



**Emergency: 911**

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



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**Clubhouse Hours:**  
Monday-Sunday 8am-9pm

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## **Haven Management Services**

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## **Millennium Housing**

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# November Editorial

*"People will forget what you said, people will forget what you did, but people will never forget how you made them feel."*

— Maya Angelou

## A Gift of Inspiration

I recently came across a website I thought you might enjoy, both for the Thanksgiving season and beyond: A Gift of Inspiration ([www.AGiftofInspiration.com.au](http://www.AGiftofInspiration.com.au)).

Keith Ready lives in Sydney, Australia. He has years of practical and hands on experience in sales, marketing, human resources and general management across a wide range of industry sectors. This provides the foundation for his business coaching and a mentoring.

Keith is also the publisher of the website, A Gift of Inspiration, which has the aim of providing positive inspirational messages, stories, quotes, and images to refresh the spirit and boost the emotional bank account. Some of these stories and quotes pertain to business life, others to personal life.

There are so many amazing videos and stories on this website, I plan to visit it often over the coming months. As an example, on the "Positive Images" tab, I particularly loved the two videos, along with many others:

- A Compassionate World, and
- Everyone Should Have an Elephant.

You can even sign up to receive a monthly email that features a positive inspirational story.

In the remainder of this editorial are a couple of examples stories from the website. Note that the Thanksgiving story included on page 13 is also from the Gift of Inspiration website.

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

Also, the PEERA website is: [peerasm.org](http://peerasm.org)

## A Picture of Peace

(InspirEmail No 372 March 2022)

There once was a king who offered a substantial prize to the artist who would paint the best picture representing Peace. Many artists entered pictures, and the king looked at them all very closely, giving great consideration as to the best example of Peace. After much thought he identified two pictures that he really liked.

One picture was of a very calm lake. The lake was a perfect mirror of the peaceful towering mountains that surrounded the lake. Overhead was a bright blue sky with some fluffy white clouds.

Everyone who saw this picture thought that it was a perfect picture of Peace.

The other picture also had mountains, but these were rugged and almost devoid of vegetation.

Above was an angry looking sky with rain falling and a flash of lightning could be seen in the background. Down the side of the mountain tumbled a foaming waterfall. This did not look peaceful at all. But when the king looked closely, he saw to one side of the waterfall a tiny bush growing in a crack in the rock. In the bush, a mother bird had built her nest. There, in the midst of the rain, lightning and rush of water, sat the mother bird on her nest looking a perfect picture of Peace.

After much thought and further consideration, the king chose the second picture. Everyone wanted to know why he had chosen this picture!

**Joanne Price**, Editor, *The Breeze*



### Monthly Contributors to *The Breeze*

Joanne Price—Editor

Patty Gonzales—Creative Director/  
Staff Photographer

Kasey Koenig, George Turk, Lanny Lippencott, the Social Club, and the PEERA Board

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The king then explained to all gathered around. 'I chose the second picture because 'Peace does not mean to be in a place where there is no noise, trouble, and surrounding activity. Peace means to be in the midst of all those things and still be calm in your heart and mind. To me that is the real meaning of Peace.'

~ Author Unknown



## The Making of a Memory

(Adapted from Positive Inspirational Story, July 2025)

Memories that stay with us for a lifetime, memories that never fail to bring us warm and fuzzy feelings – who can predict when or where they will come from? Sometimes they are from the smallest moments, the passing comments.

Preparing for a trip, my husband Jerry had just finished loading his car. He made one lap back through the house and then into the kitchen. 'I guess filling my thermos is all I have left to do, and then I'm off.'

He emptied the hot water that had been warming his thermos. Then, with a very nostalgic look on his face, he softly said, 'When I filled this thermos with hot water, I thought of your mom. In fact, anytime I fill my thermos, I think of her.'

'Oh honey, that's so sweet,' I responded as tears began to fill my eyes.

'You know, whenever I fill my thermos, I think of her, and I always smile too.' His voice was so tender as he spoke of my mother who is no longer with us.



Photo by Erika Haugen-Goodman

Years ago, we had been visiting my parents, and the morning we were leaving, my mother watched as Jerry began to fill his thermos. Being the 'coffee drinker' in the family, he always placed himself in charge of thermos duties. Mom then casually offered up a tidbit of advice.

'Jerry, if you would fill your thermos with hot water and let it sit a while, your coffee would stay hot a lot longer on your drive.'

The look on Jerry's face was priceless as her simple suggestion sunk in. Well of course it would! It only makes all the sense in the world!

Jerry dumped the small amount of coffee already in the thermos, ran the tap until it was at its hottest, then refilled the thermos with piping hot water.

After dumping out the hot water and pouring himself a fresh cup of coffee, he sat down to enjoy a few more minutes with mom.

Words of wisdom from a loving mother-in-law made an impact that will never be forgotten.

When spoken that morning, Jerry didn't realize he would always hear those words ringing in his ears, or that they would bring a smile to his face time and time again. And Mom would never have dreamed her words would be a treasured and everlasting memory in the heart of her son-in-law.

