

Neighborhood News

**38145 Via Del Largo
Murrieta, CA 92563**

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Office Hours:

Fridays - 9 to noon

*Check the Calendar for
the next Board Meeting*

2020 Board of Directors

President

*Glenn Ingraham
951-642-2897*

Vice President

*Henry Kantrowitz
951-202-1130*

Treasurer

*James Sebring
760-294-1122*

Secretary

*Marcia Livingston
951-440-5611*

Architectural Director

*Frank Biddle
760-716-4775*

Facilities Director

*Nancy Misko
805-268-0523*

Keys & Calendar

*Marsha Brinker
951-219-3691*

*If you have an opinion, a
brief article, a joke, or an
interest that you'd like to
see in the Newsletter,
send it to the editor at:*

newsletter.wsk@gmail.com

From the 2020 Board of Directors

The members of the WSK Board take neighbor complaints seriously. We have to, it's part of the job. Just be sure to lodge that complaint in writing. Once we receive the complaint, we approach the neighbor against whom it's been lodged. And without fail, the one thing we hear every time we start the discussion is, "Why didn't they come talk to me first?". Good question. But it's understandable. Even if you have a good relationship with your neighbor, having a conversation like that isn't easy. It takes courage. But if it is started from the standpoint of mutual respect, it can work. Of course, not all issues can be resolved with a casual conversation. Sometimes it is necessary to get the Board involved. But just remember, that once the Board is brought into the issue, records are kept. And something that felt like a big deal at the time, can look pretty silly later.

Please give a shout to our new 2020 Board and to Judy Raleigh on the Audit Team! With the addition of Marsha and Frank, we're finally back to 7 strong (The Magnificent Seven?). ☺

You Ought to Know...

Local Talent

Like so many of his WSK neighbors, Tom Raleigh loves the game of golf. So, imagine his excitement at being named as a Tournament Marshall at the Farmers Insurance Open in Torrey Pines this past week!



Tom's assignment was to work crowd control at Hole #3 South, pictured above. For the 2nd year in a row he had the dream-come-true experience of working alongside the greats of the game. Check out the view of La Jolla in the background!!

We all get old...

...and so does your smoke detector!

After 10 years, the sensor has lost its sensitivity to smoke, which means that it will remain silent even with smoke billowing around it. But there's good news! The Red Cross will be in our area to replace (or to install) smoke alarms **FOR FREE** on **March 7th**. To get on the list, sign-up on the clubhouse bulletin board. Call Jim Francis at 951-440-2215 for info.

Dance (Exercise) Class

Don't let the name fool you! These motivated ladies are all about getting moving, and having fun doing it. Not everyone is able to be on their feet, so they join in using a chair! And if they all have a few laughs and learn dance steps along the way, so much the better. In fact, they're having so much fun that they've added another class! Starting **February 3rd**, they'll be meeting every **Monday at 9am**, along with their regular Thursday at 9 class. It's never too late to join in!!

Other Volunteers**Activities**

Sherry Tatar
951-536-4604

Audit Committee

Judy Raleigh
480-202-3009

Clubhouse Rental

Marsha Brinker
951-219-3691

Emergency Prep

Jim Francis
951-440-2215

Library

Pierce & Norma Box
951-696-1070

Newsletter

Glenn Ingraham
951-642-2897

Community Connections

Shirley Sebring
760-522-9262

Senior Advocate

Shelby Price
951-461-7557

Website

James Sebring
760-294-1122

Welcoming Committee

Judy Raleigh
480-202-3009
Frank Biddle
760-716-4775

Murrieta Senior Center

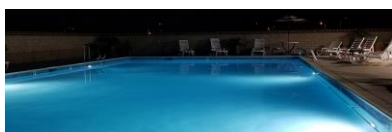
(951) 304-7275
Mon-Fri, 8 - 4

Police (non-emergency)

(951) 304-2677

Waste Management

(trash bin replacement)
(714) 558-7761

**From the Treasurer****WSK HOA Year-to-Date Financials
as of December 31, 2019**

Operating Account:	\$ 50,428
Reserve Account:	\$ 89,112
Reserve Savings:	\$ 128,102
Total Balance:	\$ 267,642

**February WSK
Board Meeting**

February 19th
- 10 am -

What has the WSK Board been up to?

