



Emergency: 911

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



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April Editorial—*Flower Power*



"I love the flower girl...flowers in her hair...flowers everywhere!" Do you remember that song? I was 15 when it hit the #2 spot on the Billboard and heard it while attending my first *Love-In* with my sisters at a local park in Arcadia, California.

While doing some research for this month's article, I was reminded yet again that the group that sang this song was called The Cowsills—the real-life inspiration for the 70's hit television series, *The Partridge Family*.

Visiting The Flower Fields at Carlsbad Ranch®

First a little history...

A horticulturist named Luther Gage settled in North County in the early 1920's. He brought ranunculus seeds and began growing them next to Frank Frazee's small vegetable farm in South Oceanside. In 1933, Frazee also started growing ranunculus and introduced his son Edwin to the art of growing the pretty but not yet popular flower. By the age of 16, Edwin quit high school to work full time on his father's growing flower operation.



The ranunculus is native to Asia Minor and a member of the buttercup family. It is often referred to as a Persian Buttercup. Originally the flowers were single petal in shades of red and yellow. The beautiful colors and fullness of the flowers you can see today at The Flower Fields are due to the careful selection done by Edwin over many years. If nature provided a full flower or an unusual color, he would save the seeds from that one plant and then plant them the next year. This resulted in the lovely large blooms (13 different colors) that we have today. After several moves, Edwin landed at the current site in 1965 on land then owned by the Ecke Family of Encinitas.

Today...

The Flower Fields are a year-around event venue offering many and varied attractions, from tractor rides, to weddings, concerts, sunset wine tastings, and much, much more. Highlights of this April's activities are provided on the next page.



Can you say Ranunculus?

Try this: ruh-nuhng-kyuh-luhs. *I dare you to say it three times fast. ;-)*

Ranunculus are perennials adapted to last through hot, dry dormant periods by storing food in enlarged root structures. When actively growing, they love cool late spring and early summer weather of about 55°F.

In Latin, ranunculus means *little frog*. Perhaps this name was chosen as the flower usually grew near rivers and ponds.



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A Real-Life Field of Dreams



The photo above is from TheFlowerFields.com, the official website of the Carlsbad Flower Fields.

The Flower Fields April Highlights

As per their website, The Flower Fields requests that you make reservations online to attend any event. If unsure, please call: 760-431-0352 for additional details.

- **Sunset Wine Tastings:** Every Friday from 6--9 PM.
- **Flower Flow Yoga:** Every Saturday from 8:15--9:15 AM.
- **Charcuterie Workshop:** April 8, 9--10:30 AM.
- **Picnic and Flowers:** Dates and times vary.
- **Flower Crown Workshop:** Dates and times vary.
- **Bill Magee Blues Band:** April 15, 1--5 PM.
- **Meditation and Sound Healing Workshop:** April 21, 6 to 7 PM.
- **Singer/Songwriter, Sara Petite:** April 16, 1--5 PM.
- **Painting at The Carlsbad Flower Fields Class with Leoangelo Art:** April 22, 9 AM--Noon.

- **Beginning Mosaic Frame Class:** April 22, 9 AM--Noon.
- **Cool Rush Band:** April 22, 1--5 PM.
- **Fluid Art Workshop:** April 23, 9--10:30 AM.
- **Framed Botanical Art Workshop:** April 23, 9--11 AM.
- **Floral Design Workshop:** April 30, 9--10:30 AM.

And the list goes on...more musicians, and events than can be listed here.

Also note that while in bloom, you may purchase ranunculus and other flowers directly from the flower fields website, and from select locations within the fields themselves.

WANTED: Flower Fields Volunteers

Finally, The Flower Fields is looking for volunteers--a worthy cause and a great way to have some fun.

So, what are you waiting for? Put on your walking shoes and enjoy! You will not be disappointed.

April Trivia Question:

When did Lucky the Leprechaun make his debut?

Millennium Memo



"Some North County CEA Customers Will See 8% Savings Compared with SDG & E This Year."

Jan. 30, 2023, San Diego Union-Tribune.

As of April 1, the California Energy Alliance (CEA) will be the City's official electricity provider. That's a little like saying Little Caesar's is the NFL's official pizza: you don't have to use them, but in this case, you'll become a CEA customer unless you "opt out."

