



**GEARING UP:** Frank, Pam, Julianne and Lucas Rosales get ready to with 40 other entries for the July 4 parade. Photos page 3, 11-21

## SK OFFICE REHAB



Photo by Shawnee Miller

**SK MODERN ART?** Not exactly. What you see (above) is an array of old wiring, insulation and air conditioning ductwork — what someone described as “gobbledy gook”— under years-old and crumbling ceiling plaster in the Spring Knolls board office. On July 20, workers began removing unused wiring, installing new AC ductwork and lighting as well as repainting the office. Repair completion is expected by Aug. 10. As a result, Friday office hours will be held in the Library/Cardroom on **Aug. 2 and 9.**

## Board election

### Four posts open in ‘24 balloting

#### How to become a candidate

Have you ever thought about joining the group of dedicated volunteers who keep things running smoothly in Spring Knolls?

If not, perhaps now's the time, and this is your year. Our nine-member board has four direc-

tor positions open for the 2024 ballot that will be mailed to all owners in early December.

Those elected to serve a two-year term will take office in January during the Annual meeting. The only qualification is that candidates must be an association member in good standing. There's no



See **SK Election**, page 3

## Some solicited advice about solicitors

While writing this column I got a call from Murrieta Police Sgt. Joe Gutierrez about a problem some of us are having.

We discussed what residents should do if someone comes to our door who we don't know, or if a person is trying to talk to you through your door so you'll open it. Or worse, if someone's pounding on your door.

Sgt. Gutierrez offered this advice if a stranger knocks:

1. Do not open the door.
2. Do not speak to the person at the door.



Sandy Vollmer  
SK president

See **SK president**, page 2

## What's Inside?



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## spring knolls 2024 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



• *Residency Data & FOB Administrator.* **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

- *Spring Knolls Emergency Response Team:* (SKERT) **Alan Hanson (714) 493-1709**
- *Caretaker:* **Lisa McKinney (951) 212-8781**
- *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**
- *Spring Knolls News, flyer, delivery team:* **Debby Adelhelm, Dorothy Vaughn**
- *New or replacement trash cans:* **Waste Management, 866 909-4458**

## SKA president . . .

From page 1

3. Immediately call 911 and report what's happening at your door.
4. Do not tell the person that you're calling the police.

Here's why police are suggesting these steps. You don't want anyone — solicitor or otherwise — talking you into signing up for something that's not legitimate or commits you to a long-term contract you didn't want. Or worse, commits you to thousands of dollars in payments you weren't fully informed about and are unable to pay.

Please remember there are 'No Soliciting' notices at both the East and West Knolls entrances. But if those don't work, some solicitors are discouraged if you clearly post No Solicitors sign near your door.

All solicitors aren't dishonest. The problem is, however, that scammers who "seem to be" honest believe that seniors are easy prey. So, protect yourselves against them!

**Boosters BBQs.** Only five more barbecues. That went by fast!

Feeding a 100 or more hungry people every week is a big task and requires a big team effort. Thank you to all the Booster volunteers on Friday nights. Together you do a great job and put out wonderful meals each week.

**Volunteers:** And a big thank you to our wonderful association directors who've already put in countless hours in 2024. Our team manages our community's business and works to provide a pleasant living environment. Without the volunteer board we'd be hiring a management company at a cost that would substantially raise our dues.

This leads me to remind you of our 2024 election process. We need more members to serve. If you talk to those now serving or have served on the board, they'll tell you the experience is rewarding.

If you're not quite ready to commit to a two-year term maybe you can help from time to time. Give us a call!

**Hot times.** Murrieta's 100-degree-plus summers often limit us to mostly indoor activities with our grandkids. But, I really don't care if we're watching Sponge Bob Square Pants or playing Old Maid or Dominoes, we have a great time. Sometimes Valentina, our 8-year-old granddaughter, bakes or cooks. She loves making deviled eggs, which she renamed "angel eggs" because they taste so good.

I hope you've all found a way to beat the heat. Remember you're welcome to hang out in the library/card room or Eaker Hall, one of which is open as a cooling center during this heat wave. More people than you realize in our community lack air conditioning. So, please check on your neighbors and let's all get through this together.

That reminds me. As a kid, during a summer camping trip, my dad stopped at an ice cream stand in Needles, CA. Due to the scorching temps, travelers don't stop in Needles. You think it's hot here? Today, the high in Needles is 116!

Well, my dad bought us ice cream cones and they immediately began melting after we got them. No wonder there wasn't a line at that ice cream stand!

I hope everyone has a good rest of summer! And stay hydrated!!

## Spring Knolls Board report for July 17, 2024

The July 17 board meeting was canceled. The next Spring Knolls Association board meeting is set for 9:30 a.m. Aug. 21, 2024 in the clubhouse library.

Spring Knolls Association (A 55+ age-restricted community)  
38441 Via La Paloma, Murrieta, CA, 92563 / 951 677-6862; 951 600-1553 (fax)





## Units 1 + 2 = 7/4 parade for you

Our July 4 parade featured Grand Marshal Raphael Cervantes, an Army vet who served in the 82nd Airborne, his wife Sylvia and Alan Hanson in the lead car.

About 20 golf cart owners from all three units participated, as did several people on bicycles and about a dozen in classic cars and trucks.

For about an hour, we drove through Warm Springs and Spring Knolls. A number of residents celebrating Independence Day cheered us on.

