



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, Pat Strnad.

UPCOMING EVENTS

- May 5** **Board Meeting**, Anza Rm, 8:30
- May 5** **Cinco De Mayo Party**, Fiesta deck 5:00
- May 15** **Potluck**, Anza Rm, 5:00

There will be only one issue of the Springs Chat newsletter published over the summer. You will see the summer Chat sometime in July. Monthly issues will resume in September.

What did you do over the summer?

The Chat would like to include a new section on interesting summer vacations. If you went somewhere special and would like to share your experience and include a few pictures, we would like to hear from you. Maybe you did a cross country bicycle trip, or visited Alaska, or toured Europe, or..... Please submit to springschat@gmail.com

Cinco De Mayo Party May 5, Fiesta Deck, 5:00

Residents of the Springs **and friends** are invited to a Cinco de Mayo Party (that's the 5th of May) on the Springs Rec Center roof deck. Bring your own drinks and an appetizer or snack to share— similar to Meet 'n Greet gatherings. There will

be some special Mexican dishes and music and hopefully some people brave enough to dance. Also, there will be some fun door prizes.

Something to Think About

Planning has started for a fun "Chinese Auction" to benefit the food bank at the November potluck (items are auctioned off in a raffle where people put tickets that they purchased into cans by the items they want). Donations to be auctioned will be accepted anytime between now and then, and we will need a few more people to help the day of the potluck. Marge Burt (648-3596) and Debbie Cox (399-9893) are organizing this and will be happy to answer any questions and accept donations of items. Suggested things to donate are new or very gently used nicknacs, pictures or art work, tools, bottle of wine, decorations, plants, useful or fun items you are no longer using but someone else might enjoy. We will sell tickets before dinner and draw the winners after dinner.

Board Meeting Summary April 14, 2014

President - Sandie reported on bills of interest to HOA's being considered at the Arizona legislature.

Vice President – Howard reported on the annual picnic for volunteers. The weather forecast for the day was high winds so the picnic was held in the Fiesta room. There were 48 volunteers in attendance.

Grounds – Norm thanked Howard for organizing a great volunteer picnic. He reported the painting of the new south wall has been completed. The replacement plants recommended by Pat Johnson have been planted in the parks. The volunteer crews continue to clean the areas as needed, fixing irrigation, treating agave, etc. Reminder to all homeowner's that cutting trees or other plants on the HOA areas is prohibited and subject to fines. ADOT and Pima County have been

asked to look at the brush off of the frontage road and the erosion in the big wash.

ARC – Steve reported 4 new requests this month with 2 completed. There have been 16 requests this year, 10 completed and 11 in process (including some from last year). When you have completed the work requested by an ARC letter, please let the HOA know so the number of outstanding items is reduced.

Streets – Joe reported no new items and work is still ongoing on several items.

Please go to www.thespringshoa.org for the full reports from the board members.

Tips for our Seasonal Residents

Snowbirds, please check the Springs website for helpful tips before leaving for the season. It is under **TIPS – While you are away** <http://thespringshoa.org/tips/away.html>

If you haven't done so, please leave the name of the person who is taking care of your home at the HOA office. An emergency number for you is also needed.

Springs Directory phone numbers

Would you please check the phone number that you have listed in the Springs Directory. There seem to be errors or numbers that are no longer valid.

GVC Directory

Don't forget to submit your name so you can be listed in the GV Community Directory. It is a helpful directory for the Green Valley area and it is interesting to see the names of others who are from your hometown. Go to www.gvccc.org to print out an application.

Amado Food Bank Donations

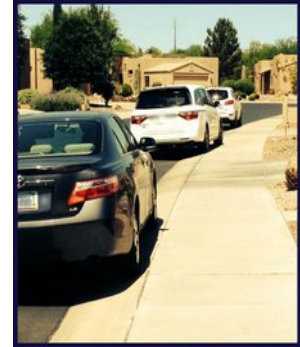
(Bill Perry)

April 2014 – \$270 and 26 pounds of food

The less fortunate need our help. Please keep donating. Bring food or a check to the monthly potlucks. Snowbirds, if you have left over non perishable food items, think about donating it to the Food Bank. Bill Perry is in charge of the Springs donations.