Entities like CEA are all the rage these days. Cities partner with them to help meet their Climate goals. According to the flyer you received, you have these choices: (1) using 50% "clean" energy, (2) 75% clean, (3) 100% clean, or (4) stay with SDG & E. The cost goes up as you go "cleaner." If you do nothing, you'll be assigned to CEA's 75% plan.

You have 60 days from April 1 to make your decision. You can change your mind later, but you may have an "exit fee" that's waived if you become a CEA customer now.

We asked for someone from CEA or SDG & E to come to the Park to explain all this, even offering a free breakfast (we're talking French Toast!). They aren't able to do that, but you can visit TheCleanEnergyalliance.org or call (833) 232-3110 with any questions.

I have no opinion on this and am not offering any advice. It's just that when it comes to electricity, I'm trying to stay current.

In Other News

- Kasey is awarding this month's Kudo to Office Assistant Patty Mackey, for covering the Office while Kasey was on vacation. "She is outstanding and irreplaceable," he says. High praise, but you've earned it, Patty.
- Don't forget about the April 22 Spring Fling—your chance to donate your "gently" used clothing in trade for someone else's. We'll also have a dumpster available, for your not-so-gently used stuff. See flyer on page 18 for details.
- I'm not sure what it takes to end a drought, but apparently, it isn't rain. Despite all those storms, San Marcos's watering restrictions are still in place, at least as of the day I'm typing this. I guess we'll keep conserving.

As Easter Approaches...

Did you have a good Lent? In my case, I tried giving up luncheon meat, but I just couldn't quit cold turkey.

Have a Happy Easter and a fun St. George's Day (April 23).

George Turk

President

Millennium Housing



Kasey Koenig
Park Manager/Office

East Park

MARKET UPDATE & MANAGER'S REPORT



Martin Hernandez
Park Manager/Maintenance



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4

Among our regular landscape chores, we paid special attention to the African daisies by the clubhouse.

Home Sales

There were no home sales in March. However, four homes are currently in escrow, and four additional homes are for sale.

In Memory of Gonzalo Carvajal

Last month, Palomar East lost a great employee and friend.

Gonzalo worked for our community the last 38 years. He was always willing to lend a helping hand and was a friend to many. He carried a bright smile, a kind heart, and an easy-going personality.

Although he will be greatly missed, those of us who knew and worked with Gonzalo will remember him with great affection.

We would like to express our sincere condolences to his wife and three daughters during this difficult time.



Landscaping & Weeds

This year's rain has been plentiful. Take a glance around your property and remove any weeds. Trim your overgrown bushes and trees. Neglecting your home exterior is an eyesore to the community, and not permitted per the R&Rs.

Maintenance Update

Repairs were made to the pool pump and storage room. We also fixed an electrical wire to repair the streetlights on Elm Street near the dog park.

Flag Recycle Box

There is now a box for residents to discard their American flags when they become old and/or damaged. It is clearly labeled and currently located in the fire pit seating area.

Short & Quick List

- Construction related activities are allowed between the hours of 8:00 AM – 5:00 PM only.
- Use caution when entering and exiting the back gate on Viewpoint Drive.
- Please remember that a permit is required when installing a new water heater.
- Dog Owners: Please be respectful of your neighbors. Do not allow your dog to bark incessantly.

Your concerns and needs ARE IMPORTANT!

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

palomareast@gmail.com

Palomar Estates East Residents Association

P
E
E
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A



Notifications & Activities

Hello April!

How are you feeling? If you too are a little under the weather, you're not alone. San Diegans and people across the US report severe cold-like symptoms. Hang in there. I hope to be 100% soon. It's been a bit gnarly though.

Upcoming 4th of July Celebration

Please note on page 9 we share in advance the 4th of July themed celebrations that we have in mind for the community. We welcome any input or help that you can provide.

Wish List Update

The 2023 Park Wish List was completed and sent to Haven Management. They will work with Millennium to get as many of the items approved as possible while working within budget dollars.

The selected Wish List committee was led by Vice-Chair Don Antrim and consisted of Carl Silva, Kristen Antrim, and myself. The four of us sifted through your lists of wish list items. Together we arranged the suggestions into categories. See the list on page 8. A copy has also been placed on both the PEERA and Residents bulletin boards.

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

As we receive our approved wishes they will be announced. We appreciate your input and continual support. Let's kick up the East Park another notch.

