

WARM SPRINGS KNOLLS WSK

A 55+ Community

Community Newsletter

March 2024

38145 Via Del Largo
Murrieta, CA 92563

Office: (951) 677-5758

wsk.murrieta@gmail.com

Office Hours:
Fridays - 9 to noon

A Note From Our President-Tom Woolslayer



Thank you to those who attended the Waste Management meeting with the city. Hopefully most questions were answered, if you have additional things, please let us know. Your Board wants to answer any questions we can and get answers if we don't know.

We have several volunteer positions open as of this article. We will be trying to solicit some of you for help.

Open Positions:

- Newsletter Editor
- Emergency Prep
- Audit Committee

If you have a skill or knowledge, you can share. Please let us know. We appreciate the assistance.

Gates: We are having a Tri Unit meeting in March with Golf and Spring Knolls I'm sure it will be discussed. We will keep you advised. If you do have Tri Unit issues, please contact a board member or email us so we can address your concerns at the meeting.

Here's to spring coming quick!



2024 Board of Directors

President

Tom Woolslayer
951-252-5652

Vice President

Woody Smith
951-440-6900

Treasurer

Joanne Marsh
714-401-7648

Secretary

Sherry Tatar
951-536-4604

Architectural Director

Henry Kantrowitz
951-202-1130

Facilities Director

Nancy Misko
805-268-0523

Keys & Calendar

Debra Clark
562-322-7727

Alliance Association Management

42111 Avenida
Alvarado Suite E2
951-412-1662

Newsletter

Newsletter.wsk@gmail.com

WSK MEETINGS

NEXT MEETING
3rd Saturday
April 20, 2024, 12 noon

WSK HOA FINANCIALS

YTD as of end of January 2024

Operating:	\$ 45,274.40
Reserve:	\$142,527.39
CDs:	\$134,487.03

2024 Volunteers

Activities

Sherry Tatar
951-536-4604

Audit Committee

Open position

Clubhouse Rental

Debra Clark
56-322-7727

Compliance Officer

Frank Biddle
760-716-4775
Ken Marsh
714 3-93-8804

Emergency Prep

Open position

Library

Pierce & Norma Box
951-696-1070

Newsletter

Temp-The Board
open position

Senior Advocate

Shelby Price
951-461-7557

Streets/Infrastructure

Jim Francis
951-440-2215

Welcome Committee

Marsha Brinker
Threase Leone
Nancy Misko
Joanne Marsh
714-401-7648

Proofreader

Frank Biddle

Website

James Sebring
760-294-1122

Police (non-emergency)

(951) 304-2677

Waste Management

(Trash bin replacement)
(714) 558-7761

From the Vice President – Woody Smith



Thank you to all who voted me to the board as Vice President. One of my job responsibilities is overseeing compliance. Ken Marsh and Frank Biddle are our compliance officers on the committee, they help me control the neighborhood to watch for the infractions.

We all want to live in a nice community. So, everyone needs to follow the rules. We all know that overnight parking is not allowed without a parking pass. If you know your car or a visitors needs to park on the streets overnight, you need a parking pass. Just call. If you don't get a pass, **you will be fined.**

Also, your trash cans need to be off the street and out of sight, no later than 12 noon on the following day.

With all the rain we have had the weeds are starting to pop up. Try to get those under control before they get out of hand. This is one of the rules that really gets abused. I know more rain is expected, so do your best to keep control. Together we will make our neighborhood looking great and neighborly. Thanks all of you for your support.

From the Treasurer – Joanne Marsh

30 Year Study

In 2020 we were near 70% of our reserve funding. The new 2023 study shows we are just over 50% . So financially we are not in trouble but aren't as solvent as we should be or as we would like to be.

If you have concerns or question, please call to make an appointment to come in and look at the books.



I will be gone on vacation till March 25. My phone will be on please reach out to me if you have any question or concerns about the HOA Finance

From the Secretary – Sherry Tatar

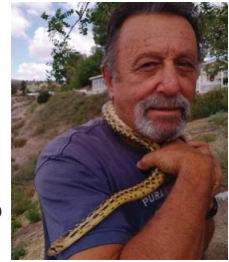


I'd like to thank those that have taken the time to fill out and return the Owners Certificate that was sent out with the Annual Packet in December. This form must be completed annually to comply with Civil Code 4041.