The 'fondest, lasting memories' don't necessarily come from major moments in life, the making of a memory simply happens.

~ Kathleene S. Baker

# Millennium Memo

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Many of you have been asking what the City will do when Palomar's ground lease expires in 13 years. When I heard that Council Member Jenkins was attending the Oct. 1 meeting at Palomar West, it seemed like a good chance to get her thoughts on that.

Not so, as it turned out. Ms. Jenkins will be off the Council after the upcoming election, as she's termed out, so she wasn't able to offer any insights. It was still an interesting meeting, however.

Jenkins was joined by City Manager Michelle Bender, who made a plea for the Sales Tax Measure. While that was Bender's agenda, the meeting was also a chance to educate her on resident concerns over the lease expiration, and the value of our Parks to the City.

You'll be electing a new Council Member in just a few days, and you'll want to know if your candidate will protect Palomar's residents. Don't think your vote is important?

Consider this: the Mayor in "Jaws" is still the Mayor in "Jaws 2." Scary thought, isn't it?

## More News

- Recent expenditure: \$92K (!) to improve the drainage and replace sections of asphalt. We're told this project will greatly reduce the flooding that sometimes runs down that street.

We also installed new heaters in the Saunas (\$12K) and hydro jetted more lines. Your Rent Dollars at Work!

- SPARC, our resident services partner, sponsored another Clothing Exchange in September. Social Club Prez Debbie Johnston gets this month's Kudo for helping Devin with this event.

Next up for SPARC: Senior Warm Kit giveaway on Nov. 12. You did sign up for that, didn't you?

- The latest resident complaint: Trees & bushes not being maintained and growing into the neighbor's yard. We also ask that folks be diligent in picking their fruit from their tree or off the ground.

I tried coming up with a tree joke for you, but I'm stumped. Maybe next time.

Have a fun Thanksgiving!

*George Turk*

President  
Millennium Housing



Kasey Koenig  
Park Manager/Office

# East Park

## MARKET UPDATE & MANAGER'S REPORT



Burt Hamernick  
Park Manager/Maintenance



*"When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace."* -- Dalai Lama

### Home Sales

There were three home sales in the month of October. Two homes are in escrow. Currently there are four homes for sale.

### Maintenance Update

Sections of street asphalt were repaired throughout the park. A new water drainage system was installed at the bottom of Fir St. Fresh flowers were planted around the clubhouse.

### Additional Occupants

Guests must register with the office when staying with a homeowner for more than 20 consecutive days or 30 days total in a calendar year.

Additional occupants must be 35 years of age, and their vehicle must be stored in the carport.

We have been receiving mail and packages addressed to people that I do not have on file and cannot locate. If someone is staying with you and they are not listed as an additional occupant, they are not authorized to live here.

If you have questions, please call the office so we can get this corrected.

### Pest Control

Rodents often relocate to new areas in search of food, water, and shelter. The seasons and temperature play a role in their migration. Don't let rodents occupy your shed, take shelter under your home, or gain entry to the inside of your residence. Pick the fruit from your trees, keep bushes and shrubbery neat and trimmed, and keep your property clean of clutter to prevent nesting. Set traps to reduce their numbers.

### Short & Quick

- **The Palomar West Annual Craft Fair is November 16<sup>th</sup>, 9 am to 1:30 pm.**
- Packages are often being delivered to the clubhouse because the SPC number gets cut off when computers print the shipping label.

To avoid this delivery problem, you may wish to use the pound symbol (#) rather than the SPC abbreviation. For example, use #373 rather than Spc 373).

### 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)**

# Palomar Estates East Residents Association

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## Notifications & Activities

*"Be thankful for what you have. You'll end up having more."* – Oprah Winfrey

### The Power of Gratitude

November encourages us to embrace the power of gratitude. Gratitude is more than just saying "thank you." Gratitude has the amazing power to shift our focus from the negative to appreciating what is positive in our lives.

We have much to appreciate here in Palomar Estates East!

### Annual Election Meeting – November 12th

The PEERA Annual Election General Meeting will be on Tuesday, November 12<sup>th</sup>. Note that this was shifted one week forward due to the Presidential Election on November 5<sup>th</sup>.

Looking toward 2025, our current PEERA Board has gained valuable insights this year that will serve as guidance for PEERA Boards in years to come. That is a significant accomplishment of which this Board can be proud.

It is encouraging to observe the renewed interest among residents in joining the PEERA Board. This is a positive development that has been lacking for years.

If you have not already cast your vote, be sure that you become informed before voting. Nominees can place

### PEERA Board

Patty Gonzales	Chairperson
Connie Bloem	Vice Chairperson
Susan Ewing	Secretary
Leslie Dranko	Treasurer

### Members At Large

Peter Del Bene	Beautification
Joanne Price	Community Resources
Joanne Robinson	Complaints
Board Committee	Emergency Prep
Merlene Heeren	Helping Hands
Carl Silva	Membership
Appointment Pending	Publicity

information regarding their candidacy on the PEERA bulletin board in the clubhouse. Kindly reach out to a candidate for answers to any specific questions you may have.