PEERA Suggestion Forms

We want to thank those residents who have submitted the new PEERA Suggestion Forms. Most have been great suggestions for park improvement opportunities. Please remember that when requesting to present at a PEERA meeting, you submit your written request 10 business days in advance of the next scheduled meeting. We do not meet or review these forms on the weekends.



Patty Gonzales
Chairperson



Don Antrim
Vice-Chairperson



Kristen Antrim
Secretary



Pete Eiden
Treasurer



Your Voice in Our Community PEERA Board

The PEERA executive board will review all resident submissions permitting appropriate subject matters using the PEERA platform. Should we receive a subject matter not suitable or non-productive for the community, or a matter that has been closed, we will contact you directly to clarify and or deny the request. You are then free to organize and conduct your own meeting(s) of which PEERA will not be involved.

Why are we carefully vetting subject matters? When joining the board a year ago, many residents shared that they do not attend as they felt the meetings were nonproductive. With negative remarks or outbursts made in the open Q & A form, it is not welcoming or suited for progress. In most cases, these thoughtless comments can be downright embarrassing and even harassing. Therefore, all meetings will require thoughtful and respectful communications from all attendees including board members. Any resident or board member who does not abide will be kindly asked to leave or the meeting will simply be adjourned.

These meetings are "**your voice**," respectfully using everyone's time wisely. The PEERA Board is required per the by-laws to conduct four "**General**" open meetings a year. The other eight months can be closed meetings. We prefer to hear your voices all twelve months when meetings can be conducted in a professional manner.

Let's approach each month with resolve to find the hidden opportunities.

Next PEERA Board meeting Tuesday, April 4th, 5:30 PM.

2023 Palomar Estates East Wish List (submitted March 2023)



Category	Wish List Items
General Park Items	<ol style="list-style-type: none"> 1. Redo landscaping on Lucilla center divide to include boulders and large river rocks. 2. Paint stucco entrance retaining wall white adding a black metal branded logo sign on both sides of the entry walls. 3. Paint block walls white under the white lattice on Rancho Santa Fe Rd. 4. Install digital keypad locks on all common usage doors and gates (ball courts, clubhouse, pool, laundry, etc.) using keycards specific to each resident.
Speed Control	<ol style="list-style-type: none"> 1. Add reflective paint crosswalks on Lucilla for pedestrian safety. 2. Place speed bumps on Lucilla (3), also on Elm Street, and Fir where larger hill slopes are located. 3. Add four (4) more 15mph signs in strategic locations. 4. Install stop signs that have solar flashing lights. 5. Move all stop signs back to city code regulation height—required for delivery trucks.
Club House Items	<ol style="list-style-type: none"> 1. Both Clubhouses: <ol style="list-style-type: none"> a. Finish clubhouse ceilings. b. Install can LED lighting in the remaining ceilings of both clubhouses. c. Paint, caulk and repair building exteriors, white body with soft black trim with approved colors. d. Hire a professional janitorial service to provide monthly cleaning of showers, jacuzzi, & gym areas. 2. Main Clubhouse: <ol style="list-style-type: none"> a. Modernize kitchen, ceramics room, and cardroom with plans provided by a professional remodel designer. b. Remove fire pit. c. Tint all windows. d. Purchase new round dining tables and chairs. e. Update both shower rooms in the pool area. f. Install deadbolts on both shower doors. g. Install three parking lot lights with cameras (both items solar powered). h. Install patio lights on the patio area of the rear main clubhouse entrance. i. Remove grass, bushes, and rocks in front of main clubhouse and replace with decomposed granite (DG), succulents, and landscape lighting. j. Purchase updated PA sound system for meetings and events. k. Build a new Library and Storage area behind main clubhouse. l. Obtain artwork for walls using local San Marcos photography. m. Convert pool to saltwater. 3. Recreation Clubhouse: <ol style="list-style-type: none"> a. Install LED lights and new flooring in gym. b. Install TV in pool room. c. Replace torn entry door mats.
Miscellaneous	<ol style="list-style-type: none"> 1. Leaf Blowers: Change the R&Rs to allow electric leaf blowers ONLY on park grounds. This applies to our maintenance crew, any crew hired by residents, and residents. 2. RV Area: <ol style="list-style-type: none"> a. Replace steps to outlets. b. Update electrical outlets. 3. Carwash: Install a vacuum at the car wash. 4. Dog Park: Replace grass with decomposed granite (DG).

