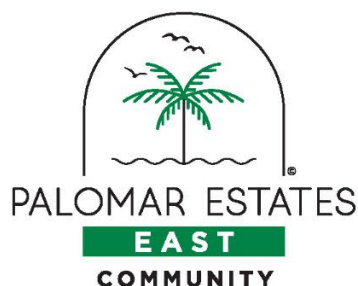




**Emergency: 911**

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

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

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**Haven Management Services**  
*Property Management Company*  
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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)

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

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



# July Editorial

## Celebrating America

*"Democracy is never a final achievement. It is a call to an untiring effort."*

– John F. Kennedy

### July 4<sup>th</sup> Speeches of the Past

As the July 4<sup>th</sup> celebrations approach, I read many articles considering how to highlight 'the best of America,' what is right about America. There are certainly so many ways in which we can help ensure that the American dream of life, liberty and the pursuit of happiness applies to all Americans, it is important that we not forget the good we have done, the progress we have made in this endeavor.

In the many articles I read, my favorites were the 4<sup>th</sup> of July speeches, particularly those of previous presidents and prominent Americans. In this issue, I will include the speech given by President Ronald Reagan on July 4, 1986, as part of Liberty Weekend – a celebration of the 1984 restoration of the Statue of Liberty.

### July 4<sup>th</sup> Speech, Ronald Reagan, 1986

My fellow Americans:

In a few moments, the celebration will begin here in New York Harbor. It's going to be quite a show. I was just looking over the preparations and thinking about a saying that we had back in Hollywood about never doing a scene with kids or animals because they'd steal the scene every time. So, you can rest assured I wouldn't even think about trying to compete with a fireworks display, especially on the Fourth of July.

My remarks tonight will be brief, but it's worth remembering that all the celebration of this day is rooted in history. It's recorded that shortly after the Declaration of Independence was signed in Philadelphia celebrations took place throughout

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)



*Sailors on the U.S.S. John F. Kennedy – July, 1986*

the land, and many of the former Colonists -- they were just starting to call themselves Americans -- set off cannons and marched in fife and drum parades.

What a contrast with the sober scene that had taken place a short time earlier in Independence Hall. Fifty-six men came forward to sign the parchment. It was noted at the time that they pledged their lives, their fortunes, and their sacred honors. And that was more than rhetoric; each of those men knew the penalty for high treason to the Crown. "We must all hang together," Benjamin Franklin said, "or, assuredly, we will all hang separately." And John Hancock, it is said, wrote his signature in large script so King George could see it without his spectacles. They were brave. They stayed brave through all the bloodshed of the coming years. Their courage created a nation built on a universal claim to human dignity, on the proposition that every man, woman, and child had a right to a future of freedom.

*(Continued next page)*

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



#### Monthly Contributors to *The Breeze*

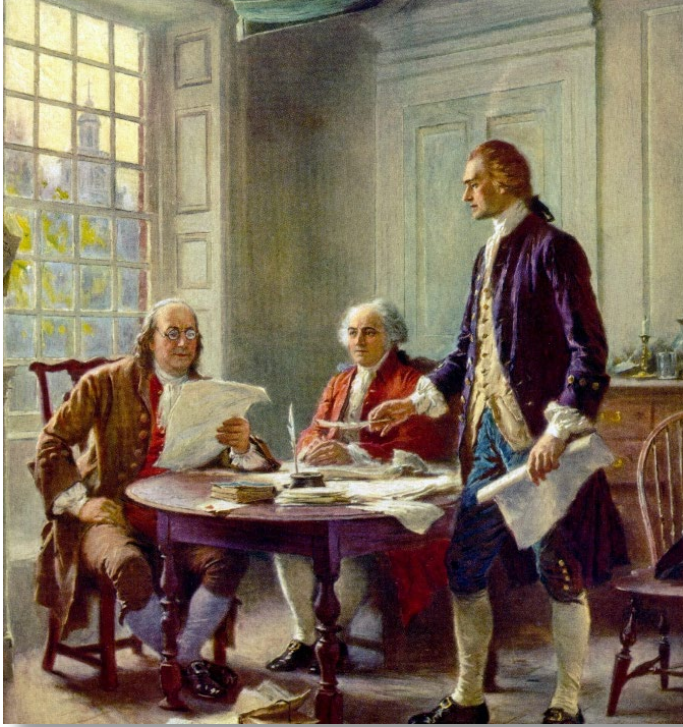
Joanne Price—Editor

Patty Gonzales—Creative Director/  
Staff Photographer

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

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*Writing the Declaration of Independence in 1776.*  
Jean Leon Gerome Ferris. (1900) Virginia Historical Society. LC-USZC4-9904.

For just a moment, let us listen to the words again:  
“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness.”

Last night when we rededicated Miss Liberty and relit her torch, we reflected on all the millions who came here in search of the dream of freedom inaugurated in Independence Hall.

We reflected, too, on their courage in coming great distances and settling in a foreign land and then passing on to their children and their children's children the hope symbolized in this statue here just behind us: the hope that is America. It is a hope that someday every people and every nation of the world will know the blessings of liberty.

