



HILLTOPPER

December 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

It was great fun, as always, seeing so many of you at the Nov. 2 Monthly Breakfast, featuring special guests Supervisor Desmond, Mayor Jones and Council Candidate Danielle LeBlang.

A highlight for me was hearing Mikki list all of Palomar West's many clubs, activities & events. With so much available, if you can't find something to do, you aren't trying.

One activity that sounded interesting: the Meditation Class. My lovely wife wants me to start doing that, so maybe I'll give it a try. Hey – it beats sitting around doing nothing.

More News

- Stacey Kazmierski, Palomar's SPARC Representative, returned from Maternity Leave on Nov. 4. Her first event: the Nov. 12 Senior Warm Kit giveaway. It's great having her back and bringing you programs again!
- This month's Kudos go to Garry Larson & Melissa Szilagyi (Sp. 454) for hosting the PEW Annual Food Drive, and Bob & Pat Taylor (Sp. 440), for spearheading the Toys for Tots Campaign...and a big thanks to everyone who donated.
- A reminder from Lisa: your trash is picked up on Tuesday, and we ask that you bring in your cans that same day. Your neighbors will thank you.
- Not much news on the Storm Drain/Hillside Project. We're hoping to have approved plans by the time you're reading this but, of course, we'll be nervously watching the weather reports before starting any work.
- If you're feeling the Holiday Spirit...how about resolving to stick to the Park Speed Limit. While we're at it, perhaps you could also make sure to respect the Stop Signs.

What better way to welcome the Holiday Season!

Remember This Bit of Christmas Trivia?

- Q. Can you name all 10 of Santa's reindeer?
A. Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen, Rudolph and...Olive.

You never heard of that last one? Olive, the other reindeer?

Have fun at the various Holiday parties...and have a Merry Christmas.

George Turk

HAPPY HOLIDAYS!

Dear PEW friends and neighbors,

Here are a few announcements and reminders:



THANK YOU!! To Arleen Schlafer for donating AND making the scrumptious dessert for the Halloween party!



Have you visited the Grandparents closet recently? Take a peek next time you're out and about as it has been cleaned up and well organized by an unknown volunteer and will now be maintained by volunteer Sandra Hartstone. To keep the closet organized, please be sure to call Sandy @ 928.853.0219 BEFORE you donate to the closet. Also, please note that, due to safety issues and liability, we do NOT lend out or store car seats.



Please be sure to email any PEWRA member with items you would like added to the yearly wish list. The items you suggest must benefit the entire park in some fashion. Please also include photos and a simple cost breakdown with your suggestion.



I had a chat with George Turk the other day and he told me that he is very very impressed with how many activities the social committee and other clubs/groups provide for PEW residents. Thanks to ALL the volunteers who make all these events happen!



We are still seeking a volunteer to facilitate a park wide garage/driveway sale. Luanne Foster is happy to provide many of the tools and info needed. Contact Cathie Byrd if you are interested in managing the event.

As the Holidays once more approach, PEWRA would like to send you our warmest wishes. May the true spirit of this season find you and fill your heart with joy.

Cathie Byrd & the PEWRA Board



10 Ways to Stay Safe While Holiday Shopping

- Don't Wear Expensive Jewelry. ...
- Always Be Aware of Your Surroundings. ...
- Carry Your Cash in Your Front Pocket. ...
- Avoid Carrying Large Amounts of Cash. ...
- Don't Overload Your Arms with Packages. ...
- Shop During the Day. ...
- Beware of Strangers Approaching Your Car. ...
- Leave Your Purse at Home.



There are many ways to help a neighbor during the holidays, including:

- **Be available:** Let your neighbors know you're available in case of an emergency
- **Drive someone:** Offer to drive a neighbor to an appointment
- **Pet sit:** Pet sit for a neighbor during the holidays
- **Cook a meal:** Prepare a home-cooked meal for a neighbor
- **Give a gift:** Give a small, thoughtful gift like a Christmas ornament
- **Invite a neighbor over:** You can offer coffee, tea or hot chocolate.
- **Deliver a card:** A heartfelt message can brighten someone's day.
- **Offer to help:** If you know someone who is sick or can't get out to shop, you can offer to run errands, wrap gifts, or put up decorations.

