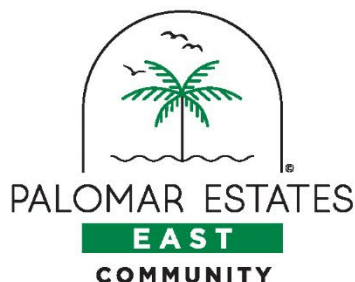




Emergency: 911

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



650 South Rancho Santa Fe Road
San Marcos, CA 92078

Kasey Koenig: Park Manager/Office
Felipe Diaz: 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



March Editorial

Every community has a particular character that reflects the ages, ethnicities, and experiences of its residents as well as the location and surroundings of the community.

Palomar Estates East is a 55+ community. And to our good fortune, we are also a rent-controlled community. Those who live here may be retired, soon to retire, or actively engaged in the business community. Some residents wish to be involved in the activities here while others are active elsewhere or wish to stay to themselves.

Regardless of the varied characteristics of our community and its residents, I am hopeful that we are a community that cares, where "there are no strangers here, only friends who have never met" is a true statement.

I recently came across the following article that describes how to foster a caring community. I know our PEERA Board continues to strive to foster these goals in serving our community.

5 Ways to Build a Community That Cares

In an era where digital interactions often overshadow face-to-face connections, building a community that genuinely cares has become increasingly challenging yet crucial. For community associations, a more caring population means greater contentment and more engagement from all homeowners and residents.

Yet, how can a board create a community that cares? In the rest of this article, we describe the top tips for doing just that. So, keep reading, and you will soon notice a marked change in your community.

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

Also, the PEERA website is: peerasm.org



Palomar Estates East

Tips for Building a Community That Cares

Building a community that cares does not have to be an impossible task. In fact, you can see results fairly quickly if you follow the five tips described below.

1. Encourage Open Communication.

The most caring and welcoming communities have a few factors in common. One of the most crucial is a climate of open communication. Open communication refers to the free exchange of

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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March Editorial

information, thoughts, ideas, and feelings without barriers or restrictions. In a community association setting, open communication involves creating an environment where homeowners feel comfortable expressing themselves, sharing their perspectives, and engaging in honest dialogue with each other and the board.

Establishing clear communication channels can create an environment of open communication. Here are a few of the most common for community associations.

- Regular community meetings,
- Suggestion boxes,
- Online forums,
- Email and paper newsletters, and
- Social media groups.

2. Foster Inclusivity and Diversity.

A community full of inclusive and diverse people will be more likely to have a caring atmosphere. While you cannot force a community to be diverse, you can foster one by encouraging collaboration, creating safe spaces, and organizing events that celebrate different viewpoints and cultures.

3. Provide Community Support.

Everyone needs support at some time. To help the members of your community association, you may want to start with organizing a welcome committee to help new homeowners learn the ropes of your community. Work with your community members to determine the support they need and want most, so your community association continues to thrive.

4. Promote Community Engagement.

The most caring communities are also typically the most engaged, and vice versa. Promoting community engagement is vital for fostering a sense of belonging, collaboration, and collective responsibility within community associations.

Here are some ideas for increasing community engagement:

- Organize community events.
- Establish volunteer opportunities.
- Utilize digital platforms to connect homeowners.
- Seek honest feedback and address concerns transparently.
- Recognize and celebrate community member achievements.

5. Lead by Example.

Board members should lead by example. Model the caring, inclusivity, and diversity you want to see in your community association. Prioritize transparency, accountability, and fairness in decision-making processes to build trust and credibility among members. When homeowners and residents trust their board to be fair, honest, and caring, they are more likely to exhibit those traits themselves.

Changing the atmosphere of your community association will take hard work and patience. But if you implement the five tips in this guide, you will be well on your way to a much more caring community.

https://partnerscm.com/5_ways.html
Partners Community Management



Palomar Estates East – Entrance & Exit Sign

Millennium Memo



Do you have a question about the Rules, and you can't find your copy? Did you get a Courtesy Notice and aren't sure what the Rule you supposedly violated actually says?

You can come to the Office to get a new copy, of course, but you can also read the Rules at our website: millenniumhousing.net. If you click on "Communities," then click on the Palomar East link, you'll see lots of information available to you.

Entries include an Overview of the Park, Calendar of Events, my Memo, the Rules, commonly used forms and an entire copy of the Park Magazine. To access the Rules, you'll need the User ID (PALEAST) and Password (BREEZE). Pretty clever, huh?

While you're perusing the Rules, take a look at Rules 5 & 6, which describe the standards for your home improvement project, and the need for approval before starting. You'll find the required form under the "Resident Forms" tab.