Please, no parking on the sidewalks

Just a reminder to all homeowners that parking on the sidewalk is a violation of the CC&R's, the Springs is a walk friendly development. Please ensure that your guests and contractors do not park on or block the sidewalk. Parking on the sidewalk or the shoulder/curb damages the sidewalk and curb, and forces walkers, some with disabilities into the



street. The street can be a dangerous place when half the drivers can't see over the wheel, and the other half just can't see. Courts have held violators negligent and accountable for damage and accidents.

The Springs Forum

Last month in the March "Chat" we asked readers this question:

Do all houses have to be the same color? How about a pallette of 5 or 6 earth tone colors to pick from when it's time to paint?

Our survey in the newsletter is not binding on the HOA Board and is not necessarily an accurate representation of the homeowners. Here is what is involved in a change. There would need to be a request to amend the CC&Rs. It would need Board and ARC approval. There would need to be a formal vote of all homes and there is a required percentage of homes that must vote for the change (67% or 297 positive votes). It is definitely not a quick and easy process, but if there are residents who are passionate about changing the color palette of our homes they should form a committee to develop a plan on how this will be accomplished.

There were 18 responses to the question—17 yes and 1 no. Here are a few of the responses from residents who wrote more than a yes or no:

I am completely in favor of a pallette of 5 or 6 earth tone colors to update our community paint colors. There is no need to have over 400 homes painted the same color. I believe this would help increase property values as well as

making the Springs more pleasant and updated in appearance. To outsiders the Springs is known as the "mud huts". Wouldn't it be great to have people comment about how nice it is to see us updating the look of our homes so we don't look like a "Stepford Community". Our community is aging and we should remain relevant. Most communities in Green Valley have multiple color choices to select when it is time to repaint. We have lovely common grounds and live in a very pleasant community. Let's strive to increase the value of our homes.
Kathy Stone, Calle de la Pelotita

As a Mary Kay Skin Care & Beauty Consultant and an artist, I'm always in favor of a cosmetic makeover for anyone!! (Smile) I believe the Springs would be enhanced by a makeover and I like the idea of a palette of soft southwest colors. I would expect each color would need to be specified as to manufacturer and exact color specs, so that we didn't look like a circus, but rather a thoughtfully-planned community. By earth tones, I assume you mean blue, green, yellow, terra cotta and violet...all in soft tones. Is that correct? This might be difficult to enforce, if homeowners didn't follow the guidelines, as it's often difficult to be consistent with our current "hedgehog brown" shade. I like the idea of a change and hope that others will, as well! Sally Bryan, Golden Lynx

I think this would be a great idea. I have heard The Springs referred to as the "bunkers". Jon Woolverton

I believe there should be a palette of at least six colors that complement each other and at least three should be standard colors that do not require custom mixing. Requiring the colors to be specially mixed does not allow leftover paint to be returned. I would also like to have standard spray-paint color on the palette so items that need to be sprayed rather than brushed can be a close match to the paint used to repaint the stucco. Rick Fillion, Calle de la Pelotita

We feel this would be a refreshing and innovative change. It seems nearly impossible to have all the units the same color anyway despite using the correct formula and perhaps this would be a positive solution. Thanks for the consideration! Keith and Lana Adrian, W Blue Fox

We definitely would like to see a "makeover" in the Springs. If you drive through other Southwest cities/towns and the homes have a variety of colors, it is so appealing to us. We are definitely in favor of a presentation of 4- 6 colors of paint from which to choose. It might also entice homeowners to choose these new colors and give the neighborhood a "makeover" appearance. Sid & Paula Rueter W. Blue Fox