We then returned to the clubhouse for a nice lunch of hot dogs, chips, a red, white & blue dessert, iced tea or lemonade, and popcorn all courtesy of the Boosters. We even made fresh popcorn for everyone!

(Special thanks to Drifters Car Club parade entrants! They were owners of Chevys dating back to 1955, an old Cadillac, a GTO, an Olds 442, and many others.)



Photos by Sandy and Ted Vollmer

**NO RAIN ON THIS PARADE:** Under sunny skies and warm temps, the Spring Knolls July 4 parade winds through Warm Spring Knolls and Spring Knolls. (Top left) Grand Marshal Raphael Cervantes and his wife Sylvia ride in the lead car driven by Alan Hanson. (Above) The first of nearly 20 golf carts from all three Knolls units line up in the Spring Knolls parking lot preparing for the 9:30 a.m. parade start. (Left) Rhonda, from Unit 2, and one of three bicyclists in the parade, waves to onlookers while riding down Via Escarlata.

**See 10 more pages of parade photos, starting on Page 11**

## SKA election . . .

From page 1

minimum length of time living here.

Now holding the four positions are Holli Hanson, Charlene Kirkwood, Candy Lee and Sandy Vollmer.

Residents interested in seeking a board post must indicate to Nominating Committee Chair Chris Heilbron at 951 805-6376 or at the Oct. 19 General Meeting in Eaker Hall.

Contact any board member if you have any questions. Their phone numbers are on Page 2.

Other directors elected this past



January will continue to serve the balance of their two-year terms in 2025. They include Debbie Adelhelm, Sharon Kilpatrick, Shawnee Miller, Ron Sieber and Jan Towers.

For the fifth year state laws governing how homeowner associations conduct their elections are being followed. Regardless of whether there

are any contested seats (in other words, only four candidates come forward) an election must be held.

And that also means that a specific schedule of ballot notifications and events must be mailed out. Owners need to fill out their choices and return them to the office for counting by Inspector of Elections Yvonne Ruiz, a local notary public. Enough ballots must be returned, or the process will need to be repeated.

After ballots are turned in, Yvonne will count them and then announce the results at the Jan. 11, 2025 Annual meeting, also in Eaker Hall.



# HoigePodge

CELL PHONE CLASS: Avon Hall will be conducting a fourth IT class at 2 p.m.

Aug. 14 in the Library. Please bring your phone, tablet, and/or computer to learn a few tricks!

**A QUARTER A RIDE:** Through Aug 31, the Riverside Transit Agency is offering 25-cent rides on all fixed-route and GoMicro buses every day including weekends. To learn more, contact 951 565-5002 or RTA's website.

**ROOF REQUIREMENTS:** Need a new roof after all that rain? If so, you'll also need both a Spring Knolls and a state permit, and you'll also need to notify your neighbors of the work being done.

**RV PARKING:** Residents may secure a placard to park their recreational vehicles on a Unit 1 street for up to 72 hours prior to departure. No trailer, RV or other vehicle may be parked in landscaped areas, on landscaping or decorative rock.

**HANDYPERSON OR CONTRACTING WORK?** Using noisy machinery such as power saws, drills, lawnmowers, or leaf blowers is permitted **only** between 7 a.m. to 7 p.m. on weekdays and from 9 a.m. to 3 p.m. on weekends and holidays.

**PETS?** Like dogs and cats? In Spring Knolls you may have a total of two animals (whether cats, dogs or a combination). Sorry, pitbulls or pitbull mix dogs are **not** permitted. Violations may result in monthly fines of \$50 to \$100 for each pet (with checks, not Kibble.)

**HOW ABOUT FISH, BIRDS?** You may have caged birds or fish in an aquarium in "reasonable" numbers.

## Effort begins to safeguard SK from wildfires

### Firewise program outlines steps to reduce disaster risks

By Alan Hanson

To help Spring Knolls homeowners avoid a wildfire, our community was recently given a risk evaluation.

Joe Kennedy of CalFire, Rachel Hollinger from the Murrieta Fire Department, and Enid Arana and Nicole Vasquez of Firewise checked toured Spring Knolls as a step in becoming a Firewise community.


The inspectors identified problem areas, combustible pine needles, overgrown trees and gutters filled with dead leaves.

If Spring Knolls satisfies Firewise requirements, which will take cooperation from everyone, we'll have a more fire-resistant community.

The primary idea behind Firewise is to meet legal requirements of having defensible space around our

**Firewise at a glance:**

- **What:** Firewise USA is a 22-year-old community protection program led by the National Fire Protection Assn.
- **Who:** Homeowners, led by a community run board, work to safeguard homes and mitigate wildfire risks.
- **Where:** Firewise began in 2002 with 12 neighborhoods. There are now 1,000 Firewise communities in 40 states.
- **Why:** Since 1970, wildfires have destroyed more than 30,000 structures, including 10,000 homes. Firewise efforts are aimed at greatly reducing the danger by addressing risk factors.
- More information. [www.nfpa.org](http://www.nfpa.org)



*The Spring Knolls board plans to discuss forming a Firewise board at its 9:30 a.m. Aug. 21, meeting in the clubhouse Library.*

homes. Firewise looks for fire risks and designates a community to be in compliance if it develops a 3-year plan addressing wildfire risk issues.