When you get a moment, it's worth checking out.

Welcome Back, Felipe

As you know by now, Felipe Diaz has returned to Palomar East, taking Burt's spot as Maintenance Manager. Felipe had that role at West for the past 11 years and served at East for 16 years before that. He's very familiar with your Park.

We think this is a great fit for Palomar East and should bring stability to the position. Please give Felipe a warm welcome back.

One benefit of Felipe's return: He's taking a fresh look at things, and has found lots of things needing attention: damaged irrigation, "unwell" landscaping, areas needing a bit of cleanup...it's great seeing this burst of new energy.

What Are We Doing About the Coyotes?

The answer: not much. I know you don't like hearing that, but there isn't much we can do. A few years ago, Mayor Desmond was asked about this, and he gave the same answer. We can't shoot or trap the little dears—apparently that's against the law.

You can do your part by keeping your cats inside, depriving coyotes of a food source, and not leaving water or food outside. If you've got any ideas, we'd love to hear them.

As noted, we can't trap them, but I don't think that would work anyway. We tried trapping feral cats at another Park, but the cats kept escaping. Apparently, that manager couldn't keep his trap shut.

Keep your pets safe...and have a fun St. Patrick's Day.

George Turk

*President
Millennium Housing*

East Park

MARKET UPDATE & MANAGER'S REPORT



Home Sales

There were no homes sold during March and there are currently 5 homes in escrow. At the time of writing this article there are 5 homes currently listed for sale.

COYOTE INFORMATION – PLEASE READ AND SHARE WITH OTHERS

Wildlife Services (619-236-2341) & Fish and Wildlife (858-467-4257) are agencies to contact in San Diego. They will respond when a wild creature is posing an immediate threat to humans; has attacked a person. They will NOT respond to reports of wildlife being loose or roaming.

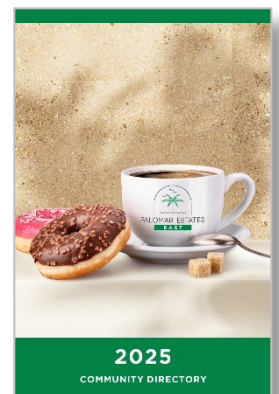
If you see a coyote:

- **MAKE NOISE!** Shout, clap your hands, blow a whistle, or shake a can with coins, use an air horn or even a vuvuzela horn! Make them unwelcome.
- **DO NOT LEAVE YOUR PET UNATTENDED OUTSIDE!** Even for a moment! Coyotes have been seen roaming during the day. If you own a dog, be sure to keep it on a leash at all times. Carry a whistle and walking stick. If you own a cat, keep it indoors. These are pet rules. Keeping them safe should be your number one priority.
- **REMOVE FOOD SOURCES:** Keep pet food indoors and dispose of fruit that has fallen from trees. **DO NOT FEED COYOTES!** You'd be doing more harm to them and others rather than helping. In addition, feeding them is illegal.

If you are encountering issues with coyotes on your property, you should take action to prevent them from returning. Install a motion sensor floodlight or blinking light. Wildlife services and other agencies have suggested spraying wolf urine on the exterior of your property as a deterrent. When coyotes smell the scent of wolf urine, they know danger is nearby! You can purchase it online from Amazon. Staff will be using this around the clubhouse and other park areas, but it is your responsibility to care for your property. I have been told by Wildlife professionals that this helps, but it does not entirely eliminate the presence of coyotes.

Short & Quick

- Outside storage is not allowed on your property. Containers, tools, ladders, etc., should be stored in your home or shed.
- The 2025 Directory is underway. If you need to change or remove your number contact the office immediately. We hope to distribute them in March. The office will place a robocall when they are ready for distribution.



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

Summary of the February PEERA Board Meeting

Dear Palomar Estates East Residents,

The Board meeting held on Feb. 4th primarily focused on discussing the coyote issue, emergency preparedness, and administrative tasks (such as creating a budget for 2025), welcome bags for new residents (Thank you, quilters!), the need for a desktop printer to decrease printing costs, and the processing of the 62 Wish list forms received from residents.

We also learned prior to the Board meeting that Susan Ewing was submitting her resignation from the office of PEERA Secretary.

The PEERA Board would like to express our sincere gratitude to Susan for her hard work and dedication as PEERA Secretary. She's been an invaluable asset to our community, and we truly appreciate her commitment and the precious gift of time that she has given us. We wish Susan all the best in her future adventures.

