



The Springs Chat



A Newsletter for and by the residents of the Springs at Santa Rita

The Springs at Santa Rita, 951 West Via Rio Fuerte, Green Valley, AZ 85614

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The Springs Chat is your newsletter. Communication and sharing information can contribute to the vitality and the culture of our community. The Springs Chat is for you and by you. The Newsletter Committee invites your contributions - information you would like to share with the community. The committee also wants your ideas and suggestions- just email them to: springschat@gmail.com or contact a member of the newsletter committee: Eileen Owen, Lisa Pope, Joe Misinski, Juanita Kauffman, Jeannie McGaughey, Sandie Stone.

UPCOMING EVENTS

- Feb. 4** **Meet 'n Greet**, Fiesta deck, 3-5
- Feb. 10** **Board Meeting**, Fiesta Rm, 9:30
- Feb 20** **Potluck**, Anza Rm, 5:00
Program: Ernie Cox presentation
- Feb 22** **Garage Sale**
- Feb 23** **Picnic in the park** Perry Park, 1:00

February Potluck Program, Speaker and photo show presenter, Ernie Cox, was a photojournalist for the *Chicago Tribune* for 41 years, working about half that time at the *Trib's* Washington Bureau, where he covered the White House and Congress. In '76, Ernie spent six months working in southern Africa for a story about apartheid which eventually became a book. He was also in Saudi Arabia and Iraq for several months covering Desert Storm, the first Iraq war. After retiring, Ernie and Deby eventually moved to Green Valley and have been here for over 15 years. Teaching computer classes at the GVR computer club and La Posada keeps him busy.

March Potluck program – Show and Tell and perhaps Sell – If you have a hobby in which you make things, you are invited to show them off at the potluck and tell about them. There will be tables set up to display and sell items. It's been a few years since we have done this, so anyone

interested is invited to participate. If you want to tell about your hobby and are not interested in selling, we welcome that, too. Bill Perry is in charge of the potluck programs, contact him if you want more information: Bill Perry 393-7402 or wperry42@cox.net

Community Garage Sale

The community wide garage sale will be Saturday, February 22. Time to be determined as more reservations come in. To be included in the count and have your house listed, you must have your reservation to Juanita Kauffman by 2/13. Juanita's phone number is 625-1509.

BOARD MEETING SUMMARY

(January 13, 2014)

Presidents report – the hospital should be starting to pour cement shortly. Sandy asked the hospital to give a public update by the CEO of the hospital on the services it will provide.

Vice President's report – Howard reported the community picnics will be starting 1/26.

Grounds report – Norm reported renewal of the contracts for Hot Desert and Weed Busters. The volunteers have cleared the wash and many of the parks. The erosion project on park 9 wash is going forward. The new barrier wall needs to be painted. It is quite high and may have to be hired out rather than using volunteers.

Streets Report – Joe has the street signs ready for replacement and needs volunteers to help replace them. TEP is working on replacing the burned out street lights. The stucco on the entry structure needs to be repaired. (Full report can be found on The Springs website)

Annual Meeting Summary

(January 18, 2014)

There was a good turnout at the annual meeting, 108 homeowners were present. Tables were set up and a social followed the meeting. Four candidates running for the Board elected by

acclamation were: Sandie Stone, Steve Gilbert, Joe Barton, and Roger Olson. Volunteers were recognized for their many hours of service. Jeannie McGaughey announced that home sales in The Springs were up from the previous year. Board officers for 2014 are: President, Sandie Stone. Vice-president, Howard Bryan, Secretary, Jim Owen, Treasurer, Roger Olson.

GVR Update (Ron Sills)

Happily, it's been a quiet month for the GVR board. But it is a temporary lull, and things will heat up very shortly. That's where we will be counting on you. First, our new CEO/ED, Kent Blumenthal is now fully engaged. Folks who have met him are favorably reacting as I am sure you will when you meet him. His experience and skillset fit us well, and he has great people skills. Do see if you concur.

Our big issue is the upcoming annual election. You should be receiving ballots in about 3 weeks. We will elect 4 board members, and the last I heard, we had 5 candidates. Some folks have asked me for endorsements and I will share my thoughts in the next installment. Sooner if you catch me in the neighborhood.

The really critical vote will be on the bylaw changes. We sent an email out to you explaining the proposed changes and the rationale for the changes. These also appear in the February "Keeping Current." **I am urging you to support the changes with your vote.** That's right, urging. The changes are not radical by any means, but helpful to the running of our organization. GVR is a cooperative venture. We are all in it together, which is why we are able to enjoy great programs and facilities at just over \$1 a day. Let's not allow a handful of crazies destroy what we have. Send them a message with your vote supporting your board. This is about whether your elected board will function, or will a handful of folks who shift positions as quickly as Chicago weather changes, simply because they cannot accept authority, not even among themselves

If you have specific questions about these issues, I would be happy to address them for you.