That plan would include creating a board to work with the Murrieta Fire Department and CalFire. The plan would also include a Firewise assessment of information such as what roofing and siding materials are generally used as well as window and gutter types. In addition,

the assessment would give details about wildfire risks such as vegetation, roof and gutter debris.

Thirdly, Spring Knolls owners, after identifying the risks, would need to work to identify which risks are being mitigated and outlining future steps for the rest of them.

It's no guarantee, but a Firewise designation could help homeowners obtain and/or keep the property insurance that increasingly has been denied in other California areas that are at risk of massive wildfires.

Watch the *Spring Knolls News* for future details on our progress.

—Alan Hanson chairs SKERT, the Spring Knolls Emergency Response Team

## Letters TO THE Editor

### Please slow down ... and stop

Many cars do not make a full stop on the corner of Via El Brazo and Via Playa Del Rey. CLOSE calls have happened already.

Guests and residents, please be very careful when stopping.



Look both ways.

Residents on Via Playa Del Rey have the right of way. If you know some

one with a dark grey box car and silver Toyota, let them know that.

Please approach stop signs and stop. NO ROLLING STOPS. Our signs are for safety.

We are watching now and getting license plate numbers down. Slow down. Please. Thank you.

Ruth Enriquez  
Spring Knolls

## FIREWISE USA® PARTICIPANTS KNOW THE VALUE OF HELPING NEIGHBORS

Firewise USA® provides up to date take-action information to residents that helps them change the outcome of a wildfire in terms of home and neighborhood safety. Residents who participate in the process create an action plan that commits them to a sustained program of wildfire risk reduction that is both physically doable and cost-effective.

### CHECKLIST

Research shows taking simple, scientifically proven steps can help reduce the risk of your home and property becoming fuel for a wildfire. Band together with homeowners in your community to follow this list of actions throughout the year.

- Clear** — ignitable material such as needles and leaves from roof, gutters, eaves, porches and decks.
- Repair** — any loose or missing roof shingles/tiles and caulk any gaps or openings on roof edges.
- Cover** — exterior attic vents and install metal wire mesh (1/8 inch or smaller) to under-eave and soffit vents.
- Relocate** — items kept under decks or porches; swap out vegetation in these areas for rock or gravel.
- Replace** — mulch with hardscaping, including rock, gravel or stone.
- Remove** — ignitable features within 30 feet of all structures including firewood piles, portable propane tanks and dry and dead vegetation.
- Protect** — water dry grass and shrubs, trim brown vegetation and dispose of yard waste.
- Prune** — low hanging branches (6-10 feet for taller trees, 1/3 of tree height for smaller trees); remove any tall grasses, vines and shrubs from under trees.
- Contact** — neighbors and create a plan to address shared wildfire safety concerns together.

LEARN MORE ABOUT FIREWISE USA®



*Boosters Bits*

# We're halfway there and yet we're just beginning!



**Dorothy Vaughn**  
Boosters VP

Hi to all friends and neighbors. I hope you're all staying cool and remembering to drink lots of water.

We're half way through our Spring Knolls BBQs. You seem to really enjoy our specials. Last week we had our meatball sandwiches with pasta salad, and of course all those delicious homemade desserts that our girls make disappear very rapidly.

A big shout out to our BBQ Team: Lisa, Alan and Lee, and our runners Debbie and

Roberta. It gets hot out there and they keep smiling and cooking. I can't leave out our gate welcomer, Frank Rosales (I told him this was a fun job!).

Our 50/50 drawings have done really well – lots of people have gone home happy!!

Thanks to Gloria Castaneda for donating her beautiful artwork. Also, check out the July 4 parade pictures in Eaker Hall.

Upcoming Events. BBQs, through Aug. 30: Sept. 27-28 2<sup>nd</sup> Hand Treasure Sale. If you have

donations, let Debbie Adelhelm at 760 717-9876 or Ted Vollmer at 951 319-6749 know if you need them picked up. Or, you can drop them off in Eaker Hall. Also, **October:** Halloween Party. **November:** Veterans Day lunch. **December:** Christmas Party.

**FYI:** Some "cooling" suggestions. Watch Hallmark Channel Christmas in July Movies and then make a trip to Hobby Lobby. They're full of fall and Christmas decorations!

## HAPPY BIRTHDAY!

Phyllis Bala  
Richard Bielski  
James Bronson  
Dwight Brown  
Tanya Burbank  
Julia Cabrera  
David Cacho  
Aurora Chavez  
Glennis Clancy  
Carale Cox  
Elizabeth Cruz  
Shirley Dudman  
Don Gibbons  
Mario Gomez  
Jody Goodreau  
Mary Ellen Guerra  
Lorraine Haber  
Alan Hanson  
Susan Hogman

Patricia Hubner  
James Johnston  
Doreta Kempton  
Richard Klein  
Zonia Luke  
Dolly Martineé  
Pat Mayer  
Hamish McGowan  
Judy Merritt  
Maria Morante  
Mark Navarro  
Linda Neumann  
Linda North  
Laura Oldham  
Judy Parker-Matz  
Robert Paschelke  
Tim Profit  
Daniel Puplava  
Mary Ratcliff  
Patricia Ratcliff

