

# **HILLTOPPER**

**DECEMBER 2019**

## **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

**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: John Davis**

(909) 930-9750 Ext. 303

Fax: (909) 930-9498

[jdavis@havenms.com](mailto:jdavis@havenms.com)

**A 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

### DECEMBER 2019

Do you remember the FREE Smoke Detector Event we had last year? There's a reason I'm asking.

Recently, a sleeping couple at our Park in Palm Springs was alerted in the middle of the night to a fire in their Bathroom (caused by a fan spark). They escaped unharmed, their home was saved...and they credited our Smoke Detector with saving their lives.

There's also a new law—AB 338—that requires “all used manufactured homes that are sold on or after Jan. 1, 2020 to have installed in each room designed for sleeping a smoke alarm that is operable.”

So...all of your bedrooms have working detectors, right? Just making sure...

#### Kudos...

This month's Resident Kudos go to Kate Leslie & Erin Wolf (Sp. 121) “for their fabulous holiday decorations. They decorate for all holidays, but Halloween was above & beyond,” according to Debbie. Great job, Kate & Erin!

Let's also award Kudos to the folks that put on the Día de los Muertos Party: Lynn & Chuck Thomas, Cathie & Ron Bird and Tricia & Simon Spears. Thank you for that gift to your neighbors. That had to be a lot of work.

#### A Couple More Notes

- You've heard about AB 1482—the Statewide Rent Control Law that takes effect on Jan. 1, but did you know that it does not apply to manufactured home communities? That's OK: you are still covered by San Marcos' rent control ordinance and the protections of non-profit ownership.
- A little Phone Etiquette: If you call us at our Main Office, leave your phone number at the beginning of your message. You have a better chance of a return call if we don't have to listen to a long message just to get your number.

We want to help you, but if your message doesn't include what you're calling about, I can't refer your concern to the proper person. Repeatedly calling and hanging up isn't helpful. Just saying...

#### Happy Wife, Happy Life?

I'm giving my wife a new refrigerator for Christmas. I can't wait to see her face light up when she opens it. Yes, I know—it's a thoughtful gift, but she's worth it.

Now have a Merry Christmas & a very Happy New Year!

*George Turk*

# Manager's Mentions

December  
2019



As we enter the last month of 2019 and head into the New Year, the office will be experiencing a slightly different schedule. The office will be closed on December 24<sup>th</sup> & 25<sup>th</sup> in observance of the Christmas Holiday. We will also be closed on December 31<sup>st</sup> and January 1<sup>st</sup> for New Years. I feel like a broken record at this time of the year making sure everyone knows that they are in the very capable hands of Kasey, our Weekend Relief Manager. Kasey will make sure that all park facilities are open, pool chemicals are balanced and any park emergency is handled.

## Walking the Dog

We need to remind all of the dog walkers that dogs are not allowed to be walked on ANY home site other than your own. Dogs are not to be walked on any common areas such as park landscaped corners or around parking lots. We also ask that you do not leave bags of dog droppings in the trash cans around the BBQ and picnic areas or in the ashtrays around the clubhouse. For a long time we did not have the privilege of being able to walk our dogs in the park and we don't want to lose that privilege.

### December Highlights

1. Christmas Dinner – December 14th
2. New Years Day – Hair of the Dog

## TRASH SCHEDULE

Big changes over this month so here is how it's going down. Since Christmas Eve is on Tuesday, making Christmas Day on a Wednesday household trash will be picked up on Thursday of that week instead of Tuesday. Since recycling is picked up by an outside company and Christmas Eve is not a legal holiday, recycling will be picked up on the 24<sup>th</sup> as usual. Jumping ahead to the following week for New Years Eve and New Years Day we will follow the same schedule with a Thursday pick-up. Christmas trees will be picked-up on regular household trash pick-up days after the crew has picked up trash for the entire park. Once regular trash is dumped they will make an additional round of all homes to pick up trees. **RECAP: Recycling only, can go to curbside after 4 pm on Monday for a Tuesday pick-up. Regular household trash can go to curbside after 4 pm on Wednesday (Christmas Day) to be picked up on Thursday. With the exception of the recycling, the same schedule pertains to the following week for the New Year's Holidays.** We will be sure to put out some calls to refresh everyone's memories.