As with any election, your vote is vital and will help shape the future direction of our resident association as the Board continues to serve and build a "vibrant village" in our community.

For the record, the October board meeting was rescheduled from Tuesday, October 1st to Wednesday, October 2nd due to the Vice Presidential Debate held on Tuesday evening at 5 p.m.

At our October 2<sup>nd</sup> Board Meeting, we concurred that the vote for the Proposed Revisions to the PEERA Bylaws was unsuccessful.

# Your Voice IN Our Community

## PEERA Board [peerasm.org](http://peerasm.org)

# 2024

A 2/3 vote of the PEERA membership is required for any changes to the Bylaws. The number of ballots cast regarding the Proposed Revisions to the Bylaws were fewer than half of the PEERA members.

Following this Board Meeting, once it was determined which Bylaws would govern the PEERA Board election process, the Annual Election Nomination Forms were distributed to the PEERA membership. Good luck to all those nominated!

Happy Thanksgiving!

**Patty Gonzales**  
**PEERA Board Chair**

### **Recording Board Meeting – Public vs Private Spaces**

Last year, the PEERA Board researched the issue regarding recording the Board Meetings and learned that videoing the Board Meetings is not permitted except under very specific circumstances. This article is intended to clear up misconceptions about recording our Board Meetings.

At our September PEERA General Board Meeting, Ken Hodor began videoing the meeting and was asked by the Chair not to video. He continued to video, believing that he had the right to do so. Others believed he had the right as well. This is not correct.

Subsequent to the Board Meeting, Ken posted information on a google groups website describing why he has the right to video the PEERA Board meetings. His reasons, and the PEERA Board Chair response (in brown text), follow:

- Why record meetings – Any reasons stated are irrelevant if it is against the law to do so.

- Penal Code 632 states that recording Public Community Meetings is considered legal. – This Penal Code does not apply. Our clubhouse and all our facilities in this community are on private property and are private. These are not public spaces. The public is not allowed to come on site and use our library, our pool, our sports courts, etc. We pass a sign whenever we enter the park confirming this fact.



- Witness Protection Program – The rationale that those in witness protection programs should stay out of recorded public space is misapplied. Our clubhouse is not a public space.
- Square Footage References – Once again, this information pertains to public spaces and is thus irrelevant.
- The bottom line: the large clubhouse is legally a public place. – This is not correct. Our clubhouse and all facilities are private spaces.

So, what are the special circumstances that would allow recording of the PEERA Board Meetings?

California is a 'Two-Party Consent State.' This means that both the person recording, and any person being recorded in a private space, must give their consent to the recording. It is illegal to video anyone in a private space without their consent. Clearly then, every person in a PEERA Board Meeting would have to give their consent. If all persons consented, videoing would then be permitted. Short of that, videoing is illegal.

# Home for the Holidays

## Annual Holiday Decorating Contest



Holiday decorating is a tradition that sparks joy, excitement and feelings of nostalgia year after year — one reason we believe it's never too early to start planning.

We invite to you to participate this year in our

### Annual Holiday Decorating Contest

Wishing you the best of luck!



We will be judging  
three homes in the  
following categories:

Best Use  
of  
Lights

Best Use  
of  
Inflatables

Most  
Retro  
Classic

Please have your Home ready for judging by **December 20th.**

We look forward to seeing your creative holiday displays.

*Happy Holidays*



PALOMAR ESTATES  
**EAST**  
PEERA BOARD

# Volunteers Are Always Appreciated

## Volunteers Come in All Sizes

"A Volunteer can come in all shapes and sizes, but ultimately it is about being prepared to help others. That's an ideal worth striving for and it's in the very fabric of our community."

On September 23<sup>rd</sup>, the Maintenance Staff and the piping installation contractor had volunteer backup indeed. This little guy was prepared and even brought his own equipment! He was truly inspired and passionate as he watched the crews at work. It was a precious moment to see the sparkle in his eyes. Sometimes you just need to stop and embrace these cherished moments. Thanks Luca! You made my day.

– Patty Gonzales



*Permission to include our youngest volunteer, Luca, was provided by grandparents Jerome and Mary Ellen Wernow, Space 163*

## Wanted: A Park Historian

Websites are definitely valuable assets for research. However, due to space considerations, important details are generally not included...particularly historical details. Happily, for Palomar Estates East residents, we have historical notebooks that include years of memories to view and enjoy.

For many, a physical book is much more appealing than an electronic version of the information. There is something nostalgic about paging through physical pages and pondering the content. Scrolling through text and images just isn't the same.

Our Palomar Estates East history books provide a unique view to the past – the people who live here, or have lived here, along with past events. In viewing these pages, you might even learn about the previous owner of your home!

Pam Peterman was our last Historian, and she did a great job. Since she moved, this information has not been kept up. If you are interested in becoming the Park Historian, please contact Sandy Wagner, or place your information in the Park Historian lockbox in the clubhouse. Ask some of your friends to help, make it a party! Remember, everything we do for PEE is on a volunteer basis and we always need more volunteers.

