WARM SPRINGS KNOLLS

A 55+ Community

Community Newsletter

August 2024

38145 Via Del Largo Murrieta, CA 92563

Office: (951) 677-5758

wsk.murrieta@gmail.com **Office Hours:**

Fridays - 9 to noon

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 Direc-

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 Temecula, CA 92590 951-412-1662

Newsletter.wsk@gmail.com

A Note From Our President- Tom Woolslayer

Thanks to All that attended the Quarterly Meeting. The next meeting will be in October. Nominating for 2025 board positions will occur then. Please contact the board or the election committee if you want to be on the ballot for next year.

Please be aware that a significant amount of information comes through the board. However our newsletter is only monthly. Much of our communication is done through email. If the board doesn't have your email, then information we send out will not get to you. If you have not received an email from WSK in the last two weeks then we don't have your email for general information. Please send us an email to wsk.murrieta@gmail.com to get added to the list. Also Alliance may have your email but the board might not.

James Sebring also has the website at theknollofmurrieta.org. You can read all 3 units newsletters there. James also has additional information and resources that are helpful.

Please remember your board wants to make our community better, please help us do that any way you can. Thank you.



Are you ready for some football?



Vista Murrieta High School invites "The Knolls" to their home games! The bus will pick us up at unit 2 clubhouse at approximately 5:30pm. We'll be escorted to our great seats. A meal is provided at halftime. Afterwards we are escorted back to the bus and returned to the Knolls about 9:30 pm.

AND ITS FREE!! If you are interested in joining us call and get on the list.

Space is limited— Reservations required

CONTACT: Paul Dashner 760-702-7553 Chris Dashner 562-867-0175



Varsity Schedule: date-game time-opponent

08/23 - 7pm vs. Great Oak. 10/04 - 7pm vs. Chaparral. 10/18 - 7pm vs. Roosevelt

09/06 - 7pm vs. Orange Vista 10/10 - 7:30pm vs Centennial

WSK HOA FINANCIALS

YTD as of end June 2024

Operating: \$ 72,109.82 \$138,088.28 Reserve: \$140,760.88 CDs: Petty Cash: 459.59



2024 Volunteers

Activities

Sherry Tatar 951-536-4604

Audit Committee

Open position

Clubhouse Rental

Debra Clark 562-322-7727

Compliance Officers

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 Ray Clark

Senior Advocate

Shelby Price 951-461-7557

Streets/Infrastructure

Jim Francis 951-440-2215

Welcome Committee

Marsha Brinker Therese Leone Joanne Marsh 714-401-7648

Website

James Sebring 760-294-1122

Police (non-emergency) 951-304-2677

Waste Management

(Trash bin replacement) 714- 558-7761

From the Treasurer-Joanne Marsh

Thank you all who has and are in the process of taking care of your past due Assessments. We appreciate your cooperation.

For those of you who have not yet taken care of this, you will continue to hear form Alliance and myself. THANK YOU Joanne

From Activities - Sherry Tatar

On July 12th our WSK Board hosted the Tri-Unit Luncheon served by some of our key members of our Activities Committee. These luncheons host the Board Members and Committee Chairs from all three units. We got a chance to practice the baked potato bar that we have planned for September 21st served along side with several homemade soups to choose from.

I can't say how often our team gets the call to do that "extra little something" like this or to serve dessert and coffee for the occasional association meeting. My team members jump in and help whenever they can. Some of them every single time! Who has that much energy? They actually look as if they enjoy it. Who knew? Speaking of volunteers....On August 10th our Association will be holding a celebration of those that perform the day to day activities that keep us all afloat. From basic and not so basic office duties donated by our Board members to those that show up late at night to close down the pool. I think people have no clue just how much time is spent behind the scenes. The Board will be hosting this dinner so there is no charge and anyone can attend. Come help us acknowledge those that give their time and energy to our association.

Thanks Sherry



From Architectural Director Henry Kantrowitz

Fun facts about Hummingbirds - They live only in the Western Hemisphere, North, South and Central America. There are about 330 species of hummingbirds. The vast majority live within 900 miles of the equator.

Only 8 species of hummingbird are commonly seen in the United States. In the very small country of Costa Rica, where lived almost 3 decades, has 51 species of hummers.

Although they use their legs to perch while they rest and drink nectar, hummingbirds don't walk or hop.

The fastest species, Anna's Hummingbird, can fly up to 50 mph and reach diving speeds of 61 mph.

They flap their wings an incredible 80 times per second,

Like most other birds, hummingbirds start with a base of leaves, twigs, and grasses for their tiny nest.. But once the base is constructed, the rest of the nest is made from spiderweb silk.

