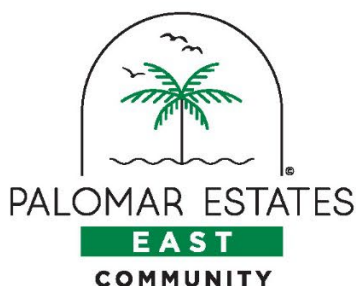




**Emergency: 911**

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

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

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

---

**Haven Management Services**  
*Property Management Company*  
3491 Concours 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](http://www.havenms.com)

---

**Millennium Housing**  
611 Anton Blvd Suite 890  
Costa Mesa, CA 92626  
[www.millenniumhousing.com](http://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





# April Editorial

“..and so begins the sojourn with a single step.”

*“Don't be pushed around by the fears in your mind.  
Be led by the dreams in your heart.”*

– Roy T Bennett

We have now officially entered spring – a time to think of new beginnings, new experiences, new adventures, new friends.

Recently, while selecting an audiobook from the San Diego County Library Libby application, I came across the Libby Book-of-the-Month: *Grandma Gatewood's Walk: The Inspiring Story of the Woman Who Saved the Appalachian Trail*, by Ben Montgomery, 2014. (Refer to the Feb issue of *The Breeze* for details about opening a free Libby account.) Talk about a walk, THIS was the WALK OF ALL WALKS!

Below is an excerpted description of the book from Libby. You may enjoy Grandma's walk as much as I have. What is so inspiring to me is that she had a dream...not exactly sure where it came from...and she was determined to see it through...even beginning at 67 years old! Wow.

While this particular dream is certainly of the extreme kind, most of us have 'things we would like to have done or interests we would like to have pursued.' The message of this book: You are never too old to pursue them. Well, actually there are certainly some dreams no longer within reach...but many are still attainable. It just takes the first single step, and you are off....

Before the excerpt, let me state the obvious regarding how Grandma began her adventure: If today, a grandmother were to disappear from her house after telling her family she was 'going for a walk,' the family would surely engage all rescue resources to find her!

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)



Appalachian Trail – 2,180-mile Trail from Georgia to Maine

Also, the degree of danger in pursuing such an adventure might be greater today, although that is not certain.

Emma Gatewood told her family she was going on a walk and left her small Ohio hometown with a change of clothes and less than \$200. The next anybody hear from her, this genteel, farm-reared, 67-year-old great-grandmother had walked 800 miles along the 2,180-mile Appalachian Trail.

(Continued)

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



#### Monthly Contributors to *The Breeze*

Joanne Price—Editor

Patty Gonzales—Creative Director/  
Staff Photographer

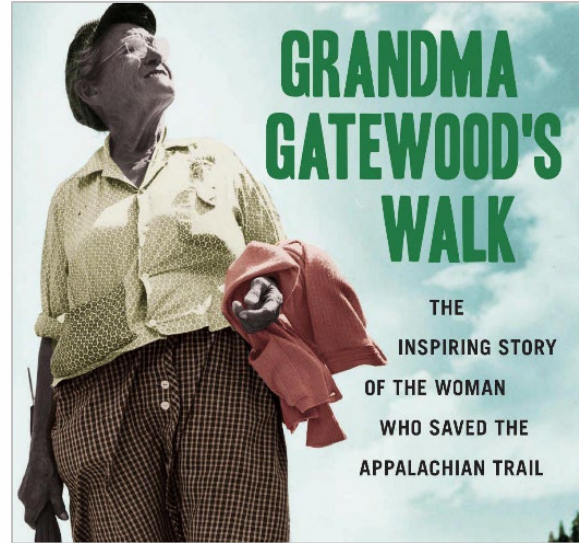
Kasey Koenig, George Turk, Lanny Lippencott, the Social Club, and the PEERA Board

**Disclaimers:** *The Breeze* is not responsible for print quality and color interpretations, or date and time changes of events in this newsletter. Check our **website** for the most up-to-date information: [peerasm.org](http://peerasm.org). Ads placed in *The Breeze* and newsletter production quality are solely managed by the publisher: MHB Group 800-828-8242.

And in September 1955, atop Maine's Mount Katahdin, she sang the first verse of "America, the Beautiful" and proclaimed, "I said I'll do it, and I've done it."

Grandma Gatewood, as the reporters called her, became the first woman to hike the entire Appalachian Trail alone, as well as the first person (man or woman) to walk it twice and three times.

The public attention she brought to the little-known footpath was unprecedented. Her vocal criticism of the lousy, difficult stretches led to bolstered maintenance and very likely saved the trail from extinction.



When my husband passed away in 2001, I was nearing the end of a Master's Degree Program in Education at UCSD. After taking almost two years off, I decided to resume my studies. You see, I wasn't there to get a degree, I wanted to better understand how people learn. Following this passion, I continued my studies for several more years. At the end of that time, I wrote the poem below to my fellow classmates (There were eight of us in that particular group.)

And now to you....WE CAN STILL PURSUE OUR DREAMS...

### *Aspirations Lived*

In what quiet moment of regard or reflection  
Did our aspirations claim us?  
We cannot know, nor do we care,  
For aspirations simply are, and that is that.

Aspirations set our course and become  
The stars by which we set our paths.  
They become the fire within  
That melts and molds our will and strength.

From afar our goals are beautiful,  
awe-inspiring, beckoning.  
We step out tentatively, almost shyly...wondering  
Can we really get there?  
Should we even try?

