

WARM SPRING KNOLLS WSK

A 55+ Community



Community Newsletter

February 2024

CONTACT INFO:

38145 Via Del Largo
Murrieta, CA 92563
Office: (951) 677-5758
wsk.murrieta@gmail.com

OFFICE HOURS:

Fridays - 9am to 12pm

NEXT MEETING

Tues., Feb. 13, 2024, 5PM

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 Tater
951-536-4604

Architectural Director

Henry Kantrowitz
951-202-1130

Facilities Director

Nancy Misko
805-268-0523

Keys & Calendar

Debra Clark
562-322-7727

Police (non-emergency)

(951) 304-2677

Waste Management

(Trash bin replacement)
(714) 558-7761

A NOTE FROM OUR PRESIDENT - TOM WOOLSLAYER



Happily the January Annual Meeting was well attended by our residents, and I'm happy to say that we had the best election turnout in several years. Your new board is listed here in the newsletter. Congratulations to Woody Smith our newest board member. We are glad to announce the new compliance team of Frank Biddle and Ken Marsh. Remember there is always something to do,

if you want to be involved contact a board, or committee member and let us know how you would like to contribute.

I want to thank our election committee, Margaret, Richard, Frank and James in a successful election and smooth operation. We appreciate your time and efforts.

WASTE MANAGEMENT

Saturday, February 17, 2024 at 11am WSK is having a meeting with Waste Management and the City of Murrieta to answer questions and provide information about the upcoming changes to our trash collection and billing. Issac Bravo from the city and a representative from Waste Management will be there. So please attend, ask questions and gather information. Some information that has been given to us is with the new 3-barrel system: seniors that are age 65 or older can take advantage of a discount on their bill that will be available if proof of age and residence can be verified by providing a copy of a State issued document. Those with assistance under the California Alternative Rates for Energy (CARE) program may receive a 12.5% discount on the monthly rate. Disabled residents qualify for a backyard "Valet Service" program that will take the barrels to and from the curbside. For an application, call 714-558-7761.

They will have two sizes of cans available, 96 and 64 gallons. If your storage space is limited, you might want to go down to the 64 gallon sizes as three of the smaller cans fit in about the same space as our two 96 cans fit. You can take all three out weekly if needed, but it is not required. Take out what you need and they will be emptied on the same day. If you need more information, please come to the meeting. Thanks in advance for attending.

GREEN - LID CAN:

Food, yard waste and other organic materials such as coffee grounds, tea bags, etc.

BLUE - LID CAN:

Traditional recyclables: bottles, cans, plastic, paper, cardboard...

GRAY - LID CAN:

Limited to all other waste that is not organic or recyclable.

2024 VOLUNTEERS

Activities

Sherry Tatar
951-536-4604

Audit Committee

Open Position

Clubhouse Rental

Debra Clark
562-322-7727

Compliance Officer

Frank Biddle
760-716-4775
Ken Marsh
714-393-8804

Emergency Prep

Open Position

Library

Pierce & Norma Box
951-696-1070

Newsletter

Open Position

Senior Advocate

Shelby Price
951-461-7557

Streets/Infrastructure

Website

James Sebring
760-294-1122

Welcome Committee

Joanne Marsh
714-401-7648
Marsha Brinkre
Threase Leone
Nancy Misko

ALLIANCE Association Management

42111 Avenida Alvarado,
Suite E2
Temecula, CA 92590
951-412-1662

Newsletter comments:

Email us at:

*newsletter.wsk@
gmail.com*

ACTIVITIES COMMITTEE - SHERRY



Breakfast will be served on February 24 at our Warm Spring Knolls clubhouse. Come spend some time visiting with your neighbors over a plate of pancakes scrambled eggs, sausage, hashbrowns, fruit, and something

sweet at the end. There will be coffee and juice too. Price for your breakfast is seven dollars per person.

