



# HILLTOPPER

## FEBRUARY 2026

### PALOMAR ESTATES WEST

#### Onsite Management

**Maintenance:** Jorge Martinez

**Office:** Jessica Kane

**Office Hours:**

Monday thru Friday

9:30 a.m. – 12:00 p.m.

1 p.m. – 4:00 p.m.

**Office Staff**

Gayle Plant

**Weekend Relief**

Doug Tickner

**Security Patrol** Hidden Valley

Security (760) 744-1061

**Office:** (760) 727-5453

Fax: (760) 727-3054

After hours - emergencies only:

(888) 518-6064

**E-mail:** [Palomarestateswest@gmail.com](mailto:Palomarestateswest@gmail.com)

**Resident website:** [Pewresidents.com](http://Pewresidents.com)

#### Offsite Management

**PROPERTY MANAGEMENT  
HAVEN MANAGEMENT  
SERVICES**

3491 Concours Street, Suite 204

Ontario, CA 91764

Property Supervisor: Katie Davis

(909) 930-9750 Ext. 3005

Fax: (909) 481-7260

[kdavis@havenms.com](mailto: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

The Hillside is stabilized, the Storm Drain is new-and-improved, the Laundry & Car Wash are back in action, Jessica is newly married...seems like Palomar West is ready for a great 2026, doesn't it?

I certainly got that impression after reading the January Hilltopper, and the reports from Palomar's many clubs on their plans for the New Year. If you can't find something to do in Palomar West, you aren't trying hard enough.

By the way, Jessica wants to publicly thank "Cathy Byrd, Cathy Bassett, Lisa Kaufman, Rusty Bassett, Shevaun Teegarden, Linda Kerridge, Sue Friedman and all others who helped make Jessica's wedding so amazing. We have the most loving residents ever!"

Those folks also get the first Kudos of 2026. Can you tell that we're excited for the upcoming year?

### **"When the Dog Bites, When the Bee Stings..."**

Our most common complaints are, of course, speeding, dog poop, hogging Guest Parking, blowing through Stop Signs, more speeding...but lately we have a new one: "dogs getting out and nearly attacking other dogs."

That's a scary one, isn't it? It's a violation of the Park Rules for your little buddy to be off-leash, but it's also against the law – Sec. 6.24.110 of the San Marcos Municipal Code, to be precise.

So not only do you have to slow down while driving in the Park, you need to make sure your furry friend is either inside his home or on a leash. He might complain at first, but he'll get used to it.

Speaking of aggressive canines...Did you hear about the dog that ate garlic? His bark was worse than his bite.

### **With Valentine's Day Approaching...**

I thought I'd pass along some wisdom I learned from my lovely bride Roann: "Marriage is a relationship in which one person is always right, and the other is the husband." Has that been your experience also?

Have a fun Valentine's Day!

