

Neighborhood News



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Office Hours:

Fridays - 9 to noon

*Check the Calendar for
the next Board Meeting*

2020 Board of Directors

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Glenn Ingraham
951-642-2897

Vice President

Henry Kantrowitz
951-202-1130

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James Sebring
760-294-1122

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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

From the 2020 Board of Directors

The board members appreciate the patience of our residents during the ongoing lockdown. Unfortunately, it looks like this will be going on for at least the next several weeks. But hang in there! We will get through this. As of now, Riverside County says that the requirement to wear face masks in public will continue until at least June 19th. Check their website for current information. WSK board members are continuing to do the work needed to keep WSK running, all the while exercising safe practices. And remember, there is always a board member on call. Thanks to those that attended our April General Meeting teleconference. There were a few hiccups, but it worked quite well. As you may know, CA law requires we hold 4 quarterly meetings per year. We normally hold ours in Jan, April, July, & October. Board meetings held in other months allow us to conduct business, when needed. Because of the lockdown, it is unlikely that we'll hold a board meeting in May. If we do, it'll be as a teleconference. In that case, flyers will be distributed at least 4 days beforehand with instructions for participating.

Recently, board members put in new locksets on the spa bathroom doors to discourage late-night visitors. And lastly, the Waste Mgmt bills have gone up significantly due to a recycling tax imposed by the City.

You Ought to Know...

Senior Center Meals – Revised!

The Murrieta Senior Center has made a few changes to their meals program. Instead of having to drive to the Center to pick up your meals, you can now just drive to the Golf Knolls Clubhouse each Wednesday to pick up your 7-day supply. And it's free! Instructions for taking part can be found in the article on page 3 this newsletter. If you have any questions, please call Doreen at **951-304-3569**. And if you do call her, be sure to say thanks for all the work she does to make this happen!

enough to hand-craft masks and to offer them to us. Lorraine Ocanna and her neighbor Woody have made over 1000 at last count. They're asking only \$1 to help cover the cost of materials (although they deserve far more!). You can call Lorraine at **951-698-2334** to schedule a time to get yours. Please respect her privacy and do not call after 8 p.m.

Clubhouse Upkeep

Since the clubhouse is currently closed for group activities, Nancy (our Facilities Director) is having the carpet professionally cleaned. She has also ensured that our housekeeper weekly service is focusing on sanitizing and disinfecting the clubhouse and spa building facilities. Lastly, we had a plumber in to fix a valve in one of the clubhouse bathrooms.

Masks!

Regardless of how long the Shelter in Place order remains, we're likely to continue the practice of using face masks in public places. Some of our neighbors have been kind

*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

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

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
Closed until 7/1/20

Police (non-emergency)

(951) 304-2677

Waste Management

(trash bin replacement)
(714) 558-7761

WSK Book Club

The book club is on hiatus until further notice. For more info, call Marcia Livingston at 951-440-5611

**From the Treasurer****WSK HOA Year-to-Date Financials
as of March 31, 2020**

Operating Account:	\$ 63,305
Reserve Checking:	\$ 94,154
Reserve Savings:	\$ 133,167
Total Balance:	\$ 290,626

**WSK May
Board Meeting**

May 13, 10 am

*Teleconference if the
decision is made to
hold it at all*

Meals

If you need help getting meals, then check out these resources:

Senior Food Hotline: 800-510-2020

Free Food Map - <https://www.rivcoph.org/coronavirus>

Murrieta Senior Center Meals: Call Doreen at 951-304-3569

Catholic Charities - Murrieta – 951-691-8203

Community Food Pantry of Murrieta – 951-677-6347

The Salvation Army – Murrieta – 951-677-1324

Do's and Don'ts in Riverside County

This is not a complete list and is likely to change by the time you read it. Up to date State and Public Health Orders can be found at:

<https://www.rivcoph.org/coronavirus>

- County Parks, trails, and outdoor areas are open for walking, jogging, hiking and other non-contact sports provided that participants wear face coverings and practice social-distancing.
- Golf courses can open provided that the following are met:
 - Play shall be limited to foursomes that will be required to observe social distancing (six feet separation between players at all times).
 - No caddies.
 - No large gatherings, including fundraisers or tournaments, will be permitted before June 20, 2020.
 - Face coverings, such as scarves, bandanas and neck gaiters, shall be worn by players and workers.
 - No in-person dining will be allowed at clubhouses.
- Face coverings, such as scarves (dense fabric, without holes), bandanas, neck gaiter, or other fabric face coverings, must be worn by all persons when in contact with non-household members.
- HOA Pools can open but only one person is allowed to swim at a time! *Since we do not have the means to monitor compliance with this rule, the WSK Pool will not be opening until the order is lifted.*

Getting Help

This is a tough time and many are finding it difficult making ends meet or are just feeling overwhelmed. The following is a list of resources that are worth checking into.

