



HILLTOPPER

September 2024

PALOMAR ESTATES WEST

Onsite Management

Maintenance: Felipe Diaz

Office: Lisa Hamernick

Office Hours:

Monday thru Friday

9:30 a.m. – 12:00 p.m.

1 p.m. – 4:00 p.m.

Office Staff

Gayle Plant

Weekend Relief

Doug Tickner

Security Patrol

Hidden Valley Security

(760) 744-1061

Office: (760) 727-5453

Fax: (760) 727-3054

After hours - emergencies only: (888) 518-6064

E-mail: Palomarestateswest@gmail.com

Resident website: Pewresidents.com

Offsite Management

PROPERTY MANAGEMENT

HAVEN MANAGEMENT SERVICES

3491 Concours Street, Suite 204

Ontario, CA 91764

Property Supervisor: Katie Davis

(909) 930-9750 Ext. 3005

Fax: (909) 481-7260

kdavis@havenms.com

MILLENNIUM HOUSING

611 Anton Blvd., Suite 890

Costa Mesa, CA 92626

Phone: (949) 515-5100

Fax: (949) 515-5101

<http://millenniumhousing.com>

President: George Turk

COO / Vice President: Lori Carraway

Director of Asset Services: Diana Welsh

SPARC Director: Stacey Kazmierski

MILLENNIUM MEMO

You've seen the ads on TV, you've been approached by solicitors, and now you're wondering: can I install solar panels on my home? The answer: it depends.

If your home can support the weight of solar panels and you decide to go in that direction, more power to you (see what I did there?).

You'll also need approval from both SDG & E and HCD, the State Agency that regulates MHPs. If you jump through all the hoops – including the weight test – you'll still need Management approval, but we'll try to work with you, if we can.

Often, the solar system is financed, with the payments secured by your home. Lately, however, we've noticed solar installers recording their contracts on the property, which not only violates your rental agreement, but might also affect the Park.

If you sign one of these agreements, make sure you only pledge your home, and not the entire Park. Otherwise, you may have to pay the legal fees to remove it from our title.

More News

- Lisa is awarding Kudos to the Gym Committee (did you know we had one of those?), for keeping the Gym clean & the equipment working, and to Deborah VanBeusekom (Sp. 269), for the beautiful landscaping at her home & hillside.
- The \$150K Storm Drain Liners I told you about a couple months ago should be in place by now. Let's hope that prevents any more storm drain failures.
- In addition to the Slip Liners, we also added 3 Golf Carts to the fleet, installed new Pickleball Screens and replaced the Pool Pump.

You Have a New Roommate?

You're allowed to have a co-occupant, but that person needs to be registered with the Office if he/she is going to stay with you for more than 20 days. You can understand why we would want to know who's living in the Park, can't you?

Getting registered gives your roomie limited rights and the ability to stay in your home long-term, but you'll still have to tag along if said roommate wants to use the Pool, Spa or hang around the Clubhouse – unless, of course, that person is on title to the home.

I had a roommate many years ago who claimed I was not respecting his privacy – or at least that's what his diary said.

Thanks again for returning your Income Certs, make sure your roommate is registered...and have a fun Labor Day.

George Turk

News from your PEWRA

The Hillside Project

If you were wondering what was going on with the Hillside project, we can tell you that it has been delayed by City Hall. Our management has submitted all the necessary paperwork and plans, and are waiting for a response. If you want to help focus their attention, see below:

Contact our District 3 Council person Sarah Jenkins

(760) 744-1050 | Phone

(760) 744-9058 | Fax

sjenkins@san-marcos.net

or call:

Darren Chamow – Public Works Director

(760) 752-7550, ext. 3332

Refer to Palomar Estates West – Hillside drainage plans. Perhaps mentioning - Unacceptable delays, homes and people in danger, what happens if it rains heavily and houses slide down the hill. Please stop the delays, push the project approval through and do not delay reviewing the proposal. People's lives may be in your hands (that last one may be a little strong).

Report on a meeting with RV owners:

With the increase in monthly rent in the RV park earlier this year, several owners asked if, in return for the extra income, the security in the parking lot could be improved. Management has now allocated funds to have a gate installed. We met with owners recently and collected opinions and ideas on how to best implement the design and installation of the gate. The meeting was lively with lots of good ideas forthcoming. Management will now get some detailed quotes for the various options being considered.