Painting Tips

With apologies to Alfred Lord Tennyson, "In the Spring a young man's fancy lightly turns to thoughts of".....painting. Warmer weather is coming and this provides the opportunity for outside home maintenance projects, like painting. The HOA website has important and useful information about painting, and approved paint suppliers
<http://thespringshoa.org/pdf/arc/House%20and%20Wood%20Paint%20Suppliers%20120714.pdf>

Those new to the southwest may not be familiar with repainting stucco. Painting stucco is not like painting wood and the wrong technique can result in ruining the appearance of your home. When repainting your stucco, be sure to use a licensed, experienced contractor. If you hire an amateur, make sure they have experience in painting stucco and get references from their previous stucco customers.

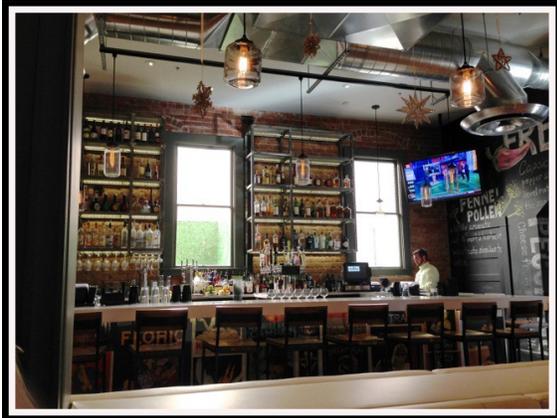
Painting stucco requires a great deal of prep work. Patching and caulking cracks in textured stucco is an art difficult to master. Many do-it-yourselfers end up with a tic-tac-toe pattern and mismatched textures that sets their house apart from others (and not in a good way). Remember to check the condition of the stucco on the parapets, the top of your walls. They are often an overlooked area and neglect can result in costly repairs. Use a high quality caulk that is paintable.

Some painters, will power wash the stucco to provide a clean surface for paint to adhere. It's the homeowner's responsibility to assure that paint color is HOA approved. Ask your contractor about the quality of the paint. Some paints when dry will provide a thicker coat, which can avoid using two coats, but it cost more per gallon. Paint should be sprayed on and then rolled. Remember, stucco is porous and the paint on your walls is the only thing protecting your house from sun and rain! With such a thin layer of protection you need to know you have the right paint and it has been applied correctly. When you have decided on a painter, ask if you can get a discount if you dig back the gravel that lies against your house, take off your shade screens yourself, or cut back shrubs and plants against your home. Maybe a neighbor needs to repaint, ask for a group discount. And share your experience with others at springschat@gmail.com.

Springers After Dark

The Right Place for "Food To Die For"

We all have been hearing about the downtown revival for some time now – streetcars ? – what's old is new. That goes for Reilly's Craft Pizza and Drink. This relative new comer to downtown Tucson is named after an old mortuary that occupied the building many years ago. The building was constructed in 1906 for the Reilly Funeral Home, which operated in the brick three-story building from 1908 to 1990. It is located at 101 E. Pennington, directly across from the Pennington Garage and Café Poca Cosa.



The historic 3,200-square-foot space retains much of the original structure of the funeral home, refinished original wood floors and even a salvaged elevator gear that is repurposed in a glass table. The character remains even after a 1935 remodeling in the Southwest Deco style. The new owners added the now common industrial touches – open high ceilings, exposed beams and brick, metals and chrome. The combination of old and new creates an open and relaxed ambiance and resurrects new life to the old funeral home.

But is downtown Tucson ready for Springers? We decided the reward of a new restaurant hangout was worth the risk of venturing into the "big city". We did have our limits though, the timing of our adventure was critical, not too early to hit the lunch crowd, and definitely not to late to hit rush-hour traffic.

The menu has appetizers, a few sandwiches, pizza, dessert, and over 20 beers on tap and numerous cocktails. We had the Parmesan Truffle Fries as a warm up for a pizza. It was a generous helping of thin cut crispy fries dusted with shredded parmesan. Our pizza of choice was the Margherita pizza – one of nine

handcrafted pizza on the menu. We had a special request for the addition of caramelized onions, that they gladly accommodated. If your preference in pizza is Pizza Hut or Domino's, this is not your place. The style Reilly's make is closer to a Neapolitan pizza. The crust was thin, a bit crispy but still with just enough chew. If you can't tolerate the charred crust of a Neapolitan wood fired pizza, this is not your kind of pie. The pizza was generously sauced more like an American style. The slices of mozzarella were thicker and more generous than the typical Neapolitan fare. The sauce had the slightest hint of heat and blended well with the melted mozzarella. A pizza is small enough for one big appetite but big enough to share as a snack, or an appetizer over a glass of wine or a cocktail. And speaking of cocktails – they have a list of creative libations. Both dishes would be worthy of an encore along with several others that have gotten rave reviews such as the meatballs, stuffed fried squash blossoms, and Calabria salami with roasted Fresno chili sauce pizza. Due to 2014 resolutions (still intact), we did not order the desserts, however fried dough with cinnamon sugar and Nutello hot chocolate sauce or the tiramisu in a mason jar will be sampled on our next visit! The service was excellent, attentive but not intrusive, and friendly.