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 – Chair, Cindy Palermo – Treasurer, Marilyn Ferri – Secretary
Simon Spears, Cathy Bassett, Cathie Byrd, 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
Toni D'Alessandro, Tish Litz

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	Tom Matthews	951-660-0411
Garden Club Community Garden	1 st M 2 pm 8 am – 8 pm	Merlin Chancellor Robert Fierro	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, Sat	Trish Coy	760-536-9338

Hilltopper submissions to pewhilltopper@gmail.com.

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

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

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.**

To advertise your business in the Hilltopper,
call Boe Davis at Mobile Home Park Magazines, 408-744-1011, ext. 3107.



Garry Larson	1
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Diane Dripps	4
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Bruce Adams	5
Angelina Hill	5
Eyvonne Manley	5
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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
363		Graham, Ken	760-696-8872
158	Anderson, Shirley		
389	McCarthy, Doris		

DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Recycle	4	5	6	7
	Pickleball 8-10 am Live 2B Healthy 10 am Shufflebrd 1:30pm Women's Billiards 1:30 Garden Club 2pm	Water Aerobic 9 am Men's Billiards 9 am Tai Chi 9 am Ping Pong 10:30am Water Aerobic 1 pm Sunset Pickleball 6 pm Board Meeting 6:30	Pickleball 8-10 am Tennis 9 am Live 2B Healthy 10am Hand & Foot 1 pm	Water Aerobic 9 am Tai Chi 9 am Mahjong 1 pm Water Aerobic 1 pm Sunset Pickleball 6 pm Darts 6-8 pm	Pickleball 8-10 am Live 2B Healthy 10 am Game Night 6 pm	Breakfast 8:30am Pickleball 8-10 am Water Aerobic 9am Water Aerobic 1pm
8	9	10	11	12	13	14
	Pickleball 8-10 am Live 2B Healthy 10 am Let's Dine Out 12:00 Noon Shufflebrd 1:30pm Women's Billiards 1:30	Water Aerobic 9 am Men's Billiards 9 am Tai Chi 9 am 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 2B Healthy 10am Hand & Foot 1 pm	Water Aerobic 9 am Tai Chi 9 am Mahjong 1 pm Water Aerobic 1 pm Sunset Pickleball 6 pm Darts 6-8 pm	Pickleball 8-10 am Live 2B Healthy 10 am Game Night 6 pm	Pickleball 8-10 am Water Aerobic 9 am Water Aerobic 1 pm
15	16	17 Recycle	18	19	20	21
Holiday Pot Luck With White Elephant Exchange 5:00 pm	Pickleball 8-10 am Live 2B Healthy 10 am Shufflebrd 1:30pm Women's Billiards 1:30	Water Aerobic 9 am Men's Billiards 9 am Tai Chi 9 am Ping Pong 10:30am Holiday Event 11am-1pm Water Aerobic 1 pm READY 2 pm Sunset Pickleball 6 pm	Pickleball 8-10 am Tennis 9 am Live 2B Healthy 10am Hand & Foot 1 pm Movie Night 5:30pm	Water Aerobic 9 am Tai Chi 9 am Mahjong 1 pm Water Aerobic 1 pm Sunset Pickleball 6 pm Darts 6-8 pm	Pickleball 8-10 am Live 2B Healthy 10 am Social Hour 5 pm Game Night 6 pm	Pickleball 8-10 am Water Aerobic 9 am Water Aerobic 1 pm
22	23	24	25	26	27	28
	Pickleball 8-10 am Live 2B Healthy 10 am Shufflebrd 1:30 pm Women's Billiards 1:30	Water Aerobic 9 am Men's Billiards 9 am Tai Chi 9 am Ping Pong 10:30 am Water Aerobic 1 pm Mexican Train 4:30 Sunset Pickleball 6 pm	 Merry Christmas	Water Aerobic 9 am Tai Chi 9 am Mahjong 1 pm Water Aerobic 1 pm Sunset Pickleball 6 pm Darts 6-8 pm	Pickleball 8-10 am Live 2B Healthy 10 am Game Night 6 pm	Pickleball 8-10 am Water Aerobic 9 am Water Aerobic 1 pm
29	30	31 Recycle				
	Pickleball 8-10 am Live 2B Healthy 10 am Shufflebrd 1:30pm Women's Billiards 1:30	Water Aerobic 9 am Men's Billiards 9 am Tai Chi 9 am Ping Pong 10:30 am Water Aerobic 1 pm Sunset Pickleball 6 pm Party in the Park 5-9:30pm New Years Eve Event				

