

spring knolls News



Murrieta, CA

Happy Father's Day, June 15

June 2025

CRAFTERS CAPTURE CROWD



Photos by Ted Vollmer

CRAFT FAIR DRAWS SHOPPERS: Crafters from all three Knolls units showed their creations at a crowded May 24 fair in Warm Springs Knolls. (Above left) **Persephonie Saucier** of Spring Knolls watches as **Tim Proffitt** inspects her handmade jewelry. Right, **Victoria Marino**, also of Spring Knolls, shows a shopper a piece of her "rescue art."

Our critters are here to enjoy, but also to protect

As I sat down to write to you, I took a few minutes to look out my window for inspiration.

The timing was perfect! I saw a mockingbird chase a small hawk, and hummingbirds and Orioles at our six feeders. Later, I checked on the mourning dove pair that has returned to last year's nest on our security light. Mom was quietly watching a hummer.

Nearby, our 5-year-old indoor cats, Masha and Sharkey, were watching the outdoor activity, their tails twitching as they did.

As you know by now, the Knolls



Sandy Vollmer
SK president

July 4 parade is just around the corner

It's that time of year to get ready for the 4th of July golf cart / car show and parade through Units 1 and 2.

We've invited the Drifters car club again, so expect classic cars and trucks. And stay for a free hot dog lunch.

Time: Friday, **July 4.** 9 a.m. staging.

Parade begins at 9:30 a.m. sharp.

Location: Spring Knolls clubhouse.



See **SK president**, page 2

WHAT'S INSIDE?

- SKERT member event / 4
- Read about Weeds / 3
- New election rules / 3
- Swell BBQ crowd swells / 7
- New DMV, SK pool rules / 8

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*
Ron Sieber
951 541-6276



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



Director, Compliance
Charlene Kirkwood,
951 348-0042

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;** **Lali Neri (assistant)**

• *Bookkeeper:* **Kim Eaton, 951 677-6862**

• *Spring Knolls Boosters:* **Debby Adelhelm, President, 760 717-9876**

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

• *Spring Knolls News:* **Ted Vollmer 951 319-6749; tscjnews@gmail.com**

SKA president

From page 1

communities share this hillside with a variety of wildlife including some I haven't mentioned. Some of it we welcome like the majestic hawks and owls that are so beautiful to watch and listen to. And the bobcats, who in their own way are handsome and majestic. Or, cute rabbits and raccoons.

Of course, there are those we're not so thrilled to see, like coyotes that seem to follow you as you walk your dogs. Or rattlesnakes or rats.

I get it! Even though there are some animals we'd prefer not to encounter, we are here, and they are here; and actually, they were here first, if we're keeping score.

Recently, a bobcat was spotted dragging a leg-hold trap — chain and all — behind a couple of houses on one of our streets. Those who reported it said it was a sickening sight. In case you didn't know, leg-hold traps are illegal in California.

A few days after the incident I spoke to the responding Fish & Game officer. He said the trap had almost severed the bobcat's foot and it was determined it would not

survive, so it was euthanized.

A few weeks earlier a coyote was spotted dragging a leg-hold trap, including the chain. The injured animal disappeared into the brush and trees in the canyon area by the golf course and was not seen again.

It's unclear to officials where these traps were placed or how many still exist. The Fish & Game officer and I spent some time viewing satellite maps that might help identify possible trap locations.

He said he will be reviewing different areas around us and speaking with property owners regarding the illegal traps. Anyone identified of using illegal traps will be apprised of heavy fines and possible jail time.

As of this writing no one has been identified as responsible for laying the traps that injured the bobcat and coyote.

The Spring Knolls Board asks that if you see or hear of anyone using such traps, please contact a board member so we can follow up with the appropriate authorities. The association has a "no tolerance" stance regarding such activity.

In closing, a happy thought Happy Father's Day! Let's make it a great summer in Spring Knolls!

Spring Knolls Board report for May 21, 2025

- **Approved:** Spring Knolls streets for 2025 repairs: Calle de la Siesta, Via El Avion; El Pavo Real, Calle de la Siesta walking pathway, Via La Paloma. Cost from reserve account **\$88,583.05**. Affected residents will be notified of schedule.
- **Approved:** Reinstatement of **Charlene Kirkwood** as a member of the board of directors to fill a vacancy. Her term will expire in January 2027.
- **Treasurer's report.** As of April 30, 2025: Total bank accounts **\$822,492.63**; total operating funds **\$ 204,257.40**; operating/checking expenses, **\$120,906.36**; Reserve expenses, **\$21,058.98**. Reserve funds, **\$618,235.23**.