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

## Letter from the PEWRA Board President

Hello neighbors and friends,

I love December!! I get to travel home to Pennsylvania to spend the holidays with family and friends. It usually gets very cold and snows at least once. My mother takes great pleasure in feeding me all of my favorite Philadelphia foods. Then, I come back home. My heart is full, and I am few pounds heavier and ready to appreciate our great weather here in San Marcos.

Things have been quiet on the Board the last few months, but on Saturday, December 7th, we will sponsor the Community Breakfast and hold a General Meeting. We invite you to join us to honor all of the wonderful volunteers in our park and dedicate our new gazebo. If you have not seen the gazebo, it is on the hill next to the Clubhouse.

I have heard feedback that our Community Driveway Sale Saturday October 26th was a big success. I would like to thank Don and Tammy Cardenas for the great job organizing the event, and Diana Primeau for advertising the event in all the right places to attract so many shoppers. Kudos to you all!!

This time of year, we like to show our appreciation for our office staff and all the hard-working maintenance guys in our park. When you receive your envelope asking for a donation, please contribute to show how much we appreciate all they do.

I wish the Happiest of Holidays to each of you and your families, whatever holiday you celebrate this season.

Thank you and take care of one another. Lu Ann

# December Breakfast December 7<sup>th</sup> at 8:30 am



When we were children, our December weekends were spent making cards, decorating the tree, hanging the wreath and preparing brandy butter and peppermint creams. But in our community, the breakfast committee is debating...should we have ham and eggs or blissful omelets.

Why don't you join us and find out!

There definitely will be a scrumptious start to "YOUR" day.

What better time to begin fresh starts, after all, tis the season that makes everything seem like another chance to a brand-new beginning.

Don't count the days, make the days count...



*Mikkie*

PLEASE JOIN US AS WE CELEBRATE AND HONOR  
THE HARD WORK AND DEDICATION OF OUR  
PALOMAR ESTATES WEST VOLUNTEERS

WHEN: Saturday, December 7

PEW Monthly Breakfast

8:30AM

WHERE: Palomar Estates West Pavilion

Come join the PEWRA Board for a special dedication to celebrate the many volunteers who work tirelessly to make Palomar Estates West a great place to live.



Sponsored by the PEWRA Board

PLEASE SIGN UP IN THE CLUBHOUSE BY DECEMBER 1

## 2019 Holiday Bowl Balloon Parade

This year's Big Bay Balloon Parade will kick off at 3 pm on Thursday December 26<sup>th</sup>. It is the largest balloon parade in the US (much bigger than Macy's). If being a balloon handler is on your bucket list, give me a call or email and let me know. If you participated last year, I will be contacting you soon.

Again, this year each handler will get a small gift. As for travel, you can drive if you like, or take the Coaster to either Old Town (where you can hop the trolley); or Santa Fe Station in downtown. Lots of different ways to get there. We should have MTS trolley passes, good for the entire day, available for those who need it. Everyone will need to be there by 2 pm at the latest to get our balloon assignment.

Last year many of us met after the parade in Little Italy to try out the new food court. Some have indicated they would like to do that again, but several have mentioned getting a group together for dinner at Old Town before heading back. There will be lots of options!! Of course, you are free to strike out on your own as well. Whatever you decide, it will be a good time.

Please contact Larry Jones by phone at 937 478 2500 or email [ldjones2000@gmail.com](mailto:ldjones2000@gmail.com) for more info or to add your name to the list!

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## Toys for Tots and Interfaith Food Drive



As of November 2, the donation containers have been placed in the clubhouse. They are for Toys for Tots and Interfaith Food Drive. They will be there until Dec. 15th when they will be distributed appropriately. Many thanks to all the people that donated in the past and to those of you donating this year.