*George Turk*

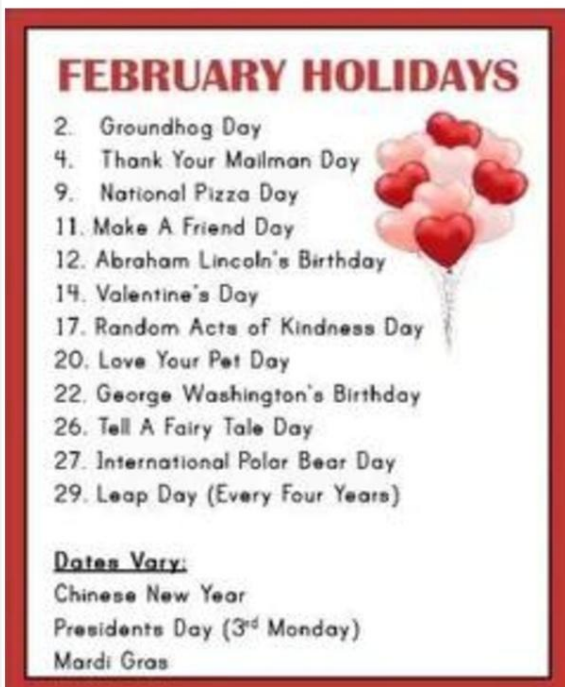
## NOTES FROM YOUR PEWRA BOARD

- I would like to thank Bob and Pat Taylor for their work with the Toys for Tots, collecting and donating several large bags of toys to Fire Station # 1 here in San Marcos. Melissa Szilagyi coordinated the annual food drive, and we brought over 2260 pounds of food to Jacobs-Cushman Food Bank. In addition, a 65" television raffled by Michael Ach brought in \$1000.00 in cash to the food bank. The winning ticket was # 039048, btw.
- Alone we can make a small difference but together we can make a bigger difference. Thank you to all who participated so generously.
- We all have things we would like to change here at PEW. Be it pickleball noise, airplanes overhead, speeding cars, kids in the pool or use of our facilities by non-residents.
- When elected to the board 4 years ago, I had no idea how long it would take to make changes. Months and sometimes even years and not all changes are good. But with proper input it can be. Let your voice be heard by attending the monthly meetings and speak up.
- I would like to encourage you to run for a position on the PEWRA board of directors. We have three directors being termed out this year. We need community minded individuals to step up and volunteer to guide PEW into the future. Speak to any current board member to get started on the process. The term starts June 2, 2026
- In closing I would like to thank the residents for allowing me to represent you for the last 4 years. It has been my pleasure...

Thank You,

Garry Larson

## MANAGER'S CORNER FEBRUARY



### Manager's Notes

Happy February Palomar Estates West!

We are still having some issues with speeding in the community, please try to stay aware of your speed as you are driving in the community. I have also noticed a few cats roaming around in the evening, if you are letting your Cats outside, please stop! With the amount of Cayotes we have here at PEW, your cats are in DANGER being outside.

Remember, my door is always open and if you need anything or have any questions at all, please don't hesitate to come to the office. I promise to always help as best as I can.

Your manager, Jessica

## Palomar Estates Residents Association Board (PEWRA)

President - Cathie Byrd; Vice President - Garry Larson;

Secretary- Jo Gehringer; Treasurer - Susan Friedman

**Directors** - Jesse Nieto, Michael Ach, Rick Towle

**Board Meeting: 1<sup>st</sup> Tuesday of the month (6:30) in the Pavilion Room**

## SOCIAL CONNECTION

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

## HILLTOPPER COMMITTEE

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

## READY ADVISORY PANEL

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

## BREAKFAST COMMITTEE

Mikkie Sawyer, LuAnn Foster, Trish Coy, Cathy Bassett, Karen King, Pat Taylor, Marcia Brown,  
Sheila Miller, Toni D'Alessandro, Tish Litz

## GYM COMMITTEE

Larry Brown, Rusty Bassett, Marie McElligott

## RULES COMMITTEE

Jesse Nieto, Mary Wallace, Jo Gehringer, Delane Johnson, 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.**

[illegible]

