



**Emergency: 911**

**Non-Emergency: 760-510-5200** *after hours*



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**President:** George Turk  
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# February Editorial—*Why Valentine's Day?*



## What does Valentine's Day mean to you?

Is it a special day to celebrate with the one you love? Does it mean chocolate covered marshmallow candy, heart-shaped cookies, and/or making Valentine's Day cards from scratch?

But did you ever wonder about the history behind Valentine's Day? As usual, my curiosity got the best of me, so here are my cliff notes compiled from several articles.

## Where did Valentine's Day Originate?

As with much of history, Valentine's Day has its origins as an ancient Roman agriculture and human fertility festival. It was held in mid-February, and was called the feast of Lupercalia honoring Lupa, the wolf who was said to have suckled Romulus and Remus (purported founders of Rome in 753 B.C.). This festival was also dedicated to Faunus, the Roman god of agriculture, and was the season to start sowing seeds and to pray for a fertile year of crops.

## How did it become St. Valentine's Day?

As legend goes, Roman Emperor Claudius II prohibited soldiers from marriage. However, a priest named Valentine defied these orders and secretly married young couples to spare their husbands from war. Valentine was then caught, imprisoned, tortured, and beheaded.

Yet in another legend, Valentine supposedly signed a letter "from your Valentine" to his jailer's daughter, whom he had befriended and healed from blindness.

Finally, in 496 A.D. Pope Gelasius marked February 14 as the day to honor Valentine's martyrdom and so the celebration of St. Valentine's Day began.

## On the lighter side...

The more romantic nature of Valentine's Day was celebrated in the Middle Ages, when it was believed that birds paired as couples in mid-February. Also, Chaucer and Shakespeare romanticized this day of love in their works, and thus it gained popularity throughout Britain and the rest of Europe. In addition, handmade paper cards began to be exchanged.

It's fun to make Valentine's Day cards to send anonymously to a neighbor, good friend, or family member! Just gather up some vintage postcards, colorful paper, feathers, ribbons, or whatever you have on hand. Write a big "?" on the inside and see if your recipient guesses their "secret admirer."

Whatever you do on St. Valentine's Day, enjoy the day!

~ Gayle

Drop us a line anytime: [PEE.TheBreeze@gmail.com](mailto:PEE.TheBreeze@gmail.com)



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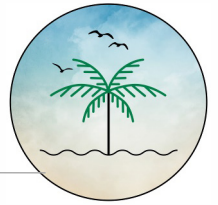
Carl Silva

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# Park Beautification

*Patty Gonzales, PEERA Board Chair*



## Bling On The Season's Glow

Never underestimate the importance of holiday decorated homes, all offering festive, joyful, and uplifting comfort in their own special way. Thank YOU all!

Sometimes people tend to forget about the corner homes and the impact of their curb appeal—the cornerstones, the greeters of a neighborhood—Not the case at **Space 211**.

This showstopper shared goodwill and holiday cheer for our community and our visitors. Not only were their decorations very merry & bright but their home was painted just days prior to decorating. **Very impressive. Job well done. Salute!**



## February Weed Control

Weeds are the bane of the life of a homeowner. Weed control is hard, and if you have a lot of weeds, it can take its toll on your landscaping and your neighbor's yard too.

The ground is softer and moister naturally at this time of year, meaning it will be easier to pull out weeds.

Be sure to get the roots or they might come back even worse. Unfortunately, other than following basic garden control tips, there's not a great deal that can be done about weeds popping up. Weeding is a big part of a homeowner's landscape maintenance. Being proactive before they have the chance to take over can be the best way to go about your landscaping efforts this year. Done carefully, it's good exercise with a bit of sunshine. Google the health benefits of gardening. They're amazing!

# Millennium Memo

"I find this rent increase is horrible! Let's get real and re-calculate! Use the 3% you did last year!" Comments from a Palomar East letter-writer.

That's a variation on a letter we get every year at this time, probably from the same person. As the letter stated, last year we did, in fact, adjust rents by 3% (less than half of the 6.5% inflation rate), but that was also too high for some folks.

