

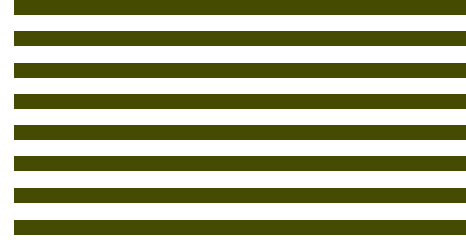
THE SPRINGS CHAT ~MARCH 2019~

A newsletter by and for the residents

Website: www.thespringshoa.org Phone: 520-648-4699

Chat Email: editor.thesprings@gmail.com

951 West Via Rio Fuerte, Green Valley, AZ 85614



CALENDAR & EVENTS & INFO

- Garage Sale
- Potluck
- Meet & Greet
- Picnics
- Food Drive
- Be Healthy
- HeartSafe

The Springs CHAT is your newsletter.

Communication and sharing information can contribute to the vitality and the culture of our community.

The CHAT invites your contributions - information you would like to share with the community.

The editor also wants your ideas and suggestions, just email them to

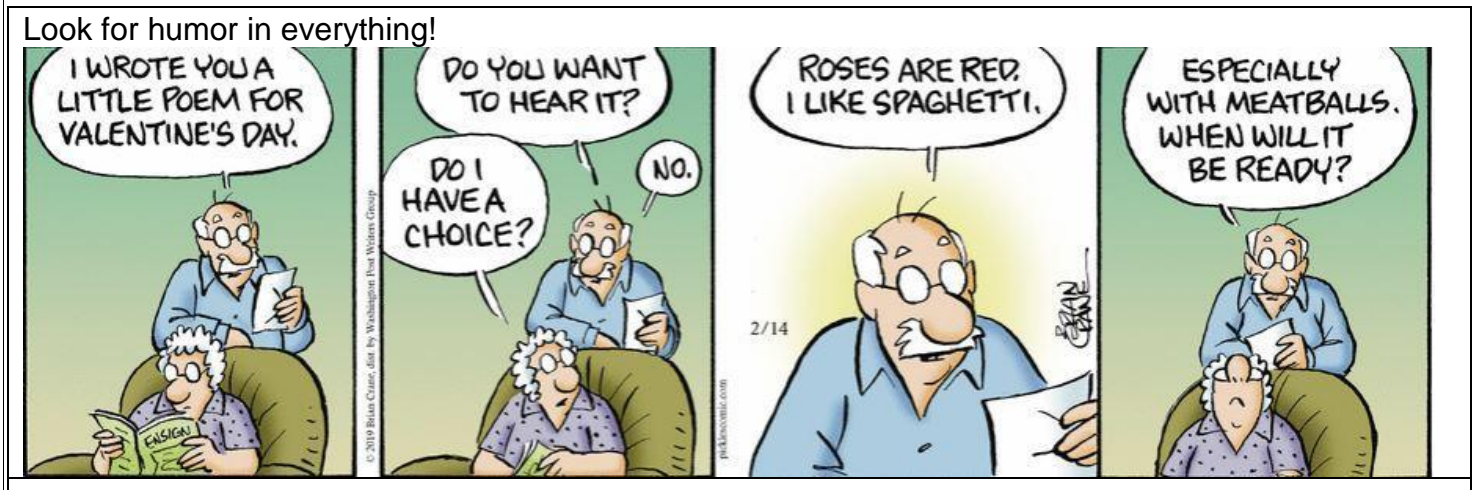
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FROM THE PRESIDENT, REBECCA KEENAN

On February 14, I attended a HOA President's round table sponsored by Green Valley Council (GVC). Know what? Our problems in The Springs are not unique, not by a long shot. Guess what we talked about?.....garbage and recycling. That should sound familiar. We all learned from and sympathized with each other and came away having met some people to kibbutz with when flummoxed by garbage contracts and the fine print. Several HOAs similar to The Springs are negotiating soon, so I plan to see how their sessions go before we start our process. It's good to have people around who understand and help and laugh. Important stuff. Hope there are folks that do that for you.

It's March already! Go have some fun! and "thanks" GVC for the good work session.





WHAT: VOLUNTEER RECOGNITION PARTY

WHEN: WEDNESDAY, MARCH 20TH, 5:00PM until ?

WHERE: ANZA ROOM (UPSTAIRS AT THE REC. CTR.)

WHOM: ALL CURRENT AND FORMER VOLUNTEERS, CURRENT/FORMER BOARD MEMBERS, AND ANYONE WHO HAS EVER DONE VOLUNTEER WORK FOR THE SPRINGS AT SANTA RITA HOA ALONG WITH THEIR SIGNIFICANT OTHER (humans only)

Pizza, dessert, wine, beer, and soft drinks will be provided.

Stupid games and contests will be played like last year. A new, red Corvette convertible will not be given away along with cheap prizes. Know a silly, clean, non-political, short story or joke? We would like to hear it.

NOT ELIGIBLE TO ATTEND? Simply do some volunteer work before March 20! The grounds crew meets at the shed every Tuesday and Friday at 9:00-11:00 AM. That's a great place to start.