NO MORE BINGO UNTIL JANUARY 2nd FINAL NIGHT WAS 11-21



**December is filled with JOY & EXCITEMENT
to share with “family and friends”.
Most definitely....Won’t you share with “us”
at our December 7th, holiday breakfast,
that will be filled with breakfast foods
and favorite goodies, and sing along with music?
Let’s start our “ Merrier Christmas “
“ together ”**

Hope to see you there!

Mikkie

Knife Sharpening Day

Date: December 10, 2024

Place: In Front of the Club House

Time: 9:00 AM to 2:00 PM

Neil Teegarden will be sharpening various items such as knives, scissors, food processor blades, and cleavers. Garden tools will also be done (pruners, loppers, shovels, hedge trimmers, etc.)

Pricing will be on a per item basis such as knives up to 3 inches (\$3), loppers (\$6-\$12), and scissors (\$5-\$8). A full list of other items and prices will be posted.

Direct any questions to Neil at 858-837-2133.



LET'S DINE OUT

**Wear your holiday attire and Let's Dine Out
for Holiday Brunch at Brunch Point**



for traditional breakfast items, burgers, sandwiches, salads and more!
Enjoy their unlimited coffee bar and many specialty beverages.

Where: Brunch Point, 3225 Business Park Dr.

When: Monday, December 9th at 12:00 Noon

Enjoy open menu and separate checks.

Please RSVP to Linda Kerridge at 858-776-6783.

Please let me know if you need a ride. Thank you.

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!

November wrapped up 2024's Book Club reads. We will be taking the December holidays off and start a brand new year of reading, in January, 2025.

Meanwhile, take some time away from the hustle and bustle to read a good book this holiday season!

Cynthia (Cindy) Towle

503.317.3544

Towlecandr@gmail.com



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



Cooking With Katie

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

Date: No Class in December

AUTUMNAL SPAGHETTI SAUCE DINNER

1 jar Autumnal Harvest Pasta Sauce OR. RAO's Marinara Sauce
1 package Italian Chicken Sausages (cut into rounds)
1 Spaghetti Squash (cooked and shredded)
Wedge of fresh Parmesan Cheese (shredded to taste)

Cook the Spaghetti Squash in microwave or oven and set aside. In a skillet, brown the rounds of sausage in olive oil. When both sides are browned, add the sauce and stir and simmer until hot. For serving, shred the Spaghetti Squash into strands, then top with the hot sauce. Before serving, add fresh Parmesan cheese to taste.

LENTIL SPINACH SALAD

1 pkg pre-cooked lentils
1 container fresh Bruschetta
1/2 to 1 tub crumbled feta cheese
1 bag Organic Baby Spinach (Chopped)
3 T. Balsamic Vinegar
Salt and pepper

In a big bowl, mix the lentils, bruschetta, vinegar, salt and pepper. Before serving, stir in the spinach and the feta.

