



Spring Knolls News

Murrieta, CA

Happy Labor Day

September 2025

TRAFFIC CHANGES ON THE WAY



Photos by Sandy Vollmer

ROAD WORK AHEAD: A street widening project on Murrieta Hot Springs Road between Winchester Road and Margarita Road will begin by Sept. 8. The first phase will be mostly at night to minimize traffic impacts. The \$15 million project is set to be completed in nine months. See story on Page 3.

Life gives us lots of aches; please don't ignore them

There are signs all around us. Signs we read: Stop. Speed limit 20 mph.

There are signs we observe: leaves changing color: Fall is coming. Toast burned?

The settings too long.

And then there are signs our body gives us: A headache when it's hot may mean dehydration. Shortness of breath and slight pain in your chest may be indigestion or, a heart attack.



Sandy Vollmer

The last one, shortness of breath and slight chest pain is what my husband experienced on July 19. At first, he dismissed it as indigestion, as most of us would. As the symp-

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We're getting closer to decision time

By Sandy Vollmer
Spring Knolls president

You may be tired of reading about the 2026 Spring Knolls election process. That said, notifications about our election by acclamation are required by state law.

Simply put, election by acclamation refers to an uncontested election. An election is considered uncontested whenever the number of

board candidates is equal to or less than the number of vacant seats.



This year, there are five vacant seats.

While it is always preferable that many candidates run, the acclamation process is much less expensive. That's because there are no additional mailing notifications or

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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)**

• **SK common grounds:** **Miguel Enriquez**

• **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

toms continued and worsened, we decided we should check it out. Boy are we glad we did!

It was a Saturday night, and the emergency room was packed. The staff's efficient "you have to wait your turn" attitude changed dramatically when they realized that as "mild" as it seemed, Ted was having a heart attack. A precursor to "the big one."

Scary words to even the brave at heart!

After some tests, it was determined that Ted needed to be immediately transferred by ambulance to a cardiac care hospital, his status was considered critical.

After more tests it was determined that a stent procedure could be tried although we were warned there was a high probability it wouldn't work. It didn't.

Doctors found extensive blockage

in the main artery. At that point bypass surgery, which he received on July 29, was the only recourse. Six days later, on our 46th wedding anniversary, Ted came home. It was 16 days after going to the ER. He's now in a long recovery period.

Thankfully, Ted's body warned him of a possible catastrophic event. And, thankfully, the surgery was successful, and our hope is for a full recovery. Slow and steady wins the race as they say.

We all need to stay in tune with our bodies. I'm not saying be obsessive, just observant. If you're feeling something new or strange, check it out. Like us you just may discover more than you guessed, or better yet that there's nothing wrong. We owe it to ourselves and our loved ones to at least check it out.

Well, that's my soapbox sermon for this month! Hope you're all doing well, staying cool and enjoying the last days of summer which in our area may extend into October.

Spring Knolls Board report for August 2025

The August regular board meeting was canceled.

Several emergency approvals were made in August:

- **Approved:** Replacement of the Eaker Hall air conditioning unit and two heaters connected with it, not to exceed \$12,500, from the Reserve Account.
- **Approved:** Replacement of the large pool's circulatory pump not to exceed \$2,600 from the reserve account.
- **Approved:** Payment to Sonnenberg & Company, CPA, for annual tax prep and reports of \$2,900.