Regarding filling the position of PEERA Board Secretary, as stated in the PEERA Bylaws, Article VI, Section 9, "When a vacancy occurs on the Board, the Board Chair shall fill the vacancy by appointment, with a 2/3 vote approval of the Board, and the appointee shall serve the unexpired term."

PEERA Board

Chair	Michele Silva
Vice Chair	Connie Bloem
Secretary	Susan Ewing
Treasurer	Leslie Dranko

Members At Large

Beautification	Sally Yeater
Community Resources	Ken Hodor
Complaints	Joanne Robinson
Emergency Prep	Peter Del Bene
Helping Hands	Michael Weiss
Membership	Jetta Russell
Publicity	Joanne Price

I have asked the current Board members, and meeting attendees, to contact me if they would like to be considered for the position of PEERA Secretary.

I encourage any PEERA member who has been a Palomar Estates East homeowner for at least the last 6 months, and who is interested in serving our community by volunteering to be considered for the position of PEERA Secretary, to contact me at (925) 596-1968, or by email at celebr8@comcast.net.

PEERA meets monthly – usually on the first Tuesday of the month at 5:30 pm – with occasional Committee and/or administrative meetings in between these monthly Board meetings. The position does require that the Secretary have a computer to create and



Your Voice IN Our Community

PEERA Board peerasm.org

2025

archive the minutes of the Board meetings and email them to fellow Board members.

Coyotes

There was an extensive discussion of different methods for managing the coyote population in the park. Kasey has investigated numerous remedies and it appears the most effective strategy, in addition to hazing, is to spray predator (wolf) urine on the places frequented by coyotes. Wolf urine is available in spray bottles from Amazon or at Home Depot.

Per TV Channel 2 News (Reno): Bill Chamberlain, Director of the U.S. Wolf Refuge in Reno, says, "Their (coyotes') sense of smell...is so intuitive, that the scent of wolf urine lays out the scent of an adversary." Michael Beran, Owner and Operator of Wildlife Command Center in Reno adds, "That instinct is very, very effective against a female coyote, especially one that's thinking about, or is, denning."

"Wolf urine is not harmful to pets when used as a pest control product. In fact, it's considered a non-toxic, humane, and a natural way to repel animals."

IMPORTANT: Always squirt the product on a fence or pole – above the height of your knee. Beran explains, "The higher that lift is, the bigger an animal thinks that predator is. Apply the urine to all major posts or fences along your yard, similar to a wolf marking its territory. You can apply wolf urine around plants, flowers, or vegetables to create a 'pee-rimeter' that keeps animals away.

Besides hazing (making loud noises, waving arms, etc.), another effective way to reduce coyotes' ability to find food is to remove fruit from the trees in our yards. We have contacted Senior Gleaners to return and pick the fruit; however, it's possible they won't be able to schedule that project until April. So, it would be helpful for residents to pick as much fruit as they can reach **AND ESPECIALLY, TO PICK UP FRUIT**

OFF THE GROUND. Fallen fruit not only attracts coyotes, but also rats and mice.

It is crucial, too, that the skirting on all our homes be impenetrable, repaired, and secure so that a female coyote doesn't have access to the area under someone's home to have pups.

PEERA Board member Sally Yeater has been doing most of the heavy lifting on researching and educating our community on the coyote issue. (Thank you, Sally!!) She has noted that coyotes also don't like flashing red lights (such as those on bicycles for visibility at night) or bright motion sensor lights. Coyotes generally dislike a bright, flashing light. They are particularly bothered by sudden changes in illumination, making them feel dis-oriented and they are more likely to avoid areas with such lights, especially at night.

Sally suggested putting these flashing red lights or motion-sensor lights in our backyards if we see that these are places where coyotes often roam. These types of lights can be found on Amazon.com and Home Depot, among others.

We have researched other strategies for coyote abatement, but all of these options have hit a dead-end either because they're either illegal, not feasible, or services are unavailable.

Kasey reminds us that whatever management can do to address this problem is very dependent on the cooperation and participation of ALL residents in order to have abatement efforts be successful.

Yours to count on,

Michele Silva

PEERA Chair

Note: The next PEERA Board Meeting will be held on Tuesday, March 4th at 5:30 pm, clubhouse.

Volunteers Needed: Donuts & Data Days



&



Are You Generally Tech Saavy?

Overview

At the January PEERA Board meeting, we discussed an idea of possibly making Donut Day (the first business day of the month) a time when residents might meet to get help with their various digital devices (cell phones, tablets, or laptop computers). We thought we might call this day, 'Donuts and Data Day.'

