



# HILLTOPPER

November 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](mailto:Palomarestateswest@gmail.com)

**Resident website:** [Pewresidents.com](http://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](mailto: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

Many of you have been asking what the City will do when Palomar's ground lease expires in 13 years. When I heard that Council Member Jenkins was attending the Oct. 1 PEWRA meeting, it seemed like a good chance to get her thoughts on that.

Not so, as it turned out. Ms. Jenkins will be off the Council after the upcoming election, as she's termed out, so she wasn't able to offer any insights. It was still an interesting meeting, however.

Jenkins was joined by City Manager Michelle Bender, who made a plea for the Sales Tax Measure. I don't know if Bender has ever been to the Park, so it was an opportunity to educate her about our concerns. She even promised to help push the Storm Drain along.

You'll be electing a new Council Member in just a few days, and you'll want to know if your candidate will protect Palomar's residents. Don't think your vote is important? Consider this: the Mayor in "Jaws" is still the Mayor in "Jaws 2." Scary thought, isn't it?

### More News

- Kudos this month go to Debora McQuillan, "for overseeing Dog Park duties." A dirty job, but someone has to do it. Debora has now turned over the leash to Tom Matthews (Sp. 250). Thanks, Tom, for taking on this important task.

By the way, you can blame Lisa for that pun.

- A reminder: if you want to reserve the Pavilion or other rooms in the Clubhouse, do it early. They book quickly, and you don't want to be disappointed.
- Recent expenditure: \$8,400 to replace the sidewalk behind the East side of the Clubhouse...and, of course, several thousand more on Storm Drain plans. I hope to have an update on that for you next month.

### Did You Get a New Puppy?

Time will tell whether you get our congratulations or our sympathy, but, as you watch your shoes become chew toys, don't forget to let us know about your new buddy. Per paragraph 15A of the Park Rules, all pets must be approved by management.

This applies to existing pets as well. If you stop by the Office, Lisa will give you the Pet Application form. She loves animals as much as you do and is happy to help "legalize" your dog or cat. Speaking of which...

- Q. Why can't an unregistered Dalmatian ever hide from Lisa or Felipe?  
A. Because it's always spotted.

Have a fun Thanksgiving!

*George Turk*

## NEWS FROM YOUR PEWRA

Where did the year go? Time seems to be moving faster as we age!

This has been my first year on the PEWRA Board. Collectively, we work together to enhance the park for all residents, and I hope you feel as proud as I do to live in one of the best mobile home parks in all of San Diego County.

I want to bring to your attention how we look at your needs to help keep our park beautiful, and how we want to help you, the residents, keep your units clear of unnecessary and unused debris. Earlier this year we started with a "Dumpster Day" for your convenience in clearing out your old furniture, patio items, old BBQ's, and other items you wanted to dispose of. Next we had a "Battery Recycle Day" followed by a "Paint Recycle Day" and then a "Knife Sharpening Day". These were all provided to assist residents in keeping their spaces free of unused and/or unnecessary items. We plan to provide these services again next year. If you have any ideas to add to this, please contact me.

I want to thank Brent Parkman, Rusty Bassett, Dave Mugg, Neil Teegarden, Chuck Shop and Rick Towle for their assistance in providing the above services.

Another service some residents might not be aware of is the Medical Rehab Lending Locker. We are able to provide you with equipment that has been donated by residents who have (or had) a need for a variety of items such as wheel chairs, walkers, canes, crutches, shower chairs, and a wide variety of other items and helpful equipment. If you have a need for any of these items, call me or Rusty Bassett.

### REMINDERS:

- The Medicare ladies will be here Monday, November 4th from 1:00-3:00pm in the craft room.
- The website for Citizens for a Friendly Airport is: [c4fa.org](http://c4fa.org)

The Board wishes you all a Happy Thanksgiving and we hope 2025 will be a great year for everyone!

Jesse Nieto  
PEWRA Board Director  
408-666-8088



In California, daylight saving time (DST) will end on Sunday, November 3, 2024, at 2 AM local time, when clocks will "fall back" one hour. This means that residents will gain an extra hour of sleep.