Paula Raquel  
Susan Rich  
Cherry Santos  
Mary Beth Schaefer  
Bill Skinner  
Bonnie Skinner  
Andrew Simon  
Barbara Sliffe  
Jill Smart  
Susan Steen  
Douglas Sutherland  
Tom Tapp  
Jan Textor  
David Thompson  
Nancy Tomlinson  
Charlene Uttecht  
David Villareal  
Debbie Wilson  
Sharon Zeldin



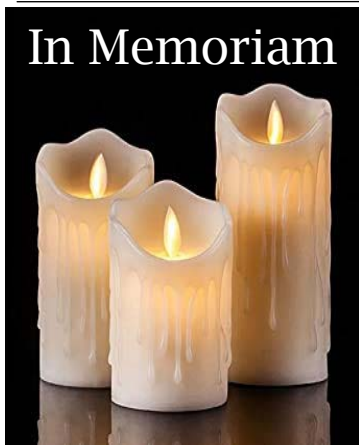
Bill & Mercedes Crowder  
Bill & Nancy Desmond  
Danny & Lynn French  
Bernard & Silvia Jara  
Tim & Sussie Profit  
Ted & Sandy Vollmer

### Are we missing anyone here?

Every month, the *Spring Knolls News* hopes to wish everyone a Happy Birthday and/or Anniversary.

If you know of anyone we've missed, including for the In Memoriam area below, please contact us at 951 319-6749 or email [tscjnews@gmail.com](mailto:tscjnews@gmail.com)

## In Memoriam



Clyde Frank Caruso  
(March 1940 - Aug. 2015)  
Via Norte Vista

Jennie Lee Hartnett  
(Oct. 1932 - Aug. 2018)  
Via El Pavo Real

Betty Jean Hoskins  
(Aug. 1921 - Aug. 2007)  
Via Del Largo

Andrew Edward Hudig  
(Sept. 1930 - Aug. 2013)  
Via Azul

Jerome Jordan Lexer  
(Dec. 1929 - Aug. 2006)  
Via La Espalda

Pauline V Maffin  
(Nov. 1928 - Aug. 2018)  
Via Princesa

Bernard McKernan  
(Aug. 1929 - Aug. 2016)  
Via Amarilla

Robert John Oddo  
(Nov. 1929 - Aug. 2005)  
Calle de la Siesta

Edward Popovich  
(Nov. 1918 - Aug. 2007)  
Via Princesa

Hyman Siegman  
(July 1911 - Aug. 1999)  
Via Playa del Rey

Karolyn Kay Stoner  
(Dec. 1934 - Aug. 2016)  
Calle de la Siesta

Marsa Lexer  
(April 1942 - Aug. 2017)



# Spring Knolls weighs how best to use YANA care program

You Are Not Alone, a care program launched decades ago in a small Arizona town, has spread to cities across California including, last year, to Murrieta.

Murrieta Police officer Michael Byrne first learned about YANA while with the Carlsbad P.D. Last year after returning to his hometown of Murrieta, suggested that YANA be tried here and now he's in charge of implementing the program.

On July 10, Byrne explained the YANA program to about 20 residents at a Spring Knolls Emergency Response Team (SKERT) meeting.

In a nutshell, YANA relies heavily on volunteers to reach out to people who are living alone, disabled, or have no family.

If you're a resident who wants to be checked up on a regular basis, you will first fill out an application. If you qualify, a police volunteer will begin calling you every day, asking if you're OK, if you need anything or have any questions.

If volunteers can't reach you, they'll try again, and if that call also is unsuccessful, police or fire officials will be notified and someone will come to your home for what is generally known as a welfare check.

Spring Knolls senior advocate and

## Are you interested in YANA?

If you're interested in enrolling in the YANA program, or if you are a family member or friend of a resident who you feel needs this type of free service, please contact **Officer Michael Byrne** at 951 461-6399 or email him at [mbyrne@murrietaca.gov](mailto:mbyrne@murrietaca.gov)

**Who's ineligible:** Elderly people with a mental health illness and who might pose a threat to volunteers.

If you're interested in joining the Murrieta Police volunteer program, that is tied to the YANA program, you should contact Officer Byrne. (See next page)



Photo by Ted Vollmer

**LEARNING ABOUT YANA:** Murrieta Police Office Michael Byrne fields questions from residents who attended a July 10 briefing on the You Are Not Alone program that started in Murrieta last year. Part of Byrne's duties is to familiarize residents with both YANA and the department's civilian volunteer program.

director **Holli Hanson** said that the program is important because it provides police with vital emergency information if someone can't be reached. It also gives lonely residents outside contact with other people.

So, what's next? Holli wants to know how many Spring Knolls residents are interested in YANA and would be willing to either: 1. Enroll in the program and set up times when they can be contacted, or 2. Sign up for the Murrieta Police volunteer program, and participate in calling and visiting YANA enrollees.

If interested, call **Holli** at 661 972-0799. She said that the number of people interested will help determine Spring Knolls' next steps.

Holli said a discussion after Byrne's presentation focused on whether Spring Knolls should start its own YANA program, defer to Murrieta police, or something in between.

Holli said it was generally agreed that for safety and liability reasons, any participation should run through the police department.

Byrne said that city wide, the department has about 30 volunteers. He added, however, that currently only one volunteer is participating in the fledgling YANA program.

If Spring Knolls residents join as volunteers they would be involved in helping in other areas as well as YANA, Byrne added.