Courtesy in the RV parking lot

If you are an RV or trailer owner, please be considerate of your fellow owners. There are limited power hookups, and they must be shared with everyone. Do not leave your RV permanently connected, and do not overload the breakers.

Treasurer's Report

Recap 2023/4 and look ahead to 2024/5

Income			
	2023 2024 Budget	Actual YTD	2024/5 Budget
Millenium	\$ 11,376.00	\$ 11,376.00	\$ 10,704.78
Membership Dues	\$ 1,500.00	\$ 3,095.00	\$ 3,200.00
Dumpster donations		\$ 470.00	\$ 500.00
Ad sales - Directory	\$ -	\$ 3,500.00	\$ 3,500.00
Transfer - Savings	\$ 5,000.00	\$ 5,000.00	
Total Income	\$ 17,876.00	\$ 23,441.00	\$ 17,904.78
Gift from Allen Mortuary	\$ 60.00	\$ 265.00	\$ 250.00
Incoming Funds	\$ 17,936.00	\$ 23,706.00	\$ 18,154.78

Expenditure			
Organization	2023 2024 Budget	Actual YTD	2024/5 Budget
Board of Directors	\$ 2,000.00	\$ 917.42	\$ 1,000.00
Breakfast Club	\$ 4,000.00	\$ 4,000.00	\$ 4,400.00
Driveway Sale	\$ 50.00	\$ 48.06	\$ 50.00
Darts	\$ 200.00	\$ 74.33	\$ 150.00
Dog Park	\$ 250.00	\$ 73.25	\$ 100.00
Garden Club	\$ 400.00	\$ 431.12	\$ 500.00
Park Signage	\$ 1,500.00	\$ 1,021.26	\$ 1,000.00
Kitchen Supplies	\$ 2,000.00	\$ 1,759.51	\$ 2,400.00
PEW Website	\$ 125.00	\$ 432.00	\$ 50.00
Pickleball	\$ 200.00	\$ 295.54	\$ 375.00
Ready	\$ 300.00	\$ 196.59	\$ 250.00
Social Connection	\$ 4,500.00	\$ 4,500.00	\$ 5,000.00
Gym Misc Supplies	\$ 100.00	\$ -	\$ 50.00
Craft Fair	\$ 100.00	\$ -	\$ 100.00
Bingo (New)	\$ -	\$ -	\$ 200.00
Games Club (New)	\$ -	\$ -	\$ 200.00
Library	\$ 500.00	\$ 338.92	\$ 350.00
Cooking with Katie	\$ 1,000.00	\$ 800.51	\$ 800.00
Newcomers Event	\$ 400.00	\$ -	\$ -
Park Directory	\$ -	\$ 1,585.55	\$ 1,550.00
Total Expenses	\$ 17,625.00	\$ 16,474.06	\$ 18,525.00
Net Income	\$ 311.00		\$ (370.22)

2023/4 Income came in ahead of budget due to additional revenue from ads in the Directory, increased annual membership fees and cost savings elsewhere.

Expenditure came in below budget due to club activities cost reductions.

2024/5 budgets have been increased for major clubs, and several new clubs have been added.

Thank you everyone for a great job last year. We can now plan to have balanced budgets going forward with no reductions and some increases in Club activities.

Thank you, Simon Spears – Treasurer.



When summer winds down, it's time to look forward to autumn activities—including the first day of fall and other observances and holidays in September. The month kicks off with Labor Day weekend, and later in the month, we'll remember 9/11, observe Grandparents Day, and celebrate National Women's Friendship Day. September is also self-care month, so between all the holidays and celebrations, be sure to rest and recharge before a busy fall leading into the holidays.



Super Bowl 2025 in New Orleans!!



Reminder of PEW Rules: PARKING

In Streets. No parking at any time is allowed in an area designated as a fire lane. All streets are considered fire lanes. Vehicles parked on the street may be towed away at vehicle owner's expense. Homeowner and guest vehicles may be ticketed by management as a warning, and may be towed away thereafter if the violation persists or reoccurs. Contractors/workers performing work on a Homeowner's home (i.e., construction, handyman, house cleaner, etc.) may park on the street temporarily but must be available quickly to remove vehicle should an emergency response vehicle come through. Management assumes no liability for service vehicles that get pushed out of the way or damaged by an emergency response vehicle. Anyone parking a vehicle on the street does so at their own risk.