The next Spring Knolls board meeting will be at **6 p.m. Wednesday June 18, 2025** in Eaker Hall.



Photo by Ted Vollmer

ON THE FRONT: A Night Blooming Cactus erupts with more than a dozen flowers on May 18 along Via Princesa. The colorful blooms last only a day before disappearing until next time.

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

New rules OK'd to streamline costs of uncontested SK Board elections

By Sandy Vollmer

Spring Knolls president

In part due to recent trends, the Spring Knolls board has adopted new rules that allow for uncontested board elections to be decided through acclamation.

In short, if only four or five openings occur in an election cycle, and an equal or fewer candidates apply, the usual election process will be replaced by a board vote since the outcome is predetermined.

If, however, *more* candidates opt to run than are open, an election is held under previous rules. That includes mailings and a ballot that residents are asked to fill out and mail back.

The "voting by acclamation" process interested us because in the last two Spring Knolls board elections, there were no contested seats. Only incumbents ran for election.

Because existing rules did not include "voting by acclamation" the entire confidential mailed ballot process had to be followed even if the outcome was already apparent.

So, in April, the board approved two new election-related rules sections. One deals with acclamation, the other about electronic voting. The new sections are posted at the clubhouse.

Now, if *too few or the exact number* of candidates declare, the Board may approve the declared slate of candidates; and the mailed ballot process costs that include printing, postage, envelopes and the inspector of elections can be avoided. Also, many volunteer hours to prepare mailings will be greatly reduced.

For the 2026 Board election the following process will be used:

- **July:** The first notification and information about the 2026 election process will be sent to (members) by US Postal mail or by email, if they have accepted this



form of notification.

The new "Nomination Form & Application for Candidacy for the Board of Directors" will be included in the July notification. The board will require a completed application form from anyone wishing to run on or before the General Meeting on Oct. 18. The forms also will be available at the clubhouse.

- **October:** The General Meeting will be held at 1 p.m. Saturday, Oct. 18, 2025, in Eaker Hall. At that time candidates may introduce themselves.

- **November:** If the number of candidates does not exceed the open seats, then at the Nov. 19, 2025, Board meeting the 2026 slate of candidates will be approved by acclamation. At that point the election process will be concluded except for the new board's introduction at the 2026 Annual Meeting.

If, however, there are *more* qualified candidates than open positions, then the complete election process — including mailed ballots, an "inspector of elections," and counting and tallying of votes will proceed with results announced at the 2026 Annual Meeting.

- **January:** The Annual Meeting will be held at 1 p.m. Saturday, Jan. 10, 2026, in Eaker Hall, regardless of whether the election is decided by acclamation or the complete process.

Terms of four board members: Jan Towers, Shawnee Miller, Sharon Kilpatrick and Ron Sieber end this year. Candidates run for a directorship, not for a specific position. After the annual meeting, the new board will meet to fill areas of responsibility. If you have questions, contact a Board member; numbers are listed on page 2.

Pulling no punches, we need you to pull your pesky weeds

By Charlene Kirkwood

SK Compliance Director

Well, it's that time of year when those pesky weeds make their appearance.

Per our Rules and Guidelines, page 10, article 13, yard maintenance is required to avoid unsightly conditions.

There is a new product on the market that kills weeds. It is Spruce. It's safe for people and pets. We started using it at our home because some of the other products out there are harmful to bees.

There is also Preen, which is a weed preventer.

There also are two local organizations that might be able to help you rid your property of weeds:

Habitat for Humanity at 951 296-3362, and **Favors for Neighbors** at 951 239-6953/951 704-9598.



COMING TOGETHER: A big thank you to Spring Knolls resident Monica Sims, who donated the shelves above for dozens of puzzles you can now borrow from the clubhouse library room..

Caution: It's rattler season



Courtesy photos

NOT ALL THE SAME: There are three rattlesnake species generally found in Southern California. All have rattles, but are different in markings. From left: the Southwestern Speckled Rattlesnake, the Southern Pacific Rattlesnake and the Red Diamond Rattlesnake.