Thank You!  
Bob and Pat Taylor  
Space 440

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## Wind Chimes



Wind Chimes, everyone knows what they are. They play their beautiful song whenever the wind blows. Unfortunately, not all residents feel that way about them. One resident recently described them as "Chinese water torture that continues all day and all night without respite, especially on windy days." Our homes are very close together. So, as we enter the windy months, if you have wind chimes take a moment and check with your neighbors and make sure they feel about them the same way you do. Thank you.

Submitted by Debbie McQuillan

**TIDINGS AND TINSEL**  
**BROUGHT TO YOU BY THE SOCIAL CONNECTION**



**SATURDAY, DECEMBER 14, 2019 AT 6:00 P.M.**  
**(I HEAR SANTA MAY BE LEAVING SURPRISES!)**

**MENU**  
**CHICKEN ALFREDO**  
**SALAD**  
**GARLIC BREAD**  
**DESSERT**  
**BYOB**

**MUSIC BY THE CARDENAS FAMILY**

**\$10.00 PER PERSON (DUE 12/7/19)**



**SOCIAL CONNECTION WISHES YOU A  
HAPPY NEW YEAR!**



**“HAIR OF THE DOG” GATHERING**

Wednesday, January 1, 2020

10:00 a.m.

**COFFEE**

Brunch

Orange Juice (BYOB Add-Ins)

