



# WARM SPRING KNOLLS

## A 55+ Community



Community Newsletter

May 2026

38145 Via Del Largo  
Murrieta, CA 92563

Office: (951) 677-5758

wsk.murrieta@gmail.com

Office Hours:

Fridays - 9 to noon

### A Note From Our President– Glenn Ingraham

Getting ready for summer means getting ready to spend more time with the grand-kids and friends and getting ready for the heat. Be sure to have your AC checked by a qualified professional that you trust or that comes highly recommended. Some unscrupulous contractors use an AC check to sell you things you don't need. And remember that SoCal Edison (SCE) has an 'Energy Savings Assistance' program that can result in getting free appliances such as a new refrigerator, washer, dishwasher, and more, along with free installation. To start your application and to see if you qualify (income-based), contact SCE or go online and search for SoCal Edison Energy Savings.

We're looking forward to our upcoming Board meeting on May 9th when we will be voting on a couple of key pieces of business. Hope to see you there.

The month of May will see us moving on some compliance issues such as landscape maintenance (weeds!) and delinquent 'Certificate of Ownership' documents. If you haven't submitted your completed document, contact the office **before** a fine is levied.

A word on lodging complaints against a neighbor. Unless the alleged violation poses an imminent health and safety risk to the neighborhood, the board will always ask if the complainant has tried talking to the neighbor. Yes, it is difficult to hold those conversations, but it can be done successfully, especially if one starts with kindness and respect. Oftentimes, the neighbor isn't even aware of the problem. But if the complainant insists on filing a complaint, the board requires that complaints be written and signed along with legible contact info.

Lastly, a big shout-out to Jim Francis for all his work on the 2026 streets maintenance project. He coordinated the work with an excellent contractor that did a fine job. The contractor will be back in a few weeks to conduct Phase II (applying sealant and painting). Thanks, Jim!!

### 2026 Board of Directors

**President**

Glenn Ingraham  
951-642-2897



**Vice President**

Open position



**Treasurer**

Joanne Marsh  
714-401-7648



**Secretary**

Open Position



**Architectural Director**

Susan Delaney  
760-855-2953



**Facility Director**

Jim Waters  
760-497-1392



**Keys & Calendar**

Cindy Davis  
951-551-4381



*“May you stay strong, resilient, and worthy of peace and happiness as the world awakens around you”*

### Saturday, May 16, Garage Sale, Starting at 7 am

Spring Knolls Association A 55+ Age Restricted Community  
38441 Via La Paloma, Murrieta, CA 92563 -- 951-677-6862 office

Dear Spring Knolls Resident:

We're teaming up with Warm Spring Knolls to hold our communitywide garage sales on the same day, Saturday, May 16.

If you would like to participate, the Spring Knolls Board has approved a one-time blanket approval so that any Spring Knolls resident who wishes to participate may do so without seeking individual approval for their lot.

We will do some internet advertising; such as, Murrieta Talk on Facebook, etc.; and you should do your own advertising too.

**Alliance Association Mgt.**

41663 Date St. Suite 200  
Murrieta, Ca 92562  
951-412-1662

Newsletter.wsk@gmail.com

## 2026 Volunteers

**Activities Coordinator**  
Open Position

**Clubhouse Rental**  
*Cindy Davis*  
951-551-4381

**Library**  
*Sue Starling*

**Newsletter**  
*Ray Clark*

**Senior Advocate**  
Open Position

**Streets/Infrastructure**  
*Jim Francis*  
951-440-2215

**Welcome Committee**  
*Joanne Marsh*  
714-401-7648

**Fire Safety Coordinator**  
James Sebring  
760-294-1122

**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

### WSK HOA FINANCIALS

YTD as of end March 2025

Operating:	\$	149,427.22
Petty Cash:	\$	655.89
Total Operating:	\$	150,083.11
Reserves:	\$	214,225.08
CD Investments:	\$	151,151.72
Total Reserves:	\$	365,376.80
Total Funds:	\$	515,459.91

### HOA Quarterly Board Meeting

Will be held on May 9th @ 1pm

**Come  
Join Us**

There has been some question and misgiving regarding HOA dues.

HOA dues are expected to be paid on time each month. These dues are essential to maintaining our community, supporting operations, and funding shared amenities we all enjoy.

Please note that late fees and interest are applied to overdue balances, and unfortunately, there are no exceptions or waivers. Timely payment helps avoid these additional charges and keeps the association running smoothly.

We also encourage everyone to check their account statements regularly by reviewing their email each month. This is the best way to stay informed about your balance and any updates. If you are unsure how to access your account or email, please consider asking a family member to assist you so you can stay up to date. Or call Alliance at 951-412-1662.