The next board meeting is scheduled for 6 p.m. Sept. 17 in the Clubhouse Library

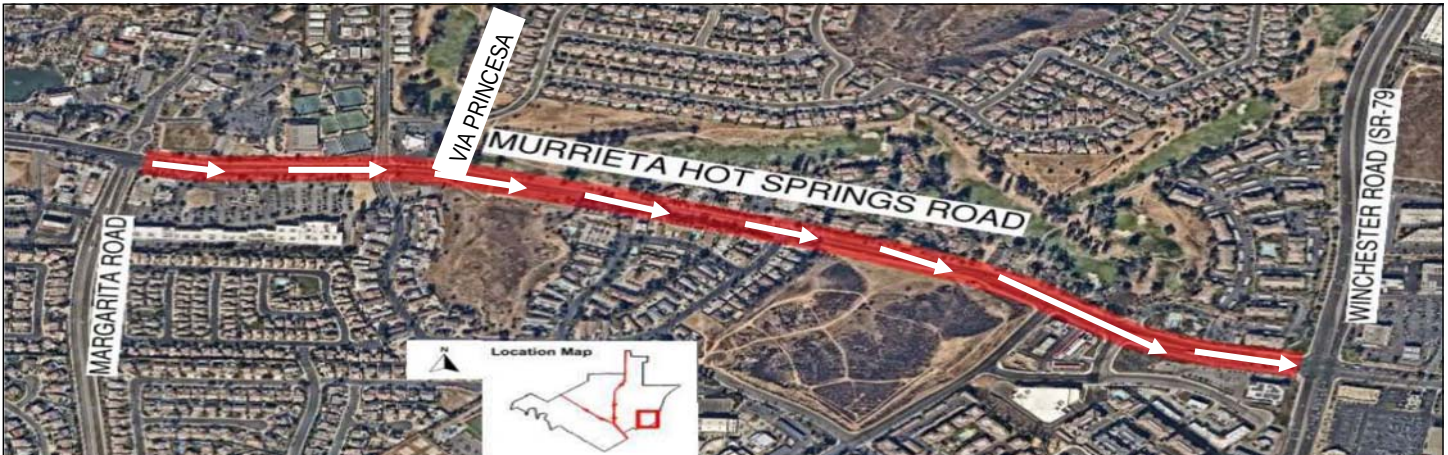
ON THE FRONT: A flock of nine hummingbirds moves toward a nectar-filled feeder in a Spring Knolls backyard on Aug. 23.
Photo by Ted Vollmer



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

Time to find alternate routes as MHS widening begins

Six-lane, \$15 million project expected to take nine months



By Ted Vollmer
Spring Knolls News

If you thought Murrieta Hot Springs Road was busy before, buckle up, because for the rest of this year and through half of next it'll be a lot busier.

That's because only days ago, a \$15 million street widening project between Winchester Road and Margarita Road was launched.

The road work will directly affect Spring Knolls because it will cross the east entrance at Via Princesa. The Spring Knolls west entrance is not directly affected, but could see a rise in traffic from residents hoping to avoid the work zone.

Project at a glance:

- What: Widening to six lanes from Winchester to Margarita Roads.
- Who: Rove Engineering, Inc. was the winning bid of \$15 million.
- Key components: From four to six lanes, bike lanes, sidewalks.
- Why: Officials believe when completed, traffic congestion will be eased and pedestrian safety enhanced.

When the project is completed, city officials say the affected segment will be six lanes, have a new traffic signal, sidewalks, bike lanes, streetlights and other enhancements.

While city officials promise that Murrieta Hot Springs Road will not be closed during construction, at least part of that time, traffic will be limited to one lane in each direction.

Garrett Strang, from the City of Murrieta, said that any major construction will likely begin by Sept. 8 and "the first phase of work will only be performed at night so traffic impacts should be minimal."

Murrieta Mayor Cindy Warren said the widening project will make the area safer and less congested.

"We are asking residents and visitors to pack their patience and when possible, find an alternative route during this much needed capital



Find out more:

- Get regular updates about the widening project by subscribing for notifications at www.MurrietaCA.gov/NotifyMe.
- Residents also can visit www.MurrietaCA.gov/MHSR
- Or you can contact project manager James Ozour at 951 461-6075 or email him at jozouf@murrietaca.gov

improvement project," Warren said.

During daytime construction, motorists in the affected project area will be limited to one eastbound and two westbound lanes from 7:30 a.m. to 3:30 p.m. Then, beginning at 9 p.m. until 5 a.m. work resumes, with only one lane open in each direction.

HodgePodge

2ND HAND TREASURES/BAKE SALE: Another reminder that on Oct. 10 and 11 at Eaker Hall, the Boosters will be holding their annual sale. If you have items you wish to donate (no electronics or large furniture) contact Debbie Adelhem at 760 717-0876 or Dorothy Vaughn at 951 696-0871, or just bring the items to the clubhouse by Oct. 5.

LABOR DAY WEEK TRASH: Due to the Labor Day holiday, trash pickup will be delayed one day, until Friday.

LUNAR ECLIPSE: The Super Blood Moon total lunar eclipse will occur on Sept. 7 when the moon passes through Earth's shadow.

ADOPTION SUCCESS! The Riverside County Dept. of Animal Services reports that in July it helped 443 pets leave overcrowded shelters through adoptions and other means.