LAZYS MAN'S ENCHILADA PIE

1 Box frozen Taquitos
1 jar Enchilada Sauce
1 can chopped tomatoes (low salt) drained
1 bag frozen roasted peppers and onions
1 can sliced olives (drained)
1/2 to 1 bag shredded Three Cheese Blend

Place taquitos in a single layer and bake 15 minutes at 400 degrees. Remove from oven. In a bowl, mix the Enchilada Sauce, diced tomatoes, peppers and onions and pour evenly over the taquitos. Sprinkle with cheese to taste and olives. Bake at 350 for 20 minutes OPTIONAL: Sour cream, Avocado, cilantro.

HOLD THE CONES MINI ICE CREAM CONES

Vanilla, Chocolate, Chocolate Chip, Coffee, Pumpkin, Peppermint

Garden Club

Happy holidays to one and all. We are right in the middle of the joyous seasons. Take some time out and treat yourself.

We did just that at our November meeting. Instead of our regular meeting we convened at Cathie Byrd's for a class in creating mosaic stepping stones. There was so much material to choose from, everything from broken pieces of tile to flat marbles. Everyone had such great and diverse ideas for designing their individual stepping stones. Half the fun was seeing the images come to life. I must say we have some talented and very creative people in our community.

There was quite a turn out. I counted 30 people, most were making stepping stones, some observing, and some assisting in the process. Cathie was a great instructor, guiding people throughout the journey and giving advice as needed. I want to give Cathie a big shout out and thank you for hosting/instructing the workshop. In addition to everything she did for the class, Cathie had quite a spread of delicious treats waiting inside. In coordination with Pat and Mary they provided some savory, some sweet offerings. I have to say it was a tie between Cathie's homemade toffee and the sangria. We made quite a mess while having so much fun! I know each participant ended up loving their creations and enjoyed watching everyone else complete their artistic visions.

Join us for our next meeting on December 2nd, we will be hosting a Holiday Celebration potluck/afternoon tea. Please bring a plate of your favorite finger food delights and your favorite teacup if you have one (it tastes so much better in a teacup than a paper cup). Assorted teas will be served. This will be a great way to end 2024 and enjoy the fellowship of your fellow gardeners.



**"In every walk with nature one receives far more than he seeks."
- John Muir**

Keep up the great work everyone,
Merlin Chancellor



Which is Better: Wild-Caught or Farmed Fish

By Herb Field
Forensic Entomologist

I know it must be strange to write an article about fish when it's not about the fish in our lake, although I doubt anyone would eat LSM fish based on the water quality. Based on American eating habits fish is becoming the fastest growing part of our protein source. Over half of our fish now come from farm raised suppliers and by 2030 two thirds of our fish will be from farm raised sources. I've discussed this question, Wild caught or Farm raised, with many people and there seems to be as many answers as there are people asked.

So, I'll review the pros and cons of each and let you decide.

Wild-caught fish are often healthier, with less contamination from man-made toxins because they feed on a natural diet of smaller fish and algae and come into contact with less bacteria and parasites. The downside is that many larger wild caught fish are high in mercury, and poor fishing methods can harm the ocean habitat and result in overfishing. Mercury is a naturally occurring toxic metal existing at low levels in air, land and water that enters streams, rivers and oceans primarily through rain and surface water runoff. It's converted by bacteria to methylmercury, a form dangerous to humans. The only way to limit mercury from wild-caught fish is to avoid larger fish that have eaten lots of smaller mercury-containing fish. So, avoid king mackerel, swordfish, marlin, bluefin tuna and orange roughly.

Farm-raised fish can have more contamination for toxic chemicals such as PCB's and dioxin. They are often raised in crowded conditions and contain higher rates of bacteria, antibiotics and parasites. The good news is that many farmed fish are now grown in a way that is better for the environment and healthier for us.

The following are things to consider when shopping for fish.

What is the country of origin and do some research on farming methods used in that country.

If wild, look for a label that says it was sustainably caught.

