



WARM SPRING KNOLLS WSK

A 55+ Community



Community Newsletter

October 2023

CONTACT INFO:

38145 Via Del Largo
Murrieta, CA 92563
Office: (951) 677-5758
wsk.murrieta@gmail.com

OFFICE HOURS:

Fridays - 9am to 12pm

NEXT QUARTERLY MEETING
Sat., October 21, 2023, 11AM

2023 BOARD OF DIRECTORS

President

Tom Woolslayer
951-252-5652

Vice President

Rick Martinez
559-816-9240

Treasurer

Joanne Marsh
714-401-7648

Secretary

Open Position

Architectural Director

Henry Kantrowitz
951-202-1130

Facilities Director

Nancy Misko
805-268-0523

Keys & Calendar

Debra Clark
562-322-7727

Police (non-emergency)

(951) 304-2677

Waste Management

(Trash bin replacement)
(714) 558-7761

A NOTE FROM OUR PRESIDENT - TOM WOOLSLAYER



Hi Everyone. The year is almost over already!! I want to STRONGLY urge you to attend the October quarterly meeting. These are some of the items we will be discussing:

- * Waste Management proposed increases
- * Dues increase for 2024
- * Financial state of the HOA
- * Bathroom remodel update
- * Elections, nominations and open board positions
- * Gates and status of them

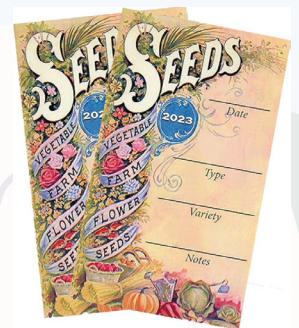
Wow!! That sounds like a lot!! I know, because it is!

— Please attend on October 21, 11am in the WSK Clubhouse —

In other news the suggestion/complaint box is up please use it. That's why it's there. Anyone who wants to run for the board and wants information please contact Margaret Ortiz at 951-795-3099. You also can also contact any board member.

WE LIVE IN A BEAUTIFUL COMMUNITY - JENN

Seeds of kindness - I planted a little wildflower garden in my backyard this year. One thing I've noticed is that by planting just one seed in the ground, I'm rewarded with a plant of many flowers, which in return rewards me with many more seeds. As I've been collecting them over this last month, I thought, what a beautiful way of showing us how one act of kindness can lead to another. I want to offer anyone who is interested in some seeds from my garden that are pretty easy to maintain, I'd love to share some seeds with you! Then maybe when you get your plant of many flowers, you can collect some seeds and share them with someone else! What a fun way of bringing more beauty into this world, help our pollinators and add a pop of color in your yard! Email me at newsletter.wsk@gmail.com if you would like some wildflower seeds for your garden or pot!



Also, I'm looking for your feedback - Is there anything you would like to see included in the newsletter? Resident birthdays, more about our community, Murrieta, the history of the Knolls? We would love to have your input!

2023 VOLUNTEERS

Activities

Sherry Tatar
951-536-4604

Audit Committee Open Position

Clubhouse Rental
Debra Clark
562-322-7727

Compliance Officer Open Position

Emergency Prep Open Position

Library

Pierce & Norma Box
951-696-1070

Newsletter

Jenn Rawlings
760-884-7064

Senior Advocate

Shelby Price
951-461-7557

Streets/Infrastructure

Website

James Sebring
760-294-1122

Welcome Committee

Terry Quinn
541-788-8293

Joanne Marsh
714-401-7648

ALLIANCE Association Management

42111 Avenida Alvarado,
Suite E2
Temecula, CA 92590
951-412-1662

Newsletter comments:

Email Jenn at:

*newsletter.wsk@
gmail.com*

ACTIVITIES COMMITTEE - SHERRY



The weather is cooling down and it's time for us to begin to think of fall activities at our clubhouse. We will be gathering on Wednesday October

25th for a Harvest Dinner. All three units are invited to come join in on the fun. The tickets will be sold on Friday the 13th and 20th at the WSK clubhouse 9:00-10:30am as well as by calling 951-536-4604 through the 23rd. Call early because a limited of number of tickets will be sold and none will be sold at the door. We hope to see you there!

