

HILLTOPPER

NOVEMBER 2020

PALOMAR ESTATES WEST



Onsite Management

Maintenance: Felipe Diaz

Office: Debbie Bartlett

Office Hours:

Monday thru Friday

9:30 a.m. – 12:00 p.m.

1 p.m. – 4:00 p.m.

Office Staff

Sandy Bolt

Weekend Relief

Kasey Koenig & Doug Tickner

Security Patrol

Hidden Valley Security

(760) 744-1061

Office: (760) 727-5453

Fax: (760) 727-3054

E-mail: Palomarestateswest@gmail.com

After hour emergencies, only:

(888) 518-6064

Resident website: Pewresidents.com

Offsite Management

PROPERTY MANAGEMENT

HAVEN MANAGEMENT SERVICES

1910 Archibald Avenue, Unit S

Ontario, California 91761

Property Supervisor: Katie Davis

(909) 930-9750 Ext. 305

Fax: (909) 930-9498

kdavis@havenms.com

MILLENNIUM HOUSING COMMUNITY

611 Anton Blvd., Suite 890

Costa Mesa, CA 92626

Phone: (949) 515-5100

Fax: (949) 515-5101

<http://millenniumhousing.com>

President: George Turk

Vice President: Lori Carraway

Project Manager: Diana Welsh

Director of Resident Services: Nicki Ross

MILLENNIUM MEMO

NOVEMBER 2020

You're frustrated with all the COVID restrictions? So are we!

As I'm typing this, SD County is still in the Red Tier, which at least allows us some freedoms. In that regard, we want to thank you for honoring the rules by which we're allowed to keep the Pool open, especially during the hot days we had last month. Just a few "cheaters" might have spoiled it for everyone, so thanks again.

Thanks also to the SPARC folks, who keep scheduling events, only to have them cancelled by their service providers. SPARC **was** able to sponsor a successful Tai Chi class (limited by the COVID rules to 10 residents). Less successful was the Art Class, which attracted only four folks. Can't blame COVID for that one.

San Diego County is SO close to turning Orange, which brings more loosening, so perhaps by the time you're reading this we'll have more going on. One can hope!

A Message to Palomar's Pooches

On behalf of the many residents who enjoy the beauty of a dog poop-free environment, I want to publicly thank the vast majority of dogs (and their owners) who refrain from soiling their Community.

For the canines who are a bit...relaxed on that score: Bad Doggie! Even though we're in a Pandemic, your dog still has to leave the Park as clean as it was before his/her walk.

In Other News...

- A couple months ago I suggested that you sign up for the Online Payment Portal as a contact-free way to make your payments. So far 118 of you are on board, but that's only 25% of the Park. Something to look into?
- Thanks to the City of Carlsbad for painting their hilltop Water Tank. Finally!
- Let's give a special Kudo to your hard-working crew, who continued to pick up trash, replaced driveways and performed their other duties while you and I sat in air-conditioned comfort. Yes, it's their job, but they deserve our thanks.

How hot was it last month? It was so hot that Debbie saw a dog chasing a cat...and they were both walking!

Flatten the Curve?

I saw my doctor recently for a routine check-up. Everything seemed OK, but I did tell him I've put on some weight during this Pandemic. His reply: "That's your COVID-19. Now it's up to you to flatten the curve," pointing to my belly. Ouch!

Stay well...and Have a Happy Thanksgiving!

George Turk

Time:
9:30-11:30am

When:
Tuesday,
November 17th

Where:
Rancho
Vallecitos
Clubhouse

Want to get your art on?

Take our free class!
Sign ups are mandatory
and space is limited to
15 residents. Please sign
up outside of the office!

Please remember to keep your distance when in the art class and remember to wear a mask while entering and leaving the designated art area. Free waters and snacks will be provided!





Tai Chi Classes

Occurring every Thursday
from
9:00AM-10:00AM.

Location: Parking lot outside
of the clubhouse.

- Tai Chi classes are free to attend!
- Free water and snacks will be provided.
- Sign ups are mandatory, space is limited to 10 residents.
- Please sign up outside the office!

Manager's Mentions

2020
November



SR Landscaping

We are all happy to introduce and welcome SR Landscaping to our Palomar West family. Sergio's team started with us on October 1st so we're sure you have noticed different uniforms out working around the grounds since they are wearing yellow vests instead of the orange ones you've seen in the past.

