



Emergency: 911

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



650 South Rancho Santa Fe Road
San Marcos, CA 92078

Kasey Koenig: Park Manager/Office
Burt Hamernick: Park Manager/Maintenance
Patty Mackey: Office Assistant
Phone: (760) 727-2010
Fax: (760) 727-2844
palomareast@gmail.com

Office Hours:
Monday-Friday 8am-12pm & 1pm-4pm

Clubhouse Hours:
Monday-Sunday 8am-9pm

Haven Management Services

Property Management Company

3491 Concourses Street, Suite 204
Ontario, CA 91761

Katie Davis: (909) 930-9750 x3005
John Davis: (909) 930-9750 x3003
Fax: (909) 930-9498
www.havenms.com

Millennium Housing

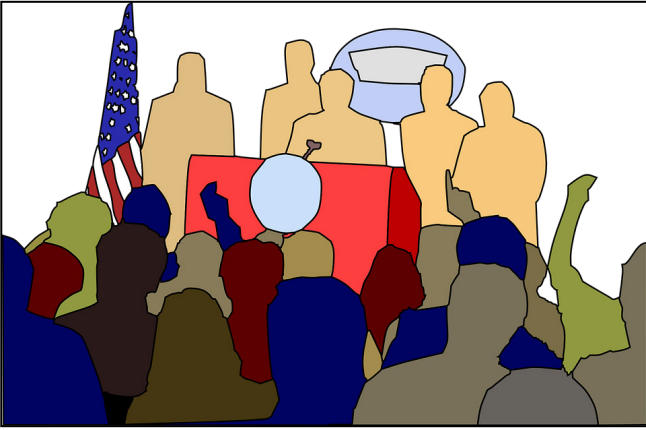
611 Anton Blvd Suite 890
Costa Mesa, CA 92626

www.millenniumhousing.com

President: George Turk
Vice-President: Lori Carraway
Project Manager: Diana Welsch
Director, Resident Services: Stacey Kazmierski
Phone: (949) 515-5100
Fax: (949) 515-5101



September Editorial—Celebrating Differences



After the horrific events of 9/11 and 2020, many of us have been forced to reevaluate our perceptions of ourselves and of our world. Personally, I've done considerable research into what is going on in other countries as well as our own. In turn, this has led me to think about the conflicts in our community.

As a senior, I have found myself to be less tolerant of people instead of more. And that has been especially true of people who are not focused or informed, and who mouth phrases such as, "that's the way it's always been," or "I'm too old to change."

HARD STOP! The role of *Breeze* editor, has forced me to curb my own words time and again—teaching me to change my thoughts and hopefully for the better. For example, when I first moved into Palomar East, several people referred to it as "Heaven's Waiting Room." For some, that may be true, however that perception is not valid for all of us. As a senior community, we must not fear change but embrace it with an open mind and a kind heart.

What does it mean to appreciate differences?

We cannot embrace change by remaining set in our ways, beliefs, and thoughts. Being open to new ideas, we can set an example for others by listening, accepting, and welcoming people and ideas different from our own.

Why is it important to value differences?

Valuing differences helps us to learn and benefit from the wealth of knowledge and experience that others bring. It opens doors to new ways of thinking and new opportunities to experience life more fully and joyfully.

How can we appreciate similarities and differences?

The first stage toward understanding is Awareness. We must first be aware that we have individual differences, and that at the same time, we are more alike than different. Next, we must be clear about what our

personal beliefs and values are, respect that they may differ from others—agreeing to disagree when necessary.

Why is it important to recognize our differences?

Celebrating our differences, as well as our common interests, helps to unite and educate us—to understand other's perspectives, to broaden our own, and to fully experience and educate ourselves.

Why do differences make us stronger?

Differences give us a broader understanding of humanity. They empower us to become better regardless of our individual cultures and backgrounds. Coming together as a whole makes us stronger.

The more we learn about why people act, talk, think, and live differently, the more we understand and appreciate those differences. So, ask questions, put yourself in someone else's shoes, be kind, and keep an open mind with a sincere attitude of curiosity.

Drop us a line anytime at PEE.TheBreeze@gmail.com



Monthly Contributors to *The Breeze*

Gayle Cinnamon—Editor

Patty Gonzales—Creative Director/
Staff Photographer

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

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Meet Me in the Stairwell

Author Unknown



You say you will never forget where you were when you heard the news on September 11, 2001. Neither will I.

I was on the 110th floor in a smoke-filled room with a man who called his wife to say 'Good-Bye.' I held his fingers steady as he dialed. I gave him the peace to say, 'Honey, I am not going to make it, but it is OK...I am ready to go.'

I was with his wife when he called as she fed breakfast to their children. I held her up as she tried to understand his words and as she realized he wasn't coming home that night.