If farmed look for words like, organic, responsible farmed, certified sustainable, or ASC Certified, Non GMO fed.

"Fish Fraud" is a real thing, meaning that the fish you think you are getting may not actually be as labelled.

The following is a list of wild-caught recommendations based upon a week's worth of research.

Wild caught salmon (Pacific Northwest and Alaska)

Halibut (Pacific)

Anchovies (Adriatic Sea)

Sardines (Pacific)

Mackerel (Atlantic)

Wild Shrimp and Prawns US only (avoid imported)

Sea Scallops (US and Canada)

The following is a list of farm-raised recommendations.

Tilapia Char (worldwide)

Oysters (worldwide)

Clams (worldwide)

Rainbow trout (US)

Halibut (Atlantic)

Coho Salmon (worldwide)

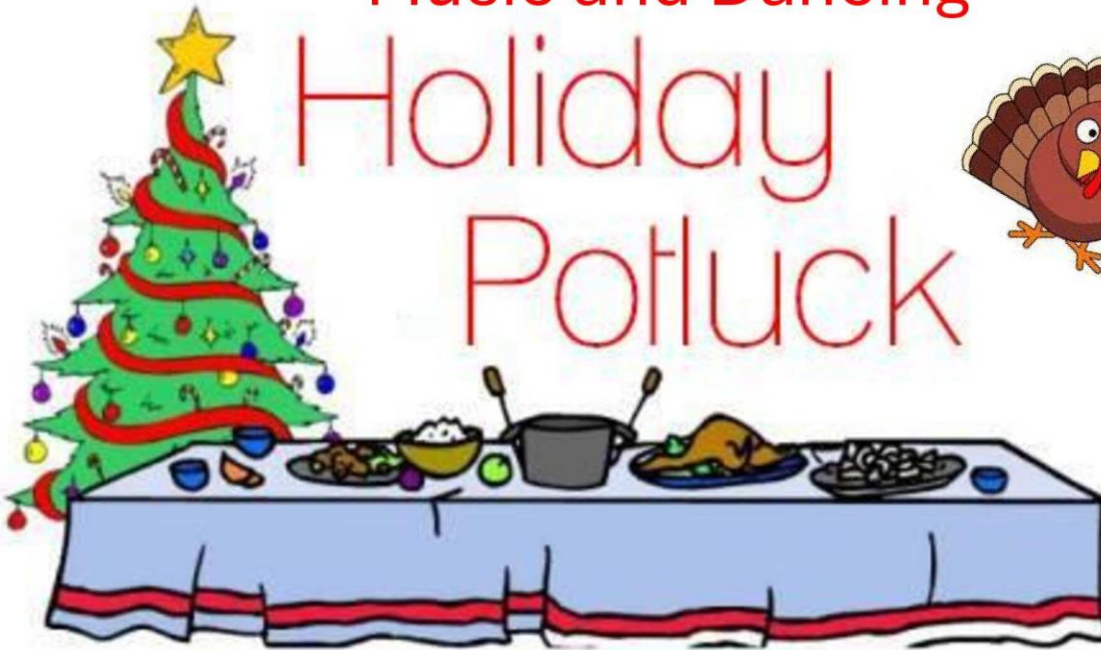
A note about salmon: Farmed -raised Atlantic salmon (excluding Coho salmon) are usually a bad choice as many countries raise them on a GMO grain-based diet. More salmon in the US, Canada and Denmark are raised in recirculating systems which are much healthier. As you can see the answer to whether you should eat Wild-caught or Farm-raised isn't an easy one but hopefully now you are a little more informed before choosing.

If you have any insect or gardening questions, please forward them to entomologyservices@gmail.com

Home for the Holidays

Music and Dancing

Holiday Potluck



White
Elephant
Gift
Exchange



Please join us for a casual **FREE** holiday potluck
Sunday December 15th 5:00 PM

Bring your own favorite holiday homemade side dish or
dessert for 8-12 people.