SUN SAFETY: It may be 93 million miles away, but the sun continues to endanger us. So, please do the following during these hot days before heading outdoors:

- Check the UV index and avoid direct sun exposure if the index is above 6.
- Make sure you wear sun glasses with full UV protection to help prevent cataracts and age-related macular degeneration.
- Use sunscreen with a SPF of 30 or above to block UV-A and UV-B rays.
- Wear a hat with a broad brim and neck protection and wear loose-fitting sun protective clothing outdoors.
- Stay well hydrated when outdoors, and avoid heat exhaustion and heat stroke.
- Also remember that during hot days you may use Eaker Hall and the Library room to escape the heat.

SKA Election

From page 1

mailing of the ballot packet to each member or the need to pay an Inspector of Elections for ballot counting supervision and validation.

If you're hesitant about becoming a candidate because you feel you lack the skills or knowledge about Spring Knolls, you should know that all current members started from scratch and learned quickly what the job entails.

Every board has its own set of governing documents with rules and guidelines particular to that organization. It's just a matter of having an open mind, being willing to learn, respecting others and caring about

your community.

Don't forget the new application form being instituted this year. The form is a way for there to be an easy check on qualifications: membership and good standing. Contact **Chris Heilbron, Nominating Committee Chair**, at 951-805-6376 or there are applications in a literature holder under the bulletin board to the right of the clubhouse office door.

Also remember to come to the Oct. 18, General meeting at which time all candidates will be introduced, and any last minute entrants may be nominated. The 1 p.m. meeting in Eaker Hall is open to all Spring Knolls members and will include refreshments. A draft agenda will be included in a September mailing.

Know your elected representatives:



City Council: Mayor Cindy Warren
1 Town Square, Murrieta, 92562
951 461-6016
cwarren@MurrietaCA.gov



Supervisor: Chuck Washington
37600 Sky Canyon Drive #505
Murrieta, CA 92563
951 955-1030



Governor: Gavin Newsom:
1303 10th St., Suite 1173
Sacramento, CA 95814
916 445-2841



State Senate: Kelly Seyarto
1021 O Street, Suite 6720,
Sacramento, CA 95814-4900;
916 651-4032

District Office: 25186 Hancock Ave., Suite 320, Murrieta, CA 92562; 951 894-3530



State Assembly: Kate Sanchez
P.O. Box 942849, Sacramento,
94249; 916 319-2071

District Office: 41391 Kalmia St., Suite 220, Murrieta, CA 92562; 951 894-5053



U.S. Senate: Adam Schiff
SD B40 Dirksen Senate Office Bldg., Washington, DC 20510
202 224-3841



U.S. Senate: Alex Padilla
B03 Russell Senate Office Bldg. Washington, D.C. 20510
202 224-3553
600 B St., San Diego, Ste 22405



U.S. House: Darrell Issa
2300 Rayburn Office Building Washington, DC 20515
202 225-5672

District Office: 4100 Main St. Temecula, CA 92590
(760) 340-7575

Health Matters

Never ignore the signs of a TIA; a first sign of a stroke



Dr. Leslie Cochrane

The term TIA stands for “transient ischemic attack” and refers to a temporary blockage of blood flow to the brain. TIA’s are sometimes referred to as “mini-strokes” because they produce similar symptoms of a stroke; but are typically smaller with most resolving within 1-2 hours. Unlike a stroke where the blockage is permanent, a TIA is caused by a temporary blockage in the smaller blood vessels and there is less permanent damage than that caused by a stroke.

Common signs of strokes and TIAs: Weakness, numbness or tingling (usually affecting one side of the body); confusion, loss of coordination or balance; difficulty speaking or swallowing; sudden loss or blurring of vision

Ignoring signs of a stroke or TIA may lead to permanent neurological damage and could result in death. About 10% of patients who have a TIA will have a stroke within three months. Half of those who have a stroke will have the stroke within 48 hours of the TIA.

The most common cause of a TIA is a clot that blocks small blood vessel and prevents the vital delivery of oxygen to the brain cells. There are several risk factors for TIA’s and strokes including high blood pressure, smoking, diabetes, obesity and elevated cholesterol.

Because it is impossible to distinguish a TIA from a stroke at the onset, you should always seek urgent medical attention at the onset of any of the above symptoms. If caught in the early stages, there are treatments available which can reduce the devastating impact of a stroke; but the best strategy is to reduce your risk and thereby prevent the chances of ever having a stroke.