- The Riverside University Health System's reference for maintaining mental health and well-being: "Coping with Stress During Infectious Disease Outbreaks".
<https://www.rcdmh.org/Portals/0/PDF/Coronavirus%20Help%20Sheet.pdf?ver=2020-03-09-074707-173>
- Call 2-1-1 for referrals for health and social services
- Behavioral Health CARES Line: (800) 706-7500
- Substance Use CARES Line: (800) 499-3008
- 24/7 Mental Health Urgent Care:
 - Riverside (951) 509-2499
 - Perris (951) 349-4195

If you are experiencing an emergency, call 911 immediately.

Riverside County Office on Aging (**800-510-2020**) offers support for seniors that include meals, transportation, rental assistance, and even minor home repairs.

CalFresh and **CalWORKs** provide income assistance. Call **877-410-8827** to learn more.

The Inland Caregiver Resource Center (**800-675-6694**) offers the PEARLS program to improve the quality of life for seniors. This free program involves 6-8 in-home sessions and is designed to help seniors lead more active and rewarding lives.

Murrieta Senior Center Meals

1. Obtain and fill out the **Application Form** (copies at WSK Clubhouse or online).
2. Take the Form to the mailbox tube at **28953 Camino Alba** in Golf Knolls. This home / tube is located at the intersection of Via Zapata & Camino Alba. You need to do this only once.
3. Before 12:00 noon on Friday, call **951-304-3569** and leave message that you want food the following Wednesday. You need to make this call every week if you want food for the next week's delivery.
4. Pick up food at Golf Knolls clubhouse parking lot on Wednesdays between 11:30 a.m. and 12:30 p.m. They will load it into your car.

* BRING YOUR ID / Driver's License *

Each meal-kit contains seven (7) frozen meals.

WSK Community Notes

- by Henry

This is a good time to be planting many varieties of shrubs, bushes and trees. One of the problems that occurs is we don't take the time to plant our plants correctly. I am going to address the method I have used over the years with some fairly good success.

I always dig a hole at least twice the size of the pot the plant is in. I then fill the hole with water and let it drain. I then fill it one more time and let it drain before planting. I usually mix about half of our natural soil from the hole that has been dug with half soil amendment, for the plant to be planted in. The reason being is that our soil tends to have too much decomposed granite and clay. I sometimes like to improve drainage for native plants by adding sand. Usually about 25% of the total volume going into the hole. This is also a good time to add organic fertilizer before planting. Mix it in with the mixture you are filling the hole with. Just follow instructions on the fertilizer container. I generally plant the plant slightly below the surface of the surrounding soil. Make a berm around it to hold in more water when watering. I tend to water much more the first few months, especially during the summer, even with drought tolerant plants. Drought tolerant plants usually become drought tolerant in their second year. It is best to water them twice a week to get them established. One other tip. It is best to plant plants in the late afternoon/early evening. This causes less stress for the first 12 hours or so.

If you have any questions always feel free to call me.



Activities News – Sherry Tatar 😎**LOCKDOWN**

No activities scheduled. If you're going stir-crazy, imagine how Sherry - The Energizer Bunny – feels!

Senior Citizens League

With an impressive name like that, they must be legit! Right? Maybe not. This nonprofit organization has been implicated in scams designed to extract money from seniors. And they've sent fliers promising extra Social Security income if the senior citizens submitted personal information to the Senior Citizens League.

Your money is your money to gift as you see fit. Just be sure you're not being duped into giving for the wrong reasons.

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Trash it, or Shred it?

For your security, you want to be sure that anything with sensitive information is shredded. You never know when something you tossed in the trash might end up in the wrong hands. Below is a list of 15 types of documentation that should be shredded. Please note that some of these items, like tax returns for example, should be saved for a number of years within your filing system before discarding.

- Preapproved credit card offers and applications
- Expired debit and credit cards (choose a shredder that can handle these plastic cards, or cut them up using a pair of scissors)
- Credit card statements
- Credit card receipts
- Credit reports and histories
- Bank account statements
- ATM receipts
- Cancelled (and voided) checks
- Paycheck stubs
- Utility and phone bills
- Investment documents, including account information
- Insurance policy information and claims
- Tax returns
- Expired ID cards and passports (after you get the new one!)
- Medical and dental records

Thanks to Shelby Price
for many of the Covid-
19 related resources
and advice for seniors
(such as this).