We've changed the time! Our new ready to eat time is 9 AM to 10:30 AM. I had the opportunity meet the

Activities coordinators from the other two units this last week to sync our years activities calendars. Our goal is to provide a wide range of special events to encourage inter community attendance to each other's parties. I myself love to visit with all the new friends I've made from both units. I encourage you to find a buddy, grab your spouse or start a group and attend these new opportunities. You'll be surprised at how much you wish you had done it sooner.

Unit one will be hosting a spaghetti dinner February 10. You can call Debbie at 760-717-9878 for tickets and information. Tickets are \$10 each. Unit three on February 11 will be hosting a Super Bowl party at 3 o'clock. Tickets sold at the door for three dollars per person. I hope to see you all there.



BREAKFAST



Warm Spring Knolls

Feb. 24th

\$7

Sat. 9-10:30am

WSK MEETINGS

NEXT MEETING
Tuesday February 13, 5PM
WSK Clubhouse

WSK HOA FINANCIALS

YTD as of End of December 2023

Operation:	\$28,519.92
Reserve:	\$142,485.14
CD:	\$132,986.59

KEYS & CALENDAR - DEBRA

Come and enjoy our breakfast at the end of the month and try to go to the other two units to enjoy their company also. We all live together in our quaint community. HAPPY VALENTINES DAY! Give someone a big hug today! Just want to say I love you all !! That's all for folks!!!



A NOTE FROM OUR TREASURE - JOANNE



Well I made it through the end of the year!

Its really has been fun. I have meant a lot of nice people that have been kind and loving. Any job on the HOA is very time consuming. We have bad

days but differently more good days. The best days are when you come by and shoot the breeze and visit. We love to see you all. I want to thank you all for letting me represent you as your 2023 HOA Treasurer. Anyone who has questions about the HOA finances is welcome to contact me personally.



WELCOME COMMITTEE - JOANNE

We have 4 people now on the welcome Committee, **Marsha Brinkre, Threase Leone, Nancy Misko and Joanne Marsh.** We are all so excited to work together and welcome new homeowners or renters to our Community.

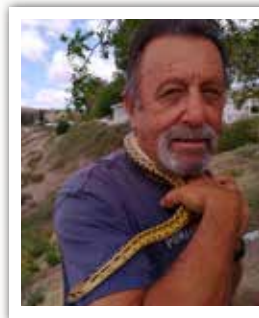
We present packets to them with information and make them feel welcome here and in the City of Murrieta. We have answers for any questions they have or will be happy to find the answers for them.

Welcome Our New Neighbors - Please go introduce yourselves to them, especially if you live in the same block.

It's always good to know your neighbor. And it's just plain neighborly!!!

Bryan Waldron who lives on Via Calusa
Winifred Hament who lives on Via Del Largo

WELCOME IN OUR NEW BOARD - HENRY



I have served on the WSK board for 6 years. All of the boards I have been involved strive to help our community as best as they can. Some decisions are tough to make but we try to do what is best for the community. That is our fiduciary responsibility

to our members. The members of our current board are doing the same as past boards. They put in hours every week just trying to keep our HOA running smoothly. It is a lot of work. It will be time to embrace the new board for 2024. Be supportive of its members, they are volunteers of our community stepping up to do the work.

“

Alone, we can do so little; together, we can do so much!

♥ ***Helen Keller***

”

WSK FACILITIES DIRECTOR - NANCY



Happy 2024. If you attended the Annual Meeting on January 27 you already heard my recap of all the projects we accomplished last year.

- Interior paint, drapes, accessories.
- Exterior trim of the clubhouse and pool house painted
- Fountain was refurbished and new pump (looks better than new) Thanks RAY
- Pool gate was repaired and painted A few new signs
- New hot water heater installed for the pool showers and sinks
- Jacuzzi acid washed

Thank you for all the compliments on how nice it all looks, I agree and love it!

I would like to thank all my facility assistants for their daily help in keeping the doors open and closed at the pool, Craig Coffey, Dwayne and Amparo Fields and Lee O'Shell. Lee and Janet also installed the two way hinges on the men's bathroom door in the clubhouse. That was a challenging job but it was well done. And a big thanks to Ray Clark, my right hand. He is healing well and I am hoping to get him back to work!