Small vessel cerebrovascular disease is a common condition in patients with the above risk factors and may result in functional and cognitive decline including vascular dementia. Patients at increased risk of stroke should consult their health care provider to learn about stroke prevention including diet and exercise. It is also important to discuss treatment options to reduce their risk further by treating conditions such as hypertension, diabetes, elevated cholesterol and obesity.

— Dr. Cochrane, M.D., is executive medical director of Hospice of the Valleys, a Spring Knolls Senior Resource fair participant.

Don’t forget our Covid heroes

By Ted Vollmer

Spring Knolls News

Tears welled in the eyes of several local nurses who helped treat me for my recent heart bypass surgery.

Their tears weren’t meant for me. Instead they were due to the painful memories of deadly Covid 19 pandemic that swept the globe five years ago, killing an estimated 7.7 million, including as many as 1.25 million in the U.S.

According to estimates, more than 100,000 U.S. nurses left their jobs during and after the worst of the outbreak that began in early 2020.

During preparation for my surgery, I spoke to dozens of nurses who replaced those who left, or veterans who chose to remain after the worst of Covid 19 had passed.

While many veteran nurses didn’t volunteer Covid war stories, nor did they shy from relating them, or minimize their personal impact. In each case, before they said a word, I told them they were my heroes and apologized if any questions dredged up a past they’d rather forget.

No problem. Without exception the Covid veterans said they chose nursing to help people get well and that’s why they stayed. With Covid, they knew loss of life was often inevitable, but they wanted to help the doomed during their last hours.

The pandemic horrors were many. One was in the first several months when a worldwide shortage of proper protective masks and other equipment threatened the lives of all health workers treating infected patients.

One Intensive Care Unit nurse told me that early in the Covid fight, a pregnant colleague refused to take a leave because the crush of patients was so high. Sadly, that nurse later died of Covid, although doctors were able to save her unborn child. (Nationally, that nurse was one of several thousand health care workers who perished during the pandemic.)

Another nurse said a colleague’s husband died of Covid in the same hospital where she worked. A special bench in his memory is now in place outside the hospital.

Personal as well as professional frustration was also a Covid 19 byproduct, another nurse told me.

“We became nurses to help people, and with so many patients their chances were hopeless,” she said. “And we were told we couldn’t say anything. It was so sad.”

One nurse said that when death rates climbed to record numbers, she lost friends who argued that masks, vaccinations and social distancing were ineffective against Covid’s spread. She could only look up, close her eyes and shake her head at the memory.

While memories of Covid 19 may be distant, we must never forget our heroes who risked their lives to fight it.



By Mary Lou Morgan
Welcome writer

This month we are welcoming nine new residents to Spring Knolls. They have a variety of experiences and hopes, and we hope to get to know them better.

• **Barbara Viviano, 38625 Via Azul**

Barbara was born in Evanston, Ill. and lived in Murrieta at 4 Seasons before moving to Spring Knolls.

Barbara worked in reception and billing at Inland Valley Cardiovascular Center. Her companions are her cockers, Maggie and Ella Mae. She enjoys yard work.

• **Joe & Carolyn Tarin, 28811 Via Roja**

Both Joe and Carolyn were born in Los Angeles and before coming to Spring Knolls, lived in Rancho Cucamonga.

Joe was a member of Iron Workers 433 and Carolyn was a homemaker, with three children. They have 13 grandchildren (one deceased).

The Tarins are entertained by their dog (Jack) and desert turtle (Tank). Their favorite activities include music, playing the Bass Guitar and motorcycles.

• **Robert Acosta & Art Soto, 28731 Via El Avion**

Robert and Art were both born in Los Angeles and moved from elsewhere in Murrieta to enjoy a quieter life.

Robert was a City Letter Carrier for 36 years before retiring. Art still enjoys his working as a barber at Styles for Men in Temecula, which he has owned for 30

years. Robert has two children and a very cute multi-poo (Mylo). They enjoy hiking, walking and yard work.

• **Angela & Mary Ann Friely, 38637 Via Azul**

We have mother and daughter, both born in Guatemala. Angela was living in Hawthorne and Mary Ann in Chico.

Angela has always been a homemaker and loves to cook. Mary Ann works as executive director for the CFO of the Archdiocese of Los Angeles. Angela has four children, seven grandchildren and five great grands. Mary Ann has three children.