Hummingbirds eat insects for protein and other nutrients that nectar doesn't provide. Two favorites are fruit flies and aphids. Many species of hummingbirds also eat small spiders. They will pluck these arachnids right off their webs or while hiding on a plant. To help sustain their energy requirements, hummingbirds can visit up to 2,000 flowers per day, searching for nectar. All that traveling from flower to flower is one of the main reasons hummingbirds are such important pollinators.

Torpor is a state of near-hibernation that hummingbirds can enter during cold weather. They slow their heart rate and breathing to conserve energy and can appear to be deeply asleep or even dead while they're in this state. The most unsettling part of torpor is that hummingbirds in this state tend to hang upside down and look dead!

One of the coolest facts about hummingbirds is that they can fly backward!

One strategy to get more hummingbirds to visit your yard is to give them a MOVING water source. Although bird baths are fantastic, most hummingbirds will ignore them unless a bubbler or mister is agitating the water.

Although we associate them with flowers and sweet nectar, hummingbirds don't have any sense of smell. Instead, they primarily use their eyesight to find their way to food and shelter. They also have great eyesight. Henry

Welcome New Members

Pasquale Moscatello 38048 Via La Colina

From Key's & Calendar- Debra Clark

Thank you to Norma box who has been our librarian for many years. She is retiring! We are so thankful for her and Pierce and the wonderful job they did taking care of the library. We are sorry to see her go and we wish them many blessings ahead. So on that note, we are looking for a new librarian. If you are interested, please call the office and let us know. Thank you.

From Facilities Director- Nancy Misko

Wow I can't believe we are already going into August and Christmas decorations are already up at our local retailers! I just don't get it.

Our pool has been very busy and getting a lot of use. Unfortunately, our rules have been overlooked by a few of our residents. We do not have the luxury of a live in caretaker. Please remember that our pool is our biggest expense and if we don't want our monthly fees to go up, please adhere to the following:

- 1. SUNSCREEN OILS are NOT to be applied in pool. You must not go into pool for at least 20 minutes after you apply it. We are experiencing too much oil and slime in our filters and around the tiles.
- 2. NO LARGE FLOATS as it takes away from other's comfort in pool.
- 3. NO FOOD or GLASS in the pool area. No drinks are allowed in the pool itself.
- 4. CLEAN UP your area. I am finding trash, soda cans, and food waste around the pool.
- 5. Guests MUST BE ACCOMPANIED by the WSK resident, no exceptions.
- 6. CHILDREN'S hours are still 10 am to 2 pm.

I want to thank Shirley and Jim Sebring's granddaughter Lorelei Sebring, who is a student at Murrieta Vista High School. She has been cleaning our pool area once a week as part of her high school volunteer hours program. We truly appreciate her eagerness to help.

And if you haven't noticed, we finally replaced the old heavy woodened / splintered picnic tables with metal round tables and chairs. They look very inviting! Thank you Ray & Debra for assembling all the tables.

Thanks Nancy







Paula Michalski

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\$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

 $Rates\ are\ examples\ of\ replacement\ cost\ on\ \underline{newer}\ manufactured\ homes\ in\ most\ CA\ parks\ with\ a\ S500\ deductible.$



Favors for Neighbors

"There is no call too small"

No fee's, just favors. Give us a call, if we can help, we will.



MICHAEL SAIZ Friend & Founder 951-239-6953



mikesaiz33@gmail.com







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Website

www.theknollofmurrieta.org

Making Medicare Easier By Kristina Merrick

My name is Kristina and I am a local Health Insurance Agent license 0C19662, specializing in Medicare HMO, PPO and Supplement health plans and



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87°	 143°

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Paws will get burned.

TIP: If it's too hot for your bare feet it's too hot for theirs!

Boost Your Resilience!

It's important to realize that life will always have challenges.

Resilience means you have the confidence to handle whatever comes your way.

Allow yourself to feel.

Acknowledging feelings is important in order to move through them, so don't push them away. Instead, face them head on, although it might be difficult.

Give yourself a pep talk. If you're thinking I can't do this anymore, try asking what is it specifically that I can't do and what else can I do?. If you say I can't, you've already defeated yourself. Be open to possibility by thinking outside the box.

Focus on the moment. Projecting too far ahead can increase stress levels. Stay present and grounded in what you can control. Try jotting down your thoughts. It's a good way to refocus and catch your breath.

Don't be afraid to ask for help.

We can all benefit from a shoulder to lean on and a solid support system (of any size). If you feel unmotivated or stuck on more days than not consider finding a therapist who can offer a different type of support and help you move forward.

Thanks! Shelby

AUGUST 2024

ıy	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
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