Guest Parking Areas. Guest Parking spaces are reserved for guests' vehicles. A homeowner may not park in a guest parking area for extended periods without prior written approval of Park management. Homeowners may park in guest parking for temporary periods of time when visiting another homeowner or when their guest's vehicles are parked in homeowner's driveway.

Palomar Estates Residency Association Board (PEWRA)

President: Cathie Byrd; Vice President: Garry Larson
Secretary: Jo Gehringer; Treasurer: Simon Spears

Directors

Katie Rodriguez, Jesse Nieto, Larry Jones

Board Meeting: 1st Tuesday of the Month (6:30) in the Pavilion Room

SOCIAL CONNECTION

Merlin Chancellor and Simon Spears – Co-Chairs, Cindy Palermo – Treasurer,
Marilyn Ferri – Secretary, Cathy Bassett, Cathie Byrd, Margaret Scotto,
Rusty Bassett, Angela Sirota, Shevaun Teegarden, Heike Corbeil, Carol
Godett, Linda Kerridge, Cindy Towle, Rick Towle, Lynn Widdison, Malcom
Widdison, Susan Friedman, Linda Freeman, Jo Gehringer, Lisa Corrigan.

HILLTOPPER COMMITTEE

Delane Johnson, Fran Miller, Jansi Sauer, Lynn Thomas, Mary Wallace

READY ADVISORY PANEL

Bryan Cooper, Mary Wallace

Cindy Palermo, Debbie McQuillan, Fran Miller, Jo Gehringer, Lee Tydlaska,
Neil Teegarden, Robert Fierro, Ruthann Kirby

BREAKFAST COMMITTEE

Mikkie Sawyer, LuAnn Foster, Kim Stevenson, Trish Coy, Helen Lyon, Cathy Bassett,
Diana Primeau, Karen King, Pat Taylor, Marcia Brown, Sheila Miller, Denise Hickey

GYM COMMITTEE

Larry Brown, Rusty Bassett, Marie McElligott

**For Fire, Sheriff, or Emergency in progress, such as break-ins, health
problems or a life-threatening situation, call 911.**

**If you have a non-emergency question or to file a report,
please call the San Diego Sheriff Dept at 760-510-5200.**

ACTIVITIES DIRECTORY

<u>ACTIVITY</u>	<u>TIME & DAY</u>	<u>CONTACT</u>	<u>PHONE</u>
Art Gallery	On Exhibit in Pavilion	Herlinda Mahler	949-395-0815
Billiards (Men)	9 am Tu	Stan Lindsay	760-598-0582
Billiards (Women)	1:30 pm M	Gerri Harper	760-500-8681
Bingo	6:50 Th	Delane Johnson	612-240-4049
Book Club	Fourth Friday 2:00 pm	Cynthia Towle	503-317-3544
Breakfast	1 st Sat 8:30 am	Mikkie Sawyer	760-690-7825
Bridge	Varies Call Ann	Ann Webb	702-449-9916
Cooking with Katie	Third Tuesday 4:00 pm	Katie Rodriguez	760-310-8623
Darts	6-8 pm Thurs Game Room	Chuck Thomas	707-799-6555
Dog Park	8 am- 8 pm Daily	Debora McQuillan	858-663-2822
Garden Club Community Garden	1 st M 2 pm 8 am – 8 pm	Merlin Chancellor Robert Fiero	661-670-1336 619-339-0433
Hand and Foot	Wed 1 pm	Kim Stevenson	760-703-4872
Let's Dine Out	Times vary	Linda Kerridge Cathie Byrd	858-776-6783 530-417-5186
Library	Open Daily	Susan Balog	916-759-2636
Mahjong	1 pm Th	Kim Stevenson	760-703-4872
Medical Rehab Lending Closet	Open as needed.	Rusty Bassett Jesse Nieto	619-301-9551 408-666-8088
Mexican Train	2 nd and 4 th Tu 4:30 pm	Margie Farrelly	760-855-8416
Movie /Dinner/Dance Nights	Dates Vary	Simon Spears	760-583-1549
Pickleball Group	8:00 -10:00 am M-W-F-S Open Play All are welcome!	Larry Jones	937-478-2500
Ping Pong	Tu 10:30 am	Nejla Gharajedaghi	760-536-9583
R.E.A.D.Y. Panel Emergency Preparedness	3 rd Tuesday at 2 pm in Card Room	Mary Wallace Bryan Cooper	619-887-0700 858-342-3334
Shuffleboard	1:30 pm M	Rusty Bassett	619-301-9551
Live 2 B Healthy Strength & Balance	10 am M-W-F	Maria Barnabe	619-886-2779
Social Connection	Dates Vary	Merlin Chancellor Simon Spears	661-670-1336 760-583-1549
Tai Chi	9 am Th	Rudy Cobos	
Tai Chi 24 Yang Style Form	9-10 am Tu	Arnold Epel	760-208-9627
Tennis		Jim Catley	360-301-1566
Water Aerobics	9 am Tu, Th, Sat 1 pm Tu, Th	Trish Coy	760-536-9338