Docile, yet dangerous when provoked, rattlesnakes need you to avoid them

Rattlesnakes are California's only venomous snakes, and warm weather brings them out of hibernation. They're not dangerous, however, unless you stumble upon them.

The California Department of Fish and Wildlife advises residents to watch for snakes when visiting local parks and hiking trails from now until late fall when temperatures fall.

In desert or semi-desert areas special precautions are needed to avoid rattlers. Recently, a La Cresta family left a sliding glass door ajar and discovered a larger rattler had found its way inside. They called a local removal company.

You can reduce your snake bite risk if you follow some simple tips:

- If you see a snake, stop and keep a safe distance. Give the snake room to move away on its own.
- Do not try to handle a snake, which will bite if provoked.
- When walking or hiking, stay on trails, sidewalks and cleared pathways.
- Wear boots or closed shoes and long pants when working outdoors or walking in wooded areas.
- Wear leather gloves when handling brush and debris.
- Use a flashlight if walking at night in areas where snakes might be present.

Who to call:

If you discover a rattlesnake at your property, there are two Warm Spring Knolls residents who will remove them for you:

- Glen Ingraham, 951 642-2897
- Henry Kantrowitz, 951 202-1130

- Keep dogs on leashes and pet cats indoors to reduce their chances of encountering a snake.
- If you find a sick or injured snake, call the Sheriff's Department to connect with Animal Control.

If you're bitten by a snake you feel could be venomous, seek immediate medical attention.

"(R)emember, rattlesnakes have a distinct, triangular-shaped head and usually have rattles at the end of their tail. They do not always rattle before striking," the department website reads.

Rattlers found in California

- Western Diamond-backed
- Mohave Desert Sidewinder
- Colorado Desert Sidewinder
- Southwestern Speckled
- Southern Pacific
- Great Basin
- Northern Pacific
- Red Diamond
- Northern Mojave

SKERT needs new faces; you need ice cream & pizza. Sounds like 2 great reasons to gather on June 11!

Due to people moving, and other reasons, at our last meeting we discussed holding a membership drive/pizza party / ice cream social this month.

Everyone liked the idea, so we're having a "SKERT Needs You" event at the clubhouse on Wednesday, June 11 at 5 p.m.

At the event, we're looking forward to meeting not only more potential members, but also to stimulate interest in the group.

Good news, we were lucky enough to get two retired nurses who live in Spring Knolls: Vicki Duffy and Patricia Forsythe, to join SKERT and strengthen our skill pool. We're going in the right direction!



Alan Hanson
SKERT chair



Friday BBQs: Thru - Aug. 29, 5-7 p.m.*

Hamburgers	\$7
Cheeseburgers	\$7.50
Veggieburgers	\$7
Hot Dog	\$6
Specials**	\$8
Chili for burger / Dog	\$.50
Sodas/Bottled Water	\$1
Chips	\$.50

(Meals include potato salad, beans, trimmings, watermelon,



SKERT Needs You!!

Meet the Spring Knolls Emergency Response Team!

**Become an asset to your community. Learn
about the people who help you stay safe.**

(And, also join us for **FREE pizza & ice cream!)**

Where: Spring Knolls clubhouse, Eaker Hall

When: 5 p.m., Wednesday, June 11

Information: Call Alan Hanson, 714 493-1709

¡Gran noche de tacos!



FULL HOUSE: The May 3 Boosters taco night attracted dozens of diners for beef, chicken and carnitas tacos, rice and beans.



HAPPY BIRTHDAY!

Regina Alderson
Anne Baird
Julia Barringer
Glenda Benson
Sally Bourne
Don Boyer
Scott Bramhall
Warren Bryant
Cathy Burgess
Emma Calderon
Lloyd Cale
Debbie Cavallucci
Ed Cavallucci
Janice Compton
Joe Compton
James Cork
Bill Crowder
James Davis
Jose DeLeon
Barbara Denny
Russell Ellingson
Joy Ferguson
Burgunde Fisher
Frank Fisher

Sharon Garcia
Celestina Gutierrez
Luis Gutierrez
Lyn Hedges
Dorothy Heiner
Laurence Hodge
Karen Jacobs
Larry Kirkwood
Jody Kellerman
Judy Kyle
Lavonne Langley
Grace Liss
Diana Ludwa
Phuong X Ly
Marilyn Mann
Irene Manzke
Nancy Martinez
Candice Marx
Daniel Melendez
Lynda Miller
Luis Morante
Chris Mullen
Debra Neal