And it's the hope of millions all around the world. In the last few years, I've spoken at Westminster to the mother of Parliaments; at Versailles, where French kings and world leaders have made war and peace. I've been to the Vatican in Rome, the Imperial Palace in Japan, and the ancient city of Beijing. I've seen the beaches of Normandy and stood again

with those boys of Pointe du Hoc, who long ago scaled the heights, and with, at that time, Lisa Zanatta Henn, who was at Omaha Beach for the father she loved, the father who had once dreamed of seeing again the place where he and so many brave others had landed on D-day. But he had died before he could make that trip, and she made it for him. “And, Dad,” she had said, “I'll always be proud.”

And I've seen the successors to these brave men, the young Americans in uniform all over the world, young Americans like you here tonight who man the mighty U.S.S. Kennedy and the Iowa and other ships of the line. I can assure you, you out there who are listening, that these young are like their fathers and their grandfathers, just as willing, just as brave. And we can be just as proud. But our prayer tonight is that the call for their courage will never come. And that it's important for us, too, to be brave; not so much the bravery of the battlefield, I mean the bravery of brotherhood.

All through our history, our Presidents and leaders have spoken of national unity and warned us that the real obstacle to moving forward the boundaries of freedom, the only permanent danger to the hope that is America, comes from within. It's easy enough to dismiss this as a kind of familiar exhortation. Yet the truth is that even two of our greatest Founding Fathers, John Adams and Thomas Jefferson, once learned this lesson late in life. They'd worked so closely together in Philadelphia for independence. But once that was gained and a government was formed, something called partisan politics began to get in the way.

After a bitter and divisive campaign, Jefferson defeated Adams for the Presidency in 1800. And the night before Jefferson's inauguration, Adams slipped away to Boston, disappointed, brokenhearted, and bitter.

For years their estrangement lasted. But then when both had retired, Jefferson at 68 to Monticello and Adams at 76 to Quincy, they began through their letters to speak again to each other. Letters that discussed almost every conceivable subject: gardening, horseback riding, even sneezing as a cure for hiccups; but other subjects as well: the loss of loved ones, the mystery of grief and sorrow, the importance of religion, and of course the last thoughts, the final

*(Conclusion of the Speech on page 8)*

# Millennium Memo

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After all the money we've spent in Palomar East during our 21 years of ownership, you'd think we'd be running out of projects, wouldn't you? Everything must have been fixed by now, right?

No such luck. We're budgeting nearly \$300K in capital improvements in Fiscal Year starting on July 1. Here's a partial list:

- Streets/Driveways, a never-ending item--\$93K.
- Clubhouse Vinyl Flooring--\$72K.
- Cardroom Remodel, Clubhouse Chairs/Tables--\$37K.
- RV Lot Gate--\$17K.
- Saunas--\$13K.

There's more, but this list should give you an idea of the things we are planning.

Given Palomar East's ongoing needs, you can see why we bug you about returning your Annual Income Certs. Your Certs generate much of the funding for these projects and allow us to keep making improvements. Please return your form promptly.

Your Rent Dollars at Work!

## More News

- The word of the month: Weeds! Yes, we needed the rain, but weeds seem to be everywhere: your yards, the common area...in fact, weeds on homesites is our most recent resident complaint.
- You know the old saying: Give weeds an inch and they'll take a yard. Please do your best to stay on top of them.
- I hear we've had visits by Solar Solicitors in the past couple months. A reminder: no matter what those folks tell you, they do NOT have our permission to solicit, and we suggest you do not engage them.
- Think of these folks as feral cats. If you feed them, they'll keep coming. On second thought, I take it back. Comparing them to solicitors is an insult to cats.
- Kasey tells me we've gone an entire month with no car break-ins. Kudos to you for keeping your cars locked.

Lastly, thanks for the many kind words about the new Kitchen. I hope to have seen it by the time you're reading this.

Have a fun 4th of July, or as they call it in Britain, "Ungrateful Colonists Day."

*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 sold in the month of June. At the time of writing this article, there are two homes in escrow. Currently 4 homes are for sale.

### Maintenance Update

A section of the sewer line was hydro jetted for quarterly maintenance. The Bocci Ball court was restriped. Staff completed the third section of the Annual Lot & Home Inspections. Reinspection's are scheduled to begin in July.

### Annual Fees in July

It's that time of year when the annual service fees appear on your July statement. The \$2.50 charge is to calibrate and replace 20% of the water meters in the park and the \$2.00 is an HCD Inspection fee. Don't worry this only happens once a year.

### 2024 Income Certs

I want to thank those who returned their income certs to the office. In under two weeks, I received over 80% of our park certs! I truly appreciate everyone who has turned theirs in. Thank you, thank you, thank you!

These are required so that the community can keep its low-income status. This protects everyone for the yearly rent increase. If you're reading this and haven't turned in your cert..... Stop reading this, complete the form, and rush it to the office!

### Short & Quick

- Office Closed – The office will be closed Thursday, July 4th.
- 4<sup>th</sup> of July Celebration – I hope everyone has a Happy 4th! Our 4<sup>th</sup> of July celebration at the park is a free event that includes you, your family, and friends. Lunch will be served between 12-2 pm. See more information on page 7.



- Dog Walking – When walking your dog, please keep your dog off your neighbor's property and pick up after your dog.
- Home Repairs – Thank you to all the residents who have completed the repairs listed on their Home Inspection Report! You're the reason we live in such a beautiful community!

### Your concerns and needs ARE IMPORTANT!

If it is not urgent or an emergency, we encourage you to email us: [palomareast@gmail.com](mailto:palomareast@gmail.com)



# Palomar Estates East Residents Association

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## Notifications & Activities

*"Summertime is always the best of what might be."* –  
Charles Bowden

### Summer Greetings!

Let's not rush through this beautiful season by hurrying past it. And there's no need to work up a sweat unless you're having fun while doing so.