## YANA program not alone

Since a volunteer in Paradise Valley, AZ helped launch what may be the nation's first YANA program more than 20 years ago many police and sheriff departments have adopted their versions in California and other states including Arizona, Nevada, Michigan, Illinois and Texas.

### California YANAs:

- Riverside County
- Riverside City
- Murrieta
- Anaheim
- Calavares County
- Carlsbad
- Clearlake
- Encinitas
- El Segundo
- Fresno
- Fremont
- Laguna Niguel
- Lakeside
- La Verne
- Orange
- San Diego
- Santa Cruz
- Solano Beach
- Woodland
- Yucaipa

RESOURCES

- **Murrieta Police Department**  
(951)304-2677  
2 Town Square, Murrieta CA
- **Murrieta Fire Department**  
(951) 304-3473  
41825 Juniper St, Murrieta CA
- **Murrieta Senior Center**  
(951)304-7275  
5 Town Square, Murrieta CA
- **Riverside County Office On Aging (OOA)**  
(877)932-4100  
3610 Central Ave, Suite #102  
Riverside, CA 92506
- **Adult Protective Services**  
800-491-7123

# You Are Not Alone



## YANA MISSION

Provide emotional support in the form of a telephone call & check on those who are seniors living alone or disabled, have no family or friends to check on them locally.

## WHAT IS Y.A.N.A.?

Each morning, a volunteer will make a phone call to the YANA participant. A daily log is kept to verify that contact was made and to note any special requests or information.

One day during the week will be a visiting day for the YANA participants. Instead of a phone call, each YANA participant gets a personal visit from the volunteers.

This brings a more personal touch to the program and ensures that the YANA participant's home and physical appearance are monitored.

A patrol officer and/or paramedics will be called to the residence if the volunteers see or hear anything unusual.

## MURRIETA POLICE DEPARTMENT VOLUNTEER PROGRAM

To sign-up, contact Officer Byrne  
951-461-6399 or [mbyrne@murrietaca.gov](mailto:mbyrne@murrietaca.gov)



# Hot weather won't end soon. Are you doing enough to 'Beat the Heat'?

We've all endured triple digit temps for weeks, and will continue to do so for the immediate future.

Below are tips we put together on how you can **Beat the Heat**. Some are familiar; others may surprise you.

## A quick heat 'to do' list:

### While outdoors ...

- Avoid direct sunlight.
- Use sunscreen to protect skin, hydration.
- Light-weight, light-colored clothing.
- Wear a hat, take an umbrella on walks.
- Check into a simple water misting system for you and your pets.
- Protect pets. If you can't hold a hand on a surface for more than a few seconds, it's too hot for your pet.

### Staying hydrated ...

- Make sure to drink more liquids than usual (like two cups of water an hour).
- Avoid caffeinated and sugary liquids.
- Remind others about dehydrating and regularly check on them.
- Drink water even if you're not thirsty. We often lose sense of thirst after 60.
- Always have a bottle of water handy.
- Help hydration by eating more foods such as salads and fruits.
- Ensure that pets have enough water.



### While indoors ...

**Avoid using only a fan** as a cooling source. Take cool baths or showers, moistened cooling towels and use your air conditioning. At night, open your windows and screen doors to allow the home's interior to rid itself of the heat while you save money on air conditioning costs.



## Heat Stroke v. Heat Exhaustion

Heat stroke occurs when the body is unable to regulate its temperature. Heat exhaustion is less dangerous, but still can threaten your health.

Heat stroke, the more dangerous of the two can be fatal. It's present when your body temperature rises rapidly to 106°F in as little as 10 minutes, your sweating mechanism fails, and your body can't cool down.

### How to recognize heat stroke:

Warning signs of heat stroke vary, but may include the following:

- An extremely high body temperature (above 103°F, orally)
- Red, hot, and dry skin
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness



### What to Do, and Not Do...

If you witness or experience any of those signs, call for immediate medical help and begin cooling the victim in a shady area and:

- **Do not** give the victim fluids to drink.
- **Do** cool the victim rapidly, in a tub or shower of cool water; spray him/her with cool water from a hose; sponge with cool water; or if humidity is low, wrap in a cool, wet sheet and fan vigorously.
- Continue cooling efforts until the body temperature drops to 101-102°F.
- If emergency help is delayed, call a hospital emergency room for guidance.
- Sometimes a victim's muscles will twitch uncontrollably from a heat stroke. If this happens, keep the victim from injuring himself, but do not place anything in the mouth and **Do Not** give fluids. If there's vomiting, keep the airway open and turn the victim on his or her side.

## What about heat exhaustion?

Heat exhaustion is a milder heat-related illness that can develop after many days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

It's the body's response to excessive water and salt loss from in sweat. Those most prone to heat exhaustion are the elderly, people with high blood pressure, and people working or exercising in a hot environment.

### Heat exhaustion warning signs:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Fainting
- Nausea or vomiting
- Skin may be cool and moist
- Weak pulse rate, but fast
- Breathing fast and shallow.



### What to Do and Not Do...

- Provide cool, nonalcoholic drinks
- Rest
- Cool shower, bath or sponge bath
- Air conditioned environment
- Lightweight clothing

### How about heat cramps?

Heat cramps are muscle pains or spasms — usually in the abdomen, arms, or legs — that may result from too much activity. If you have heart problems or are on a low-sodium diet, get help for heat cramps.