This change is very needed. Real estate agents tell me that prospective buyers say the Springs look like an army barracks. Other buyers don't like the boring look. I ask my neighbors about a larger pallet and 100% would like more color. Stephen Herron

I think having all houses in the Springs the same brown color is monotonous. I decided to have a "look/see" at what our nearby neighbors have done. The Greens at the end of Abrego has a palette of earth tone colors for the free standing homes but the townhomes (those that share a common wall) are all the same color—beige with green trim. Having some of the houses in the community a different color seems to soften the look. My next stop was Sunrise Point. They seem to have a lot of townhomes there. They are not restricted to one color, there is a palette of six or so earth tone colors to choose from. I stopped and asked one of the residents how they felt about the colors. The person I talked with liked the freedom to choose the color of their house and the refreshing appearance of the community but it came with a price. The biggest problem seemed to be with those residents sharing a common wall. The question became—who gets to choose the color of the wall, does it go with the rest of the house if the common wall extends into the neighbor's back yard or does it go with the neighbors house color since that wall is part of their courtyard or back yard. This issue seemed to cause hard feelings with some neighbors. This potential problem would need to be addressed in the decision making process. Eileen Owen, Wolf Run

Next month's Forum

What question or idea would you like to see put out there for the neighborhood residents to comment on.

The main purpose of the newsletter is to communicate and share ideas that bring us closer together as a community. Please respond to springschat@gmail.com

Hospital Update

Hospital website is up. Not all links are active yet. There is a construction site update with pictures and time-lapse video

<http://greenvalley.workzonecam.com/newgencommercial>

<http://www.greenvalleyhospital.com/index.html>

Annual Volunteer Picnic

Saturday, April 5 was the day to honor the many volunteers who donate their time and talents to making the Springs a great place to live. Due to predicted winds for that day, the picnic was held indoors in the Fiesta room. Not every volunteer was able to attend but 48 were present. Each committee chairperson introduced their hard working members. Many thanks to Howard and Sally Bryan for organizing the event.



GVR News and Notes

(Ron Sills, GVR Board Member and Springs resident)

The board, in conjunction with our CEO, has set a work plan and goals for the upcoming year. Out in front of these is to address the never ending problem of communicating with our membership, and implementing as much transparency as possible with our deliberations and decision making. I am hopeful you have noticed results with the stream of emails you receive, providing such information. Our new website is up and running, and it seems easier to navigate and provides more information about all things GVR than you probably want! Try it out

and see. If you are not getting frequent emails from GVR, please contact our office and give them your email address.

Our CEO, Kent Blumenthal has conducted seven public meetings with various GVR stakeholders, representing many of our members dearest interests. These were designed to listen to members concerns, and field questions they have. The feedback on these meetings has been very positive. In addition, Kent has been busy meeting with various community and business groups thinking of ways to work together to enhance the opportunities for GVR members in the community, and the attractiveness of Green Valley as a retirement destination.

The board is moving forward with potential plans to bring more members into GVR, continuing to explore potential new sources of revenue to offset your dues obligation, and the embryonic stages of building a budget plan for 2015. As we consider spending plans, our priorities are as always: assuring our facilities are well maintained to provide for our members full enjoyment and safety before we consider any new projects.

As always, be sure you swipe your card or sign in at any GVR activity you attend. These numbers are integral to our research and decision making.

Favorite Recipe from the Potluck

We have added a new section to the newsletter—favorite recipe from the monthly potlucks. There were many delicious dishes but here is a favorite from the April potluck. Thank you Judy Bierman for sharing it with us.

Cherry Cobbler

- 2 cans cherry pie filling
- 1 tsp almond extract
- 1 pkg yellow cake mix (2 layer size)
- 1/2 C butter (melted)
- 1 C almonds or pecans or nuts (optional)

Grease an 8x8 or 9x9 cake pan. Pour cherry pie filling into the pan. Stir in the almond flavoring. Sprinkle dry cake mix evenly over fruit. Dribble melted butter over all and top with nuts. Bake 45 min. @ 350 degrees.. Serve hot or cold topped w cool whip or ice cream. For a 9x13 pan, use 3 cans of pie filling, 1 1/2 extract, 1 large cake mix plus 1 Jiffy size cake mix and 1 C butter. Bake about 55 min to an hour. When the top is golden brown and the pie filling is bubbling, it is done.