And finally, thanks to Bud Rose and Chris Haas who install and take down our holiday lights around the clubhouse exterior every year!

You may notice a couple new tables and chairs in pool area which were donated. We are always happy to take certain items which others may not want anymore. Just ask.

I hope to get a few more big projects done this year including the renovation of the pool bathrooms, picnic tables, clubhouse roof repairs, and some plateau drainage issues redone.

Our terraced hillside is looking great as the trees are growing taller and our plateau is filling in nicely thanks to Henry's daily caretaking. With all the rain this winter, it should be even better than ever!

If you paint rocks and would like to donate some of your creations, there is a section started to leave them along the path. All are welcome!

The pool should be heated again by May 1, maybe earlier if weather permits. Meanwhile the jacuzzi is still hot and bubbly.

Thanks to all the residents who use our facility and help to make it an inviting place to hang out and have fun. I really do enjoy keeping our facility clean and safe so everyone can enjoy.



Unfortunately I also have to be the pool/ clubhouse police as well. Unlike the other units, we do not have a live-in paid caregiver, I do get thanked for doing my job, but there are a few folks who give me negative feedback. I will continue to do my job, regardless! If nobody takes care, a place like ours can go downhill really fast. Let's keep up the pride.

Please refer to the updated facility and pool guidelines which was included in our Annual Packet so I won't have to be a nag anymore. Love you all.



SR. ADVOCATE - SHELBY PRICE



Just over 1 year ago, I had emergency double bypass surgery. During the open heart surgery, the doctors also patched an aorta Aneurysm. Tests revealed that I also had a brain bleed and lung cancer. I

never smoked but was diagnosed with the most common cancer caused by second-hand smoke. I've had 5 radiation treatments.

After working for a bank for 30 years and the Murrieta School System for 17 years. I retired. To say my lifestyle has changed is easy to imagine. My doctors (7 or so) told me to cut salt, sugar, and exercise frequently.

Exercise? Laughingly, I told my friends and family for years, I just didn't get the exercise gene. Isn't working for 47 years enough? Well, once I retired and made progress recovering. I had to look for some sort of program which would help me to exercise regularly. Chair Exercise offered by Warm Spring Knolls HOA fits that bill. I have every excuse in the world not to go. It is too hot, too cold, I forgot, you name it. However, I started the program as soon as I could and I have been attending on a pretty regular basis since and it has helped me in many ways. I have gained mobility & stamina. Plus, I have met some pretty great neighbors.

As neighbors, we are all in this together, exercising at our own speed using the mantra "Just keep moving." Besides, it is fun. I have retained my membership in the Temecula Valley Women's Club which awards \$20,000 to our 6 local high schools with earnings from the annual Home Tour scheduled in November, each year. Everyone is invited to attend this weekend event to support our students. When the time comes, you can call me to purchase tickets.

I also belong to a book club where members recommend books to each other and I have read some really wonderful books which I might

not have discovered otherwise. Please check the HOA calendar or contact the HOA office for scheduling of this extremely useful program and get active again. I am very grateful it is available and has helped in my recovery.

Update from Golf Knolls

Got a report today that meeting last Friday at Golf Knolls was very good and City of Murrieta is really stepping up to help Seniors with help.

Call Care Solace which is available 24/7/365 at 888-515-7881 no matter what your are experiencing. The team will work to find providers and resources matched to your needs & assist with booking your appointment.



Smoke Alarms Save Lives!

Working smoke alarms can cut the risk of death from home fires in half.

That's why we're rallying volunteers, fire departments and partners to *Sound the Alarm*.

Together, we're installing **FREE** smoke alarms in your community. Request a smoke alarm installation today!

Saturday, March 9th 9:30am-12:30pm

During our visit, we will test existing alarms and install new 10-year sealed-battery alarms where necessary. No need to replace batteries regularly!

To register for an appointment or learn more, visit SoundTheAlarm.org/SoCal or call 714-493-1709.