## Medical Supplies ...In Case You Need

Through the years, residents have donated medical equipment they no longer need – to be used free of charge for anyone in the park. Volunteers assumed the job of maintaining the equipment. ALL donated items have been taken apart, thoroughly cleaned, and repaired as needed by resident volunteers. Volunteer residents also evaluate all equipment for safety. We have everything available from crutches to wheelchairs to shower chairs and more. A funny aside...when some of us cleaned the equipment supplies space years ago, we found a wooden leg!! It was discarded.

For many years, Marlyn Maas has been our dedicated, and much appreciated, "keeper of the shed." Check with Marlyn if you need something.



**NOTE: You use this equipment at your own risk.**

**Neither Millennium Housing, Haven Management Services, PEERA, nor any PEE Clubs assume any liability for the use of this equipment.**



## Our Club. Our Members. Our Passion.

2024

Hello everybody! Can you believe it's November already! Another year nearly over. Time sure accelerates when you're old!

Review of October's events: The Social Hour had a good turnout with an abundance of good food, as always. And the next morning we welcomed Alan Geraci, candidate for City Council. He also introduced us to Jennifer Kerschbaum, candidate for the water district. His competitor, Danielle LeBlang, also running for City Council, is scheduled to speak October 16th. (This article is written before then, so I can't comment on it.)

Speaking of elections, ballots for Social Club positions must be received by the end of November. Please bring them up to the clubhouse as soon as possible.

The Free Table is up and running by popular demand. It is the black card table in the ceramics room. Please do not leave or remove items from any other table or shelf in there. They are not part of the deal. 😊

Pictures and comments on the Halloween party will be included in next month's article.

Thanksgiving dinner will truly be homemade this year. (Well, actually, it will be "homes" made, as the turkeys will be roasting in several ovens in the park.) The dinner is free for our residents but due to limited seating, you must sign up in advance if you wish to attend.

### Social Club Board

1 Sally Yeater	Membership
2 Michelle Lema	Treasurer
3 Andrea Martin	Vice President
4 Debbie Johnston	President
5 Lani Beltrano	Secretary
6 Susan Adorno	Member-at-Large

Board Members-at-Large not shown in photo: Dolores Bsharah and Paul Hoffman

### Upcoming Events

❑ **November 1** – Social Hour, 5:30 pm

❑ **November 23** – Thanksgiving Dinner, 5 pm

There is a sign-up sheet on the Social Club board at the Clubhouse. There is also a signup sheet for volunteers for this event. If you would like to help, we'd love to have you!

In closing, I feel the need to apologize regarding the Clothing Exchange event. I forgot to take into consideration that many people work and therefore were unable to attend. Last year, the event was held on a Saturday, and the turnout was amazing.

Those who did attend the Clothing Exchange this year seemed to find some treasures to take home with them. I only saw one person who was leaving empty handed, and it turned out she was looking for pots and pans. (Check the Free Table from time to time, you never know what might turn up there!)

*Andrea Martin*

Social Club Vice President

# Christmas Quilt Raffle

## **Raffle at the Thanksgiving Dinner!**

At the Thanksgiving Dinner on Saturday, November 23rd, the weekly quilting group will be raffling off two Christmas quilts, designed and made by the group. Two additional smaller quilts will be raffled as well. You will fall in love with them! Raffle tickets will be 3 for \$5 or 6 for \$10.

Having just completed our 1st year, we are excited to say we have finished and donated well over 100 quilts. We feel this is quite an achievement for 10 ladies working only 2.5 hours per week.

### Two larger Christmas Quilts for Raffle:



Thanks to everyone donating money in the past. As supplies are always needed, your support with this raffle is appreciated. We continue to donate the quilts to [A Safe Place](#), but we are open to donating to others in need.

Your suggestions are appreciated!

### Two Smaller Quilts for Raffle:





# DESSERT

## OLD FASHIONED APPLE CRISP

**MAKES 4-6 SERVINGS**

1. Preheat oven to 350°F. Butter an 8X8 baking dish, or spray with non-stick cooking spray
2. In a mixing bowl: add chopped apples, granulated sugar,  $\frac{3}{4}$  tsp cinnamon and lemon juice. Stir to combine, then transfer to prepared baking sheet
3. In a separate mixing bowl, add topping ingredients (brown sugar, oats, flour, 1 tsp cinnamon, salt, and diced cold butter). Use a pastry cutter to cut the butter into the oat mix, using a slight downward twisting motion, until mix resembles pea-sized crumbs
4. Spread topping over apples in baking dish, and gently pat to even out. Bake 40-50 minutes, until golden brown and bubbly
5. Serve warm and enjoy!