On Donut Days, residents could come with their cell phones, tablets, or laptop computers and ask questions. Specifically how this might work is under discussion...and we are not ready to launch this resource to residents until we form a volunteer team.

Volunteer Team

The first order of business in getting this resident resource up and going is volunteers. We will need several volunteers who are willing to help residents with questions about their devices. One thing is for sure – our volunteers will not have answers to every question posed by residents – there are many

different devices, different operating systems, and the like.

If you are interested in volunteering as a Donuts & Data Day volunteer, please let us know by the end of March.

- You can email your name and phone number by the end of March to:
PEE.TheBreeze@gmail.com
- Alternatively, you can place your name on the Sign-Up Sheet located at the PEERA Bulletin Board in the Clubhouse. We would love to have you join our Digital Volunteers Team!

We will contact each volunteer with a date and time to meet and discuss details of the Donut and Data Day resource.

We look forward to the prospect of helping our neighbors navigate the sometimes (or often) frustrating waters of our digital devices.

Top of the Mornin' to You!



Four-Leaf Clovers are Real.

A popular sight around this very green holiday is the shamrock, or three-leaf clover, linked to Ireland and St. Patrick.

The lucky ones, though, come across something harder to find: a four-leaf clover. That is because it takes a recessive trait or traits in the clover's genetics for there to be more than the normal three leaves.

Why is St. Patrick's Day a huge celebration in America?

Irish people came to America and brought their culture with them. St. Patrick's Day observances date back to before the founding of the United States, in places like Boston and New York City. The first parade was held in Manhattan in 1762.

While the day was marked with more of a religious focus and solemnity in Ireland until well into the 20th century, in America it became the cultural and boisterous celebration it is today, marked by many people without any trace of Irish heritage.

Once people in Ireland began seeing how the day was celebrated in the U.S., the celebration in Ireland began to include parades, parties, and other festivities as well as religious observances.

Old Irish Quotes & Sayings

There are good ships and wood ships, ships that sail the sea, but the best ships are friendships, and may they always be.

May your troubles be less, and your blessings be more, and nothing but happiness come through your door.

May the road rise up to meet you. May the wind be always at your back.

May your pockets be heavy and your heart light, may good luck pursue you each morning and night.

May luck be your friend in whatever you do, and may trouble be always a stranger to you.





Social Club



Mardi Gras

As new residents at Palomar Estates East, the Weiss family is celebrating a lot of firsts. While we missed 2024's Independence Day celebration, we were here for the Luau – and it was so much fun! We are still reeling from the joys of our Halloween, Thanksgiving, and Christmas celebrations. We missed New Year's Eve in the community, we understand there was a really awesome shin-dig!

But now we are moving away from the Winter holidays and moving into the joyous celebrations that a bountiful Spring season brings. First on the list is Mardi Gras!

As a Southerner, I am all in on Mardi Gras! I will always be on the parade route yelling the Mardi Gras motto, "Laissez les bon temps rouler!" (let the good times roll) and enjoying the rich food and the well-established traditions of the holiday. It is just SO much fun!

The tradition requires excess. You dress over-the-top, you eat 'til you're "fit to bust," you drink 'til you're giggly, and you boogie-oogie-oogie 'til you just can't boogie no more! But all the excess has meaning.

Mardi Gras is a centuries-old tradition initially marked by ancient pagans as a celebration of Spring; but Christians began celebrating Mardi Gras in the Middle Ages as the period of plenty before disciplined fasting during the 40 days of Lent leading up to Easter.

Mardi Gras is French for "Fat Tuesday" as it wraps up Epiphany and is the day before Ash Wednesday. It is a vibrant and colorful celebration, full of joy, parades, parties, costumes, music, and indulgent feasts.

The holiday was established in the U.S. in 1699 by French-Canadian explorer Jean Baptiste Le Moyne Sieur de Bienville (yes, that is the name of just ONE man) who planted a French colony at the mouth of the great Mississippi River. When he landed 60 miles south of what is now New Orleans, he realized it was the eve of the holiday and named the land "Pointe du Mardi Gras." He later established a fort on the land called Ft Louis de Mobile. This area later became the city of Mobile, AL. The cities of Mobile, AL and New Orleans, LA still argue to this day about which is the U.S. home of Mardi Gras and try to outdo each other in their celebrations.

The colors of Mardi Gras are gold representing power, green representing faith, and purple representing justice.



In the early 1880's, a reveler dressed as Santa Claus would pass out gifts during Mardi Gras parades. A gift of beads in the traditional colors of purple, gold, and green was established by Krewe of Rex (the Mardi Gras king) in the early 20th century. Traditionally, revelers would put on their beads Tuesday and set them aside the next day, Ash Wednesday.