Activities On The Town: Our neighbors at Unit I will be hosting a Halloween party on October 28th from 5-9. Tickets are \$13.

Unit III will be having a hoe down Western Night on October 28th. Call 951-536-4604 for more details.

TREASURE - JOANNE

Thank you all for sending your checks into Alliance. This process is working very smoothly and we appreciate



you making this a smooth transition over the last couple of months. Since I have been part of the board, I love driving my little golf cart up the hill to go to work. Everyone says hi and waves. I have met so many nice people. It's just a great way to start the day!

WSK

Harvest Dinner

OCT. 25th

- Glazed Ham
- Scalloped Potatoes
- Green Bean Casserole
- Roll, Butter & Beverage
- Pumpkin Pie w/Whip Cream



6 pm

\$15

Call by: Oct. 21st

(951) 536-4604

WSK MEETINGS

Board Meetings
Tuesdays 9-11AM
Next Quarterly Membership Meeting Saturday, October 21, 2023, 11AM - WSK Clubhouse

WSK HOA FINANCIALS

YTD as of End of September 2023

Operating Account:	\$22,686.98
Reserve:	\$142,318.56
CD:	\$130,545.65

ICE CREAM SOCIAL



6pm September 30th, Saturday
SUNSET SUNDAE
\$5
Build your own Sundae
Reservations by Sept. 28th (951) 536-4604



FROM THE SECRETARY - JAMES



PUT IT IN WRITING: If you need the Board to address an issue or take action on something, please put it in writing.

The Board cannot respond to an issue that is not in writing...

you can call us in an emergency; but for the day to day governing of the HOA, it is required to have it written down and submitted to the Board. We make every effort to keep things as confidential as the issue permits.

SCAMS: It's difficult to hear when one of our residents falls prey to some kind of SCAM. If you call someone and they ask for personal information, most likely that is not valid. If they are connected to you in a business matter, they will have all the personal info that is required. So if someone calls you, and you have no idea who it is, **DO NOT GIVE PERSONAL INFO.** If someone texts you, do not press, click, or reply to the link. Find another way to contact that company/person.

SPOOFED: We recently had our office number "Spoofed". Someone was calling from what appeared to be our office number. Our investigation determined that the person calling was no where near the office. That is why you cannot trust a call that seems to be known to you. When you call back a spoofed number, it will not exist.

RETIREMENT NOTICE...

James has decided to retire from the Board of Directors effective Friday, September 29, 2023. He has been and will continue to be a great asset to our community. He will be sorely missed. James has been involved with the board since moving here in 2016. He is taking a much deserved break. He's still doing his exercise classes, and will still be around. So thank you James!

—WSK Board of Directors

ELECTION COMMITTEE - MARGARET

Greetings! Have you ever wondered what it would be like to be a part of your community in a way that will make a difference? Here's an opportunity to find out how to do just that! We have 3 openings for the board this year and 2 people running at this time. We need a few good people to step up.

We will have nominations from the floor at our October 21 st General Meeting at 11AM. You can nominate yourself or a special person that may fit. The cutoff for nominations is November 1st.

Please be aware that you only run for the board and not a position on the board. That is decided by your new board.

There is on the job training and it is not difficult. If you have a few hours per week and a desire to improve WSK, you will fit on the board.

This is a great opportunity to meet your neighbors and some new friends along the way.

Any questions? Call Margaret Ortiz at 951-795-3099

Are you House Rich but Cash Poor?

Then you should consider a Reverse Mortgage



A Reverse Mortgage will improve your "Quality of Life" and give you "Peace of Mind" SM

Home Owners 62 and older:

- Supplement your retirement income
- Never make a monthly mortgage payment
(Responsible for property taxes and homeowner's insurance)
- Tax-free money
- Lump sum, monthly payments, line of credit; or combo
- Will not affect Social Security or Medicare Benefits

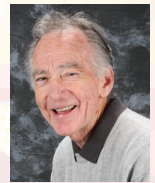
Most reverse mortgage companies want to do business over the phone and use the US Postal Service.