A Spoon Full of Chili...



Every year the **PEERA Board** sponsors the community **4th of July event**. And it's never too early to start planning a great traditional American celebration. This year let's bring our talents to the table with a western themed hoedown having a **Chili Cookoff Throwdown**.

Maybe your go-to recipe is in your head, or maybe it's earmarked in your favorite cookbook. Maybe you need to call your mom and have her give you step-by-step instructions. However, the chili gets to the hoedown, it's going to be a throwdown!

Everyone seems to have a chili recipe. So, let's celebrate the legendary dish that brings people together. Chili is the ultimate people-pleaser, but it's also the ultimate cook-off dish. Family recipes are guarded like crown jewels, and secret ingredients are never spoken of above a whisper. And the debates about what makes true chili – beans or no beans – thick or soupy – are fierce! But these are all part of what makes a chili cookoff such an engaging experience. When chili is being served, perhaps over a hot dog, a bowl of Fritos, a scoop on cheesy mac n' cheese or a simple side of cornbread, everyone comes to the table.

We are looking to put a spirited group together to complete the details of the event to include the entry contest rules, judge selection, themed setup, grand prizes, fun games, music, etc. If you are inspired to join us in planning the details, we have **“partner”** forms on the PEERA bulletin board. Please fill out a form and place it into the PEERA lockbox next to the bulletin board by April 21st.

Next steps to be announced. Meantime dust off your hats and boots...we're having a hoedown!

Patty Gonzales
PEERA Board Chair



Park Publicity

Patty Gonzales, PEERA Board Chair



As luck would have it, our March PEERA Board meeting was canceled therefore so was the scheduled lucky tote bag drawing.

In the pursuit of passing on the themed tote bags in a timely fashion, I enlisted one of the tallest leprechauns of the land—Kasey.

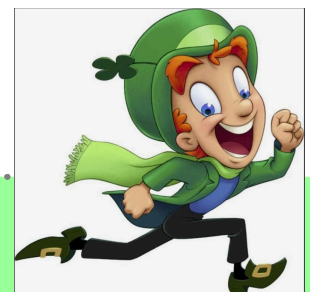
With a green hat in hand, we placed the space numbers of the paid PEERA members to draw the seven lucky winners from. The winning numbers were spaces 20, 99, 121, 178, 297, 315, and 321.

The simple, reusable, easy-to-carry, easy-to-pack, light-weight cotton, branded totes were filled with fun treats. This is a small token of appreciation to our members. We will have more fun random giveaways during year. If you have not paid your yearly \$5.00 membership, there are envelopes placed on the PEERA bulletin board in the clubhouse. Please join us!

"May your troubles be less. And your blessings be more. And nothing but happiness come through your door."

Slán go fóill,

Patty Gonzales
PEERA Board Chair



April Trivia Question: *When did Lucky the Leprechaun make his debut?*

Answer: The cereal was created by product developer John Holahan. Lucky the Leprechaun debuted in 1964 with one of the most expensive advertising roll-outs of the time, featuring full color ads in Sunday comics and comic books plus animated ads showcasing the charmin' leprechaun. It took some crazy food scientist's experiment with Cheerios and Circus Peanuts marshmallow candy to form the cereal still loved today, 59 years later.

Social Club News

April Update!

With all the wonderful rain we've had we should have an abundance of flowers to enjoy this month. Great for most of us... not so great for those with allergies.

March 3rd was another great Happy Hour/TGIF. Everyone enjoyed the baked potatoes, great conversations, laughing, dancing, and spontaneous entertainment. Thanks to Kellie Lunsford for sharing her beautiful voice.

Also, thanks to David Sarikhan for the beautiful dance he shared with Bertha Cordova. David is a ballroom dancer and has agreed to teach lessons at the clubhouse. We are working on the details now. Check the Social Club bulletin board for further details.

Upcoming Events

- **Saturday, April 15th, FREE Breakfast**—Pancake, sausage, and juice breakfast for all residents, 8:30-10 AM.
- **Friday, May 5th, Cinco de Mayo dinner** will be at 5:30 PM. Tickets are \$12.
 - On sale after the April 15 breakfast, 10-12 PM.
 - And again, on Wednesday April 19 from 9-12 PM in the clubhouse.
- **Saturday, May 20, High Tea** with the Soroptimists. Tickets are \$10. Come join us for a traditional English Garden High Tea in the Clubhouse. See flyer on page 19.