Hilltopper submissions to pewhilltopper@gmail.com .

All submissions must be submitted by the 10th of the month.

Hilltopper Distribution - Jansi Sauer 509-421-7431

The Hilltopper may edit articles for publication and will not publish anything of a political, medical, religious nature or solicitations. The Hilltopper does not publish articles submitted anonymously.

**THE HILLTOPPER DOES NOT ENDORSE ANY OF THE ADVERTISERS THAT APPEAR IN ANY ISSUE.
USE AT YOUR OWN DISCRETION.**

If you notice any errors or omissions, please contact the Hilltopper at pewhilltopper@gmail.com



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If you know of any birthdays throughout the year that we don't have on our list, please send an email to pewhilltopper@gmail.com so we can include those birthdays in the future.

Directory Changes

Please make the following additions and corrections to your park directory

SPACE	DELETE	ADD	PHONE NUMBER
8	Williams, Patricia	Willey, Darrell Little, Lorna	858-997-6477 858-776-7693

SEPTEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
		Water Aerobic 9 am Men's Billiards 9 am Tai Chi 9 am Meditation 10:30 Ping Pong 10:30 am Water Aerobic 1 pm Sunset Pickleball 6 pm Board Meeting 6:30	Pickleball 8-10 am Tennis 9 am Live 2 B Healthy 10am Hand & Foot 1 pm	Water Aerobic 9 am Tai Chi 9 am Meditation 10:30 Mahjong 1 pm Water Aerobic 1 pm Sunset Pickleball 6 pm Darts 6-8 pm 6:50 Bingo	Pickleball 8-10 am Live 2 B Healthy 10 am Game Night 6 pm	Breakfast 8:30am Pickleball 8-10 am Water Aerobic 9am
8	9	10 Recycle	11	12	13	14
	Pickleball 8-10 am Live 2 B Healthy 10 am Shufflebrd 1:30pm Women's Billiards 1:30 Garden Club 2pm Let's Dine Out 5 pm	Water Aerobic 9 am Men's Billiards 9 am Tai Chi 9 am Meditation 10:30 Ping Pong 10:30 am Water Aerobic 1 pm Mexican Train 4:30 Sunset Pickleball 6 pm Hilltopper Submissions Due	Pickleball 8-10 am Tennis 9 am Live 2 B Healthy 10am Hand & Foot 1 pm Movie Night 6 pm	Water Aerobic 9 am Tai Chi 9 am Meditation 10:30 Mahjong 1 pm Water Aerobic 1 pm Sunset Pickleball 6 pm Darts 6-8 pm 6:50 Bingo	Pickleball 8-10 am Live 2 B Healthy 10 am Game Night 6 pm	Pickleball 8-10 am Water Aerobic 9 am PAINT RECYCLE 8 am – 1 pm
15	16	17	18	19	20	21
	Pickleball 8-10 am Live 2 B Healthy 10 am Shufflebrd 1:30pm Women's Billiards 1:30 pm	Water Aerobic 9 am Men's Billiards 9 am Tai Chi 9 am Meditation 10:30 Ping Pong 10:30am Water Aerobic 1 pm READY 2 pm Cooking with Katie 4:00 Sunset Pickleball 6 pm	Pickleball 8-10 am Tennis 9 am Live 2 B Healthy 10am Hand & Foot 1 pm	Water Aerobic 9 am Tai Chi 9 am Meditation 10:30 Mahjong 1 pm Water Aerobic 1 pm Sunset Pickleball 6 pm Darts 6-8 pm 6:50 Bingo	Pickleball 8-10 am Live 2 B Healthy 10 am Social Hour 5 pm Game Night 6 pm	Pickleball 8-10 am Water Aerobic 9 am
22	23	24 Recycle	25	26	27	28
	Pickleball 8-10 am Live 2 B Healthy 10 am Shufflebrd 1:30 pm Women's Billiards 1:30 pm	Water Aerobic 9 am Men's Billiards 9 am Tai Chi 9 am Meditation 10:30 Ping Pong 10:30 am Water Aerobic 1 pm Mexican Train 4:30 Sunset Pickleball 6 pm	Pickleball 8-10 am Tennis 9 am Live 2 B Healthy 10am Hand & Foot 1 pm SPARC Seminar 12:00 – 1:30	Water Aerobic 9 am Tai Chi 9 am Meditation 10:30 Mahjong 1 pm Water Aerobic 1 pm Sunset Pickleball 6 pm Darts 6-8 pm 6:50 Bingo	Pickleball 8-10 am Live 2 B Healthy 10 am Book Club 2 pm Game Night 6 pm	Pickleball 8-10 am Water Aerobic 9 am OCTOBERFEST LIVE MUSIC 5:00 pm
29	30					
	Pickleball 8-10 am Live 2 B Healthy 10 am Shufflebrd 1:30pm Women's Billiards 1:30 pm					

