

# HILLTOPPER

JANUARY 2021

## 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](mailto:Palomarestateswest@gmail.com)

After hour emergencies, only:

(888) 518-6064

**Resident website:** [Pewresidents.com](http://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](mailto: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: Stacey Price

## **MILLENNIUM MEMO**

**JANUARY 2021**

I got an interesting email the other day. Actually, it was a thank-you note. Why was this resident thanking us? His rent increase! He'd never gotten an increase of only \$5 before.

You can see his point. Palomar's rent increase is 0.825%, or \$5.23 for the average space. If you are at or near the Rent Cap, your increase will be even less—and if even that is a hardship (as opposed to a mere annoyance), you can apply for Housing Assistance.

Not a bad way to start the year. Other folks aren't as lucky as you are, however. At my daughter's apartment, someone asked her "How much do they ask for rent around here?" Her reply: "In my case, a couple times a week."

### **In Other News...**

- As you may have heard, after serving for 7+ years, Jeri & Dan Smith have retired as Managers at Palomar East. What an eventful 7 years it was!

As I'm typing this, we haven't settled on replacements yet, but whomever we get, they have a tough act to follow.

- Current fun project: remodeling the Card Room—assuming you ever get to play cards in the Clubhouse again. Next up after that: more water isolation valves. Sounds boring, but if there's another water break, you'll be happy that we can shut off just that one section and not the entire Park.
- Despite my comments last month, Nicki Valdivia, the head of SPARC, our resident services partner, isn't coming back in January after all. She's decided to retire from SPARC to enjoy her two beautiful babies. Good luck, Nicki!

With Stacey Price taking on the role as Palomar's SPARC person, you'll continue to be in good hands.

- Whatever you think of the Governor's (and County's) COVID Rules—and I bet we could have an interesting conversation on that—we still have to follow them.

If you visit the Putting Green, Dog Park, Pool, or any other amenity, please remember your masks, social distancing and other mandates. Palomar has lots of vulnerable older residents who appreciate your consideration.

### **Let's Get 2021 Off to a Great Start**

Hats on...Masks on...Party's on...Vaccines are on the way...we can do this! Whatever you do, however, don't ask what's next. I have a feeling we don't want to know.

Now have a great 2021.

**George Turk**



## SPARC MEMO

2020 has been a difficult year for everyone and SPARC is hoping to continue to bring programs and services to your community. This memo helps explain who we are and how we help bring health, wellness and educational services and programs to Millennium Housing residents.

### **Who We Are:**

SPARC was founded in 2007 by Millennium Housing. While providing a high quality, affordable living environment is a worthy goal, Millennium wanted to do more. To that end, SPARC was created to provide and/or facilitate the provision of social services and other opportunities to residents of Millennium Communities.

### **Programs:**

SPARC is an acronym which stands for "Services and Programs Assisting Residents in our Communities." These services and programs include resource fairs, after-school programs, college scholarships, exercise classes, home improvement and a multitude of other health and education related services pertaining to the specific needs of a given community.

SPARC is able to bring these types of programs to you by partnering with other local, national and nonprofit organizations. SPARC always encourages and welcomes suggestions given by residents.

### **Get Involved:**

Most programs are free or low cost, give out great prizes and offer food and/or refreshments. Visit your community management office and check the park magazine for more information about our events.

If you have any questions, please contact me at [rsc@sparc-ca.org](mailto:rsc@sparc-ca.org) or (949) 515-5100 extension 307.

Sincerely,  
Devin Pinedo  
Resident Services Coordinator

# Manager's Mentions

JANUARY 2021

## REMINDERS

- **Don't forget to pick up after your dog.**
- **Dog Park hours are 8 AM to 8 PM**
- **Don't forget to pick up after your dog.**
- **Dogs should be kept in the streets and not around the clubhouse or any common grounds.**
- **Don't forget to pick up after your dog.**
- **Dogs are to be kept out of any homesite other than your own.**
- **One more thing! Don't forget to pick up after your dog.**



## Bike Riders Beware

I've been asked to remind bike riders about the Park's 15 MPH speed limit. Although I can't imagine anyone in the Park racing bikes down these hills, we do want to remind everyone to be aware that there might be outsiders in the Park not obeying our speed limit. We all need to be aware when backing out of our driveways to proceed with caution.