Please remember, we are all VOLUNTEERS and help is needed at every function. A signup sheet is in the hallway showing events and the type of help needed. Please check it out and signup. Thanks.

I've had many people tell me how great the library looks, and I agree. I tell them I have nothing to do with it. The thanks go to AJ Jangula and Carol Chamberlin, both volunteers. Kudos!

Have a great month.

I'm never too old to ask why.
~ Unknown

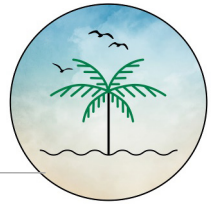
Sandy Wagner
Social Club President

Don't forget to mark your calendar for our Friday, May 5th dinner. It will be both fun and delicious, Baja-style!



Park Beautification

Patty Gonzales, PEERA Board Chair



Did it feel like this was the coldest winter ever here in San Marcos? From damaging winds and plentiful rain, to snow in lower levels of the county, many think this could be the coldest winter on record in San Diego County, but it was not.

BESTPLACES Comfort Index

The annual BestPlaces Comfort Index for San Marcos is 9.1 (10=best), which means it is one of the most pleasant places in California.

As winter ends, give your home a complete physical—inside and out—to ready it for those warm-weather summer months ahead.

Spring is the perfect time of year to get your house in shape. Take advantage of the longer daylight and cross off your to-do list, especially if there is damage from those winter winds and rains.

Routine home maintenance can save you the headaches of costly repairs that can be avoided. It can also help you prepare and budget for any future repairs or upgrades. Care for your home and its surrounding property, and it will continue to keep you safe and love you back.

Clean Off Our Carport Month

Let's focus on one main area this April making it "Clean Off Our Carport Month." Why carports? Let's start with safety first.

Carports can be an eyesore, especially when used as a prohibited storage area per our R&R (lease). Openly stored items, totes, boxes, furniture etc. are fire hazards for both the homeowner and neighbors (nesting rats too).



I had the opportunity to drive the park with a family member who is a fire captain. He pointed out homes that are at risk. To that he added, vehicle tanks containing fuel can create a firestorm.

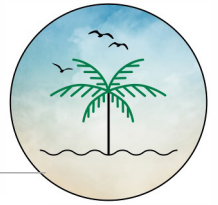
Residents have asked PEERA Beautification multiple times... "How are homeowners who signed the lease allowed to use their carports for storage?" Great question, right? If you are in violation, how are we to answer on your behalf? The answer cannot be, because the resident "intentionally grew" beyond the space inside their homes, porches, patios, and storage units.

No one resident is more privileged or excused in this regard than another. Rule/lease violations especially regarding safety require immediate action. That would be our answer. Hopefully, prior to receiving a written violation to comply, these carports can be cleaned up during the month of April.

Spring offers the perfect opportunity for change.

Our American Flag

Don Antrim, PEERA Vice-Chair



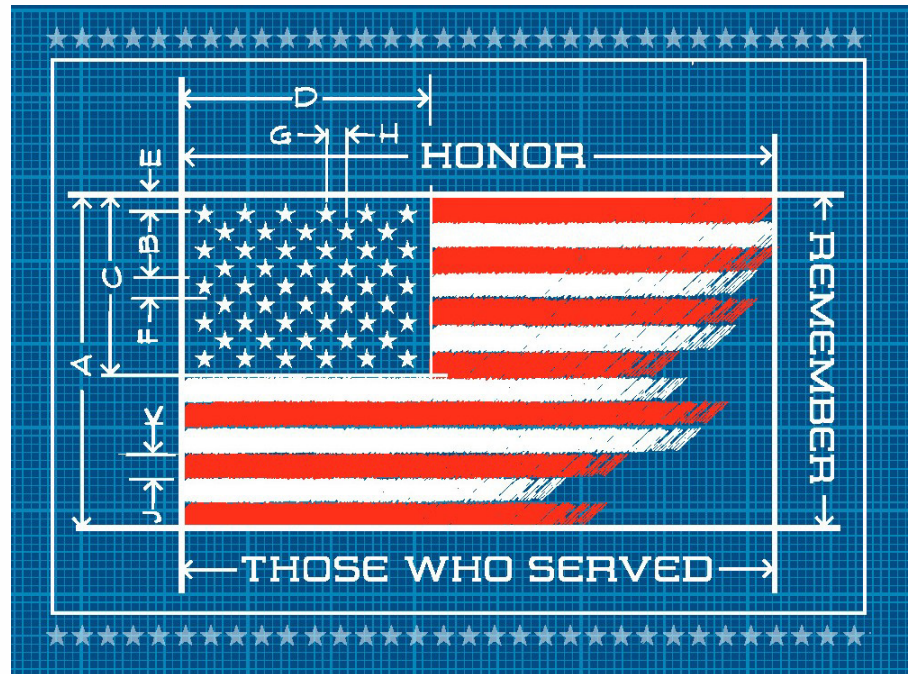
Many of our residents proudly fly The American Flag as a display of patriotism. It is important that your Flag is displayed in the proper manner and retired when necessary.