[www.BostitchOffice.com](http://www.BostitchOffice.com)

## INGREDIENTS

- 6 golden delicious apples, peeled and chopped
- 2 tbsp granulated sugar
- $1\frac{3}{4}$  tsp ground cinnamon
- $1\frac{1}{2}$  tsp lemon juice
- 1 cup light brown sugar
- $\frac{3}{4}$  cup old fashioned oats
- $\frac{3}{4}$  cup all-purpose flour
- $\frac{1}{2}$  cup cold unsalted butter, diced
- Pinch of kosher salt

# Thanksgiving Food for Thought

The following story was the featured inspirational story for August/September, 2019, on the website, 'A Gift of Inspiration' ([www.AGiftOfInspiration.com.au](http://www.AGiftOfInspiration.com.au))

Something strange happened when I was 14 years old. Every previous year on Thanksgiving Day I'd woken up early, filled with excitement, unable to wait for the turkey and gravy, stuffing and greens, pumpkin pie with pecans, and my grandma's famous cheesecake.

But this Thanksgiving, I couldn't find the magic anymore. For some reason the holiday seemed fake. I suddenly felt like Thanksgiving was a big lie. I saw no reason to celebrate.

As my aunts, uncles, cousins, and grandma started to arrive carrying plates of food, baskets of bread, and pitchers of eggnog, I grew more and more angry and frustrated. None of them were really thankful, I realized. The whole thing was a lie!

When my mom called for everyone to take their seats for dinner, I left. I ran into the guest room where no one would look and collapsed against the futon, crying. I was defiant because I wanted to be an honest person, but I was realizing that Thanksgiving was inauthentic. It didn't feel right to participate.

My mom, worried that I was absent from the table, came to see what was wrong. 'No one is really thankful!' I sobbed, 'They just pretend for one day because that's what you're supposed to do!'

My mom sat down next to me on the futon and listened wisely until I was done. Then she nodded. 'You're right,' she told me, 'it's fake until you find the truth for yourself.' She said it was my choice whether to celebrate with them or not. She said Thanksgiving was a time to reflect because we don't always get to see loved ones and eat a good meal. Then she left.

I didn't listen to her. I was convinced that every holiday was a hoax, and I could never find joy celebrating again. But I was also starving, and I had to eat something, so after a few minutes I went back to the dining room.

And I couldn't believe what I saw.



*Thanksgiving Dinners - Much more than the Food*

Waiting for me, with wide smiles, was my entire extended family and a table covered with untouched plates. At first, I was confused.

I wondered why no one was digging into their carefully-constructed meals.

That's when I noticed that everyone was looking at me with concern.

'Andy,' my aunt said, 'We can't eat without you. It's your turn.'

Suddenly I realized they wanted me to be a part of the tradition of going around the table and sharing what made us all thankful. I didn't know what to say. But I had to say something. Finally, I said I was thankful for having a younger brother to teach, play with, and see grow.

The family shared, and everyone had something beautiful to say. Listening, I suddenly understood what my mom meant about needing to come up with my own reason for celebrating. For me, this holiday was a chance to pause and reflect on everything I cared about. That was worth celebrating.

And with that, I took a huge and satisfying bite of food.

*~ Written by Andy Earle*

Andy is a researcher who studies parent-teen communication and adolescent risk behaviors.

He is the CEO of Write it Great, a ghostwriting firm. He also hosts the podcast "Talking to Teens: Expert Tips for Parenting Teenagers."

# Community Resources & Activities

November

2024

All Are Welcome



Come Join the FUN!

ACTIVITY	WHO TO CONTACT AND MEETING SCHEDULES
BINGO	Debbie Johnston & Delane Johnson: <b>Thursdays</b> , 6 PM at West
BOOK CLUB	<b>Social Club: 2<sup>nd</sup> Wednesday</b> each month, 1:00 PM, East Clubhouse Card Room.
CERAMICS	<b>Andrea Martin: Wednesdays</b> , 6 - 8 pm, East Clubhouse, Arts & Craft Room
DANCE LESSONS	<b>Anne Pearson</b> (858) 610-4816: <b>2nd &amp; 4th Thursdays</b> , 2 - 3:30 pm, East Clubhouse
HAND & FOOT CARD GAME	<b>Anne Litz</b> (760) 846-5850 (Please leave message) or <b>Marilyn Fluharty</b> (218) 821-0337: <b>Mondays and Thursdays</b> , 1 pm, at Marilyn Fluharty's home (Spc 179)
PAINT CLASS	<b>Dawn Anguiano</b> , dawnv46@gmail.com: (1 <sup>st</sup> <b>Tuesday</b> each month at Rancho Vallecitos) (Note: No classes July or August)
QUILTING GROUP	<b>Social Club: Tuesdays</b> , 9:30 am to whenever, East Clubhouse Card Room.
TAI CHI	<b>Rudy Cobos</b> (773) 519-6627: <b>Fridays</b> at 9:00 am, East Clubhouse
YOGA	<b>LuAnn Foster</b> (480) 203-4330: <b>Monday</b> : 3:00 PM Zoom, 6:00 PM Yoga West & Zoom, <b>Tuesday</b> : 10:00 AM Chair Yoga West & Zoom, <b>Thursday</b> : 10:00 AM Chair Yoga East & Zoom
ZUMBA	<b>Saleemah</b> (803) 463-2880: <b>Monday</b> : 11:15 AM West, <b>Tuesday</b> : 2:15 PM Zoom, <b>Wednesday</b> : 10:30 AM Zoom, <b>Thursday</b> : 11:15 AM East