Social Club Event

Let's talk about the food. Oh. My. Word!

Mardi Gras food is required to be rich, sweet, and full of fat because it must represent the excess of the pre-Lent period. The American South has selected some of the richest dishes from France, Spain, and Africa to elevate using delicacies only available in the bayou and the Gulf of Mexico.

Jambalaya, red beans and rice, bacon-infused collard greens, and King Cake. You will enjoy these amazing dishes while enjoying the best wine, whiskey, brandy, and rum.

Our Mardi Gras celebration will be held in the Clubhouse on Saturday, March 1st at 5:00 PM. Please contact one of the Social Club officers (Deb Johnston, Michelle Lima, or me) to purchase a ticket to the festivities. Residents - \$5.00 per person; and non-residents - \$10.00 per person.

Bring your friends, your family, and your appetite. And bring your favorite spirits! It is a party, after all.

March Social Hour

Don't forget to join us for our Social Hour, 5:30 pm on March 7th in the Main Clubhouse. Bring an hors d'oeuvre and your beverage of choice.

Jen Weiss

Social Club Secretary



COME
CELEBRATE

mardi gras

SATURDAY MARCH 1ST
5:00 PM CLUBHOUSE

**Creole
+ Cajon
CUISINE**

Tickets:
RESIDENT \$5
NON-RESIDENT \$10
Tickets Non-Refundable

Social Club Event

We like big beads and we cannot lie!



COME
CELEBRATE

mardi gras

Saturday, March 1st
5:00 pm Clubhouse

ADMIT ONE

Non-Refundable

Palomar Estates East – Clubs

Quilting Group

Two years ago, the Palomar Estates East quilting group chose One Safe Place to donate the quilts they make. We thought it was a small place where women and their children could go to find help, when faced with domestic violence. In January, we toured the facility and were definitely surprised to learn it provides so much more. The services they provide in their 44,000 square foot building are absolutely amazing. I can't begin to touch on everything in this article.

Quoting from the information provided in their packet: The North County Family Justice Center, "One Safe Place" is a one-stop shop for victims and survivors of abuse and trauma. Child, adult, and elderly victims of abuse and their families can receive acute crisis-care, advocacy, counseling, legal services, connection to shelter and housing, long term mentoring, workforce readiness, and educational opportunities – all under one roof. The goals of the North County Family Justice Center, a project of the San Diego County District Attorney, are to provide hope, healing, and justice by creating pathways forward for victims and their families as they move through the process of "surviving to thriving."

Many times men are also victims of abuse, so all services are available to them as well. In addition, many times an abuser will threaten to harm a pet, as a way to control their victims. To ease the victim's mind, pets may also be brought to the facility for their safety.

There is so much to learn about One Safe Place. Their statistics are staggering regarding the number of people they have served and continue serving in a multitude of ways. They have widespread partners helping to provide their numerous services.

I encourage you to get a group together, make an appointment, and take a tour. Located off Furniture Row, they are proud to take you through their massive facility. There is so much more to learn regarding the good work they do and the number of services they are equipped to provide. Having

worked as a grant writer for a women's shelter in Phoenix, the scope of what One Safe Place does is truly awe inspiring. We were tiny compared to One Safe Place. I had no idea. We are proud to provide something as small as a quilt, to let them know they are special.

As you learn more about One Safe Place, you might just find a way you can volunteer to support this service!



Quilting Group Volunteers

Volunteers are always welcome to join us on our Tuesday quilting days, whether for an hour or for more.

We want to highlight one of our volunteers you might least expect – Jay Diaz (see picture next page). Since our group was formed in September 2023, Jay has been dropping in, bringing hugs, smiles and a willingness to work.

Numerous steps go into making a quilt and Jay has mastered most of them. Some seem trivial but all are important to the final product. Always willing to learn, he has become proficient with the iron, cutting squares, preparing them for layout and, as of January this year, conquering the sewing machine! He asked and Sally Yeater instructed.

Jetta Russell and Leanne Pohrman also volunteer their time. Thanks to each of them.

Sandy Wagner

Quilting Group Member

Palomar Estates East – Clubs



Quilting Group Volunteer – Jay Diaz

Painting Class

Our Valentine paint class in February combined painting and decoupage that was a fun project with a new learning experience enjoyed by everyone. Come join us on March 4th and see what new artistic experience you might enjoy. Class begins at 10:00 AM. Come claim your spot. Don't forget to sign up in the Rancho Vallecitos Clubhouse or give us a call to let us know you will be joining us.