This doesn't make us happy, but when your assessments are in the arrears, your clubhouse privileges are suspended.

Thank you for your cooperation and for helping keep our community strong.

### Homeowners:

All new homeowners and renters here at WSK are required to attend orientation prior to getting use of our facility. The welcome committee will try and reach out to you, but it's your responsibility to contact Joanne Marsh at 714-401-7648 to schedule an appointment.

To owners of rental properties within WSK: All property rentals must be preapproved by the board. All rental tenants must complete a survey and provide a picture ID. Also, for owners living outside of WSK, please provide the board with a current address and phone number.



## From Architectural Director– Susan Delaney

Planning to paint your house, replace your siding, or build a carport? Please submit an architectural form before starting work to get approval from the board. Make sure to put down the descriptions, measurements, and paint swatches along with a copy of the permit from the contractor for your project. This process is not meant to be a hurdle but rather a community guideline and safety standard. Once we receive your information and look it over, you will be contacted to get started unless there is some more information needed.

Susan

## Water Aerobics Class



Good news, Pool Buddies, the pool heater will soon be turned back on, hopefully by 5/1. If so, our morning water aerobics class will resume beginning Monday, 5/4. We will meet Mon-Fri from 9-9:45 am. Because the spring mornings are often chilly, we have agreed that we won't go in the water if the air temperature at 9 a.m. is below 60 degrees. Come and give it a try; we have a lot of fun, and it is not too strenuous. Our instructor is via a CD program we play, so no one is watching or putting pressure on us to be perfect. Call me if you have questions. Carol Brown @ 951-764-1110



*“Hope your month is positively a Mayzing”*



Last months theme  
Birdhouse's,  
Sunset, &  
1 Cutie-bird



## WSK Breakfast Success! (April 18th)

As coordinator for last month's breakfast, I would like to give a big thank you to everyone who came. People lingered after finishing their breakfast in order to chat with each other. That is a sign of success because, after all, that's the whole point. People were very patient, as there was a kitchen appliance issue that caused a delay in food coming out of the kitchen. The team didn't skip a beat and started hand-serving the tables with food as soon as it came out of the kitchen. My heart is full of gratitude to the team that worked so hard. There's no way I could have done this project without them. They are Glenn and Josie Ingraham, Debbie and Tom Pfeiffer, Gay and Jeff Rose, Christina Rappin, Marty Gurbach, Haircutter Kathy, Jim Sebring, Jerry Starr, Carol Brown and Kris Runkle.

You are all so great to work with, and you are the ones that pulled this off! Thank you so much! Terry Quinn

## New Members

We are so happy to welcome our new homeowner

Chris Maloney, born and raised in Burbank CA. She received her BA from Cal State Northridge & teaching credentials from Chapman College. After her 3 children started school she worked for Lancaster School District for 23 years as a 1st grade school teacher. She loves to travel and her favorite trips were to the Alpine countries of Italy, France, Austria, Switzerland, Peru, and also Macha Pichu. She moved to Murrieta 18 months ago to be near her family. Blessed with 9 grandchildren, she now resides here in our wonderful community of Warm Spring Knolls.

## From Keys & Calendar– Cindy Davis

Dear Warm Spring Knolls Residents,

Spring is here, and we are excited to share the upcoming events and announcements for the month of May.

- May 1st – The community pool officially opens for the season. We hope everyone enjoys a fun and safe summer at the pool.

- May 9th – Our Quarterly Board Meeting will be held. We encourage all residents to attend, stay informed, and share your thoughts with the board.

- May 16th – Community Garage Sale for Units 1 and 2. This is a great opportunity to clean out, shop for treasures, and meet neighbors.

We would also like to extend warm wishes to all the mothers in our community. Happy Mother's Day!

As we close out the month, we wish everyone a safe and meaningful Memorial Day Weekend as we honor those who served our country.

Thank you for helping make Warm Springs a wonderful place to live.

Sincerely, Cindy Davis



### Henry's Corner

Weeds / Witch's Dodder (witch's hair)

Weeds are always a problem this time of year. There is one exceptionally good weed that stands out among all others. It is called **common purslane**. It can be eaten raw or cooked and is loaded with vital nutrients. It's chock full of antioxidants, minerals, omega-3 fatty acids, and beneficial plant compounds. It is one of the most nutrient-dense foods, calorie for calorie, on the planet. It is fairly common in many of our yards.