I was in the stairwell of the 23rd floor when a woman cried out to Me for help. 'I have been knocking on the door of your heart for 50 years!' I said. 'Of course, I will show you the way home – only believe in Me now.'

I was at the base of the building with the Priest ministering to the injured and devastated souls. I took him home to tend to his Flock in Heaven. He heard my voice and answered. I was on all four of those planes, in every seat, with every prayer. I was with the crew as they were overtaken. I was in the very hearts of the believers there, comforting and assuring them that their faith has saved them.

I was in Texas, Virginia, California, Michigan, Afghanistan. I was standing next to you when you heard the terrible news. Did you sense Me?

I want you to know that I saw every face. I knew every name – though not all know Me. Some met Me for the first time on the 86th floor.

Some sought Me with their last breath. Some couldn't hear Me calling to them through the smoke and flames; 'Come to Me... this way... take my hand.' Some chose, for the final time, to ignore Me.

But I was there. I did not place you in the Tower that day. You may not know why, but I do. However, if you were there in that explosive moment in time, would you have reached for Me?

Sept. 11, 2001, was not the end of the journey for you. But someday your journey will end. And I will be there for you as well. Seek Me now while I may be found. Then, at any moment, you know you are 'ready to go.' I will be in the stairwell of your final moments.

Love, God

Millennium Memo



“What happens to Palomar Estates in 14 years, when the ground lease ends? Will the City allow the Park to be closed?” Question posed to Mayor Jones at the Aug. 5 Palomar West breakfast.

Palomar East & West have several layers of protection. Most important, of course, is Millennium’s ownership, but our lease on the land expires on March 1, 2037. Even if we’re gone at that point, Palomar remains subject to other restrictions. For instance:

- Palomar is zoned for Manufactured Home uses only. Any change in use would trigger a zone change and an amendment to the City’s General Plan. Both of those would need to be approved by the City Council.
- Palomar is specifically included in the City’s Housing Element, San Marcos’ State-approved plan to meet its housing production goals. If Palomar closed, the City would have to supply that lost housing someplace else. Fat chance!
- Chapter 16 of the San Marcos Municipal Code imposes some onerous burdens for a developer to meet. You may want to google that—it’s interesting reading.

Then there’s this excerpt from a letter we got from the City back in 2016:

“The City has no intention of rezoning the property...nor to amend, increase or enhance the list of permitted uses in the Manufactured Home Zone.”

We’d also presume that San Marcos will still have some form of Rent Control, and that mobile home residents would remain a powerful political force in the City.

Supervisor Desmond offered some advice at the breakfast: make sure the folks you elect continue to support Palomar and its residents. In fact, he suggested holding a Candidate Forum at the next election, so you could query the candidates face-to-face.

I’m reminded of the famous exchange in the movie Dumb & Dumber:

Mary: “I’d say it’s more like one in a million.”

Lloyd: “So you’re telling me there’s a chance!”

Yes, I suppose there’s a chance, but it doesn’t seem very likely. I think you’d miss us, however.

When I got home after the breakfast, I got out my old Magic 8 Ball and asked if Palomar would be OK after the lease expires. The answer: “Signs point to yes.” That should give you some comfort.

Have a fun Labor Day, and if you haven’t already, please turn in your Income Cert.

George Turk

President

Millennium Housing



Kasey Koenig
Park Manager/Office

East Park

MARKET UPDATE & MANAGER'S REPORT



Burt Hamernick
Park Manager/Maintenance



4



5



5

Home Sales

Four homes sold. Five homes are in escrow. Currently there are five homes for sale. I receive phone calls daily from people interested in becoming residents. Home sales are the busiest they have been all year.

Palomar East Pet Policy

All pets must be registered with the office. Residents are permitted to have a maximum of one dog, or two cats, or one dog and one cat. Pets must be always kept indoors except during walking periods. All pets (cats and dogs) must be kept on a leash at all times and off other home sites, greenbelts, the clubhouses and other recreation areas. Pets must not be fenced or otherwise kept unattended outside at any time. They will be kept quiet and not create any disturbances that annoy your neighbors. Please be a responsible animal owner who is respectful of your neighbors and the community.

Community Maintenance

The clubhouse and lower clubhouse fumigation was completed. The sewer line on Elm, Cedar, Birch, Ash, and Fig St were hydro jetted for cleaning. The palm trees along Lucilla St and around the clubhouse were trimmed.

EDCO / Large Items / Electronic Waste

EDCO will only pick up what fits in your disposal containers. They will pick up large items for a fee, but you must call them to request a pickup. Batteries, light bulbs, televisions, computers, and microwaves can be dropped off at 224 S Las Posas Rd for no cost. It's only two miles away.

2023 Income Certs Completed!

The timeline to turn in the certification form was only 3 weeks, but we reached 100%. I want to thank everyone for turning this in promptly.