SEPTEMBER



Breakfast

September tries it's BEST to have us forget the "Summer Heat"
Now, once again the Breakfast team will try to have you "forget"
about making breakfast on..... September 7th

While we present you with one of your favorites,
and all the trimmings you crave.

In addition, join us for breakfast along with a special...
Birthday Celebration and great wishes – Margo's 99th
Looking forward to serving you one of our favorites

Please sign up – and if you do – Please show up

Mikkie

PAINT RECYCLE DAY

DATE: SEPTEMBER 14, 2024

TIME: 8:00AM-1:00PM

PLACE: DROP OFF IN FRONT OF THE CLUB HOUSE

IT'S TIME TO CLEAN OUT YOUR SHEDS AND GET RID OF OLD PAINT CANS, PAINT BUCKETS, PAINT THINNER, PAINT STRIPPERS, STAINS, VARNISHES, WOOD PRESERVATIVES, ETC. AEROSOL PAINT CANS WILL ALSO BE ACCEPTED.

WE WOULD APPRECIATE A \$5.00 DONATION TO COVER THE COST OF TRANSPORTING ITEMS TO THE HAZARDOUS WASTE SITE.
ANY QUESTIONS? CALL JESSE NIETO AT 408-666-8088

Let's Dine Out

Join Let's Dine Out at Mainstream Bar and Grill West featuring appetizers, soups and salads, burgers and sandwiches, a variety of entrees and desserts. Happy Hour menu will be available to us.

Where: Mainstream Bar and Grill

6030 Paseo Del Norte, Carlsbad, across from Green Dragon Restaurant & Museum.

When: Monday, September 9th, at 5:00 p.m.

Enjoy open menu and separate checks.

Please call or text Linda Kerridge at 858-776-6783 to reserve your seat.
Let me know if you need a ride.

Come One and All

Come to the clubhouse on Friday nights. Bring your neighbors or come meet your neighbors. **EVERYONE IS WELCOME.**

Game Night every Friday, starting at 6 PM

Come play cards or domino games Or bring a game you want to share/teach (Yahtzee, Uno, Scrabble, ??)

Social Hour on the 3rd Friday, starting at 5 PM

Bring your own beverage. If you would like to bring a snack to share, that is great also.

Submitted by Linda Kerridge and the Social Connection

PEW Book Club

Greetings from the Book Club

In August, we read and discussed "The Heaven and Earth Grocery Store" by James McBride.
Our September book will be "Honor" by Thrity Umrigar.