What do you think? Are we being unfair? Before you answer, consider the following. On the date we sent out the notice, the San Diego County cost of living index had increased by 8.2%, quite a bit more than this year's increase of "only" 6%.

I'd also point out that the average rent in East is \$113/month less than West and \$96 less than Rancho Vallejos. Rents at those parks will go up more than yours did.

We aren't just sitting on your rent money. Over the past two years, we've spent \$500K on capital improvements to Palomar East, versus about \$400K in net surpluses. That's right: we invested \$100K more on improvements than the Park generated.

So, given that Palomar East's rents are the lowest in San Marcos for a Park of its quality, our increases have always been less than inflation and have been moderate for several years and the fact that we reinvest every dollar of Surplus back into the Park...aren't you getting a fair deal?

## In Happier News

- 55 residents from our three San Marcos Parks enjoyed another Band & Bingo event at Palomar East. Attendees were treated to a FREE lunch, live music and five bingo games. Among the prizes were a \$50 rent credit. Sounds fun, doesn't it?

As always, thanks to SPARC, our resident services partner, for sponsoring.

- The Kitchen Bathroom remodel should be finished by the time you're reading this, along with the Bathrooms by the Pool & Spa, tile work around the Spa and carpeting on the Clubhouse Stage. Your Rent Dollars at Work!
- Kasey wants me to remind you again that the **Speed Limit in the Park is 15 MHP**. He also suggests that you wear something bright for your evening walks. That's what stylish types wear during spring anyway, so consider yourself "on trend."

## New Look for the New Year?

My wife asked me to go back to having a beard. I used to hate facial hair, but it's starting to grow on me. We'll see how it goes.

*Have a Happy Valentine's Day.*

**George Turk**





Kasey Koenig  
Park Manager/Office

# East Park

## MARKET UPDATE & MANAGER'S REPORT



Martin Hernandez  
Park Manager/Maintenance



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Thank you for your generous holiday gift. We look forward to serving you in 2023. See you around the park.

### Home Sales

Four homes sold. There are four homes currently for sale. In the month of January, the housing market quiets down. The succeeding months normally make up for it. I continue to receive calls and drop-ins from people interested in moving to the community.

### Maintenance Update

Brighter lights were installed around the main and lower clubhouses. Brush trees were trimmed around the main clubhouse parking lot and bocci court.

### Dog Rules

Make sure to register your pet. When outdoors, dogs must always be kept on a leash and not be walked on other homesites or other recreational areas. Clean up after your pet immediately. Be respectful of our residents and our community.

### 2023 Park Directory

We are getting close to the time of year our directory begins assembly. If you have changed your phone number, please reach out to the office so your information is accurate. It will take time before the new version is ready to distribute. I will let you know once it is available.

### Short & Quick List

- The office will be closed on Presidents' Day, February 20th.
- Be sure to clean your rain gutters.
- With all the rain be sure to walk around your home and pull those weeds before they multiply.
- The **Clubhouse hours are 8AM-9PM.**

### Thank You from the Crew!

The Palomar East staff would like to give an enormous THANK YOU to all for your generosity with the Holiday Gift! You are the people that make this community such a special place to be a part of.



### Your concerns and needs ARE IMPORTANT!

If it is not urgent or an emergency, we encourage you to email us:

[palomareast@gmail.com](mailto:palomareast@gmail.com)

**Kasey**

# Palomar Estates East Residents Association

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## Notifications & Activities

It's important to note that every senior living community is unique, with a culture and atmosphere that is actively shaped by those who live there.

**To Build Better We Must Collaborate as a Community.** We all desire community improvements. So how do you build a better community? Let's start with our 2023 Wish List.

It is crucial to involve a community to build a community. The people that live together and create together share common interests and experiences.

In the new normal, it is even more crucial that we, as a community, combine our recommendations to deliver positive outcomes. This a collaborative experience in which we all play a part.