## Additional Park Activities

ACTIVITY	WHO TO CONTACT
Billiards	Ken Hodor
Bocce Ball	Carl Silva
Card Games	Card Room
Darts	Don Bomar
Fishing	Don Bomar
Fitness Facility	Ken Hodor

ACTIVITY	WHO TO CONTACT
Golf Putting Green	Dave Fenner
Horseshoes	Dave Fenner
Library	A.J. Jangula
Pickleball	Joanne Price
Ping Pong/ Tennis	Bill Mead
Puzzles	Card Room

## Many Types of Activity Groups

Thank you to all the volunteer residents who sponsor these activities. We appreciate your providing such so many opportunities for fun interactions among our residents.

## Ceramics Classes

By **Andrea Martin**

Meetings are on every **Wednesday**, 6 – 8 pm at the Palomar East Card Room. Hope to see you there!

## Paint Classes

By **Dawn Anguiano**

In November, Donna will be instructing the class all by herself, but she will have some help from some of our painters. We are so lucky to have such a wonderful group of people who not only love to get together to paint, but also help us set up and clean up. Any of you who were not able to finish your paintings in October, can bring them to class on November 5th to finish them up. If you already finished your painting, Donna will have little painting for you to keep your creative juices going.



# Palomar East Calendar

November

NOTE: Regular activities held on given days of the week are shown at the top of the calendar.  
Activities with special scheduling are shown on the calendar in red.

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	11:15 AM Zumba (West) 1:00 PM Hand & Foot 2:30 PM Men's Bocce 3:00 PM Yoga (Zoom) 6:00 PM Yoga (West & Zoom)	9:30 AM - Quilting Group 10:00 AM - Chair Yoga (West & Zoom) 2:15 PM - Zumba (Zoom)	10:30 AM - Zumba (Zoom) 1:30 PM - Pool/Billiards 6:00 - 8:00 PM - Ceramics 6:00 - 8:00 PM - Manipulation Game	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 (At West)	9:00 AM Tai Chi (East)	
						2
					5:30 PM Social Hour at Clubhouse	
3	4	5	6	7	8	9
		10:00 AM to 1:00 PM - Paint Class				
10	11	12	13	14	15	16
		5:30 PM - PEERA Annual Election Meeting	1:00 PM - Book Club Meeting	Dance Lessons - No meetings this month		9:00 AM to 1:30 PM - Palomar West Annual Craft Fair
17	18	19	20	21	22	23
						5:00 PM Palomar East Thanksgiving Dinner!
24	25	26	27	28	29	30
				Happy Thanksgiving!		

# Park Member News

## Welcome New Neighbors

We look forward to getting to know you! Please fill out the envelopes found in your Welcome tote. You can return them to the Social Club and/or PEERA lockboxes in the clubhouse.

- Valerie Olsen                      Space 15  
Arrived: 9/13/2024
- Carol Ulak                          Space 347  
Arrived: 9/30/2024

## Gone and Not Forgotten

- Robert & Deborah Flaherty    Space 15  
Arrived: 9/2021                      Moved Back to  
Connecticut: 9/13/2024
- Kate Niebur                        Space 347  
Arrived: 2/2015                      Moved Away: 9/30/2024  
Back to Minnesota
- Rich Preuss                        Space 94  
Arrived: 2/2015                      Passed Away: 9/14/2024
- Pat Quinn                         Space 352  
Arrived: 2/2015                      Passed Away: 9/12/2024
- Jim Young                         Space 134  
Arrived: 8/2009                      Moved into Assisted Living:  
9/13/2024

## Remembering a Neighbor – Rich Preuss

Rich Preuss and his high school sweetheart, Judy, were married in September, 1965. They were married for 46 years until her death in 2011.

Rich met Leanne Pohrman in February, 2012. Leanne had lost her husband two years prior, so both Rich and Leanne shared the pain of losing a spouse. They found in each other a new path forward.

In late spring, 2014, they traveled to Oregon to help care for the adopted baby of Leanne's son Matt. They returned after 9 months. Leanne had found a move-in ready home that they loved here at Palomar Estates East.

## Wedding Anniversaries

- Nov 12     Joe & Angelina Franco
- Nov 14     Gordon & Cheryl & Lilley
- Nov 26     Donald & Suzanne Agostino
- Nov 27     Stan & Emily Wolfe



## Remembering a Neighbor (Cont'd)

Rich and Leanne were married on May 12, 2024. Two wonderful ladies stood up for them: Miki Beck and Sharon Phelps. It was a lovely wedding and Leanne's son Matt was there to celebrate with them.



Sadly, on August 2, 2024, they received the news that Rich had kidney cancer. Since his cancer was advanced, he chose to remain at home with hospice care. He passed away on September 14, 2024.

Rich donated time serving lunch for Interfaith Community Services for three years, where Rich and Leanne visited with people from Vallecitos and Palomar Estates West mobilehome communities.