They both enjoy their Boxer "Pebbles." Besides cooking Angela enjoys reading, Mary Ann loves her time in the pool, swimming, hiking and traveling.

• **Vickie Duffy, 38641 Via Azul**

Vickie was born in Whittier and moved here from Hemet. A retired nurse, Vickie is a nursing instructor at Summit College. She has one child, two grandchildren and two pooches Rusty and Scrappy.

She loves doing abstract paintings and other art and cooking. Vickie also served for eight years in the U.S. Air Force.

• **Kari Lynn Mateski, 38441 Via Escarlata**

Kari was born in Glendora and moved here from Lake Elsinore. She is a retired court reporter, who prepared depositions in Orange and Riverside counties.

Kari has 3 children. Tiana, a miniature pinscher, is her constant companion. She is energetically working to beautify her yard along with teaching Sunday school.

It's time to sign up to cheer on the Broncos, and it's free

The Vista Murrieta High School football team is once again inviting the Knolls community residents to its home varsity games.

Admission is free, and includes a free dinner.

A bus will pick up interested Knolls fans at about 5 p.m. the nights of the home games at



Unit 2's clubhouse parking lot.

The bus will proceed to the high school at which time you will be escorted to special seats and served a meal while cheering on the Broncos.

After the games the bus will return to Unit 2 at about 9:30 p.m.

Here's the home game schedule:

- **Sept. 12. 7 p.m. vs Bishop Amat High School.**
- **Sept. 19. 7 p.m. vs. Beaumont High School.**
- **Oct. 24. 7 p.m. vs. Murrieta Valley High School**
- **Oct. 30: (Thurs.) 7:30 p.m. vs. Norco High School.**

If you're interested in attending any or all of these home games, please contact Paul Dashner at 760 702-7553 or Chris Dashner at 562 867 - 0176 to get on the attendance list.



Photo by Betty Endresen

WELCOME BRUNCH: Welcome writer Mary Lou Morgan held one of her occasional brunches on July 10 for Spring Knolls new comers John Kubena, Cindy Snider, (Mary Lou), Kari Mateski, Patricia Forsythe, Glenda White and Gary White.

Mark your calendars 2nd Hand Treasures Sale!



A Spring Knolls Boosters sponsored event. Proceeds benefit community events & projects.

E-Bikes: As their popularity grows so do the many dangers they pose

By Ted Vollmer

Spring Knolls News

A recent mishap on Via Princesa left a Knolls resident with broken bones and other serious injuries.

The resident was on an e-bike, an increasingly popular alternative to a bicycle or motorcycle that uses an electric battery. Some can reach speeds up to 35 mph.

The Murrieta Police Department recently reminded owners and motorists that while popular, e-bikes can also be dangerous. The MPD reminded e-bike riders that California law mandates they wear a helmet while using their bikes.

The police also noted that e-bikes move faster than traditional bicycles and can cause more serious injuries and even lithium-ion battery-related incidents like fires. The batteries can overheat, catch fire or even explode if damaged, improperly charged or used with incompatible chargers.

And, since e-bikes are heavier than traditional bikes, they sometimes are harder to handle on hills and uneven terrain.

Law enforcement is not the only area where e-bikes have triggered alarms.

Recently, the American Academy of Orthopaedic Surgeons said e-bikes are causing injuries to riders of all ages and experience.

"E-bikes can reach speeds much higher than traditional bicycles, and this increased velocity means more force during falls or collisions. This higher energy impact is causing injuries we don't typically see in traditional bicycle falls," said AAOS orthopaedic surgeon Brian R. Waterman, MD. "The risk of fractures, dislocations and head trauma increases as e-bike usage becomes more popular. The best protection starts with

awareness, proper protection and responsible riding.

"Falls that result in fractures are among the most common e-bike injuries we see in both men and women," said Dr. Waterman. "More than 10% of injured riders require hospitalization. We're also seeing a high rate of vehicle-induced collisions, underscoring the need for improved safety regulations."