DST begins in California on the second Sunday in March and ends on the first Sunday in November. In 2024, DST began on Sunday, March 10, when clocks moved ahead one hour to 3 AM.

DST is practiced making better use of daylight and save energy, especially in the spring, summer, and fall evenings. When clocks "fall back" in November, it's to add more daylight in the mornings.

Some states, like Hawaii and most of Arizona, don't observe DST and instead observe permanent standard time. California voters approved a proposition in 2018 that would allow the state legislature to pass legislation to make DST permanent, but no legislation has been passed yet.



You should not pour grease down the drain because it can cause serious plumbing issues, damage the environment, and harm your home:

- Clogs  
Grease can solidify and build up in pipes, which can narrow the pipes and cause clogs.
- Backups  
Grease buildup can cause your pipes to back up, which can lead to sewage in your home.
- Sewer overflows  
Grease can cause sewer pipe overflows, which can be hazardous to your health and the environment.
- Damage to pipes  
Grease can damage your home's pipes.  
Instead of pouring grease down the drain, you can:
- Reuse  
Save grease and oils in an airtight container in the fridge or freezer and use them again when they are solid.
- Dispose of properly  
Pour fats and oils into an empty can and throw it away. You can also use paper towels to soak up the oil and throw them in the trash.





**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: 1<sup>st</sup> Tuesday of the Month (6:30) in the Pavilion Room**

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**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 &amp; 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 <sup>st</sup> 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 <sup>st</sup> 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 <sup>nd</sup> and 4 <sup>th</sup> 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 <sup>rd</sup> 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](mailto:pewhilltopper@gmail.com).

All submissions must be submitted by the 10<sup>th</sup> of the month.

If you notice any errors or omissions, please contact the Hilltopper at [pewhilltopper@gmail.com](mailto: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.



Cheryl Binns	1
Mark Martin	1
Wade Dawson	1
Karen Sanchez	1
Rozy Sharma	2
Glenda Arnhart	2
Linda Belanger	2
Linda Suckling	2
Kay Kristin	3
Karen Ritter	3
Helen Lyons	5
D Fringer	6
Karen Williams	7
Caroline Sue Cooper	7
Kea Simental	7
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Michael Guy	28
Roberto Batres	28
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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](mailto: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
3		Camilleri, John & Elizabeth	626-644-7881
84	Grage, Ray & Vicky	Cunningham, Bret	801-891-2253
		Cunningham, Raini	801-891-2254
74	Rodriguez, Peter	Unlisted	

# NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b>	<b>2</b>
					Pickleball 8-10 am Live 2 B Healthy 10 am  Game Night 6 pm	Breakfast 8:30am Pickleball 8-10 am Water Aerobic 9am  Water Aerobic 1pm
<b>3</b>	<b>4</b>	<b>5 Recycle</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	Pickleball 8-10 am Live 2 B Healthy 10 am  Shufflebrd 1:30pm Women's Billiards 1:30	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 <b>Board Meeting 6:30</b> <b>VOTE!</b>	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	Pickleball 8-10 am Water Aerobic 9 am  Water Aerobic 1 pm
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Hilltopper Submissions Due	Pickleball 8-10 am Live 2 B Healthy 10 am  Shufflebrd 1:30pm Women's Billiards 1:30 pm Let's Dine Out 5PM	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 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  Water Aerobic 1 pm  Craft Fair 9:30-1:00
<b>17</b>	<b>18</b>	<b>19 Recycle</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	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 READY 2:00 Cooking with Katie 4:00 Mexican Train 4:30 Sunset Pickleball 6 pm	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  Book Club 2 pm Game Night 6 pm	Pickleball 8-10 am Water Aerobic 9 am Water Aerobic 1 pm
<b>24/31</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	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 10:30 am Water Aerobic 1 pm Sunset Pickleball 6 pm	Pickleball 8-10 am Tennis 9 am Live 2 B Healthy 10am  Hand & Foot 1 pm	 <i>Happy Thanksgiving</i>	Pickleball 8-10 am Live 2 B Healthy 10 am  Game Night 6 pm	Pickleball 8-10 am Water Aerobic 9 am Water Aerobic 1 pm

NO MORE BINGO UNTIL JANUARY 2<sup>nd</sup> FINAL NIGHT IS 11-21





***Please....be a good month that brings smiles  
and happiness to our lives.***

It is the month of Thanksgiving and pre-Christmas excitement that simply needs to be welcomed. So, with all the fun and delightful reasons to love this month, let's welcome breakfast, and celebrate "together"

**BIG SURPRISE**

All our favorites joining us.