## Congratulations Kasey!



In November of 2017 Kasey Koenig joined our crew as Weekend Relief Manager while working as Office Assistant at Palomar East. Kasey has been an all around worker for both parks filling in on occasional projects here at West but pretty much full time at Palomar East. Due to the recent retirement of Managers Dan and Jeri Smith, Kasey will be stepping into the position of Office Manager of Palomar East. Although we will miss Kasey working on weekends making sure everything runs smoothly here, we will continue to have Kasey as a resident at West. We want to wish Kasey all the best in his new endeavor and want to thank him for the time he has given to Palomar West.



## Don't Help Yourself

In late November a Park resident purchased a set of solar lights to light up her porch from under her umbrella. Being that there was not enough sunlight to charge the set, she placed them on her front wall to get adequate sunlight. When she went out to retrieve her lights, they were gone. We know that many of you put items out on the street, that they are discarding, to share with neighbors but if items are not marked "FREE", please don't help yourself. This incident happen on a Sunday afternoon, so we know it very well could have been a visitor or worker, we just wanted to make everyone aware.

## Letter from the PEWRA Board President

Hello Neighbors and Friends.

I hope everyone enjoyed your holidays and were able to stay safe and find new ways to connect with friends and loved ones.

What a year 2020 has been! So long and goodbye!

Here's to 2021 and all its possibilities. The Board is looking forward to sharing the remodeling we worked on in the Clubhouse, and I am looking forward to seeing you again, without a mask. I have been saving lots of hugs and some dances on my dance card.

The Board will resume monthly meetings in January as we begin to work on the Wish List and Budget for the 2021/2022 fiscal year. We are hopeful by June we will be able to have an election for new Board members. If you indicated you wanted to volunteer last year, we will connect with you to confirm you are still interested. If you did not volunteer last year and would like to, please begin to consider drafting a brief document to let other residents know why you would like to serve. We will publish these in the April Hilltopper.

Have you noticed our new landscaping company? They are busy weeding and planting and always smiling:)

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





## **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: 1<sup>st</sup> Tuesday of the Month at 6:30 pm – Pavilion**

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### **SOCIAL CONNECTION**

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

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### **HILLTOPPER COMMITTEE**

Debbie McQuillan, Elaine Bassin, Lynn Chialtas, Linda Swink

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### **READY ADVISORY PANEL**

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

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### **BREAKFAST COMMITTEE**

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

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### **GYM COMMITTEE**

Larry Brown, Rusty Bassett, Marie McElligot, Bill Paterson

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**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 &amp; 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	TBD	Delane Johnson	612-240-4049
Breakfast	TBD	Mikkie Sawyer	760-690-7825
Bridge	1:30 M	Connie Krell	760-734-6522
Dog Park	8 am- 8 pm Daily	Bob Stevenson	760-822-6746
Feeling Fit	TBD	Danelle	760-888-7018
Golf (Men)	8 am Th	Doug Doucette	760-734-1232
Let's Dine Out	TBD	Christine Parkman	559-779-8380
Library	By appointment only when clubhouse closed. Open daily when clubhouse open.	Eileen LaLone	858-229-8648
Mahjong	TBD	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	TBD	Diana Primeau	503-380-6686
Pickleball	<b>Open social play:</b> M, W, F: 8:00 - 10:00 a.m. Tu, Th: 2:00 - 5:00 p.m. Sat, Sun 10 am - noon	Debra Poortenga	909-680-9795
	<b>Arranged match play:</b> Tu, Th: 8:00 - 10:00 am M, W, F: 2:00 - 5:00 p.m. Sat, Sun 8:00 - 10:00 am	Lisa Kauffman	760-207-2010
Ping Pong	TBD	Nejla Gharajedaghi	760-536-9583
Quilting	TBD	Kay Lilland	928-486-3365
R.E.A.D.Y. Panel Emergency Preparedness	TBD	Bryan Cooper	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

Hilltopper submissions to [pewhilltopper@gmail.com](mailto:pewhilltopper@gmail.com). All submissions must be submitted by 10<sup>th</sup>.