Phyllis Nelson
Andres Paz
Van Ratcliff
Brian Reed
Ann Ritchie
Karen Russell
Rachel Sanchez
Paula Scharnaga
Felix Segovia
Deborah Shelton
Anna Suarez
Juan Tomas
Terresa Tomas
Margo Thomas
Judi Tuoni
Yolanda Valdez
Dorothy Vaughn
Tim Vaughn
Antonia Villareal
Susan Wallach
Carole Warburton
Lisa Waterman
Henry Weiner
Ana Zuniga



Tom & Anne Baird
Gary & Glenda Benson
George & Dee Larson
Dale & Linda Neumann
Brannen Straughan & Jill Smart
Jerry & Jan Towers
Sam & Diane Velasquez

Are we missing anyone?

The *Spring Knolls News* hopes to ensure that all readers are acknowledged with birthday and anniversary tributes. We also wish to remember those who lived here with a notice of when they passed. If you know of an addition that should be made, call 951 319-6749 or email tsjnews@gmail.com.

IN MEMORIAM



Norman Bacon
(June 1928 - June 1996)
Via La Espalda

Chester Christensen
(March 1933-June 2017)
Via Roja

John R. Cornwell
(May 1936 - June 1993)
Via Norte Vista

Thomas Gene Cottle
(Sept. 1941- June 2015)
Via Amarilla

Louise May Elam
(May 1943 - June 2012)
Calle de la Siesta

Robert Faelchle
(April 1929 -June 2013)
Via Amarilla

Harold Fischler
(March 1920-June 2012)
Calle de la Paz

Judy Francis
Jan. 16, 1939-June 2, 2024
Via Amarilla

Friday BBQs open with a near record crowd



120+ line up for burgers, dogs, dessert

BURGER BUNCH: The May 30, 2025 unveiling of the Boosters popular Friday night BBQs quickly turned into a steady flow of hungry diners from all three Knolls units. (Top left): Griller Alan Hanson quickly helps Laly Neri and Boosters president Debbie Adelhelm fill orders. (Top right) Holli Hanson sells raffle tickets for cash prizes that will be awarded every week. (Below left) The Eaker Hall tables are filled, and diners head to overflow tables in the Library and outdoor patios. (Below right) Diners scoop up watermelon slices a apply fixins' to their burger/hot dog dishes.



Friday BBQs: Thru - Aug. 29, 5-7 p.m.*

Hamburgers	\$7
Cheeseburgers	\$7.50
Veggieburgers	\$7
Hot Dog	\$6
Specials**	\$8
Chili for burger / Dog	\$.50
Sodas/Bottled Water	\$1
Chips	\$.50

(Meals include potato salad, beans, trimmings, watermelon, desserts.)

• No BBQ, Friday July 4;

**Specials not every week

Safety! Matters

Before taking a dip, learn the Spring Knolls pool rules



With summer vacation beginning, here are reminders for using the two Spring Knolls pools.

The rules follow state as well as Spring Knolls Association safety guidelines. **Note:** Both swimming pools are monitored by close-circuit cameras to help ensure compliance at all times.

The pools are here to provide a safe, refreshing and fun activity for all users. We ask everyone to abide by them and inform non residents guests that they also are expected to follow them.

We ask that if you witness improper activity that you please report it to a board member.

The rules:

- **FOBS:** Residents must be present with a working FOB to enter the grounds. There is a limit of 4 in a group at any time. Do not open the gates for anyone. If you lack a FOB, please contact Director **Candy Lee** at (951) 239-0669 for assistance.
- **NO LIFEGUARD ON DUTY:** Pool users swim at their own risk.
- **SHOWERS:** Swimmers should shower before using the pools. Men's and women's rooms near the small pool have showers.
- **SUN SCREEN:** After applying sun screen, please wait at least a half hour before entering the pools to give skin time to absorb the screen, and cut amount of chemicals that may clog equipment.
- **AGE RESTRICTIONS:** All residents and their guests may use the small pool. Only those **at least 18** may use the large pool.
- **TODDLERS:** Children under 3 must wear rubber / plastic pants.
- **TODDLERS II:** Small children should always be accompanied in the pool by an adult.
- **KEEP IT POLITE:** Rude and uncooperative behavior will not be tolerated. Violators will be warned, may be asked to leave and lose FOB privileges for 30 days. Fines may also be levied.
- **DIVING, JUMPING, ETC.** Pool rules will be enforced. They include **no running, diving, jumping or bombing; no food or drink** (except bottled water) in pool areas.
- **FLOATERS:** No float devices allowed except noodles. That includes inflatable rafts. Child "floaties" are permitted.
- **NO PETS, EXCEPT...** allowed except guide dogs.
- **LONG HAIR:** Swimming caps required with long hair.
- **END OF DAY:** Be prepared to leave by no later than 8 p.m.