Rich was very kind and loved to kid with people. We will all miss this caring man who brought love to everyone he met.

# Park Member News

## Celebrating Our November Birthdays!

3	Jose Cadenas	18	Ljubica Radakovich
5	Delia Yambao	18	Mary Estrada
5	Christopher Manard	19	Michael Ericksen
6	Bethany Gonzales	19	Nancy Neal
6	Richard Johnson	20	Alicia Bertino
6	Carol Eason	21	Patricia Manglis
7	Maia Lamont	23	Jane Wallace
8	Angela Lothmann	24	Bob Eason
8	Regina Russell	26	Medin Yambao
8	Robbie Molnar	26	Betsy Schwartz
10	Frances Munday	26	To Dinh
11	Danny Ash	27	Donna Ahern
12	Pete Eiden	27	Ann Lindley
12	Mike McNabb	27	Samuel Biondo
14	Tim La Fuze	28	Dewitt Barham
15	Lewis Lester	29	Marlyn Maas
17	Christine Johnson	30	Burke Ewing
17	Norma Parker		

### **Thunderstruck Review** (Continued)

when great shipping companies competed to build the biggest, fastest ocean liners; scientific advances dazzled the public with visions of a world transformed; and the rich outdid one another with ostentatious displays of wealth. Against this background, Marconi races against incredible odds and relentless skepticism to perfect his invention: the wireless, a prime catalyst for the emergence of the world we know today. Meanwhile, Crippen, "the kindest of men", nearly commits the perfect crime.

With his superb narrative skills, Erik Larson guides these parallel narratives toward a relentlessly suspenseful meeting on the waters of the North Atlantic. Along the way, he tells of a sad and tragic love affair that was described on the front pages of newspapers around the world, a chief inspector who found himself strangely sympathetic to the killer and his lover, and a driven and compelling inventor who transformed the way we communicate.

*Thunderstruck* presents a vibrant portrait of an era of séances, science, and fog, inhabited by inventors, magicians, and Scotland Yard detectives, all presided over by the amiable and fun-loving Edward VII as the world slid inevitably toward the first great war of the 20th century.

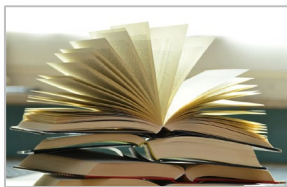
Gripping from the start, and rich with fascinating detail about the time, the people, and the new inventions that connect and divide us, *Thunderstruck* is splendid narrative history from a master of the form.

(Review Source: Amazon Books)

### **December Book**

**None**

## Book Club



Meetings are held on the 2<sup>nd</sup> Weds of each month, 1pm at the clubhouse.

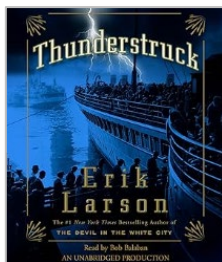
Plan to join the Book Club for a light snack, friendly neighbors, and a chance to laugh out loud.

### **November Book**

***Thunderstruck*, by Erik Larson**

In *Thunderstruck*, Erik Larson tells the interwoven stories of two men: Hawley Crippen, a very unlikely murderer, and Guglielmo Marconi, the obsessive creator of a seemingly supernatural means of communication. Their lives intersect during one of the greatest criminal chases of all time.

Set in Edwardian London and on the stormy coasts of Cornwall, Cape Cod, and Nova Scotia, *Thunderstruck* evokes the dynamism of those years



# Community Resources

PEERA Board Committee



## Protect Your Home – Dryer Vent Cleaning

When was the last time you had your dryer vent cleaned? Lint and debris can build up in your clothes dryer duct causing your dryer to work overtime, creating potentially hazardous conditions including dangerous levels of carbon monoxide in your home or even a fire. The following tips from the National Fire Protection Association (NFPA) can help you keep your dryer venting efficiently while keeping your family safe.

- Have your dryer installed and serviced by a professional.
- Do not use the dryer without a lint filter.
- Make sure you clean the lint filter before or after each load of laundry. Remove lint that has collected around the drum.
- Rigid or flexible metal venting material should be used to sustain proper air flow and drying time.
- Make sure the air exhaust vent pipe is not restricted, and the outdoor vent flap will open when the dryer is operating. Once a year, or more often if you notice that it is taking longer than normal for your clothes to dry, clean lint out of the vent pipe or have a dryer lint removal service do it for you.
- Keep dryers in good working order. Gas dryers should be inspected by a professional to make sure that the gas line and connection are intact and free of leaks.
- Make sure the right plug and outlet are used and that the machine is connected properly.
- Follow the manufacturer's operating instructions and don't overload your dryer.
- Turn the dryer off if you leave home or when you go to bed.

Source: [www.dryersafety.org/nfpa-safety-tips](http://www.dryersafety.org/nfpa-safety-tips)



## Real-Life Dryer Fire

Earlier in 2017, a homeowner in New Hampshire awoke to a strange smell. It turns out that, while he was sleeping, his dryer had caught on fire. When he opened the dryer door, the smothering clothes inside received a rush of oxygen and burst into flame. As a result, fire shot out of the dryer door.

