

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

MANAGER:
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THIS MONTH:

- NATIONAL SUNKIST CITRUS DAY (3/1)
- NATIONAL PANCAKE DAY (3/4)
- DAYLIGHT SAVING TIME (3/8)
- NATIONAL PLANT A FLOWER DAY (3/12)
- SPRING BEGINS (3/20)
- NATIONAL TAKE A WALK IN THE PARK DAY (3/30)

OFFICE HOURS
Monday-Friday:
9am-1pm
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.

MARCH 2026 PARK NEWS

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



National Nutrition Month

National Nutrition Month is an educational campaign focusing on the significance of physical fitness and well as eating nourishing meals.

At the beginning of the year, many of us attempt lifestyle changes that include eating healthier meals and exercise. By March, our passion for this change will have either succeeded or is beginning to fade. National Nutrition Month is an opportunity to refocus and grab the healthy lifestyle.

Some simple ways of redesigning a healthy lifestyle include:

- **Reducing or eliminating sugary drinks and sodas.** They add unnecessary calories and help us pack on the pounds without much effort.
- **Pile on the vegetables.** Vegetables are low in calories and high in nutrients. They can be prepared in a variety of flavorful ways.
- **Serve smaller portion sizes.** One way to do this is to use a salad plate instead of a dinner plate when serving your meal. Another option is to eat smaller meals more often.

Eating healthier comes with a lot of benefits that stick with you for the long haul. Combined with exercise, healthy eating makes our bodies stronger and improves our immune system. Together they also reduce our risk for chronic illnesses like diabetes and heart disease.

Taking charge of your health contributes to overall well-being.

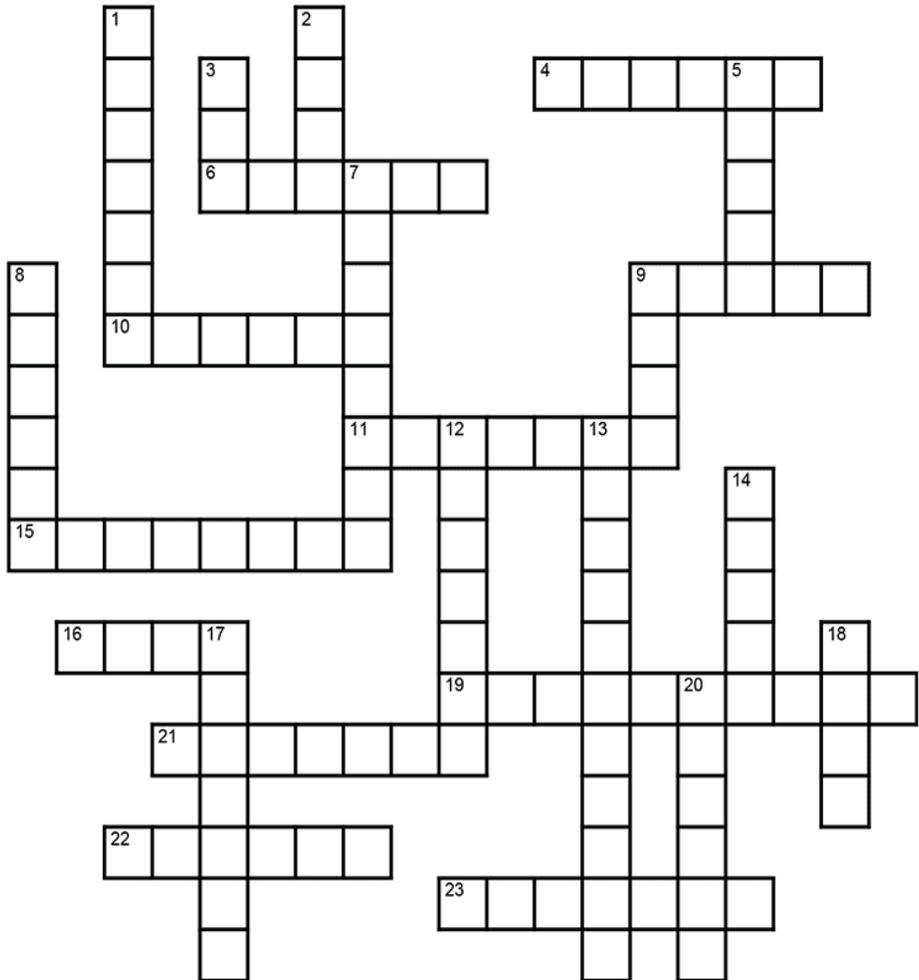
Saint Patrick's Day

ACROSS

4. Historically important vegetable in Ireland.
6. Native language of Ireland.
9. What color are the hills of Ireland?
10. The Irish flag is green, white and . . .
11. St. Patrick is the patron saint of which country?
15. Used by St. Patrick to represent the Christian Holy Trinity.
16. Number of leaves on a lucky piece of clover.
19. A trickster with a pot of gold.
21. If you don't wear green on March 17th, you might get . . .
22. Capital city of Ireland.
23. Saint Patrick's birthplace.

