



Spring Knolls News

Murrieta, CA

March 2026

Sunday, March 8



What's Inside?

- Getting ready for Spaghetti / 5-6



- Resource Fair plans continue / 4
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OH, I WANT TO BE IN THAT NUMBER ...



Photos by Ted Vollmer

WHEN THE BOOSTERS COME MARCHING IN: As the duo Lyndi T. Ray belts out the New Orleans classic "When the Saints Come Marching In," members of the Spring Knolls Boosters parade through Eaker Hall at the opening of the Feb. 21 Mardi Gras celebration. (More photos, page 7)



Sandy Vollmer

Our 55+ community now refers to Spring Knolls itself

You may have heard something to the effect that our clubhouse building and grounds are over 50 years old and for some time have been showing their age.

house and grounds have been expressing how tired and worn out some of their infrastructure really is after 55+ years.

In their own way, from time to time the club-

Just in the past six months, we've discovered

See SK president, page 2

2025 directors



• *President.*
Sandy Vollmer
951 319-6749



• *Vice President / Architectural*
Jan Towers
951 616-4443



• *Secretary / Senior Advocate / Program administrator*
Holli Hanson
661 972-0799



• *Treasurer*
Sharon Kilpatrick
951 285-7800



• *Director, Rules, Regs, Policies and Procedures.*
Shawnee Miller
951 677-6862



• *Director, Residency Data & FOBs:*
Candy Lee
951 239-0669



• *Director: Facilities, Streets*
Debby Adelhelm
760 717-9876



• *Director: Common Grounds:*
Charlene Kirkwood
951 348-0042



• *Director: Compliance*
Vicki Duffy
951 901-9412

support Leaders

• *Support Leaders to the board:* **Roberta Jiron, 951 834-2076** (parking permits, estate sales); **Lynda Miller, 951 454-9910** (monitor vacant, for sale, rental properties).

• *Spring Knolls Emergency Response Team:* (SKERT) **Alan Hanson 714 493-1709**

• *Caretaker:* **Lisa McKinney 951 212-8781**; Caretaker assistant: **Suzie Cortina**

• *SK common grounds:* **Miguel Enriquez**

• *Library Coordinator:* **Karen Jacobs 951 265-6292**

• *Spring Knolls News:* **Ted Vollmer**

Spring Knolls Boosters club president:
Debby Adelhelm, 760 717-9876

SKA president

From page 1

pest and wood rot damage, a break in the clubhouse's main water supply pipe, a major leak within a wall, rodent-infested attic insulation, an air conditioner failure, outdated security camera system software that crashed, and ongoing failures in our decade-old security gate key/fob system.

You may recall that the water main pipe break led to a nearly two-week closure of the clubhouse while bids were secured, the break was located and then repaired.

Homeowners who have experienced such utility problems know how it feels when one thing after another breaks down in your home or vehicle, or worse if a combination of the two occur at the same time. The ensuing scramble: Getting repair or replacement quotes, finding the people to do repairs, the down time until fixes are made, all come with mounting costs that you never imagined you'd need to pay, and find yourself strapped when the bills arrive.

Fortunately, unlike some homeowners, our association has a reserve account specifically designed to address replacing worn out, failing or damaged parts such as the broken pipe, damaged insulation, rotted wood, water damaged wall-board and so on. This is on top of annual work needed on our streets at ever rising prices.

While our volunteer boards have addressed such issues since Spring Knolls first opened in 1970, this board decided a year ago, in February 2025, to focus more of our attention on what expenses

we may face as our aging facilities and grounds continue to deteriorate. Since our members, through their dues, will end up paying for repairs we thought it wise to be proactive wherever we can.

So, at Treasurer **Sharon Kilpatrick's** urging, we approved the formation of a Reserve Study Committee, which she chairs. One of this panel's main charges is to closely examine not only our building and grounds but also to help determine funding priorities.

Also, Facilities Director **Debby Adelhelm**, with the help of Caretaker **Lisa McKinley**, closely monitors our clubhouse. If routine repairs expand into major projects after hidden damage is discovered, Reserve Committee members have helped evaluate those situations and recommended remedies to the Board. Sometimes committee members, which include talented Spring Knolls residents with years of experience, have even met with contractors before any work is done to give the board more solid advice.

Beginning in next month's *Spring Knolls News*, Sharon will begin sharing with you projects and their costs and how they impact our ongoing budget, both operational (monthly and budgeted costs), as well as reserve expenses earmarked for structural, utility and street repairs/maintenance.

Those members who attend our monthly general meetings know that Sharon routinely goes over monthly expenses and answers questions you may have. She also has made it a practice to invite any member with additional questions to contact her for further details about our collective finances.

Spring Knolls Board report for Feb.18, 2026

- The regular board meeting for February was canceled. The next meeting will be at 4 p.m., March 18, 2026 in the Library. An agenda will be posted several days before the meeting, and emailed to members via intheknowinspringknolls.com

Solicitation reminder: In SK, it's not only annoying, it's against community rules

By Jan Towers

Happy March to all! This month I'd like to address the issue of solicitors in our community.

I've had my fair share of interacting with them and have had to personally escort them out. And if they weren't agreeable, I enlisted the help of our wonderful Murrieta Police department.



Jan Towers

According to the Spring Knolls Rules and Guidelines regarding Soliciting: No door-to-door soliciting is allowed in SKA, including any and all religious organizations, charitable organizations, political organizations or commercial sales of any kind.

As a resident of Spring Knolls, if a solicitor comes onto your property, you have the right to tell them to leave. The best advice by law enforcement is to not even open your door or speak to solicitors. If you do choose to speak to them, make it short and don't engage in a conversation because they know all the tricks to keep you talking.

Steps that others have taken include warning them that you will call the police if they don't leave,



and take a photo of them to show police when they arrive.

Entry signs at the West and East entrances clearly say that soliciting is not allowed in our community.