Yes, and yes.  
And so begins the sojourn  
With a single step.  
Tentative but emboldened by this start.

And soon we meet others  
who were bold enough  
to make their start as well.  
And we are warmed  
within and without.

And good we met  
for soon we taste the cost  
of aspirations lived,  
hard realities of dreams made real.

We do not share the dreams,  
for those are ours alone,  
forged deep within our souls.  
We share instead the run, the walk, the crawl  
of aspirations lived.

*Dedicated to my fellow sojourners – May 2005  
Presented at Graduation – June 17, 2007*

*– Joanne Price*

# Millennium Memo

---



How many people would you say live in Palomar East's 372 spaces? Any guesses? Nope—that's too high.

The answer: 557, or 1.5 residents per household. That compares with 1.53 for Palomar West and 1.48 for Rancho Vallecitos, so all 3 Parks have roughly the same density. OK, you're not impressed, but I found it interesting.

For a comparison, our Pillar Ridge Park in San Mateo County has only 227 spaces, but a total of 843 residents. Shows you the difference between a Senior and a Family Park.

Now, if you were to rank our Parks not by population, but by number of social events, Palomar East compares better—or at least it will once the Kitchen reopens. I'm curious about something called "Hand & Foot Card Game" in the Breeze. That sounds fun.

The next fun fact: 87% of Palomar East's residents qualify as Low income. Rancho Vallecitos is at 88%, West has 81%. I guess they're rich over there. These high numbers aren't surprising. A 2-person household in San Diego County is low-income at \$83,300.

Then there's this less-fun number: only 155 of you—about 42%—pay your rent online. That's on par with the other two, but maybe it's something for you to consider. In the meantime, isn't it fun living in such an active, interesting Community?

## In Other News

- It was frustrating to hear that the Pool Heater went out. The current heater is less than 2 years old. Sorry about that.
- This month's Kudo goes to Tomas Flores, a Palomar employee since the very beginning, who retired on March 1. Tomas is 73, so I suppose he's entitled. He spent 40+ years maintaining the Pool & Spa and caring for our other buildings.

Enjoy your newfound leisure, Tomas, and Kudos for all your great work!

- SPARC, our resident services partner, is sponsoring another Resource Fair on May 8. Stay Tuned for details. Stacey Price is planning this event, but won't be attending, as she starts her maternity leave on April 27. Wish her luck!

Stacey might think that labor is the toughest challenge she's facing. Wait until she finds out that she'll be singing "The Wheels on the Bus" 20,000 times!

## Not That Sad?

A Palomar resident told me her rather obese parrot recently died. She wasn't sad about it, however. "It was a big weight off my shoulders."

Have a great St. George's Day (April 23).

*George Turk*

President  
Millennium Housing





Kasey Koenig  
Park Manager/Office

# East Park

## MARKET UPDATE & MANAGER'S REPORT



Burt Hamernick  
Park Manager/Maintenance



### Home Sales

There were 3 homes sales in the last month and there are 5 homes in escrow. There are currently 3 homes for sale.

### Maintenance Update

A section of the sewer line along Oak and Fir St. was hydro jetted for routine cleaning. A water leak was repaired at space 194. The pool heater was repaired. Staff is currently going through the park to paint and replace mailboxes as needed. They are also servicing and upgrading the park street lights throughout this process. The Palomar Estates East logo on the entrance wall was repainted.

### Happy Retirement Tomas!

Tomas Flores worked at Palomar Estates East for 52 years and retired at the end of February. He will forever be a part of the Palomar East family and community. We appreciate all his hard work over the years and will miss his smile and good-natured personality. The time has come for him to relax, have fun, and enjoy time with his family. We wish him the best!

### 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)



*Take a moment to enjoy your surroundings!*

### Short & Quick

- The Fruit Picking Program will take place on April 9th. The fruit goes to local Food Banks. Call the office to sign up.
- Palomar College will host a paper shredding event on Saturday, April 6 from 9am-12pm in Lot 12.
- You can pay your space rent online each month or set up the auto pay feature. One less thing to worry about and it's so easy. Call the office for more information.
- Please walk around your property and remove any weeds.
- Thanks to Patty Gonzales for designing the covers of the 2024 Directory, and to PEERA for donating the cost of printing!

# Palomar Estates East Residents Association

P  
E  
E  
R  
A



## Notifications & Activities

*"Times and conditions change so rapidly that we must keep our aim constantly focused on the future."*

— Walt Disney

### The Transformation of Spring

More than any season, Spring transforms our environment the most. Change, growth, and newness are embraced. The inevitable forces of nature reshape our world and perspectives day by day. This can be a very gratifying season because we can see before us the benefits of change.

As I write this article in the middle of March, we are making progress on the kitchen remodel and heading toward the finish line. With the electrical rewiring and new plumbing completed, drywall is a beautiful sight.

Our kitchen design incorporates both form and function. Space planning is an essential step in the interior design process. The Kitchen/Craft Room Committee met with the cabinet maker to confirm the drawings and measurements to optimize the space we are working with.

### 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
Kate Niebur	Publicity

The PEERA Board has had a Board Member change. Sandy Wagner resigned as Vice Chair.

After considering various possible Vice Chair appointments, I recommended Connie Bloem for the position. In a Special Meeting of the PEERA Board, Connie was confirmed by vote as the new Vice Chair Board Member. Welcome to the Board, Connie!