Summer's wisdom lies in its ability to encourage us to be fully present, engaged, and receptive to our surroundings. Whether we find ourselves in the midst of bustling city streets or immersed in the tranquility of nature, it is essential to embrace the outdoors and savor the experience.

### June Board Meeting

I would like to thank all those who attended the June PEERA Board Meeting. We welcomed our surprise guest, Mr. George Turk, from Millennium. Mr. Turk shared valuable insights and provided an overview of upcoming capital projects. He was particularly impressed with the park's appearance and thanked our residents for their contributions. He also expressed satisfaction with the kitchen renovation.

### 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

A confirmed list of capital projects will be made available soon and displayed on the PEERA bulletin board.

### PERT Emergency Preparedness

The PEERA Board and Haven Management Services have diligently completed the necessary updates to the Palomar Estates East Emergency Preparedness document. It is currently undergoing review and approval by the City of San Marcos.

Our PERT document has been streamlined to align with California Emergency Management Agency, the Governor's Executive Order W-156-97 – Emergency Plans for Mobile Home Parks.

# Your Voice IN Our Community

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

# 2024

The block captain program has been discontinued, as it was not a sustainable resource. The Emergency Preparedness Committee is a full Board committee so that all PEERA board members are aware of any changes or updates to the Emergency Preparedness document.

The Community Resources committee will continue to provide various emergency preparedness articles for inclusion in *The Breeze*.

It is crucial for each resident to be prepared for any emergency situation. You and your family should develop a safety preparedness plan, gather essential supplies, and engage in advance planning. Whether we face a storm, an earthquake, a wildfire, or a flood, preparedness will enable us to cope better, stay safer, and support one another, regardless of whether we are together or apart.

In the event of an emergency, the main clubhouse will serve as the central hub for local authority information. Residents will be informed of the emergency via robocalls if the phone system is operable.

### Community Quilting Group

During the Social Hour on Friday, June 7th, it was brought to our attention that the Quilting Group was facing financial challenges and might need to auction off some of their quilts. In response, Deb Johnston, President of the Social Club, and I (PEERA Chair) engaged in a friendly competition by each pledging a

\$200 contribution to support the group. Some residents also generously donated. The total donated was \$800. The Quilting Group expressed their deep gratitude for this support.

The Quilting Group is dedicated to providing quilts to children (families) who are experiencing difficult circumstances due to neglect, abuse, or homelessness. Each quilt is lovingly crafted to bring warmth and comfort during these challenging times. We extend our appreciation to the entire group for their remarkable efforts.

### Red, White, and BOOM!

The PEERA Board is excited to serve the residents at our 2nd Annual Chili Cook-Off, a celebration honoring the U.S.A. We will be serving a delicious array of food and a variety of homemade chili from 12:00 p.m. to 2:00 p.m., with the festivities continuing afterward. Our esteemed community band, Boatrockers, will begin their performance at 1:00 p.m. on the indoor clubhouse stage, with floor space for dancing. Tables will be set up inside and outside. Photo backdrops will be hung for those memorable moments with family & friends.

We encourage you to join us and welcome you to enter your favorite chili in the competition. Please contact Leslie Dranko (818-667-4497) to confirm your chili entry or if you have any questions.

*Have Fun on the 4th!*

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





# July Editorial

## Celebrating America - Continued

### Reagan Speech – Conclusion (from pg 3)

hopes of two old men, two great patriarchs, for the country that they had helped to found and loved so deeply. "It carries me back," Jefferson wrote about correspondence with his cosigner of the Declaration of Independence, "to the times when, beset with difficulties and dangers, we were fellow laborers in the same cause, struggling for what is most valuable to man, his right to self-government. Laboring always at the same oar, with some wave ever ahead threatening to overwhelm us and yet passing harmless . . . we rowed through the storm with heart and hand . . . " It was their last gift to us, this lesson in brotherhood, in tolerance for each other, this insight into America's strength as a nation. And when both died on the same day within hours of each other, that date was July 4th, 50 years exactly after that first gift to us, the Declaration of Independence.

My fellow Americans, it falls to us to keep faith with them and all the great Americans of our past. Believe me, if there's one impression I carry with me after the privilege of holding for 5-1/2 years the office held by Adams and Jefferson and Lincoln, it is this: that the things that unite us -- America's past of which we're so proud, our hopes and aspirations for the future of the world and this much-loved country -- these things far outweigh what little divides us.

And so tonight we reaffirm that Jew and gentile, we are one nation under God; that black and white, we are one nation indivisible; that Republican and Democrat, we are all Americans. Tonight, with heart and hand, through whatever trial and travail, we pledge ourselves to each other and to the cause of human freedom, the cause that has given light to this land and hope to the world.

My fellow Americans, we're known around the world as a confident and a happy people. Tonight there's much to celebrate and many

Tonight there's much to celebrate and many blessings to be grateful for. So while it's good to talk about serious things, it's just as important and just as American to have some fun. Now, let's have some fun -- let the celebration begin.

### Liberty Weekend, July 3-6, 1986

Liberty Weekend was a four-day celebration held to celebrate the 1984 restoration and the centenary of the Statue of Liberty (Liberty Enlightening the World) in New York City. It began on July 3, 1986 and ended on July 6.