Palomar Estates East is unique. It has its own specific challenges. Each challenge is diverse in its own way. We should bring this diversity to the table with every project we undertake. This requires courage from all those involved. It takes leadership, compassion, empathy, and foresight.

### PEERA Board

Chairperson	Patty Gonzales
Vice-Chairperson	Don Antrim
Secretary	Kristen Antrim
Treasurer	Pete Eiden

### Members At Large

Beautification	Patty G. (intermin)
Community Services	Carl Silva (intermin)
Complaints	Paul Thiboutot
Emergency Prep	Lanny Lippincot
Membership	Carl Silva
Publicity	Patty G. (intermin)
Technical Support	Ken Hodor

Together we can navigate our 2023 Wish List with your input. First, we must realize that this is ours to decide.

Please place your list in the "new" PEERA white lock box next to the PEERA bulletin board in hallway leading to the cardroom by February 1st. If you need another form, there are extras next to the bulletin board. Come grab one.

The next PEERA Board Meeting is Tuesday, February 7<sup>th</sup>.

Feel free to email me your thoughts or ideas at [patty.peera@gmail.com](mailto:patty.peera@gmail.com).





**Patty Gonzales**  
Chairperson



**Don Antrim**  
Vice-Chairperson



**Kristen Antrim**  
Secretary



**Pete Eiden**  
Treasurer



# Your Voice in Our Community

## PEERA Board



### PALOMAR ESTATES EAST RESIDENTS ASSOCIATION PEERA WISH LIST

The PEERA Board is **your voice** in discussions and negotiations with the Park Owner and Park Management **about matters of concern and interest to residents**. Each year members of the Association are given the opportunity to submit items they would like to have the Park Management consider for improvement of our beautiful park.

Please list five items you would like to be considered towards our overall goal of park improvement and beautification. The Board members of PEERA will tabulate the most requested items for presentation to the Park Owner and Park Management.

Once the list has been finalized it will be published in *The BREEZE*.

**NOTE: submission of an item does not guarantee it will be implemented.**

Please list the 5 most important items you would like to be considered.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

***The deadline for submission of your list is February 1, 2023.***

Deposit your list in the white lock box next to the PEERA bulletin board in the clubhouse.

Space # \_\_\_\_\_



# Community Services & Membership

Carl Silva, PEERA Board Member

## SPARC BINGO Party Fun!

Is there anything better than a bingo luncheon on a beautiful sunny afternoon in December? Having your friends and neighbors gather together to play is kind of tough to beat. Especially with live music, a delicious Italian meal, and prizes to win is a no brainer. Come join us next time!

Though it can take a fair amount of planning and organizing, putting together a bingo party, Stacee's Sparc Team and a few volunteers made it eventful.

Some of our neighbors from Palomar West and Rancho Vallecitos joined us. There were four winners: two winners won cozy holiday socks & gourmet cookies, with one \$25 and one \$50 winner off the next month's space rent.







*Photo Credit: Patty Gonzales, Breeze Staff Photographer*

## February Friendly Reminder

Although costs are rising all around us, the 2023 PEERA Membership Dues remain \$5.00 per home, and holding, no increase.

The membership envelopes were delivered to all residents with this year's Wish List form.

The PEERA membership dues are due by January 31, 2023.

For convenience, please place the envelope in the white lock box next to the PEERA bulletin board located in the hallway leading to the cardroom. If you are unable to make it to the clubhouse, contact Carl Silva for pickup, 707-673-7151.

**Your support is greatly appreciated.**

PALOMAR ESTATES EAST RESIDENTS ASSOCIATION			
Membership dues for: January - December 2023			
\$5.00 Dues Annually Per Space			
Space # _____	Name _____		
<input type="checkbox"/> Renewal	<input type="checkbox"/> New Member	<input type="checkbox"/> Amount \$ _____	
<input type="checkbox"/> Cash	<input type="checkbox"/> Check	<input type="checkbox"/> Check # _____	
Phone # _____			
<p>Please make check payable to <b>PEERA</b>. Due by January 31, 2023.            Deposit in the white lock box next to PEERA bulletin board in clubhouse.  <b>Thank you for your support.</b></p>			
			