Hilltopper Distribution- Larry Jones 937-478-9199

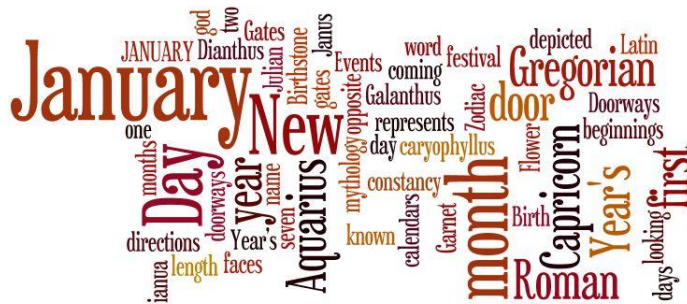
The Hilltopper does not publish articles submitted anonymously. The Hilltopper may edit articles for publication and will not publish anything of a political, medical, or religious nature.

**THE HILLTOPPER DOES NOT ENDORSE ANY OF THE ADVERTISERS THAT APPEAR IN ANY ISSUE- USE AT YOUR OWN DISCRETION.**

Please note many indoor activities are on hiatus due to COVID-19. If you notice any errors on the list, please contact the Hilltopper at [pewhilltopper@gmail.com](mailto:pewhilltopper@gmail.com). If in doubt, please check with the person listed for the activity. As soon as it is safe, we will restart activities. Thank you for your understanding.

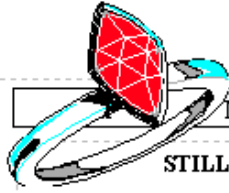
# HAPPY JANUARY BIRTHDAYS

Hazel Ritter	1	Galla Nikolayen	12
Thanh Busselle	1	Glenn Blalock	13
Bill Vaillancourt	2	Karen King	17
Nancy Sims	2	Shirley Heller	20
James Preisach	2	Richard Ebeltoft	21
Rob Edwards	3	Kay Lilland	23
Onah Nguyen	5	Dave Kemp	24
Bill Paterson	8	Carolyn Novak	26
Virginia Spagnola	10	Robert Hess	26
Claudeen Lindsay	10	Buzz Busselle	30
Richard Kutner	11	Steven Dahl	30
Brent Parkman	11	Sandy Iacampo	31
Arlene Hansen	11	Marilyn Iverson	31
Patrice Richardson	12		



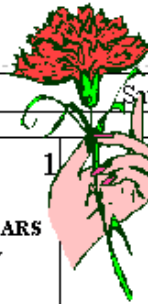


BIRTHSTONE:  
GARNET



# January 2021

FLOWER:  
CARNATION



Mon      Tue      Wed      Thu      Fri      Sat

STILL HAVE NOTHING NEW TO REPORT.  
CHECK WITH THE CHAIRMAN OF THE EVENT YOU'RE  
INTERESTED IN. SHE'LL BE ABLE TO UPDATE YOU.  
HAVE A SAFE JANUARY ... WASH YOUR HANDS OFTEN. WEAR  
THAT DARN MASK, AND KEEP YOUR DISTANCE!

1 2  
NEW YEARS  
DAY

3 GI GONG 9 AM	4 RECYCLE	5	6	7	8	9
10 GI GONG 9 AM	11 GI GONG 9 AM	12 BOARD MEET 6:30	13	14	15	16
17 GI GONG 9 AM	18 GI GONG 9 AM	19 RECYCLE	20	21	22	23
24 GI GONG 9 AM	25 GI GONG 9 AM	26	27	28	29	30

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**DEADLINE FOR FEBRUARY HILL TOPPER:  
JANUARY 10**

## Beware of Porch Pirates

It has been reported that things are disappearing off the front lawns. On Sierra, two homes had their metal sculptures stolen. At the Viewpoint entrance, the two reindeer were stolen. Other people have reported that the solar lights are disappearing. Everyone keep an eye out.

Debbie McQuillan



## COVID Reminder

I know the last thing anyone wants to hear about is COVID. Today is December 12<sup>th</sup> and the state is on a statewide stay-at-home rule. While vaccines have been approved, it will probably be months before enough people have been vaccinated to make a difference, so here is a gentle reminder of what we can do to help protect ourselves and our neighbors.

