights with us. I'm happy to say that George will be at the May 2nd meeting, which will begin an hour earlier than usual at 5:30 pm. If you have questions for George, please be sure and come to the meeting.

It's getting close to May 5th and you know what that means?! That is when nominations close for the next Board of Directors applicants. If we have more candidates than positions available, there will be an election. If you're still considering joining the board, please contact me ASAP at either spearstricia@yahoo.com or 951-203-4945.

Speaking of May 5th, the Cinco de Mayo party should be a lot of fun—and it's actually on Cinco de Mayo. Including a live band, taco bar, chips and salsa, and a virgin margarita bar—all for only \$15.00—it's got to be the hottest ticket in town!

After professionally cleaning the floor tile around the jacuzzi it still didn't look any better, so we removed the tile and went with a concrete finish similar to the decking around the pool. There were complaints about it being too slippery, however, so a second surface treatment was applied and it is now safe and looks great.

One last little mention, EDCO has asked to remind everyone to break down your boxes before putting them in the recycling bin.

Cheers,

Tricia Spears
951-203-4945
spearstricia@yahoo.com

**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



MAY

Peter Oberg	1
Cindy Palermo	1
Deborah VanBeuseKom	5
Irma Mandujano	7
Bob Lahaye	8
Shevaun Teegarden	8
Elaine Hawkins	9
David King	9
Barbara Lovejoy	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
Vicky Hetrick	22
Trudi Steele	22
Marilyn Ferri	24
Susan Kutner	25
William Egge	27
Debbie Johnson	27
Jansi Sauer	28
Jean Tucknies	28
Bert Bettencourt	31
Russ Parker	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.

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, Jansi Sauer, Linda Swink, Lynn Thomas, Mary Wallace, Becky Zane

READY ADVISORY PANEL

Bryan Cooper, Mary Wallace
Cindy Palermo, Lee Tydlaska, Liz Larkin

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
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	Connie Krell	760-734-6522
Darts	6-8 pm Th Game Room	Chuck Thomas	707-799-6555
Dog Park	8 am- 8 pm Daily	Debbie McQuillan	858-663-2822
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		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

May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Live 2 B Healthy Strength & Balance 10 am Women's Billiards 1:30 	Men's Billiards 9am Ping Pong 10:30 am Board Meeting 5:30 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 10 am Hand & Foot 1pm Cinco De Mayo  5 pm	(Breakfast moved to Sat 5/13) Tennis 9 am
7	8	9 Recycle	10 Hilltopper Submissions Due	11	12	13
	Live 2 B Healthy Strength & Balance 10 am Women's Billiards 1:30	Men's Billiards 9am Ping Pong 10:30 am	Tennis 9 am Live 2 B Healthy Strength & Balance 10 am Let's Dine Out 4 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	Breakfast 8:30 am Tennis 9 am
14	15	16	17	18	19	20
	Live 2 B Healthy Strength & Balance 10 am Women's Billiards 1:30 pm	Dog Park Spraying 9 AM 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 Movie Night 6 pm	Tai Chi 9-10 am Mahjong 1pm Bingo 6:50 pm Darts 6-8 pm	Live 2 B Healthy Strength & Balance 10 am Hand & Foot 1 pm	Tennis 9 am
21	22	23 Recycle	24	25	26	27
	Live 2 B Healthy Strength & Balance 10 am Women's Billiards 1:30 pm	Men's Billiards 9 am Ping Pong 10:30 am (No Cooking with Katie in May)	Tennis 9 am Live 2 B Healthy Strength & Balance 10 am	Tai Chi 9-10 am Mahjong 1pm Bingo 6:50 pm Darts 6-8 pm	Live 2 B Healthy Strength & Balance 10 am Hand & Foot 1 pm	Tennis 9 am
28	29	30	31			
	 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			

A Social Connection Event

CINCO de MAYO



Live Band

\$15.00

938079304

WHEN: FRIDAY May 5th 5:00-9:00

WHERE: PEW PAVILION

Music, Margarita Bar (virgin), Taco Bar, Chips/Salsa

SIGN UP AND PAY BY APRIL 29th IN THE CLUBHOUSE. YOUR PAYMENT CONFIRMS YOUR SEAT! CANCELLATIONS AFTER APRIL 25th NON-REFUNDABLE, MAKE CHECKS PAYABLE TO "SOCIAL CONNECTION"

MOVIE NIGHT

TOP GUN: MAVERICK

May 17th – 6.00pm Showing at the Pavilion

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

Free Popcorn and soda



Social Connection

Let's Dine Out

Join Let's Dine Out under Tiffany Lamps at [Sorrento's Pizza & Italian Restaurant](#) serving San Marcos since 1976. Enjoy a variety of menu items from pizza, pastas, salads and sandwiches including Wednesday night's Chicken Parmesan special.