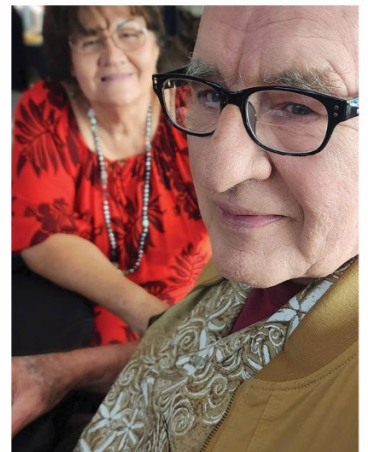
## Back-To-Back Holidays















## Welcome New Board, New Year, and New Opportunities!

We have begun working on ideas for this year's gatherings. Some take place every year, but others will be different.

We now have more Baby Boomer residents than those of the Silent Generation. That means we want to have events every age will enjoy, so let us know what you want.

### Please mark these dates on your calendar:

- **February 14**, Valentine's Day Cookie Exchange, 1-3 PM

Everyone is invited, men and women. (Some of the best bakers are men!) Everyone brings 1 dozen cookies, homemade or store bought. You can bake yours in the clubhouse kitchen. Nothing is better than the delicious smell of baking. Coffee and tea will be provided. We will eat, drink, visit and exchange cookies. Choose 1 dozen to take home from all provided. Please bring your recipe to share.

- **March 17**, St Patrick's Dinner
- **April 15**, Breakfast for all residents

Information regarding the above and future events will be posted on the Social Club bulletin board hallway leading to the cardroom, and in the March Breeze.

We want your feedback on the following and any other ideas you may have:

Hiking/walking group; Friday social hour, monthly or weekly; Trivia night; musical gatherings showcasing residents; Men's group; speakers on various topics (e.g., residents talking about their home countries); scammers; travel/cruises—Alaska and Mexico cruise prices are being researched now.

### Looking forward to hearing your suggestions.

Let's make 2023 the year we connect, hear your stories, and continue to get to know our neighbors. Many of us were looking for a house until we found Palomar East, then we found our home, our community.



*"The Eskimo has fifty-two words for snow because it is important to him; there ought to be as many for love." ~ Margaret Atwood*

**Sandy Wagner**  
Social Club President





# Holiday Party

## *Parting Shots*



Photo Credits: Social Club & Patty Gonzales, Breeze Staff Photographer





# New Year's Eve Bash in Review



*Photo Credits: Social Club & Patty Gonzales, Breeze Staff Photographer*



# Community Resources & Activities

All Are Welcome



Come Join the FUN!

ACTIVITY	DETAILS
<b>ACRYLICS PAINTING</b>	Dawn Anguiano, dawn46@gmail.com: 3rd Tuesday, 10am—1pm, East Clubhouse
<b>CERAMICS</b>	Andrea Martin: Wednesdays, 6—8pm, East Clubhouse, Arts & Craft Room
<b>DANCE LESSONS</b>	Anne Pearson (858) 610-4816: 2nd & 4th Thursdays, 2—3:30pm, East Clubhouse
<b>FIBER ARTS</b>	Sally Yeater (719) 651-2866: Wednesday, 9:30—11am, East Arts & Craft Room
<b>SPARC</b>	Carl Silva (707) 673-7151: PEERA Community Services Member-at-Large
<b>TAI CHI</b>	Rudy Cobos (773) 519-6627: Fridays at 9:00 am, East Clubhouse
<b>YOGA</b>	LuAnn Foster (480) 203-4330: Monday—Thursday at various times and locations
<b>ZUMBA</b>	Saleemah (803) 463-2880: Monday—Thursday, various times and locations

## February Paint Class Note

We hope you all had a very Happy New Year. We are looking forward to our painting class on **February 21st from 10:00 to 1:00 in the main Clubhouse.**