Dawn – (760) 802-2170 **Donna** – (760) 945-7629

A Call for Palomar East Club Articles

If you are a member of a club or group at Palomar Estates East, we would love to hear what you're doing!

Perhaps someone in your group would agree to write a short article about your current activities. Send us a couple of images as well. This way, your club is more than a couple of words on the Events Calendar. This might help those considering attending an activity to better understand which group might best suit their interests.

Send your articles and images to:

PEE.TheBreeze@gmail.com



Community Activities

All Are Welcome  Come Join the FUN!

ACTIVITY	WHO TO CONTACT AND MEETING SCHEDULES
BINGO	Debbie Johnston & Delane Johnson: Thursdays , 6 PM at West
BOOK CLUB	Holly Barry (619) 301-6591: 2nd Wednesday each month, 1:00 PM, East Clubhouse Card Room.
BUNCO	Jetta Russell: (619) 994-5647: 3rd Thursday each month, 4:45 pm, games at 5 PM to 7:30 PM at the Palomar East Clubhouse in Card Room
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
HAND & FOOT CARD GAME	Anne Litz (760) 846-5850 (Please leave message) or Marilyn Fluharty (218) 821-0337: Mondays and Thursdays , 1 pm, at Marilyn Fluharty's home (Spc 179)
MANIPULATION CARD GAME	Linda Cockrell (626) 274-1662: Wednesdays , 6 - 8 pm, East Clubhouse Card Room
PAINT CLASS	Dawn Anguiano , dawny46@gmail.com: (1st Tuesday each month at Rancho Vallecitos)
QUILTING GROUP	Tuesdays , 9:30 am to noon, East Clubhouse Card Room.
TAI CHI	Rudy Cobos (773) 519-6627: Fridays at 9:00 am, East Clubhouse
ZUMBA	Saleemah (803) 463-2880: Monday: 11:15 AM West, Tuesday: 10 AM East, Wednesday: 10:30 AM Zoom, Thursday: 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

Monthly Calendar

MARCH 2025

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WEEKLY ACTIVITIES: The following are regular weekly activities that occur on the day indicated.

1 PM – Hand &
Foot Card
Game

9:30 AM – Quilting
Group
10 AM – Zumba

6 – 8 PM –
Ceramics
6 – 8 PM –
Manipulation
Card Game

11:15 AM – Zumba
1 PM – Hand &
Foot Card Game
6 PM – Bingo
(West)

9 AM – Tai Chi

SPECIAL ACTIVITIES: The following activities occur only on the dates indicated

1

5:30 PM
MARDI GRAS!



2

3
8:00 AM
Donut Day –
Clubhouse

4
5:30 PM
PEERA Board
Meeting –
Clubhouse

5

6

7

5:30 PM
Social Hour
at Main
Clubhouse



8


9

10

11
10 AM to 1 PM
Paint Class –
(Rancho
Vallecitos)



12

1 PM 
Book Club –
Clubhouse

13

2 – 3:30 PM
Dance Lessons –
Clubhouse
2 – 3:30 PM
HEALTH &
WELLNESS
SEMINAR –
Clubhouse

14

15

16

17

18

19

20

4:45 – 7:30 PM
Bunco –Start at
5PM at
Clubhouse Card
Room

21

22

23

24

25



26

27

2 – 3:30 PM
Dance Lessons –
Clubhouse

28

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.

Gone and Not Forgotten

- Anne Vernia Space 298
Arrived: 12/1993 Passed Away: 1/3/2025

Wedding Anniversaries

- | | |
|--------|--------------------------------|
| Mar 2 | Luis & Teresa Cadenas |
| Mar 3 | Keith & Susan Stinson |
| Mar 5 | Henry Robicheaux & Connie Long |
| Mar 10 | Edgardo & Alicia Bertino |
| Mar 13 | Jacques & Jeanine Proulx |
| Mar 22 | James & Judith Young |



Laughter is Good for the Heart

'Two More Aisles'

A man observed a woman in the grocery store with a three-year-old girl in her basket. As they passed the cookie section, the little girl asked for cookies and her mother told her no. The little girl immediately began to whine and fuss, and the mother said quietly, "Now Monica, we just have half of the aisles left to go through; don't be upset. It won't be long."

Soon they came to the candy aisle, and the little girl began to shout for candy. And when told she couldn't have any, began to cry. The mother said, "There, there, Monica, don't cry—only two more aisles to go, and then we'll be checking out."

When they got to the check-out stand, the little girl immediately began to clamor for gum and burst into a terrible tantrum upon discovering there'd be no gum purchased. The mother patiently said, "Monica, we'll be through this check out stand in 5 minutes and then you can go home and have a nice nap."