Tomato Juice (BYOB Add-Ins)

~~~**FREE**~~~

PLEASE SIGN UP BY **12/27/19**

## **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, Cindy Palermo- Treasurer, Claudeen Lindsay- Secretary  
Cathy Bassett, Herlinda Mahler, Sandy Brown, Mary Ahart, Arleen Schlafer, Rusty Bassett

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### **HILLTOPPER COMMITTEE**

Debbie McQuillan, Elaine Bassin, Lynn Chialtas,  
Peggy Cremering, Ruthann Kirby, 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,  
Peggy Cremering, 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, Peggy Cremering

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

## 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                 |
| Aqua Exercise                              | 1:30 MTuWF                                                                   | Peggy Cremering               | 760-727-0231                 |
| Bible Study- Non-denom.                    | 10 am Th Card Room                                                           | Shirley Burge                 | 760-536-9624                 |
| Billiards (Men)                            | 9 am Tu                                                                      | Stan Lindsay                  | 760-598-0582                 |
| Billiards (Women)                          | 10:00 am Th                                                                  | Lynn Chialtas                 | 760-310-1354                 |
| Bingo                                      | 6:50 pm Th                                                                   | Delane Johnson                | 612-240-4049                 |
| Breakfast                                  | 8:30 am 1 <sup>st</sup> 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                                | 10:30- 11:30 am W & F                                                        | Bill Paterson                 | 760-450-5654                 |
| Golf (Men)                                 | 9 am Th                                                                      | Doug Doucette                 | 760-734-1232                 |
| Let's Dine Out                             | 5 pm 2 <sup>nd</sup> M/ Monthly                                              | Hugh Hatch                    | 760-597-9545                 |
| 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                                                               | Hugh Hatch                    | 760-597-9545                 |
|                                            |                                                                              | Jessie Nieto                  | 408-666-8088                 |
| Mexican Train                              | 4:30 pm Every 2 <sup>nd</sup> and 4 <sup>th</sup> Tu Pavilion                | Diana Primeau                 | 503-380-6686                 |
| Pickleball                                 | 3 pm M-F<br>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 <sup>nd</sup> W<br>10-4 4 <sup>th</sup> Tu<br>North Multipurpose Room | Kay Liland                    | 928-486-3365                 |
| R.E.A.D.Y. Panel<br>Emergency Preparedness | 3 pm 4 <sup>th</sup> Tu Card Room                                            | Ruthann Kirby<br>Bryan Cooper | 760-734-1340<br>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<br>6 pm M, W<br>9 am Th (Chair)<br>Pavilion                       | LuAnn Foster                  | 480-203-4330                 |

Hilltopper Editor Elaine Bassin- [bassin1328@sbcglobal.net](mailto:bassin1328@sbcglobal.net)

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

Submit information on deaths, illnesses and moves to Ruthann Kirby 760-734-1340

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.





BIRTHSTONE:  
TURQUOISE



# December 2019

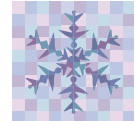
FLOWER:  
NARCISSUS



| Sun                                                                                                                 | Mon                                                                                 | Tue                                                            | Wed                                                                                                                                                                                                                                                                                              | Thu                                                                                  | Fri                                | Sat                                                                                                                               |
|---------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| <p>1<br/>1st SUNDAY OF ADVENT</p>  | <p>2<br/>QIGONG 9 AM</p> <p>YOGA 6 PM</p>                                           | <p>3<br/>YOGA 8:30 AM</p>                                      | <p>4<br/>FEELING FIT 10:30 AM</p> <p>YOGA 6 PM</p>                                                                                                                                                                                                                                               | <p>5<br/>CHAIR YOGA 9 AM</p> <p>INTERFAITH LUNCH - NOON - \$4</p> <p>BINGO 7 PM</p>  | <p>6<br/>FEELING FIT 10:30 AM</p>  | <p>7<br/>8:30 AM</p> <p>BREAKFAST SPECIAL</p>  |