Here are some benefits of eating purslane: It has more **omega-3** than any other plant. This helps to **lower bad LDL, cholesterol, lower blood pressure**, and benefit cardiovascular function. It is high in vitamins A, C, and E, glutathione, and beta carotene, **reducing chronic diseases**. Good source of calcium and magnesium **crucial for bone density, increasing bone strength**. Digestive aid, **high fiber helps in constipation**. **Blood sugar management** by helping to **improve insulin sensitivity and manage blood glucose levels benefits people with diabetes**. **Eye Health**: Rich in Vitamin A and beta-carotene, supporting good vision.

**How to eat purslane:** Add purslane to tacos, omelets, stir-fries, or grilled vegetables. Eat purslane raw (both the stems and leaves) and mix it in a salad. Sauté or steam purslane and serve it as a side dish.

What is that orange hairy stuff growing on the buckwheat on the canyon side of Via La Colina? It is called witch's dodder or witch's hair. It is a naturally occurring parasite that lives off of the buckwheat and other host plants. It acts as a living bridge that connects buckwheat and other plants, enabling them to communicate, particularly by sending warning signals about insect attacks. While parasitizing its hosts, the dodder network allows connected plants to share defensive information, helping them prepare for threats. Nature sure is remarkable.



On another note, I would like to inform our community that **all e-bikes and regular bikes are not allowed on the Sunset Plateau next to the clubhouse or the upper plateau as well**. The straw wattles, which help control erosion from rains, have all been destroyed because people have been riding their bikes over them. They are a big expense to replace, and virtually all of them will need to be replaced before winter. Henry

## Attention: All Warm Spring Knolls Game Lovers

Thursday's Game Night will be changed to the fourth Wednesday of the month at 5:30 pm. We will still have games available as per people that attend. Shanghai Rummy, Poker, Scrabble, and possibly Five Crowns. You're always welcome to bring a friend. There's no charge to attend.....just bring a snack to share and a select beverage of your choice. We will provide water and soft drinks. As always we'll hope to see you there. It'll be fun to get out and play with your friends and neighbors. It would be helpful to call Sherry Tatar if you'd like to attend. (951) 536-4604



S, C, R, A, B, B, L, E

## From Fire and Safety Coordinator– James Sebring

### FIRE SAFETY COORDINATOR

WSK is considering setting up an **Emergency Response Team** who would assist the Police, Fire, and WSK residents in an emergency situation. The team would provide communication and direction to Emergency Personnel and residents, such as maintaining traffic lanes, directing traffic, and acting as a local information source. We are looking for volunteers who might be interested. Contact James Sebring for more information.

In other news, James is working on La Colina Canyon to reduce the wildfire danger by removing dead branches and flammable ground cover along the upper edge of the canyon. This will be an ongoing project over the next several months.

Another area of fire concern is the canyon area behind the homes on Via Arboleda and Via del Largo. In 2012, there was a brush fire that threatened these houses. These houses need to have a clear fire defense area behind them. Some people are already doing this, and you have my thanks and gratitude.

So, if you are looking for an exciting fresh air project of hill climbing and brush removal, give James a call.

We will also be assisting homeowners in increasing their fire-defensible space along the canyon. Trimming up trees with low-hanging tree limbs and cutting back foliage around the home.

James



## The Knolls' FALL CRAFT FAIR



### CALLING ALL CRAFTERS!

**If you are interested in reserving a table at the Craft Fair, please contact:**

**Glenda @ (951) 239-9389 (TEXT ONLY)  
OR Marian @ (951) 295-2518**

**Saturday, October 3, 2026  
9:00am-2:00pm**

**Golf Knolls Clubhouse  
29070 Camino Alba, Murrieta, CA 92563**



### CALLING ALL CRAFTERS!

A Fall Craft Fair will be held at the Golf Knolls Clubhouse on October 3, 2026 from 9 am - 2 pm, hosted by the Community Club. If you are interested in reserving a table at the Craft Fair, please let us know. All units are invited to participate.

All crafts must be **HAND CRAFTED**. Crafters will be supplied with a 6' table and 2 chairs, and there will be a \$20 reservation charge to hold your spot. Crafters must supply their own floor-length tablecloth. Crafters must also fill out an application so that we have your information on file.

All crafters can enjoy complimentary coffee and pastries in the morning as well as a reduced-price bag lunch. There will also be a bake sale for all to enjoy.