They were considered late as of January 31st and are now subject to fine. Please send in these yellow sheets filled out and signed on the back. Several folks have missed the signature area so pay close attention. Please help us to maintain our records in a timely

Architectural – Henry

This is a good time to start either pulling or spraying weeds. They are easy to pull out with the rain we have had. Since most of the weeds are small, they are easier to kill with herbicide also. I recommend Captain Jack's Dead Weed Brew, Natria Grass and Weed Control and other natural herbicides on the market.



If you haven't pruned your fruit trees this is the last month to do so, before they start to blossom.

It is still a good time to plant California Native Plants as well.

Many of the people in our community have shared with me that they either are pre-diabetic, have type 2 diabetes or diabetes. We always hear about the common foods that are not good for these conditions, such as sugar, high fructose corn syrup, corn syrup, fruit juice and some types of carbohydrates.

Surprisingly fruit juices, like orange juice and others, have almost as much sugar as sodas. It is fructose but it still has the same effect as other sugars and causes huge glycemic spikes. The best way to consume fruit is to eat the entire fruit. The fiber slows down the sugar spike and is absorbed better.

There is another very large study that will be surprising to most of you regarding this topic.

A study led by researchers from the Harvard School of Public Health and published in The American Journal of Clinical Nutrition, found that people who eat just two servings of red meat a week are at higher risk of developing type 2 diabetes than those who eat fewer. The study further found that the risk increases the more red meat you eat.

Previous studies have linked red meat consumption and type 2 diabetes risk, but this study, which analyzed health data from **216,695 participants** for an extended period of years, strengthens the certainty of the association.

Researchers found that participants who ate the most of both processed and unprocessed red meat had a **62% higher risk of developing type 2 diabetes** compared to those who ate the least, **with each additional daily serving of processed red meat carrying a 46% greater risk and every additional daily serving of unprocessed red meat a 24% greater risk.**

"Given our findings and previous work by others, **a limit of about one serving per week of red meat** would be reasonable for people wishing to optimize their health and well-being," said senior author Walter Willett, professor of epidemiology and nutrition.

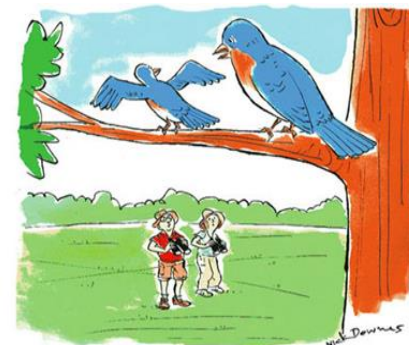
Facility -Nancy Misko

Bathroom Remodel Update



Debra Clark is taking over as the Chair of the Remodel Committee, and we are in the process of finalizing all details and price.

We are working on a timeline, and we will let you know when we have more information. We postponed the remodel in 2023 hoping for grant money, but there isn't any more available.



"Not yet. Don't fly off until the moment they raise their binoculars."

Keys & Calendar – Debra Clark



To the homeowners who rented the clubhouse in February. we appreciated you for leaving it the way you found it!

**Looking for a place for a party or gathering?
Call Debra about renting the clubhouse!**

Activities Committee – Sherry

Our next event will be something that we’ve not done before.

Dessert & Game Night

April 6 at 6pm. \$3 at the door and no reservations necessary. BYOB and a dessert of your choice to share. All of our tables will be set up with a different game first come first seat. Some of the games will be oldies but goodies like Rummikub, Monopoly, Aggravation, and Scrabble. Others like Left, Right, Center and Poker may require you to bring along your piggy bank. If you have a game that you think others might enjoy playing also, give me a call to see if we can arrange for a table to be set aside for you. Each table can seat eight players maximum. Feel free to give me a call with any questions you may have regarding the games. 951-536-4604.

On another note, you may want to mark your calendars for a couple more upcoming dates. I hope to see you there.

Mystery Theater Dinner - May 18 at 6pm
Open to all Units!

WSK Western BBQ - June 22 at 4pm
Open to all Units!

WSK Homeowners Appreciation Dinner
August 10 at 6pm

Our Pancake Breakfast was a success. There were 53 people that came out and enjoyed the morning with us. Blueberry pancakes, sausages, hash browns, Glen Ingraham's perfect eggs and coffee cake to top it off. Did I forget to mention our guest bartender that provided an extra touch with Bloody Mary’s and tropical cocktails?

