



# 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

**November 2014**

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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](mailto:springschat@gmail.com) or contact a member of the newsletter committee: Eileen Owen, Juanita Kauffman, Jeannie McGaughey, Sandie Stone, Pat Strnad.

## UPCOMING EVENTS

**Nov 4 Meet'n Greet**, Fiesta Deck 3-5

**Nov 10 Board Meeting**, Fiesta Rm, 9:30

**Nov 20 Potluck**, Anza Rm, 5:00

## November Chinese Auction

A fun "Chinese Auction" to benefit the food bank will be the program at the November Potluck. Your participation is needed. This might be a good potluck to invite friends to join you for some fun. The way a Chinese Auction works is - people buy raffle tickets to put into containers beside items that are being auctioned off.

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 may group some items together, ie stationery and postage stamp. We will sell tickets before dinner and the fun is when the tickets are drawn after dinner.

Don't forget, Bill Perry has asked winter visitors to bring back a picture of yourself as a youngster and also your high school graduation photo.

## Board Meetings

October 13, 2014

**Please see the website for the complete meeting notes.**

There will be three board positions open the next election. If you are interested in volunteering drop a note in the black box by the gate or let a board member know.

Jim Rusk has been appointed as finance committee chairman. The former chairman moved. Also Tom Kramer and Ron Nairn will serve on the committee.

The company that made our original house numbers is not in business anymore. Therefore, homeowners who need to replace their house numbers are asked to find a replacement that is as close to the original as possible and submit to ARC a request for approval.

Parking on the sidewalks was discussed. Please do not park on the sidewalk as it impairs safe passage for those walking by. If you have a company working for you please ask them not to park on the sidewalks or curbs as the heavier weight of the vehicles breaks up the concrete.

A task force has been established to study what we can do about the pigeons which are nesting under the HVAC unit on homes.

A grateful THANK YOU for all you have done was given to Vic Bignall for his many hours working on the grounds committee. He did indeed carry a big stick and worked hard for the HOA. Become a volunteer!

## Join our newsletter staff

We are sorry to say that two of our valuable newsletter staff members have moved from the Springs. Lisa Pope wrote the clever Pet Profile articles while Joe Misinski with his witty, humorous style wrote Springers after dark, hospital updates and other current articles. I know they are a tough act to follow but we need a couple of volunteers to step forward if we are going to continue putting out a newsletter.

If you would like to add your name to our staff send an email to: [springschat@gmail.com](mailto:springschat@gmail.com).

You do not need to be a "full time" resident. Snow birds are welcome.

## HOME SALES

(since the last newsletter)

**3700 S Paseo De Los Nardos** – Lou Forcum, Murrietta, CA

**3765 S. Avenida De Encino** – Ingrid Coutu, San Antonio, TX

**804 W Puma Peak Road** – Paul Garcia & Margaret Horm, Green Valley, AZ

**3781 S Camino Comica** – Tim & Cindy Taff, St George, UT

**3983 S. Golden Lynx Rd** – Lynn & Darlene Kreuzer, Blacklick, OH

## Are you in the Green Valley Directory?

In most directories the phone company sends your listing as a courtesy. THIS IS NOT DONE for the Green Valley Directory.

If you want to be listed in the Green Valley Community Directory, you will have to fill out an application and mail it or deliver it to the GVC Office, 555 N La Canada Drive, Suite 117. Phone 520-648-1936

Applications are in the Community information section of the current directory or you can get a form from the GVCCC.org website on in the GVC office. You can now list up to two cell phone numbers.

If you are new the area, a former renter and now an owner or have moved or changed phone numbers you may need to change your listing.

Filing deadline for the next directory is November 21<sup>st</sup>, 2014

## Housing Report

(prepared by Longs Realty, Oct 2014)

In the Green Valley area, September 2014 active inventory was 675, a 7% decrease from September 2013.

There were 73 closings in September 2014, a 40% increase from September 2013. Months of Inventory was 9.2, down from 13.9 in September 2013.

Median price of sold homes was \$145,000 for the month of September 2014, virtually unchanged from September 2013.

## Three tips for a healthier you from AARP's Medical Advisory Board

1. Laugh more. Numerous studies have shown that laughter can reduce stress, improve your immune system, even relieve pain.

2. Turn in early. People 50 or older who get 6 to 9 hours of sleep a night think better than those who get fewer hours, according to a new study in the Journal of Clinical Sleep Medicine. Sleep seems to strengthen the connections between brain cells, helping older adults process information more readily. Sleep seems to help our bodies repair all the things that might have gone wrong during the day.

3. Opt for screenings over wellness exam. A yearly physical per se has not been demonstrated to be all that helpful in preventing disease according to Dr. H.J. Cohen, director of the Center for the Study of Aging and Human Development at Duke University in NC. A better bet: Get specific screenings for heart disease and breast and colon cancers, as well as vaccines for flu and shingles. Also check to see if your tetanus vaccine is up-to-date.

## We Miss You

QD Dorian and his wife, Nancy, have moved to Scottsdale to be closer to their daughter. QD seldom failed to miss a board meeting. He and Nancy were one of the first Springs residents.

Lisa Pope and Joe Misinski have moved to Mariana. They were long time residents and volunteers in the Springs. We wish both couples well in their new locations.

# My Summer Trip

(Gene & Jeannie McGaughey)

## Tenacious Touring on Two Wheels



Gene and I own Hondas.... He has a Goldwing and I have a Silver Wing (scooter) and we decided to take on the "Touring Arizona" challenge while traveling to St. George, Utah, for the Region "F" Rally this past month.