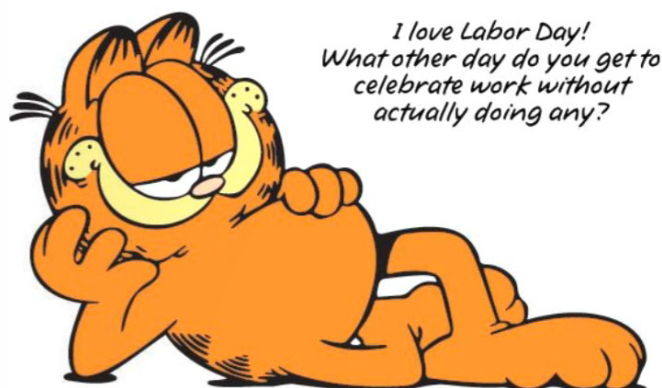
Short & Quick

- Noodles are permitted in the pool but no floatation devices or rafts. It is a park rule, plus there isn't enough space.
- For more information on paying your rent online call the office. It's so easy!

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

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Notifications & Activities

SEASONS CHANGE

As impossible as it seems, summer is quickly passing by and soon it will be the fall season. This also happens to be the time of year that the PEERA Board begins preparing for the November Annual Election Meeting.

Recruiting new PEERA Board members to support our community's goals is a crucial focus of the Board Chair. Building an effective Board is the key to ensuring that the Association's best interests are being served.

Volunteering to serve as a PEERA Board member can be a very rewarding experience. It instills a sense of purpose and community in those who serve, and it helps to keep the Association's many functions and activities in focus. Whatever your skill sets and interests, we encourage you to become involved! We look forward to working with you!

"Many hands make light work."

As we have many new residents in the Park since the last annual election, I wanted to describe the upcoming Board Member nomination and election process. (Refer to Article VIII, Section 2, of the PEERA Bylaws).

I wish to underscore two (2) important BYLAW requirements:

- First, IN ORDER TO VOTE at the Annual Election Meeting, residents need to be members of the Palomar Estates East Residents Association (PEERA). The \$5.00 Membership dues may be paid ANY TIME BEFORE the Annual Election Meeting).

PEERA Board

Chair	Patty Gonzales
Vice-Chair	Gayle Cinnamon
Secretary	Susan Ewing
Treasurer	Pete Eiden

Members At Large

Beautification	Peter Del Bene
Community Resources	Joanne Price
Complaints	Paul Thiboutot
Emergency Prep	Catherine Chase
Membership	Carl Silva
Helping Hands	Merlene Heeren
Publicity	Katherine Niebur

- Second, the Board Member nominee must have been a member of PEERA for 6 months. This means that if a nominee's membership was not paid at least SIX MONTHS PRIOR TO THE NOMINATION DATE, that person MAY NOT BE NOMINATED for a Board Member position.

Voting is as much an emotional act as it is an intellectual one. We can all agree on the importance of voting. There is no such thing as a vote that doesn't count.

The diagram on the next page illustrates the nomination and election process.

With a glimpse of 2024 ahead, I truly have been inspired by the residents who have shared their interest in joining the board.

Happy Labor Day! ~ Patty Gonzales

Your Voice IN Our Community

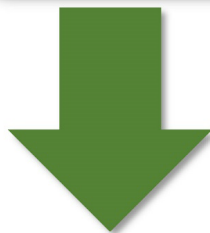
PEERA Board peerasm.org

2023

IN SEPTEMBER...

NOMINATING COMMITTEE

"In September, at least 60 days prior to the annual election meeting, the Board Chair shall appoint a nominating committee of three (3) persons from the general membership, one of whom may be a Board member."



IN OCTOBER...

ELECTION COMMITTEE

"No later than seven (7) days prior to the annual election, the Board Chair shall appoint an Election Committee Chair. (The nomination chair may also act as the Election Committee Chair.)"



IN NOVEMBER...

ANNUAL ELECTION MEETING

RESPONSIBILITIES

- Obtain a slate of people willing to be elected to the January vacant positions.
- Prepare the written ballot to be distributed to PEERA members.
- Submit the slate of nominees to the Board at the October PEERA Board meeting.
- Post the slate of nominees on the PEERA bulletin board at the Main Clubhouse and the PEERA website (www.peerasm.org) at least 14 days prior to the Annual Election Meeting.
- Prepare and distribute absentee ballots to anyone requesting one (one per mobile home unit).
- Receive the completed and sealed absentee ballots prior to, or at, the Election Meeting. (Sealed Absentee ballots can be placed in the PEERA box in the Main Clubhouse.)
- Hand the completed, unopened absentee ballots, to the Election Committee Chair either prior, or at, the Election Meeting.