Turkey and ham are provided.

Sign up at the clubhouse by Wednesday December 11th

Bring a wrapped gift, maximum value \$15.00

Gift Exchange is optional

A Social Connection Event



YOU ARE INVITED TO

The Palomar West Holiday Event!

17 DECEMBER,

Tuesday

2024

11am - 1pm

**Event will be held at the Palomar East
Clubhouse.**

Enjoy lunch, live music and bingo games.
Please sign up in the Palomar West
clubhouse.
25 spots available.

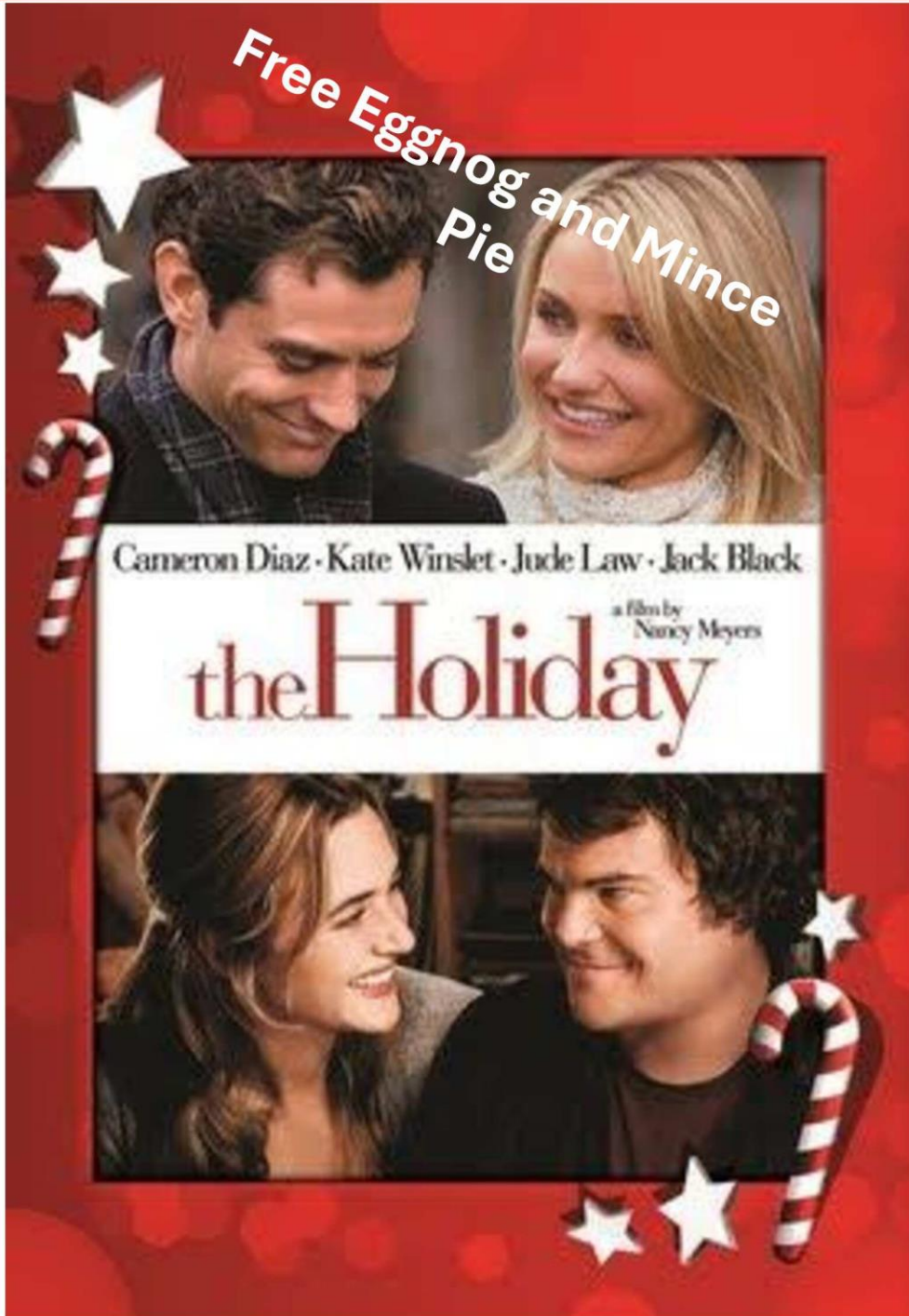


Christmas Movie The Holiday

December 18th – 5:30 PM Movie

Please sign-up as spaces are limited to 30 – Thank you

Movie Night, popcorn/Soda



Social Connection





Social Connection

Party in the Park

\$25.00

Tuesday December 31st

4:30 – 9:30 pm

Join us at the Clubhouse for live music with Cadillac Fringe, Chicken Marbella, Rice, Salad, Bread, Dessert, and 50/50

Watch the BALL drop in New York!

Sign up and pay before the December 27th





Annual Food Drive

Starts on November 15th Drop off
@ Space 454 - Garry & Melissa

Items Most Needed:

Canned meat and fish
Canned vegetables and fruits
Canned soup
Peanut butter
Oatmeal and cereal

Annual Toys for Tots Toy Drive

Starts on November 15th Drop off @ Space 440 - Bob & Pat

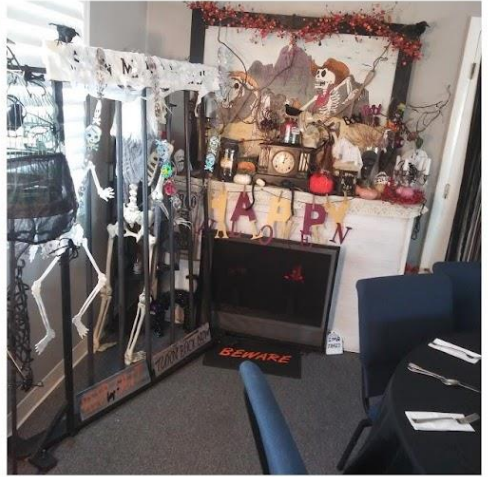
NEW, UNWRAPPED TOYS ONLY.

No person should go hungry, and no child