In January, we went over the different kinds of brushes and what they are used for—the care of brushes and practiced our painting strokes. We talked about Donna Dewberry's method of One Stroke Painting and were able to paint on a small canvas using some of her methods. Hope you can make it. Look for the signup sheet. Cost is \$10.00. Put your payment in the pink envelope and give it to Patty in the office. Hope to see you there. ~ Dawn

## Additional Park Activities

ACTIVITY	WHO TO CONTACT
Billiards—Lower Clubhouse	Ken Hodor
Bocce Ball	Carl Silva
Fitness Facility—Lower Clubhouse	Ken Hodor
Golf Putting Green	Henry Robicheaux
Horseshoes	Henry Robicheaux
Library	A.J. Jangula
Pickleball—Lower Clubhouse	Bill Mead

ACTIVITY	WHO TO CONTACT
Ping Pong—Lower Clubhouse	Bill Mead
Puzzles	Card Room & Firepit area
Tennis—Lower Clubhouse	Bill Mead
Card Games	Card Room
Fishing	Don Bomar
Bingo—West	Delane Johnson & Debbie Johnston



Details for all activities are located on the Palomar East Cardroom Hallway Activities Bulletin Board and on our website: [Palomar-Estates-East.org](https://www.palomar-estates-east.org)



# Palomar East Calendar

## February

## 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jan 29	Jan 30	Jan 31	Feb 1	<b>Groundhog Day 2</b>		3
	11:15 PM Zumba West 1:00 PM Hand & Foot* 2:30 PM Men's Bocce 3:00 PM Yoga Zoom 6:00 PM Yoga West & Zoom	10:00 AM Chair Yoga West & Zoom 2:15 PM Zumba Zoom 1:00 PM Hand & Foot* 	9:30 AM Fiber Arts 10:30 AM Zumba Zoom 1:30 PM Pool/Billiards 6:00 PM Ceramics 6:00 PM Manipulation*	10:00 AM Chair Yoga East & Zoom 11:15 AM Zumba East 1:00 PM Hand & Foot* 4:30 PM Zumba Zoom 6:00 PM Bingo West	9:00 AM Tai Chi	4
<b>FULL MOON</b> 5 	6	7	8	9	10	11
		5:30 PM PEERA Board Meeting	Breeze Deadline	2:00 PM Dance Lessons		
<b>SUPER BOWL</b> 12 	13	14	15	16	17	18
		1:00 PM Valentine's Day Cookie Exchange 				
19	<b>PRESIDENT'S DAY</b> 20	<b>MARDI GRAS</b> 21	22	23	24	25
		10:00 AM Acrylics Painting		2:00 PM Dance Lessons		
26	27	28				
						

**Repeating Events:** All Calendar Activities Repeat Every Week **EXCEPT** for Those in **RED TYPE!**

# Park Member News

## Welcome New Neighbors

Jon and Kyong Won	SP 268	Arrived: 12/2022
Valerie Cottrell	SP 311	Arrived: 12/2022
Patty Heron	SP 349	Arrived: 12/2022



## Wedding Anniversaries

Please let us know if we missed your anniversary.

Maia Lamont & James Pavlichko	3
Ron & Yong Landers	7
BB Alexander & Michael Erickson	9
Lydia Harry & Earl Powell	14
Gloria & Paul Thiboutot	14
Debra & Richard Purves	16
Cindy & Jim Gleason	18
Jorge & Cathy Usi	24
Terry & Warren Boatwright	27



*Though time slips away,  
our love grows with the seasons.*

## Till We Meet Again...

Margret Haun	SP 268	Arrived: 06/2021	Departed: 12/8/2022—Moved to assisted living
Maurice Pratt	SP 317	Arrived: 08/2013	Departed: 12/17/2022—Passed away
Lloyd Hurst	SP 284	Arrived: 2005	Departed: 12/23/2022 —Passed away
Gary Reid	SP 30	Arrived: 05/2021	Departed: 12/26/2022—Passed away
Gary Neff	SP 311	Arrived: 06/2018	Departed: 12/27/2022—Passed away
Jimmie Nicodemus	SP 349	Arrived: 04/2020	Departed: 12/29/2022—Destination unknown
Yvonne Nicodemus	SP 349	Arrived: 04/2020	Departed: 12/29/2022—Destination unknown