RESPONSIBILITIES AT THE ANNUAL MEETING

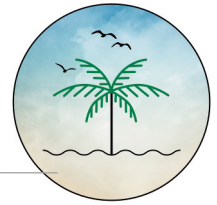
- Distribute the ballots at the door to all members (one per mobilehome unit), in good standing.
- Call for nominations from the floor, with the nominee's prior permission.
- Tally those ballots together with the absentee ballots that have been received.
- Inform the Board Chair and Board Members of the results of the election no later than two (2) days following the election. These results will be posted on the PEERA bulletin board in the Main Clubhouse and the PEERA website (www.peerasm.org).

NEW BOARD MEMBER TERMS BEGIN...

JANUARY 1, 2024

Park Beautification

PEERA Board Committee



SEPTEMBER... A road like brown ribbon, a sky that is blue.
A forest of green with that sky peeping through.
Asters deep purple, a grasshopper's call –
Today, it is Summer. Tomorrow is Fall!
~ Edwina Hume Fallis

When we start to feel the crispness in the air and see hints of gold leaves starting to appear on the trees, it means that fall is officially on its way. And while nature's magic is happening, it's fun to create the cozy home of our dreams with fall decor inside and out.

It would be amazing if all we needed to prep our home for fall was hang a wreath and light a bunch of pumpkin spice candles. While yes, those are the exciting part of getting ready for the change of seasons, there are more important (and not exactly fun) preparations that come with being a homeowner. Consider everything you need to do before your house transitions from hot summer days to cool fall nights...and eventually colder temperatures and those rainy days of winter. We all know the drill, clean the gutters, change the air filter, cut back old foliage or branches etc. But have you thought about security cameras?

Cameras: Prevention and Safety

Residential security cameras are a great tool to keep you, family members and pets safer, but that's not all they do. Modern security cameras are chock full of high-tech bells and whistles that allow homeowners to take control of their surveillance needs in innovative ways. They have become more affordable over the last few years. Cameras continue to improve, year after year, and they also have become more affordable. There are many benefits of installing an entire home security camera system. If nothing else, just to see who may have stepped onto your property, when a package has arrived or even the dog or cat who crapped in your yard!



Some major insurers tend to offer lower homeowners insurance premiums when you take steps to protect your property from fires, vandalism, and theft. To that end, installing a complete home security system can lower your insurance premium by up to 20 percent, making it a great way to save on home insurance too. Plus, incorrect, inappropriate, or fabricated claims made by neighbors can be sorted out when you make your security camera your ally.

Whether or not you have Wi-Fi in your home, you can find a security camera just right for you.

“There is nothing more important than a good, safe, secure home.”

Rosalynn Carter

Community Resources & Services

PEERA Member at Large, Joanne Price



LIVE LONG AND PROSPER.

There are many wonderful resources available to the 55+ community ... these include local, state, and federal resources and services. Knowing about these resources is key! In future Breeze issues, I plan to write short articles highlighting some of the many resources and services available to our Palomar Estates East community. For this first article, I wanted to share excerpts from an article prepared by the National Institute on Aging, a division of the National Institute of Health: **What Do We Know About Healthy Aging?**



The full article is available on the PEERA website (www.peerasm.org). From the PEERA tab, select Community Services on the dropdown menu.

Get Moving: Exercise and Physical Activity

“Whether you love it or hate it, physical activity is a cornerstone of healthy aging. Scientific evidence suggests that people who exercise regularly not only live longer, but also may live better — meaning they enjoy more years of life without pain or disability.”

Healthy Eating: Make Smart Food Choices

“Making smart food choices can help protect you from certain health problems as you age and may even help improve brain function.”

Getting A Good Night’s Sleep

“Sleep quality matters for memory and mood. In one study of adults older than 65, researchers found that those who had poor sleep quality had a harder time problem-solving and concentrating than those who got good quality sleep.”

Go to the Doctor Regularly

“Going to the doctor for regular health screenings is essential for healthy aging. A 2021 study found that getting regular check-ups helps doctors catch chronic diseases early and can help patients reduce risk factors for disease, such as high blood pressure and cholesterol levels.”

Social Isolation and Loneliness

“As people age, changes such as hearing and vision loss, memory loss, disability, trouble getting around, and the loss of family and friends can make it difficult to maintain social connections. “Several recent studies show that older adults who are socially isolated or feel lonely are at higher risk for heart disease, depression, and cognitive decline.”

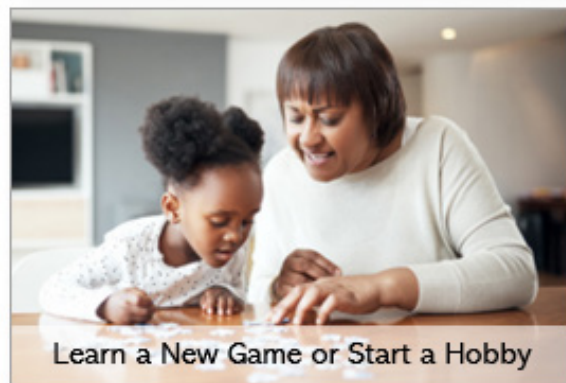


Community Resources & Services (continued)

Leisure Activities and Hobbies

“Your favorite activities are not only fun — they may also be good for your health. Research shows that people who participate in hobbies and social and leisure activities may be at lower risk for some health problems.