Alan Hanson



MY FINAL NEWSLETTER, THANK YOU - JENN RAWLINGS!



This will be my final newsletter for WSK. It's been a great year. I've met new residents and have enjoyed sharing more about our community and writing articles I thought would be

helpful for you.

My desire for this newsletter (and getting our social media up) over the last year was to get to know more of my neighbors, highlight the activities that we offer to bring us together, and for you to find something to look forward to each month in the mail and online (other than bills and junk mail!) Publishing these newsletters has been very nostalgic for me. Putting together family newsletters is what got me into the graphic design field over 22 years ago! I found it brought my family closer together. So thank you for allowing me to have fun and share some photos, stories and articles to get to know you all a little better. And thanks to everyone who shared their stories through our neighbor interviews!

Moving forward I'm going to be volunteering time now with a couple of local organizations, one of them being our very own; **Favors for Neighbors** (a nonprofit organization based right here in Murrieta, whose goal is to provide assistance to the senior citizens in our community).



You'll still see me around the community volunteering with this friendly group. I had the privilege of working with them up in the Golf Knolls Community a couple weeks ago helping one of their residents who is a US Navy Veteran. He and his wife needed some clean up work around their yard. It was such an amazing experience seeing a group of ten people show up and work together to help a couple in need. Getting to know these people was the highlight of my day, a woman who is currently serving as a Navy Seal, a young man whose been struggling with anxiety and depression and is finding his way back through volunteering with others, a few seniors from our Knolls neighborhoods that are retired and just want to help others in their spare time, a mother and son, a woman from Menifee, and more! It was amazing seeing everyone working together for one common goal, helping a neighbor. BJ's restaurant heard what we were doing and wanted to be a part and donated pizzas for our whole team, a local dumpster company heard we had more trash bags than we knew what to do with and dropped off a huge dumpster free of charge for us, another person couldn't volunteer that day, but dropped off water bottles for those of us that could. This was a confirmation that if we all focus on the things we have in common, we can make such a beautiful impact in our communities. This is my passion and I hope the world will become stronger and kinder through organizations like these.

So, thank you for trusting me with your newsletter over the last year! It has been fun getting to know you better. Sincerely, Jenn Rawlings



JUDY BOLLIN - A WSK "SPARK"



A spark has gone out on Via La Colina. Our beloved neighbor and friend Judy passed away on January 4th.

Born in Whittier, Judy lived there as well as in Murrieta with about an 8-year stint

in Parker, Arizona; before returning to Murrieta to retire. She graduated from Fullerton College with a Library Technician's Certificate and used that in Whittier, La Habra and Murrieta. She worked in elementary school libraries and brought that spark to every student and staff member that she came in contact with.

She leaves behind two boys: Terry & Dale, who live in California, two grandchildren and 4 great-grandchildren. And a whole lot of friends.

At one time she traveled with a group called The Valley Wanderers Club. Sounds so much like her! She was also part of Murrieta's Red Hat Society. Parties and having fun were an important part of Judy's life. She and some lady friends in this area would meet monthly for just that purpose. And each month Judy would create individual "seasonally appropriate" place setting favors for each attendee. One of her favor ideas made its way into our last association pool-side BBQ. Ever creative and generous, her creations were always from her heart!!

Here at Warm Spring Knolls, where she lived for over 10 years, she added that spark to our Activity Committee for years. She even Co-Chaired the group in 2018 and 2019. She was always a hard worker, who loved being a part of the action.

She LOVED irises and landscaping her yard. Never afraid to get her hands dirty, she could be seen tending her lot with pride. Many of her neighbors on Via La Colina are recipients of her Rock Painting talents.

We will miss you, Judy... dear lady. You were such a breath of fresh air and spark in our little community.



FRESH & CLEAN GARBAGE DISPOSAL - JAMES



You probably already know that fibrous foods like banana skins, broccoli, celery, corn husks, and potato peels can tangle and stop the blades of your garbage disposal. Other bad choices include bones and eggshells.