At our office, you can pick up a free No Solicitations stickers that you can apply to your doors. Some people make the message a bit stronger with a No Trespassing sign.

Happy St. Patrick's Day!

Irish Blessing

*May your troubles be less
And your blessings be more
And nothing but happiness
Come through your door*

Jan Towers is Spring Knolls Vice President and Architectural Director

On the front:

After spotting several hummingbirds gather at a Spring Knolls feeder, a goldfinch visits to check out the action. His beak's not able to access the nectar, so he flies to nearby bird seed.

Photo by Ted Vollmer



Know your elected representatives:



City Councilwoman Cindy Warren
1 Town Square, Murrieta, 92562
951 461-6016
cwarren@MurrietaCA.gov



Supervisor: Chuck Washington
37600 Sky Canyon Drive #505
Murrieta, CA 92563
951 955-1030



.....
Governor: Gavin Newsom:
1303 10th St., Suite 1173
Sacramento, CA 95814
916 445-2841



State Senate: Kelly Seyarto
1021 O Street, Suite 6720,
Sacramento, CA 95814-4900;
916 651-4032

District Office: 25186 Hancock Ave., Suite 320, Murrieta, CA 92562; 951 894-3530



State Assembly: Kate Sanchez
P.O. Box 942849, Sacramento, 94249; 916 319-2071

District Office: 41391 Kalmia St., Suite 220, Murrieta, CA 92562; 951 894-5053



U.S. Senate: Adam Schiff
SD B40 Dirksen Senate Office Bldg., Washington, DC 20510
202 224-3841



U.S. Senate: Alex Padilla
B03 Russell Senate Office Bldg. Washington, D.C. 20510
202 224-3553
600 B St., San Diego, Ste 22405



U.S. House: Darrell Issa
2300 Rayburn Office Building Washington, DC 20515
202 225-5672

District Office: 4100 Main St. Temecula, CA 92590
(760) 340-7575

Spring Knolls: (A 55+ age-restricted community)
38441 Via La Paloma, Murrieta, CA, 92563
951 677-6862 springknolls1@verizon.net



Exhibitors lining up for 3rd annual Senior Resource Fair on April 25

The SKERT group is working on the third annual Senior Resource Fair scheduled for Saturday, April 25 in Eaker Hall.

We've received confirmations from several new exhibitors (Caption Calls, an Alzheimer support group and an audiologist), as well as some favorites. Last year's event attracted a lot of attention, and we hope this year's will be even better. Things are moving along! Mark your calendars! We'll have an updated list of exhibitors in the April *Spring Knolls News*.

New member: Bette Endresen brought a new member, Brenda



Alan Hanson
SKERT chair

Garrison, who joined the group. Brenda lives in Spring Knolls nine months of the year.

Survey update: We also have made copies of the SKERT residential surveys and reminded our Area Coordinators to update me when they get information on a new resident.

We have signed up a new Area Coordinator, Kari Mateski, who handles the "island" formed by Via Escarlata and Via La Rueda. We provided her with all the necessary materials to do the surveys. Reminder #1, since this is spring, Area Coordinators may be out updating your information. Reminder #2, this data is shared with no one outside of the SKERT group; it is used to make you safer in the event of an emergency!

Chief Molloy: 2025 Murrieta Fire calls climb 12% in a year

By Terri Aylward
Murrieta Fire Department

Murrieta Fire Chief Bernie Molloy recently related to a Knolls group that the city's growth also has led to increased service calls to the community.

During a presentation to the Golf Knolls Women's Society, Chief Molloy shared that Murrieta firefighters responded to 13,815 emergency calls in 2025, a 12 percent increase from the previous year.

He said that most calls were medical emergencies, with more than 10,000 EMS responses. He told his audience that every Murrieta firefighter is also a paramedic, which allows crews to deliver advanced medical care quickly when residents need help the most.



Bernie Molloy
Murrieta Fire Chief

Chief Molloy also shared how the department protects lives and property throughout the city. Fire crews responded to 146 cardiac arrest calls and restored a heartbeat 30 percent of the time, well above the national average.

Firefighters also handled 154 fires and saved more than 88 percent of the value of affected structures, protecting over \$45 million in property.

The chief noted that the city continues to plan ahead by investing in new equipment, including the delivery of a 100-foot ladder truck later this year.

— Terri Aylward is editor of the Murrieta Fire & Rescue monthly newsletter.

Fire & Rescue gears up for April 18 BBQ

Murrieta Fire & Rescue (MFR) is hosting its annual Firefighters' Barbeque on April 18, at Murrieta's Town Square Park.

This year's free event, from noon to 6 p.m., will feature live and DJ music and other activities at Murrieta's Town Square

Park Amphitheatre. Barbecue guests (for a nominal fee) will receive a tri-tip lunch.

A vendor's market, beer and wine garden and a bag-toss tournament also will be featured. Lunch is served from 11 a.m. to 3 p.m. (or until we sell out!).

Booster bits

From Mardi Gras kilbasa to spaghetti

The Boosters 2nd Mardi Gras Party was just as glittery and sparkly and shiny and fun as last year's!! Who could ask for anything more??



Dorothy Vaughn
Boosters VP

Who knew that you didn't have to travel to New Orleans? You could have just as much fun in your neighborhood (well almost). It looks like this event will be on our calendar until you let us know different.

Thanks to our team who worked so hard to make it a fun night. We couldn't do it without you.

Our Spaghetti Dinner is coming up on March 21. Flyers will be out soon to all three units (see the one on the next page). Tickets, \$10, are pre sold. (see next page).



Spring Knolls Boosters board

- Debbie Adelhelm, president,**
760 717-9876
- Dorothy Vaughn, v-president,**
951 696-0871
- Diane Velasquez, treasurer,**
951 850-8107
- Charlene Kirkwood, secretary**
951 348-0042

The Spring Knolls Boosters meet at 10 a.m. on the 2nd Wednesday of each month in the Library/Card room. All residents are welcome to participate and suggest ideas for new or upcoming events. .