QUESTIONS OR SUGGESTIONS FOR GAMES AND OTHER FUN ACTIVITIES OR WANT TO ASSIST WITH THE SETUP? Email me before the event at hoa@thespringshoa.org

Brent Gordy, V.P. The Springs at Santa Rita HOA

HOA Potluck ~ March 21, 2019 ~ 5:00pm ~ Anza Room

Come join the potluck, please bring table settings, drink, and a dish to share with 8 other people, plus a name tag if you have one.

Salads: P-Z

Main dish: A-F

Desserts: G-O

THE ANNUAL COMMUNITY-WIDE GARAGE SALE March 9, 2019

The sales are on your individual property. The advertisement will have the hours as from **7:00 a.m. to 11:00 a.m.**, but you may open when you want and close when you want. The maps will show the home locations and any special items you want to list. Maps will be e-mailed to the Springs HOA homeowners the night before the sale. Sign up by placing your name, address and phone number on the sign-up sheets at the pot luck annual meeting. Also list the special items you want on the map. You may send information to Juanita's email **Samtootsie@aol.com** with the required information or call her phone at **520-625-1509**. Include your name, address and phone number and if you want any special items for sale listed on the map. The more homes that participate, the more likely buyers looking for bargains. The HOA pays for the map printing and ad in the GV News, which also goes online. The ad must be to the GV News by March 1, to be in the March 3 & 6 papers. If you sign up after this, you will not be on the maps but may still have a sale.

Thank you. Juanita Kauffman



A Note from the grounds crew

Cactus pups will be for sale at the community garage sale. Expect to see a variety of agave, red fish hook barrels and a few surprises.

Proceeds help provide a spring thank you event for our hard-working volunteer grounds crew.

For presales contact Nancy Kelly at 360-481- 5202.



It was announced recently that the Green Valley Firefighters Foundation will be holding their annual fundraiser outdoors on the GVR Fiesta Deck **on Saturday, March 30th**. This year the theme is "The Mardis Gras Event." Tickets are \$50 each and include dinner and dancing. Information on the Foundation can be found at **www.gvff.org**. Another reason for this notification is the fact that the sounds of the music and dancing can be appreciated by The Springs residents during the event. While different from the quiet we usually enjoy, it is for a good cause and only for one night. I hope you can enjoy the fun there or at a distance from your home.

Meet & Greet March 8, 2019 3pm-5pm

FIESTA DECK

Everyone Welcomed

Bring your own beverage and snacks

if desired and enjoy.



Are you hosting guests? Need some ideas of what to do?

Visitor Center for local info: <http://greenvalleysahuarita.com/community-calendar/>

Madera Canyon: <https://friendsofmaderacanyon.org/>

Tubac: <http://tubacaz.com/events/2019-03/>

Elgin Wineries Festival: <https://www.eventbrite.com/e/2019-southeast-arizona-wine-growers-music-festival-7th-annual-tickets-52534960481>

Food tours: <https://www.tucsonfoodtours.com/>

Green Valley fun: https://www.tripadvisor.com/Attractions-g31236-Activities-Green_Valley_Arizona.html

Everyone loves a good mystery. Judy Bierman's famous tiled benches have provided joy to all who live in or visit The Springs. But there is a new twist to those benches. A creative soul has started to place beautifully painted rocks with distinctive shapes at the base of some benches (see photo below by Pat Lindemann). Judy claims to "know nothing," but is delighted with the new touch. Perhaps we can find out, or perhaps not. It is a very sweet and colorful gesture and is another example of a generous spirit in our midst. Be sure to look for them on your walks.



At the recent Board meeting, we discussed the continued solicitation in The Springs despite our newly posted sign at the gate. We are aware that the folks continue to seek business or promotion by door knocking. The best way to deal with this issue is 1) Close your door after asking the person(s) to leave - you owe them nothing!

2) If you choose, ask for a card and pass it on to Jeannie or a Board member - this will allow us to contact the business directly to refuse their intrusion! At a recent meeting at Green Valley Council, other HOAs are experiencing the same. **Be strong; say "no."** The HOA BOARD

Editor's Note: Last August the CHAT contained an article about a new program called Heartsafe. Over the summer a core group of individuals studied the possibility of using volunteers to provide first responder services to The Springs for sudden cardiac arrest. Much has happened since then, and the CHAT will be publishing a series of articles to bring all homeowners up to speed about the accomplishments of the Heartsafe committee. The HOA Board has been studying whether to support the program as part of The Springs, or to recommend it be separate from our HOA. The Board wants the entire Springs community to be aware of the possibilities. Please read on, and talk to your neighbors afterward. Thank you to Sandie Stone for providing the following information.

Springs' HeartSafe Community
by Sandie Stone



The Springs is about to embark on a wonderful program to potentially save a neighbor who has suffered cardiac arrest. Those of us who volunteered to participate in the study last summer can hardly wait to finalize the program and get approval to move forward. Here's the story:

Almost 2 years ago, The Springs HOA was asked if we would participate in a cardiac arrest study sponsored by two eminent cardiologists at the University of Arizona Sarver Heart Center, Dr. Marvin Slepian and Dr. Karl Kern. The study was designed to determine whether informed volunteers trained to be on call first responders could arrive at a home sending out a 911 distress call coded as a cardiac emergency with equal time if not better than professional responders, in our case our local fire department. The HOA Board gave us a "thumbs up" to recruit volunteers and stage mock cardiac emergency events in the community.