The Flag Code states it is the universal custom to display the flag ONLY FROM SUNRISE TO SUNSET on stationary or temporary flag staffs in the open. However, the flag may be displayed 24 hours a day when properly illuminated during hours of darkness, preferably with a spotlight.

The Code states that when a flag is no longer serviceable, for example torn, worn, tattered, frayed, etc., it is no longer a fitting emblem for display. The flag should be destroyed in a dignified way, preferably by burning. An old flag should NEVER be disposed of in the trash.

A labeled Flag Disposal Box has been placed in the firepit seating area of the main clubhouse for proper retirement of an old Flag.

Flags deposited in the box will be disposed of in the authorized manner by burning or by transfer to a VFW facility, other government agencies, or locations authorized for flag disposal.



Don Antrim

BA,DDS,MS,MA,PGMC,FICD,OKU

Did you know?

The flag of the United States of America has gone through 27 different iterations playing a big part in the lives of Americans and American culture.

The current flag, with 50 stars and 13 stripes, was designed in 1958 by 17-year-old high school student, Robert G. Heft, of Lancaster, Ohio. President Dwight D. Eisenhower chose his design out of 1,500 entries.

Community Resources & Activities

All Are Welcome



Come Join the FUN!

ACTIVITY	DETAILS
PAINT CLASS	Dawn Anguiano , dawnny46@gmail.com: 3 rd Tuesday, 10am—1pm, East Clubhouse. (Also, the 1 st Tuesday of each month at the Rancho Vallecitos.)
CERAMICS	Andrea Martin : Wednesdays, 6—8pm, East Clubhouse, Arts & Craft Room
DANCE LESSONS	Anne Pearson (858) 610-4816: 2nd & 4th Thursdays, 2—3:30pm, East Clubhouse
FIBER ARTS	Sally Yeater (719) 651-2866: Wednesday, 9:30—11am, East Arts & Craft Room
SPARC	Carl Silva (707) 673-7151: PEERA Community Services Member-at-Large
TAI CHI	Rudy Cobos (773) 519-6627: Fridays at 9:00 am, East Clubhouse
YOGA	LuAnn Foster (480) 203-4330: Monday—Thursday at various times and locations
ZUMBA	Saleemah (803) 463-2880: Monday—Thursday, various times and locations

Paint Class Reflections

In March, we painted a beautiful Basket of Flowers by Pamela Groppe. We hope you can join us at the Vallecitos and/or East classes in April.



A new Paint Class lockbox has been placed by the Event board in the clubhouse cardroom hallway. Please place your \$10.00 class fee in the envelopes provided next to the lockbox.

If you think you cannot paint, just come in and see what we do, you might enjoy it.

Donna and Dawn hope to see you soon.

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
Tennis—Lower Clubhouse	Bill Mead
Card Games	Card Room
Fishing	Don Bomar
Bingo—West	Debbie Johnston & Delane Johnson

Palomar East Calendar

April

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
March 26	March 27	March 28	March 29	March 30	March 31	April 1
	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	April Fool's Day 
PALM SUNDAY 2	3	4	PASSOVER 5	FULL MOON 6	GOOD FRIDAY 7	8
9 AM to 5 PM 31 st Annual San Marcos Street Festival (Via Vera Cruz)		5:30 PM PEERA Board Meeting 10 AM Vallecitos Paint Class		2 PM Dance Lessons		The Breeze Deadline
EASTER 9	10	11	12	13	14	15
						8:30 to 10 AM FREE Social Club Breakfast
ORTHODOX EASTER 16	17	18	19	20	21	EARTH DAY 22
		10 AM East Paint Class		2 PM Dance Lessons		Noon to 2 PM Spring Fling Exchange
23 & 30	24	25	26	27	ARBOR DAY 28	29
						