HAPPY BIRTHDAY!

Robert Acosta
Yolanda Alva
Jackie Anderson
Ben Andrade
David Arrellano
Sharon Carey
Guolin Chien
Connie Cielei
Angela Friely
Gary Garrison
Linda Gelbmann
Viola Hastings
George Hauge
Steven Hauser

Joseph Higgitt
Laurie Hoskins
Glenetta Hughes
Angela Jackson
Cynthia Klein
Dee Larson
Valerie Lundquist
Matthew Lyons
Carmen Maldonado
Sindy Marinakis
Lori Miller
Genevieve Morgan
Julie Pohl
Sussie Profitt

John Reynolds
Jimmie Robinson
Angela Rose
Jenette Sanchez
Joyce Scruggs
Sylvia Smith
Norma Tejada
Joann Terrazas
Sharon Vanfoeken
Ted Vollmer
Jon Weise
Lynne Winkenweder
Cheryl Wright
Joan Yanda-Sutherland



Doug & Diana Stark

Let's get everyone in 2026

We've tried every month to honor our residents celebrating a birthday and/or anniversary. With many of our homes changing residents every year, we do miss some. Please let us know if we've missed you. Text the editor at 951 502-5602 or email the editor at tscjnews@gmail.com

Michael A. Lewin
(April 1962—Feb. 2026)
Via Espalda

Suellen Lynch Barnes
(July 1943 - March 2010)
Via Princesa

Geraldine Lou Block
(Nov. 1937 - March 2014)
Via Playa del Rey

Kenneth Peter Bowen
(Sept. 1942 - March 2017)
Calle de la Paz

Wanda Lee Dozier
(Nov. 1927 - March 2014)
Via Playa del Rey

IN MEMORIAM 

Stanley Robert Field
(Jan. 1935 - March 2018)
Via Azul

Mark Wyatt Harris
(Feb. 1953 - March 2016)
Via Playa del Rey

Dante Ocampo Martinez
March 1943 - March 2018
Via Escarlata

Angela Veronica Mezan
(Sept. 1939 - March 2015)
Via Norte Vista

Edna Siegman
(July 1916 - March 2016)
Via Playa del Rey

Mary Simonetti
(March 1930 - March 2011)
Via Roja

Marcia Ann Slotnick
(July 1935 - March 2016)
Via Norte Vista

Ralph Tatiner
(Feb. 1920 - March 2017)
Via Princesa

Nadine Tucker
(Jan. 1926 - March 2021)
Via Roja

Sandra Lee Wolfgram
(March 1943 - March 2018)
Calle de la Siesta



The Spring Knolls Boosters
proudly present . . .

Lady & the Tramp

Spaghetti Dinner

Saturday, March 21, 5-7 p.m.

Advance tickets only, **\$10, Call:**

- Dorothy at 951 696-0871;
- Debby at 760 717-9876, or
- Lisa at 951 212-8781

Fun, Delicious Food, Door Prizes!!

'Laissez Les Bons Temps Rouler!' *sets mood for 2nd Mardi Gras**

From Kilbasa to King Cake, the Boosters' 2nd Mardi Gras brought out a colorful crowd of diners, many decked out in beads and masks in an Eaker Hall atmosphere that was equally decked out.

Treated to live music and a DJ, the Feb. 21 Mardi Gras crowd from all three Knolls units, also dined on New Orleans fare that included Cajun Potato Soup and Gumbo Rice, red beans, corn on the cob, salad, rice, Kilbasa, vegetarian vegetable soup and freshly made baking powder biscuits, topped off with King Cake.

**"Laissez les Bons Temps Rouler"* is French for "Let the Good Times Roll", a popular Mardi Gras celebration refrain.



Health Matters

Tylenol: The 'safe' pain killer with some vital caveats

Popular medicine poses risks to diabetics, to those with liver, blood pressure issues

By Kristen Fischer

Considering that more than 70% of adults age 50 and older experience joint pain, a common symptom of aging, and millions more face acute injuries and battle routine illnesses, it's safe to say pain relievers are popular among the 50-plus crowd.

And one that's often recommended is acetaminophen, better known by its brand name, Tylenol.

In September, Tylenol was in the news because the Trump administration says it may endanger pregnant women and can cause autism. Scientific and medical experts, however, insist there is no causal link to autism and that taken as directed it's been shown to be safe.

Simply described, acetaminophen is "an effective and useful (over the counter and prescription) medication for fever and mild pain syndromes in older adults," says Dr. R. Sean Morrison, chair of the Brookdale Department of Geriatrics and Palliative Medicine at the Icahn School of Medicine at Mount Sinai.

And in most instances, it's safe, says Dr. James S. Powers, professor of geriatrics at Vanderbilt University Medical Center.

Still, like any medication, you should know there are side effect risks for older adults.

Acetaminophen is a short-term pain reliever and fever reducer. It's often used for mild to moderate pain from muscle aches, osteoarthritis and headaches.

Experts recommend that adults 65 and older consume no more than 3,000 milligrams (mg) daily — and that taking more than 4,000 mg in 24 hours can lead to severe liver damage.



Symptoms of acetaminophen overdose can include: Nausea, vomiting, sweating, extreme fatigue, flu-like symptoms, unusual bleeding or bruising, stomach pain in the upper right part, yellowing skin or eyes.

The medication does not reduce inflammation; nonsteroidal anti-inflammatory drugs (NSAIDs) such as aspirin, ibuprofen and naproxen are better for that. But those options come with their own risks for older individuals, such as bleeding, heart attack and stroke.

Here are some risks for older adults:

Liver damage: Acetaminophen can cause liver damage, so some people need a lower dosage or shouldn't use it at all. Alcohol causes the liver to convert more of the acetaminophen into toxic byproducts, which can damage the organ.