“According to a 2020 study, pet ownership (or regular contact with pets) was associated with better cognitive function, and in some cases, better physical function.”



How Different Factors Affect Cognitive Health

“If you think your daily choices don’t make a difference, data from an NIH study with 3,000 participants show otherwise. Researchers scored participants on five healthy lifestyle factors, all of which have important health benefits:

- At least 150 minutes per week of moderate- to vigorous-intensity physical activity
- Not smoking
- Not drinking heavily
- A high-quality, Mediterranean-style diet
- Engagement in mentally stimulating activities, such as reading, writing letters, and playing games

The findings show that making these small, daily changes can add up to significant health benefits. Those who followed at least four of these healthy lifestyle behaviors had a 60% lower risk of developing Alzheimer’s. Even practicing just two or three activities lowered the risk by 37%.

We hope your life at Palomar Estates East will be healthy and full of fun social interactions! If you are able, we encourage you to begin walking at your own pace and distance. You will meet many others in the park, including their pets. Get involved in activities in the Park. You will meet many new friends and we will get to meet you! A mutual benefit!

SPORTS COURTS & OTHER AMENITIES

We are blessed at Palomar Estates East to have so many excellent amenities available to our residents – the pool and jacuzzi, a bocce ball area, a putting green, a horseshoe area, an exercise facility, ping pong, billiards, and the sports courts, and more. There is something for everyone.

Check Out This Statistic... Wow!

A study of adults 40 and older found that taking 8,000 steps or more per day, compared to only taking 4,000 steps, was associated with a 51% lower risk of death from all causes. You can increase the number of steps you get each day by doing activities that keep your body moving, such as gardening, walking, swimming, or playing tennis, paddle tennis, or pickleball.

Remember, before launching any physical activity plan, be sure to seek the advice of your doctor.

There are many ways to get started. Start slow and increase your activity level over time. Try being physically active in short spurts throughout the day or setting aside specific times each week to exercise. As you become more active, you will start feeling energized and refreshed after exercising instead of exhausted. The key is to find ways to get motivated and get moving.

You Can Do This!

Social Club News



2023 Social Club Board

President	Sandy Wagner
Vice-President	Cheryl Lilley
Secretary	Open
Treasurer	Debbie Johnston
Membership Chair	Leslie Dranko
Members-at-Large	Dolores Bsharah, Susie Lippincott, Pam Scott, Kathy Wortman, Sally Yeater

September Update!

Hard to believe school is starting. Seems like summer took forever to get here and, with the nights already getting cooler, think it will be leaving soon. Hope everyone had a good one!!

Thanks to Walter Brock for teaching the Origami class. We had a nice turnout with lots of laughs, lots of confusion, but everyone had a good time. He made it so much fun.

August 4th Happy Hour. Everyone had a great time eating, drinking, and talking. A total of 48 Luau tickets were sold that evening. Additional sales dates are listed below.

In August, invitations went out for the Ice Cream Social for newcomers and those 90+, held on August 19, 1-4 PM. It was fun visiting with our special guests. I think everyone has some fond memories of the old soda fountain days.

Upcoming Social Club Events

- ❑ **September 1st, Happy Hour, 5:30–7:30 PM.** Again, please bring your favorite drink and goodies. Tickets for the upcoming Luau will be on sale that evening for \$10 per person.
- ❑ **September 16th, Luau, 5–7 PM.** Tickets are \$10 per person. Lots of good food, good entertainment, and a good time. Tickets will be sold September 9th 10-1 at the clubhouse. Resident Lani Beltrano and her dance group will entertain.

- ❑ **September 23rd, General Meeting, 11:30 AM.** Discussion regarding nominations for 2024 Social Club Board officers. Consider running, it's a lot of work but also a lot of fun.

- ❑ **October 6th, Happy Hour, 5–7 PM.** Bring your favorite appetizer to share and your drink of choice.

- ❑ **October 28th, Halloween party, 5:30–9:00 PM.** \$7.00 for paid Social Club members, \$10.00 for all others. A flyer will be distributed.

If you are interested in joining a Book Club, please sign up on the Social Club bulletin board in the hallway. You will be contacted with further information.

Have a great month!

"Always have something beautiful in sight, even if it's just a daisy in a jelly glass."

~ Unknown



Sandy Wagner
Social Club President

Community Resources & Activities

September

2023

All Are Welcome



Come Join the FUN!