Debbie McQuillan

A public health poster with a grey background and a red arrow pointing up and to the right. The title "ALERT: COVID-19 Cases Are Rising" is in bold black text. Below the title are four red square icons with white text instructions: 1. A house icon with "Stay home when possible." 2. A person wearing a mask icon with "Wear a mask over your mouth AND nose." 3. Two people with a double-headed arrow between them icon with "Avoid crowds. Stay 6 feet away from others." 4. A hand being washed with soap bubbles icon with "Wash your hands often." At the bottom left is the CDC logo with the text "CS321423-A" below it. At the bottom right is a yellow box with the text "cdc.gov/coronavirus".

## Coyote Alert

Coyotes have been sighted in many parts of the park. One resident on Sierra found a dead dog in their backyard after a coyote was seen. Remember dogs should not be out after dark without being escorted.



Submitted by Debbie McQuillan

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## Sorry to Announce

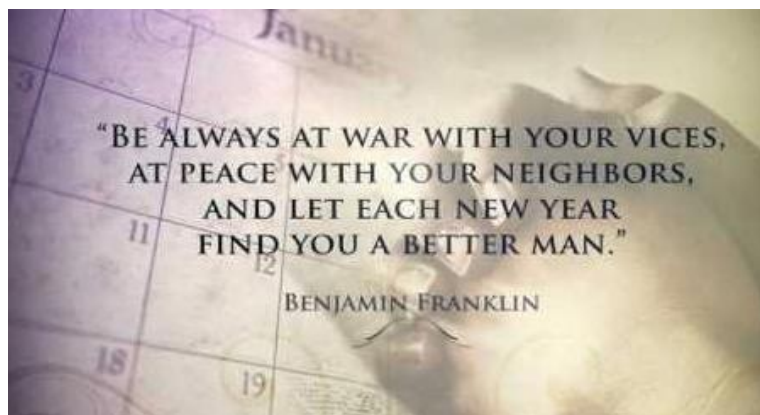
On December 3, 2020, Carol Spizzirri died. She is remembered for her work on the READY team and her quick smile. A tribute to celebrate and commemorate her outstanding achievements will follow soon.



Carol and her daughter.

Submitted by Debbie McQuillan

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Submitted by Debbie McQuillan

# Lost Words From our Childhood

By Richard Lederer

Well, I hope you are Hunky Dory after you read this and chuckle...

About a month ago, I illuminated some old expressions that have become obsolete because of the inexorable march of technology. These phrases included “Don’t touch that dial,” “Carbon copy,” “You sound like a broken record” and “Hung out to dry.” Back in the olden days we had a lot of moxie. We’d put on our best bib and tucker to straighten up and fly right.

Heavens to Betsy! Gee whillikers! Jumping Jehoshaphat! Holy moley!

We were in like Flynn and living the life of Riley, and even a regular guy couldn’t accuse us of being a knucklehead, a nincompoop or a pill. Not for all the tea in China!

Back in the olden days, life used to be swell, but when’s the last time anything was swell? Swell has gone the way of beehives, pageboys and the D.A.; of spats, knickers, fedoras, poodle skirts, saddle shoes and pedal pushers.

Oh, my aching back. Kilroy was here, but he isn’t anymore.

We wake up from what surely has been just a short nap, and before we can say, well I’ll be a monkey’s uncle! or This is a fine kettle of fish! We discover that the words we grew up with; the words that seemed omnipresent as oxygen, have

vanished with scarcely a notice from our tongues and our pens and our keyboards.

Poof, go the words of our youth, the words we've left behind. We blink, and they're gone. Where have all those phrases gone?

Long gone: Pshaw. The milkman did it. Hey! It's your nickel. Don't forget to pull the chain. Knee high to a grasshopper. Well, Fiddlesticks! Going like sixty. I'll see you in the funny papers. Don't take any wooden nickels. Heavens to Murgatroyd! It turns out there are more of these lost words and expressions than Carter has liver pills.

This can be disturbing stuff! We of a certain age have been blessed to live in changeful times. For a child, each new word is like a shiny toy, a toy that has no age. We at the other end of the chronological arc have the advantage of remembering there are words that once did not exist and there were words that once strutted their hour upon the earthly stage and now are heard no more, except in our collective memory. It's one of the greatest advantages of aging.

See ya later, alligator, after a while crocodile!