Drug interactions: Nonprescription medications for pain, colds, coughs and fever can interact with acetaminophen, as can some prescription drugs. Be aware of higher doses of acetaminophen by checking if any of your regular prescription medications contain this medication. More than 600 OTC and prescription medications do.

Diabetes risks: A 2019 study in the *Journal of the American Geriatrics Society* found that it was linked to a higher risk of stroke in elderly nursing home diabetics.

Bleeding, blood pressure risks: A

2024 report in *Arthritis Care & Research* on 180,483 people over 65 showed an association between those who took acetaminophen regularly and a higher risk of peptic ulcer bleeding and lower gastrointestinal bleeding. That same study found a link between its use and high blood pressure.

Your risk for side effects does not increase if you take acetaminophen regularly, so long as you stick to the dosage guidelines, Powers says.

Michelle Chui, a University of Wisconsin – Madison School of Nursing professor says acetaminophen should be taken "strictly" for short-term, mild pain like headaches or muscle soreness and not for long-term pain. If pain persists, Chui says a doctor should be contacted to determine if something more serious is occurring.

According to *MedlinePlus* from the National Library of Medicine, you should call your doctor if you experience any side effects when you take acetaminophen:

- Rash or hives, Itching, Difficulty breathing or swallowing, Red, peeling or blistering skin..Swelling in your face, tongue, throat, eyes, lips, hands, feet, ankles, lower legs, hoarseness.

Kristen Fischer is a contributing writer at AARP (American Association of Retired Persons).

HodgePodge

BIG JUNK (FREE) DUMPING DAY: That's Saturday March 7 between 8 a.m. and noon at the Murrieta City Hall Back Parking Lot, 5 Town Square. Just for Murrieta residents, you **CAN BRING** washers, dryers, electronic equipment, microwaves, grills, patio furniture, chairs, couches, mattresses. **YOU CAN'T BRING:** Tires, latex, oil or paint, fluorescent light tubes, empty

drums, batteries, motor parts, pool chemicals, commercial or remodeling waste, transmission/brake fluid, weed killers/herbicides, bleach or tub cleaners, fertilizers, pesticides and rodent poisons, anti-freeze, solvents. You are asked to bring your driver's license or utility bill to show that you're a Murrieta resident. Questions? Call Waste Management at 800 423-9986.

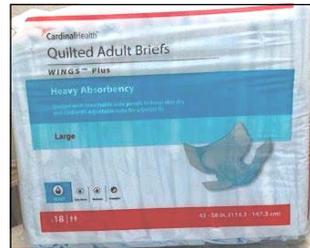
THAT TIME AGAIN?

Yep. Reset your clocks ahead one hour at 2 a.m. Sunday, March 8 as Daylight Savings Time begins. You'll get extra daylight hours. DST ends Nov. 1. All but Hawaii and Arizona observe Daylight Savings Time despite annual efforts to eliminate it. Although California voters in 2018 OK'd a switch to year round standard time, it would take 2/3rds of the state Legislature and the governor to approve that.



Spring Knolls Free Classifieds

To place a free classified ad, email your ad with a photo (optional) to tscjnews@gmail.com Questions? Call 951 319-6749



PRIVACY SCREEN: \$30, 87" x 64" ; **ADULT BRIEFS:** 9 packages, 18 count \$30. Call 951 445-9379

ROOM FOR RENT: Spring Knolls resident seeking renter for room. **Contact Cheri for details: 817 676-5344.**

LIFT OR RAMP WANTED: I live in Spring Knolls, am housebound due to constant oxygen and seeking a lift or a ramp that anyone might be selling. Call Susan at 909 732-9033. Any help would be appreciated.

REALTOR: Paula Rodig, a Knolls resident Realtor. Call or text 949 324-5141. Stanfle Realty, DRE# 01731868.

RIDES / LIGHT HOUSEKEEPING: Will provide rides to people needing to go to doctors, grocery shopping, dog walking. No deep cleaning. Call Sindy @ 562 879-6988

HAIRCUTS / BEAUTY SERVICES: Hair cut and other beauty services in your home for your convenience (female & male). I'm a licensed cosmetologist with more than 18 years' experience. Call Nancy @ 951 414-9554 .

Medicare Recipients:

Let's find the plan that fits your need!

- Turning 65?
- Have Medicare and Medicaid?
- Have a chronic illness?

You've got plan options! Set up your no-cost plan review. Call to speak with a licensed insurance agent! Sarah Human MHA

310-980-9509, (TTY 711) (M-F 9a-3p) License #0K16275



Helping Seniors Live independently. My services provides a support system to maintain well being and dignity in the comfort of their own home, Cooking and meal prep; housekeeping, transportation, companionship, medication management, light exercising, medical appointments. Call Spring Knolls resident Alyson Gutierrez, 951 477-7135 or email alysongutierrez713@gmail.com

FLOORING: Hyman Elite Flooring. Vinyl plank, hardwood and carpet flooring. We're offering \$250 off any project over \$3,000. Call resident Tom Reardon @ 910 644-0434 for a free quote.

FREE EASY CHAIR: We have an easy chair in very good condition but not enough space to keep it. It is free to whomever wants to come get it. Call Jim at 949 290-7071



NOTARY PUBLIC (Spring Knolls resident Mary Ann Friely): I come to you. Are you in need of a reliable notary service? Have a tight schedule? I am an experienced and professional mobile notary. Easily schedule by phone: 951 401-8649, or email maryannfriely@icloud.com

HANDYMAN SERVICES: Handyman services, gardening, window cleaning, power washing, driver to local areas, etc. Steve Lopez, 626 622-4552.

March 2026: What's up in Spring Knolls & beyond?