Election – A big thanks goes out to the 2019 Board and to the election team for preparing for and executing the election. Some of the neighbors who stepped up include, Jim Dunlap, Karen Lankford, and Vicki Rupert. Take a look at the panel on page 1 to see the roles on which your 2020 Board members decided.

Everyone Matters – The board welcomes comments and concerns from all WSK residents. Sharing what's on your mind helps to get issues out in the open and leads to problem solving. But if you do have a *bee in your bonnet*, please do yourself and the Board a favor by taking the time to come to the office (or call a Board member) to discuss your concerns. Firing off an ill-informed letter with unfounded hair-on-fire accusations only embarrasses the letter's author and results in the Board spending valuable time responding.

We all should care how the business of our association is conducted. That's why we get involved in the first place! Here's a few things you can do to keep your finger on the pulse of WSK HOA finances:

- Read the monthly financial postings
- Ask for an explanation of (or help develop) our budget
- Sit in on the monthly financial reviews
- Review the quarterly financial audits (or join the audit team!)
- Join the Architectural Committee and be a part of project and contractor review/ selection

In other words, be a part of the solution. It feels so much better.

Pantry and Kitchen Cleanup – There's been a lot of action in these two rooms over the years by a lot of different hands, and over time... well, you know. 'Stuff' accumulates. So, a group of neighbors got together to clean them up. Big thanks goes out to Nancy, Shirley, Josie, Marcia, and others for doing a thorough cleaning! Just another example of folks stepping up!

Afternoon Concert at the Clubhouse

The local Blues band "The Honey Lickers" will perform a FREE concert at the WSK Clubhouse on **Sunday, February 23rd from 2 – 4 pm**. Bring snacks to share and your favorite beverages and come enjoy the music (don't forget to bring a few \$ for tips!).

Our WSK Wildlife

- by Henry



One of our neighbors had an unfortunate death January 6th. A death that could have been prevented. There was no reason she should have died at such a young age. Her daily routine was simple: Control the rat, rabbit and ground squirrel populations. She really did a great job. She was born a year ago, high up in a pine tree behind Spring Knolls Clubhouse. And she was raised in the skies, flying over our homes and the canyon daily, always on the lookout for a meal. She seemed unafraid of people. Drivers passing through the intersection of Via La Colina and Calle de Escarpado often would find her bathing and drinking from the bird bath near the stop sign. And she didn't fuss when they rolled down their window to take her picture. She knew we wouldn't harm her, and she continued that trust throughout her short life. In fact, a close up photo of her was taken a few days before she died. You can see that photo on the front page of the January WSK newsletter.

On January 5th I noticed her sitting all fluffed up in the ice cold water of the bird bath. She sat there for about an hour and half on an extremely cold morning. Clearly, she was ill. If a hawk is seen consuming large amounts of water and is very fluffed up (to warm themselves), it is almost always because they have been recently poisoned by a rodenticide. By the time you see them at this stage, they are quite sick.

This very young hawk was killed way before her time by something that could have been avoided. It was sad to see her shivering in the water on such a cold morning knowing she wouldn't be around tomorrow. And she wasn't. Bud Rose took this photo of her the morning I saw her all fluffed up in the bird bath. That was the last time she was seen alive.



So, think twice when killing rodents around your house. I always use live traps when possible. I then take these harmless creatures to an area away from homes and let them go. I know some of you are not comfortable doing that. If you must kill them, please use a trap that kills them instantly and throw them in the garbage.

Let's hope this doesn't happen with the young ones hatching this year. Hawks, owls, and falcons are majestic creatures that spend years patrolling our area for the critters that we don't want around our houses.