Hello! Anyone Home???

It's that time of year again when the rattlesnakes are present. This intruder appeared at the Owen's house on Wolf Run recently. He probably slithered his way into the back yard under the side gate. A protective strip under the gate will be installed soon! An intruder like this can also make his way into your garage if the door is left open. If this happens to you, call the GV Fire Department (629-9200) and they will send someone to remove and relocate the critter.



HOME SALES

(since the last newsletter)

949 W. Via de la Fonda - Del & Lynn Mottaz, Green Valley, AZ

3800 S. Calle Rambles - William & Jacqueline Stupec, Varna, IL

760 W. Calle de la Pelotita - Joan Traylor, Green Valley, AZ

860 W. Calle de la Pelotita - Lawrence Green Springs Renter

3882 S. Camino del Golfista - Roland & Carol Leisch, Normal, IL

3780 S. Paseo De Los Nardos - David & Karolyn Morrow, Granbury, KS

3725 S. Avenida de Encino - Dewain & Suzanne Winters, McMinnville, OR

Need firewood?

The grounds volunteers have chopped up wood too large to fit in the chipper. It's free and available near the maintenance shed area at the end of Via De Cristal.

Keep it Cool in the Summer Heat

If you are traveling the country this summer or closing up your Spring's home heading back to cooler clime, don't forget about your medication. Whether you're packing them in your suitcase or leaving medications in your GV home, they must be properly stored.

Any medication, unless it specifies that it needs to be refrigerated, really needs to be kept at room temperature (between 68 and 77 degrees) in a dry place away from heat, humidity and light. So the medicine cabinet in your bathroom or the cabinet above the dishwasher, is probably the worst place for your stash. The best place to keep medicines is in the coolest room in the house in a drawer or cabinet.

Heat, moisture, and light cause the medication to degrade and lose potency. Some medications like tetracyclines, that degrade are very harmful to the body. While most other degraded medicines are probably not going to be harmful, they will loose potency, reducing their efficiency. This means they will not work as well as expected. This may not be significant if your Advil does not quite relieve your headache. However it is a serious problem, possibly life threatening, if your nitroglycerin has degraded and lost a significant amount of its potency.

Another medication that commonly presents some issues is thyroid medication like Synthroid and a few other thyroid products. Not that there is danger but the dosing is so sensitive and is a very small amount of medication. A small amount of degradation of the thyroid hormone, that is heat sensitive, can result in you receiving too little a dose. A small change in dose can sometimes cause a change in the way you feel. Insulin, Epi-pens, and other injectable medications require awareness and specialized consideration.

If you are leaving medications in an unoccupied home, set the air conditioner at 77 degrees or lower and store medications in dark place.

If you travel by car, do not store medications in the trunk. For medications that must be refrigerated or stored when heat is extreme, use a freezer gel pack for the duration of the trip. Place medication bottles in plastic bags to protect from condensation from gel packs. Avoid leaving medications in vehicles for a prolonged period of time.

If traveling by air, keep medications in their original, labeled containers and in carry-on luggage during flights to prevent exposure to the extreme temperatures in the baggage compartment and possible loss. Keep in mind that airport security may require further inspection of medication, so make sure they are labeled properly (ask Rush Limbaugh about this).

If you're having medication shipped to you in the summer, have it over-nighted and be there to accept the package, if possible. Leaving the package in the mailbox all day is a good way to bake Lipitor. Sometimes insurance companies will do a one-time replacement if you believe your medication has been affected by extreme heat.