We want to make sure no one is alarmed when seeing some stripped hillsides. SR's team is starting on the short hillside by Spaces 313 & 314 to strip and replant ground cover and will be making their way west on Yosemite. As you can image it will take time to get through the Park, but we are sure this project will be successful, and we will all be happy with the results.

Covid-19 Reminders

- Pool/Gym are open 9:00 am to 6 pm daily
- Residents only – No family or guests
- 6 ft Social Distancing must be practiced
- Do not use any of the facilities if you are experiencing any symptoms of illness.



**Your next water meter
reading date will be:
Monday, November 9th**

Dog Park

We have gotten some reports that some of the "doggie parents" might not be respecting the privacy of the neighbors around the park. Everyone at Palomar West is expected to show respect to their neighbor's privacy and right to a peaceful lifestyle.

The Dog Park is a very important amenity and needs to be respected as far as picking up after your dog and not leaving the park in disarray. The same goes for respecting the fact that this park sits right next to peoples patios so please treat this location as if it was your own porch or deck and you are respecting your neighbors privacy and peaceful living area.

Gas BBQ's

At the latter part of last year we replaced the gas barbeques at the back of the clubhouse. A couple of weeks ago some of us got together to barbeque a roast and were appalled at the way those units were being left. We had to scrub them down before proceeding with our roast. There is a wire brush hanging on the right side of each unit to scrub down the grates when you are done. Please leave these units the way you found them. Show respect for the next resident that comes along.

The Park office will be closed on
Thursday & Friday November
26th and 27th.



Letter from the PEWRA Board President

Hello Neighbors and Friends.

I would like to wish you all an incredibly Happy Thanksgiving. In spite of the many challenges we have faced this year, we can be grateful for this beautiful community we call home. The homes and the views are lovely, but the neighbors we call friends are priceless.

The Card Room remodel is underway. I would like to thank the Board, Debbie, Felipe, and Haven Management for their support. This was a big project, and we all worked together to make it happen for you. When we were going through the room, we found a number of photo albums dating back to 1985. If any of those memories might be special to you, please come the Clubhouse and take them home with you. Just let Debbie or me know you are interested.

Management advises we have the ability to properly dispose of “green waste” (leaves, weeds, branches). If we bag it in separate bags on trash day. it will be disposed of appropriately.

Reminder**. The PEWRA Board is planning a Halloween Parade, Saturday October 31st at noon. If you would like to participate in the parade, come to the Clubhouse in your vehicle by noon. If you are a spectator, come out on your porch or driveway and wave as we drive past. Everyone is invited to get in the spirit. You can decorate your vehicle, dress in a costume, hat, mask, decorated facemask or maybe place a pumpkin outside. It will be fun so be sure to join us. We will remind you of the event when the date gets close.

And always, if you are alone and need help, please contact the Park Office or any Board Member. If you have a neighbor who is alone, please call them to say hello and check on them. Stay safe and be well.

Thank you and take care of one another.

Lu Ann





HALLOWEEN PARADE!

October 31 at 12:00pm noon

Meet at the Palomar Estates
West Clubhouse in your vehicle

Please join us for some fun and get in the
Halloween spirit!

*Join the parade or enjoy the fun as a spectator
on your porch or driveway and wave as we
drive past!*

*You can decorate your vehicle, dress in a
costume, hat, mask or just enjoy the
celebration!*

Sponsored by the PEW Residents Board

Sad to Report



Death of Kenny Foster

It's always sad when you have to report a death, and this one is extremely hard for me. My best friend and good buddy, Kenny Foster, passed away on Monday afternoon, October 5. After Kenny lost his wife, he and my husband, Chuck, were inseparable, doing everything together. After I lost my husband, Kenny and I did everything together. We shopped; he carried my groceries into the kitchen, as they were always too heavy for me, never complaining. We went to the Interfaith luncheons together every week, enjoying the company of our good friends. We attended all the social events; though neither of us danced, we had a good time. Once a month was "Let's Dine Out" to which we went without fail. We even went so far as to go for haircuts and pedicures together. I had a manicure but wasn't able to talk Kenny into that! This year to celebrate his 90th birthday, his stepson, Todd, hosted a luncheon for friends at the Old California Mining Company. Kenny was a true friend and I'll miss him so much, as I know his many friends will.

Rest in Peace dear friend.

Elaine Bassin

GRATITUDE

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."

— *William Arthur Ward*

"Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse."

— *Henry Van Dyke*

"If a fellow isn't thankful for what he's got, he isn't likely to be thankful for what he's going to get."

