

**SANTA BARBARA
WEST
MOBILEHOME PARK
30 WINCHESTER
CANYON ROAD
GOLETA, CA 93117
(805) 968-7700**

MANAGER:
MARIO JARA
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OFFICE MANAGER:
KIM COONEN
kim@sbwmhp.com

THIS MONTH:

- **NATIONAL PUMPKIN
SPICE DAY (10/1)**
- **NATIONAL TACO DAY
(10/4)**
- **NATIONAL BOSS'S DAY
(10/16)**
- **NATIONAL CHOCOLATE
DAY (10/28)**
- **HALLOWEEN (10/31)**

OFFICE HOURS
Monday-Friday:
9am-12pm
Rent Collection:
Mon 2nd—Thurs 5th
9am—5pm
Rent is due on the
1st of each month
and considered
late if received
after 5:00pm on
the 6th of each
month

**PLEASE MAKE YOUR
PAYMENT FOR THE EXACT
AMOUNT, CLEARLY and
LEGIBLY. BE SURE TO
DOUBLE CHECK THE AMOUNT,
DATE and SIGNATURE.**

OCTOBER 2023 PARK NEWS

**GIFTED WITH BEAUTIFUL MOUNTAINS AND OCEAN BREEZES
VISIT US ONLINE WWW.SANTABARBARAWESTMHP.COM**



8 Ways to Fight Colds and Flu This Season

1. Wash your hands regularly. This may seem obvious, but it is the best way to remove germs from your hands. A good, thorough scrubbing, for at least 20 seconds with soap and water is the key.
2. Be sure to have sanitizer available. Since soap and water are not always available, keeping hand sanitizer in your car, bag or tote and workspace can do the trick. Products that contain at least 60% alcohol are best.
3. Limit how much you touch your face. Germs can enter your body through your eyes, nose or mouth.
4. Cover your mouth. Whenever you cough or sneeze, make it a habit to do so into a tissue or the crook of your elbow. It's a good idea to teach your kids this trick too!
5. Avoid contact with anyone who's ill, as much as possible. If you get sick, stay home until you're better.
6. Regularly clean surfaces you touch often such as your electronic devices, keyboards, remote controls, door handles and countertops. You can use soapy water and household disinfectants.
7. Be sure not to share items such as cups, silverware or toothbrushes.
8. Get plenty of sleep, choose healthy foods and get regular exercise. Besides the above-mentioned suggestions, the CDC recommends getting an annual flu vaccine for everyone 6 months and older.

OCTOBER

Local Happenings:

Goleta Farmer's Market

Sundays: 10am-2pm
Thursdays: 3pm -6pm
Camino Real Shopping Center
www.sbfarmersmarket.org



Goleta Lemon Festival

Saturday, Sept 30th: 10am—6pm
Sunday, Oct 1st: 10am—5pm
Girsh Park, 7050 Phelps Rd, Goleta
FREE admission & parking.
lemonfestival.com



Santa Barbara Senior Expo

Wednesday, Oct 4th: 9am—1pm
Earl Warren Showgrounds,
3400 Calle Real, Santa Barbara
The Senior Expo which features fitness testing, exhibit booths, music, food & activities for seniors and their caregivers.
fsacares.org/senior-expo/

Santa Barbara Old-Time Fiddlers Festival

Saturday, Oct 7th: 10am—5pm
Rancho La Patera & Stow House
304 N. Los Carneros Rd, Goleta
Concerts, workshops, contests & more!
Early bird admission: \$20, At the door: \$25
Students: \$5, Kids under 12: FREE
fiddlersfestival.org



Santa Barbara Harbor & Seafood Festival

Saturday, Oct 21st: 10am—5pm
Waterfront Dept., 132 Harbor Way, SB
Visit specialty food booths for fish tacos, oysters, barbequed albacore, seafood paella & more!
harborfestival.org

City of Goleta Council Meetings – City Hall

October 3rd & 17th—5:30pm

Park Happenings:

DONUT DAY: Monday, October 2nd



Stop by for a sweet treat,
we look forward to seeing you!

Rent collection:
Monday, October 2nd—
Thursday, October 5th



SPONSORED BY PACIFICA HOMES
Looking to trade-in or sell your old home?
Stop by the office for more information.



Please be on the lookout for trick-or-treaters
when driving through the park and be sure to
look in all directions and drive slowly when
entering or exiting driveways.

Homeowners should have outside porch lights
on where trick-or-treaters are welcome.

Have a fun & safe Halloween!





SB West's Resident Appreciation Day was a success!

Thank you to all the attendees of the SB West Resident Appreciation Day!

We would like to thank the following for raffle donations:

- Pacifica Homes
- Community West Bank
- Emergency Drain Services
- Accurate Home Repair
- RDPH Properties



How many
candies were
in the jar?



744

If you were unable to attend
please stop by the office for your
SB West water bottle.



We hope you enjoyed this opportunity to visit with your neighbors and enjoy The Park.

3	1	6	4	2				7
	2		1			9		
8	4	9			6	1		
				9				5
	5		2		4			
						4	1	9
			7	1				2
				6		7		8
6	9		8			5		

Sudoku Rules



- Each column must contain all of the numbers 1 through 9 and no two numbers in the same column can be the same.
- Each row must contain all of the numbers 1 through 9 and no two numbers in the same row can be the same.
- Each block must contain all of the numbers 1 through 9 and no two numbers in the same block can be the same.



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30423 Canwood St. Ste. 206
Agoura Hills, CA 91301

www.pacificahomesinc.com



Coffee & Community

Saturday, October 7th: 9am—11am
Ellwood Elementary, 7686 Hollister Ave

Join Mayor Paula Perotte, area City Councilmember Stuart Kasdin, and Goleta staff members for coffee and conversation.

This is a great opportunity for residents to be able to present their questions, concerns, and topics important to their neighborhood in a comfortable and informal setting.

cityofgoleta.org

Receive Emails from Santa Barbara West!



If you would like to receive your monthly statement electronically or receive park notifications, such as water shut off, then send Kim in the SBW Park Office an email and she will add you to the list!

Send your email to: kim@sbwmhp.com



**BREAST
CANCER**
AWARENESS MONTH

No matter who you are or where you live, breast cancer may touch your life. It's necessary to understand the warning signs of breast cancer and what's normal for you so you can take action if there are any changes in your breasts or underarm area.

- **Know your risk.** Knowing your family history is lifesaving.
- **Get screened.** For those at average risk, have a mammogram every year starting at age 40.
- **Know your normal.** It's important to know what's normal for you so you can talk with your health care provider if something doesn't look or feel right.
- **Make healthy lifestyle choices.**
- **Take action.** There are many ways you can join the fight to save lives. Your support can help those facing breast cancer today.

1	3	5	2	4	8	7	6	9
8	4	7	5	6	9	2	3	1
2	9	6	3	1	7	4	8	5
9	1	4	7	5	3	8	6	2
6	7	3	4	8	2	1	5	9
5	8	2	1	9	6	3	7	4
3	2	1	6	7	5	9	4	8
4	6	9	8	3	1	5	2	7
7	5	8	9	2	4	6	1	3