Distant Neighbors

One jewel of Southern Arizona is the Fred Lawrence Whipple Observatory (FLWO), the largest field installation of the Smithsonian Astrophysical Observatory outside Cambridge, MA. The scientists are here, because our dark skies are one of the few areas still reasonably free of light pollution. The scientists at FLWO often share their knowledge with us thru tours and lectures. The last lecture in the current series was held March 26th. Dr. Emilio Falco presented an entertaining and thought provoking topic entitled "The Hitchhiker's Guide to Planets in the Milky Way".

Exoplanetology is the study of planets beyond our solar system. The potential for distant neighbors is staggering. In our galaxy alone it is estimated there are 400,000,000,000 stars, 40,000,000,000 planets of which 10,000,000,000 are possibly habitable. The first exoplanet, to be orbiting a normal star beyond our solar system, was discovered in 1995. Ninety percent of all exoplanets have been confirmed in the last 10 years. This is largely due to the Kepler Satellite Mission. To date, 1690 exoplanets have been confirmed by studying only 150,000 stars. Scientists are also studying the atmospheric composition of the exoplanets along with searching for exomoons.

The future is very bright for Exoplanetology. In the next few years several new missions will be launched to study millions of stars which will lead to astonishing discoveries. So beware, the next time you're trying to drive in the Safeway

parking lot and wonder "What Planet is this guy from" he may just answer Kepler-62e!!2014

Having Some Skin in the Game

Most full time Springs residents are aware of the annual ritual of skin cancer screening. Those who spend only a short time with us, or are here only during the winter to bring back a mahogany tan to Minnesota, may not realize the impact of the Arizona sun. Consider having a competent medical practitioner check that body out .

The most serious concern is Melanoma, which accounts for less than 5% of all skin cancer cases, but is responsible for the overwhelming majority of skin cancer deaths. Early detection and treatment are critical to prevent spread to other body parts. There are also many different types of non-melanoma precancerous lesion that can be identified. This University of Arizona site <http://azcc.arizona.edu/sci/about/detection> is one of many reputable ones that provides more detailed information.

Of course the best protection is prevention. Minimize sun exposure between 10 a.m. and 4 p.m. When outside use a broad spectrum sunscreen – SPF 30 or higher with UVA and UVB protection, cover head, lips, neck, hands and ears, as well as wearing protective clothing. Besides reducing cancer risks, it will help keep the wrinkles away and leave your skin so touchable. Staying out of the sun leaves more room in the pools, for those of us who laugh in the face of solar suicide.

One other reminder, when you get back to points north of Arizona. If you should have a cough, maybe fever, chills or just feel flu-like, remind your healthcare provider, that you spend time in the Arizona desert and ask to rule out Valley Fever. Many Arizona residents are infected by the soil fungus, and may not develop significant symptoms. Most physicians in Arizona will have Valley Fever in their differential diagnosis, but your nurse practitioner in Boise may not have it on their list. If you are a more paranoid patient with a respiratory problem, you might even bring up Histoplasmosis - an infection caused by breathing in spores of a fungus often found in pigeon and bat droppings. Histoplasmosis is most commonly transmitted when these spores become airborne, often during cleanup or demolition projects.

Pet Profile

Hi my name is Show Me (one guess where I was born) and I'm an 11 year old Bichon /Shih Tzu. My days are packed with fun activities like walking in the Springs, enjoying the Nature Park, playing with my squeaky toys and watching reality shows on Doggie TV! I make sure I have plenty of play time with my best friends in the Springs, Rascal Yager (Mary) and Cody & Tina Carl (DeeDee). I know many commands, and even tho my eye sight is not as sharp as it used to be, when Mom tells me to "look left/look right" before I cross the street, I still move my head! When it's time to rest, I will perform "pillow talk", rolling my pillow until it is just right before I lay down.