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Bible study, 10-11 a.m., Golf Knolls clubhouse;	2 Chair exercises, 10:30 - 11:30 a.m.; Int'l Rescue Cat Day	3 Bible study, 10 a.m.-noon; / Simplify Your Life Day	4 Hug a G.I., Do Something, Dance the Waltz, Marching Band Day	5 Chair exercises, 10:30 - 11:30 a.m.;	6 Chair exercises, 10:30 - 11:30 a.m. ; Office 9:30 – noon;	7 Maple Syrup, Flapjack, hair exercises / Plant Power Day
8 Daylight Saving Begins / Bible study, 10-11 a.m., GK clubhouse/ Int'l Women's Day	9 Chair exercises, 10:30 - 11:30 a.m.; / Barbie, False Teeth, Get Over It Day	10 Bible study, 10 a.m.-noon; / Harriet Tubman, Women & Girls HIV/AIDS Day	11 Boosters meet, 10 a.m.; SKERT meets, 4 p.m.	12 Chair exercises, 10:30 - 11:30 a.m.; Bingo 1-4 p.m.	13 Chair exercises, 10:30 - 11:30 a.m. ; Office 9:30 – noon;	14 Pi / Genius, Genealogy, Save a Spider. Butterfly Day
15 Bible study, 10-11 a.m., Golf Knolls clubhouse;	16 Chair exercises, 10:30 - 11:30 a.m.;	17 St Patrick's Day Bible study, 10 a.m.-noon	18 HOA Board meeting, 4 p.m. Library	19 Chair exercises, 10:30 - 11:30 a.m.;	20 Exercises, 10:30 - 11:30 a.m./ Office 9:30 –noon; / 1st Day of Spring.	21 Boosters, Spaghetti Dinner, Eaker Hall. 5 p.m. World Poetry Day
22 Bible study, 10-11 a.m., Golf Knolls clubhouse;	23 Chair exercises, 10:30 - 11:30 a.m.;	24 Bible study, 10 a.m.-noon / Cocktail, Achievers Day	25 Red Cross Giving, Waffle, Medal of Honor Day.	26 Chair exercises, 10:30 - 11:30 a.m.;	27 Chair exercises, 10:30 - 11:30 a.m. ; Office 9:30 –12	28 Earth Hour, Women in Music, Hot Tub, Respect Your Cat Day
29 Bible study, 10-11 a.m., Golf Knolls clubhouse;	30 Chair exercises, 10:30 - 11:30 a.m.;	31 Bible study, 10 a.m.-noon;	March monthly observances: American Red Cross, Brain Injury Awareness, Gender Equality, Caffeine Awareness, Cerebral Palsy Awareness, Colorectal Cancer Awareness, Optimism, Nutrition, Ladder Safety, Developmental Disabilities Awareness, Dolphin Awareness....			

Open n Closed open:

Board office hours: Fridays - March. 6, 13, 20, 27. 9:30 a.m.-noon

- Clubhouse Winter hours: 9 a.m. - 5 p.m. Library, small pool open.
- Small pool open to all. Jacuzzi, or billiards room (key only) and gym (key only) open to adults only. Call 951 677-6862 for info.
- Eaker Hall: Clubhouse ground events need advance Board of Directors approval. Call Debby Adelhelm @ 760 717-9876 at least 2 weeks in advance.
- Dog Park, Clubhouse grassy areas: Owners must keep dogs under control, on leash and poop picked up in all areas. (Please do NOT walk on the hill to the grassy area because it breaks drip lines which if broken require high repair costs.)



Here: (Spring Knolls)

- March. 5: BINGO: 1-4 p.m, Eaker Hall.
- March 21: BOOSTERS SPAGHETTI DINNER: 5-8 p.m. Eaker Hall. Advance \$10 tickets only. For tickets call Dorothy at 951 696-0871; Debby at 760 717-9876 or Lisa at 951 212-8781.
- April 25: SENIOR RESOURCE FAIR: Local agencies, providers in Eaker Hall to discuss services. Open to all Knolls units. 10 a.m. to 1 p.m. Exhibitor list to appear in April edition.

There: (Units 2 & 3)

- March 26: GAME NIGHT: (Unit 2) 5 p.m. Open to all Knolls units. Bring snack. Various games available. (Game night will be fourth Thursday of the month.) Contact: Sherry Tater, 951 536-4604.

- March 17: ST. PATRICK'S DAY HAPPY HOUR. (Unit 3) \$8 person. Corned beef sliders with cabbage, potato salad, punch & coffee. BYO Tickets on sale March 9-11. Call Pam Byers, 951 285-8125 or Pat Pipher, 951 696-6717

Elsewhere . . .

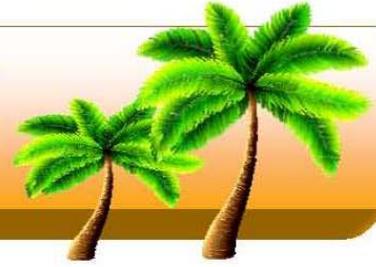
- Daily: MURRIETA SENIOR CENTER. Game Days: Monday through Friday on a first come, first serve basis. Games include Farkle, Hand & Foot, Mexican Train, Rummy Tiles and Screwy Louie.
- March 28-29: MURRIETA RACE WEEKEND. Annual Tour de Murrieta bike races (all day March 28), a 5K run (starting 7 a.m. March 28), and a free Concert in the Park (6-8 p.m. featuring Shockwave). Town Square Park & Amphitheater. Details: MurrietaCA.gov/ events
- SoCal ETSY GUILD NIGHT MARKET. (March 7, 14, 21, 28): Weekly Saturday night markets at Village Walk Plaza, Murrieta featuring local artists and crafters.

All times subject to change.



SPRING KNOLLS ASSN.

38441 Via La Paloma, Murrieta, CA 92563
(951) 677-6862 / springknolls1@verizon.net
A 55-plus age-restricted community / est. 1970



TO: Spring Knolls Owners of Vacant Property

RE: Vacant Property Protection

In September of 2022 Spring Knolls Association representatives, along with those from Warm Springs and Golf Knolls, met with Murrieta Police Department representatives about problems in our communities associated with vacant properties.