Much of the interior of the statue had been reconstructed, with a great deal of emphasis placed on enhancing the visitors experience, since the original structure was not

built with the visitor in mind. Renovation efforts were directed to improve the poor lighting conditions, install a ventilation system, and upgrade the very inadequate and basic heating system.

Prior to the restoration, much of the internal structure of the statue was out of sight behind the mesh wire walls of the original helical stairs. The stairs were originally intended for workmen. Neither the architect nor the artist had envisioned that the lady would welcome visitors internally. An article in The New York Times, published less than two months from the centennial celebration, discussed the changes within the statue as being the most spectacular.



Photo by Daniel Schwen



# Park Publicity

PEERA Board Committee



## Palomar Estates East 4<sup>th</sup> of July Chili Cookoff

Our Chili Cookoff 4<sup>th</sup> of July event hosted by PEERA will be a fun celebration for Palomar Estates East residents and their family and friends. We look forward to seeing you there. Sounds delicious!

## Bradley Park – 4<sup>th</sup> of July Concert, Kids Fun & Fireworks

And you may wish to continue your Independence Day celebrations at Bradley Park!

Our neighboring Bradley Park, just down the street from Palomar Estates East, is well-known for hosting one of the county's most spectacular fireworks displays, a tradition that has endured for over three decades—38 years to be exact. This year's Fourth of July celebration promises to be an exceptional showcase of vibrant festivities and patriotic spirit, upholding San Marcos' reputation as a premier destination for Independence Day celebrations in North County.

This year's festivities will include carnival games, jumpers, and food sales on-site. Guests should plan to bring beach chairs or blankets for lawn seating.

- **Entertainment begins at 6 pm**
- **Fireworks begin at 9 pm**



## Bradley Bike Park

More news about the City of San Marcos plans.



The San Marcos Parks and Recreation Department is pleased to announce the long-awaited opening of the City's new bike park on Monday, June 24 at 2 p.m. (This message is from their website.)

Bradley Bike Park, spanning 8 acres, is designed to accommodate a progression of bike skills, making it enjoyable for bikers of all ages and experience levels. The park features three jump lines, ranging from beginner to advanced, and a pump track—a specially designed circuit of rollers, banked turns, and features that riders navigate by "pumping" (generating momentum through body movements) instead of pedaling.

This park was meticulously planned with extensive community input, responding to the expressed need for a bike park in North County.

The project was a true community effort, made possible through Prop. 68 Per Capita grants, County District 5's Neighborhood Reinvestment Program grant, donations from the San Diego Mountain Bike Association, and additional grants secured by the Friends of San Marcos Parks and Recreation.



## Our Club. Our Members. Our Passion.

## 2024

Another month has passed with the blink of an eye, bringing us to the second half of 2024! It's hard to believe, but still true! The most amazing thing was discovered right before the June Social Hour...Miracle of all miracles – there is now an electrical outlet where we've needed one for years...right by the area where the not food is served at our events. Thanks Burt!



The Social Hour was a great success. The food was more varied and fun than ever before. We were lucky enough to sample such tasty tidbits as spicy pineapple sausages and meatloaf cupcakes (who knew there even was such a thing?), fresh fruit and a tantalizing peach cobbler. And you gotta love the guy who brings in hot pizza! Thanks to all who brought such wonderful food!

I thought I'd mention that at the end of the evening, we found that there was trash in the recycling bins. Please remember that the blue bins (with the recycling symbol on the front) are not for plates that have been used for food. No trash items should be placed in the recycling bins.

Due to PEERA's upcoming Fourth of July Chili Cookoff, there will be no Social Hour on Friday, July 5th. Which reminds me, have you signed up to enter your chili for the Chili Cookoff? Check the PEERA pages for more information.

### Social Club Board

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

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

As I write this, there are more than fifty homes signed up to participate in the Carport Sale, which is a new record!

We hope that those of you who are fathers, and those fortunate enough to still have their fathers, enjoyed a special day on June 16th.

### Upcoming Events

**July 4: PEERA Chili Cookoff and Barbecue.**  
(See page 7 for more info)

**July 20: 1 pm - Social Club General Meeting, followed by an Ice Cream Social welcoming our newest residents and celebrating our oldest (90 yrs plus) residents**

**Aug 2: Save the Date!** (Social Hour – Map Night)

Hopefully, Ceramics will finally reopen toward the end of the month.

Well, folks, I'd love to stay and chat, but I'd better get back to addressing the items listed on my home inspection sheet!

*Andrea Martin*

Social Club Vice President



## Protect Your Pets from the Heat!

As we are now in the summer season, it is crucial to address the well-being of our beloved pets during these hot and humid days, often referred to as the "dog days of summer." This phrase has historical roots dating back to the Roman Empire.

It is essential to recognize that pets, like humans, are vulnerable to heat-related illnesses. As responsible pet owners, we must ensure that both ourselves and our animals remain adequately hydrated. Pets rely on us for their care and well-being.

During the hottest hours of the day, it is advisable to minimize outdoor activities with your pets. Hot asphalt or cement can cause severe burns to their paws. To assess the temperature of the ground, simply place the back of your hand on the surface. If it feels too hot for you, it is certainly too hot for your pet's sensitive paws.

Additionally, it is important to be aware of the signs of heat illness in pets. These may include rapid or irregular heart rate, excessive drooling, lethargy, refusal to eat, or excessive panting.