***Reminding us that we have so much to be grateful for!***

*November 2nd - 8:30..... Hope to see you there!*

*Mikkie*

## LET'S DINE OUT



**Join us at our favorite local Chinese restaurant.**

Where: Panda Garden (next to CVS)

When: Monday, November 11th at 5:00 PM

Please call or text Jesse Nieto to reserve your seat. Let me know if you need a ride.

Jesse's Phone: 408-666-8088

## **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 3<sup>rd</sup> 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*

**Palomar Estates West's Annual**

# **Craft Fair**



**Saturday, November 16<sup>th</sup>**

**9 a.m. – 1:30 p.m.**

At the Pavillion (Clubhouse)



**Bring a friend!**

Handmade Crafts & Baked Goods. Food Vendor for lunch.

FREE raffle for \$10 Craft Fair Coupon.

Raffle at 10, 11 and 12. Must be present to win. Free coffee and donuts while supply lasts.



## Rescheduled Movie

# Hunt for The Wilderpeople

November 20<sup>th</sup> 6:00 PM Movie  
A Social Connection Event – Please sign up

Popcorn and Soda



A Social Connection Event



## **Annual Food Drive**

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



## PEW Book Club

Greetings from The Book Club!

In October we read and discussed “James” by Percival Everett.  
November’s book will be “Calypso” by David Sedaris.

November will wrap 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](mailto:Towlecandr@gmail.com)

*“I cannot live without books...”* Thomas Jefferson to John Adams June 10, 1815

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**Did you know you can vote in person on  
Saturday, Sunday and Monday  
before Election Day????  
If you want to vote in person, beat  
the rush!!!!**



**But Vote!**

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## MEDITATION GROUP - CHANGE OF VENUE

The meditation group is now meeting at **Space #40** here in the park. We welcome anyone who practices meditation or

wants to begin meditating to join our group. We meet

**every Tuesday and Thursday at 10:30 a.m.**

If you have any questions, please contact

Sali Weiss at: 619-729-3226.

We look forward to seeing you at our next meeting.

The home is on Sea Breeze.





## Cooking With Katie

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

**Date: Tuesday November 19th**

**Time: 4pm-5:30pm**

**Location: Palomar West Clubhouse**

### **Demo: Thanksgiving**

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

## No Cooking With Katie in December

### **MINI MUSHROOM AND SPINACH QUICHE**

6 strips of bacon (cooked and crumbled)  
1 T EVOO  
8 oz mushrooms (coarsely chopped)  
1 lg. shallot (diced)  
2 cups baby spinach (chopped)  
8 eggs  
1/4 cup skim milk  
1 bag Swiss/ gruyere cheese  
Salt and pepper

Preheat oven to 375 degrees. Coat a 12 cup nonstick muffin pan with cooking spray.. In a large hot skillet add the oil, mushrooms and shallots and cook until mushrooms are brown. Remove from heat and stir in the spinach and cook until wilted. Set aside to cool. Whisk the eggs, milk, salt and pepper until combined. Divide the mixture between the muffin tins. Top with the mushroom/spinach mixture and then chopped bacon. Bake 20 to 25 minutes. Cool 5 minutes and transfer to a wire rack. Serve warm or at room temperature.

### **TING A LING SNACK**

4 cups Heritage Flakes Cereal  
1 cup walnut pieces OR sliced almonds  
1/2 cup dried blueberries  
1/2 cup dried cherries (Chopped)  
1 Pound Plus Dark chocolate bar

Break up chocolate bar into small squares and put in microwave bowl. Microwave in one minute intervals, stirring after each one, until completely melted. In a large bowl mix the cereal, nuts and fruit. Pour in chocolate mixing until everything is combined and coated. Spread on baking sheet lined with parchment paper and chill 30 minutes or until firm.