In early May of 2018, we began the mock trials. Chief Chuck Wunder of the Green Valley Fire Department supported the study and took the lead on setting up the field trials. When the simulated emergency calls were made, the professionals responded as if it was a real call. Thirteen resident volunteers acted as community responders. We conducted twenty days of mock calls at random times throughout the summer. Each community volunteer received a text message directing them to a certain address for each trial. Some were assigned to pick up an AED at one of the designated spots in The Springs. The others went directly to the home address. During those trials we were told to go about our normal business and not be waiting for the messages otherwise the study would be less realistic. Volunteers arrived by car, golf cart or bicycle. One arrived in pajamas.

The Springs is an ideal community in which to conduct this study because we are the Green Valley neighborhood that is the furthest from our assigned fire station. During the mock emergencies, paramedics arrived very quickly (in just over 7 minutes in each case) but the community volunteers who live nearby arrived in about one and a half minutes. This is an average of 5 minutes 42 seconds (almost 6 minutes!!) before the professional rescuers.

In cases of sudden cardiac arrest, starting CPR and using an AED before the professionals arrive can be the difference between life and death. The results of our mock trial study were presented by Dr. Kern at the most recent American Heart Association Resuscitation Science Symposium in Chicago in November 2018.

Editor's Note: There is more to this story and the Heartsafe committee has been very organized and diligent in their actions to move the program into action. There are some issues for which the Board has requested more information and the Heartsafe committee is now preparing that information. Next in the series is a more detailed description of AEDs, procedures, and options for Springs residents. Stay Tuned, and thank you to the motivated volunteers who have contributed time for this important study.

Heart-healthy Bran muffins Adapted From “ OVER SIXTY”

Heat oven to 400 degrees F. Line 12-cup muffin pan with paper liners or grease VERY well.

1 1/2 cups unprocessed wheat bran (miller's bran)
1/2 cup boiling water
1/4 cup vegetable oil
Mix together in medium bowl and set aside.

1 egg
3/4 cup sugar (can use less)
1 cup buttermilk
Mix together and set aside.

1 1/4 cups white flour
1 1/4 tsp baking soda
1/2 tsp salt
Mix together and add to wet bran mixture. Then add buttermilk mixture and gently stir.

3/4 cup golden raisins
1/2 cup chopped nuts (optional)

Stir in just until mixed and then divide into the 12 cups in muffin tin. Bake for 16-18 minutes. 😊

A Greeting from your new editor!

New to Green Valley in 2016, but I have been coming to Arizona since 1969. A 40-year resident of Alaska! My husband, Steve, and I were both raised in, so after many years of the “white stuff,” we decided Arizona was a great change from shoveling snow and feeling the subzero temps.

I have worked in the aviation industry for 38 years, pretty much have done everything in the airline community except fly the aircraft!

My hobbies are hiking, golfing, photography, knitting, traveling, sports and hosting our friends and family.

Looking forward to your inputs and comments regarding the newsletter. Have a great spring!



Marina Carey-Harsha



Words of wisdom from Howard Bryan, a past president,
which were written March 2016.

They are still true and serve as a good reminder to all
Springs residents.

Submitted for reprinting by
The Springs' current president, Rebecca Keenan.

“As President, I get to hear various concerns from our homeowners. One such concern is about views from homeowner’s properties being impacted by growing vegetation. Since this comes up periodically, I did some research on the topic and would like to share what I have learned.

The HOA Board has previously sought advice from our attorney about views. Here is what was advised...“It is a basic principle of real property law that there is no legal right to view preservation without a specific view easement. There is no such easement in the governing documents for The Springs at Santa Rita.” Therefore, there are no guaranteed views in The Springs.

To my knowledge, the only community near us which indirectly deals with this issue is The Legends because they reportedly have a specific section of their CC&Rs which limits all tree heights to that of the buildings. Our CC&Rs were not written with similar language. To add such a provision would require a 51% vote of ALL homeowners (about 226 owners). Our CC&Rs have only been amended twice. Once was to remove the original developer language and meet our attorney’s recommendations. The other was to change the definition of a quorum at our Annual Meeting. In both cases, after a two year effort, we just barely achieved the needed votes on those relatively noncontroversial changes.

People tend to be passionate about keeping their views and equally passionate about keeping their trees. Also many people have no significant views from their properties, therefore, it is my opinion that it would be very difficult to secure the required 51% majority approval of a tree height restriction in our community.

As a point of history, when the developer originally sold the lots, he was able to charge a higher price for lots which had a view. However, there was no guarantee given that the view would be preserved in the future. Still today, lots with views tend to command a higher selling price but they also do not have any guarantee that the view will be preserved. Some residents have had success in politely discussing the issue of view degradation with their neighbors to see if something could be worked out including helping with periodic trimming.”

Howard Bryan
President of The Springs
March, 2016