| <p>8</p>                                                                                                            | <p>9<br/>QIGONG 9 AM</p> <p>LET'S DINE OUT OLD CAMMING CO 5 PM</p> <p>YOGA 6 PM</p> | <p>10<br/>RECYCLE</p> <p>YOGA 8:30 AM</p>                      | <p>11<br/>FEELING FIT 10:30 AM</p> <p>YOGA 6 PM</p>                                                                                                                                                                                                                                              | <p>12<br/>CHAIR YOGA 9 AM</p> <p>INTERFAITH LUNCH - NOON - \$4</p> <p>BINGO 7 PM</p> | <p>13<br/>FEELING FIT 10:30 AM</p> | <p>14<br/>SOCIAL CONNECTION HOLIDAY EVENT</p>                                                                                     |
| <p>15</p>                                                                                                           | <p>16<br/>QIGONG 9 AM</p> <p>YOGA 6 PM</p>                                          | <p>17<br/>YOGA 8:30 AM</p>                                     | <p>18<br/>FEELING FIT 10:30 AM</p> <p>YOGA 6 PM</p>                                                                                                                                                                                                                                              | <p>19<br/>CHAIR YOGA 9 AM</p> <p>INTERFAITH LUNCH - NOON - \$4</p> <p>BINGO 7 PM</p> | <p>20<br/>FEELING FIT 10:30 AM</p> | <p>21</p>                                                                                                                         |
| <p>22<br/>1st DAY OF WINTER</p>  | <p>23<br/>QIGONG 9 AM</p> <p>1st DAY OF CHANUKAH</p> <p>YOGA 6 PM</p>               | <p>24<br/>RECYCLE</p> <p>YOGA 8:30 AM</p> <p>CHRISTMAS EVE</p> | <p>25<br/>CHRISTMAS DAY</p>                                                                                                                                                                                   | <p>26<br/>CHAIR YOGA 9 AM</p> <p>INTERFAITH LUNCH - NOON - \$4</p> <p>BINGO 7 PM</p> | <p>27<br/>FEELING FIT 10:30 AM</p> | <p>28</p>                                                                                                                         |
| <p>29</p>                                                                                                           | <p>30<br/>QIGONG 9 AM</p> <p>YOGA 6 PM</p>                                          | <p>31</p>                                                      | <p>LADIES BILLIARDS - THURS - 10 AM</p> <p>BIBLE STUDY - THURS - 10 AM - CARD ROOM</p> <p>MAHJONG - THURS - 2 PM - CARD ROOM</p> <p>MEXICAN TRAIN - 4:30 PM - 2nd &amp; 4th TUES</p> <p>BINGO EARLY BIRD - THURS - 6:50 PM</p> <p><b>DEADLINE FOR JAN HILL TOPPER -</b></p> <p><b>DEC 10</b></p> |                                                                                      |                                    |                                                                                                                                   |

## Happy December Birthdays

|                   |   |                 |    |                    |    |
|-------------------|---|-----------------|----|--------------------|----|
| Garry Larson      | 1 | Leslie Williams | 9  | Ray Grage          | 21 |
| Lora Balzhiser    | 2 | Dana Eads       | 10 | Pamela Best        | 21 |
| Eleanor Flaherty  | 3 | Shelby Asch     | 11 | Gloria Cartagena   | 21 |
| Karen Vived       | 3 | Ramon Ortiz     | 11 | Mary McGraw        | 22 |
| Stan Weber        | 4 | Michael LaLone  | 12 | Chuck Thomas       | 22 |
| Christine Parkman | 4 | John Mitsakis   | 14 | Alfons Hollenstein | 23 |
| Bert Ireland      | 4 | Mark Zarnoch    | 14 | Lori Magnusson     | 23 |
| Eyvonne Manley    | 5 | Linda Scott     | 15 | Doug Tickner       | 24 |
| Friedel Lunnerdal | 6 | Jane Cadis      | 16 | Hugh Hatch         | 24 |
| Beverly Snavelly  | 6 | Cristina Bolton | 16 | Judy Cosgrove      | 26 |
| Joan Gehringer    | 6 | Pat Dobbins     | 18 | Arleen Schlafer    | 26 |
| Joan Barmakian    | 7 | Tom Gooch       | 18 | John Shryock       | 27 |
| Simon Spears      | 7 | Lisa Kaufman    | 19 | Margarite Sherman  | 28 |
| Vicky Grage       | 8 | Mary Ahart      | 19 | Ben Johnson        | 28 |
| Harold Meek       | 8 | Trish Blalock   | 20 |                    |    |



## LET'S DINE OUT

On Monday, December 9, we're going to Old Calif Mining Co in Restaurant Row. We will meet at the clubhouse parking lot at **4:30 pm** (dinner at 5). Transportation will be provided for those who are unable to drive or don't drive at night. Be sure to check in at the parking lot so we don't leave anyone behind. If you go directly to the restaurant, ***PLEASE*** let **Hugh** know. Too many times residents make a reservation and don't show up, or don't make a reservation and do show up . . . so ***PLEASE*** call **Hugh**, 597-9545, so arrangements can be made for seating as well as for transportation. Please let us know if you need a ride to the clubhouse. See you there!

\*\*\*\*\*



Throughout the month of December, whether you are spending time with family or friends, traveling or simply relaxing at home,

# R.E.A.D.Y.

(Resident Emergency Assistance Dispatch for and by You)

Wishes you happy, healthy and safe HOLIDAYS filled with love, warm feelings, contentment, and hope that the NEW YEAR will be pleasant and Safe for all who live at Palomar Estates West.



## Emergency Preparedness Tip

Submitted by Debbie McQuillan