# Garden Club

Welcome Autumn! Even though the temperature is still Summer-like I'm loving the foggy mornings and cool night temps. It's time to thin, clean, re-work, and refresh our landscapes. This is also a best practice for fire safety around your home which was the topic of this month's meeting.

We were joined by Master Gardener Cindy Bruecks who covered landscaping for fire resistance and overall fire readiness. Besides editing your existing landscaping of all debris, think about defending your home by using metal window screens and ash blockers on vent screens. A great way to stay informed of any fire in your area is to sign up for notifications at [www.readysandiego.org](http://www.readysandiego.org) and **WATCH DUTY** by County from CalFire.

Refreshments went fast! The theme was everything lemon. We enjoyed Arizona sunshine pie and lemon bars with lemon & ginger tea to complement the sweet treats. If anyone wants the recipes let me know and I'll send them to you. I used Meyer lemons in both recipes. A shout out to Jetta for bringing the great muffins for us to enjoy.



Please join us for our next meeting on November **4th**. Cathy Byrd will be conducting a class on making mosaic stepping stones, sponsored by PEW Garden Club. Signup by 10/21/24, signup sheet will be at the clubhouse or text me at 661 670 1336. Reminder to bring broken bits of glass, pottery, tiles etc. All other materials will be provided.

For our **December 2<sup>nd</sup>** meeting the Garden Club will host a Holiday Celebration afternoon tea. Bring a plate full of your favorite finger food delights, assorted hot teas will be served.

**I thought I was retired but then I planted a garden.**  
**Unknown**

Enjoy the fall weather and upcoming holidays,

**Merlin Chancellor**





## **Integrated Pest Management-How it works in the Home and Garden**

By Herb Field, Forensic Entomologist

I've written articles about organic gardening verses the use of synthetic pesticides and fertilizers, we've also have had conversations about how to create a balanced garden but the origin of all these ideas and practices flow from the concepts in an Integrated Pest Management (IPM) program.

There are some stark differences between IPM in your home and in an agricultural setting like a farm or backyard garden. The most significant difference is the concept of tolerance. In an agricultural setting the farmer needs to weigh the cost of a portion of his/her crop that may be eaten by pests against the cost of the pesticides needed to control the same pest. During college I spent a summer working as an entomologist surveying pest population in alfalfa. What I would do is sweep through the alfalfa with a net to capture a pest called a pea aphid. A pea aphid is the King Kong of aphids, they are very large and a net that is filled with the little buggers is heavy. The purpose was to estimate the population size per acre then express that into a percentage of the crop that would be lost. At that point a farmer could decide whether it is cheaper to lose a portion of the crop or spend the money on treatment.

In a structural setting like a home or restaurant the criteria for success is very different. One cockroach in a restaurant can close the eater down for days while an elimination program can be utilized. In a home the tolerance level is solely dependent on the inhabitant. In our home a spider is lifted and carried outside, other homeowners would want the house treated to kill everything so success isn't an economical decision but rather an emotional one, often based on fear.

What composes an IPM program? Regardless whether the environment is agricultural (your garden) or structural (your home) much of the approach is the same.

1. Identify the target pest- without knowing exactly what the pest is it's nearly impossible to create a control program. Here's a good example and one I've run into while serving as an expert witness. I get a call that a tenant is being bitten and the court wants me to design a control program to eliminate the problem. The dilemma is what is biting the tenant, is it bed bugs inside the unit or is it bird mites from an abandoned pigeon nest on the exterior of the structure? The control approach as you can see is radically different, hence one needs to ID the pest first.
2. Sampling- In agriculture and my garden sampling is important, for a farmer as previously described its an economic issue, in my garden I refuse to treat my tomatoes if I see a small amount of damage from hornworms, I consider it the price you pay for growing organic, in a residence the sample maybe the line of ants leading into your kitchen refuse. If you own an apartment building then sampling is vital as the size of the cockroach infestation in each unit dictates the frequency of service.
3. Prevention- In a winery it may be the reduction of dust thrown up from an adjacent road onto the plants weakening them and allowing mites to thrive. In an apartment or restaurant with a history of cockroaches it would include sealing crevices that allow breeding to take place, and in our home, it would be caulking around pipe intrusions into a wall preventing ants to enter or changing out exterior lights that don't attract midges. In our garden it could be companion planting, soil amendments that strengthen the plant to survive insect attacks.
4. Control- The key to control as far as I'm concerned is the best approach is the least toxic approach that solves the problem with the least impact to you and your environment. What does that mean? Instead of spraying your entire property for ants, investigate how that are getting in and bait that area to eliminate the colony. For cockroaches in apartment or restaurants the use of bait is far more effective and safer than sprays. In our gardens, the use of materials registered for organic-settings is just as effective as sprays that kill the beneficials as well as the pests, contaminate our environment and effect our health.