Is it safe to drive at your age? Laws that may keep you from the steering wheel

Last year 444 people died on California roads in accidents involving older drivers.

That might help explain why the state now focuses more on driver-safety than eligibility.

For instance drivers 70 or older are no longer required to retake a written drivers test every five years to renew their licenses. However, they must take the test if they have had two or more accidents within two years before license expiration, three or more within the three years before expiration, a DUI suspension within the past two years or more than one violation point within the two years before renewal.

And, if you're 70+ you must renew your license **in person** regardless of your driving record, for an eyesight check and new photo.

Besides your eyesight that can be affected by macular degeneration or cataracts, other conditions can lead to a California driver's license suspension, including Alzheimer's Disease, dementia, and diabetes.

The DMV also can suspend your license if your medications may result in dizziness, sleepiness or blurred vision. Or, if you have any kind of disorder that led to a lapse of consciousness in the past three years or any other physical or mental condition that could impair your driving.





Eight newbies move to Spring Knolls

By Mary Lou Morgan
SK News Welcome writer

This month we welcome eight new residents to the Spring Knolls community and we'll soon have even more. Here they are:

Gary and Glenda White
38650 Via Azul.

Gary was born in Sharon, PA and Glenda in Guatemala. They moved here from Warner Springs.

Both are retired, Gary from Amtrak where he was a train attendant and Glenda from human resource and secretarial positions.

Gary and Glenda have two children, five grandchildren and two great grands.

Gary enjoys spoiling their two dogs, Angel and Blackie, and Neena their cat. Glenda likes to crochet and has recently taken up painting.

John Kubena
38597 Via Azul.

John was born in El Campo, TX. He moved here from Menifee where he has been very active for years in volunteering his time. He is currently president of the Lions Club in Menifee and calls Bingo in Sun City. John is a retired construction manager, his last project being a 250-unit apartment complex.

He enjoys working on cars, fishing, and general repairs and fix-its. John has three children and four grandchildren.

Note to John: Hmmm! Volunteering! I think we could use you here in Spring Knolls.

Enrique and Patricia DeLeon
38484 Via La Paloma.

Both are Texas born, Enrique in El Paso, Patricia in Fort Worth. They moved here from San Marcos.

Enrique and Patricia are still employed, Enrique for the Department of Defense and Patricia for a drug testing firm. They have four children (2+2) and eight grandchildren.

Enrique enjoys working in their back yard, while Patricia has a travel bug. They both love spoiling their Lab named Sequoia.

Kevin and Kathy Osborne
28900 Via la Rueda.

Kevin was born in Long Beach and Kathy in Los Angeles. They lived on Via Playa Del Rey for four years before buying their current home.

Kevin is retired from the Army's 101 Airborne. Kathy was a paralegal and recently a caregiver. They have three children and enjoy gardening and cooking.

Patricia Forsythe
29100 Via Princesa

Patricia was born at Westover Air Force Base in Springfield, Mass.

She is a retired trauma nurse, with her latest position being Director of Education at Palmdale Regional Hospital.

Patricia has two daughters, five grandchildren and a Chihuahua named Daytona. Patricia always wants to learn, so she enjoys reading and attending Bible classes.

Ho👉gePodge

DUES PAYMENTS:

Here's a quick reminder that if you divide your dues payments in two parts, the second part for 2025 (\$492) is due on July 1. Payments not received by **July 15** are considered late and subject to a **10 percent penalty**.



STREET REPAIR: Every year the Spring Knolls board approves various streets for repairs and repaving. Those living on those streets will be notified of when such work will be performed. This year residents on **Calle de la Siesta, Via El Avion, El Pavo Real and Via la Paloma** will be affected. The \$88,583 for the work comes from our reserve fund.