But are you aware that dumping coffee grounds or starchy food into the unit can clog the pipes and the motor? Heed these other best and worst practices if you want to keep using your garbage disposal as long as possible.

Run the garbage disposal at least every few days with cold water.

Even if you don't have to grind any food scraps up, you should run the appliance with cold water to keep the blades from rusting from lack of use. This also gives any food that might have stuck to the sides of the appliance from a previous use to wash out.

DON'T use bleach or commercial drain cleaner to unclog.

Ward off odors with warm water (NOT HOT) and lemon slices.

DO clean your garbage disposal every few weeks.

First, fill it with ice cubes and a cup of rock salt, then run it for a minute for the natural abrasives to scrape away the gunk lining the inside of your disposal.

Put a plastic drip pan under your disposal:

If the disposal casing begins to leak, this could save you thousands of dollars in repairs. Lesson learned at a high cost.



BENEFITS OF CONNECTION

Connection to others has shown to increase longevity, strengthen our immune system, quicken healing, decrease anxiety, and improve self-esteem. When we connect to others, we release oxytocin, which is known as the “love hormone”. It helps people attach and connect with one another. Taking care of others has also been shown to release dopamine (the feel-good reward chemical in the brain.)

One of the ways that we release oxytocin and dopamine is through eye contact and hugs. Our brain responds best to in-person interactions. Research has shown that 8 second hugs and eye contact soothe the brain. Hugs can release dopamine which can help with feelings of depression and loneliness, and well as fight stress and strengthen the immune system.

A study by Carnegie Mellon found that people who hug more, get sick less. A study from Harvard showed that hugs can improve heart health.

A few ways to increase social connections right here in our own neighborhood:

- ✓ Show up for a line dancing class
- ✓ Attend our monthly meetings
- ✓ Come to one of our monthly events
- ✓ Reach out to your neighbors and try and deepen your friendships with them

Find a place to volunteer:

- Friends of the Valley Animal Shelter
- Favors for Neighbors is always looking for help to help seniors around our community

HOW LONELINESS IMPACTS THE IMMUNE SYSTEM

Julianne Holt-Lunstad specializes in psychology and neuroscience. Her research focuses on the long-term health effects of social connections and includes a meta-analysis on the effects of loneliness and social isolation on mortality. That research has linked loneliness to deteriorating health. Her study states that a lack of social connection heightens health risks as much as smoking 15 cigarettes a day or having alcohol use disorder. Other studies have shown that loneliness and social isolation are as harmful to physical health as obesity and high blood pressure. They show that loneliness can cause inflammation in our immune system, which over time increases our risk of chronic diseases. When your immune system is weakened, it makes it harder for your body to fight off viruses.

“Loneliness is a fertilizer for other diseases, the biology of loneliness can accelerate the buildup of plaque in arteries, help cancer cells grow and spread, and promote inflammation in the brain leading to Alzheimer’s Disease.”

— Dr. Steve Cole

Sadly, research is also showing that people are more isolated and lonely than ever. (Covid being a big part of that). More than 3 out of 5 people report being lonely and loneliness has risen 13 percent since 2018). This data was collected prior to the pandemic. Imagine if that same research was done now!

25% of people in the US say they don’t even have one close friend. Research shows on average people have fewer friends than they did 10-15 years ago.

“A deep sense of love and belonging is an irresistible need in all people. We are biologically, cognitively, physically and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don’t function as we are meant to.”

— Researcher Brene Brown

Source: **Therapy in a Nutshell** on Youtube
30 Skills in 30 Days for Better Relationships



MARCH, JUST AROUND THE CORNER! JIM FRANCES

It's not just the name of a month – it's also an order: A signal that it's time to get busy on yard maintenance (clean-up, pruning, weeding, transplanting, etc.). If you don't have your yard in shape by the time March arrives, it's very hard to keep up with the blooms and explosive growth that come with spring – a subtle warning, originated by Martha Stewart!