— *Frank A. Clark*

"Thanksgiving is one of my favorite days of the year because it reminds us to give thanks and to count our blessings. Suddenly, so many things become so little when we realize how blessed and lucky, we are."

— *Joyce Giraud*

HAPPY NOVEMBER BIRTHDAYS

Cheryl Binns	1	Jeff Arredondo	14
Karen Sanchez	1	Cendy Hansen	14
Linda Suckling	2	Michael Scaramello	15
Glenda Arnhart	2	Mingfang Yang	16
Kay Kristin	3	Marilyn Marvin	20
Helen Lyon	5	Judy Signorelli	21
Don Stubbs	5	Dave Grossman	22
Kea Simental	7	Toni D'Alessandro	24
Neal Teegarden	7	Barbara Claypool	25
Michele Newby	8	Catherine Schechtel	25
Susan Lawson	9	Ann Hacker	27
Paula Gooch	10	Phyllis Durham	28
Ira Schechtel	10	Sharle Kinnear	28
Cheri Pearson	11	Thomas Andreas	28
LuAnn Scaramella	13	Jean Smith	29



BIRTHSTONE:

TOPAZ



FLOWER:

CHRY SANTHEMUM



November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
DAYLIGHT SAVING TIME ENDS FALLBACK	QIGONG 9 AM YOGA 6 PM	YOGA 8:30 AM FEELING FIT 1 PM BOARD MEET 6:30 YOGA 6 PM	YOGA 6 PM	CHAIR YOGA 9 AM BINGO 7 PM?	FEELING FIT 10:30 AM	BREAKFAST ?
8 QIGONG 9 AM LET'S DINE OUT ? YOGA 6 PM	9 RECYCLE YOGA 8:30 AM FEELING FIT 1 PM	10 VETERANS DAY YOGA 6 PM	11 CHAIR YOGA 9 AM BINGO 7 PM?	12 FEELING FIT 10:30 AM	13 14	
15 QIGONG 9 AM YOGA 6 PM	16 RECYCLE YOGA 8:30 AM FEELING FIT 1 PM	17 YOGA 6 PM	18 YOGA 6 PM	19 CHAIR YOGA 9 AM BINGO 7 PM?	20 FEELING FIT 10:30 AM	21
22 QIGONG 9 AM YOGA 6 PM	23 RECYCLE YOGA 8:30 AM FEELING FIT 1 PM	24 YOGA 6 PM	25 YOGA 6 PM	26 CHAIR YOGA 9 AM THANKSGIVING	27 FEELING FIT 10:30 AM	28
29 QIGONG 9 AM YOGA 6 PM	30	<p>STILL HOPE, HOPE HOPING THAT THINGS WILL OPEN UP THIS MONTH AND WE'LL BE ABLE TO DO EVERYTHING WE WANT TO DO. IF NOT, CALL THE CHAIRMAN OF THE GROUP YOU'RE INTERESTED IN TO FIND OUT WHAT THEY'RE PLANS ARE. KEEP YOUR DISTANCE. WEAR YOUR MASK AND PLEASE STAY SAFE.</p> <p>DEADLINE FOR DECEMBER HILL TOPPER:</p> <p>NOVEMBER 10</p>				

RESIDENTS ASSOCIATION BOARD

President: LuAnn Foster Vice President: Marcia Brown
Secretary: Mikkie Sawyer Treasurer: Cindy Palermo

Members

Lynn Chialtas Lenetta Gee Christine Parkman

Board Meeting: 1st Tuesday of the Month at 6:30 pm – Pavilion

SOCIAL CONNECTION

Linda Swink – Chairperson, Eileen LaLone - Treasurer, Claudeen Lindsay- Secretary
Cathy Bassett, Herlinda Mahler, Mary Ahart, Arleen Schlafer, Rusty Bassett, Cathie Byrd

HILLTOPPER COMMITTEE

Debbie McQuillan, Elaine Bassin, Lynn Chialtas,
Ruthann Kirby, Linda Swink

READY ADVISORY PANEL

Ruthann Kirby, Carol Spizzirri, Bryan Cooper, Mary Wallace, Lynn Chialtas
Clark Moody, Cindy Palermo, Lee Tydlaska, Liz Larkin

