

# WARM SPRINGS KNOLLS

## A 55+ Community

Community Newsletter

May 2024

38145 Via Del Largo  
Murrieta, CA 92563

Office: (951) 677-5758

[wsk.murrieta@gmail.com](mailto: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 Director

Henry Kantrowitz  
951-202-1130



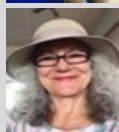
#### Facilities Director

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

### A Note From Our President

Thank you to those who attended the quarterly board meeting, we appreciate your support.

Thank you to Sherry once again for providing a nice lunch.

I want to acknowledge Ray Clark for stepping up and assisting with multiple tasks, including newsletter, facilities, and more!

We are seeing an influx of new residents please take a minute to say hello and welcome our new neighbors.

Remember YOUR board is here to help and assist when possible, if you have a question, a problem or concern please let us know!

Thanks — Tom Woolslayer



Our next event coming up is a **Taco Dinner**. We will be serving tacos of course, beef, chicken, and carnitas. Spanish rice, beans on the side, dessert, oh, and did I mention Margaritas? Yes! Feel free to BYOB. I'm looking forward to seeing you all there.

#### WSK NEXT MEETING

3<sup>rd</sup> Saturday

July 20, 2024,

12 noon

#### WSK HOA FINANCIALS

YTD as of end March 2024

Operating: \$ 81,267.45

Reserve: \$137,968.16

CDs: \$135,346.85

Petty Cash \$ 570.86

## 2024 Volunteers

### Activities

Sherry Tatar  
951-536-4604

### Audit Committee

*Open position*

### Clubhouse Rental

Debra Clark  
56-322-7727

### Compliance Officers

Frank Biddle  
760-716-4775  
Ken Marsh  
714 3-93-8804  
Ray Clark

### Emergency Prep

*Open position*

### Library

Pierce & Norma Box  
951-696-1070

### Newsletter

Temp-The Board  
*Open position*

### Senior Advocate

Shelby Price  
951-461-7557

### Streets/Infrastructure

Jim Francis  
951-440-2215

### Welcome Committee

Marsha Brinker  
Therese Leone  
Nancy Misko  
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 Vice President

I think we are pretty much over the rain, so any of us who do have weeds, can now get to pulling them out. I've noticed some homeowners are weed whacking them, and that will not take care of the problem. After weed whacking, you need still to spray them to actually kill the weeds. Weeds will always be a problem, but they don't have to take over. We are bigger than they are!!!! In about a month, we are going to start sending out notices, and then possible fines, for those who do not comply. We all want to have nice property and a good looking community that we all can be proud of living here. Thanking all of you in advance for making the effort to get this accomplished.

## From the Treasurer

For those who don't know I had total knee replacement on April 3rd and I'm doing well. It's a very painful surgery and recovery is long but I feel very blessed to be where I am now in my recovery. Ken & I want to thank everyone especially Sherry Tatar and Terry Quinn. for their kindness, we couldn't have done this without you. The abundance of phone calls, visits, get well cards, flowers, meals, and even a pedicure. The caring and kindness that has been shown to us, just strengthens my love for WSK community and the caring people who live here.

## From Facilities Director

Happy May! First, I want to thank everyone in our wonderful community who has called and came over for a visit, or brought food during the last few weeks. I suffered a bad fall and broke my tibia and fractured my L2 lumbar. My post surgery situation is that, I still have non-weight bearing movement for the next few months. Hopefully I can make it down in my wheelchair to the clubhouse soon.

I want to thank Ray Clark once again for replacing the old torn billiard table pockets with beautiful new leather ones. It has been about 5 years that I have been trying to get these replaced. The pockets are very rare and a specialized 3Iron pocket had to be installed, which Ray meticulously took apart all the rail sides to get this accomplished. He also replaced three pool cues. Please stop by and play a few games and look at the transformation.



We have our spring ducks back at the pool, apparently laying their eggs in the area. Ray is trying to keep up with any messes inside and outside the pool and has hired these cute little dolphins to help out. Hopefully the ducks will be gone by the time the pool opens on May 1.

Reminder for all our residents using the clubhouse and pool. PLEASE make sure you return any items you use to where you found them. This includes items inside such as ping pong equipment, pool table equipment, TV, games, puzzles and books. Outside in the pool area the chairs and tables need to be replaced to the position in which you found them. You are more than welcome to bring in your own chairs or lounges as long as they go back home with you. Unfortunately, we don't have a caretaker like the other units, but they require the same of their residents as well.

Looking forward to a nice long warm (not hot hot) summer!



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## GUIDELINES AND RULES REMINDERS

Everyone should have received their new copy of the Rules and Guidelines. Please read because it seems many residents do not know some of the regulations that could lead to fines on your accounts. The last thing the WSK Board wants to do is fine you. We want to make sure our community remains safe and beautiful.

### **PARKING:**

Overnight street parking is not allowed in WSK! We are issuing fines for anyone issued a second violation. If you need a parking permit for a guest contact the Board.