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

Park Member News

You Have To Be Careful

By Naomi Shihab Nye

You have to be careful telling things.
Some ears are tunnels.
Your words will go in and get lost in the dark.
Some ears are flat pans like the miners used looking for gold.
What you say will be washed out with the stones.
You look for a long time till you find the right ears.
Till then, there are birds and lamps to be spoken to,
a patient cloth rubbing shine in circles, and the slow, gradually
growing possibility that when you find such ears, they already know.

Welcome New Neighbors

No new neighbors to report for this month, but there will be new folk arriving in May.

Wedding Anniversaries

Please let us know if we missed your anniversary, and let's wish a very happy anniversary to James and Pen McHugh on April 13.

Till We Meet Again...

Marjorie Basmagy	SP 124	Arrived: 10/1995	Departed: 02/03/2023, passed away
Jimmie Lee	SP 25	Arrived: 10/2006	Departed: 02/06/2023, passed away

Note: No further details were available for the residents who left us. If you have information and/or photos about someone and would like to share, please send it to: pee.theBreeze@gmail.com



Park Member News

Let's Celebrate Our April Birthdays!



2	Diana Bailey	14	Susan Ewing
2	Jacquelyn Paul	15	Kristen Antrim
2	Rita Normand	17	Susan Helander
3	Kellie Lunsford	17	Mikey Davis
4	Pam Scott	17	Lidia Penge
4	Jani Tobin	17	Tom Wickline
5	Susan Mortimer	18	Rene Ramswick
5	Kimra Ackley	19	Bong Pak
5	Ron Landers	20	Tom McKelvey
6	Stanley Wolfe	20	Michael Ruth
7	Kathy Wortman	21	Catherine Tomson
8	Jerry Holloway	21	Paul Piper
10	Joann Ritchey	21	Lanny Lippincott
10	Jerry Chamberlin	23	Don Bomar
11	Carl Silva	24	Steve Budetti
11	Jennifer Hazlett	25	Jerry Brough
12	Don Antrim	29	Paul Hoffman
12	Irene Molina	30	Yong Landers
13	Michele Silva		

About Our Monthly Birthdays

Have you ever wondered why you should let your birthday be published in *The Breeze*? This month we have 35 birthdays in East Park. (There could be more as some prefer not to be listed.) However, if you are listed, you may be in for a treat.

Next month, *The Breeze* will begin holding a monthly drawing and will deliver special birthday greetings in a "Breeze Bag" to one lucky winner each month. It might even start this month if we can organize it soon enough.

April Trivia

- ♦ **Birthstone:** Diamond (romance and enduring love)
- ♦ **Color:** White and clear
- ♦ **Flowers:** Daisies and Sweet Peas

Astrology

Aries: 03/21—04/19

Taurus: 04/20—05/20



April 2023 Horoscope

Mercury enters Taurus on April 3 creating an excellent time to focus on practical matters like finances and material possessions. But beware Mercury's square to Pluto the same day could bring some power struggles or communication conflicts.

The Full Moon in Aries on April 6 marks a time of high energy and excitement, good for taking risks and initiating new projects.

Venus sextile Neptune on April 7 brings a sense of romanticism and creativity, while Mercury sextile Mars on April 8 helps to communicate your ideas and assert yourself effectively.

The New Moon in Aries on April 20 marks a fresh start and an opportunity to set new intentions for the future. However, the Sun's square to Pluto on the same day could bring power struggles or conflicts.

Overall, April is a month of energy and excitement, but be mindful of impulsive or reckless behavior. Focus on practical matters and stay open to new experiences and opportunities.

Spring Fling



Step One: Donate items to the Palomar East Clubhouse between 8am-10am on Saturday, April 22nd.

One raffle ticket will be given to each individual who donate items.

Step Two: Participate in the Spring Fling Exchange between 12pm-2pm on Saturday, April 22nd. All Palomar East residents are invited to select donated items for free — even if you didn't donate! (There will be a quantity limit).



GUIDELINES!