Connie has served 31 years on various HOA Boards. Her experience will be beneficial for the Board and, more importantly, for the community.

### The next PEERA General Board Meeting:

Tues, April 2<sup>nd</sup> at 5:30 pm in the clubhouse.



# Your Voice IN Our Community

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

# 2024

### The Bittersweet Nature of Retirement

Retirements are always bittersweet. Many of you in the community have retired and know this well. There are so many shared memories in the 'todays' we spend together. With retirement, however, the 'todays' will be different, and that is the sad part.

Yet retirement brings with it the promise of new experiences, new relationships, new connections. That is the sweet part, the exciting part.

Living here in the park since 2016, I have special memories of times spent with Tomas. Though his retirement feels right, it's emotional indeed.

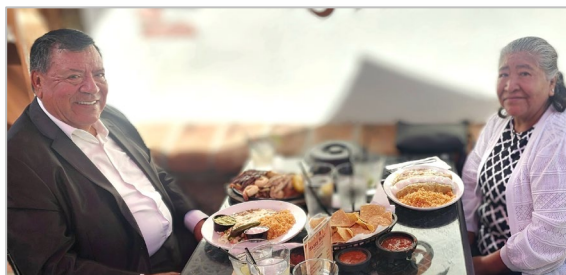
Retirement goodbyes are certainly hard, after sharing 52 years together in one community! We all take different paths in life, but no matter where we travel, we take those shared memories, those shared 'todays' with us wherever we go.

Tomas, may your tomorrows bring you as much joy and fulfillment as our 'todays together' have brought to so many of our park residents and staff!

**Patty Gonzales**

**PEERA Board Chair**

**[peeraboard2024@gmail.com](mailto:peeraboard2024@gmail.com)**



Best wishes to you and your family!

### Palomar Estates East Will Remember You...

The card is for the memories...



The hat is to hold your dreams...

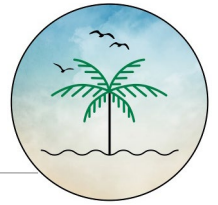


And the cozy blanket is full of hugs for all your good deeds!



# Emergency Preparedness

PEERA Board Committee



## 5 Ways to Prepare Your Pet for Disaster

Many of us have plans to evacuate our homes in case of a disaster or emergency situation so we can get out of harm's way with short notice. Unfortunately, pets are not always considered as a part of these plans. Here are five ways you can plan ahead.



### 1. Prepare an emergency kit for each animal.

Stock up now on the items you may need during a disaster so you don't get caught unprepared..

- ✓ One-week supply of food for each pet. Store it in a water-tight container and rotate it every three months to keep it fresh. If you use canned food, include a spare can opener. Reusable food and water bowls are also worth adding.
- ✓ One-week supply of fresh water for each pet.
- ✓ Medication. If your animal takes medication, make sure you have enough for a week.
- ✓ Leashes and toys. Put an extra leash and/or harness in your emergency kit and include a toy your pet enjoys to keep them occupied and calm.
- ✓ Vaccination records. Keep copies of your records on your mobile phone and in the cloud so that you can access them easily. If you do end up at an evacuation shelter that takes pets, you will need to show proof of vaccination.
- ✓ Photographs. Keep photos of you with your pets to prove ownership if you become separated from them - or to make "lost pet" fliers.

### 2. Keep a collar and tag on all cats and dogs.

Make sure your pets always wear a collar with identification tags and that those ID tags are up to date with your current phone numbers. Even indoor-only cats need to wear a collar with ID tags. In the event that your home is damaged during a disaster, they could easily escape, but having their tags will help you get reunited.

### 3. Plan a pet-friendly place to stay.

Take some time in advance to find out-of-area pet-friendly hotels or boarding facilities, as many evacuation shelters do not welcome pets. You can also consider making a housing exchange agreement with an out-of-area friend or relative.

### 4. Utilize pet safety window decals.

A safety sticker or decal like one from iHeartdogs will let first responders know exactly what to expect and how to plan accordingly. Displaying these at your home will save vital time in the case of an emergency.

### 5. Practice your evacuation plan with your pets.

Do a practice run of your evacuation plan with your pet(s). Make sure you can put your pet(s) in their travel carriers quickly.

### Bonus Tip: Microchip your pets.

We believe pets are a part of the family, and that no pet should be left behind. A simple plan can make all the difference.



Source: [Greatergood.org/disaster](http://Greatergood.org/disaster), Oct 6, 2021



# Shredding & E-Waste Collection Options

## Because You Asked...

Some residents were interested in having a document shredding company brought into the community for ease of shredding. So we looked into this possibility.

Although the cost is prohibitive to bring a shredding company onsite to our park, we did find the following free or low-cost options.

## Free Paper Shredding & E-Waste Collection Event on April 6<sup>th</sup>!

The City of San Marcos and EDCO are sponsoring a free shredding and e-waste collection event. A certified shredding truck will be present during the event, and all items will be shredded ONSITE.

### Documents Shredding

Each household is limited to two banker boxes (10" x12"x15").

### E-Waste Collection

Unwanted electronics, including TVs, computer monitors, printers, fax machines, and VCRs, will be collected at this event. No household hazardous material will be accepted.