### Are you ready to evacuate?

#### How will you know it is time to evacuation?

##### **Alerts Go Out 3 Ways**

##### **1. On your TV**

The Emergency Alert System (EAS) is a national public warning system that requires broadcasters, satellite digital audio service and direct broadcast satellite providers, cable television systems, and wireless cable systems to provide the President with a communications capability to address the American people within 10 minutes during a national emergency.

##### **2. On your cell phone as a text**

Wireless Emergency Alerts (WEAs) are used to send concise, text-like messages to WEA-capable mobile devices during emergency situations. These cannot exceed 90 characters and generally tell you where to get more information. Goes through cell towers to all cell phones in the area, even the cell phone belongs to a visitor.

##### **3. Alerts through Alert San Diego**

The County of San Diego, in partnership with Blackboard Connect Inc., has instituted a regional notification system that will be able to send telephone notifications to residents and businesses within San Diego County impacted by, or in danger of being impacted by, an emergency or disaster. This system, called Alert San Diego, will be used by emergency response personnel to notify those homes and businesses at risk with information on the event and/or actions (such as evacuation, shelter in place, gas leak, missing person, etc.) we are asking them to take. The system utilizes the region's 9-1-1 database, provided by the local telephone company(ies), and thus is able to contact landline telephones whether listed or unlisted. It is TTY/TDD capable.

Because the system uses the 9-1-1 database, only landline numbers are in the system. If you have a Voice over IP (VoIP) or cellular telephone and would like to be notified over that device, or if you would like an email notification, you must register those telephone numbers and/or email address for use by the system.

register at <https://www.readysandiego.org/alertsandiego/>

#### Types of Notices

##### **1. Warnings**

These go out because they think that within 2 hours or less you may need to evacuate. Start filling your car. Check on those that may need help evacuating.

##### **2. Evacuate**

It is time to evacuate now. You may not see the fire, but the Incident Command Center knows that if you don't evacuate now, the roads may be blocked or too congested to get everyone out of the way of the disaster. Make sure you always have half a tank of gas so you can evacuate even if the power is down.

## **What To Bring When You Evacuate**

### **1. Cash, Credit Cards and Important Documents**

I throw everything in one box I can grab quickly.

- a. Social Security Card (or at least have number memorized)
- b. Driver's License (how about throwing in your expired one)
- c. Passport
- d. Medical Records (especially if you have a lot of problems)
- e. Insurance information
- f. Cash (ATMs may be down)

### **2. Change of Clothing**

- a. Change of clothes
- b. Closed toed shoes

### **3. Personal Hygiene Items**

Red Cross will provide, but you will feel better if you have yours

- a. Toothbrush and toothpaste
- b. Comb
- c. Shampoo
- d. Lotion
- e. Soap
- f. Deodorant
- g. Kleenex and toilet tissue

### **4. Special Needs Items**

- a. Wheelchair or walker or cane
- b. Medications

### **5. Pet Care Items**

- a. Identification
- b. Immunizations
- c. Carrier or cage
- d. Leash
- e. Food

Humane Society will set up shelters at the same location as people shelters. Some shelters will allow you to have your animals with you if you have a carrier or cage.

### **6. Linens**

- a. Sheet
- b. Blanket
- c. Pillow

Red Cross will provide a cot and a single blanket.



## **Funny Medical Terms**

1. Artery - The study of paintings.
2. Barium - What Doctors do when patients die.
3. Bunion- Paul's surname.
4. Caesarean Section - A neighborhood in Rome.
5. Cat Scan- When the Secret Service looks for Socks the cat.
6. Cauterize - Made eye contact with her.
7. Colic - A sheep dog.
8. Constipation- Endangered feces.
9. D&C- Where Washington is.
10. Dilate - To live long.
11. Enema - Not a friend.
12. Fibrillate- To a small lie.
13. Fibula - A small lie.
14. Genital - Not a Jew.
15. Hernia- Pertaining to a female's knees.
16. Humerus- To tell what we want to hear.
17. Impotent - Distinguished, well known.
18. Intestine- Currently taking an exam.
19. Labor Pain - Getting hurt at work.
20. Morbid - A higher offer.
21. Nitrates - Cheaper than day rates.
22. Node - Was aware of.
23. Outpatient - A person who has fainted.
24. Ova- Finished, done with.
25. Pap Smear- To slander your father.
26. Paradox- Two doctors.
27. Pelvis- The evil twin of Elvis
28. Penis- Someone who plays piano.
29. Post-Operative - Letter carrier.
30. Recovery Room - Place to do upholstery.
31. Rectum- Dang near killed him.
32. Sacrum- Holy.
33. Seizure - Roman Emperor.
34. Terminal Illness - Getting sick at the airport.
35. Urine - Opposite of 'you're out'.
36. White Count- The number of Caucasians.

Submitted by Sheila Miller

## Camp Grandma and Grandpa

By Tammy Cardenas

Today our oldest grandson called to talk about his career with his Grandpa. He wanted some advice. We were both glued to the call and while I only got to hear one side of it, I knew Grandpa was thoughtfully and lovingly guiding our grandson to make his own decisions. Grandpa was patient and our grandson needed him to be. It wasn't the first time they'd had this same conversation.