I do business "The Old Fashion Way", I will come to your home and meet with you face to face at your kitchen table.

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Owen has 15 two-minute videos on his website, www.reversemortgages62.com, that will show you how Reverse Mortgages work and will answer most of your questions.

AND... 22 Google 5-Star Client Reviews that will give you An Overview of how his clients feel about how he helped them set up their Reverse Mortgages.



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WSK RECYCLING TIPS - HENRY



I see on a biweekly basis unrecyclable trash in the recyclable containers. In the not to distant future you may be fined once waste management installs cameras in its recyclable trucks to see if you are recycling correctly. This is not rocket science.

Recyclables

- 1) Clean glass containers, plastic containers, cardboard, paper, aluminum and metal food and beverage cans, egg cartons, envelopes, junk mail and magazines.

Non-recyclables

- 1) Do not put any type of plastic bags or plastic wrap in the recycling container. Never bag your recyclables.
- 2) NO bubble wrap, wood, small appliances, hoses, plastic plates, cups, straws, light bulbs, window glass and ceramics.
- 3) Styrofoam is NOT recyclable.
- 4) Remove lids from plastic bottles, glass jars and other containers. Put the lids in the regular trash
- 5) Moisture or food contaminated paper such as paper plates, pizza boxes, cups, napkins, paper towels and tissues go in the regular trash.



KEYS & CALENDAR - DEBRA



Happy Harvest from your Keys and Calendar gal. The Clubhouse is available for Oct and Nov. Our next event will take place on Dec 23rd for a family Christmas party. Last month we had a "Celebration of Life" that had over 90 people, and what a special event it was. The comments on how the loved one was honored and how nice our clubhouse is, was nice to hear. Also how thankful the family was for our accommodations.

So if you would like to rent our Clubhouse for an event make sure to give me a call at 562-322-7727.

A few Halloween chuckles:

I'm Bats about you

Fang You very much

Witch parking only. All others will be toad

It's a Ghoul thing

"Ghouls Just Wanna Have Fun" and don't forget to "Shake Your Boo-ty!!"

Have an Outrageous October!

JOB FAIR - LOCAL COMPANIES HIRING

Who: Local Talent - Free for Job Seeker

When: Monday, October 23, 2023

Where: Murrieta Hot Springs Resort

Time: 11am-3pm

Are you Hiring? Looking for Local Talent for a Local Business? The City of Murrieta, City of Menifee, Riverside County Workforce Development Board, the Murrieta/Wildomar Chamber of Commerce and Impact Riverside County will be hosting a Job Fair! Businesses looking to participate can sign up for a booth by clicking the Register Now Button. Are you looking for a job? Tired of Commuting? Get your resume ready & come to our open to the public Job Fair, Local Companies Hiring Local Talent.

FACILITIES - RAY (Covering for Nancy)

Hey Guys and Gals, this is Ray. I stepped in for Nancy while she stepped out and took a 2 week Mediterranean Cruise. (Woohoo.. way to go Nancy)!

In the meantime the fountain was finished and is up and running.

And let's give a big shout out and special thanks to Sherry Tatar (YAY SHERRY) for recovering the pool cushions under the gazebo out by the pool. They look great!



Please come and enjoy the pool which is set at 82 degrees before November 1st. After that the pool temperature will be shut off but the jacuzzi will remain heated all year round. Also a few residents mentioned to me that if we provide a brush for cleaning the blue tile & the white grout line in the jacuzzi that they would be more than happy to help keep it clean. Wow... that is so cool to hear that people would like to help out. Here's something else that would be very helpful to Nancy & I. If at all possible after you move a lounge chair from where it was staged, could you please return it there. Reason being is that it helps us out in washing down the pool area and cleaning out cobwebs from under the chairs. It's been a wonderful September month, so let's make October just as nice. Please come down and enjoy the facilities before it gets too cold.

—Just Ray

SUMMER HEALTH TIPS - SHELBY

A few thoughts about the brain.