Saturday, April 6, 2024  
9:00 a.m. - 12:00 p.m.  
Palomar College, Student Parking Lot #12  
1149 W. Mission Road  
San Marcos 92069

### Other Services Available at This Event

Free Mulch - Free mulch will also be available for San Marcos residents (while supplies last). This is a self-serve, self-loading, and self-haul service, so please bring your own cans/bags, gloves, and shovel. There is a limit of 3 cans/bags per vehicle. If you plan to haul your mulch in an open truck or trailer, please remember to bring a tarp to cover your material.

Goodwill Donation Accepted - Goodwill will also be onsite to accept donated reusable items.



Items that are accepted at all Goodwill donation centers include:

- Clothing, Shoes, Purses, Bags, and Luggage
- Housewares and Small Home Appliances
- Toys, Games, Books and Textbooks
- Bikes, Skateboards, and Scooters
- Home Décor, Bedding and Linens
- Movies, Music, and Media
- Sporting Goods
- Jewelry

## San Diego County Credit Union Free Shredding Events

San Diego County Credit Union offers shred events at various locations and times during the year. Currently none are scheduled, but we will keep you updated on future events.

### UPS Store Across the Street

(663 S Rancho Santa Fe Rd)

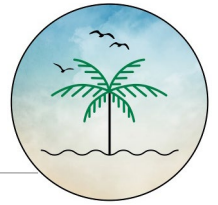
UPS offers shredding for \$0.99/lb. Simply drop off your documents anytime during business hours (closed Sundays). Every Tuesday, if the document bins are full, a shredding truck will come to the store to do the shredding.

### Cheers!

Joanne Robinson  
PEERA Board Member-at-Large

# Park Publicity

PEERA Board Committee



## 2024 Palomar Estates East Directory

The 2024 Palomar Estate East Directory is hot on the press, soon to be hot off the press. With the cover design and text pages updated, the Directory will be available soon.

As many of you know, I have worked in the print and marketing services industry for more than 40 years. I moved into the park in 2016. After settling in and getting to know the park and its community, I began thinking of ways that I could use my background and experience for the community. What often makes the difference in how a community is perceived, both by its residents and to those on the outside, is appearance...houses, streets, signage...really everything visual.

In 2018, I began volunteering my time and resources to improve the Community Directory. It is one of the first places new residents go to access information. This year, I decided to feature what we all share while living here...beautiful sunrises and sunsets!

I often wake up in the morning and photograph the amazing sunrises. And at the end of the day, when there is an exceptionally beautiful sunset, I do the same.

This year's cover shares some of the sunrises we are blessed with. These four photos on the cover are from my backyard.

While it might seem difficult to wake up early enough to watch the sunrise, perhaps we can be persuaded by the numerous benefits it offers.

Research has shown that watching the sunrise may help boost our moods, reduce inflammation and depression, and even help us get better sleep at night.

And if you're already getting up early, then simply take the time to step outside and get your daily dose of beauty and inspiration. Try it for a week and see what happens. Just like witnessing a beautiful mountain range or a dramatic thunderstorm, there's something magical about watching the sun rise or set.

These moments help put things in perspective and remind us of the bigger picture. Even our problems seem minuscule when viewing them from a bird's-eye view.

NOTE: The back cover is quick reference for important contacts and phone numbers. Many residents forget about this resource.

**Enjoy!**

Patty Gonzales

### Phone Numbers Of Note



Palomar Estates East Office.....1-760-727-2010  
After Hours Emergency.....1-661-325-3239  
• Kasey Koenig - Park Office Manager  
• Burt Hamernick - Park Maintenance Manager  
• Patty Mackey - Office Assistant

Millennium Housing (George Turk).....1-949-515-5100  
Haven Management Services  
(Katie Davis).....1-909-930-9750

#### POLICE | FIRE NUMBERS

EMERGENCY.....911  
Police Non-Emergency.....1-760-510-5200  
Fire Non-emergency.....1-760-744-1234

#### HOSPITALS

Palomar Medical Center.....1-760-739-3000  
Scripps Memorial.....1-800-727-4777  
Tri-City Medical Center.....1-760-724-8411

#### UTILITIES

AT&T Support.....1-800-288-2020  
COX Support.....1-800-234-3993  
San Diego Gas & Electric.....1-800-411-7343  
EDCO Waste & Recycling.....1-760-744-2700  
Vallecitos Water District.....1-760-744-0460  
Emergency.....1-760-744-0461

#### COMMUNITY SERVICES

City of San Marcos.....1-760-744-1050  
Senior Center.....1-760-744-5535  
North County Transit (Bus).....1-760-967-2828  
Poison Control Center.....1-800-972-3323

2024 Covers: design & print donated by the PERRA Board



# Social Club News



**Social Club Board (L to R)** – Sally Yeater, Michelle Lema, Andrea Martin, Debbie Johnston, Lani Beltrano, Susan Adorno.

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

Social Club Board - 2024	
<b>President</b>	Debbie Johnston
<b>Vice President</b>	Andrea Martin
<b>Secretary</b>	Debbie Johnston
<b>Treasurer</b>	Lani Beltrano
<b>Membership Chair</b>	Sally Yeater
<b>Members-at-Large</b>	Susan Adorno, Dolores Bsharah, Paul Hoffman

## Did You See the Easter Bunny?

Here is hoping everyone had a very “Hoppy” Easter. The Easter Bunny was loose in the park for a few hours, so I hope you went up to say hello. Those that do are usually rewarded with treats or toys or at least a bad pun!

## Transitions

We have had quite a transitional month or so around the park.