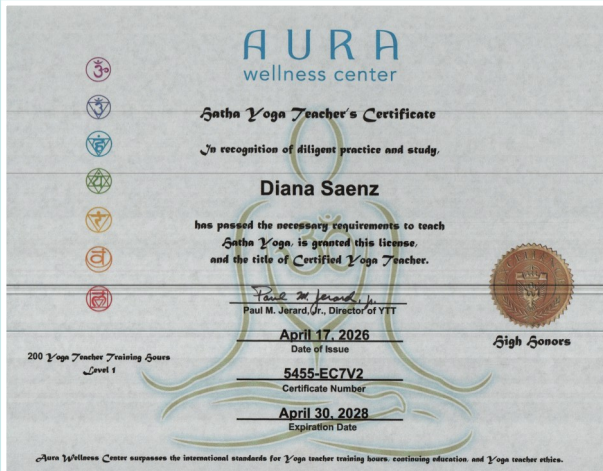
All bakers who wish to contribute to the bake sale, please call: Jane @ (951) 763-9676

All crafters interested in reserving a space for their crafts, please contact:

Glenda @ (951) 239-9389 (TEXT ONLY, please) OR

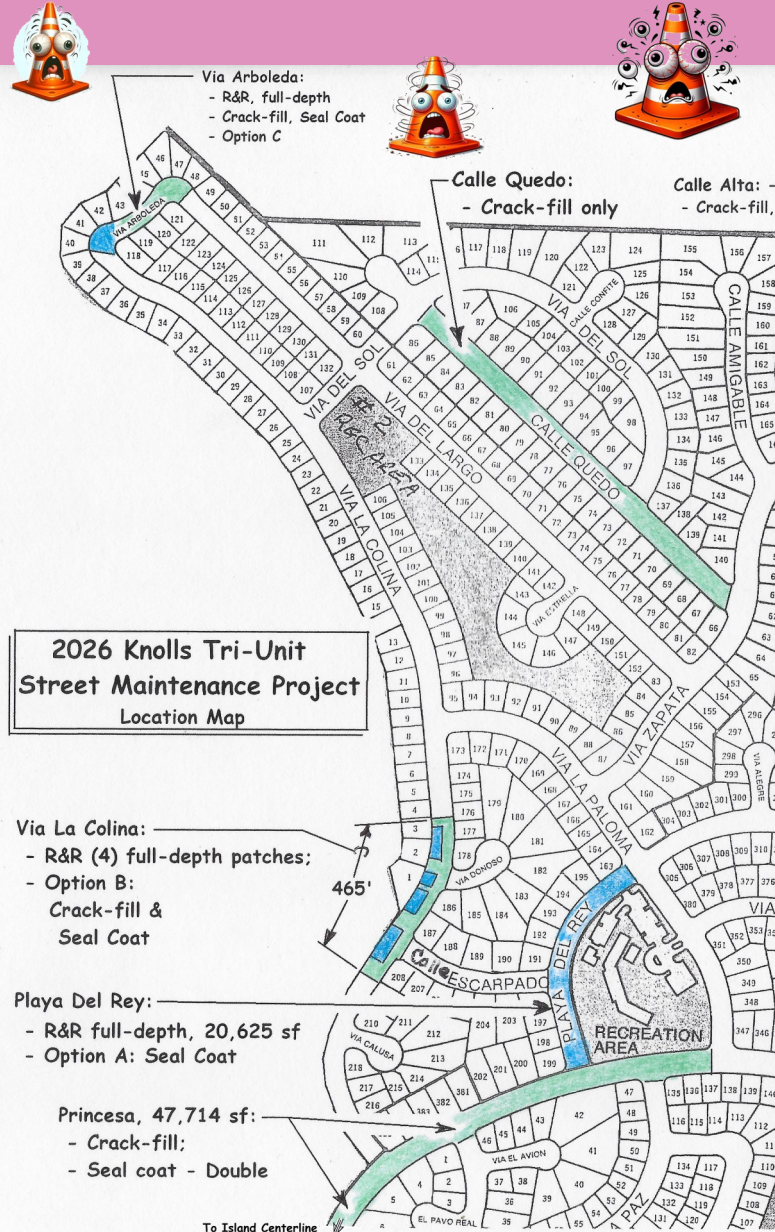
Marian @ (951) 295-2518

## BIG CONGRATULATIONS



Although Diana Saenz had practiced yoga for 25 years, after a year of leading yoga classes at Warm Spring Knolls, it became clear to her that with greater knowledge of anatomy and understanding the many health issues that seniors experience, it would be beneficial to train to be a certified yoga instructor. To earn certification, she learned anatomy, meditation, and how to help students with their positions, what the various poses did for each part of the body, and how to modify poses if an individual suffered from high or low blood pressure, diabetes, heart disease, scoliosis, and so forth. Diana now feels confident that she has become a much better instructor. Students learn everything from balance, light strength training, and flexibility. It's a fun and lively experience for everyone, and the immediate gratification one feels after a 45-minute class is a great way to start the day.