While panting is a normal cooling mechanism for dogs, it can be a concerning sign for cats. If you notice any of these symptoms, promptly remove your pet from the heated environment and place them in a cooler area. Apply cool towels to their body, ensuring to remove and re-wet the towels regularly.



Provide ample amounts of cool, fresh water, but avoid chilling your pet.

Lastly, we want to emphasize the critical importance of never leaving a pet unattended inside a vehicle even for a few minutes. The temperature inside a car can rise rapidly, posing a severe danger to pets, just as it does to humans. Rolling down the windows is not a sufficient safety measure.

By adhering to these guidelines, we can help ensure the safety and well-being of our pets during the "dog days of summer."

## Hop on Board the NCTD+

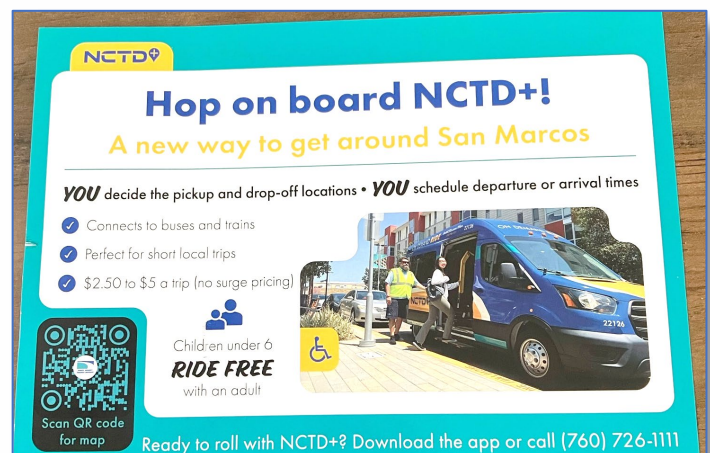
Some of you may have received a North County Transit District (NCTD) flyer in the mail.

Here is what the flyer says (Yellow text not easily read!)

YOU decide the pickup and drop-off locations;  
YOU schedule departure or arrival times

- Connects to buses and trains
- Perfect for short local trips
- \$2.50 to \$5 a trip (no surge pricing)
- Children under 6 ride free with an adult

Download the app or call 760.726.1111





# Fun in the Summertime



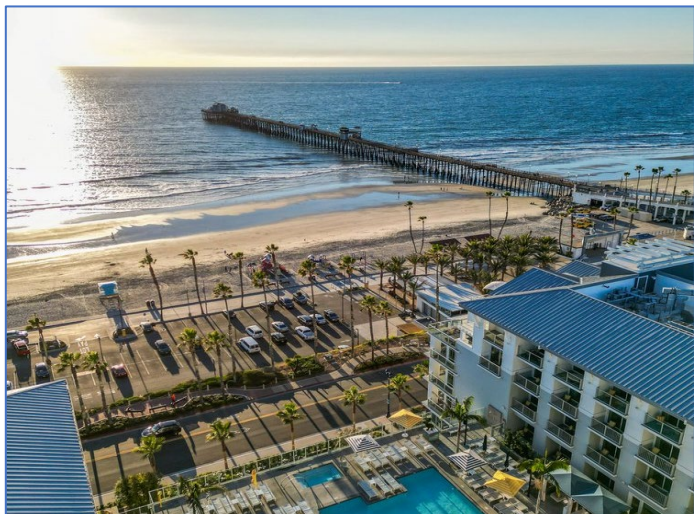
## City of Oceanside

### Sip, Paint, and Gaze – Fridays, 5:30-7:00 pm

Location: Shelter Club at the Seabird Resort

Join Cynthia's Artistic Expressions every Friday 5:30pm to 7pm to "Sip, Paint and Gaze" at the Shelter Club, atop the 3rd floor of The Seabird Resort.

Activity Includes: Painting supplies, 11×14 canvas, step-by-step instruction, and two glasses of wine. Alcoholic and non-alcoholic beverages are available for purchase from The Shelter Club.



Please contact the resort for reservations or search on your internet browser for "Sip, Paint, and Gaze Oceanside" for more details.

### Farmer's Market – Thursdays, 9 am-1:00 pm

Location: Corner of Pier View Way and Coast Highway

The Oceanside Farmers Market is held every Thursday morning from 9:00 am to 1:00 pm in three distanced sections from Ditmar Street to Tremont Street on Pier View Way, with two sections on the east side of North Coast Highway and one section on the west side of Coast Highway.

### Oceanside Samoan Culturally Celebration – July 7, 12 pm to 8:45 pm

Location: Oceanside Pier Amphitheater, 200 The Strand North, Oceanside



The Samoan Cultural Festival returns to Oceanside with a week of activities and events. This public festival will include traditional dancing, live music and performances, cultural competitions, food and local vendors. You will not want to miss this day of celebration of the Samoan Culture! For more information call: (760) 435-5551.

### Star Theater: A Chorus Line – July 12-21, 7:30 pm to 10 pm

Location: Star Theater, 402 North Coast Highway, Oceanside

A CHORUS LINE is a stunning concept musical capturing the spirit and tension of a Broadway chorus audition, exploring the inner lives and bittersweet ambitions of professional Broadway performers.





# Around Town – San Marcos Restaurant Row Project

## Exciting New Amenities for San Marcos...

The new community park planned for the San Marcos Restaurant Row development needs a name, and city officials want residents to chime in with their recommendations.