If you don't have such issues, stop activity and go to a cool place, drink clear juice, and wait a few hours after the pain ends for any strenuous activity to avoid heat stroke or exhaustion.



# Cheer Vista Murrieta's Broncos & play Bingo to help the Bronco band

If you'd like to cheer on the **Vista Murrieta High Golden Broncos** and enjoy free food and admission to their home football games, here's your chance.



And, if you'd like to help the school's band program by playing Bingo at the school on Sept. 8, we'll tell you how.

First, football. As they have in recent years, the Broncos are inviting Knolls residents to home games.

To get on an attendance list, please contact either **Paul Dashner** at **760 702-7553** or **Chris Dashner** at **562 867-0175**. Then

come to the Warm Springs parking lot at about 5:30 p.m. on game nights for a bus ride to the game. You'll be admitted free and served free food.

The 2024 season' opener is against Great Oak High on **Aug. 23**. Games start at about 7 p.m. The other games:

- Sept. 6 vs Orange Vista High;**
- Oct. 4 vs Chaparral High;**
- Oct. 10 vs Centennial High;**
- Oct. 18 vs Roosevelt High**

After the games, at about 9:30 p.m. fans will return to the Warm Spring Knolls parking lot.

As for Bingo, that's on Sept. 8 in the Vista Murrieta gym. Doors open at 1 and games begin at 2 p.m. No one under 18 is permitted, including students.

A \$20 ticket includes snacks, drinks, desserts, as well as door and cash prizes. You can go directly to the gym at 28251 Clinton Keith Road or contact either **Yvonne** at **951 445-9379** or **Holli** at **661 972-0799** to sign up for a ride from the Warm Spring Knolls parking lot to and from the gym.

## Spring Knolls *Free Classifieds*

{ To place a free classified, email your ad with photo (optional) to [tscjnews@gmail.com](mailto:tscjnews@gmail.com) Questions? Call (951) 319-6749 }

### TOYOTA TUNDRA:

2003 Tundra, excellent shape, 119,000 miles. Asking \$11,500 or best offer. **Call Cindy @ 562 879-6988.**



**HAIRCUTS / BEAUTY SERVICES:** Offering 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**

**REALTOR: Paula Rodig**, A Knolls resident Realtor. **Call or text 949 324-5141.** Stanfle Realty, DRE# 01731868.

**MAHJONG:** Seeking Mahjong players to play regularly. If interested, please call **Mary Lou Morgan 760 613-7514.**

### 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](mailto: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.**

Ads are for Spring Knolls residents. They should include brief descriptions of items and a phone number. Photo(s) may be included but their use is not guaranteed.

The Spring Knolls News is not responsible for the content or accuracy of any ad, and reserves the right to decline any for any reason.

Questions? Call **951 319-6749.**



**CURTAINS, AREA RUGS:** **Curtain sets**, \$15 each pair. In beautiful shape. Panels are 84" X 48." Four sets but you can buy one or more. Machine washable. **Rugs:** 1. Gray/white diamond pattern, 5' x 7' (\$15); 2. 5' x 2' runner (\$7); and 3. 3' x 2' rug (\$5). **Call or text Marla, 951 694-2874.**

**Dear Spring Knolls residents,** Your risk of osteoporosis grows as you get older, so it's important to take early action to protect your bones. Talk with your doctor and ask about getting a bone mass measurement. Early detection can help prevent or allow the treatment to work on reducing osteoporosis.

Medicare Part B covers a bone mass measurement once every 24 months (more often if medically necessary) — at no cost to you when your doctor orders it. If you have any questions or need assistance with your insurance options **Contact Sarah**, a licensed insurance agent (Spring Knolls resident) at 310-980-9509 or [sarah@sarahinsure.com](mailto:sarah@sarahinsure.com), or visit [www.sarahinsure.com](http://www.sarahinsure.com) for more information. CA License # 0K16275 Let's ensure your healthcare coverage is right for your needs - explore your options today!