The Book Club meets the 4th Friday of every month in the Multi-Purpose Room at 2 pm. We would love to have you join us!

Happy Reading!
Cynthia (Cindy) Towle
503-317-3544
Towle@gmail.com



"I cannot live without books..." Thomas Jefferson to John Adams June 10, 1815

Palomar Estates West's Annual

Craft Fair



Saturday, November 16th 9 a.m. – 1:30 p.m.

At the Pavillion (Clubhouse)



To be a vendor call Ruthann Kirby at 619-997-3040



Cooking With Katie

Come join us to learn about ways you can cook healthy and delicious meals on a reasonable budget!

Date: Tuesday September 17th

Time: 4pm-5:30pm

Location: Palomar West Clubhouse

Demo: Snacks

Sign up at the clubhouse to get a spot for this free, tasty class! Sign-up List goes up on 1st of each month. Class max of 25



NEW MEDITATION GROUP BEGINS

As a 30-year student of Meditation practice I am more than happy to encourage anybody to come meditate with me at the Club House beginning on SEPTEMBER 3rd At 10:30 am in the Card Room. We will talk about how often to sit (more is usually better) and I was thinking of 10:30 on Tuesdays/Thursdays. We will sit and listen to the gongs play as we deepen our practice. If you are curious about this practice and want to find out more about it, I am here to help, yet have no expectations that this will be a class unless you want it to be.

You may call me at my home to find out more about the group.
My name is Sali Weiss and my phone number is: 619-729-3226.

TAP DANCE, ANYONE?

**WE ARE LOOKING FOR TAP DANCERS TO JOIN OUR GROUP. KNOWN AS...
THE TOE TAPPERS OF SAN DIEGO**

I HAVE BEEN TAP DANCING WITH A GROUP OF SENIOR DANCERS FOR THE PAST TWENTY YEARS. OUR AGES RANGE FROM 75 - 86 YRS OLD. WE ARE A PERFORMING GROUP THAT PUTS ON PERFORMANCES AT RETIREMENT HOMES, LADIES LUNCHEONS, ETC. WE PRACTICE TWICE A WEEK.

THANK YOU,
MARGARET CLIVE
SPACE #431
760 212 6030
Hannahjax123@yahoo.com

Garden Club

What a busy summer and the next few months look to be action packed. Following are the many upcoming events we are excited about. We had a full meeting, our speaker was Neil Teegarden, a PEW resident who spoke to the group about his business CUTRITE Sharpening Service. 858-837-2133, email neiltee@sbcglobal.net

He stressed the importance of sharp blades and clean surfaces. Wipe your tools down after use to avoid build up, sterilize, and use food grade oil, machine oil or WD40 especially at the bolt.

Most important things to do with your garden tools is adjusting, oiling and sharpening! A sharp cut is less likely to let pests into the plant and cut blooms will absorb water more efficiently.

- Very delicious refreshments were provided by Nancy Brady. Thank you, Nancy, for the nutritious and tasty treats. I brought homemade lemonade which went pretty quickly.

Sept 10th - 12th-The National Heirloom Expo. The Ventura County Fairgrounds, three days of celebrating heirloom gardening and healthy food! Browse heirloom vegetables and flowers in the expo hall! Enjoy delicious cuisine from local healthy food vendors and shop for plants, seeds, and other goods in the vender hall. Club member Jetta Russell has offered to drive. For tickets go to:



<https://www.rareseeds.com/2024-national-heirloom-exposition-tickets>



Friday, September 13, 2024 - Leo Carrillo Ranch State Park. Free 90 minute tours are available on the second Friday of each month. Time TBD

Saturday, October 5, 2024 – Herb Field’s Seedling Event 9am – 1pm 1312 La Granada Drive, San Marcos, CA 92078

Thursday, October 17, 2024 – Vallecitos Water District’s Water Academy Tour 8:30 – 4:30pm. We will visit 2 water storage facilities, their processing plant and lunch is included. It is FREE but you must sign up at www.vwd.org/wateracademy

TBD – Tuesday, November 12, 2024 – Holiday visit to Roger’s

Gardens. Details to follow...