My favorite day of the week is when I volunteer with my Mom, Marilyn Harris, as a therapy dog for The Animal League of Green Valley. I've devoted my life to helping others, since I started going to nursing homes when I was a wee pup of 5 months old. I became a certified therapy dog through the American Kennel Club's Canine Good Citizen Program over 8 years ago. So when Mom was looking for a meaningful way to spend her time in Green Valley, I convinced her to oversee the therapy dog program at TALGV. To be a therapy dog, you have to have a few innate qualities like an easy going (there's always a tail puller in the bunch) attitude, obedient spirit, and oodles of love to share. Each week I go to Continental School so a child can read directly to me. I sit next to them and listen

intently (even tho I have heard the story over and over), encouraging them by cocking my head and hoping that this will be the beginning of a life that is enriched by reading.

Many of my friends are leaving soon for their summer homes and I've heard the Pet Profile is going on hiatus. So as a going away gift, I'd like to share with you our favorite anonymous quote:

"He is your friend, your partner, your defender, your dog (pet). You are his life, his love, his leader. He will be yours, faithful and true, to the last beat of his heart. You owe it to him to be worthy of such devotion."



Hope you have a happy Summer, I know you'll miss the Springs but it'll only be a few months. I love the Springs and if there is a better place for a pet to live you'll have to Show Me!

We encourage anyone who as a pet and would like to have him/her featured under Pet Profile, to please send your article and picture/s to: springschat@gmail.com

Smoke Alarm Battery Program Update

The Green Valley Fire Dept. has a program where they will come to your house once a year and replace the batteries in your smoke alarms for \$20.00. They recommend that you replace your smoke alarms every 10 years.

NEW - They now are also bringing with them new smoke alarms to replace your defective ones at a cost lower than you can buy commercially.

LOWER COSTS AND MORE CONVENIENT!
Call 393-7505 to make your appointment.

Springer's After Dark

Due to extensive sampling, the "tasters" were placed on a diet last month and were unable to review a restaurant, but perhaps you were. 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

RESIDENT of the MONTH

Sally & Howard Bryan are our Residents of the Month. They moved here from western NY, where the lake effect snow can exceed 350 inches in a winter. Gee, I wonder why! Like many of the people in the Springs, they both enjoy a variety of activities.



Howard is Vice President of the Springs HOA, and enjoys being outdoors more than anything. He plays pickle ball, likes to grow things and hikes every week, capping off each spring with a 13 mile hike up and down Mount Wrightson. He is also involved in Evangelical Free Church here in Green Valley, as chair of their Long Range Planning Committee. He hunts wild turkey and whitetail deer and Coues deer in NY and AZ, plus he enjoys fishing for walleyes, especially ice fishing.



Sally chaired the HOA Potluck/Socials for several years, and continues to help Howard with his duties, as they plan and host the Annual "Thank You" Picnic for Springs Volunteers. Sally also enjoys book club, quilting, painting toys at the wood shop for donation to St Andrew's Children Clinic (a wonderful project of Lance & Pat Johnson, of the Springs).

Sally is a Mary Kay Skin Care and Beauty Consultant. She is a firm believer that appropriate skin care is vital in our very dry Arizona climate. She also enjoys helping women with makeovers and says it's much like painting, finding the right shades and colors for each woman's natural shades.

Before moving to Arizona, sewing and quilting were Sally's primary hobbies. After being invited to the Art Studio by Marge Burt, another Springs resident, Sally found that painting is her

new love. Several years ago, when she entered her first Santa Rita Art League Abstract Show, she was honored to win first place with her painting "Exuberance". Since then, Sally has attended classes and workshops with a variety of instructors and says she benefits greatly from the many artists in SRAL who generously share their expertise with other members. Sally has held Art League positions as Newsletter Editor, 2nd Vice President, 1st Vice President and is currently President of the Santa Rita Art League.

Another activity that Howard & Sally both enjoy is training, walking and playing with Maddie, their 9 month old miniature poodle puppy. If you walk on our nature trail, you've undoubtedly met them there.

Howard and Sally have three sons, one daughter, and four grandchildren. When they are back East visiting grandchildren, kayaking and art projects are favorite activities with the little ones.