The homeowner worked fast, throwing buckets of water onto the appliance until he extinguished the blaze. But he didn't call the fire department until the next day. (He should have called right away, rather than assuming the fire was completely out, and the danger eliminated.)

When the firefighters arrived in the morning, they determined lint in the dryer vent hose was to blame for the incident. The homeowner said he always removed lint from the filter between batches, but he had never cleaned the vent hose. A clog further down the line prevented heat from escaping, and even while the dryer was off, enough heat and dry air allowed the clothes in the dryer to ignite.

It's clear that dryer vent cleaning is among the most important ways to prevent a dryer fire.

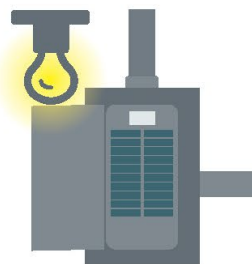
Source: [www.dryersafety.org/nfpa-safety-tips](http://www.dryersafety.org/nfpa-safety-tips)



## Be fire smart with electricity in your home.

**47,** 

There are approximately **47,000** home electrical fires each year.



**Half** of all home electrical fires involve home wiring or lighting equipment.



Home electrical fire deaths peak between **midnight** and **8 a.m.**



Peak months for electrical fire deaths are **December** and **January**.

Plug only 1 heat-producing appliance (like a coffee maker, space heater or microwave) directly into a wall outlet at a time.



Never use an extension cord with a heat-producing appliance.

Extension cords should only be used temporarily. Have an electrician install additional wall outlets where you need them.



For more information about electrical fire safety, visit [usfa.fema.gov](https://usfa.fema.gov) and [nfpa.org/public-education](https://nfpa.org/public-education).

# Humor in the Kitchen

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## In Search of Excellence, not Perfection

*(Adapted from: DianeTarantini.com)*

A few years back, I imagined that our Thanksgiving feast was going to be perfection. In reality, it was a fiasco.

Everything started out fine. The wassail was perfect in my Aunt Lo's Crockpot. The fragrance made the house smell like it had one foot in November, the other in December.

The appetizer buffet was stunning.

I warned the kids not to spoil their appetite with shrimp butter on toasted baguette slices. My mother-in-law and I vied for the spiced pecans. Thanks to our oldest child, the roasted bell peppers and Havarti cheese on fancy crackers disappeared in five minutes flat.

When the oven timer buzzed, I clapped to get everyone's attention.

"Give us a few minutes to get the turkey carved and the gravy made, and we'll get this feast started for real."

As my husband, Tony, hoisted the steaming turkey out of the oven and onto my Granny's ironstone platter, I spooned the accompaniments into pretty bowls.

"Nutty green beans go in here. Garlic mashed potatoes will live in there. This trivet will hold my sister-in-law's best-ever-she-won't-give-me-the-dang-recipe sweet potato soufflé. And I'll fill our wedding anniversary bowl with my chestnut-mushroom stuffing."

On tiptoe, I peeked over Tony's shoulder as he was slicing the turkey.

"Stop!" I squealed. "Salmonella alert!"

"The juices are pink and cloudy, not clear. Quick! Put the turkey back in the oven."

I increased the oven temperature 25 degrees, placed the turkey back into the oven, and crammed the side dishes onto the rack to keep warm.

I stood, smoothed the front of my apron, and headed back into the dining room with a basket of cheddar pecan biscuits in one hand and a crystal bowl of salted Amish butter in the other.

"Everyone take a biscuit to tide you over until turkey time."

When Tony checked the bird 30 minutes later, he said it still wasn't done. I headed back into the kitchen to verify. Not done! Oven issues?, I thought.

My mother-in-law followed me and said, "While the turkey finishes up, why don't we start with the side dishes? It'll be fine." Brushing away a tear, I agreed.

We arranged the side dishes on the kitchen table, the guests filed in, heaped their plates, and returned to the dining room.

A half hour later Tony inspected the turkey again. He shook his head as he sat. "I think I'll wait an hour before I check again," he whispered.

I took a swig of wine. "You know what? Just leave it in there till it's black, for all I care."

"Actually, this is good for my hiatal hernia," my mother declared from her end of the table. "Small amounts of food throughout the day are much easier to digest than large meals."

I tried to smile. "Thanks, Mom. That makes me feel so much better."

When we were done with our stuffing and veggies, I stacked my plate on Tony's and stood.

"Forget about the turkey. I'll give everyone some to take home. Who's ready for dessert? There's Praline Pumpkin Pie or Frozen Caramel Pumpkin Torte."

I turned on the coffeemaker then plated pieces of each dessert dolloped with homemade whipped cream.

As it turned out, everyone left our home full, pleased, and carrying turkey 'leftovers.' Perfect.



YOU ARE INVITED TO

# Palomar East Holiday Event!

17 DECEMBER,

Tuesday

2024

11am - 1pm

Enjoy lunch, live music and bingo  
games.

Please sign up in the clubhouse.  
40 spots available.