We had a celebration of life for Gonzalo who had been employed by the park for 38 years. His family came up for the party and saw the memorial bench we ordered for placement in the park. After the bench was paid for, the rest of your generous donations were given to his wife. The bench will be placed at the lower clubhouse, which was a favorite hangout for the guys in the early days of the park.

We had a festive Retirement Party/Happy Hour to celebrate Tomas and his 52 years of service here. We had a great Nacho Bar and so many of you brought the most wondrous desserts to go with Tomas’ cake. His family joined us and everyone had a great time.

We also said farewell to David Tisdall, a long-time resident, and a very active participant at several events.

David baked the most wonderful cakes for our parties, and if you ever got to watch him bake them, I’m sure you’ll agree it was quite the sight to see.

He was also famous for playing Santa Claus when the school kids would come to sing Christmas Carols to our residents. (And sometimes Shirley would get into the act as well. Quite a little spitfire Mrs. Claus could be!)

## Looking Forward

But now is the time to look forward and Spring is in the air. (at least I think that’s what that smell is....)

Although there have been some surprises in the remodel of the kitchen (such as an electrical issue), things are now on a fast track to completion.

But kitchen or no kitchen, we are still planning to have some fun! The details are not set in stone yet, but here are some things we have in the works:

- Cinco de Mayo Party
- Carport Sale
- Clothing Exchange

And of course, the 1st Friday Happy Hours!  
See you all soon. Have a great month!

Andrea Martin  
Social Club Vice President

# Tomas: Best Wishes for the Next Season of Your Life!

## Reflections – Past, Present, and Future

On Friday, March 1, 2024, Tomas Flores retired after 52 years of employment at Palomar Estates East's maintenance department. Here's his story: Past, Present, and Future!

Tomas was born in 1951, on a corn and vegetable farm near Tlaxcala, Mexico, located east of Mexico City and just south of the Teotihuacan Pyramids



During the 1960s, Mexico was in a state of unrest about the country's abuse and inequity of wage distribution. Tomas' father was adamant that his son continue in the agricultural tradition that had characterized his family for generations. Tomas was not so sure.

Soon after graduation from high school, and following a heated argument with his father, he decided to break from the family tradition and seek a new life in the United States.

He immigrated first to Tijuana, Mexico in 1971, and later to San Diego County, searching for work, determined to succeed.

Tomas found work with a construction company that was clearing a vast tomato farm in order to build a new mobile home park. This was to be called Greenwood Hills Mobile Home Park. This was the beginning of a 52-year relationship and employment.

Tomas' high school diploma from Mexico was not recognized in the U.S. But that was no obstacle. He began studying for his GED in spite of the long hours of physical labor required for his employment. Tomas completed his GED and ultimately received his American Citizenship.



In 1974, he met his future wife, Eulalia, also from Tlaxcala. In 1975, they were married. By this time, the construction site had completed what is now known as our Small Clubhouse. Tomas and Eulalia were given permission to live there until they found a nearby place of their own.

In the mid-1980s, the name Greenwood Hills was changed to Palomar Estates East. Tomas' job descriptions have included Assistant Supervisor and Supervisor of the Maintenance Department. Each role, each task, was infused with pride and attention to detail. He speaks with loyalty and gratitude for all that he and his family have achieved and all they have received.

Tomas and Eulalia have three daughters, now adults with their own children. One daughter lives in Arizona, one in Ohio, and one in Vista where Tomas and Eulalia live.

As always, Tomas looks to the future with optimism, seeing the opportunity to travel and continue his quest for learning, each to be done with joy and love.  
(Continued)



# Gonzalo Memorial Bench

"Tomas, we will miss you!"...in untold ways.

With appreciation from the depths of our hearts, we wish you the best for your retirement. Thank you for a job well done!

May your future hold great abundance, good health, and immeasurable joy!



## GONZALO MEMORIAL BENCH DEDICATION

With donations from many residents, a bench and plaque were purchased in honor of Gonzalo and his 38 years as a Palomar Estates East employee.

A dedication party was held on Sunday, February 26, at 2 pm on the clubhouse patio. This day was the one-year anniversary of his passing.

In addition to a large resident turnout, his family joined us: His wife, Virginia Ballesteros, daughters Geraldine, Evelin, Sarahy, and his niece Cassandra.



Gonzalo Carvajal



The Gonzalo Memorial Bench also includes a Plaque honoring the retirement of his longtime friend, Tomas.



Tomas Flores & Sandy Wagner



Gonzalo's Family

Since Gonzalo's family are not fluent in English, Tomas Flores interpreted for us. Tomas was able to convey the gratitude and respect we all had for Gonzalo and how much he and his ratty black truck are missed. Gonzalo was such a hard worker - during the day doing his park work, and after hours, late into the evening, doing work for residents.

Gonzalo had just completed paperwork to bring his family to the US when he passed. His family is now here and are making their home in National City, where Virginia is working and learning English. The girls are all in school.

There was a substantial amount of money remaining after the purchase of the bench and plaque. This money was presented to his family.

Social Club hosted and donated the refreshments for the party. It was a wonderful afternoon.