Changing of the guard – Please welcome Robert Fierro as he takes on the role of Community Garden Coordinator. You can email concerns or questions to Robert at rxfierr49@gmail.com

Future speakers & Meeting Topics

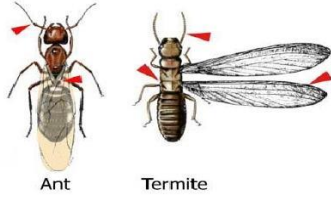
Monday, September 9, 2024 – A second visit from Master Gardener Dawn Standke who will continue to speak to us about Garden Myths.

Monday, October 7, 2024 – Master Gardener Cindy Bruckes who will speak to us about edible landscape and poisonous plants.

Monday, November 4, 2024 – Cathie Byrd will lead the group in creating our very own stepping stones sponsored by PEW Garden Club. **Please sign up by October 21** so that we know how many stones to purchase and have enough supplies. Bring your own broken plates, tile, flat marbles, etc to make your own personalized stepping stone.

Gardening requires lots of water, most of it in the form of perspiration. Lou Erickson

Keep hydrated and until next time,
Merlin Chancellor



When is a Termite not a Termite?

By Herb C. Field

Urban Entomologist

Every month I receive either photos of samples or the real thing crawling around in a zip lock bag. Over the years I've identified thousands of insects which have created some interesting stories. Once I had a man come in my office claiming that he had some "bugs" crawling on his head, he proceeded to open a large zip lock bag that he sprayed Diazinon inside and then place the bag over his head to collect the mysterious creatures. Needless to say, my office smelled like pesticide and we found no bugs, I referred him to a friend of mine that was a dermatologist. My friend later told me never to send anyone to him again!

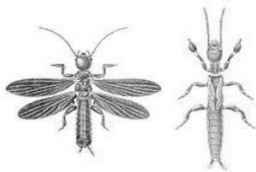
Another time a young lady came to the office and described what we call delusionary parasitosis. Where one believes that they are seeing insects that aren't there and that they are burrowing into the skin. And before you start to tell me that it might have been a real creature, it wasn't. The story gets better as she begins to disrobe thinking I'm a medical doctor! Thank God my assistant sat just outside my door and saved me from an uncomfortable experience!!

I thought with termite swarming season fast approaching that I would give a quick insect morphology class about termites and those insects that may be confused for termites.

Termites belong to an order of insects called Isoptera, you will see the ending "ptera" on many descriptions of insects. "Ptera" means wings in ancient Greek. The order of butterflies Lepidoptera meaning scaled wings describing the tiny scale-like features on their wings. Isoptera means equal wings, so the hind wings and the fore wings are of equal lengths, a very distinctive feature for termites. In addition, termites have beaded antennae. As it sounds that antennae look like a string of beads. This feature will become important later in the article.

There are two insects that are often confused with termite swarmers or "alates". They are web spinners and ant reproductives (the winged version of the ants you normally see on the ground). Both insects fly during late spring through the summer around the same time as do our local termite species. This is where the confusion begins. Web Spinners belong to an order called Embioptera, meaning "lively wings" due to the fluttering motion of their wings. They live in soil and under rocks where they spin a web to protect themselves and their young.

The following picture is an example of a webspinner, can you see how they could be confused with termites?



But, take a close look at the length of their wings, they are not of equal length!!

The other culprit that is often identified as a termite is the reproductive ant, the ones with wings that we previously mentioned.

If we look closely at the wings of an ant reproductives we will see that all ants have

"elbowed" antennae.



It would be an easy mistake to make if one saw the above picture on the right next to your house that these were termites.

So that's termite morphology in less than five minutes!

If you have insects needing to be identified, send me either a sample or photo and I'll do my best.
 entomologyservices@gmail.com

Movie

Yesterday

Sept 11th 6:00 PM Movie
A Social Connection Event – Please sign up

Popcorn and Soda



A Social Connection Event

Palomar West Real Estate, Legal & Financial Planning Workshop

Date: Wednesday, September 25
Time: 12:00pm-1:30pm
Location: Palomar West Clubhouse

Guest Speakers:

David Katz, OB95559
Katz Capital Management
Senior Financial Planning

Bryan Devore, DRE 01397835
Devore Realty Group
Seniors Real Estate

Angela McGlasson
Littorno Law Group
Estate Planning & Veterans Benefits

Be prepared and educated to move into your future with confidence! Please join SPARC at the Palomar West Clubhouse to enjoy an educational seminar that will focus on essential legal, financial, and real estate planning.