HYDRATION: As the temps rise, so should your intake of liquids. Dehydration is a common affliction as we get older because we don't always get thirsty like we once did. Try to drink at least eight cups of water a day.



THANK YOU

Thanks go out to the following Spring Knolls residents for donating left over items from the May 17 Community Garage sale. The items will be included in the Boosters fall 2nd Hand Treasures sale. Event details in future editions.

- Gloria Castenada
- Lisa Holland
- Candice Lee
- Linda North
- Sunny Projovsky
- Robert & Paula Raquel
- Linda Scott
- Dane Sickles & Barbara Sliffe
- Monica Sims
- Diana & Doug Stark
- Joe Tarin
- Janice & Joe Thompson
- Gary & Glenda White

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



PATIO CHAIRS & TABLE: Steel, swivel chairs with cushions and table with laminate design. Asking \$75 for chairs, \$25 for table, or best offer. Call Monica @ 951 591-5767

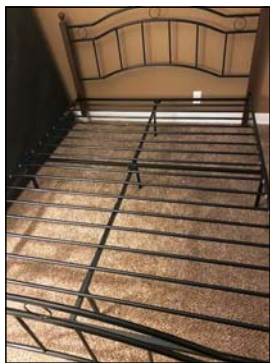


DUAL-PANED WINDOW: Simonton dual-paned vinyl window, 61.5" x 47.5" with screen. Great condition. Asking \$75 OBO Call Gary @ 760 644-4893

GENERATOR:: Craftsman 3500 generator / gasoline. Used once, Paid \$600; asking \$275 or best offer. Call Gary @ 760 644-4893



FULL-SIZE REFRIGERATOR: Working Whirlpool refrigerator/freezer. Asking \$100 or best offer. Call Monica @ 951 591-5767.



BED FRAME: Queen size bed frame with head / footboard. \$80. Call Candy @ 951 239-0669.

LIGHT HOUSEKEEPING: No deep cleaning. Contact Cindy @ 562-879-6988.

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

QUEEN SIZE BED: Adjustable bed complete less mattress. Includes adjustable frame, platform and very nice beige fabric button tufts headboard. \$200 or best offer. Call Gil @ 760 310-6950.



OAK TABLE & CHAIRS: Painted oak dining table (47-inch diameter) and four chairs. Asking \$70 for set. Call Marla @ 951 694-2874.

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

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

RIDES: Will provide rides to people needing to go to doctors, grocery shopping. Call Cindy @ 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.

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

HELP NEEDED: I'm seeking help to restore my grandparents' vintage Philco radio. Specifically, I need someone to work on the inner components: wiring, tubes, etc. and replace any needed parts. Contact Mary Lou Morgan @ 760 613-7514.

I am a local and Spring Knolls resident Licensed Insurance Agent. I represent most major insurance companies with a Medicare contract. Give me a call! I look forward to helping you.

Sarah Human MHA

Licensed Insurance Agent
310-980-9509

Sarah@sarahinsure.com / www.sarahinsure.com

License # CA Lic. #0K16275

June 2025: What's up in Spring Knolls & beyond?

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Bible Study, 10-11 a.m. GK; Cancer Survivor Day	2 American Indian Citizenship Day; Leave Office Early Day	3 Bible Study, 10 a.m.- noon;	4 National Egg; Simp Day; Hug your Cat Day	5 World Environment, Ganga Dussehra	6 SK Office hours, 9:30-noon, Friday BBQs, 5-7 p.m.; D-Day	7 Golf Knolls Saturday BBQs. Belmont Stakes; Food Safety Day
8 Bible Study, 10-11 a.m. GK; American Indian Citizenship Day	9 National Donald Duck Day; Whit Monday	10 Bible Study 10 a.m.- noon; National Egg Roll; Iced Tea Day	11 Boosters, 10 a.m.; SKERT 5 p.m. event	12 Bingo 1-4 p.m.	13 SK Office 9:30-noon; Friday BBQ, 5-7	14 Golf Knolls BBQs; Flag, Blood Donor day
15 Bible Study, 10-11 a.m. GK; Father's Day;	16 National Fudge, Take your Cat to Work Day	17 Bible Study 10 a.m.- noon; Bunker Hill; Eat Vegetables Day	18 SK Board, 6 p.m. Library Int'l Picnic, Sushi Day	19 Juneteenth; Garfield the Cat Day	20 SK Office 9:30-12; Friday BBQs, 5-7 p.m.	21 Golf Knolls Saturday BBQs. Int'l Yoga Day
22 Bible Study, 10-11 a.m. GK;	23 Women in Engineering; Let it Go Day	24 Bible Study, 10 a.m.- noon; Swim a Lap Day	25 Global Beatles Day	26 Muharram (Islamic New Year)	27 SK hours, 9:30 – noon; Friday BBQ, 5-7	28 Golf Knolls Saturday BBQs.
29 Bible Study, 10-11 a.m. GK; Camera Day	30 National Meteor Watch Day	<ul style="list-style-type: none"> • June gemstones: Alexandrite and Pearl moonstone • June flowers: Rose or Honeysuckle • Zodiac signs: Gemini (through June 20; Cancer June 21-July 22) 				