Knolls residents had reported to police about squatters, vandalism, drug usage and/or sales and other disturbances from outsiders using vacant properties to carry out harmful and illegal acts. We all know that some think that seniors are an easy target.

As a result of our meetings, the Murrieta Police Department agreed to extend its vacant property program to the Knolls **at no cost to our property owners**. (Recordings of vacant property with the police department usually cost \$75 per property.)

A Murrieta Police Department **Letter of Authority**, (see on next page), allows police to enter your vacant property due to suspicious activity when you are away on vacation or your home is empty. The letter states that **before** they may enter the property, **NO TRESPASSING** signs also must be posted that are clearly visible to them. The police recommend a minimum of two signs, one in a front window and another on an entry gate.

This is an all-out effort to help keep squatters and other illegal activities out of our communities; and help protect your property. **Important note: NO TRESPASSING** signs alone are not sufficient to allow police to enter your vacant property if suspicious activity is reported. Unless your completed **Letter of Authority** form is on file, they will have to wait until you arrive to enter. Waiting may result in avoidable damage and/or the perpetrators already leaving the scene.

Your Board of Directors views this program as a win-win for everyone. It, however, does not exempt you or your designee from regularly checking your vacant property and making sure it's secure and maintained. That includes your responsibility to post the police-required **NO TRESPASSING** signs on your property.

Please complete the enclosed **Letter of Authority** and return it to the Spring Knolls Office so that we can get your vacant property in the program. For your convenience, No Trespassing signs are available at the Spring Knolls office for \$1 each.

Sincerely,

Sandy Vollmer, President

See vacant property form on next page for you to fill out. Copies also may be picked up at the Board office on Fridays.

Note to Readers: The form below authorizes Murrieta police to enter your property if you are not home, to respond to reports of possible criminal activity. Police are not permitted by law to investigate unless they have your permission.



CITY OF MURRIETA
Letter of Authority 602 (o) PC

Date: _____

To: Chief of Police

I am the owner or owner's agent in lawful possession of the referenced property located in the City of Murrieta.

Name: _____

Property Address: _____

I / We have seen an influx of undesirable trespassers on this property. I / We are concerned about possible theft, vandalism, drug dealing and/or drug usage caused by trespassers on the property. Because of this trespassing, we have experienced monetary loss due to vandalism, theft and a decrease in paying customers.

There are "**No Trespassing**" signs posted throughout, in plain view and in the common area associated with the property. I / We therefore request you and your staff enforce the trespass provisions of the California Penal Code and / or Murrieta Municipal Code in respect to the listed property.

I expressly authorize your officers to arrest and/or issue citations to trespassers during the following one year period starting on: _____

I understand it is my responsibility to renew this authorization in one year from above date. I will notify you if sometime in the future, I am no longer the owner, agent or representative of this property.

The following information provides your department with the ability to contact me or person(s) with authority to respond in my absence.

Property Owner

Owner Address

() _____
Contact phone number

Manager / Agent Requester (print full name)

Manager / Agent Contact Number

Signature

How much do you know about fraud?

If you've been victimized, do you feel it'll ever happen again?

Take this 20-question fraud quiz from the Riverside District Attorney's office and see how ready you are to do battle with scam artists.

You might be surprised at what you learn ... *(answers on pages 14&15)*

1. True or False? The top ways identity thieves get your information is through purse snatching, mail theft, Dumpster diving and e-mail/phone "phishing."
2. True or False? You should always carry your Social Security card with you.
3. True or False? You have the right to get a free credit report once a year.
4. True or False? Investing in credit card protection is a smart move.
5. True or False? Once you have subscribed to the National DO NOT CALL registry, you don't have to worry about telemarketers any more.
6. True or False? Older adults are deliberately targeted for telemarketing fraud.
7. True or False? There is not a law that requires charities to spend a certain percentage of their income on programs and services.
8. True or False? Telephone solicitations on behalf of police or firefighters must give some of the money raised to a city police or fire department.
9. True or False? Foreign lotteries are illegal in the U.S.
10. True or False? The only proven way to protect yourself from telemarketing fraud is to hang up.
11. True or False? Buying magazines or other products improves your chances of winning sweepstakes and contests.
12. True or False? As long as you don't buy any magazines or send any money, playing sweepstakes is harmless entertainment.



13. True or False? Work-home-days, like stuffing envelopes, offer a legitimate way to make money.
14. True or False? There are legitimate companies who 1) offer loans for an advance fee, or 2) can help you clean up your credit for a fee.
15. True or False? Red flags when hiring a contractor are: 1) The contractor solicits door-to-door, and 2) the contractor requires substantial payment in advance of starting any work.
16. True or False? If you're happy with your roofing job, it's okay to go ahead and make a final payment.
17. True or False? If a uniformed utility employee appears at your door to conduct an inspection, shows a badge and ID it's safe to invite him in.
18. True or False? Once signed, legal contracts like Quit Claim Deeds can be very difficult or impossible to reverse.
19. True or False? Most investment fraud is committed by long term, trusted advisors.
20. True or False? If you have a trusted family member, a financial adviser, or someone with your Power of Attorney who is paying your bills and managing your money, it is critical that you or others review your account statements.

See answers on next two pages.

Fraud Quiz:

Answers 1-9



1. **True.** Identity thieves steal purses, wallets, check-books, credit cards and other information. They rummage through trash look-

ing for account numbers. They look for checks, credit card “convenience checks” pre-approved credit card applications and statements in your mail box. They contact you through “phishy” e-mails or phone calls asking you to verify account numbers by impersonating a bank or credit card company representative.

2. **False.** It is a good idea to have **nothing** in your purse or wallet that contains your Social Security number. An identity thief can apply for and receive credit and/or secure a job under your Social Security number.