[Thanks for everyone's donations and attending!](#)

# Community Resources & Activities

April

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</b> : 2 <sup>nd</sup> <b>Wednesday</b> each month, 1:00 PM, East Clubhouse Cardroom.
CERAMICS	<b>Andrea Martin</b> : <b>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
FIBER ARTS GROUP	<b>Sally Yeater</b> (719) 651-2866: <b>Wednesdays</b> , 9:30 - 11 am, East Arts & Craft Room
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 Wednesdays</b> , 1 pm, at Marilyn Fluharty's home (SpC 179)
PAINT CLASS	<b>Dawn Anguiano</b> , dawn46@gmail.com: <b>3<sup>rd</sup> Tuesday</b> , (Verify during kitchen remodel) (Also, the 1 <sup>st</sup> <b>Tuesday</b> each month at Rancho Vallecitos.)
QUILTING GROUP	<b>Social Club</b> : <b>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 PM 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

## Hand and Foot Card Game

By Anne Litz



We currently meet at Marilyn Fluharty's home (SpC 179). We 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 Thursdays.

## Paint Class Reflections

By Dawn Anguiano



The March Paint Class at Rancho Vallecitos was lots of fun! We painted 'Herb Signs' using a technique to make the background appear to be rusted metal.

Come join us on April 2<sup>nd</sup> at Rancho Vallecitos Game Room, learn a new skill, have fun, meet some new people and just enjoy a day of fun

Remember, the class is from 10:00 to 1:00 and the cost is just \$10.00. We provide all the materials.




If you have any questions, call Dawn at 760- 802-2170 or email her at [dawn46@gmail.com](mailto:dawn46@gmail.com) to sign up. Can't wait to see you next month!



# Palomar East Calendar

April

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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	9:30 AM - Quilting Group 10:00 AM - Chair Yoga West & Zoom 2:15 PM - Zumba Zoom	9:30 AM - Fiber Arts 10:30 AM - Zumba Zoom 1:00 PM - Book Club (2 <sup>nd</sup> Weds each month) 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	
	1	2	3	4	5	6
	<b>VERIFY ACTIVITY TIME/PLACE:</b> The clubhouse kitchen remodel may be ongoing into <u>April</u> . The office, pool, and Jacuzzi will remain open but <b>the craft room, library, and banquet hall will be closed for the safety of residents</b> . The weekly classes and activities have either been moved to Palomar West or other locations, or cancelled. Contact the activity leaders if you have questions. The community will be notified as soon as the remodel is completed and our schedule returns to normal.					5:30 PM <b>Social Club</b>  <b>Happy Hour</b>
7	8	9	10	11	12	13
						
14	15	16	17	18	19	20
21	22	23	24	25	26	27
						
28	29	30				

# Park Member News

## Welcome New Neighbors

To our new park residents: WE WELCOME YOU!

- Space 235 James & Kristine Elmer
- Space 258 Steve & Marisol Loop

We look forward to getting to know you! Please fill out the form found in your Welcome Kit. You can return it to the Social Club box in the clubhouse.

## Gone and Not Forgotten

- Bill Bing Space 190 Arrived: 4/2014  
Departed: 2/26/2024 Moved to assisted living.
- Herb & Jeanette Era Space 258 Arrived:  
1/2014 Departed: 2/21/2024 Moved to Fresno,  
CA.
- Ken Losey Space 353 Arrived: 1/2001  
Departed: 2/2/2024 Passed away.

For those who have moved or passed away, we would like to share information about them and their time with us. No one person is more important than another.

We've had many memorable residents throughout the years, and going forward, we hope to share more of their stories and photos. If you know of someone who has moved or passed away and have information to share with us, please contact Sandy Wagner, Space 271.



## Wedding Anniversaries

Apr 13 James & Pen McHugh  
Apr 25 Heidi & Tony Arauz

## Painting – Another Great Way to Meet New Friends

The March paint class was a huge success! Everyone had fun learning a new technique painting the background of our HERB sign to look like rusty metal. Some painters even ventured out on their own to make their painting unique. The cost is \$10 per class and covers everything. Make sure you let Dawn or Donna know if you will be attending. Hope to see you in April!





# Park Member News

## Celebrating Our April Birthdays!

2	Diana Bailey	13	Michelle Silva
2	Jacquelyn Paul	14	Susan Ewing
2	Rita Normand	17	Susan Helander
3	Kellie Lunsford	17	Mikey Davis
4	Pam Scott	17	Lidia Penge
4	Jani Tobin	18	Renee Ramswick
5	Susan Mortimer	20	Tom McKelvey
5	Kimra Ackley	20	Michael Ruth
6	Stanley Wolfe	21	Catherine Thomson
7	Kathy Wortman	21	Paul Piper
8	Jerry Holloway	21	Harlan Lippincott
10	Joann Ritchey	23	Don Bomar
10	Jerry Chamberlin	24	Steve Budetti
11	Carl Silva	25	Jerry Brough
12	Irene Molina	29	Paul Hoffman

## Upcoming Books – Plan Ahead if you are using the Libby Resource

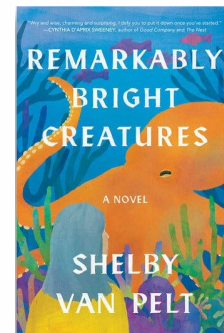
The following books are the monthly selections for our Book Club. Since it can take a couple of weeks to access a popular book on Libby, it is a good idea to plan ahead.

**April Book: *Remarkably Bright Creatures***, by Shelby Van Pelt. Born and raised in the Pacific Northwest, Shelby Van Pelt lives in the suburbs of Chicago with her family. *Remarkably Bright Creatures* is her first novel.