## 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 &amp; DAY</u>	<u>CONTACT</u>	<u>PHONE</u>
<b>Art Gallery</b>	On Exhibit in Pavilion	Sharon Lubert	909-519-8915
<b>Aquarobics</b>	9 am M-W-F	Trish Coy	760-536-9338
<b>Cardio Aquarobics</b>	9 am Tu, Th, Sat		
<b>Billiards (Men)</b>	9 am Tu	Peter Oberg	760-300-8891
<b>Billiards (Women)</b>	1:30 pm M	Gerri Harper	760-500-8681
<b>Bingo</b>	6:50 Th	Delane Johnson	612-240-4049
<b>Book Club</b>	Fourth Friday 2:00 pm	Cynthia Towle	503-317-3544
<b>Breakfast</b>	1 <sup>st</sup> Sat 8:30 am	Mikkie Sawyer	760-690-7825
<b>Bridge</b>	Varies - Call Ann	Ann Webb	702-449-9916
<b>Cooking with Katie</b>	Third Tuesday 4:00 pm	Katie Rodriguez	760-310-8623
<b>Darts</b>	6-8 pm Thurs Game Room	Chuck Thomas	707-799-6555
<b>Dog Park</b>	8 am - 8 pm Daily	Tom Matthews	951-660-0411
<b>Game Night</b>	Friday 6 pm	Linda Kerridge	858-776-6783
<b>Garden Club</b>	1 <sup>st</sup> M 2 pm	Merlin Chancellor	661-670-1336
<b>Community Garden</b>	8 am – 8 pm	Robert Fierro	619-339-0433
<b>Get Moving</b>	Mon & Wed 11:15-11:45	Sparc	
<b>Hand and Foot</b>	Wed 1 pm	Kim Stevenson	760-703-4872
<b>Let's Dine Out</b>	Times vary	Linda Kerridge Cathie Byrd	858-776-6783 530-417-5186
<b>Library</b>	Open Daily	Susan Balog	916-759-2636
<b>Mahjong</b>	1pm M	Kim Stevenson	760-703-4872
<b>Medical Rehab Lending Closet</b>	Open as needed	Rusty Bassett Jesse Nieto	619-301-9551 408-666-8088
<b>Meditation</b>	Tu 10:30 am	Sali Weiss	619-729-3226
<b>Mexican Train</b>	2 <sup>nd</sup> and 4 <sup>th</sup> Tu 4:30 pm	Margie Farrelly	760-855-8416
<b>Movie/Dinner/Dance Nights</b>	Dates Vary	Simon Spears	760-583-1549
<b>Pet Place</b>	Every Day 8 am-8 pm	Vicky Hetrick	760-672-2258
<b>Pickleball</b>	8:00 -10:00 am M-W-F-S	Dana Eads	760-216-7284
<b>Open Play All are Welcome!</b>			
<b>Ping Pong</b>	Tu 10:30 am	Nejla Gharajedaghi	760-536-9583
<b>R.E.A.D.Y. Panel</b>	3 <sup>rd</sup> Tuesday at 2 pm in	Mary Wallace	619-887-0700
<b>Emergency Preparedness</b>	Card Room	Bryan Cooper	858-342-3334
<b>Shuffleboard</b>	1:30 pm M	Rusty Bassett	619-301-9551
<b>Strength &amp; Balance</b>	10 am M-W-F	Dean Kelsey	760-519-1909
<b>Social Connection</b>	Dates vary	Merlin Chancellor Simon Spears	661-670-1336 760-583-1549
<b>Tai Chi</b>	9 am Th	Rudy Cobos	
<b>Tai Chi 24 Yang Style Form</b>	9-10 am Tu	Arnold Epel	760-208-9627
<b>Tennis</b>		Jim Catley	360-301-1566
<b>Yoga</b>	4:30 pm M	LuAnn Foster	480-203-4330
<b>Chair Yoga</b>	10 am Tu		

Hilltopper submissions to [pewhilltopper@gmail.com](mailto:pewhilltopper@gmail.com).

**All submissions must be submitted by the 10<sup>th</sup> of the month.**

If you notice any errors or omissions, please contact the Hilltopper at [pewhilltopper@gmail.com](mailto: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.  
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To advertise your business in the Hilltopper, call Boe Davis at Mobile Home Park Magazines, 408-744-1011, ext. 3107.



# FEBRUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	Pickleball 8-10 am Aquarobics 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	Cardio Aquarobics 9am Men's Billiards 9am Tai Chi 9 am Chair Yoga 10 am Ping Pong 10:30am Meditation 10:30am  <b>Board Meeting 6:30</b>	Pickleball 8-10 am Aquarobics 9 am Strength & Balance 10am Get Moving 11:15-11:45 Hand & Foot 1 pm	Cardio Aquarobics 9 am Tai Chi 9 am  Darts 6-8 pm	Pickleball 8-10 am Aquarobics 9 am Strength & Balance 10am Game Night 6 pm	<b>Breakfast 8:30</b> Pickleball 8-10am Cardio Aquarobics 9 am
8	9	10 Recycle	11	12	13	14
	Pickleball 8-10 am Aquarobics 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	Cardio Aquarobics 9am Men's Billiards 9am Tai Chi 9 am Chair Yoga 10 am Ping Pong 10:30am Meditation 10:30am Mexican Train 4:30  <b>Let's Dine Out PEW Pal'entine Dinner</b>  <b>Hilltopper Submissions Due</b>	Pickleball 8-10 am Aquarobics 9 am Strength & Balance 10am Get Moving 11:15-11:45 Hand & Foot 1 pm	Cardio Aquarobics 9 am Tai Chi 9 am  Darts 6-8 pm Bingo 6:50	Pickleball 8-10 am Aquarobics 9 am Strength & Balance 10am  Game Night 6 pm	Pickleball 8-10am Cardio Aquarobics 9 am
15	16	17	18	19	20	21
	Pickleball 8-10 am Aquarobics 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	Cardio Aquarobics 9 am Men's Billiards 9am Tai Chi 9 am Chair Yoga 10 am Ping Pong 10:30am Meditation 10:30am READY 2 pm Cooking with Katie 4:00	Pickleball 8-10 am Aquarobics 9 am Strength & Balance 10am Get Moving 11:15-11:45 Hand & Foot 1 pm <b>Movie Night 6 pm</b>	Cardio Aquarobics 9 am Tai Chi 9 am  Darts 6-8 pm Bingo 6:50	Pickleball 8-10 am Aquarobics 9 am Strength & Balance 10am <b>Social Hour 5:00</b> Game Night 6 pm	Pickleball 8-10am Cardio Aquarobics 9 am
22	23	24 Recycle	25	26	27	28
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**BREAKFAST.....on Saturday**  
**the 7<sup>th</sup> 2026**