BREAKFAST COMMITTEE

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

GYM COMMITTEE

Larry Brown, Rusty Bassett, Marie McElligot, Bill Paterson

Fire, Sheriff or Emergency in progress, such as break-ins, health problems or 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	9 am M-F	Trish Coy	760-536-9338
Billiards (Men)	9 am Tu	Stan Lindsay	760-598-0582
Billiards (Women)	1:30 pm M	Lynn Chialtas	760-310-1354
Bingo	6:50 pm Th	Delane Johnson	612-240-4049
Breakfast	8:30 am 1 st Sat/Monthly	Mikkie Sawyer	760-690-7825
Bridge	1:30 pm M	Connie Krell	760-734-6522
Dog Park	8 am- 8 pm Daily	Bob Stevenson	760-822-6746
Feeling Fit	1:00 pm Tu & 10:30 am F	Danelle	760-888-7018
Golf (Men)	9 am Th	Doug Doucette	760-734-1232
Let's Dine Out	5 pm 2 nd M/ Monthly	Christine Parkman	559-779-8380
Library	Open Daily	Ruthann Kirby	760-734-1340
Mahjong	2:00 pm Th	Kim Stevenson	760-703-4872
Medical Rehab Lending Closet	Open as needed	Clifton McDonald	949-929-1624
		Rusty Bassett	619-301-9551
		Jessie Nieto	408-666-8088
Mexican Train	4:30 pm Every 2 nd and 4 th Tu Pavilion	Diana Primeau	503-380-6686
Pickleball	3 pm M-F 10 am Sa & Su	Dan Timian	619-852-6671
		Chris Craig-Jones	760-908-2330
Ping Pong	10:30 am M	Nejla Gharajedaghi	760-536-9583
Quilting	10-4 2 nd W	Kay Lilland	928-486-3365
	10-4 4 th Tu North Multipurpose Room		
R.E.A.D.Y. Panel Emergency Preparedness	3 pm 4 th Tu Card Room	Ruthann Kirby Bryan Cooper	760-734-1340 858-342-3335
Shuffleboard	1:30 pm M	George Krell	760-734-6522
Social Connection		Linda Swink	760-855-2008
Tennis	9 am W & Sa	Rob Edwards	760-807-5683
Walking Group	7:30 am W	Ruthann Kirby	760-734-1340
Yoga	8:30 am Tu	LuAnn Foster	480-203-4330
	6 pm M, W		
	9 am Th (Chair)		
	Pavilion		
Zumba Gold	11:30 am Pavilion	LuAnn Foster	480-203-4330

Hilltopper submissions to pewhilltopper@gmail.com. All submissions must be submitted by 10th.

Hilltopper Distribution- Larry Jones 937-478-9199

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.

SAFETY WALKING AFTER DARK

Recently, I drove into our park after dark (and it's been a while at night since COVID) and had two incidents where I turned a corner and my lights hit walkers with and without dogs that were not able to be seen until headlights hit them. It made me think that, yes, we have a very safe park, but walking in dark clothes or without a flashlight on at night lowers the chances of drivers seeing a walker and making sure the walker is safe.

So, just a friendly reminder that when walking at night, be sure to wear light clothing that can be seen when the light grows dim or it gets dark, and please carry a flashlight to light your way. As we mature in age, falls, scrapes, bumps, and bruises are harder to recover from than when we were kids. Remember, stay safe and take care of yourselves.

Thank you
Claudeen Lindsay



'T WAS THE NIGHT OF THANKSGIVING



But I just couldn't sleep. I tried counting backwards, I tried counting sheep.

The leftovers beckoned, the dark meat & white, but I fought the temptation with all of my might.

Tossing and turning with anticipation, the thought of a snack became infatuation.

So, I raced to the kitchen, flung open the door, and gazed at the fridge full of goodies galore.

Gobbled up turkey and buttered potatoes, pickles & carrots, beans and tomatoes.

I felt myself swelling so plump and so round, 'til all of a sudden I rose off the ground.

I crashed thru the ceiling floating into the sky, with a mouthful of pudding and a handful of pie.

But I managed to yell as I soared past the trees, happy eating to all, pass the cranberries please.

May your stuffing be tasty, may your turkey be plump, may your potatoes and gravy have nary a lump.

May your yams be delicious, may your pies take the prize, may your Thanksgiving dinner stay off of your thighs!

.....
SALT is very, bad for you – you really should forget it. Better watch your intake or else you may regret it.

CHOLESTEROL is poisonous so never, never eat it.

SUGAR too will murder you; there's just no way to beat it.

FATTY foods will do you in. Be certain to avoid it.

Some foods are rich in vitamins, but PROCESSING destroys it.

So, let your life be ordered by each documented fact, and die of malnutrition with your arteries intact.

HAPPY THANKSGIVING!

Submitted by Elaine Bassin