If you have questions or want to tour the gardens, contact me at [entomologyservices@gmail.com](mailto:entomologyservices@gmail.com)

# Who Am I Contest

***Join your friends and match the current photos of residents with their childhood photos, the winner receives a prize.***

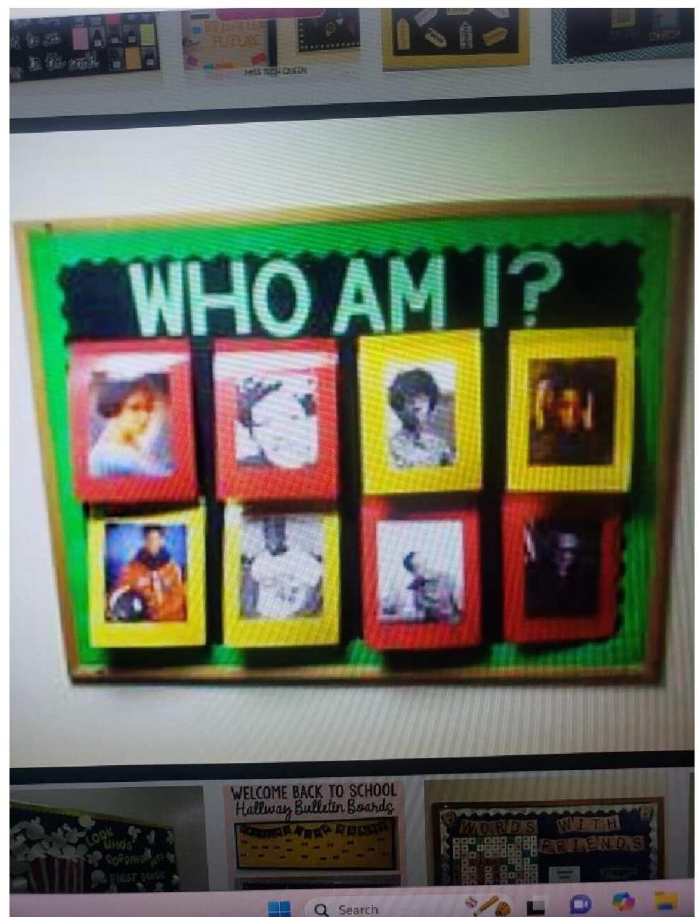
\*We will place a photo collection box for residents to drop off their current and childhood photos in the lobby from November 20th to November 27th.

\*We will then place each photo (one current photo, one childhood photo) on a bulletin board placed on an easel in the lobby, each photo numbered and lettered for people to match up photos.

\*The ballots with the guesses will be placed in a collection box. After a week we will collect the ballots. Once reviewed, we will award the person with the most correct guesses a prize.

If you have any questions please contact:

Merlin Chancellor or Debbie Stevenson





# Oktoberfest



What a great event we enjoyed last month! Heike Corbeil in coordination with the Social Connection presented Oktoberfest. Live music and an MC put on quite a show including many contests with prizes.

We couldn't have had such a successful event without the work Heike and Arleen poured into the party plus all the prize donors.

Heile provided all the decorations, festive aprons, and many other party accessories which elevated the mood.

Thank you for spearheading the event inspiring us. It was perfect.

Shout out to Arleen Schlafer for making and serving up the most spectacular strudel a la mode. You always do such a first rate job and we all appreciate it! Thanks again!