3. **True.** You have the right to get a free copy of your credit report each year from each of the three major credit bureaus. Your report can have a dramatic impact on your financial stability. Aside from paying your bills on time, the single most important thing you can do to ensure you have good credit is to be aware of the contents of your credit report.



4. **False.** Telemarketers may trick you into thinking you need credit card protections for a \$250-\$500 annual fee (which they will be happy to charge to your credit card). You are protected by the Fair Credit Billing Act

which says as long as you report and verify fraudulent charges **within 60 days of the date of your credit card statement**, the most you will be held responsible for is \$50. Save money and review your mailed credit card statements promptly, or online ever week.

5. **False.** Consumers who have subscribed to the National DO NOT CALL Registry have reported a

decrease in calls. Charitable organizations, politicians and companies you’ve done business with can still call you. The DO NOT CALL Registry will not stop crooks. *To protect yourself, simply don’t talk to strangers.*

6. **True.** Unscrupulous telemarketers know many older adults can be manipulated due to characteristics shared by most victims. They may be lonely, alone or independent to a fault; they do not seek advice from others and keep the phone calls “our secret.” They may be overly trusting and willing to believe the telemarketer is

telling the truth. They may believe they need more money or would like to have a higher retirement income. They may have some memory loss or dementia. They may be timid and afraid of consequences if they don’t do what the telemarketer tells them to do. The phone is a telemarketing crook’s weapon—don’t be a target. **Hang up!**

7. **True.** It is your responsibility to determine how your donations are used. Ask charities for a copy of their annual report. Contact the Better Business Bureau’s (BBB) Wise Giving Alliance at www.giv.org or contact your local BBB.

8. **False.** Most of the money raised on behalf of police or fire unions or fraternal organizations go to the telemarketers and the professional fundraisers for whom they work. Very little — if any — goes to a community police or fire department or for direct police or fire services.

9. **True.** Federal law prohibits mailing payments to purchase any ticket, share or chance in any foreign lottery. Canadian, and other foreign crooks have conned thousands of older Americans into sending millions in payments for “taxes” on phony Canadian, Jamaican, Australian, etc. lottery winnings.



More Fraud Quiz Answers, next page

Fraud Quiz:

Answers 10-20

10. **True.** If the caller is not a friend, relative or a verifiable business connection, why should you talk to this person? They are not calling you to wish you a good day. Remember what our mothers taught us — **DON'T TALK TO STRANGERS.**

11. **False.** Federal law prohibits sweepstakes promoters from representing that entries accompanied by an order for products will be treated differently than entries without an order.

12. **False.** When you play sweepstakes, your name is frequently put on marketing lists bought and sold by other direct marketers. Eventually your name can end up on fraudulent telemarketing lists, also known as “sucker” or “mooch lists.”

13. **False:** Work-at-Home promotions in ads, fliers and street signs that offer high income for little work are generally deceptive. After paying an upfront fee to get information, you will find that instead of learning how to set up a legitimate business, you will be pulling the same scheme on others by putting up signs, taking out ads, etc. Work-at-Home schemes are illegal, and if you participate by taking money from others you may be prosecuted.



14. **False.** ALL advance-fee loan and credit repair offers are illegal or at the least fraudulent. If you pay to receive a loan, you will not get it and you will end up losing your advance fee. No one can help you erase bad credit. It takes time, and there are non profit agencies that can help you — at not charge.

15. **True.** Itinerant con artists sometimes known as “Travelers” prey on older adults in both cities and rural communities with door-to-door roofing, paving, painting, and tree trimming scams. Although

they quote bargain prices, the amount doubles or triples after the work (usually shoddy) is done. Be cautious of contractors demanding 50% or more in advance.

16. **False.** You may be happy, but the building inspector and suppliers may not be. Getting a contractor to come back to bring a job up to code may be difficult, and suppliers and employees can place a lien on your home if they have not been paid.

Never make final payment until the job has passed building inspections and you have verified the contractor’s suppliers and employees have been paid (Request a “lien waiver.”)

17. **False.** City and utility workers do not go door to door, but con artists do. Once in your home, they will distract you while an accomplice sneaks in to steal purses, jewelry and other valuables.

Never let a stranger in your home, no matter who they claim to be!

18. **True.** Never sign a document you have not read and understood, no matter how well you trust or know the person asking you to sign. Seek opinions from a lawyer, banker, etc.

19. **True.** The majority of investment fraud cases involve financial advisors who have had long-term trusting relationships with their victims.

The perpetrators use trust — and sometimes faith — as their weapons. No matter how long you’ve known or trusted someone, never make an investment decision without seeking advice from a lawyer, accountant and/or you state’s securities administrator.

20. **True.** In most cases of theft by family members, trusted advisors and Powers of Attorney, victims have given up total control to others and did not review financial statements. Perpetrators took advantage of the victims’ trust.

In addition to your own review of accounts, surround yourself with several advisors and caregivers who can provide a system of checks and balances so that no one person has total control over your finances.