The new 1.5-acre park is a central feature of the mixed-use project at the historical Restaurant Row site, providing outdoor recreation opportunities alongside 202 housing units and 10,000 square feet of commercial space.

Park designs currently include an “all-wheel flow course” for skateboards, rollerblades, scooters and bikes, four pickleball courts, a playground, a lawn, a stage for public events, a picnic area, and public restrooms.

When completed, the project will include:

- **Mixed-Use buildings** and more than 10,000 square feet of commercial space for casual dining space, shops and locally-serving services frame the project to encourage a walkable environment where residents can conveniently access and provide ongoing patronage to the businesses onsite as well as along West San Marcos Boulevard. An additional 17,000 square feet is identified for outdoor dining.
- **The 1.5-acre public park** will anchor the site and provide respite for residents and visitors.
- **Landscaped promenades and paseos** that not only facilitate pedestrian and bike connectivity, but create public spaces for people to congregate

### PUBLIC PARK DESIGN





# Community Resources & Activities

July

2024



Come Join the FUN!

ACTIVITY	WHO TO CONTACT AND MEETING SCHEDULES
BINGO	Debbie Johnston & Delane Johnson: <b>Thursdays</b> , 6 PM at West
BOOK CLUB	<b>Social Club: 2<sup>nd</sup> Wednesday</b> each month, 1:00 PM, East Clubhouse Cardroom.
CERAMICS	Andrea Martin: <b>Wednesdays</b> , 6 - 8 pm, East Clubhouse, Arts & Craft Room
DANCE LESSONS	Anne Pearson (858) 610-4816: <b>2nd &amp; 4th Thursdays</b> , 2 - 3:30 pm, East Clubhouse
FIBER ARTS GROUP	Sally Yeater (719) 651-2866: <b>Wednesdays</b> , 9:30 - 11 am, East Arts & Craft Room
HAND & FOOT CARD GAME	Anne Litz (760) 846-5850 (Please leave message) or Marilyn Fluharty (218) 821-0337: <b>Mondays and Thursdays</b> , 1 pm, at Marilyn Fluharty's home (Spc 179)
PAINT CLASS	Dawn Anguiano, dawnny46@gmail.com: ( <b>1<sup>st</sup> Tuesday</b> each month at Rancho Vallecitos) (Note: No classes July or August)
QUILTING GROUP	<b>Social Club: Tuesdays</b> , 9:30 am to whenever, East Clubhouse Card Room.
TAI CHI	Rudy Cobos (773) 519-6627: <b>Fridays</b> at 9:00 am, East Clubhouse
YOGA	LuAnn Foster (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	Saleemah (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



## Tai Chi

By Michelle Lema

Now that the construction is done in the Clubhouse, TAI CHI is back at Palomar East. 9 am every Friday. Hope to see you there!

### Enhancing Well-Being: Senior Tai Chi Instruction by Rudy

(Rudy is 86 years young!) Instruction is free.

Rudy offers invaluable guidance in the practice of Senior Tai Chi. This ancient discipline, adapted for older adults, delivers a myriad of benefits, including enhancing balance, strength, flexibility, and breathing techniques. In addition, it fosters mental well-being by sharpening focus, promoting relaxation, and mitigating stress.

(To view a class by Rudy, search "Tai Chi by Rudy" on YouTube.)

## Paint Class Reflections

By Dawn Anguiano

Summer vacation...There will be no classes held during July or August. Painting fun will resume in September.

Come see what we do, join the fun. Remember, if you have a friend that would like to paint with you, they are welcome too. All classes are held at Rancho Vallecitos on the first Tuesday of every month (beginning September). Call Dawn at 760 802-2170 or Donna at 760 419-2222. Cost is \$10 and we provide all the materials.

## 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


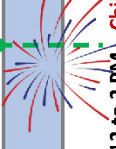



ACTIVITY	WHO TO CONTACT
<b>Golf Putting Green</b>	Dave Fenner
<b>Horseshoes</b>	Dave Fenner
<b>Library</b>	A.J. Jangula
<b>Pickleball</b>	Joanne Price
<b>Ping Pong/ Tennis</b>	Bill Mead
<b>Puzzles</b>	Card Room



# Palomar East Calendar

July

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
				 12 to 2 PM - Chili Cookoff Luncheon; Festivities continue		
7	8	9	10	11	12	13
			1:00 PM - Book Club Meeting 	2pm- 3:30pm Dance Lessons		
14	15	16	17	18	19	20
						1 pm - Social Club General Mtg & Ice Cream Social
21	22	23	24	25	26	27
				2pm- 3:30pm Dance Lessons		
28	29	30	31			
						

# Park Member News

## Welcome New Neighbors

To our new park residents: WE WELCOME YOU!

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

- Jami & Patti Smith      Space 296  
Arrived: 5/20/2024



## Gone and Not Forgotten

- Patricia Mann      Space 296  
Arrived: 6/2021      Departed: 5/20/2024  
Moved elsewhere in San Marcos

## Wedding Anniversaries

- July 7      Dave & Lynn Esposito
- July 11      Phil & Pina "Josephine" Bucelli
- July 14      David Rodriguez & Antonia Saavedra
- July 22      Paul & Mary Hoffman
- July 28      Chester & Zoe Wimpee
- July 29      Richard & Juliette Johnson

## Summer Up!

July often marks the beginning of the warm summer months. It is crucial to ensure that your home is equipped to efficiently manage energy consumption while maintaining a comfortable indoor environment. This not only contributes to your well-being but also prevents the accumulation of mold and moisture, safeguarding the structural integrity of your property. Here are some basic reminders:

### • Bathroom Maintenance

- ✓ Eliminate visible signs of mold by repairing and cleaning grout, replacing caulk, and sealing necessary areas.
- ✓ Clean faucet aerators and showerheads.
- ✓ Wash windows and door screens.
- ✓ Verify that drainage systems are functioning properly to ensure water flows away from the foundation.