They are open from 11 AM to 9 PM Monday thru Thursday and until 11 PM on weekends. You might want to make reservations if going after 6 PM or with a group (882-5550). Entrée prices vary from \$9 to \$15. There is a public parking garage across the street from Reilly's which is very convenient. Just be cognizant of the signs that alert you to take your parking ticket with you and to pay at the kiosk before returning to your car.

Have you found a new place to eat or have a drink? Do you want to let your neighbors know about your favorite hang out? Write about it and send to springschat@gmail.com

Health Tip

OMG, after your trip to Reilly's where you devoured that handcrafted pizza and the fried dough with cinnamon sugar and Nutello hot chocolate sauce, it's time to think about about what you've done. Here's a health tip: A 15-minute walk after eating can lower your blood sugar level for hours, and significantly reduce your risk of diabetes. More important, taking a short walk after meals can be much more effective at preventing blood sugar spikes than taking one 45-minute walk daily according to the December AARP Bulletin. Enjoy the beautiful Arizona weather while you are doing something good for your body.

If a walk doesn't take care of those extra calories you consumed and you are craving more exercise, how about a bike ride with Bill Perry. He leads a Saturday road bike group that meets at the front gate at 10:00 (time changes with outside temperature). This is an easy paced ride (10 to 12 mph) with a distance of 15 to 20 miles. Optional lunch stop at end of ride. He also leads a Wednesday ride, same time and place which covers a greater distance and has a faster biking speed. Need more information, call Bill Perry at 520-393-7402 or email wperry42@cox.net.

Heart To Heart Talk

"Sorting out Heart News" was presented on January 16th by Dr. Lori Mackstaller as part of the 27th Annual Heart Health Lecture Series presented by UA Sarver Heart Center. Within the past few months, new treatment guidelines for high cholesterol and hypertension were published by various medical organizations. These guidelines were developed from well-controlled clinical studies and reviewed by expert physicians and form the basis for evidence based medical practice. The guidelines are used by physicians to make decisions about your care and by insurance companies to determine if your treatment is covered. The cholesterol and hypertension guidelines were last updated over 10 years ago. The new guidelines are controversial and still being reviewed by practicing physicians, as they try to balance the benefit versus the risk of treatments. They may impact how physicians' initiate therapy for newly diagnosed cases or change existing therapy regimens. The key is to continue to keep an open dialogue with your physician about the new guidelines and all of your healthcare needs. The next lecture is "How

Paramedics and Hospitals Work to Preserve the brain during Sudden Cardiac Arrest" by Dr. Karl Kern on February 20th from 10am - 11am at the Canoa Hills Social Center.

Listings in the GV Community Directory

For new residents or those who are not currently listed, the GVC puts out the Community Directory for Green Valley. To be included in the directory, contact one of the following: Green Valley Council 520-648-1936 or go to www.gvccc.org or you can fax info to 520-648-5079

Send in your name and your spouses name, the name of the home town you want listed and the state. For example: James & Dorothy Doe, Fargo, North Dakota. It is a helpful directory for the Green Valley area and it is interesting to see the names of others who are from your home town.

Hospital Update

Although there have been no public press releases, NSA wiretaps and surveillance satellite photos detected some underground activity.



Nothing nefarious, just tunneling under Highway 19 for the water hookup. Sandie Stone has been in contact with the construction manager, and obtained the information. Sandie has been working to make sure that we, as next door neighbors are informed about the progress in our backyard. She was told that they will be pouring concrete in the near future for the foundation of some of the buildings. Sandie has asked the builder, McDowell Enterprises and GVC to work together and organize a community wide meeting to introduce the CEO and to explain the new hospital mission.

Pet Profile

Hi my name is Snoopy and I have a bone (pun intended) to pick with the writers of the Springs Chat. For months, I have read about parrots, bobcats, dogs, and even pigeons (I'll tell you how to solve the pigeon problem... hehe) but not one word about Felis catus. Don't you know that the domestic house cat is the ruler of the animal kingdom? So it's time to right this wrongful omission! I'm a 13 year old orange/black/white calico with beautiful light green eyes and as you can tell from my pictures a purrrfect 10. Not much is known about my life prior to my 5th birthday and I prefer it that way, some secrets are better left alone. When I was 5, I was rescued from a Tucson animal shelter. Life was good for awhile but my human equal (notice I didn't call her Mom or any other such mushy nonsense) had 3 male cats which was just too much testosterone for me! Four years later, my human equal knew I wasn't happy and convinced her friend Janet Trego that I would be the purrrfect housemate (notice I didn't say pet).