# August 2024: What's up in Spring Knolls & Beyond?

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>August Gemstone:</b> Peridot, Spinel	<b>August Flower:</b> Gladiolus	<b>August Zodiac:</b> Leo & Virgo		<b>1</b> Girlfriend; Minority Donor Awareness; Childfree, Lung Cancer Day	<b>2</b> SK office hours, 9:30-noon; Fri. BBQ 5-7 pm  Beer, Ex-Girlfriend Day	<b>3</b> Watermelon Day
<b>4</b> Bible Study 10-11 am GK c'house; Chocolate Chip Cookie; Sisters' Family Day	<b>5</b>	<b>6</b> Bible Study 10 a.m.-noon Hiroshima Day	<b>7</b> Purple Heart; Lighthouse Day	<b>8</b>  1-4 p.m.	<b>9</b> SK office hours, 9:30-noon; Fri. BBQ 5-7 pm Book Lovers, Co-working; Indigenous People Day	<b>10</b> Lazy; Bowling; Spoil Your Dog Day
<b>11</b> Bible Study 10-11 a.m. GK c'house; Son & Daughter Day	<b>12</b> Victory; Tisha B'Av; Middle Child; Youth; Vinyl Record; Elephant Day	<b>13</b> Bible Study 10 a.m.-noon Left-Handers Day	<b>14</b> Boosters 10 a.m.; Cell phone class, 2 p.m.; SKERT 6 p.m. Financial Awareness; Lizard Day	<b>15</b> Assumption of Mary; Homeless Animals, Relaxation; Back to School Prep Day	<b>16</b> SK office hours, 9:30-noon; Fri. BBQ 5-7 pm Tell a Joke, Hawaii Statehood, Tell a Joke Day	<b>17</b> Black Car Appreciation; Thrift Shop, Nonprofit Day
<b>18</b> Bible Study 10-11 a.m. GK c'house; Tu B'av; Couples, Fajita Day	<b>19</b> Potato, Aviation, Humanitarian, Photography Day	<b>20</b> Bible Study 10 a.m.-noon Radio; Mosquito, Chocolate Pecan Pie Day	<b>21</b> Regular board meeting, 9:30 a.m.; Senior Citizens; Day of Remembrance & Tribute to Terrorism Victims	<b>22</b> Tooth Fairy; Be an Angel; Plant Milk day	<b>23</b> SK office hours, 9:30-noon; Fri. BBQ 5-7 pm Day for Remembrance of Slave Trade & Abolition	<b>24</b> Strange Music, Pluto Demoted; Waffle Day
<b>25</b> Bible Study 10-11 am GK c'house Kiss & Make Up; Secondhand Wardrobe Day	<b>26</b> Women's Equality; Janmashtami Day (Hindu)	<b>27</b> Bible Study 10 a.m.-noon National Just Because Day	<b>28</b> Rainbow Bridge Remembrance Day; March on Washington	<b>29</b> International Day Against Nuclear Tests; Chop Suey; Lemon Juice Day	<b>30</b> SK office hours, 9:30-noon; Fri. BBQ 5-7 pm Grief Awareness; Beach Day	<b>31</b> Distance Learning; Overdose Awareness; Eat Outside Day

## Open'nClosed

### Open:

Board office hours: Fridays - Aug. 2, 9, 16, 19, 23, 30; 9:30 a.m.-noon

- **Clubhouse Summer hours:** 8 a.m. - 8 p.m. Gym, library, both swimming pools. Jacuzzi or billiards room. Call Ron Sieber @ 951 541-6276 for more information. (The large pool is heated for the summer.)
- **Eaker Hall:** Clubhouse ground events need advance Board of Directors approval. Call Debbie Adelmhelm @ 760 717-9876 at least 2 weeks in advance.
- **Dog Park, Clubhouse grassy areas:** Owners must keep dogs under control and their poop picked up in all Spring Knolls areas.
- Dogs must be leashed at all times in the clubhouse grassy areas.



### Here: (Spring Knolls)

- **Aug. 14:** CELL PHONE CLASS: 2 p.m., Library. Avon Hall holds fourth class on cell phone, tablet, laptop issues.
- **Aug. 8:** BINGO! 1-4 p.m. in Eaker Hall. (second Thursday of month.)
- **Aug. 2, 9, 16, 23, 30:** FRIDAY NIGHT BBQs: 5 - 7 p.m.
- **Sept. 27-28:** BOOSTERS 2ND HAND TREASURES SALE: Starts at 8 a.m., Eaker Hall, Library. Bring items up to 2 days before sale to Eaker Hall, or call Ted Vollmer, 951 319-6749, or Debbie Adelmhelm, 760 717-9876, to have them picked up at your home.

### There: (Units 2 & 3)

- **Aug. 3, 10:** SATURDAY NIGHT BBQS. 4:30 - 6:30 p.m. Golf Knolls.
- **Aug. 22:** BINGO; 6-9 p.m., Golf Knolls.
- **Aug. 24:** Concert by the Pool, Golf Knolls. \$10, 7-10 p.m. BYO drinks, snacks. Glenda, 951 239-9389
- **Sept. 14:** Sock Hop, Golf Knolls, \$12. Dinner. 5 p.m. Glenda, 951 239-9389.

### Elsewhere . . .

- **Aug. 3:** SPLASH BASH; 11 a.m.-2 p.m., Family Water Games, Games, Free, Murrieta Town Square Park & Amphitheater, 951 304-7275. Registration began July 5.
- **Aug. 1 & 15:** MURRIETA MARKET NIGHTS, 5-9 p.m., Washington Ave. & Juniper St. Free. Music, food, activities.
- **Aug. 22:** COFFEE WITH THE CITY: 8:30 - 9:30 a.m. Meet over coffee about local issues with city officials. Murrieta Innovation Center; 26442 Beckman Court.



# July 4th parade attracts entries from all Knolls units, Drifters



Photos by Sandy & Ted Vollmer







Linda Matkins, Golf Knolls



Rick Thomason, Sue Rich, Spring Knolls



Lori Miller, Mary Lou Morgan: Spring Knolls



Sharon and Dave Johnson: Golf Knolls



Yoka Corbet, Lucy Mora: Golf Knolls



Ed and Sharon Carey: Spring Knolls





Frank & Pam Rosales, Julianne & Lucas Rosales and their Dodge truck: Spring Knolls