Special note: The EPA recently banned a class of rat poisons called second-generation anticoagulants from the consumer market, but licensed exterminators are still allowed to deploy them. As a result, these rat poisons are much more likely to poison predatory wildlife that eat live or dead poisoned rodents. These poisons are causing innumerable casualties among owls, hawks, bobcats and other predators as well as pet dogs and cats. Rodenticides may now be the single most important source of mortality for some wildlife species. Where these rat poisons are used, entire food chains are contaminated. Residues are even detected in wildlife species that typically feed on birds rather than on rodents.

Bach Theatre
company

THEATRE PRODUCTIONS
FILM, ACTING WORKSHOP

(818) 292-3077

COMING SOON
JANUARY 2020
ADMIT ONE

BACH THEATRE COMPANY PRESENTS

**ITALIAN AMERICAN
RECONCILIATION**

BY JOHN PATRICK STANLEY PRODUCED AND DIRECTED BY GREGORY BACH

A COMEDY/DRAMA LOVE STORY SET IN A
SMALL ITALIAN NEIGHBORHOOD IN
LITTLE ITALY, NEW YORK.

LOCATED AT 24757 WASHINGTON AVE. CORNER OF B STREET
IN HISTORIC OLD TOWN MURRIETA, CA 92562

Greg Bach is a WSK neighbor.
The play is coming soon!!

Activities News – Sherry Tatar



The Activities Committee folks have been busy planning 2020 events. We've got great ideas for good times and good food! Speaking of...our community **breakfast** is coming up. Mark your calendar for

Saturday morning, February 15th

We will be serving Homestyle Breakfast Casseroles with choice of bacon or vegetables (both types will include eggs and cheese), biscuits with sausage gravy or country white, and spiced apples on the side. Come enjoy a cup of coffee and sit a while.

Some of our upcoming events to look forward to this year...

- St. Patrick's Day celebration on March 14th
- Taco Tuesday on April 14th
- Community Breakfast on May 16th
- Oktoberfest on October 24th
- Community Breakfast on November 21st
- Ladies Tea December 12th



Do you have a good idea for fun in our community? Let us know because we have dates reserved that are itching to be added to the above list!

Fear of Falling

Did you know that the fear of falling can slow us down and make us move less, which makes us less agile & more likely to fall? Less movement means less strength and poorer balance which breaks the mind-body connection which is so necessary to avoid falls. Are you doing any of the following?

1. **Strength & Resistance Training**

Yep, training. Do it everyday! Consider using light weights for arm muscle buildup. Enroll in a Senior exercise program at the Murrieta Senior Center. Call 951-304-PARK (7275)

2. **Walking & Stair Climbing**

If you're not already walking regularly, then start small. Just a walk down the street and back. Grab a neighbor to walk around the block with you. And use stairs whenever you can, at the mall or anywhere possible. Slow and easy!

3. **Strengthen your Legs**

Practice the simple chair sit: From a sitting position in a firm chair, lean forward and stand slowly without using your hands. Then, (don't move your feet. You don't want to miss the chair!) sit back down. Slowly. Don't use your hands. Repetition is the key. Set goals.

4. **Improve your balance**

Yoga is great for older people. Check out the Senior Center exercise classes such as the Chair Exercise Class. It's \$1 per class on Monday, Wednesday, and Friday at 10 a.m.

5. **Vision & Hearing**

Have them checked regularly to improve your chances of avoiding a fall.

6. **Drugs**

Talk to your doctor or pharmacist about medication side effects that might increase fall risk.

7. **Shoes**

Find a pair that won't make you slip.

8. **Remove tripping hazards**

Use slip-resistant mats rather than throw rugs, tuck electrical cords out of the way, opt for door handles with levers instead of knobs, & use railings and grab bars to navigate your home. Use slip-resistant mats in tub or shower

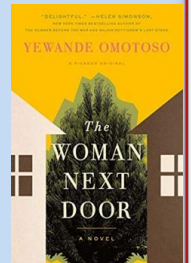
Find the right balance through exercise & sensible steps to stay safe. Stay active!!

WSK Book Club

- Shelby Price

We recently welcomed another new member to our monthly meeting! Are you next? We meet at the WSK Clubhouse to discuss each book, which is chosen by the group. January's book brought out a range of opinions and ideas.