Safety steps for E-Bikes

- **Always wear a helmet:** Choose a certified, fitting helmet and wear it every time you ride.
- **Use Protective Gear:** Consider additional protective gear like gloves, elbow pads, and knee pads, especially for novice riders or when riding in potentially hazardous conditions.
- **Be Aware of Surroundings:** Pay attention to traffic, pedestrians, road conditions. Motorists don't always know that you're there.
- **Know your e-bike and local laws:** Learn your e-bike's class (1, 2, or 3), top speed and motor assistance features. Check city or state regulations for e-bikes, including age requirements.
- **Ride defensively:** Be alert, obey traffic rules, and use hand signals to communicate with drivers and other cyclists.
- **Inspect your equipment:** Regularly check brakes, tires, lights and battery.
- **Avoid distractions:** Stay off your phone and avoid headphones or anything that impairs your hearing or vision.
- **Be visible:** Wear bright clothing and use front and rear lights — especially in low-light conditions.
- **Supervise young or inexperienced riders:** E-bikes are not toys. Make sure new riders practice in a safe area before hitting the road.



SKERT membership climbs; nurses add their experience

The SKERT group continues to grow. After several new members volunteered over the last few months, we had three more in August!

Patricia Forsythe brought one person, and Bette Endresen brought two to our August meeting. Thanks to them for helping to increase membership.

Patricia and Vickie Duffy, both retired nurses, inspected our SKERT supply room last month. I replaced all the medical items which had expired.

Did you know we have a defibrillator at our clubhouse? I did, but was unaware of how to use it. Patricia did CPR and defib training at our August meeting and it was interesting to see how easy it was to learn this skill.

We also received information on the Listos Block Party program. The California organization helps people hold events to bring neighbors together. That's also the type of activity that SKERT tries to promote.

If there is anything else you'd like to see us do please let us know!

The Spring Knolls Emergency Response Team (SKERT) meets at 6 p.m. on the second Wednesday of every month in Eaker Hall. All Spring Knolls residents are invited.



Alan Hanson
SKERT chair

Got your backup for news?

A quick reminder.

If you're signed up for In the Know in Spring Knolls, you also can sign up a back up person to get important alerts if you're unavailable. Just send the name and email address of your backup, and your lot number, to intheknowspringknolls@gmail.com

SK Booster Bits

2nd Hand / Bakery Sale, Halloween next on our busy plates

Our popular 2nd hand Treasures and Bake Sale will be Oct. 10 and 11 in Eaker Hall and the Library room.



Dorothy Vaughn
Boosters VP

If you have any items that you don't love anymore, please let us know and we'll take them off your hands. Just bring your items up to the Clubhouse. We'll accept items from

Sept. 1 until the week before the event. Please, no electronics or large pieces of furniture. Call Debbie 760 717-0876 or Dorothy 951 696-0871 if you have any questions or need help.

Proceeds support Boosters events.

Halloween Party, Oct. 25. Home-made soups and salad and baked potato bar, and dessert. Sounds great. Time and prices pending; prizes for best costumes. Start planning now! This is a fun night and usually sells

out. No tickets at the door.

A huge thank you from the Boosters for all the support we received from our communities for our Friday Night BBQs that ended on Aug. 30.

Our staff works really hard for your enjoyment and it's nice to be appreciated, and we know how you love our desserts.

On a sad note, our hearts and love go out to Charlene Kirkwood on the passing of her husband Larry.

HAPPY BIRTHDAY!

Susan Amick
Lon Bike
Patricia Blanchard
Christine Bronson
Roberto Cervantes
Sandra Cervantes
Nicolette Condry
Mercedes Crowder
Sally Duarte
Linda Dunn
Donna Eadson
Doris Edwards
Ruth Enriquez
Sharon Gaudenti
James Gonzales
Candace Guiterrez
Velma Herber
Lorri Herrera
Eva Higgitt
Bobbie Inkman

Debra Jenks
Lynn Kaplan
Charlene Ketcher
Donna Kleinsmith-Palmer
Robert Klump
Sheryl Kunkle
Susan Larsen
Ellen Lemoine
Fritzie Lewin
Pat Majors
David Maurice
Ramona Morey
Mary Lou Morgan
Arnold Murtu
Cheryl Neff
Jacquelin Netherton
Carol O'Connell
Charla Orr
Diane Osorio
George Osorio

Mark Parisi
Sherri Craig-Paschelke
Myra Richards
Ivonne Rodriguez
Lucinda Rodriguez
Pam Rosales
Art Saenz
Blanche Schugg
Tim Scott
Deborah Simonetti
Dee Sloan
Jerika Steele
Chuck Steinert
Steve Tapp
Joseph Tarin
Joe Valdez
Jacques Wasserman
Tillie Wassan
Tracey White



Ed & Debra Cavallucci
James & Janet Gonzales
Dave & Leonora Jefferson
Robert & Lora Klump
Marvin & Sunny Prohofsky
Ron & Linda Scott

Have we missed anyone?