**Dance 2B Fit!**

Dear Ladies, I sure have missed our dance sessions twice a week! But, in the meantime I hope that everyone is trying to exercise a little bit each day. Let's each continue to practice our dance moves until we can get together again. At this point, it looks like May is a no-show for us. Bummer! I'll make sure to give you more news in the June newsletter.

Take care and 'Keep on Dancing!'

- Marsha

Nice Call, Bob!! And Judy!! And Ray!!

For most folks, the heart rate breaks into a gallop at the sight of a rattlesnake taking a siesta near the porch. But in the space of a couple of weeks, Bob, Judy (and her neighbors), and Ray (and his neighbor Kris), each kept their cool when they found themselves surprised by unwelcome visitors. For them, common sense and compassion won out! They knew that these creatures couldn't help being what they are and that they were just living the life that nature gave them. So, instead of senselessly slaughtering them, they remembered to call Henry and Glenn to safely relocate the wayward critters. And in each case, the little rat-eaters got safely captured, placed into a covered pail, and taken to a new home. A place far from people where plenty of rodents roam.

This One from Bob's Place



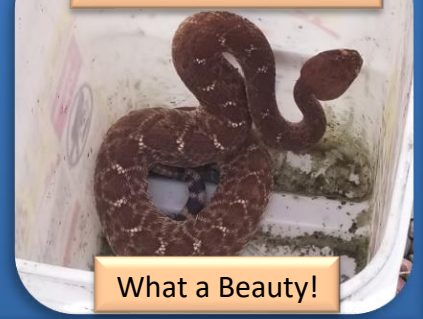
"Wake me when it's over!"

Judy's Visitor



Not to be taken lightly!

From Ray's Backyard



What a Beauty!

Day 22 at home and the dog is looking at me like, "See? This is why I chew the furniture."

Does anyone know if we can take showers yet or should we just keep washing our hands??

*Times are Tough
Remember to thank store workers and to generously tip delivery and restaurant workers.*

It's OK to Feel Uneasy...

...when you see a rattlesnake. They are venomous, after all. But you should also feel some respect. Snakes are one of the single most effective controls for rodents going. If you don't see rats around your place, it's largely because a) you're doing a great job keeping things tidy; and, b) their populations are being kept under control by snakes. They can get easily get into the rat's nest and presto, no more rats. Once their job is done, they just move on to find their next meal.

There is a good chance that any rattler you see around here is the mild mannered Southern Pacific Rattlesnake. These guys are more afraid of you than you know. Some people might think that snakes can leap at, or even chase a person... Don't believe it. Those are just silly fairy tales meant to scare children.

If you do see a rattlesnake, please do not senselessly murder this important member of the living world. Just keep an eye on it from a safe distance and call:

Glenn at 951-642-2897 or Henry at 951-202-1130.

Safely removed from people and released into a new home



The Buzz... Thanks to Jim F. for all Isolation Humor!

Take Time to Recognize the Heroes



...that work for us all during this crisis. Of course, that means Emergency workers that staff the Fire Trucks, the Police, and Healthcare workers!! These heroes put their lives at risk every day. When you see a cop, fire-fighter, or healthcare worker, WAVE and thank them. But the folks that get so easily overlooked are the service workers doing restaurant take out or staffing the stores. Thank them and tip well!

Murrieta Patch has a Hero nomination form anyone can use. Just Google them and go to their website and poke around. You'll find it.

Looking for a Friend that will Love you Always?



There is one waiting just for you! Call

"Friends of the Valley" at 951-506-5069



After isolation



I've eaten 14 meals and taken 6 naps and it's still today. are you kidding me

QUARANTINE DAY 20:
TODAY, I MELTED AN ICE CUBE WITH MY MIND JUST BY STARING AT IT. IT TOOK A LOT LONGER THAN I THOUGHT IT WOULD.


Quarantine is going well but I'm pretty sure the cat is cheating



Pets and Covid-19

A North Carolina Pug dog has shown us that dogs can get infected with the virus. So maybe it's time to be sure that we're applying the Social Distancing rules to our furry friends. Of course, that doesn't mean that you have to keep your distance (unless you're infected) from your little pal, but it does mean that you should help your pal avoid getting too close to others... for now. Wash your hands before petting.


Sitting on the couch and my husband sweetly whispered... "The best part about all of this is that I get to spend more time with you". As I looked over at him lovingly, I realized he was talking to the dog, not me.



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Scruffy says... “Tough times...”