Open'nClosed

open:

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

- **Clubhouse Summer hours:** 8 a.m. - 8 p.m. Gym, library, both swimming pools open.
- **Jacuzzi or billiards** room open to adults only. Call Facilities Director Ron Sieber, 951 541-6276 for more 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 and poop picked up in all common ground areas.
- Dogs must be leashed at all times, even in the clubhouse grassy areas.



Here: (Spring Knolls)

- **June 6, 13, 20, 27: BOOSTERS FRIDAY NIGHT BBQS.** 5-7 p.m. Burgers, hot dogs, beans, salad, dessert. See page 4 for menu, prices.
- **June 11: SKERT MEMBERSHIP EVENT.** 5 p.m. Eaker Hall. Details Page 4.
- **June 12: BINGO.** 1-4 p.m. Eaker Hall.
- **July 4: INDEPENDENCE DAY PARADE.** Starts at Spring Knolls clubhouse, leaves at 9:30 a.m. Free hot dog lunch follows at Eaker Hall.

There: (Units 2 & 3)

- **June 7, 14, 21, 28: SATURDAY NIGHT BBQS.** (Golf Knolls) 4:30 - 6 p.m. (thru Aug. 9.) \$6 burgers/hot dogs/specials; \$7 ch'sburgers.
- **June 19: BINGO.** Unit 3 clubhouse 6:30 p.m.

Elsewhere . . .

- **June 14: FATHER'S DAY CAR SHOW.** California Oaks Sports Park, Murrieta. 2-8 p.m. Info: 951 304-7275
- **June 28: MURRIETA BIRTHDAY BASH.** 2-9 p.m. California Oaks Sports Park, 40600 California Oaks Road. 4:30 p.m. Firefighter Hosedown, 9 p.m. fire works. Info at 951 304-7275.
- **June 12, 26: TEMECULA SUNSET MARKET.** 5 –9 p.m. Open-air market in Old Town Temecula Town Square Park, 41902 Main St. Artisans, food court, local music performances. More information at temeculasunsetmarket.com
- **June 20-22: TEMECULA VALLEY BALLOON & MUSIC FESTIVAL.** Lake Skinner area. Wine tasting, balloon launches, music featuring Alabama, Cody Jinks and Walker Hayes. temeculavalley-festival.com for schedule, ticket prices.
- **June 24: COFFEE WITH THE CITY.** Meet with city council members. 8:30–9:30 a.m. Murrieta Hot Springs Resort; 39405 Murrieta Hot Springs Road. The Theater Room. Free.

Spring Knolls Medley



Spring Knolls Medley

Don't be shy; join the Medley!

Please share your Spring Knolls experiences or favorite photos for the **Medley Page that only appears in our on-line edition.**

If you have favorite recent or past photos about our community or area, send them with a brief description, including the approximate time they were taken, and your name to:

Spring Knolls Medley

38441 Via La Paloma,
Murrieta, CA 92563, or email
photo & information to
tscjnews@gmail.com

Photos for Spring Knolls Medley by Yvonne Sprague, Sandy Vollmer, Ted Vollmer
PARADE OF PRIZES: (Top left). Francine Hill of Golf Knolls was one of the extra prize winners at the May 4 Bingo Event at Vista Murrieta High School. Twenty Knolls residents attended the fundraiser. (Top right) Spring Knolls residents check out items at a Via del Sur home during the May 17 Spring Knolls Community Garage Sale. Nearly two dozen residents sold items during the one-day event.... (Above) Two views of a California hooded Oriole at two different hummingbird feeders outside a Spring Knolls home.