As we welcome each other to another breakfast, in a new year that sets the tone for the rest of the morning. Welcome one and all, we are honored to have you join us for another breakfast. Nothing better than starting the day with good food and even better neighbors.

Special Treat....

The Toffee Barn which held a table at our yearly  
**CRAFT FAIR**, and was a huge success,  
is visiting “us” ..... along with breakfast.

Becky has brought her treats right to our door.  
Check out the flyer with her specialties and the price of each.  
Feel free to check it out and bring home the treats.

Mikkie & her Team....



# ***A CHANGE IS COMING***

After 9 wonderful years, I am ready to step down from my role as the leader of the Breakfast Team, serving a monthly breakfast to all my awesome Residents. This journey has been so rewarding and a huge part of my life. I am truly so grateful for all the men and women who joined me, volunteering their time to make such an impact while cooking and serving delicious creative breakfast each and every month. They have exhibited total dedication to its success.

All the new friendships that this breakfast has brought together, yet, it also nurtures existing friendships. Along with that, a homemade breakfast every time.

I will be right here; I'm not going anywhere. However, I am looking forward to stepping back and enjoying the view from the other side. Thank you, thank all of you, for making these years the best and most rewarding to me with your attendance. It has been my privilege serving this community of residents. I am so proud of what this connection has accomplished, for just showing how the importance of a few hours of gathering together can be for each of us.

***I want to put this out there that I am welcoming the next volunteer(s) to approach me over the next couple of weeks.*** It would be a shame to let this fall between the cracks. By all means, I will be here to walk with the new leader(s) every step of the way. Many of the crew will continue, bringing their experience with them as well. This is a role that two people could partner together on. Talk with me if you would like more information.

Lovingly, I thank everyone that has contributed to making the Breakfast Team so successful. My last breakfast will be March, so look for me to be sitting next to you ..... come April.

Affectionately,  
*Mikkie Sawyer, #282*  
760-690-7825

# LET'S DINE OUT PRESENTS



## A PEW 'PAL'ENTINE DINNER!



CELEBRATE FRIENDSHIP AND DINE WITH PEW PALS!



**TUESDAY, FEBRUARY 10, 2026**

**DOORS OPEN AT 4:30PM**

**DINNER READY AT 5:00PM**

**COST: \$15.00 PP**



### MENU

**APPETIZER, RASPBERRY PORK LOIN, MASHED  
POTATOES, VEGETABLE MEDLEY, ROLL AND BUTTER,  
DESSERT  
BYOB**

### TO RESERVE YOUR DINING SPOT:

- **PAYMENT IS DUE BY 2.6.26**
- **Make check payable to the Social Connection**
- **Place check (or cash which we prefer!) into an envelope and mark it "Lets Dine Out"**
- **Drop check into the Social connection box in the lobby**
  - **Your payment confirms your seat!**

# MOVIE NIGHT PLAY MISTY FOR ME

Feb 18<sup>th</sup> – 6:00 PM Movie

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

Movie Night! Popcorn/Soda

## CLINT EASTWOOD



The scream  
you hear may  
be your own!