YES

- ⇒ Gently used men's and women's clothing **WASHED**
- ⇒ Accessories: hats, belts, jewelry
- ⇒ Shoes (laces tied together and/or placed in a bag)
- ⇒ Clothing items with working zippers and no missing buttons
- ⇒ Books, small household decor

NO

The items listed below **will NOT be accepted:**

- ⇒ Undergarments
- ⇒ Sheets
- ⇒ Socks
- ⇒ Stains, rips, holes, or tears
- ⇒ Furniture or small appliances





Invitation to Residents

of Palomar Estates East to an

“English Garden Tea”

Saturday, May 20th, 2023

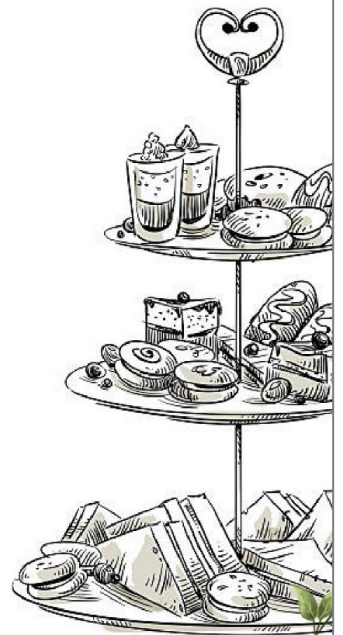
3:00 pm to 5:00 pm in the Clubhouse

Requested Donation: \$10 in advance of event

Co-sponsored by the **Palomar Estates East Social Club** and
Soroptimist International of Vista and North County Inland, a 501(c)(3) organization.
All proceeds will fund programs to help women in our local communities.



Enjoy a selection of sweet and
savory delicacies with hot teas in
three flavors. Tables will be
decorated in white and pink with tea
sets and proper accompaniments for
high tea. Attendees who wish to bring
their own tea sets and decor will have
the opportunity to win the **"Best
Table"** prize. There will also be a **"Best
Hat"** Contest, so dust off your fancy
hat, feathered or flowered.



Join us for a Beautiful Afternoon!

For tickets or more information contact Sandy Wagner,
Social Club President (602) 882-2977
or Soroptimist Dyana Preti, Sp. 98, (760) 533-4903



Recipes from the Heart

This cool weather stew is to die for. Don't forget that bottle of dark Guinness. And make sure you are using fresh Lamb, not Mutton—the latter has a gamey taste. If you really dislike Lamb, try a Beef cut like round or chuck. If you do, try a sprig of fresh Tarragon too.

Feel free to share your own recipes to *The Breeze*—especially if you'd like to share something sweet. Sweets are not my forté.



Lamb Stew

Enjoy!
G. Cinnamon

Ingredients

2 Lbs. Fresh Lamb Leg or Shoulder cut into 1.5"-inch chunks (bones & fat removed)

1 Bunch Fresh Carrots (angle-sliced thick)

2 Medium Golden Onions (large chopped)

1 Bag Frozen Sweet Petite Green Peas

6 Cloves Garlic (mashed)

2 Sprigs each Fresh Rosemary and Thyme

3 Medium Potatoes (quartered) or 1 small bag petite whole red potatoes

1 Small Can Organics' Tomato Paste

3+ TB Olive Oil

1 Carton Beef Broth (unsalted)

3 TB Flour

1 Bottle Guinness Dark Beer

S&P to taste

Note: Add additional water or beer if needed for more broth

Directions

1. In a stew pot, heat the Olive Oil and braise the lamb pieces evenly in small batches so meat isn't touching.
2. Set the meat aside, then add the onions and garlic to the pot, along with a few TBs of water to loosen the brown bits from the bottom of the pan.
3. Stir in the tomato paste and cook a few more minutes.
4. Add the lamb back to the pot and sprinkle it with flour, which will thicken the broth as it cooks.
5. Cook and stir for a few minutes until the flour dissolves.
6. Add the braising liquid, which is simply beef broth, Guinness, water, and herbs.
7. Bring the broth to a boil, then cover and simmer for about an hour and twenty minutes.
8. Add the carrots and potatoes and continue cooking until the meat is tender and the vegetables are cooked, about 30-45 minutes more. Be sure to stir it a few times so the vegetables don't stick to the bottom of the pan.
9. Right before serving, stir in the frozen green peas. They'll defrost and cook right in the stew.