**Note:** No further details were available for those who left us in December. If you have information and/or photos about someone and would like to share it, please send it to:

[pee.theBreeze@gmail.com](mailto:pee.theBreeze@gmail.com)



# Park Member News

## Let's Celebrate Our February Birthdays!



1	Valerie Pierce	17	Chester Wimpee
1	Monique Martinez	19	Gordon Penge
1	Joanie Corrales	20	Richard Scott
3	Felicia Pekarek	20	John Stelfox
3	Irene Hoover	21	Louann Honarvar
5	Katherine Neibur	21	William Mead
7	Kristyne Hutton	22	Jennifer Quincey
9	Juliette Hutton	22	Marilyn Tippetts
9	Patty Leon	22	Carol Dean
9	Emily Wolfe	24	Richard Koenig
9	Catherine Reeve	24	Robin Montgomery
10	Deb Flaherty	24	Bing Kuhlmann
10	Alfonso Trujillo	24	Joan Elder
12	Ly Hoi	26	Cleopatra Ariosta
13	Rose Biro	27	Marcia Wells
13	Jacqueline Knowlton	27	Catherine Usi
13	Lynn Esposito	27	Donalda Jordan
14	Iva Heide	27	Frances Lamerica
15	Lorraine Ralston	28	Dale Maddox
15	Patty Herron	29	Delores Bsharah
16	Rebecca Zimmerman		

## February Trivia

- ♦ **Birthstone:** Amethyst (purity of spirit, healing)
- ♦ **Color:** Purple
- ♦ **Flowers:** Violets, Iris, Primrose



**Note:** February comes from the Latin word februa, which means "to cleanse." The month was named after the Roman Februalia, which was a month-long festival of purification and atonement that took place this time of year.

## Western Astrology

- ♦ **Aquarius:** 01/20—02/18  
The **Water-Bearer**  
Innovative, progressive, rebellious, humanitarian (can be unpredictable and impulsive)
- ♦ **Pisces:** 02/19—03/20  
The **Fishes**  
Loyal, intuitive, and creative (can be lazy)



## Chinese Astrology

**Year of the Water Rabbit (Yin)** 01/22/2023—02/09/2024

The sign of the Rabbit is a symbol of longevity, peace, and prosperity. 2023 is predicted to be a year of hope. People born in the year of the Rabbit are called "Rabbits" and are believed to be vigilant, witty, quick-minded, and ingenious. The most compatible zodiac signs for Rabbits are Goats, Dogs, and Pigs.



**Rabbit**



# Recipes from the Heart

Many attendees at the December Holiday Dinner, requested the recipe for a particular salad that was brought by Sally Yeater. Lucky for them, Sally has provided a photo and the recipe.



## Cold Vegetable Medley

### Vegetable Ingredients

- 1 Can corn (drained)
- 1 Can French cut green beans (drained)
- 1 Can small peas (drained)
- 1 Small jar chopped pimentos (drained)
- 1 Cup chopped celery
- 1 Cup chopped onion
- 1 Cup chopped red or green bell pepper

### Marinade Ingredients

- 1/3 Cup oil
- 2/3 Cup white vinegar
- 3/4 Cup sugar
- 1 TB water
- 3/4 tsp salt
- 1/2 tsp pepper

### Directions

1. Mix vegetables together.
2. Pour marinade over mix.
3. Marinate for several hours or overnight.

**Note:** Salad will keep for several weeks in a sealed container in the refrigerator.



**Variations:** A common variation of this salad uses frozen instead of canned veggies, plus garbanzo beans, cauliflower florets, chopped red onion, cold pressed olive oil, red wine vinegar, and a hint of fresh garlic.

Also, some prefer small green onions chopped fine as they have a milder flavor. Try adding a few garden herbs as well for a more intense flavor experience.