Waterwise Botanical Gardens



STREET MAINTENANCE - JIM FRANCIS

Our Golf Knolls (GK) neighbors have initiated a street maintenance project. The initial phase removed and replaced the deteriorated asphalt on Via La Paloma, between Via Zapata and Via Playa Del Rey.

Three future phases will further impact traffic flow to some Warm Spring Knolls (WSK) residents, due to street closures:

Monday, 6 February, 7 am to 7 pm – WSK Crack-fill on Via Zapata from WSK / Golf Knolls border to Via La Paloma. This should not significantly impact flow of traffic, since the fill material dries quickly. Please drive slowly and cautiously to avoid and protect contractor workers and equipment in the street.

Tuesday, 13 February, – WSK Seal-coat:

-Via Zapata, from WSK / Golf Knolls border to Via La Paloma and

-Via La Paloma from Via Zapata to Via Playa Del Rey. These street sections will be closed to all through-traffic from 7 am to 7 pm.

Tuesday, 13 February, – GK Seal-coat:

-Via Zapata, from Via Taffia to Camino Alba. This street section will also be closed to all through-traffic from 7 am to 7 pm.

Friday, 16 February, – GK Seal-coat:

-Via Zapata from WSK / Golf Knolls border to Via Taffia and

-Via Zapata from Via Taffia to Camino Alba. This street section will also be closed to all through traffic from 7 am to 7 pm.

Detour signs will indicate the way to other ingress/egress streets. Please plan your activity accordingly. Drive safely.

*****NEW*** WSK MONTHLY BUSINESS CARD SIZED ADS**

PERSONAL MESSAGE - \$25/MONTH

BUSINESS POSTINGS - MONTHLY / \$40 - 6 MONTH COMMITMENT \$30 / MONTH

If you know a great business that has helped you in WSK, tell them about this great opportunity to advertise to the rest of our neighborhood! Contact us today at newsletter.wsk@gmail.com

Michael Saiz
Friend & Founder
mikesaiz33@gmail.com



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\$160,000	16,000	80,000	32,000	100,000	1,000	\$437
\$180,000	18,000	90,000	36,000	100,000	1,000	\$487

CA license 0D50865 Rates are examples of replacement cost on newer manufactured homes in most CA parks with a \$500 deductible.



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WSK CLUBHOUSE CALENDAR

February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Sunday Bible Study, 10-11am at the GK Club House - Tim & Doreen Delk 951-304-3569 Non Denominational All Units Welcome</p>				TRASH	<p>HOA OFFICE HOURS 9-12 SHERRY Groundhog Day</p>	<p>3 Stokey Memorial 12-6pm</p>
4	Chair Exercise 10:30	5 Line Dancing 11:30AM Card Games 1-4pm	6 Chair Exercise 10:30 National Send a Card to a Friend Day	7 TRASH & RECYCLE	8 HOA OFFICE HOURS 9-12 NANCY	9 Bollin Memorial 12-8pm
11 National Make a Friend Day Golf Knolls Superbowl Feb 11th	12 Chair Exercise 10:30	13 Line Dancing 11:30AM HOA BOARD MEETING 5PM	14 VALENTINE'S DAY Chair Exercise 10:30 Mexican Train 1-4 PM	15 TRASH	16 HOA OFFICE HOURS 9-12 DEBRA	17 Spring Knolls Spaghetti Dinner 5-7pm WSK WASTE MGT 11AM
18	19 Chair Exercise 10:30 PRESIDENT'S DAY	20 Line Dancing 11:30AM Card Games 1-4pm	21 Chair Exercise 10:30	22 TRASH & RECYCLE	23 HOA OFFICE HOURS 9-12 HENRY	24 WSK BREAKFAST 10-11AM 
25	26 Chair Exercise 10:30	27 Line Dancing 11:30AM	28 Chair Exercise 10:30 Mexican Train 1-4 PM 	29 TRASH		Want to rent the WSK Clubhouse? Call Debra at 562-322-7727
						

We have a new Instagram account!

 #Warm Spring Knolls Community
#WSK Buy, Trade & Sell

 #WarmSpringKnollsHOA

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