Two of our grandsons grew up at the same time that we raised our own children. It was a little busy and at times difficult to feel we were giving our grandsons enough of our time. One day I came across an article in a magazine that expressed how, as grandparents, we have an important role to teach our grandchildren about our faith and our faith practices. The article suggested that for grandparents who didn't get to see their grandchildren on a regular basis, they could create a "Camp Grandma and Grandpa" filled with adventure, anticipation and surprise, along with some activities that could create opportunities to share about faith.

Now I am an over planner, but I am also a good planner and I have a partner who can help me edit my ideas - tethering them back down to reality. So, it was natural for us to plan our "camp" together. (My husband can be very creative at times!) Each summer, we would invite our grandsons to spend a week with us for "Camp Grandma and Grandpa". At our first Camp Grandma and Grandpa we taught them about "tithing and generosity" and the kids all slept in a tent in our backyard. We gave them a daily allowance and made tithing banks that helped separate their tithe, savings and spending monies. We took them to the grocery store where their task was to fill a grocery bag with meals for a family in need. It had to be more than just ramen noodles and they had to keep in mind that the items could not be perishable. Spaghetti noodles and a can of sauce for a dinner, Peanut butter and jelly with crackers for a lunch, cans of chili, bags of beans and rice, their favorite school snacks, etc. We had them work in teams of two to come up with ideas and shop. Then we purchased their items and helped them to deliver their bags to our church's food drive on Sunday. Camp Grandma and Grandpa always ended on Sunday afternoons so we could take our grandsons to church.

Our second camp was hiking and fishing and about how God provides for our needs. We hiked to a place that had a picnic bench and had them close their eyes as we prayed together. When they opened their eyes their favorite snack and juice box appeared on the table! We taught them about how America was formed by men who believed in God and why money says, "In God We Trust". We fished and didn't catch anything, had a great time learning "Country Road" while Grandma played it on the guitar, and in the evenings, we had campfires with marshmallows and smores, songs and skits.

One year we took them to Idyllwild, bought them each a walking stick of their choice, and then took to the trails together. By now they were a little older and the talks on the trails were filled with puns, songs, laughter and conversations about things happening in their lives. Sometimes we just walked in quiet while Grandma snuck photos of the group.

We prayed together, played together and sometimes they fought together. Don't let me lead you to believe these camps were all kindness and roses! One of my grandsons was learning to be unselfish, so

there were plenty of time outs, talks and huddles. (I remember we said his name a lot.) But there was also plenty of time for hugs, doing crafts together and saying I love you.

Yes, we were exhausted and happy for Camp Grandma and Grandpa to end on those Sunday afternoons. It was an investment of vacation time, effort, patience and sometimes a whole lot of patience, but we were together, and we were sharing important time with our grandsons as well as our children.

Our third grandson was born during the years of Camp Grandma and Grandpa. By the time he was old enough to spend the night with us the other kids were grown. So, in the spirit of Camp Grandma and Grandpa, we've had Camp Grandma and Grandpa Days and Overnights. One time we designed a puzzle with clues and things we had to do to get to the next clue. We played basketball for a certain number of shots at a local High School to get a clue; we hit a bucket of golf balls at a driving range for another, making a loop through three cities as we followed each of the clues that led us to a next location and task. We played pool at the clubhouse for a final clue and then the puzzle ended with a prize for our grandson for solving all of the riddles. *And*, we got some exercise! Another time we took a trip to a local art school - complete with a planned tour of the campus in all of its wonder. We spent the entire Saturday exploring and then talking about this school as a possibility for our grandson when he graduated High School. It was a magical day and we learned so many things about our grandson and his many talents. Earlier this year he graduated from High School. His plans? He is attending community college now with the intention of transferring into and graduating from this art school.

Our second grandson, the one who's name we wore out? (He actually goes by two names now.) He showed up one day in a zipped-up jacket in 80-degree weather. When I told him to take his jacket off and stay awhile, he said, "I can't Grandma, because you wouldn't like the image on my t-shirt." I guess he hadn't planned on stopping by. He wore that jacket zipped up for the entire visit.

I am grateful for the article I read that sparked us to create a tradition for our grandchildren. I am proud of the people my grandsons have become and I am happy for the memories we created together. I am sharing this with you in the hope that it might spark your creativity with the little people in your lives. Creativity doesn't have to be costly. It just takes a little imagination and a bit of a story line. I have the photos to prove it. What legacy will you share with your grandchildren?