- 1) Use it or lose it. Any brain exercise is good but not all brain workouts are created equal. The best brain booster will challenge your cranial neurons with activities outside your comfort zone. If you stay challenged and engaged, you will continue to boost your memory, improve your cognitive ability, and build new neural pathways. Learn a new computer or camera skill or card game.
- 2) Break a sweat. The general rule is that “what’s good for your heart is good for your brain.” The more active you are, the more blood and oxygen are delivered to your brain. Even short walks taken regularly can be enough to reboot your brain, change your mood, and improve memory function.
- 3) Fuel up with brain foods. Fruits and vegetables, whole grains, fats, lean protein, provide lots of health benefits for your body, heart, and brain—including improved memory.
- 4) Get enough sleep. Useful tip, try to manage regular sleep schedule. Avoid big meals and caffeine for at least two hours before bedtime if possible. Most adults require between 7 1/2 and 9 hours of sleep every night. Memory, creativity, problem solving, and critical thinking may be compromised the next day by skimping on just a few hours on one night.
- 5) Keep stress at Bay. This is a category of “easier said than done.” What seems to help many people avoid unnecessary stress is to consciously “stay in the moment.” Worrying about what may or may not happen in the future wastes time and energy and increases stress levels.

Source: Smithsonian-Brain Matters

BLIND EXPERIMENT - JAMES

(Use caution, wear shoes, go slow, use a cane). If you are reading this, you are most likely not blind. Less than 1% of our population is legally blind, and even though most of us have seen a blind person, we don't really think much about it. But try this simple experiment: when you wake up, keep your eyes closed, get up and go brush your teeth. Did you find the brush, the toothpaste? did you get the paste on the brush?

A simple everyday task you do without much thought. Now, consider your last visit to the local BBQ event: 50-60 people in a large room, lots of noise, tables, and people. Think what it is like to be blind; you can't look around to see the layout of the room, or someone you know, and even if someone helps you get seated, you are possibly sitting there alone.

The known blind world is often only an arm's length in distance; beyond that, it is only a guess. Consider your sighted world a wonderful gift and be thankful. -James.



MEET YOUR NEIGHBOR -

Many of you might already know Kris, but I wanted to spotlight her this month because I love how committed she is to our community.



She was born the second of six children, in 'the city that never was' back in the mid 1950's - Los Alamos, New Mexico. Her dad was a research physicist and worked on classified projects at the time. They moved from there to CA when she was 3. She considers herself a California kid even though she moved to MI for 5 years. She moved back, met her husband, and they spent 20 years in Kansas where both their boys grew up. In 2001 they moved back to CA to live and retire. She was a production artist for 40 years. She spends a lot of time with our Activity Committee making sure there's lots of fun events planned for our community!

Both boys live in Colorado now and they only see each other when they travel one way or the other. Kris moved here in 2012.

I often see Kris sweeping a neighbors yard, or helping a fellow neighbor out, she does all the artwork for our monthly events, and she was one of the first people I met when I moved here. She was extremely welcoming and hospitable!

She's an active member of Zion Lutheran Church in Fallbrook, travels, loves to make photo books, work in her garden, draw and create projects around her house, and loves to work on jigsaw puzzles! Her favorite local restaurant is a little hole in the wall called El Gorditos. I often see Kris outside her home on Via La Colina. If you see her, be sure to stop and say hello!

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Mobile Home	Other Structures	Personal Property	Living Expense	Personal Liability	Guest Medical	Annual Premium
\$120,000	12,000	60,000	24,000	100,000	1,000	\$342
\$130,000	13,000	63,000	26,000	100,000	1,000	\$367
\$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.



WHY GOOD NEIGHBORS MATTER

1. Safety and Security

Good neighbors play a vital role in creating a strong and resilient community.

2. The Power of Collaboration

Two traits people value most about their neighbors are being able to ask for help and borrow things.

3. The Joys of Friendship

Research shows sharing a connection with the people living near you can help reduce depression, improve mental clarity, and create a more positive outlook on life.

4. Community Strength

Good neighbors play a vital role in creating a strong and resilient community. They come together in times of need, facing challenges as a united front.

5. Taking Care

Good neighbors take care of each other, but they take care of their property, too.