## "PLAY MISTY FOR ME" *...an invitation to terror...*

Co-Starring

JESSICA WALTER · DONNA MILLS

JOHN LARCH · SCREENPLAY BY JO HEIMS AND DEAN RIESNER

STORY BY JO HEIMS · DIRECTED BY CLINT EASTWOOD · PRODUCED BY ROBERT DALEY

A JENNINGS LANG PRESENTATION · A MALPASO COMPANY PRODUCTION

Social Connection





Saturday February 28th -  
Doors open at 4:30PM Dinner at 5:30  
**Dinner-Jambalaya**  
**Live Band-Steal Dawn**

50/50 drawing

**\$20.00**

SIGN UP AND PAY BY  
February 23rd



YOUR PAYMENT CONFIRMS YOUR SEAT!  
CANCELLATIONS AFTER **February 23rd**  
NON-REFUNDABLE, MAKE CHECKS  
PAYABLE TO "SOCIAL CONNECTION"

# February Birthdays

Raini Cunningham	1
Marilyn Himaka	1
Nancy Cobb	2
Gerald Jameson	2
Bob Suttman	2
Cathy Koenig	3
Jeanelle Higgins	4
Lynne Mathews	5
Peter Angelos	6
Glen Ferguson	8
Yushuang Cao Jade	8
Erline Henson	9
Mary Freeman	10
Ken Graham	10

Denny Uhles	10
Janet Budd	12
Cesar Palacio	13
Al Weiss	14
Guillermo Acevedo	16
Bente Friis	17
Lynn Hall	17
Jackie Sharp	17
Carol Hallam	18
Erik Kopp	18
Terry Brady	19
Cita Cook	19
Billie Faye Cooper	19
Elizabeth Szafranski	19

Susan Balog	20
Ellien Carroll	23
Jennifer Engel	24
Carol Godett	25
Pamela Sobol	26
Barbara Waggoner	26
Sally McPartlan	27
Cynthia Nelson	27
Buz Barlow	28
Phyllis Escalante	28
Carol Lynch	28
Thomas Rauscher	28
Karen Zeluff	28
Joan Wesells	28

*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](mailto:pewhilltopper@gmail.com) so we can include those birthdays in the future.*

## PEW Book Club

Greetings from the Book Club!

February's book of choice is "The Fountainhead" by Ayn Rand. This 1943 novel follows the life of an uncompromising architect, Howard Roark, as he battles societal pressure to conform, exploring themes of individualism, integrity, and the conflict between creativity and tradition. This was Rand's first major success, establishing her as a prominent figure and introducing her philosophy of Objectivism, which champions the ego as the source of human progress. The story contrasts Roark's independent vision with "second-handers" who live through others, and it was adapted into a film in 1949.



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

Until then, keep reading!

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

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

## PEW ART GALLERY NEWS

### THANK YOU ALL PARTICIPATING ARTISTS!

*In 2025 our resident artists graced the Pavilion with six beautiful shows. Twenty-four artists participated. We have an amazing art community right here in PEW! Art displayed included work from some accomplished photographers and painters (artists). Some pieces have won impressive awards. Our goal is to include work from a variety of artists, hobbyists and professionals, including varying levels of skill and interest. We have featured several artists in each show. It is fun!*

*PEW artists are simply sharing our work with our PEW community. We have some accomplished artists with many pieces to share. Some pieces can be purchased, or others commissioned, directly with artists, who provide their contact information on title cards on the wall. We are not a commercial enterprise, so prices are never displayed. If you are interested in a piece, you can contact the artist directly. Each show is up for two months. Thank you everyone!*

**Artists** – We hang our new show on Saturday **March 21, from 12:00 to 1:00.**

(This month we were unable to reserve the space on the second Saturday, our usual schedule.) Please bring 1 to 4 pieces, and we will choose what we can use, trying to include everyone.

*Late entries need to be entered in the next show.* If you cannot be present, please arrange for someone to bring your art work. Also, protecting the wall is imperative!

We are using the STAS Moulding Hook System with Perlon cords.

***All pieces must be set up with wire,*** fastened with D-Rings..

Ideas, questions, comments, suggestions? Please call Sharon, 909-519-8915

It has been my privilege to organize the shows. All artists have been enthusiastic and helpful. We have received many compliments. It is a wonderful experience. If someone else would like to take a turn, please contact me. Rotating creativity can make it more interesting.

Thank you everyone! Sharon Lubert, (spc. 384) 909-519-8915

## PEW Library

Book donations are accepted as long as they are no older than 10 years, in excellent condition (no yellowing, tears, writing) and no more than 5 at a time. Please drop them in the book return.

Let me know if you have a favorite author you would like to see or subject matter. I will try to fulfill requests but can't guarantee it.

Direct any questions or requests to my email.

Happy Reading!!!