Where: **1450 W Mission Rd** (on Mission between N Rancho Santa Fe and N Las Posas Rd) in the corner of a small strip mall on the North side of Mission.

When: [Wednesday, May 10th, 2023](#), for an early dinner **at 4 pm**

Please call or text Linda Kerridge at 858-776-6783 with your name and space number to make your reservation. Please let me know if you need transportation.



The Social Connection Presents



JULY 4TH PARTY

Celebrate Independence Day

Save the Date

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

Garden Club

Spring is exploding all around us! I see nests full of baby hummingbirds, doves, and canaries plus a riot of flowers everywhere. Warmer weather is just around the corner which means we'll be digging in the veggie garden. It was great timing for Herb Fields' annual seedling event.



Herb (our speaker this month) had a seedling event on Saturday April 8th. He distributed over 800 organic vegetable seedlings plus some herbs. Now we're ready to plant out our garden beds.

We welcomed Herb to our April meeting to speak on the subject of insect prevention and control. He presented very useful information around pesticides, their uses and effectiveness. Drawing from his decades of experience, he shared knowledge we all absorbed and learned many new and useful tools to control harmful insects. We thank Herb for the powerful guidance, we really appreciate all the advice.

I want to recognize Robert and Sally for providing delicious snacks and beverages. We have such dedicated members who always volunteer to provide the best refreshments. You add so much to our meetings with great treats.

After our meeting Robin Green opened her garden for members to tour. We plan on more garden tours in the coming months. Let me know if you would like to share your backyard paradise with the garden club.

Until our next meeting, May first at 2pm, take care and keep planting.

Merlin Chancellor

GARDEN TO-DO LIST FOR MAY

- Now is time to plant from seed or seedlings pumpkin, summer squash, pepper, eggplant, cilantro, cucumber and all the vegetables requiring 6 hours of direct sunlight each day.
- Avoid breeding mosquitoes; empty all bowls, dishes, buckets and anything else that holds standing water.
- Plant dahlias, begonias and get in the gladiolus bulbs.

FEATURED PLANT: LAVENDER

Lavender (*Lavandula spp.*) is an herbaceous perennial herb in the Lamiaceae, or mint family. It is closely related to rosemary, sage, and thyme. It has silvery-green foliage and spike-shaped flowers that come in many hues of purple, pink, and white. It can be a dwarf 12" tall plant or a massive bush up to 36" tall and 3-5' wide. Lavender's aromatic blossoms lend well to culinary, medicinal, and ornamental uses. Although most Lavender can be propagated from seed or division, cuttings are a better way. Mix in a generous amount of sand, perlite, shredded bark, or fine gravel to improve drainage in the soil. In our climate lavender does not need to be grown indoors but if you do, give it as much direct sunlight as you can. Use a quick-drying clay pot with well-draining soil and plenty of drainage holes. Prune lavenders as you harvest the flower stalks. Best time to prune is just after the plants have completed their flowering cycle. Lavender keeps its flowers fragrance once dried. For best drying results, harvest the flowers as the buds first begin to open. Hang them in small bunches upside-down in a warm spot with good air circulation until dried. Thanks to their strong smell lavender is resistant to pests and diseases. The most frequent problems associated with lavenders are related to root and crown rots, usually the result of too much water or poor drainage in heavy soils. If leaves turn yellow the soil is too wet. If leaves are droopy you probably underwatered your lavender plant. Lavender has over 45 species and 450 unique cultivars. The four most popular and main types of lavender are: **English Lavender** (*Lavandula angustifolia*), most fragrance, cold hardy for northern climates; **Lavandin Hybrids** (*Lavandula x intermedia*), classic lavender smell and look; French **lavender** (*Lavandula dentate*), fluffy flowers, long bloom time, mostly ornamental, best in warm climates and **Spanish lavender** (*Lavandula stoechas*), very drought tolerant and compact shrub.