Our community's residents seem to change every minute. We'd like to celebrate your birthdays and anniversaries every month.

If your birthday or anniversary is coming up and you wonder if we're aware of them, please drop us a line at tscjnews@gmail.com

IN MEMORIAM



Larry Kirkwood
(June 25, 1945—Aug. 14, 2025)
Via Escarlata

Elena Sanchez Gonzalez
(Aug. 1931 - Sept. 2019)
Via Princesa

Lois Belle Hause
(July 1941 - Sept. 2011)
Via La Espalda

Lillian Eleanor Kropnick
(Sept. 1915 - Sept. 2010)
Via Amarilla

Eva Christine Safranek
(Dec. 1914 - Sept. 2015)
Calle de la Siesta

Marilyn Joan Sargent
(Aug. 1937 - Sept. 2011)
Via Playa del Rey

Robert Joseph Schaefer
(Aug. 22, 1941 - Sept. 10, 2017)
Via Playa del Rey

Blanche Carol Schugg
(Sept. 1935 - Sept. 2020)
Calle de la Siesta

Raymond (Tony) Seeley
(Oct. 1936 - Sept. 2023)
Calle de la Paz

Doris Hughes Thomas
(Oct. 1906 - Sept. 2006)
Via Playa del Rey

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

GENERATOR::
Craftsman 3500
generator / gaso-
line. Used once,
Paid \$600; asking
\$325 or best offer.
Call Gary @
760 644-4893



COUCH, CHAIR, OTTOMAN: All three for \$400. In very good condition. Call Marla at 951 694-2874.



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

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.

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



Spring Knolls News Classifieds

If you have items to sell, wish to buy, or are offering or seeking service, email your ad(s) to the *Spring Knolls News* at tscjnews@gmail.com by the 15th of the month, or send a copy to the Unit 1 office at **38441 Via La Paloma, Murrieta, CA, 92563**. Questions? **951 319-6749**

2nd Hand Treasures Sale!



A Spring Knolls Boosters sponsored event. Proceeds benefit community events & projects.

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 .

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

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

September: What's up in Spring Knolls & beyond?

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labor Day	2 Bible study, 10 a.m. to noon	3	4	5 SK office hours, 9:30-noon	6 Native American Day
7 Bible Study, 10-11 a.m. GK; Grandparents Day; Total Lunar Eclipse.	8	9 Bible study, 10 a.m. to noon; California Admission Day	10 Boosters, 10 a.m.; SKERT 6 p.m.	11 Bingo 1-4 p.m.; Patriot Day	12 SK office hours, 9:30-noon	13
14 Bible Study, 10-11 a.m. GK	15	16 Bible study, 10 a.m. to noon; Mexican Independence Day	17 SK Board, 6 p.m. Library; Constitution Day	18	19 SK hours, 9:30-noon; Nat'l POW/MIA Recognition Day	20
21 Bible Study, 10-11 a.m. GK; Partial solar eclipse. Day of Peace.	22 First day of Autumn	23 Bible study, 10 a.m. to noon; Rosh Hashana	24	25 Bingo. Golf Knolls clubhouse, 6:30 p.m.	26 SK office hours, 9:30-noon	27 National Public Lands Day
28 Bible Study, 10-11 a.m. GK; Gold Star Mothers Day	29	30 Bible study, 10 a.m. to noon	Sept. Birthstone: Sapphire Sept. Flower: Aster and Morning Glory. Sept. Observances: Hispanic Heritage Month (9/15 – 10/15); National Suicide Prevention Month; National Happy Cat Month			

Open n' Closed

Open:

Board office hours: Fridays - Sept. 5, 12, 19, 26. 9:30 a.m. - noon

- Clubhouse Summer hours: 8 a.m. - 8 p.m. Library, both swimming pools open.
- Small pool open to all. Large pool open for those 18 and older. 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 areas.
- Dogs must be leashed at all times, even in the clubhouse grassy areas.