You will gain valuable insight and participate in a Q&A session with all three of our guest speakers to help guide you with questions you might have on these topics.

-Free Lunch -Intriguing Information -Questions Encouraged

Sign up at the Clubhouse by September 23rd
to save your spot!
Sign ups are mandatory

SPARC Inc.


Octoberfest

28th September 5:00 PM

At the Clubhouse

Live Oompah music

Eating, Dancing and Drinking

\$15.00

\$15.00

Beer stein holding
competition

Schuhplattler
(chicken dance)
competition

Bavarian costume competition

Prizes for winners

A feast of Bavarian food will be provided

Bring your own favorite Bavarian drink

Sign-up and pay by 22nd September



PALOMAR WEST REMINDER



**This year Palomar West residents
can receive a FREE Senior Warm Kit!**

Please be on the lookout for a sign up
flyer in September.

All residents must sign up to receive their
items.

Items include: hat, gloves, scarf, blanket
and socks.



SPARC Inc.

2024 Social Connection Events

Mark your calendars

DATE	EVENT	TIME	COST
18-Sep	Movie Night	6:00 PM	Free
20-Sep	Social Hour	5:00 PM	Free
28-Sep	Octoberfest/Live Music	5:00 PM	\$ 15.00
16-Oct	Movie Night	6:00 PM	Free
18-Oct	Social Hour	5:00 PM	Free
26-Oct	Halloween Party/Live Band	5:00 PM	\$ 20.00
20-Nov	Movie Night	6:00 PM	Free
22-Nov	Social Hour	5:00 PM	Free
15-Dec	Holiday Party	5:00 PM	Free
18-Dec	Christmas Movie Night	6:00 PM	Free
31-Dec	New Year's Eve Party/Live Band	5:00 PM	\$ 25.00

Katie's Recipes

FIRECRACKER SLAW

1 Bag Broccoli Slaw
1 can Black Beans (drained and rinsed)
1/2-1 can corn (drained and rinsed)
1-2 jar Red Peppers (chopped)
1 Avocado (chopped)
1/4 cup chopped cilantro
Cilantro Salad dressing (to taste)
Salted Sunflower Seeds or Pumpkin Seeds

In a large bowl, combine slaw, beans, corn, peppers, avocado and cilantro. Refrigerate until ready to serve. Add dressing to taste and sprinkle with seeds

ASIAN CRUNCH

1 cup COOKED Quinoa
14 oz cooked Edamame
1 Red Pepper (diced)
1 Bag Shredded Cabbage
1 Bag Baby Spinach (sliced in thin threads)
3 Green Onions (chopped)
1 block Tofu Teriyaki Flavor(cubed)
1/2 cup Sliced Almonds
2 T. Sesame Oil 2T Maple Syrup
4 T EVOO 1 T grated fresh ginger
2 T Rice Vinegar 8 mint leaves (shredded)
2 T Soy Sauce 8 Basil Leaves (shredded)

In a bowl, mix quinoa, edamame, pepper, cabbage, spinach, onions and tofu. In separate bowl mix the dressing. Add to salad to taste . Serve with sliced almonds.

PROVENCALE POTATO SALAD

1 bag Haricot Vertes (Microwave for 3 mins. Cut in bite size pieces and COOL)
1 container Trader Joes Potato Salad
1/2 cup capers (drained)
1 container Heirloom Tomatoes (halved)
3/4 cup Red Onion (diced)
1/2 cup Black Olives (halved)
TJs French Vinaigrette with Shallots

In a large bowl, mix the cooled, cooked green beans, capers, tomatoes, onion and olives. Gently fold in the Potato Salad. Sprinkle with the vinaigrette just to moisten everything. . Add Tuna and Hard Boiled Eggs for a complete meal.

SPARC Inc.

Services and Programs Assisting
Residents in our Communities

FIND US ON SOCIAL MEDIA

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stay up to date on all things SPARC!



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