ACTIVITY	WHO TO CONTACT AND MEETING SCHEDULES
BINGO	Debbie Johnston & Delane Johnson: Thursdays , 6 PM at West
CERAMICS	Andrea Martin : Wednesdays, 6—8 pm, East Clubhouse, Arts & Craft Room
DANCE LESSONS	Anne Pearson (858) 610-4816: 2nd & 4th Thursdays , 2—3:30 pm, East Clubhouse
FIBER ARTS GROUP	Sally Yeater (719) 651-2866: Wednesdays , 9:30—11 am, East Arts & Craft Room
PAINT CLASS	Dawn Anguiano , dawn46@gmail.com: 3rd Tuesday , 10 am—1 pm, East Clubhouse. (Also, the 1st Tuesday of each month at Rancho Vallecitos.)
PICKLEBALL	Joanne Price , Text (760) 805-7092: for class updates.
TAI CHI	Rudy Cobos (773) 519-6627: Fridays at 9:00 am, East Clubhouse
YOGA	LuAnn Foster (480) 203-4330: Monday : 3:00 PM Zoom, 6:00 PM Yoga West & Zoom, Tuesday : 10:00 AM Chair Yoga West & Zoom, Thursday : 10:00 AM Chair Yoga East & Zoom
ZUMBA	Saleemah (803) 463-2880: Monday : 11:15 PM West, Tuesday : 2:15 PM Zoom, Wednesday : 10:30 AM Zoom, Thursday : 11:15 AM East

Additional Park Activities

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

Hand and Foot Card Game

By Anne Litz



We currently meet at Marilyn Fluharty's home (since Covid). We would welcome more players

Contact Anne Litz 760 846 5850 (please leave a message) or Marilyn Fluharty 218 821 0337.

We meet at 1:00 PM on Mondays and Wednesdays.

Yours truly, Anne Litz

“Make it
a September
to remember.”

– UNKNOWN



Palomar East Calendar

September

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
August 27	August 28	August 29	August 30	August 31	September 1	September 2
	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 5:30 PM Social Club Happy Hour	
3	LABOR DAY 4	5	6	7	8	9
				2 PM Dance Lessons	<i>The Breeze</i> Deadline	
GRANDPARENTS DAY 10	911 REMEMBRANCE 11	12	13	14	ROSH HASHANA 15	SOCIAL CLUB LUAU 16
						5-7 PM Main Clubhouse
17	18	19	20	21	22	FALL EQUINOX 23
		10 AM East Paint Class		2 PM Dance Lessons		Social Club General Meeting: 11:30 AM
24 / 31	25	26	27	28	 FULL MOON 29	30

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

Park Member News

Welcome New Neighbors

Please join us in welcoming our newest neighbors!

Space 130 Michael Egelhoff

Space 209 Eddy & Bernardine Del Re

Space 284 Almas Khamisa



**Come meet your neighbors at the
September 1st Social Hour!
5:30 pm at the clubhouse**

September Wedding Anniversaries

Let's wish a very happy anniversary to our neighbors,
and please let us know if we missed your anniversary.

Sept 3 Mary & Jerome Wernow

Sept 11 Felipe Lee & David Whalen

Sept 16 Danny & Deborah Ash

Sept 20 Connie & Dante San Pedro

Sept 21 Carl & Michele Silva

Sept 24 Deborah & Gerald Daffer

Sept 24 Alicia & Joe Ruiz



Till We Meet Again...

Ronald & Yong Landers Space 130 Arrived: 11/2016 Departed: 07/2023 Moved to Arizona.

Loretta Sepulveda Space 160 Arrived: 08/2000 Departed: 07/2023 Passed away with family in Colorado.

Stephen & Joan McMahon Space 180 Arrived: 06/2006 Departed: 07/2023 Moved to assisted living in Oceanside.

Donalda Jordon Space 209 Arrived: 06/2016 Departed: 07/2023 Moved to assisted living.

George & Ruth Bancroft Space 330 Arrived: 04/1998 Departed: 07/2023 Moved to assisted living.

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



Celebrating Our September Birthdays!

1	Clarabel Schubert	17	Andrea Martin
1	David Sarikhan	18	Mary Salazar
2	Victoria Deprez	18	Jess Satie
2	Ronald Waters	19	Larry Mentze
3	Karen Story	19	Il Kang
5	Leanne Pohrman	19	Gordon Lilley
5	Grace Balfoort	21	Preston Shin
5	Robert Maxwell	21	Cindy Gleason
6	Cuong Dinh	22	Debra Purves
9	Irma Eaton	22	Christine Hill
9	Carol Chamberlin	23	Joyce Daffer
9	Betty Miller	23	Lydia Seifert
9	Dante San Pedro	23	Juliette Johnson
10	Donna Maddox	25	Brad Schmidt
11	Carol Mentze	26	Holly Barry
11	Felipe Lee	27	Diane Wright
11	Brad McCartt	27	Michelle Lema
12	Marcia McDonald	28	Arlene Jangula
15	Vickie England	28	Theresa Boatwright
15	Brenda Fainkujen	29	Rebecca Eiden
16	Joan Johnson		

September Trivia

- ♦ **Birthstone:** Sapphire (Royalty, romance, fidelity, and the soul)
- ♦ **Color:** Dark blue
- ♦ **Flowers:** Aster and morning glory



Astrology

Virgo: 08/23—09/22

Libra: 09/23—10/22



September 2023 Horoscope

This month, which for many means a breaking point in their lifestyle, is not generally simple for people. September, therefore, may be a treacherous period.