### **WEEDS AND UNSIGHTLY PROPERTY:**

Please get rid of weeds, trim palm trees and remove dead foliage. Clean up front of homes, remove junk from carports, and inoperable cars. We all want to keep our beautiful community looking nice. Let's keep our home values high.

### **RENTING PROPERTY:**

If you are going to rent your property, you must get approval from the WSK Board, *beforehand*. We also have a percentage of rentals which we must keep under. We have a standard rental form which requires information on prospective renter. including copies of driver's license. Also, as a courtesy, please let us know if you plan to sell so we can follow up on escrows.

### **ESTATE SALES:**

MUST be approved beforehand by the Board. Come get a form from the office with dates and pertinent information. Garage or yard sales are not allowed

### **CLUBHOUSE AND POOL:**

The property owner MUST accompany guest. A code is issued to each property in good standing. DO NOT SHARE CODE.

### **DOGS:**

Dogs must be on leash. It is in our CC&Rs as well as a city code. Our Sunset Plateau is not a dog park. You are welcome to walk your dogs in the area but they must be on a leash and please pick up dog feces. Vehicles are not allowed in plateau, unless authorized!

### **TRASH CANS:**

Trash must be placed back behind the front of your house and should be put away by noon the following day.

### **UNDERAGE:**

We are a 55 plus community. Underage residents are not allowed.

### **SOLICITING:**

The Knolls is a private community. We have signs posted all over that soliciting is not allowed. If you find someone at your door, please remind them that this is not allowed and they need to leave. Call MPD if you see suspicious activity.

## **POOL EXERCISE**

Hey neighbors, do you want some fun and easy exercise? Then join us at the pool Monday through Friday at 9 AM beginning on May 1. Everyone is welcome to this 45 minute exercise class in which we are instructed via a CD. It is fun and not hard on your body or joints. Give it a try, you may even make some new friends. ***Special note:*** May mornings are often cool, so let's agree that if the air temp isn't at least 60° by 9 AM, we will not have class. Incidentally, no equipment is needed but we do use a ball, about the size of a basketball every other day for some of the exercise. If you have any questions, feel free to call me. Carol Brown, at 951-764-1110. Looking forward to seeing you.

## From the Secretary

As secretary a big part of my job is to maintain HOA records. We just concluded the big task of rounding up the Owners Certificates that were due January 31st. It took some of us quite a while to comply.

Another task at hand is gathering any loose ends on residency issues within our community. We enjoy seeing homeowners come together with their senior family members to reside in our little part of Murrieta. There is one important step in the process that almost always gets overlooked and that's notifying our HOA. #1 it's so we can ensure they meet the proper age requirements and #2 we need to update the tenant information in your file in the event of an emergency.

A Residency form can be obtained at our HOA office. Please do your part to help us keep things running smoothly. If you have a person living with you not listed on your last Owner's Certificate please take care to fill out the proper paperwork soon.

## From Architectural Director

If you are planning on doing a project around the outside of your house or on your house please come into the office and get an Architectural Request Form. Fill it out and return it to the office. You need

approval before you begin.

### GARDENING

I always stress using organic fertilizers because many of them include beneficial microbes and mycorrhizae, a delicate beneficial fungus that forms a symbiotic relationship with plants, enabling their roots to take in more nutrients. I recommend Espoma Organic Fertilizer or Dr. Earth Organic Fertilizer. They have different types for veggies, fruit trees, plants, etc.. You can get them online or at Lowe's or Home depot.

To kill weeds I recommend Captain Jack's Dead Weed Brew or Earth's Ally Weed and Grass Killer. Both can be purchased online, Lowe's or Home Depot. It is best to kill them before or during the time they are flowering so they don't go to seed.

## Artificial sweeteners good or bad?

Here are some Natural sweeteners that are good for your health.

Stevia, Monk Fruit sweetener and Xylitol.

You may think that artificial sweeteners can help you lose some weight, but many studies show they are not good for your gut's microbiome or losing weight. (National Library of Medicine)

People who use aspartame (**Equal**) sucralose (**Splenda**) or saccharin (**Sweet'N Low**) tended to have less rich colonies of good bacteria in their small intestines or, even worse, higher levels of bacteria that produce harmful toxins. "Artificial sweeteners are not benign for the microbiome of the gut," says a study by Endocrinologists with Cedars-Sinai Medical Center in Los Angeles and other Health/Medical Organizations.

People who regularly consume artificial sweeteners are at increased risk of "excessive weight gain, metabolic syndrome, type 2 diabetes, and cardiovascular disease," according to a 2023 Purdue review over 40 years published in Trends in Endocrinology & Metabolism

(EQUAL) aka ASPARTAME side effects may also include behavioral and cognitive problems such as learning deficits, headache, seizure, migraines, irritable moods, anxiety, depression, insomnia, and possibly dementia and Alzheimer's according to the researchers of a 2017 study in Nutritional Neuroscience.