### • HVAC and Furnace Filters

- ✓ Regularly maintain HVAC and furnace filters. Change filters every 3 months on average, or more frequently if you have pets, use a fireplace, or have allergen sensitivities.

### • Clean the Dryer

- ✓ Clean out all the dust and lint trapped in the vent and exhaust duct. Dryers can be a fire hazard if they're not cleaned and maintained regularly.

### • Ceiling Fans

- ✓ Ensure ceiling fan blades are spinning counterclockwise in warm weather to create a downdraft and cool the air.
- ✓ Switch blades back to clockwise in colder weather to create an updraft and circulate warm air.
- ✓ Balance wobbly blades by tightening loose screws and dusting them if needed.

### • Refrigerator Coils

- ✓ Clean the coils under the refrigerator to extend its life and improve its energy efficiency.

### • Pest Control

- ✓ Check plants, shrubs, and trees for signs of insect infestation.
- ✓ Look for signs of termites, such as flaking wood or mud buildup and tunneling systems.

# Park Member News

## Celebrating Our July Birthdays!

3	Elodia Romberg
3	Momoko McCullough
3	Donna Anastasion
3	Alicia Ruiz
3	Anne Litz
3	Dennis Price
5	Elizabeth Roberts
6	Lorene Christian
8	Bob Erickson
8	Anthony DeAngelo
9	Lee Dalrymple
9	Michael Seifert
10	Richard Purves
10	Danny Sustaita
13	Shirley Gantner
15	Cornelia Van Rhyn
15	Tony Nobriga
16	Herbert Wong

16	Linda Profitt
16	Deborah Daffer
16	Linda Garrett
19	Lisa Patchen
19	James McHugh
19	Keith Stinson
20	Joe Ruiz
20	Jeffrey Hall
20	Charlene Ollier
21	Jacques Proulx
21	Bernardo Sustaita
22	Terry Powers
25	Sally Yeater
25	Rita Grant
28	Zoe Wimpee
31	Daryl Quinn
31	Linda Walters

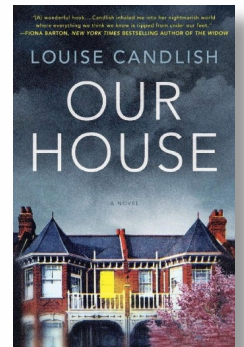
## July Book Club – 'Book Buffet'

For the July Book Club meeting, people will bring a favorite book to discuss, for a casual "book buffet."

## August Book Review

**Our House**, by Louise Candlish.

On a bright morning in the suburbs, a family moves into the house they've just bought on Trinity Avenue. Nothing strange about that. Except it's your house. And you didn't sell it.



When Fiona Lawson arrives home to find strangers moving into her house, she is plunged into terror and confusion. She and her husband, Bram, have owned their home on Trinity Avenue for years; how can another family possibly think the house is theirs? And why has Bram disappeared--along with their two young children--when she needs him most? As the nightmare takes hold, Fiona begins to untangle the lies that led to a devastating crime--and a betrayal so shocking it will teach her to keep her own secrets behind locked doors.

What has he hidden from her – and what has she hidden from him? And will either survive the chilling truth – that there are far worse things you can lose than your house?

Review Source: Amazon Books

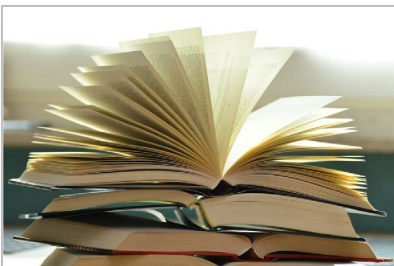
## September Book:

**The Women**, 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.

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

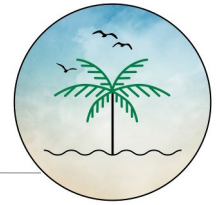
The San Diego County Library provides free access to digital library resources. This includes ebooks, digital audiobooks, and even magazines. You can listen to these resources on your phone, tablet, or computer using Wi-Fi or mobile data; OR, you can download the books for offline use and read anytime,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

Get an Instant Digital Library Card: 1. Download the Libby app from the app store. 2. Open and find San Diego County Library. 3. Sign up with your phone number!



# Community Resources

PEERA Board Committee



## What You Don't Know About Hearing Aids

A TEDx Talks video  
on Mar 2, 2024  
by Juliëtte Sterkens

(You can search on the  
YouTube app for this  
amazing video.)



Juliëtte Sterkens, a seasoned audiologist with over four decades of experience, delivered a compelling TEDx talk "What You Don't Know About Hearing Aids," shedding light on the common misconceptions and limitations associated with hearing aid technology.

### Introduction

I'd like to start with a short demonstration. Now, I'd like you to take your two fingers and put them lightly against the pointy bits in front of your ears. Now, I'd like you to push until your ears are completely plugged and keep them plugged. And what you're experiencing right now is mild hearing loss.