Yoga classes are Tuesday, Thursday & Friday at 9am.



By the time you read this, Phase 1, asphalt 'remove & replace' will be complete for Via La Colina, Via Playa Del Rey and Via Arboleda, along with 'pot-hole' repair on the westerly section of Via Princesa. Hope this wasn't too much of an inconvenience for you. I apologize for the noise and chaos!

Unfortunately, Phase 2 will create more access inconveniences on Via Princesa, Via La Colina, Via Playa Del Rey, and Via Arboleda:

- Crack-fill on May 26 & May 27 - may cause some minor, short delays, but no closures.
- Seal coat operations and painting on June 2-3 and June 9-10... will require several 24-hour closures.

\*\*Residents on Calle Escarpado and the previously listed streets could be isolated, blocked in for a day or two, so please plan your over-night parking and exit routes accordingly.

\*\* To avoid getting 'blocked' in your driveway during this work, you are authorized to park overnight on street areas away from the construction. Specific details will be provided when available.

Be cautious, do not interfere with contractor operations and do not drive on freshly applied seal coating - individual areas will be restricted with cones & caution tape.

Questions? Call - Knolls Street Maintenance Jim Francis  
 Cell @ 951-440-2215

# 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 (Homeowner responsible for property taxes and homeowner's insurance)
- Tax-free money to use anyway you like or need
- Will not affect Social Security or Medicare Benefits
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- ✓ Help you avoid costly mistakes by understanding your healthcare

*"May is proof that change can be beautiful"*



Paula Michalski

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44025 Margarita Rd, Suite 100  
Temecula, CA 92592

951.961.1441

[SelnHms@gmail.com](mailto:SelnHms@gmail.com)  
[SellingTemeculaValley.com](http://SellingTemeculaValley.com)

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WarmSpringKnollsHOA

Website

[www.theknollofmurrieta.org](http://www.theknollofmurrieta.org)

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# May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GK Bible Study at Golf Knolls Clubhouse Sunday morning's 10-11am						Line Dancing 12-1:30 pm
3	4	5	6	7	8	9
Pool Aerobics 9am Chair Exercise 10:30am	Pool Aerobics 9am Chair Exercise 10:30am	Pool Aerobics 9am Chair Yoga 9am-10am Line Dancing 12-1:30 pm Cards 1:30 - 4pm Cinco de Mayo @ GK	Pool Aerobics 9am Chair Exercise 10:30am	Pool Aerobics 9am Matt Yoga 9:am-10am National Day of Prayer <b>TRASH DAY</b>	Pool Aerobics 9am Chair Yoga 9:am-10am HOA OFFICE Hours 9-12	WSK QTR Meeting @ 1:pm GK BBQ's begin 4:30-6:pm
10	11	12	13	14	15	16
Mother's Day Pool Aerobics 9am Chair Exercise 10:30am	Pool Aerobics 9am Chair Exercise 10:30am	Pool Aerobics 9am Chair Yoga 9am-10am Line Dancing 12-1:30 pm Cards 1:30 - 4pm	Pool Aerobics 9am Chair Exercise 10:30am Bunco @ 5:30	Pool Aerobics 9am Matt Yoga 9:am-10am <b>TRASH DAY</b>	Pool Aerobics 9am Chair Yoga 9:am-10am HOA OFFICE Hours 9-12	Line Dancing 12-1:30 pm Comm. Garage Sale 1 & 2 only GK Safety Presentation Armed Forces Day
17	18	19	20	21	22	23
	Pool Aerobics 9am Chair Exercise 10:30am GK Women's Luncheon @ 12pm	Pool Aerobics 9am Chair Yoga 9:am-10am Line Dancing 12-1:30 pm Cards 1:30 - 4pm	Pool Aerobics 9am Chair Exercise 10:30am-11:30am Game Night 5:30pm	Pool Aerobics 9am Matt Yoga 9:am-10am <b>TRASH DAY</b>	Pool Aerobics 9am Chair Yoga 9:am-10am HOA OFFICE Hours 9-12	Line Dancing 12-1:30 pm
24	25	26	27	28	29	30
	Pool Aerobics 9am Chair Exercise 10:30am Memorial Day	Pool Aerobics 9am Chair Yoga 9:am-10am Line Dancing 12-1:30 pm Cards 1:30 - 4pm	Pool Aerobics 9am Chair Exercise 10:30am-11:30am	Pool Aerobics 9am Matt Yoga 9:am-10am <b>TRASH DAY</b>	Pool Aerobics 9am Chair Yoga 9:am-10am HOA OFFICE Hours 9-12 SK BBQ Starts	Line Dancing 12-1:30 pm
31						