Susan Balog  
[hdestiny@msn.com](mailto:hdestiny@msn.com)





## Cooking With Katie

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

**Date:** Tuesday, February 17th

**Time:** 4pm-5:30pm

**Location:** Palomar West Clubhouse

### Demo: Soups

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

## REINDEER POOP

*The night before Christmas, I woke up with a scare when I heard Santa call.... "Now dash away, dash away, dash away all!" I ran to the lawn and in the snowy white drifts, those nasty reindeer had left little gifts. I got an old shovel and started to scoop... neat little piles of reindeer poop. To throw them away seemed like a waste, so I saved them, thinking you might like a taste! When I finished my task which took quite a while, Old Santa passed by and he sheepishly smiled. "And I heard him exclaim as he rose to the sky, "WELL THEY ARE NOT POTTY TRAINED BUT AT LEAST THEY CAN FLY!!"*

**RECIPE:** 1 Pound Plus Chocolate Bar  
1 ½ Cups Old Fashioned Oatmeal  
1 ½ Cuts non salted peanuts  
1 ½ Cups Pretzel Pieces or Twigs

*Melt Chocolate SLOWLY in a microwave safe dish. When in a liquid state, stir in nuts, oatmeal and pretzels. Drop by spoonful on a cookie sheet covered with parchment paper or foil. Be creative with shape and design. Refrigerate for one hour. Put in plastic bags and include Reindeer Poop Story.*

# Katie's Recipes from December

## TUSCAN CHICKEN SOUP

- |   |                                  |
|---|----------------------------------|
| 3 T. EVOO                                       | 6 cups Chicken Broth             |
| 1 container Mire Poix                           | 1 can Cannellini Beans (drained) |
| 3 Garlic Cloves (diced)                         | 2 cups Chicken or Turkey         |
| 5 OZ jar Roasted Tomatoes (drained and chopped) | 2 cups Kale (chopped)            |
| 2 T. Tomato Paste                               | 1 cup 1/2 and 1/2                |
| 3/4 C. White Wine                               | 1/2 cup Shredded Parmesan        |
| 1 tsp. Oregano                                  | 1 cup Chopped Basil              |

In a large skillet, heat the EVOO and add the mire Poix and garlic. Saute until soft and fragrant. Add the tomatoes, paste, white wine and oregano. Cook at least 5 minutes until everything is mixed. In a large pot, add the broth and beans. Cook until simmering. Use a potato masher and mash the some of the beans. This helps thicken the soup. Add the chicken and Kale. Simmer 20 minutes or more. Add the mixture in the skillet and continue to cook 10 minutes. Turn off heat. Add 1/2 and 1/2, Parmesan and Basil. Serve with croutons or warm bread.

## POMEGRANATE HOLIDAY SALAD

- 2 cups Arugula
- 2 cups Baby spinach
- 1 bag Shredded Cabbage (cut up)
- 1 Fennel Bulb (thinly sliced) Save fronds for garnish
- 1 bag Candied Pecans
- 1 container Pomegranate Seeds
- 1/2 Red Onion (thinly sliced)
- 1 cup Mandarin Oranges or fresh Mandarins

- 2 T. Dijon Mustard
- 2 T. Rice Wine Vinegar
- 2 T. Maple Syrup
- 6 T. EVOO

Put all the salad ingredients in a bowl, make the dressing separately and when ready to serve, toss salad and garnish with fennel fronds.

## GLUTEN FREE PEANUT BUTTER COOKIES

- 1 egg
- 1 cup sugar
- 1 cup peanut butter

Combine everything well in a bowl. Make balls and put on a greased cookie sheet. Squish with a fork into flat cookies. Bake at 350 degrees for 10-12 minutes. Add time as needed to get cookie golden brown and thoroughly cooked.



# Garden Club

One of the topics of discussion at our first meeting of 2026 was possible field trips. There were several locations we have never visited and some we thought we were worth revisiting, they included;

**Palomar College Arboretum**, there are 135 palm species, more than 39 oak species and at least 110 Ficus species located in the Arboretum's collection (to name a few)!>>>>>>>>>>



**Jack's pond park nature center**   **Alta Vista Botanical Gardens**   **San Marcos Heritage Park**



Another topic of discussion was gardening success in 2025. There were many anecdotes shared and lessons learned. It is always great to swap stories and get great tips. To learn from a professional, join us when Master Gardener **Kathryn Blankinship** will attend our February meeting, **Monday February 2nd, 2:00 P.M.**