The influence of the Sun in Virgo changes the attitude towards life, increasing the level of criticality. The shortcomings are visible at a glance, it is pointless to deny the obvious. You can use the power of this period by setting a goal to get rid of bad habits.

Individuals can meet even with demotivation. But don't despair or even panic. It is important to keep in mind that all setbacks will pass away, and that this period is only temporary. Focus on what brings you joy and find time for relaxation. It is important in September to remain calm.

Fall Equinox

The Autumnal equinox signals the official beginning of Fall. It is the point where there are exactly 12 hours of daylight and 12 hours of darkness at the equator. If you live anywhere else, however, you will see a little bit more or a little bit less than 12 hours of daylight.

In ancient times, the Autumn Equinox was cause for a variety of pagan festivals, among them the celebration of the birth of Mabon, the son of Mordor, the Goddess of the earth.

Speaking of Fall festivals, the Pumpkin Festivals and weigh-offs are among the best and biggest.



Worth Thinking About

Submitted by Sandy Wagner

The Wise Man's Joke

In a small village, a wise man was renowned for his wisdom and advice. People would seek his guidance on various issues, but he noticed a pattern among them. Many villagers would repeatedly complain about the same problems despite his advice. He realized that his words were not being taken seriously and people were making no effort to change their situations.

One day, he used humor to make a point. He told a joke that made everyone laugh aloud. He repeated it, but the laughter dwindled.



On the third telling, no one laughed. The wise man smiled and said, "You can't laugh at the same joke over and over, so why are you always crying about the same problems?"

The people, surprised by his words, realized they needed to be responsible for their own lives and make changes to improve their situations. They began to heed the wise man's advice and work towards solutions.

His joke had a profound impact, teaching them the importance of taking action instead of just complaining about their problems.

The Greatest of All

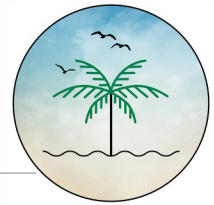
A king decided to find and honor the greatest person among his subjects. Before him was a man of wealth and property, one who possessed incredible healing powers, one for his knowledge of the law, and another for his business instincts.



Many successful people were brought to the palace, and it became evident that the task of choosing the greatest would be difficult. Finally, the last candidate stood before the king—A woman of white hair with eyes that shone with the light of knowledge, understanding, and love. "Who is this?" asked the king. "What has she done.?"

The king's aide replied, "You have seen and heard all the others. This is their teacher."

The people applauded as the king came down from his throne to honor her.



Spooky & Bright Home Decorating Contests

For all residents who enjoy decorating for the seasons,
it's time to **show us your spirit!**

No sign up required to participate.
The judges will simply drive the park each and every street on the hunt.
They are excited to seek out the show-stopping winners!



**1st Place
Winners**

each receive a

\$50
gift card



Announcements will be posted on the PERRA
Board's bulletin board in the main clubhouse.

Spooky Halloween

- Homes will be judged by
October 29th
- Announced November 5th
- Gift cards shared November 8th



**2nd & 3rd
Place Winners**

each receive a

\$25
gift card



Bright Christmas

- Homes will be judged by
December 23rd
- Announced December 30th
- Gift cards shared January 5th

Photos of homes will be featured in *THE BREEZE*



*The best decorating contests are the ones that
have no rules.* - PERRA Board

We look forward to seeing the festive and creative homes
decorated here in Palomar Estates East community.



Recipes from the Heart

Once again, my chef du jour—Chef Jean-Pierre, introduced me to this simple and amazing soup. I totally recommend it. It is also the soup that made Julia Child famous back in the 1960's. Serve this soup hot or cold as desired. Complement it with a warm crusty bread. It pairs well with an arugula salad and/or a broiled protein of choice.

The following recipe makes 4 to 8 servings and freezes well!



Enjoy!
G. Cinnamon

Potato-Leak Soup (Vichyssoise)

Soup Ingredients

- 1 large Onion (chopped small)
- 1 to 1 ½ pounds Leeks, cut into fine Julienne (only cut the white part and light green)
- 2 pounds Yukon or Red Potatoes, cut into large chunks
- Salt and Pepper to taste
- 4 whole Garlic Cloves
- 4 cups Chicken Stock
- ¾ cups Heavy Cream
- Typical **Hot** soup garnishes: Sour Cream, diced Chives
- Typical **Cold** soup garnishes: Sour Cream, parley leaf, Basil Oil



Note: Substitute vegetable stock for chicken stock as desired.