*Spring Knolls Assn. adopted budget for 2026**

Spring Knolls Association 2026 Approved Budget	Budget			
Description	2025	2026	\$60 Annual Increase in Dues	
Income				
4001 Assessments (your Dues) \$60 annual increase per lot	377,856.00	400,896.00	23,040.00	
4800 Cell Tower Income \$1,742.40 10% income increase	17,424.00	19,166.40		
TOTAL INCOME	395,280.00	420,062.40	24,782.40	
Expenses			Increases & Reductions ↑↓	
Total 5500 ADMINISTRATIVE (Attorney, CPA, etc)	37,000.00	41,350.00	4,350.00	11.76%
Total 5900 OFFICE (Supplies, Services/Software Subscription, etc)	15,000.00	9,000.00	(6,000.00)	-40.00%
Total 5902-1 FACILITIES (Maintenance, Repair, Pest Control, Security, etc)	30,000.00	18,000.00	(12,000.00)	-40.00%
Total 5912-1 LANDSCAPE (Monthly Service, Repairs, Tree Maintenance)	38,000.00	30,500.00	(7,500.00)	-19.74%
Total 5915-1 INSURANCE/LICENSES	31,000.00	29,050.00	(1,950.00)	-6.29%
Total 5922 POOL	19,000.00	20,200.00	1,200.00	6.32%
Total 5931-1 UTILITIES (Electric, Gas, trash, Water, Phone/Internet)	82,000.00	88,800.00	6,800.00	8.29%
Total 7000-1 TAXES	7,500.00	6,000.00	(1,500.00)	-20.00%
Total Payroll Expenses (Caretaker, Bookkeeper, Relief Caretaker)	58,000.00	96,850.00	38,850.00	66.98%
Total Expenses	317,500.00	339,750.00	22,250.00	7.01%
Net Operating Income	77,780.00	80,312.40		
Interest Income	11,650.00	11,650.00		
Total Net Operating +Interest Income	89,430.00	91,962.40		
ANNUAL ALLOCATION/FUNDING TO RESERVE	80,000.00	80,000.00		
Total Net Income	9,430.00	11,962.40		
Total of budget increases & decreases nets to a budget increase of \$22,250.00				

*The 2026 budget was prepared by Treasurer Sharon Kilpatrick and bookkeeper Kim Eaton after research and board of director discussions, and approved on Nov. 19, 2025. Above figures in parentheses () are reductions.

ALERT TO SPRING KNOLLS RESIDENTS:

Coyote mating season extends through March 2025. Be extra careful and make sure your pets are leashed and supervised. Coyotes can jump most fences so pets should not be allowed outside by themselves.



Coyote Hazing GUIDELINES

How to Haze for Effective Reshaping of Coyote Behavior

Generally, coyotes are reclusive animals who avoid human contact. Coyotes who've adapted to urban and suburban environments, however, may realize there are few real threats and approach people or feel safe visiting yards even when people are present. These coyotes have become habituated (lost their fear of humans), likely due to the ready availability of food in our neighborhoods. Sometimes, this food is deliberately provided by people who like to watch wild animals or misguidedly feel they are helping them by offering food. These bold coyotes should not be tolerated or enticed, but given the message that they should not be so brazen.

Hazing is a method that uses deterrents to move an animal out of an area or discourages an undesirable behavior or activity. Hazing can help maintain coyotes' fear of humans and deter them from neighborhood spaces such as backyards and playgrounds.



HAZING METHODS

Using a variety of different hazing tools is critical because coyotes can habituate to individual items, sounds, and actions.

- ▶ Yell and wave your arms while approaching the coyote.
- ▶ Use noisemakers (e.g. your voice, whistles, air horns, bells, soda cans filled with pennies or dead batteries, pots and pans banged together).
- ▶ Use projectiles (e.g. sticks, small rocks, cans, tennis balls, rubber balls).
- ▶ Try other repellents (e.g. hoses, water guns with vinegar water, spray bottles with vinegar water, pepper spray, bear repellent, or walking sticks).

"GO AWAY COYOTE!"

The simplest method of hazing a coyote involves being **loud** and **large**. Watch this fun video for a demonstration: bit.ly/19hkRB2

If a coyote has not been hazed before, he might not immediately run away when you yell at him. If this happens, you might need to walk towards the coyote and increase the intensity of your hazing. If the coyote does run away, he might stop after a distance and look back at

REMEMBER...

- ▶ **NEVER** run away from a coyote!
- ▶ If the coyote doesn't leave at first, continue approaching him and/or increase the intensity of your hazing until he runs away. If he runs a short distance away and then stops and looks at you, continue hazing him until he leaves the area completely.
- ▶ If a coyote returns after you've successfully hazed him or her, continue to haze the coyote as you did before. It typically takes only one or two times to haze a coyote away for good.
- ▶ Contact authorities and do not interact with a coyote whom you suspect of being sick or injured. Although coyotes are skittish by nature and generally aren't aggressive towards people, engaging animals who are sick or injured can result in unpredictable behavior.

Coyotes, from page 15

you. It's important to continue to haze the coyote until he leaves the area completely. You might need to use multiple tactics, such as shaking noisemakers, stomping your feet, and spraying him with a hose to get him to leave.

DOG-WALKING TOOLS

There are several tools for repelling coyotes that you can carry with you while walking your dog. Of course, remember that you should always walk your dog on a leash. If you see a coyote, either pick up your dog (if possible) or place him or her behind you before hazing the coyote. Then:

- ▶ Blow a whistle or air horn at the coyote.
- ▶ Squirt a squirt gun at the coyote.
- ▶ Yell and wave your arms.
- ▶ Use a homemade noisemaker, such as pennies in a sippy cup or soda can (sealed with duct tape).
- ▶ Pick up sticks or rocks and throw them towards the coyote.

IN YOUR YARD

Keeping pets and pet food inside is the best way to keep coyotes out of your yard. If you do encounter coyotes, all of the above methods can be used in your yard. First, try the "Go Away Coyote!" method (yell and wave your arms as you approach the coyote). You can also squirt the coyote with your garden hose or a squirt gun or bang pots and pans together.



TIPS FOR SUCCESS

- ✓ Hazing is most effective when an individual coyote is hazed by a variety of people using a variety of tools and techniques.
- ✓ A coyote who is being hazed must be able to recognize that the potential threat is coming from a person. Therefore, hiding behind a bush and throwing rocks or hazing from inside your car isn't effective.
- ✓ You can use hazing techniques and tools for one animal or multiple animals. There is usually a dominant animal in the group who will respond, and others will follow her lead.
- ✓ Don't stop hazing after it's successful. Coyotes or their pups could return to their unacceptable habits or behaviors if you stop.
- ✓ Share this information by teaching your family, friends, and neighbors how to haze coyotes too! The more people that get involved in hazing, the more quickly you will see results.

For more information and tips, visit our website at humanesociety.org/coyotes.