The next meeting is **Tuesday, February 18th at 7pm**. We'll discuss: **"The Woman Next Door"** by Yewande Omotoso. This book is deeply thoughtful: beliefs about race owned by South African society, there is memory, there is marriage and the breaking of marriages, and there are the unexpected moments of pain which come upon us. The novel brings to mind Ecclesiastes: There is a time for everything. It is a winning story of the common ground we sometimes find in unexpected places, told with wit and wry humor. The book is a Finalist for the International DUBLIN Literary Award. Check out the Murrieta Library, WSK Library, or Amazon to get a copy of the book and join this fun group. Contact Marcia Livingston (951-440-5611) if you have any questions.



EP OUT! CAUTION! KEEP OUT! CAUTION!

Spring Knolls Landscaping

EP OUT! CAUTION! KEEP OUT! CAUTION!

The Caution Tape is the first clue that something big is going on at our sister Association, Spring Knolls (Unit 1). They are tackling a major landscaping transformation. When the project is finished in a couple of months, there will be two dog walking areas, and some areas that were previously lawn will be replaced with drought tolerant plants (xeriscaping).

So, for the next couple of months the clubhouse grassy areas will be closed and marked off with Yellow caution tape and "No Trespassing" signs. Residents and their dogs should stay off these areas until the project is finished.

Don't forget that there is a designated Dog Park nearby. It is down an asphalt walkway that you can access by walking, or with a golf cart. Our friends at Spring Knolls appreciate our cooperation during their transition.

To find the path to the Dog Park, just look for the tall yellow bollards next to the speed hump on Via Princesa West before Via Escarlata. Then just follow the path to the park. The path also goes to the Bible College and splits off to other areas of Spring Knolls. Explore!



Just One of our Talented Neighbors

Last year, we were lucky enough to have Lavonne make WSK her home. Since then, her place on Via La Colina has been transformed. The changes inside include the many displays of her remarkable talent in 'Off Loom Weaving'. Her creations were made with handspun and dyed wool from Oregon.



And the Little Ones Shall Show the Way...

"Scruffy" introduced himself to WSK in December 2015, in the first of many issues that I've put together for our community. While the stories of his adventures are certainly not 'high literature', it is a joy to bring the little scamp to life on the page. The stories may get a bit long and I know that Scruffy's world is definitely not everyone's cup of tea. But he's here to speak to all of us, even those without a furry friend of their own. He's always honest, and he's got a lot to say about love and loss and fairness and doing the right thing. About living with others and putting pain in the past and moving ahead. And about the courage of offering a second chance, and the miracle of receiving one.



I write Scruffy because his world is an echo of our own experience. And because for most of us, after a lifetime of moving from place to place, this is it. It's very likely that this is the last home we'll own and maybe the last one in which we'll live. So if it is, shouldn't our experience here be the best it can be? After all the years, shouldn't we be the best we can be? At least to our dear ones and our neighbors? Sure, but it's not so easy. Life hands out free tickets to the anxiety bus and the depression train like Halloween candy. But that's not a ticket Scruff will take. And neither will those amazing people in our neighborhood who, despite health problems and personal tragedy, insist on smiling. Insist on choosing and sharing the positive. Just like a certain 91 year-old that we know who despite his own personal tragedy, chose to teach watercolor classes to retirees and ended up changing lives. He infected us with his passion through his kindness, generosity and patience. And that's what Scruffy is after. To help us all see that we're on this ride together. So buckle up, hold hands, and get ready for the drop!! It's bound to be a doozy.

Got Friends?

Consider adopting from our local Shelter. Call **"Friends of the Valley"** at **951-506-5069**



Yet Another Scam

James received an interesting message:
"Your Social Security Number has been involved with some criminal activity in Texas... Call us."

Of course, the LAST things to do is to call them or to click on any link they provide.

Habitat for Humanity offers low cost assistance on exterior home repairs.
951-296-3362 x-207

Don't let age get you down.
It's too hard to get back up!

Before a Sunday School teacher dismissed her class to go to church, she asked the children, "Why is it so important to be quiet in church?"
After a long moment of silence, a small voice from the back of the room said,
"Because people are sleeping."