We can't forget the many prize donors including Mary Ahart, Cindy Palermo, The Mining Company, The San Marcos Deli, Path to Wellness, and Star Autohaus German Auto Service.

A big thankyou to all of you !

Submitted by Merlin Chancellor



YOU ARE INVITED TO

# The Palomar West Holiday Event!

17 DECEMBER,

2024

Tuesday

11am - 1pm

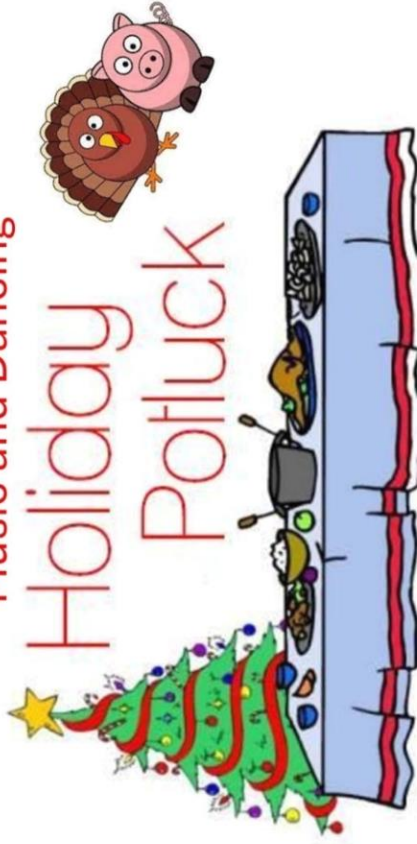
Event will be held at the Palomar East Clubhouse.

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



# Home for the Holidays

Music and Dancing



## Holiday Potluck



Please join us for a casual **FREE** holiday potluck  
Sunday December 15<sup>th</sup> 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 11<sup>th</sup>

Bring a wrapped gift, maximum value \$15.00

**Gift Exchange is optional**

A Social Connection Event



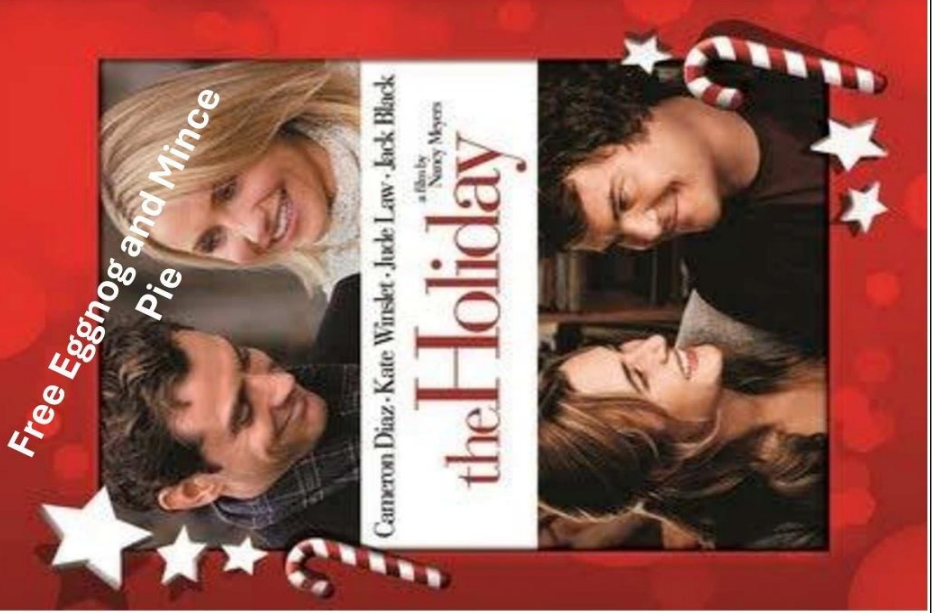
**Christmas Movie**  
**The Holiday**

December 18<sup>th</sup> – 5:30 PM Movie

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



Social Connection



Movie Night, popcorn/Soda

Social Connection



**Party in the Park**

**\$25.00**

**Tuesday December 31<sup>st</sup>**

**5:00 – 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 27<sup>th</sup>





# SPARC Inc.

Services and Programs Assisting  
Residents in our Communities

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