should be without a toy on Christmas.

Thank you for your generosity.
Garry Larson, Vice President, PEWRA

Halloween 2024





PALOMAR ESTATES WEST SOCIAL CONNECTION

INVITES YOU TO

PAR-TEA FOR A CAUSE

TEA AND FASHION SHOW

BENEFITING:

COMMUNITY RESOURCE CENTER (CRC)



CRC serves more than 7,200 people each year with emergency assistance, domestic violence emergency shelter, counseling, housing stability and access to food.



SATURDAY, February 22nd 2-4p PEW Pavilion

\$20.00 per person

BRING YOUR FAVORITE TEACUP & SAUCER

OR

RENT A TEACUP & SAUCER AT EVENT FOR \$5.00 FOR A CHANCE TO WIN
A "WINE AND DINE-IN PACKAGE FOR 4 PEOPLE" FROM CB CATERING

Event details:

- **2:00 pm-** Silent auction, 50/50 drawing and CRC accessory shop opens - *pay with cash or check please*
- **2:15 pm-** Welcome, savory delights and tea served
- **2:45 pm-** Silent auction closes, sweet treats served, CRC Resale Store fashion show, 50/50 drawing, silent auction winners announced

To reserve your seat(s) sign up on the clipboard in the PEW clubhouse lobby by 2.18.

BRING A FRIEND!

BYOB

SPARC Inc.

Services and Programs Assisting
Residents in our Communities

FIND US ON SOCIAL MEDIA

Follow & Like SPARC on social media to
stay up to date on all things SPARC!



SPARC



SPARCINC



www.sparc-ca.org