The man followed them out to the parking lot and stopped the woman to compliment her. "I couldn't help noticing how patient you were with little Monica," he began. Whereupon the mother said, "I'm Monica . . . my little girl's name is Tammy."

-Author Unknown



Park Member News

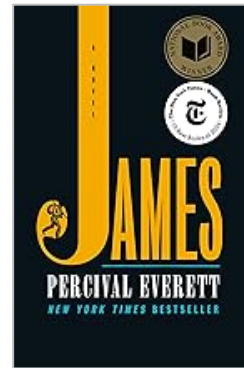
Celebrating Our March Birthdays!

2	Sabine Kurz-Sherman	18	Jodi Zimmerman
2	Philip Hendrickson	20	Luis Cadenas
4	Susan Stinson	21	Kelly Biondo
4	Thomas Erickson	21	John Helander
5	Melissa Fuller	21	Virginia Schubert
7	Rupert Martin	22	Jean Doty
8	Rosa Cabrera	23	Linda Cockrell
9	Ray Juarez	23	Bob Manchip
9	Dyana Preti	24	Dora Brock
9	Dan Warren	25	Gloria Thiboutot
10	Janet Wilson	25	Cheryl Lynn
11	Jazzmine Wilson	26	Debbie Johnston
11	William Tobin	26	Leslie Manteforte
15	Mark Cuomo	28	Micki Davey
16	Bobby Graziano	28	Valerie Olson
16	Karen Kelley	30	Susie Lippincott
17	Patricia Puccini		

Book Review – *James*, by Percival Everett

James is a #1 New York Times Bestseller and National Book Award Winner. This book is a brilliant, action-packed reimagining of *Adventures of Huckleberry Finn*, both harrowing and darkly humorous, told from the enslaved Jim's point of view

[Review \(Excerpted from Amazon.com\)](#)



When the enslaved Jim overhears that he is about to be sold to a man in New Orleans, separated from his wife and daughter forever, he decides to hide on nearby Jackson Island until he can formulate a plan.

Meanwhile, Huck Finn has faked his own death to escape his violent father, recently returned to town. As all readers of American literature know, thus begins the dangerous and transcendent journey by raft down the Mississippi River toward the elusive and too-often-unreliable promise of the Free States and beyond.

While many narrative set pieces of *Adventures of Huckleberry Finn* remain in place (floods and storms, stumbling across both unexpected death and unexpected treasure in the myriad stopping points along the river's banks, encountering the scam artists posing as the Duke and Dauphin...), Jim's agency, intelligence and compassion are shown in a radically new light.

Brimming with the electrifying humor and lacerating observations that have made Everett a "literary icon" (*Oprah Daily*), and one of the most decorated writers of our lifetime, *James* is destined to be a cornerstone of twenty-first century American literature.

Book Club



Do you enjoy reading? Would you like to experience different genres? Mystery, Fantasy? Historical Fiction? Comedy? Come join our monthly book club at on the 2nd Weds of each month, 1pm at the clubhouse.

Whether you've read the book or not, come for our discussions, connect with other residents and reap the benefits of a good book.

We are a fun-loving group who share the passion for reading and who would welcome all newcomers.

- **March Book – *James***, by Percival Everett. This book was winner of the National Book Award
- **April Book – *The Bad-Ass Librarians of Timbuktu: And Their Race to Save the World's Most Precious Manuscripts***, by Joshua Hammer.
- **May Book – *Reading Lolita in Tehran***, by Azar Nafisi
- **June Book – *Nine Perfect Strangers***, by Lane Moriarty

Other News...

Memorial Bench

Have you noticed anything new on the Main Clubhouse patio?

The bench, donated by many residents, in the names of Gonzalo and Tomas for their years of service to Palomar Estates East, has been placed there. This bench was previously located at the Lower Clubhouse; however, few people knew it had been placed there, and not many people visit that clubhouse.

At its new home, the bench can be appreciated by more of our residents, reflecting on the many years of service of Gonzalo and Tomas.

So please, have a seat, read a book, visit with a friend, rest, reminisce, enjoy!

—**Sandy Wagner**
Resident



Gardens and Neighbors

Gardens and neighbors often go hand in hand. Fellow growers will be eager to share tips and techniques learned throughout the years.

It is a way to build community. Sharing plants or cuttings, often resulting in a diverse selection of plants in your garden without having to buy them all yourself. When transplanting a plant from your neighbor, the best time is in early spring or fall when the weather is cooler and the plant is dormant, allowing it to better adjust to the new environment with less stress on its root system.