Source: UCANR.EDU allaboutgardening.com

- If your Lavender becomes woody, prune off the unattractive woody parts to encourage new growth.
- Lavandin hybrids and cultivars are not grown successfully from seed. The x in *Lavandula x intermedia* indicates that it is a hybrid. A name in single quotation marks indicates a cultivar.
- Two of the easiest lavenders to grow from seed are Munstead and Hidcote.

NOTES FROM THE LIBRARY

From Melissa Szilagyi

Hello fellow bookworms!

The PEW board has graciously given us a stipend to purchase books. This is the first time we will not rely solely on donated books. There is no reason the library should not be consistent with our other beautiful amenities.



The re-org is ongoing, but YOUR assistance is needed. I have been asking for suggestions on Authors and Titles and to date have received NONE!

I am aware of the books that are being read and am tracking the authors for new titles. Also please indicate if LARGE PRINT books are needed as the inventory is small. Leave suggestions in the drop box or by calling 760.216.7182.

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

A close-up photograph of a hand garnishing a bowl of orange soup. The hand is holding a small green leaf, which is being placed on top of the soup. The soup is in a white bowl and has some dark seeds or garnishes on it. The background is a light blue gradient.

Cooking With Katie

**There will not be a
Cooking With Katie event in May.**

Check next month's Hilltopper for future Cooking With Katie



St Patrick's Day Dinner – March 18, 2023

COOKING WITH KATIE

Salads from March

SOY CHORIZO TACO SALAD

1 plastic tube Soy Chorizo
1 can sweet corn (drained)
1 can Black Beans (drained and rinsed)
Jar of Roasted Sweet Red Peppers (2)
1/4 cup chopped cilantro
Head of lettuce
Shredded Mexican Cheese
Cilantro Salad Dressing
Pepitas (roasted and salted)

Remove soy crumbles from plastic and microwave 1 1/2 minutes. CHILL. Mix together the chorizo, corn, beans and 2 chopped peppers and cilantro. In another bowl, shred lettuce into thin slices. Toss with cilantro dressing. For plating, put a mound of lettuce on the plate, then top with a scoop of chorizo mixture. Sprinkle with Mexican cheese and pepitas.

SUMMER ASIAN SLAW

1 bag Broccoli Slaw
1 bag Cole Slaw Mix (purple and green)
3 green onions (diced including green)
1 box fresh edamame
1/2 bag frozen pineapple (defrosted)
Sesame Salad dressing
Cashew pieces (roasted and salted)

In a bowl, mix the 2 slaws. Add the onions, edamame and pineapple. Chill until ready to serve. Then toss with dressing and top with cashews

PESTO PASTA SALAD

1 pkg. Rainbow Radiatore Pasta
1 tub Fresh Bruschetta
1 tub fresh Pesto
1 jar Marinated Artichoke Hearts
1/2 jar Kalamata Olives (sliced)
1/2 C. Thinly sliced Fresh Basil
1/2 tub feta cheese
Pine Nus (pignolias)

Cook pasta according to directions. Approx 12 minutes. CHILL. Add Bruschetta, pesto and drained and chopped artichoke hearts. Stir in olives. Chill until ready to serve. Then stir in basil and feta and pine nuts.

BALELA SALAD

1 tub refrigerated Balela Salad
1/4 cup chopped red onion
2 large Persian cucumbers (chopped)
1 medium avocado (chopped)
2 Kumato tomatoes (chopped)
Juice of 1 lemon
Salt and pepper

Chop the red onion and the cucumber. Add chopped avocado and tomatoes. Stir in chickpea salad. Gently stir in lemon juice, salt and pepper.

**I always wanted to
lay naked on a bearskin
rug in front of a fireplace...**



**Evidently, Cracker Barrel
has a policy against this.**

I NEVER USE TURN SIGNALS



**IT'S NOBODY ELSE'S BUSINESS
WHERE I'M GOING**