**ACTIVITIES AROUND THE
KNOLLS**
Save the dates!
All Units are Welcome!

Golf Knolls
Bible Study, Sunday 10-11am
Tim & Doreen Delk 951-304-3569
GK Club House Non-Denominational

BBQ -Saturday Nights
May 11- August 10
4:30-6:30

Springs Knolls
BBQ Friday Nights
May 1-Labor Day



Fun Day Trips for Spring

Beautiful hike to Tenaja Falls in the spring.



The hike is secluded and beautiful. It isn't too long, only about a half a mile or so. Consider going within a few days of rain. There were many flowers in bloom at the time. This is a great hike for family and kids. Remain cautious on the rocks surrounding the falls. They have been polished by water and movement for millions of years and are extremely slick. Well worth the experience. Bring lots of water in the summertime! Happy hiking.

Santa Rosa Plateau Ecological Reserve

It is easy to get here. Right off the highway and has a trail. You can walk the trails or bike ride. Even trails for horseback riding. It is a beautiful area the best time to view the flowers is in the spring and the best trail for flowers currently is the Vernal Pool Trail. The one flower people come specifically to the Reserve to see is the **Chocolate Lily**. It is most often seen in April on the slopes of the Coronado Plateau (the area of the vernal pools). As the **vernal pools** start to evaporate, flowers grow in concentric circles around them. The most common flower around the vernal pools is the **California poppy**.



March Field Air Museum



Located near the former March Air Force Base, the March Field Air Museum houses some 70 historic aircraft in and around a 1993 building painted to mimic an early-day aircraft hangar. The museum is open from 9:00 a.m. to 4:00 p.m. six days a week. It is closed Mondays and on Thanksgiving, Christmas, New Years, and Easter.

Inside the museum are thousands of artifacts dating from 1918, when March first opened as the Army's Alessandro Flying Training Field. Among the unusual aircraft in the collection is a rare P-59 fighter, described in the museum brochure as "the first operational jet adopted by the U.S. Air Force over 50 years ago."



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\$140,000	14,000	65,000	28,000	100,000	1,000	\$392

CA License 0D50865 Rates are examples of replacement cost on newer manufactured homes in most CA parks with a \$500 deductible.



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Friend & Founder
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MARCH

WSK Clubhouse Calendar

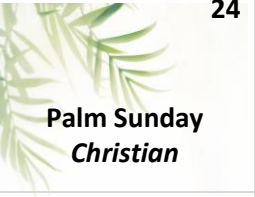
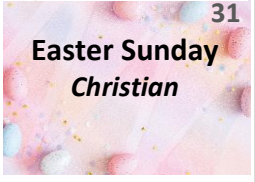
2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 HOA OFFICE HOURS 9-12 Sherry Chair Exercise	2
3 Chair Exercise 10:30am	4 Line Dancing 11:30am Card Games 1pm-4pm	5 Chair Exercise 10:00 am	6 ALL TRASH Pick-up	7 HOA OFFICE HOURS 9-12 Tom Chair Exercise	8	9
10 Daylight Savings Time Clocks ahead 1hr	11 Chair Exercise 10:30am <i>Ramadan Begins</i>	12 Line Dancing 11:30am	13 Chair Exercise 10:30 am Mexican Train 1pm-pm	14 ALL TRASH Pick-up	15 HOA OFFICE HOURS 9-12 Tom Chair Exercise	16 Club House Private party St. Patty's Dinner 5:30pm Unit 3
17 St. Patrick's Day	18 Chair Exercise 10:30am	19 Line Dancing 11:30am Card Games 1-4 <i>Winter Equinox</i>	20 Chair Exercise 10:30 am	21 ALL TRASH Pick-up	22 HOA OFFICE HOURS 9-12 Woody Chair Exercise	23
24 Palm Sunday Christian	25 Chair Exercise 10:30am GK Women's Luncheon 12n	26 Line Dancing 11:30am	27 Chair Exercise 10:30 am Mexican Train 1pm-4pm	28 ALL TRASH Pick-up	29 HOA OFFICE HOURS 9-12 Nancy Chair Exercise	30
31 Easter Sunday Christian						

MARCH

WSK Clubhouse Calendar

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 HOA OFFICE HOURS 9-12 Sherry Chair Exercise	2
3	4 Chair Exercise 10:30am	5 Line Dancing 11:30am Card Games 1pm-4pm	6 Chair Exercise 10:00 am	7 ALL TRASH Pick-up	8 HOA OFFICE HOURS 9-12 Tom Chair Exercise	9
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31  Easter Sunday Christian						

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Not all events are subject to charges (except for the security deposit)



SR Advocate – Shelby Price

is just a friend you

son living rough in the house where Little



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