Many of my plants were given to me by neighbors. Whether they were moving away or simply needed room for something else, I have been blessed.



Thank you, Jetta for sharing! Another beauty added to my garden.

—**Patty Gonzales**
Resident Gardener

San Marcos Restaurant Row Project

The San Marcos Restaurant Row redevelopment project involves demolishing existing structures to construct new housing, retail spaces, restaurants, and a park. Demolition is underway, with utility disconnections complete.

This project includes removing the former Sears building and other structures on Restaurant Row, including a building adjacent to the former San Marcos Brewery. Replacement will be a mixed-use development comprising residential units, commercial areas, and a park featuring a multi-use plaza (skateboarding, scooters, rollerblading), pickleball courts, an open lawn, a small amphitheater, two playgrounds, and two dog parks.

This collaborative effort between property owner Elizabeth Papera and developer Lennar Homes aims to preserve Restaurant Row's unique character, attract local businesses, and create a vibrant destination to enhance local business recruitment.

Linda Vista Drive Project

In July 2024, the San Marcos City Council unanimously approved a 224-unit housing development on a 33-acre vacant lot at Linda Vista Drive and Pacific Street. The development incorporates measures to protect sensitive species.

Prior development of this lot proved challenging due to its significant biological resources, including the city's largest vernal pools and non-conserved native grassland area. The development will include measures to protect the area's sensitive species.



Development at Linda Vista Drive & Pacific



San Marcos Restaurant Row Redevelopment Site

You Could Be That Stranger

Often, I research websites that feature short stories, particularly those with human interest stories. This month I came across the website: sunnyskyz.com, dedicated to 'All Good News.' The following are two stories from that website. I hope you enjoy them.

Small Talk with a Stranger About Squirrels

Recently, I was in CVS waiting for my prescription. I used to work in service, so I'm especially polite and patient; however, getting my prescription filled was taking forever. So, I seated myself.

Not long after, a man sat next to me and began talking. He was telling me about how there's not enough squirrels around and how he and his dog love to watch the squirrels in the yard.

I told him about the time I saw an albino squirrel and he was pretty shocked by that. We talked for a little while. Soon we learned that both our names had been called for prescriptions ready, but neither of us had heard our name called.

Back up in line, the man patted me on the arm and told me, "Thanks for talking to me. I haven't talked to someone in a long time." He was very sincere and seemed genuinely moved that I would chat with him.

This was several months ago, and I've been thinking about it a lot. Community is so important, and having small talk with fellow community members can really go a long way toward making their day special.

—By a Friend



Two Sweet Strangers Saved Me from Being Stranded



Long story short, I (solo female traveler) was stuck in an airport for over an hour, struggling to get a taxi to accept my ride request to the city center.

I was trying my best not to panic when I overheard two women who had been sitting near me say that they finally got a taxi. I asked them what app they were using, and when they saw I couldn't get the app to work on my phone, they invited me to join their cab. I could have cried of relief and gratitude.

But that's not where their kindness ends. I wanted to pay for their ride, but they wouldn't let me. I even tried just giving them the money, but they gave it back to me, saying it's only fair to split the cost three ways. So I ended up paying a ridiculously low amount to get to a central location that was just a 15-min ride away from where I needed to go.

And it doesn't end there. We all got off at their stop, which was a neighborhood marketplace area that had lights on, food stalls, a small convenience store, and plenty of people about. It seemed quite safe. I told them they could go ahead to their hotel since it was late and they were undoubtedly tired; but they stayed with me for over 10 minutes until I got in my taxi and left.

Angels. Angels, both of them. There's no other explanation. I still keep in touch with them on social media and can't wait for the day I can repay them for their kindness. One of them apparently visits my country time to time for work, so I'm just waiting for their next trip so that I can show them around all the cool places and treat them to a good hearty local meal.

— By a Friend



HEALTH AND WELLNESS SEMINAR



REFRESHMENTS WILL BE PROVIDED
TO THOSE WHO SIGNUP!



FUN DEMO'S AND GIVEAWAYS!

• TOPICS

- Importance of Posture
- Mindfulness: Coping with Anxiety and Stress
- Home Exercise Program: Seated or Standing
- Fun & Fitness: Chair Volleyball
- Physical Therapist: Mobility and effects of Pickleball

DATE: MARCH 13

TIME: 9:30AM-11:00AM

LOCATION: PALOMAR EAST CLUBHOUSE

SIGNUPS ARE MANDATORY. DEADLINE TO SIGN UP

IS **MARCH 11.**

SIGNUP IN THE CLUBHOUSE