So the answer to my question are artificial sweeteners good or bad. you decide after reading this article or research it yourself. Henry

## From SR. Advocate

**Persistence-** Nothing in the world can take the place of persistence.

**Talent** will not; nothing is more common than unsuccessful men with talent. **Genius** will not; unrewarded genius is almost a proverb. **Education** will not; the world is full of educated derelicts.

Persistence and determination alone are omnipotent. The slogan "Press on" has solved and always will solve the problems of the human race.

Calvin Coolidge



## From Key's & Calendar

Happy Mother's Day to all the mothers out there! Give your mom some special love!

What a fun night we had at game night. Lots of games lots of laughs lots of food. Can't wait till we have another one, everybody had a great time. keep your eye out for the next one you won't wanna miss it.

We will be having a taco dinner on the 18th. You won't want to miss that! You can come play cards on the first and third Tuesday, and Mexican train on the second and fourth Wednesday, that's from 1-4pm. Don't forget there's line dancing every Tuesday at 12 o'clock. Chair exercise every Monday, Wednesday, Friday 10:30am, so you can see there's lots happening!

## From Activities

Our Dessert and Games night was a hit! 40 people in all were spread out among 6 different game areas. The dessert table was in chocolate overload for sure. We had a blast!

So much so that people are now requesting we try to do this once a month. That's an interesting possibility!

# Game Night





## CHAIR EXERCISE GROUP

We are approaching our 2nd year anniversary of the Chair Exercise group this May. The group has grown in size and the meeting times are now three days a week (Mon/Wed/Fri) from 1030am - 1130am. We work on learning various exercises to strengthen, balance muscles, general muscle tone and flexibility while having fun. We do many different exercises both seated and standing. Our number one goal, besides having fun, is to help you prevent injuries from falls by strengthening key muscle and joint elements that keep us safe when we are walking in or out of the house.

James Sebring



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\$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

Rates are examples of replacement cost on newer manufactured homes in most CA parks with a \$500 deductible.



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## Making Medicare Easier By Kristina Merrick

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**All future Newsletter articles, need to be submitted no later than the 22nd of each prior month!!!**

**Send to**  
**[WSK.murrieta@gmail.com](mailto:WSK.murrieta@gmail.com)**





# MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Springs Knolls BBQ Friday Nights</b> May 24-Labor Day 5 pm</p> 	<p><b>Golf Knoll's BBQ</b> May 11 - August 10 <b>Saturday Night</b> 4:30-6:30</p>	<p><b>GK Bible Study</b> Sunday's 10-11am</p>	<p><b>Pool Aerobics 9 am</b> <b>Chair Exercise 10:30am</b></p>	<p><b>TRASH DAY</b></p>	<p>HOA OFFICE Hours 9-12 <b>Sherry</b> <b>Chair Exercise 10:30 am</b></p>	<p><b>Golf Knoll's Taco Truck/Music</b> 5:00pm Donations - 10.00 Dancing &amp; 50/50</p>
5	6	7	8	9	10	11
<p><b>Chair Exercise 10:30am</b></p>	<p><b>Pool Aerobics 9 am</b> <b>Line Dancing 12-1:30 pm</b> <b>Card Games 1:30-4:30 pm</b></p>	<p><b>Pool Aerobics 9 am</b> <b>Chair Exercise 10:30 am</b> <b>Mexican Train 1-4 pm</b></p>	<p><b>TRASH DAY</b></p>	<p>HOA OFFICE Hours 9-12 <b>Woody</b> <b>Chair Exercise 10:30 am</b></p>		
12	13	14	15	16	17	18
 <b>HAPPY MOTHER'S DAY</b> <p><b>Chair Exercise 10:30am</b></p>	<p><b>Line Dancing 12-1:30 pm</b></p>	<p><b>Pool Aerobics 9 am</b> <b>Chair Exercise 10:30am</b></p>	<p><b>TRASH DAY</b></p>	<p>HOA OFFICE Hours 9-12 <b>Nancy</b> <b>Chair Exercise 10:30 am</b></p>	<p><b>WSK Taco Dinner 6 pm</b> Open to all Units!</p>	
19	20	21	22	23	24	25
<p><b>Chair Exercise 10:30am</b> <b>Women's Society Luncheon @ Golf Knolls</b></p>	<p><b>Line Dancing 12-1:30 pm</b> <b>Card Games 1:30-4:30 pm</b></p>	<p><b>Pool Aerobics 9 am</b> <b>Chair Exercise 10:30 am</b> <b>Mexican Train 1-4 pm</b></p>	<p><b>TRASH DAY</b></p>	<p>HOA OFFICE Hours 9-12 <b>Debra</b> <b>Chair Exercise 10:30 am</b></p>		
26	27	28	29	30	31	
 <p><b>Chair Exercise 10:30am</b></p>	<p><b>Line Dancing 12-1:30 pm</b></p>	<p><b>Chair Exercise 10:30 am</b></p>	<p><b>TRASH DAY</b></p>	<p>HOA OFFICE Hours 9-12 <b>Henry</b> <b>Chair Exercise 10:30 am</b></p>	<p><b>Month of May Birthstone:: Emerald</b> <b>Flower: Lily Of The Valley</b></p>	