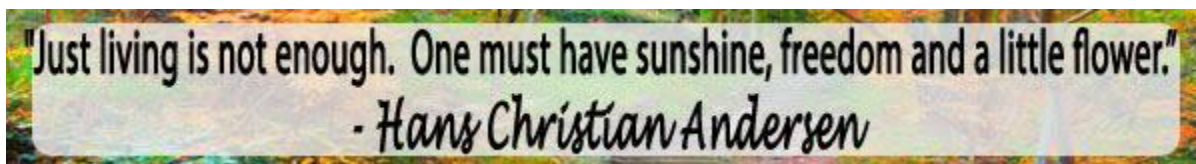
I brought refreshments, a savory selection of chicken and veggie wraps with chips and spinach dip decorated with edible flowers. A nice lite lunch fare with apple/cherry juice to wash it all down. It really hit the spot.

We are looking for a volunteer to coordinate field trips. Call or text Merlin at 661 670 1336 if interested.

There is a 4'x 8' Community Garden space available. Contact Robert Fierro at 619 339 0433 if you are interested.



Submitted by Merlin Chancellor





## Silverfish

By Herb C. Field  
Forensic Urban Entomologist

Silverfish are cool ancient insects that are small about 12mm, wingless and get their scientific name Thysanura from the fish-like scales on their body with a tail. I mentioned that because they are creatures with fossil records over 400,000,000 years old! They are distinctive as they have three long tail-like structures coming off the abdomen often called bristletails. In addition, they are very long-lived going through their life cycle over many years.

We typically find silverfish breeding in warm areas of our homes, especially the attic because they like temperatures in the 80's most of the time. We see them in the living space of our home because as their populations increase in the attic, they have a tendency to migrate down into the house looking for food. They are nocturnal or night-time dwellers so often they are not seen but their damage is. If we do see them, it is often when they get trapped in a wash basin or tub and wonder how they got there.

Silverfish will feed on any human food but are most attracted to starches such as glue or paste. In the attic they will feed on the glues that hold the insulation to the paper backing and as they feed move down into the wall voids and then find an exit point into the living space of your house.

In my many years as an urban entomologist I will typically see them feeding on the glue that holds book binding to the pages of the book, even to the point to when you grab the cover the pages remain on the bookshelf. They will feed on the upper edge of wallpaper where a tiny amount of wallpaper paste is exposed. They will continue to feed there as it is warm and to the point to where the wallpaper begins to get a rough edge and eventually start coming off the wall. If you use spray starch on your clothing like on collars, silverfish will feed on the collar and create a rough worn look to the collar edge.

In public libraries like the one I worked for in college in the bay area they are a significant pest and can cost thousands of dollars of damage especially in archived collections of books and magazines.

The control of silverfish used to be difficult, costly and distribute to a lot of pesticide in the house and attic. This would expose anyone needing to get into the attic to service the heater/air conditioner or termite inspector to pesticides that were often dangerous to breath. There was a time when arsenic dust was commonly used in attics for the control of silverfish.

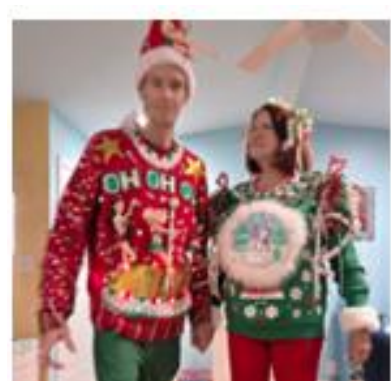
Today there are very effective bait products that can be placed in the attic and will draw the silverfish to them, one such product is called Niban. The active ingredient is just boric acid but the bait matrix is what makes it so effective, I've seen entire silverfish problems eliminated in one application.

Again, if you have interest in a particular insect whether it's in home or garden let me know and we'll put in the Quail Call. Contact me on either Next Door or directly at

entomologyservices@gmail.com



# Holiday Dinner and NYE 2025





# FREE TAX PREP RESOURCES

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

**(760) 744-5535**

## 2026 Social Connection Events

Date	Event	Time	Cost
Feb-18	Movie Night	6:00 PM	Free
Feb-28	Mardi Gras party	5:00 PM	\$20
Mar-14	St. Pats potluck	6:00 PM	Free
Mar-18	Movie Night	6:00 PM	Free
April-15	Movie Night	6:00 PM	Free
May-3	Cinco De Mayo event	5:00 PM	\$20