Craig & his '57 Chevy Bel Air: Drifters



Cindy Helmstead and her '57 Cadillac: Drifters



Gary Nelson & his '57 Chevy Nomad: Drifters



Mark Navares & his '64 T-Bird roadster: Drifters





Nancy Misko & Teresa Leone: Warm Spring Knolls



Chris & Linda Haas: Warm Spring Knolls



Doretta Kempt & Betty Dutton: Spring Knolls



Bob & Rachele Bohnet, Loretta & Ralph Tippets: Warm Springs







Ray & Debra Clark, Raelynn, Titus & Mavrick:  
Warm Spring Knolls



Ken & Joanne Marsh, and Cassie: Warm Spring Knolls



James Sebring & Henry Gonzales: Warm Spring Knolls



David Womack: Spring Knolls







Lisa McKinney & Mandy



Mariah & Heather: Golf Knolls



Paula & Robert Raquel: Spring Knolls



Rhonda & Sam: Warm Spring Knolls



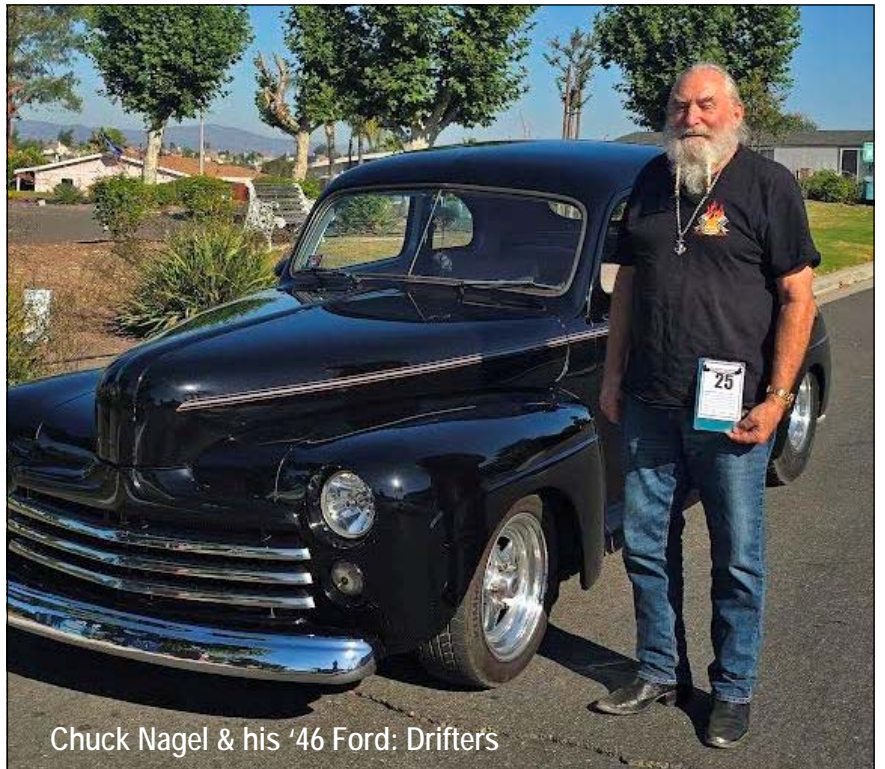




Parade Grand Marshal Raphael Cervantes, his wife Sylvia & Alan Hanson: Spring Knolls



Art & Kathy Stephens: Drifters



Chuck Nagel & his '46 Ford: Drifters







Bob, Fran, Maddie Rebel & their '78 Dodge truck: Drifters



Tony Martino & his '55 Chevy 210: Drifters



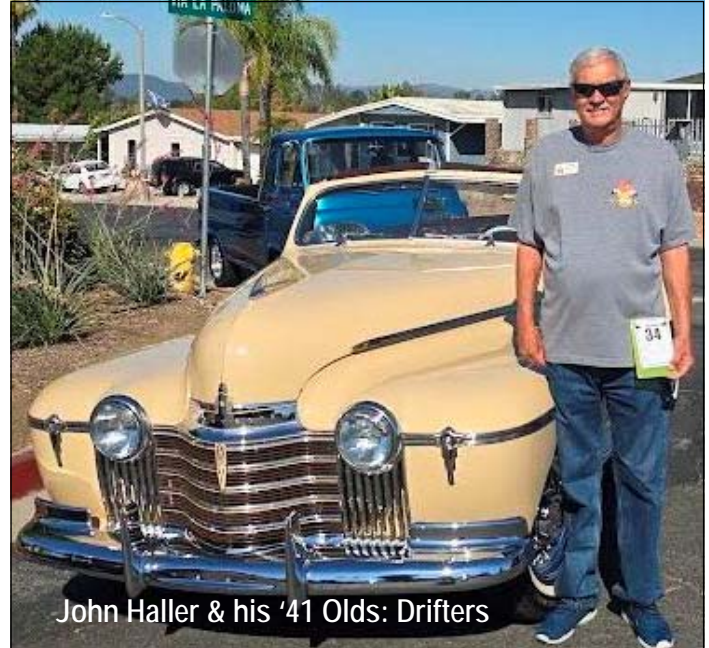
Gerrit Verhagn & his '66 Chevy: Drifters



Don Barnett & his '66 Ford Galaxie: Drifters



Art and Kathy Stephens & their '52 Chevy: Drifters



John Haller & his '41 Olds: Drifters





Leslie & Beatrice Call: Spring Knolls



Henry Kantrowitz & Terry Quinn: Warm Spring Knolls



Marsha Brinker & Paula Morales: Warm Spring Knolls



Bud & Dolly Rose: Warm Spring Knolls







Bob & Joyce Guibord and their '67 Pontiac: Drifters



Tera Alexander & Scott Hauser and their '92 Mazda Miata: Drifters