100+ temps here before summer starts. Are you ready for them?

The heat we all experience in Spring Knolls this time of year revisited us in recent days. While you shouldn't expect any let up for the next few months, below are reminder tips on how you can **Beat the Heat**.

A quick heat 'to do' list:

While outdoors ...

- Avoid direct sunlight.
- Use sunscreen to protect skin, hydration.
- Light-weight, light-colored clothing.
- Wear a hat, take an umbrella on walks.
- Check into a simple water misting system for you and your pets.
- Protect pets. If you can't hold a hand on a surface for more than a few seconds, it's too hot for your pet.

Staying hydrated ...

- Make sure to drink more liquids than usual (like two cups of water an hour).
- Avoid caffeinated and sugary liquids.
- Remind others about dehydrating and regularly check on them.
- Drink water even if you're not thirsty. We often lose sense of thirst after 60.
- Always have a bottle of water handy.
- Help hydration by eating more foods such as salads and fruits.
- Ensure that pets have enough water.



While indoors ...

Avoid using only a fan as a cooling source. Take cool baths or showers, moistened cooling towels and use your air conditioning. At night, open your windows and screen doors to allow the home's interior to rid



itself of the heat while you save money on air conditioning costs.

Heat Stroke v. Heat Exhaustion

Heat stroke occurs when the body is unable to regulate its temperature. Heat exhaustion is less dangerous, but still can threaten your health.

Heat stroke, the more dangerous of the two can be fatal. It's present when your body temperature rises rapidly to 106°F in as little as 10 minutes, your sweating mechanism fails, and your body can't cool down.

How to recognize heat stroke:

Warning signs of heat stroke vary, but may include the following:

- An extremely high body temperature (above 103°F, orally)
- Red, hot, and dry skin
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness



What to Do, and Not Do...

If you witness or experience any of those signs, call for immediate medical help and begin cooling the victim in a shady area and:

- **Do not** give the victim fluids to drink.
- **Do** cool the victim rapidly, in a tub or shower of cool water; spray him/her with cool water from a hose; sponge with cool water; or if humidity is low, wrap in a cool, wet sheet and fan vigorously.
- Continue cooling efforts until the body temperature drops to 101-102°F.
- If emergency help is delayed, call a hospital emergency room for guidance.
- Sometimes a victim's muscles will twitch uncontrollably from a heat stroke. If this happens, keep the victim from injuring himself, but do not place anything in the mouth and **Do Not** give fluids. If there's vomiting, keep the airway open and turn victim on his or her side.

What about heat exhaustion?

Heat exhaustion is a milder heat-related illness that can develop after many days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

It's the body's response to excessive water and salt loss from in sweat. Those most prone to heat exhaustion are the elderly, people with high blood pressure, and people working or exercising in a hot environment.

Heat exhaustion warning signs:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Fainting
- Nausea or vomiting
- Skin may be cool and moist
- Weak pulse rate, but fast
- Breathing fast and shallow.



What to Do and Not Do...

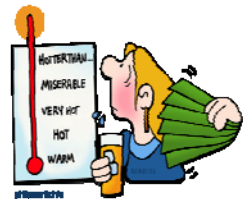
- Provide cool, nonalcoholic drinks
- Rest
- Cool shower, bath or sponge bath
- Air conditioned environment
- Lightweight clothing

How about heat cramps?

Heat cramps are muscle pains or spasms — usually in the abdomen, arms, or legs — that may result from too much activity.

If you have heart problems or are on a low-sodium diet, get help for heat cramps.

If you don't have such issues, stop activity and go to a cool place, drink clear juice, and wait a few hours after the pain ends for any strenuous activity to avoid heat stroke or exhaustion.



Protect yourself.... and your four-legged loved ones...



Heatstroke in Dogs

- Rapid panting
- Weakness
- Bright red tongue



- Diarrhea
- Vomiting
- Thick/sticky saliva



Move dog to a cool area



Apply cool water to body



Apply cool towels to neck and chest

Give small amounts of cool water



Take your dog to the vet ASAP