Submitted by Debbie McQuillan

**An optimist stays up until midnight  
to see the new year in.**

**A pessimist stays up  
to make sure the old year leaves.**

Bill Vaughan

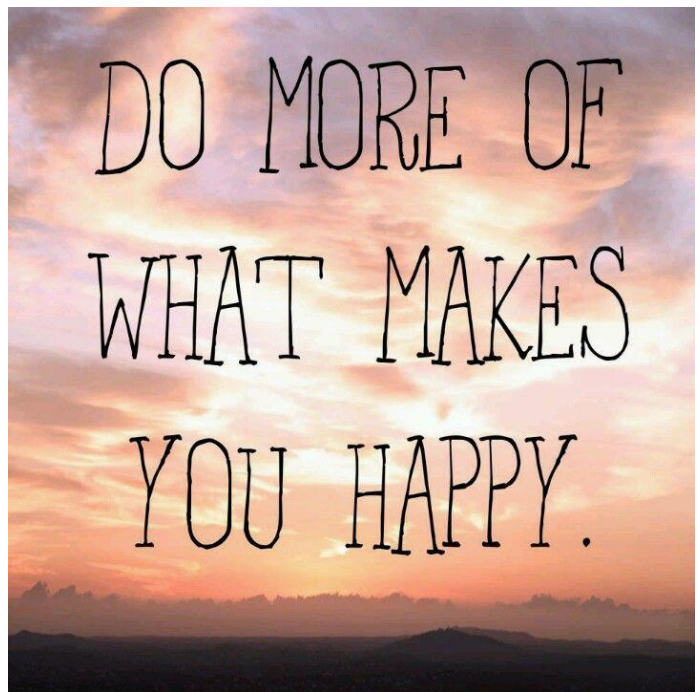
This year I think we are all praying the old year leaves and new year of health, wealth and happiness comes in.

Debbie McQuillan

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**“THERE  
ARE FAR,  
FAR BETTER  
THINGS  
AHEAD  
THAN ANY  
WE LEAVE  
BEHIND.”**

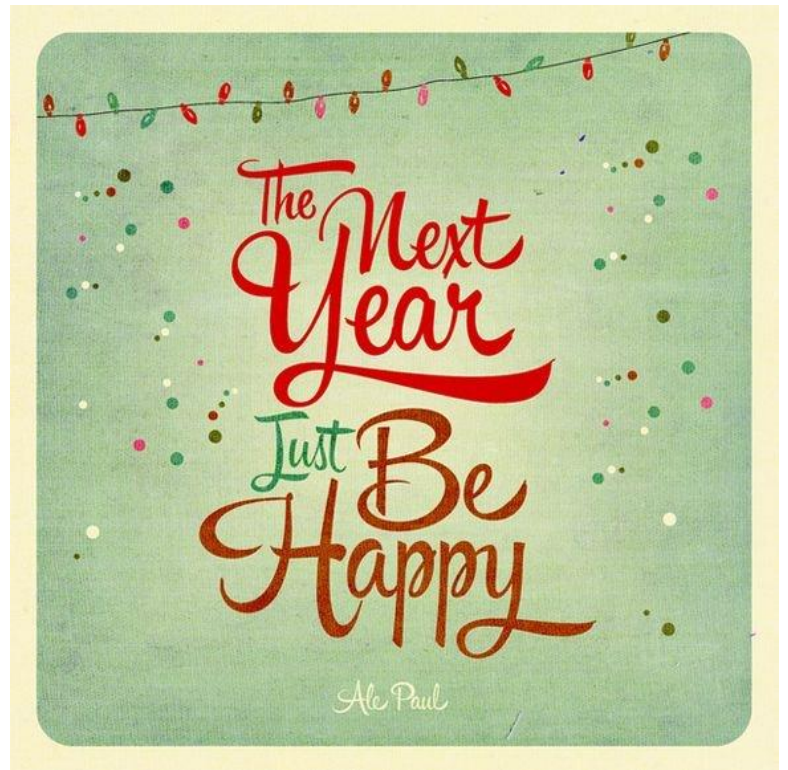
- C.S. LEWIS  
ITSALLYOUBOO.COM





## 10 tips to succeed at your New Year's resolutions

1. Be realistic
2. Write it down
3. Be accountable
4. Make it measurable
5. Talk about it
6. Break it down into smaller goals
7. Reward yourself along the way
8. Keep your eye on the prize
9. Remind yourself of why you're doing what you're doing
10. Keep trying until you get there



**A New Year's resolution is something that goes in one Year and out the other.**