Okay, you can let go. What you experienced just now is mild temporary hearing loss. In my audiology practice, I routinely tested new patients with hearing loss twice as bad as you just experienced.

Hearing loss is common. For many of us, it's not a matter of if, but when we will lose some of our hearing. About half of us will acquire it by age 75, two-thirds of us when we reach our mid-80s. It's on the increase in children, and baby boomers are experiencing more hearing loss than those of past generations. And if hearing loss runs in the family, there's a good chance you'll get it too.

### The Impact of Hearing Loss

You've got to choose your parents wisely. But kidding aside, besides affecting quality of life, it can have serious repercussions such as depression,

social isolation, contribute to cognitive decline, and even increase the risk of falls in older adults. And hearing loss is much more than a loss of volume, the kind of hearing loss that you just experienced. Pitches are heard unequally.

My father could stand right under a smoke alarm, not hear a thing, but he had no trouble hearing the garbage truck rumble down the street from inside the house. And hearing loss due to aging and noise exposure changes how we understand speech. And it causes words that sound similar, like zip and sip, wake and late, mad and dead and bad, to sound the same, especially when there's background noise. And as unintuitive as it may be, loud sounds can become unbearably loud, distortingly loud.

### The Limitations of Hearing Aids

Hearing loss is a complex problem. Perhaps you know people who, even wearing hearing aids, still have to have the TV volume up, always watch TV with subtitles, frequently ask everybody to repeat that. "Would you please repeat that?" Aren't hearing aids supposed to solve these problems?

When I began helping people with hearing loss over 44 years ago, I expected that hearing aids would be like eyeglasses, and that wearing them would make everything sound crystal clear. If that were only true. I have personally witnessed over four decades of hearing aid developments, advancements, from analog to digital devices, devices that can be remotely programmed, that include fitness tracking and feedback and noise reduction using artificial intelligence. They still don't work the way we hope they would. And how can they?

# Helping Hands

PEERA Board Committee



## Advancements and Challenges

Hearing aids can't make hearing normal. They're good at making sound louder. But they can't always make sound, the speech, clearer, especially when the inner ear and the hearing nerve are affected. And hearing aid microphones have a limited effective range of about four or five arm's length.

And hearing the world through these tiny hearing aid microphones reduces our exquisite three-dimensional hearing ability down to one dimension. Consequently, hearing aids cannot improve the clarity of the sounds we want to hear relative to the sounds we don't want to hear beyond that critical microphone distance. Something that normal hearing ears accomplish effortlessly. Of course, hearing aids are needed to make sound audible.

## Enhancing Hearing Experience

But for many, they are not a complete solution, especially when you consider that hearing aids, at best, even the most advanced hearing aids, can only restore about half of the hearing loss sensitivity.

Well, what about the other half? What about those microphone distance limitations? Better hearing is possible. And let's talk about some tools and some strategies that can make that happen. We're all familiar with these little wireless earbuds that allow people to listen to music and make phone calls whenever they're on the go.

Did you know many modern hearing aids can do that also? Hearing aids can be paired via Bluetooth technology and an app on the smartphone to make hands-free phone calling possible, as well as the streaming of podcasts and audio books and those Google maps navigation directions right into hearing aids.

## ADA Law

The Americans with Disabilities Act (ADA) requires that places of public accommodation (e.g., high school auditoriums, courtrooms, and theaters) where a public address system is in use, also provide an assistive listening systems.

## The Role of Telecoils in Hearing Aids

As an audiologist, an advocate with the Hearing Loss Association of America, I work to help consumers hear their best with their existing hearing aids and especially help them hear in public venues using these assistive listening systems. That's made easier if their hearing aid includes what is called a telecoil. It's a tiny antenna that comes to the consumer at little or no cost, and when that telecoil is turned on, generally it requires a push of a button, it will receive signals that are broadcast by a hearing loop system. Hearing loop is one type of assistive listening system.

Frequently, that little telecoil is already in the hearing aid, but the consumer is unaware because their audiologist may not have activated that feature in the computer and not explained what that little telecoil is for, or worse, there's no telecoil in the hearing aid because it wasn't recommended at the time of purchase.

If a person has a telecoil in their hearing aid and a venue has a hearing loop installed, all that consumer needs to do is walk in, sit down, and when the lecture or the show starts, turn on the telecoil.

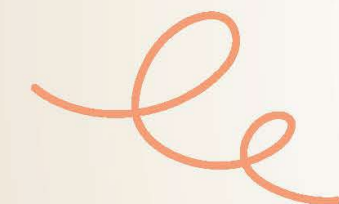
We've made some terrific progress, from about two dozen hearing loops in 2011, to nearly 900 hearing loops today. These hearing loops are in senior centers, and in library meeting rooms, in high school auditoriums, in courtrooms, in city halls, and in some 500 places of worship. Hearing loops are indicated by a blue symbol with the letter T (stands for 'telecoil').

SPARC Inc.

Services and Programs Assisting  
Residents in our Communities

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**[www.sparc-ca.org](http://www.sparc-ca.org)**





# SPARC Inc. Resource Fair

Our SPARC Resource Fair on May 8<sup>th</sup> was amazing! There were representatives from a variety of agencies and companies that serve the seniors community. Below are a few pictures from the event. If you haven't attended a SPARC event recently, you might want to add it to your calendar when the next SPARC event is scheduled. These events are fun and informative!

**Much appreciation to Ally and Devin for hosting this SPARC event.**