SEVEN INEXPENSIVE DAY TRIPS - TOM WOOLSLAYER

1. MOUNT RUBIDOUX

Rising more than 1,300-ft above Riverside, Mount Rubidoux is a natural landmark where you'll encounter religious history en route to its summit with panoramic views. Set off on a journey up the 3.5 miles of paved trails, accompanied by other hikers and cyclists, to explore this unique peak of the San Bernardino Mountains.

2. RIVERSIDE ART MUSEUM

Some of the world's greatest artists are a part of the substantial 100,000-piece collection in the Riverside Art Museum (RAM).

3. MARCH FIELD AIR MUSEUM

The scale of the aircraft exhibited at the March Field Air Museum will truly astonish you. You'll have even more appreciation for them while reading the detailed information plaques to discover their war missions, and incredible flying feats, worthy of the honor and medals they've received.

4. CALIFORNIA CITRUS STATE HISTORIC PARK

It's hard to believe that the southern California Citrus industry started with only two orange trees during the late 1800s. But this farming experiment-gone-right has led to a long-term heritage preserved in the California Citrus State Historical Park, covering 300 acres. Visitors are welcome year-round to squeeze every bit of knowledge from the expert volunteers about the state's citrus heritage with free guided tours around this living museum.

5. UC RIVERSIDE BOTANIC GARDENS

A walk through the UC Riverside Botanic Gardens feels like an outside classroom that, fortunately, doesn't require you to take on any more student loans to experience the floral wonders inside of it. This living museum provides an abundance of lush greenery spanning for 40 acres and four miles of trails winding around them.

6. MUSEUM OF RIVERSIDE

Riverside is the seat of Riverside County and is the county hub for culture, thanks to venues such as the Museum of Riverside, formerly known as the Riverside Metropolitan Museum. Centuries of regional history unfold before you while exploring the local exhibitions housed inside this museum.

7. MISSION INN HOTEL

Riverside is home to the country's biggest Mission Revival-style building. However, the Mission Inn Hotel has come a long way from its boarding house origins. Spanning a city block, this upscale hotel features 238 uniquely designed rooms that showcase lavish marble detailing, tiled floors each hand-painted by artisans, and stylish furnishings. From the moment you walk beneath the arched entrance, you'll receive the VIP treatment while enjoying a host of amenities. Lounge in the tranquil Alhambra Courtyard or explore the Mission Inn Museum covering the hotel's history from its start as the Glenwood Cottage.

YOU GOT THE GUTS FOR IT? - TERRY

Most of my articles have focused on healthy eating, particularly the benefits of strengthening our gut health. This month let's take a look at strengthening our bodies.

Exercise, meaning movement of any kind, is the MOST important thing we can do to thrive. There are five categories of movement that are essential for providing us with overall physical wellbeing. These categories are:

1. Strength
2. Flexibility
3. Balance
4. Endurance
5. Coordination

STRENGTH: Building muscle can start at any age. Muscles tend to burn four times more calories than fat. Muscles create special cells called mitochondria, also known as the little power houses of the body because they convert nutrients into a host of energy sources.

FLEXIBILITY: You must twist into a pretzel. No, just kidding. But, being flexible helps reduce the risk of injury, aids good body posture, improves circulation and contributes to better movement in general.

BALANCE: This component strengthens the brain because you use muscles as well as all your senses to maintain equilibrium.

ENDURANCE: Our hearts and lungs depend on us to make sure we can walk up a flight of stairs or climb a hill if needed. Who knows when that Tiger might appear? All kidding aside, we need endurance to continue our Activities of Daily Living.

COORDINATION: Quick reactions can save us. Coordination can be attained by trying new activities, walking on uneven surfaces, or bouncing a ball in the backyard. Try skipping. A smile is guaranteed.

Most conversations around the community include complaints about wanting to lose weight, concern for painful body parts, fear of falling, lack of energy or mental prowess. The above areas can assist in every one of these concerns.

RESOURCES:

1. Silver Sneakers online classes (free);
2. Senior Center offerings (small fee)
3. Medicare gym membership (free)

Start wherever you need to start but, do start. Need inspiration? Please call me, Terry Quinn at 541-788-8293.