DOWN

1. This city dyes its river green to celebrate St. Patrick's Day.
2. Color originally associated with St. Patrick's Day.
3. Name for the leprechaun's dance.
5. Number of leaves on a shamrock.
7. A funny poem with five lines.
8. According to legend, St. Patrick chased these out of Ireland.
9. It is the pot at the end of a rainbow.
12. Ireland nickname: The ___ Isle.
13. Saint Patrick's Cathedral location.
14. Month in which we celebrate Saint Patrick's Day.
17. Arch of colors in the sky.
18. Good fortune.
20. Ancient culture of Ireland.



Blue	Leprechaun
Britain	Limerick
Celtic	Luck
Chicago	March
Dublin	New York City
Emerald	Orange
Four	Pinched
Gaelic	Potato
Gold	Rainbow
Green	Shamrock
Ireland	Snakes
Jig	Three



MARCH

Local Happenings:

Goleta Farmer's Market

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

IHOP National Pancake Day

Tuesday, March 3: 7am—8pm
IHOP restaurants nationwide will celebrate National Pancake Day and will offer each guest a free short stack of buttermilk pancakes.
ihoppancakeday.com

Buellton Wine & Chili Festival

Sunday, March 15: 12pm—4:30pm
Flying Flags Resort
Sample from 30+ wineries, craft breweries and spirit companies and also sample chili and salsa from over 20 cooks. There will also be a variety of merchants and food vendors on site along with live entertainment!
For more information or to purchase tickets and transportation, visit:
buelltonwineandchilifestival.com

Santa Barbara International Orchid Show

March 20—22: 9am—5pm
Earl Warren Showgrounds
3400 Calle Real, Santa Barbara
Step into a breathtaking world of color, fragrance, and wonder at the Santa Barbara International Orchid Show—one of the largest orchid showcases in the U. S.
sborchidshow.com

City of Goleta Council Meetings - City Hall

March 3rd & 17th—5:30pm

Park Happenings:

SANTA BARBARA WEST HOSTS DONUT DAY:

Monday, March 2nd



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

Rent collection:

Monday, March 2nd—
Thursday, March 5th



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, please send a written request to the SBW Park Office.

Crimes and any suspicious activity should be reported to the police.

Goleta Police: 805-681-4100



All dogs/cats found loose in the Park should be reported to the Animal Shelter: 805-681-5285



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GENERAL INFO:

- * **RESIDENTS ARE NOT PERMITTED TO PARK IN THE VISITOR/GUEST PARKING AREA** unless authorized by management.
- * **A two (2) weeks** advance notice is required to reserve the Clubhouse.
- * **Please remember** any suggestions or complaints must be put in writing, along with your signature, so that they can be addressed by Management.
- * **Home/Homesite Improvements:** Don't forget to get Management approval before undertaking any exterior improvements such as painting or additions to your homesite, i.e. landscaping, sheds, etc.
- * Please observe and show courtesy for your neighbors by adhering to **QUIET HOURS: from 10:00PM - 8:00AM**
- * Don't forget to register any person living with you.
- * **Dogs and cats off leash is not permitted.** Make sure your dog or cat is not able to get out of your home and please do not allow your pet to do its "business" in the common areas or homesites.

Your Cooperation is Appreciated!!!

Ellwood Mesa Volunteer Days are Back!

Saturday, March 14: 9am – 1pm

The city of Goleta, Ellwood Friends and the Santa Barbara Bucket Brigade invite community members of all ages to join volunteer days at Ellwood Mesa Open Space & Butterfly Preserve. Volunteers will plant habitat-supporting trees and plants, remove invasive species, and learn about Ellwood's unique ecology through hands-on restoration work.

Sundays at the Ranch

11am—2pm

Tractor rides, ranch yard, local craft vendors, children's crafts & live music.

Stow House Ranch Yard

304 N. Los Carneros Road, Goleta

Tell a friend!

goletahistory.org/sundays-at-the-ranch/

Senior Happy Hour— Goleta Community Center

Thursday, March 5th

Goleta Community Center

5679 Hollister Ave

The first Thursday of every month from 2pm—3:30pm, get to together to relax, laugh, socialize and create something beautiful.

goletavalleylibrary.org

Emergency Preparedness

Here in California we are no strangers to the chance of wildfires. There are many fire safety tips posted online by CAL FIRE at fire.ca.gov.

One of the best things you can do is make a plan, make an emergency kit and keep informed. Don't know what to put in your kit? Everyone has different needs, but some good things to remember are important documents, prescription medications, eyeglasses, and special items for infants and pets, along with three days worth of food and water.

Don't forget to check batteries and test your smoke detector!