It had been a tail twisting 6 days of... well, I guess I'm not sure what. Waiting? Yeah, that's it. Ever since my person had carried Ms. Mayzee out to the car, drove away, and then came back without her we'd all been waiting. Waiting for something that only he knew. He spent most of the time sitting in his big chair staring out the window but the look in his eyes said he looked at something somewhere deep inside. Oh sure, Mimi and I still got fed and watered and walked, but in all those things he seemed to be somewhere else. The only real interest he showed in anything was his phone. In his hand or on the table, it was always there and at its first little burbly chirp he'd jerk it to his face so fast it felt like panic. Usually, he'd stare at its face a moment, touch something on it, then put it down. Always with a long slow sigh as if disappointed. If he did speak to the thing, he'd use a soft voice and say, "Yeah?", then he'd listen and say, "No. Not yet." Then his chin would drop a little and in a softer voice he'd say, "Yeah, ok. I will. Thanks." That last, almost a whisper.

Something had to change. Meems and I didn't know what he waited for, but we all couldn't just go on like this. I guess when the going gets rough, we mostly do what we do best (or worst). Mimi must have had too much of his... absence? Weakness? Distance? Whatever, this morning she'd finally had enough and decided to do something I'd never seen her do. Well, do to him anyway. I admit that I'd seen it a time or two - up close and personal. She scolded him. She sat her little self down on the floor in front of his chair, looked up at his face and let him have it. I tucked my tail and quietly moved to the edge of the room, on the other side of the sofa. Safely out of sight and out of range, I hoped. At first her words were terse but her tone still sensitive, although he probably just heard soft barking. She said she loved him and needed him to be him. To be strong. She needed him to laugh and sing like he always did. She said she was bored and tired of being in the house all the time. And as she scolded him her voice became urgent. Then panicked. Then she was shouting at him, "Where is Ms. Mayzee? What's happening to us? I don't understand and I'm scared." She nearly screamed that last, her voice cracking into a sob. "I'm scared", she said again, this time smaller. And desperate. Her tears fell freely. She lay down, exhausted. I looked at my person and saw a light in his eyes that I hadn't seen in a while. He had tears on his face, too. He might not have understood her words, but he knew Mimi. He reached down and picked her up, holding her close. "I'm so sorry, baby", he said. "I know." He kissed her head. "I'm scared, too". He kept his head lowered, letting his tears fall into her fur.

Ok, I'd had about enough! Now that Meems had gotten that out of her system it was safe to join the party. I leapt to my feet, tearing into an all-out run. I have a fun course over the furniture and around the house that I run when my persons aren't around to discourage me. Now was as good a time as any. From the rug to the sofa to the table, a short hop onto the back of the big chair, a long leap over my person, up onto the kitchen counter then across the big table, down to the rug again, then a straight shot down the hall and into the bedroom. This is where I would normally do my famous run-across-the-bedroom-wall maneuver that always got Meems laughing, but unfortunately the bedroom rug had been moved so I had no way to slow down on the slick floor. So, with my claws desperately scratching for some kind of traction I hurtled into the open clothes basket in the closet. Buried in a couple of weeks worth of worn clothes, I pushed my way through the socks and pants until I could see out and catch my breath. I had a direct view to where Meems sat in my person's lap. Both had wide eyes and open mouths. Then their open mouths turned into smiles. Then they were laughing. I leapt from the clothes with one of Miss Mayzee's undies still caught over my head and ran towards the chair. At the last second, I jumped and twisted in the air to land deftly on my back next to Meems in my person's lap. His laugh was laced with tears, but still, it was a laugh. And it felt good. He was pulling the undies from my head when we all heard the burble chirp of his phone. We fell silent as he reached for it. His eyes widened and his breath seemed to catch as he looked at the screen, then quickly held it up to his ear. "Yes?", he said, his words short and quick. "Yes, this is he." I looked at Meems, her eyes on our person. "Really? You're sure? Yeah, ok. I'll be right there." He put the phone down, then us, and nearly burst from his chair. "Gotta change and gotta go", he said to us. "But I'll be back soon." He paused to smile at us. "And hopefully, not alone".

“... show us what we are”



Note: Some Scruffy stories take me a few episodes to complete so, sorry if you're coming in in the middle of this one. If you're a 'Friend of Scruff' and have missed any, you can always contact me to fill in the gaps. Glad to have you along!

- Glenn

WSK Clubhouse Calendar

May 2020

We're on the Internet!

www.theknolofmurrieta.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
May Flower Lilly of the Valley, Common Hawthorn May Birthstones Emerald		Sorry Folks, but all group activities are suspended until the state and county lift the orders against group gatherings.			1	2
3	4	5 Cinco de Mayo!	6 	7 Trash & Recycle	8	9
Mother's Day 10	11	12	13 WSK Board Mtg 10 am – Maybe! - a flyer will be issued if it is to occur -	14 Trash Day	15	16 Armed Forces Day
17	18	19	20	21 Trash & Recycle	22	23
24/31	25 Memorial Day	26	27	28 Trash Day	29	30