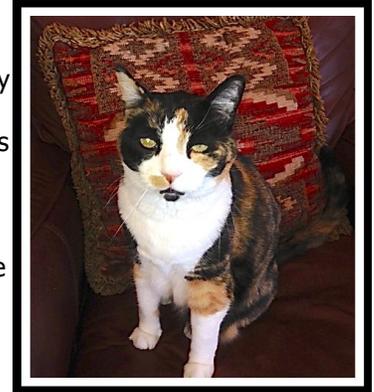


Janet and I soon learned the roommate rules so we can live together in peace. For example, Janet learned to keep doors ajar so I can open and shut them with my paw. If the closet door is completely shut I will bang on it until she opens the door (see humans are trainable). She also learned that I like my water straight from the faucet and not to freak out if she finds me sitting in the bathroom sink! Oh, and don't get me started on "cat toys" that are for my amusement. I don't have time for "play", I have to investigate every bag/box/new item that comes into this house. It takes a lot of energy to watch the birds, climb under the bedspread, play hide and seek, and patrol the house. Thank goodness I get daily Friskies Treats and if Janet forgets what time it is I will continuously meow until the treat is mine!

All of this activity does tend to make me tired so naps are a requirement. I sleep in the sun by the sliding glass door, in a small basket I've had since I was a kitten (I'm really too big for it now but as

long as I'm happy that's all that matters). It's my favorite spot other than curled up on Janet.

The UPS guy just delivered a box... gotta go! I tell all my Felis catus colleagues, that life is good here in the Springs especially with my purrrfect Mom (wait where the heck did that mushy stuff come from)!



Burned out Street Lights

The Springs has requested TEP to service seven streetlights. This request is forwarded to South west Energy Solutions, a TEP in-house contractor, for action. SWES advises that one of their bucket truck operators left the company and he has not yet been replaced. We are on their "to do" list.

Home Sales

(since last newsletter)

3919 S Camino Del Golfista – Henry & Sharon Toborg, Redway, CA

3990 S Camino Del Hero – David & Pam Mortensen, Chandler, AZ

4171 S Wolf Run Rd – Del & Sherry Harsh Green Valley, AZ

Classified

For Sale: 26" ladies mountain bike, 21 speed, good condition, \$100 or best offer. Joe Wohlfert, 3824 S Camino del Cefiro, 520-777-5788 or cell 517-388-0769

For Sale: 26" men's Diamondback mountain bike, 21 speed, like new, rear rack, new seat, computer. \$225. Joe Wohlfert, 3824 S Camino del Cefiro, 520-777-5788 or cell 517-388-0769

Home Needed: "great" home needed for our 4 yr. old, 4-5 lb. Chihuahua. Never potties in the house. Not a barker or antsy but she does make a good watch dog. Call [\(419\)799-0273](tel:4197990273) for more info. Dave and Nancy Hankins 973 W Camino Erranle

Art Show at Posada Java Feb 14-March 31. Reception 4-6 pm Friday, Feb 21. Features works by The Springs artist, Marge Burt.

SPOTLIGHT ON TALENT

This month Sherry Harsh who designs and sells jewelry through Sheridan Creations is our featured artist.



Sherry and her husband Del are from Nebraska where they retired after years of running a 4500 acre farm primarily producing wheat and corn plus animals. Sherry has spent a lot of hours assisting on the farm by driving grain carts & trucks, and hauling animals. She also helped by taking care of the lawn and the myriad of other duties that come up daily.



Sherry and Del's united family has 8 children and 18 grandchildren. One of Sherry's children lives in Nebraska and two of her children live in Kauai, Hawaii. This makes a great place to visit in the winter when Sherry and Del are not here in Green Valley.

Sherry got started into jewelry making because Marty (her sister-in-law) had Sherry take her to the gem show for supplies. Once Sherry started making jewelry she was hooked.

The red & black necklace and earrings are made from hand blown glass beads. It is beautiful.



Turquoise is incorporated into many of her designs. Sherry also enjoys working with clay



and has designed and made many pieces of jewelry from clay pieces. Their house is decorated with many fine items she has crafted.

This past summer Sherry broke her wrist in 9 places and had to have major surgery. She could not do anything for about 3 months and is still doing therapy to regain the full use of her arm. Sherry and Del live on the golf course both here and in Nebraska. In the summer golf is almost a full time passion but there is time for walking and aerobics. Here Del loves to golf and Sherry is busy with her creative activities. Another major love for both of them is attending the U of N Huskers football games.



If you are interested in seeing further Sheridan Creations call Sherry at 308-340-5166.