Source: From an article by Alexandra Alter in *The New York Times*, Dec 30, 2023, “How ‘That Octopus Book’ Won Over More Than a Million Readers”

Last year during the holiday sales rush, Beth Seuffer Buss started getting an unusual request from customers at Bookmarks, the independent bookstore where she works in Winston-Salem, N. C.

“It was always, ‘Do you have the book with the octopus?’” she said.



She knew exactly which book they meant: Shelby Van Pelt’s “Remarkably Bright Creatures,” a novel that features a cranky, mischievous octopus.

*Remarkably Bright Creatures* is a story of family, community, and optimism in spite of darkness.

**May Book: *The Vanishing Half***, by Brit Bennett.

**June Book: *Winter Garden***, by Kristin Hannah.

## Book Club

Sponsored by the Social Club



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

**Note:** During kitchen remodel: April 10 – 1 pm at Holly Barry’s home (Spc 264, Fir)

Pick up copies of these books new or used, digital or borrowed from our library. Plan to join the Book Club for a light snack, friendly neighbors, and a chance to laugh out loud.

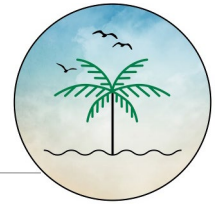
## Libby – Free Audiobooks at Your Fingertips

The San Diego County Library provides free access to digital library resources. This includes ebooks, digital audiobooks, and even magazines. You can listen to these resources on your phone, tablet, or computer using Wi-Fi or mobile data; OR, you can download the books for offline use and read anytime, anywhere. All you need to get started is a library card.

Get an Instant Digital Library Card – All you need to provide is a cell phone number.

# Community Resources

PEERA Board Committee



## 2-1-1 Community Resources

2-1-1 San Diego is a free non-profit organization that connects people with community health and disaster services. It puts San Diego County's more than 6,000 social services just a call away – whether you are struggling to pay your utility bills, are in need of shelter, need to provide food for your family, or require disaster relief. 2-1-1 will connect you with a trained professional, 24 hours a day, 7 days a week, and in over 200 languages.

The 2-1-1 team can help determine if you qualify for San Diego Gas & Electric (SDGE) discount programs and connect you with other resources to help you with energy bills and make your household's energy use more efficient. Call 2-1-1 to get started!

## Ways To Reduce Existing Energy Costs

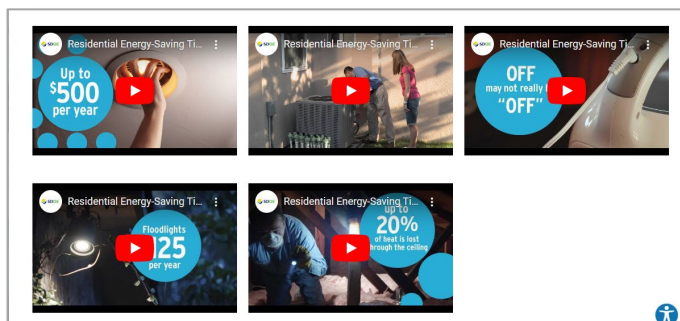
### Energy Efficient Practices for your Home

Five online SDG&E videos suggest ways that might help you reduce your existing energy costs:

1. Indoor Lighting
2. Cooling (Air Conditioning)
3. Home Electronics
4. Outdoor Lighting
5. Home Weatherization

To access these videos:

- In the Google browser, type: SDGE home energy survey,
- In the list that appears, click on "Take our Quick and Easy Home Energy Survey – San Diego,"
- Scroll down to the video resources.



SDG&E Video Resources

## Residential Energy Solutions (RES) Program (888) 272-8394

The SDG&E Residential Energy Solutions (RES) Program focuses on achieving Zero Net Energy (ZNE) for single-family homes. By offering no-cost energy efficiency products and services, the RES Program can help reduce your energy consumption and increase your energy efficiency. This program also allows you to participate in demand response events (such as Flex Alerts) that benefit the energy grid and environment and increase efficiency of resources to prevent power outages.

### Program Eligibility:

- Customers must rent or own a single-family home.
- CCA customers are eligible for the program. (You would have selected energy from CCA instead of SDG&E.)
- Participation in certain Demand Response programs may disqualify customers from some products and services.

If you participate in the RES Program, you may qualify for one or more of the products and services listed below.

- Smart Thermostats \* (restrictions apply)
  - ✓ Reduce energy usage
  - ✓ Control thermostat remotely from smartphone
  - ✓ Reduce demand on the energy grid
- Lower Cooling and Heating Costs
  - ✓ Smart Fan Controller
  - ✓ Duct test and seal
  - ✓ Lifecycle refrigerant charge
- Reduce Water Heating
  - ✓ Low-flow faucet aerator
  - ✓ Low-flow shower head
  - ✓ Pipe wrap

Additional products and services may be available at cost to help you transition to higher levels of energy efficiency. Financing may be available.



# Helping Hands

PEERA Board Committee



To participate in the RES Program:

- Contact the SDG&E authorized contractor, Synergy Companies, to request an appointment for a no-cost energy assessment.
  - ✓ Call 1-888-272-8394, OR
  - ✓ Visit Synergy Companies' RES Program and click "Request Appointment" in the top right corner.
- Receive energy efficiency upgrades at no cost.
- Enjoy energy savings.