Here: (Spring Knolls)

- Oct. 10-11: TREASURES / BAKE SALE. Spring Knolls Boosters 2nd Hand Treasures / Bake Sale. Eaker Hall. Begins 8 a.m. each day. Contact Debbie 760 717-0876 or Dorothy 951 696-0871 about donations.
- Oct. 18: GENERAL MEETING: Spring Knolls General meeting, Eaker Hall. Open to all members. Meet candidates for 2026 board. Begins 1 p.m.
- Oct. 25: HALLOWEEN PARTY. Boosters Halloween Party and dinner. Eaker Hall. Prizes for best costumes. No tickets at door. More details in October edition.

There: (Units 2 & 3)

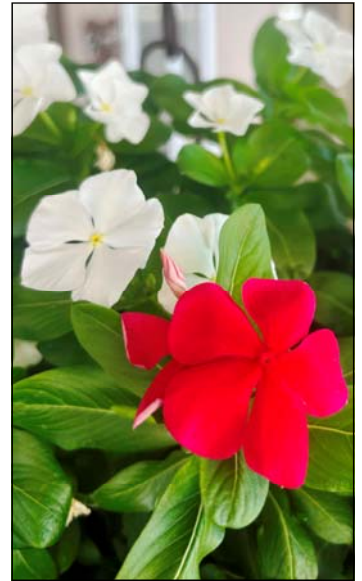
- Sept. 27: BREAKFAST: Unit 2. Pancakes, eggs, sausage, etc. 9-10:30 a.m. Warm Springs clubhouse. \$8. Contact Sherry Tater, 951 536-4604.

- Sept. 13: BACK TO THE 70S. Unit 3. DJ, dancing, prizes. Array of appetizers and desserts. Tickets \$16, on sale Sept 2, 3, 4 at Golf Knolls Clubhouse between 9:30 and 11 a.m. Contact Pam Byers, 951 536-4604.

Elsewhere . . .

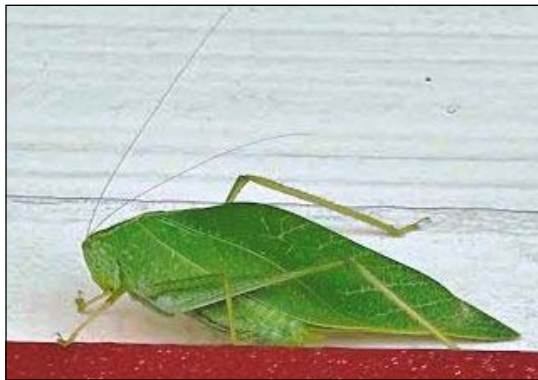
- Sept. 4; 18: MURRIETA MARKET NIGHT NIGHTS. 5-9 p.m. Washington Avenue and Juniper Street. Artisans, crafters, local businesses, musicians. Free.
- Sept. 11: SEPT. 11 TRIBUTE: Ceremony open to all honoring those lost on Sept. 11, 2001. 5:30 pm., Town Square and Amphitheater, Murrieta.
- Sept. 11, 25: TEMECULA SUNSET MARKET. 5 – 9 p.m. Open-air market in Old Town Temecula Town Square Park, 41902 Main St. Artisans, food, music.
- Sept. 21: PUMPKIN FARM & HARVEST FESTIVAL: Peltzer. Monday-Saturday, 10 a.m.- 8 p.m.; Sunday 9 a.m. - 8 p.m. 40275 Contento, Temecula.
- Sept. 25: COFFEE WITH THE CITY. Have coffee with Murrieta officials. 8:30 a.m., The Theater, Murrieta Hot Springs Resort. Free.

Spring Knolls Medley



Photos by Jan Towers

ROOM TO BLOOM: Spring Knolls board vice president Jan Towers sent in photos of her flowers that bloomed in August at her home on Via El Avian. (Left) Mexican Bird of Paradise; (center) Plumeria and (right) Vincas.



Spring Knolls Medley

Don't be shy. Join the Spring Knolls Medley!

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

Send them with a brief description, including when 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

CRITTERS ABOUND:

Not only coyotes and bob cats live among our Spring Knolls residents. In the past few days Sandy Vollmer discovered a tree frog in her garden (above) and Kim Eaton spotted a Katydid (above right) at the clubhouse. (Right), a monarch caterpillar munches on milk weed in Sandy's garden before creating its cocoon, and (far right) a grasshopper also checks out the milkweed.

Photos by Kim Eaton and Sandy Vollmer