Basil Oil (optional cold soup garnish):

- In a blender, combine basil leaves, Italian parsley, spinach leaves, and grape seed oil. Blend for about 2-3 minutes or until you achieve a vivid green color.
- Transfer the mixture to a pot and heat to about 190°F (approx. 90°C). Maintain this temperature for 5 to 10 minutes. Strain the mixture to remove solids, squeezing out as much oil as possible.
- Store the oil in a squeeze bottle in the fridge for 6 to 8 weeks in the fridge.

Directions

1. **Sweat the onion in a soup pot:** Sautée the onion in a little butter until clear but not brown.
2. **Skin and large chop potatoes:** Keep in cold water until ready to add to pot.
3. **Rinse the chopped leaks in cold water to remove any remaining sand:** Then place in a strainer to dry.
4. **Build the Soup:**
 - a) Add leaks, whole garlic cloves and potatoes to onion pot. Mix well with a large spoon.
 - b) Add chicken broth to cover vegetables and salt and pepper to taste.

Note: To avoid a runny soup, liquid should just cover vegetables.
5. **Cook Soup:** Cook at a medium heat until the potatoes are tender and can be smashed with ease, about 45 minutes to an hour.
6. **Puree Soup:** Using an immersion blender, purée the mixture until smooth. Once blended, stir in 1 to 1 ½ cups of cream.
7. **Plate the soup:**
 - a) If serving **hot**, bring soup to a high simmer and then serve.
 - b) If serving **cold**, let soup cool and then refrigerate it over night.
8. **Garnish** as desired.

Note: If the soup is too thin, add a little corn starch diluted in water and adjust with salt and pepper. If soup is too thick, add extra stock.

Classic Salads!

Last month you were introduced to dressing amazing summer salads. As mentioned then, not only does homemade salad dressing taste better than store bought, it is also far less expensive, and you get to control the salt content too!

Try any of the following combinations for a great salad. And feel free to mix them up.



	DIETETIC	INGREDIENTS
	DRESSINGS 3 TB Olive Oil 1 TB Red Wine Vinegar 1 Clove Garlic (grated) ¼ tsp each of crushed and dried parsley, basil, oregano, and marjoram S&P to taste	<ul style="list-style-type: none"> ▪ Torn Red & Butter Lettuce ▪ Thin sliced Red Onion ▪ Seeded thin sliced Roma Tomatoes ▪ Skinned and thin sliced cucumber ▪ 1+ TB Parmigiano-Reggiano cheese ▪ ½ Cup Garbanzo Beans
	FARM 2 TB Mayonnaise 1+ TB Red Wine Vinegar ¼ tsp each of crushed, dried parsley, basil, tarragon, marjoram, and thyme S&P to taste	<ul style="list-style-type: none"> ▪ Torn Baby Red Lettuce ▪ Thin sliced Green Onion ▪ Whole baby heirloom Tomatoes ▪ Large Shredded Carrots ▪ Chopped Avocado
	ASIAN 1 1 TB Mayonnaise 2 TB+ So 'Tamari Soy Sauce ½ to 1 tsp Ginger Powder ¼ tsp sugar S&P to taste	<ul style="list-style-type: none"> ▪ Thin sliced Napa Cabbage ▪ Thin chopped Green Onion ▪ 1 can Chinese Noodles <p>Note: Toss salad thoroughly, then add noodles and re-toss to coat.</p>
	ASIAN 2 2 TB Peanut Oil 1+ TB Rice Wine Vinegar ½ to 1 tsp fresh shredded Ginger Root 1 TB Honey S&P to taste	<ul style="list-style-type: none"> ▪ Thin sliced Iceberg Lettuce ▪ Thin chopped Green Onion ▪ Shredded Carrots ▪ Thin sliced seedless Cucumber <p>Note: Optional—Sprinkle Won Ton strips on top of salad before serving.</p>
	RUSSIAN 2 TB Mayonnaise 1+ TB Ketchup 1 tsp Dijon Mustard S&P to taste	<ul style="list-style-type: none"> ▪ Torn Butter Lettuce ▪ Thin sliced Red Bell Pepper ▪ Thin sliced Tomatoes ▪ 1 to 2 TB Sunflower Seeds ▪ 1 to 2 TB cooked, chopped Bacon ▪ Sliced hard-boiled Egg



OUR *Values*

People First
Volunteer Driven
Continuous Improvement
Teamwork Transparency Trust
Fun Laughter Gratitude

“We Win As A Community”

Your Voice. The PEERA Board