## Low Income Assistance Programs

### Energy Savings Assistance Program (ESAP)

866-597-0597

The Energy Savings Assistance Program provides no-cost energy upgrades to households who meet qualifying income guidelines.

ESAP eligibility is based on:

- Household size and yearly income: (Guidelines Effective June 1, 2023 to May 31, 2024)
  - ✓ 1 Person / \$36,450 Gross Annual Income
  - ✓ 2 Persons / \$49,300 Gross Annual Income
- Household participation in certain public assistance programs: (Partial List)
  - ✓ Low-Income Home Energy Assistance Program (LIHEAP)
  - ✓ Supplemental Security Income (SSI)

### California Alternate Rates for Energy (CARE)

(888) 886-0788

The California Alternate Rates for Energy (CARE) program can provide you with a discount on your monthly energy bill (electricity and gas). If you're currently receiving public assistance, or you've recently lost your job, you may qualify for this discount. Even if you are receiving unemployment benefits, your household income as of today may qualify you to receive 30% or more off your bill.

To receive the CARE discount, you must already participate in certain public assistance programs or meet the income guidelines. Effective June 1, 2023 to May 31, 2024, the CARE Program Income for 1-2 persons in a household qualifies for the program if that household has an income at or below \$39,440.

### Low-Income Home Energy Assistance Program (LIHEAP) (619) 391-9790

Income-qualified families struggling financially may qualify for financial assistance toward their past-due energy bills under the Low-Income Home Energy Assistance Program (LIHEAP).

To be eligible for LIHEAP's Energy Crisis Intervention Program you must meet all of the following requirements:

- You must be a legal US resident and meet income guidelines based on household size,
- You must be responsible for the energy costs of a household and have eligible debt.
- You must be able to provide proper documentation.
- You must not have received LIHEAP funding in the past 12 months.

# Curing Skin Cancer, One Bar of Soap at a Time



*"If you are working on something exciting that you really care about, you don't have to be pushed. The vision pulls you."* — Steve Jobs

14-year-old Heman Bekele was awarded the 3M Young Scientist Award for developing a soap that activates skin cells to fight cancer.

Heman Bekele was born in Ethiopia. He's always had a scientist's curiosity, that insatiable desire to know how the physical world works and how to improve the lives of its inhabitants. Before he moved to the United States at age 4, he remembers watching people working in the hot sun all day. In middle school, he began to wonder if they knew the risk of skin cancer associated with sun exposure.

Skin cancer is one of the most common forms of cancer. Untreated, it can spread beneath the skin's surface to the lymph nodes and blood. The key to preventing complications and even death due to skin cancer is early treatment.

Sometimes, the simplest answers solve the most complex problems. That's where Heman's curious mind comes in. Heman developed Melanoma Treating Soap (MTS), also called Skin Cancer Treating Soap (SCTS). This is a daily soap that uses a compound to treat skin cancer by reviving dendritic cells — an important part of the immune system — attacked by cancer. Once revived, the healthy cells fight against the cancer cells.

Deborah Isabelle, a product engineering specialist from 3M and Heman's mentor, describes the product this way: "The soap reminds the body how to defend itself."

The simple solutions are often the most effective because they are the ones people will use. Soap is a daily ritual for most people, and for those at risk in sun-drenched areas, using soap is an easy and affordable solution. "I wanted to make my idea something that not only was great in terms of science but also could be accessible to as many people as possible," Heman says. "No matter where you live, I think you know and trust soap in comparison to other medicinal products."

Making soap with the right compounds to hold it together and still be effective took months of work creating prototypes. To speed up the process, Heman used computer modeling to test and refine combinations of compounds.

In the journey of pursuing a passion, multiple disciplines are needed: a little knowledge of chemistry, marketing, software and computer skills, and even social science to see how people will respond to a new product. But when we educate ourselves with a purpose, we learn much faster. And Heman started with a goal in mind and learned the skills along the way.

"There's still a lot to do," Heman says. He has plans to start a nonprofit to distribute the soap to places in the world that need it most. That means learning about distribution and supply chains as well as international relations. That's a tall order for a 14-year-old. But to Heman, that's the advantage of starting young. He has dreams of building something life-changing. His vision is to turn the cancer-fighting soap into a "symbol of hope, accessibility, and a world where skin cancer treatment is within reach for all."

Source: *The Foundation for a Better Life*, posted December 19, 2023.

To watch an interview with Heman Bekele, in your internet browser, type "Heman Bekele Soap."

This is the power of pursuing your passion!



# Resource Fair

**Save the Date**

**Wednesday, May 8**

## **Vendor Booths:**

There will be 15-20 informational vendor booths. Some confirmed booths:

San Diego Sherriff's Department  
ClearCaption  
WestPace  
AARP  
California Connect  
Interfaith

## **Screenings and Activities:**

Bone density screening  
Free lunch  
Free raffle  
Live music  
More screenings and activities to be added!

## **Timeline:**

**Resource Fair begins: 10:00AM-12:00PM**

**Health Screenings 10:00AM-12:00PM**

**Lunch with live music: 11:15AM-12:00PM**

**Raffle: 12:00PM**

**Location: Palomar East Clubhouse**

**PLEASE SIGN UP WITH THE MANAGER IN THE CLUBHOUSE TO ENSURE YOU HAVE A SPOT TO ATTEND THIS AMAZING EVENT!**

**MAXIMUM OF 40 RESIDENTS MAY ATTEND**