*****NEW*** WSK MONTHLY BUSINESS CARD SIZED ADS**

PERSONAL MESSAGE - \$25/MONTH

BUSINESS POSTINGS - MONTHLY / \$40 - 6 MONTH COMMITMENT \$30 / MONTH

If you know a great business that has helped you in WSK, tell them about this great opportunity to advertise to the rest of our neighborhood! Contact Jenn today at newsletter.wsk@gmail.com

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mikesaiz33@gmail.com



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2023 TEMECULA GREEK FESTIVAL - OCTOBER 14 - 15



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SUNDAY 10AM - 7PM

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	GREEK HISTORY & CULTURE	
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	MEDITERRANEAN MARKET	
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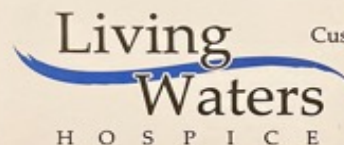


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Living Waters Hospice

THE CORNERSTONE OF COMFORT CARE

Living Waters Hospice is a Christian based process of care. Although the word 'hospice' may seem frightening, it is merely a process for teaching and caring for others while letting them age in place at home with extra help from our nurses, home health aides, and chaplains. Our mission is to bring comfort while serving families.



Kyle Clark
 Customer Service Representative

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 Riverside, CA 92518
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 Fax (909) 315-8147
 Cell (562) 322-7728
kclark@lw hospiceca.com

WSK CLUBHOUSE CALENDAR

October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Water Exercise 9am Chair Exercise 10:30am	2 Water Exercise 9am Board Meeting 9-11AM Line Dancing 11:30AM Card Games 1-4pm	3 Water Exercise 9am Board Meeting 9-11AM Line Dancing 11:30AM Card Games 1-4pm	4 Water Exercise 9am Chair Exercise 10:30am Mexican Train 1-4 PM	5 TRASH & RECYCLE Water Exercise 9am	6 HOA OFFICE HOURS 9-12 Water Exercise 9am	7 Want to rent the WSK Clubhouse? Call Debra at 562-322-7727
8 Water Exercise 9am Chair Exercise 10:30am	9 Water Exercise 9am Chair Exercise 10:30am	10 Water Exercise 9am Board Meeting 9-11AM Line Dancing 11:30AM	11 Water Exercise 9am Chair Exercise 10:30am Mexican Train 1-4 PM	12 TRASH Water Exercise 9am	13 TRASH & RECYCLE HOA OFFICE HOURS 9-12 Water Exercise 9am	14
15 Water Exercise 9am Chair Exercise 10:30am	16 Water Exercise 9am Chair Exercise 10:30am	17 Water Exercise 9am Board Meeting 9-11AM Line Dancing 11:30AM Card Games 1-4pm	18 Water Exercise 9am Chair Exercise 10:30am	19 TRASH & RECYCLE Water Exercise 9am	20 HOA OFFICE HOURS 9-12 Water Exercise 9am	21 Quarterly Membership Meeting 11AM @ Clubhouse
22 Water Exercise 9am Chair Exercise 10:30am	23 Water Exercise 9am Chair Exercise 10:30am	24 Water Exercise 9am Board Meeting 9-11AM Line Dancing 11:30AM	25 Water Exercise 9am Chair Exercise 10:30a WSK Harvest Dinner 6PM	26 TRASH Water Exercise 9am	27 HOA OFFICE HOURS 9-12 Water Exercise 9am	28 Unit III Hoe Down Western Night Unit II - Halloween Party
29 Water Exercise 9am Chair Exercise 10:30am	30 Water Exercise 9am Chair Exercise 10:30am	31 Water Exercise 9am Board Meeting 9-11AM Line Dancing 11:30AM HALLOWEEN	October's Flower Marigold			
Sunday Bible Study, 10-11am at the GK Club House - Tim & Doreen Delk 951-304-3569 Non Denominational All Units Welcome	October's Birthstone Opal and Pink Tourmaline					

We have a new Instagram account!

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