Day 1. We departed Green Valley, Arizona, bright and early and our breakfast stop (make that "photo op"-PO1) was in Gila Bend at the Space Age Lodge. Our next stop (PO2) was Dateland. You know the place; they are famous for their "date shakes." Then it was on to Yuma where, after visiting the Yuma Territorial Prison and Yuma Proving Grounds (PO3 & PO4), we cozied in for the night.

Day 2. Up and on our way along the Colorado River to Quartzite, we found the Hi-Jolly Memorial (PO5). FYI, Hi-Jolly was responsible for bringing camels to the Confederates and then the US Calvary! After Quartzite, we found ourselves studying the monument to the Poston Japanese Internment Camp (PO6). Next we landed in Parker for brief visit to the Blue Water Resort/Casino (PO7) before making our way to Lake Havasu for the night. Of course, the requisite PO in Lake Havasu was the London Bridge (PO8).

Day 3. Still on our quest, today we head first to Oatman to ride among the burros and have a cup of coffee in the Oatman Hotel (PO9). It was fairly obvious that Route 66 is not high on Arizona DOT's maintenance list. We have a full day ahead so after a brief stop, we travel to Bullhead City where we can look across the river at the Laughlin NV skyline (PO10) and then point east to Kingman to see the Old Route 66

Visitor's Center and lunch at a great diner directly across the street. Now headed north again, we detour along US-93 long enough to visit Chloride (not an official stop), White Hills Ghost Town (again, not an official stop) and Temple Bar Resort (PO11). Interestingly enough, Temple Bar Resort is a very nice marina on the east shore of Lake Mead! Our last "must see" for the day is Hoover Dam and after riding over the ginormous new bridge, we wind our way down to the dam itself (PO12). This night we stopped in Henderson for a little R&R before continuing our journey.

Day 4,5,6. I know, I know...it's not really *that* bad, but the traffic leaving Las Vegas at 7:30 a.m. was pretty ugly! Today we decided to take another unscheduled detour and drove to St. George via the Valley of Fire; it was incredibly beautiful and a fun road to drive. Amid major road construction, we managed our one planned stop for the day at Virgin River Canyon (PO13) and arrived in St. George in plenty of time to check in, register for the rally, and meet up with friends. We now had two full days to "play" before heading out again.



Day 7. We're off, again! First we head east to Pipe Springs National Monument (PO14) where we are told this was a stop on the "honeymoon

trail" for Mormons on their way to St. George and Brigham Young's summer home. It is also a great place to buy gas before continuing on to the North Rim of the Grand Canyon (PO15). Our day is a day of contrasts; the mountains and spectacle of the Grand Canyon followed by the beauty of the Vermillion Cliffs (PO16) and Lee's Ferry (PO17); one of the most beautiful 3 miles you'll ever drive. We spend the night at the Cliff Dweller's Lodge; not the ancient stone one next to the road but the more modern one with a restaurant and flush toilets! Hooray!



Day 8. After a good night's rest (and an opportunity to see a universe full of stars in this particularly dark



location; they turn all the lights off at 10 pm), we head south to first the Little Colorado River Gorge Overlook (PO18) and then the Cameron Trading Post (PO19) for breakfast. We decided to try the Navajo Blue Corn pancakes; perhaps not the best choice on the menu but just another part of our adventure! Our next PO was to be the Navajo Point Tower. We stopped at Navajo Point but didn't see the tower – so we headed on to view the South Rim of the Grand Canyon (PO20). Well, we never want to say we didn't persist, so we headed back towards Navajo Point and then went a little further to Desert View Drive where we found the tower (PO21). Success! Next we look for Waputki National Monument and now have pictures to prove it is really Wupatki (PO22) and then on to Sunset Crater (PO23) and only one more stop left for this day. We traveled through the smoke in Flagstaff (a result of the Oak Creek Canyon fire) and up into the mountains to view the Arizona Snow Bowl (PO24) where there actually was still snow on the ground – what fun after a day in the Arizona sun! Time to stop for the night.

Day 9. Tomorrow is our last day on the road for this trip but we still have quite a few sites to see today. We first travel east of Flagstaff to see Walnut Canyon National Monument (PO25); very interesting! Backtracking a bit, we head south on I-17 (barely) and then off the freeway southeast to Mormon Lake (PO26), the largest natural lake in Arizona and then on to Happy Jack Resort (PO27) located in the cool White Mountains of Arizona. Our next stop is the Tonto Natural Bridge (PO28). The bridge is interesting but the ride up and down to see it is IMPRESSIVE since it is a 14% grade with curves! We spent the night in Show Low and, on the way, came upon the last on our list for the day – the Pinedale Covered Bridge (PO29); the only covered bridge in Arizona.



Day 10. The day has come; our last and always a bit sad. But before we climb off the bikes tonight we have several new sites to see. The first is a quick gas stop and picture at the Hon-Dah Casino (PO30); then on to Ft. Apache (PO31). We enjoy a great ride through the Salt River Canyon (PO32) and then stop once again in Globe for gas. Our next site is Biosphere 2 (PO32) just north of Tucson; however, we take a short (50-mile) detour to also visit the Tom Mix Memorial (PO33). (I think it's also an excuse to extend our trip just a bit more!) Never being ones to miss an opportunity, once we got south of Tucson we decided to add two final stops to our growing list; the San Xavier du Bac Mission (PO34) and then lastly, the Titan Missile Museum (PO35).

So, that's a summary of our "Tenacious Tour on Two Wheels." We hope you got a glimpse of the fun you can have while "Touring Arizona!"



### **What did you do over the summer?**

If you went somewhere special and would like to share your experience with a short write-up and include a few pictures, we would like to hear from you. Send to: [springschat@gmail.com](mailto:springschat@gmail.com)

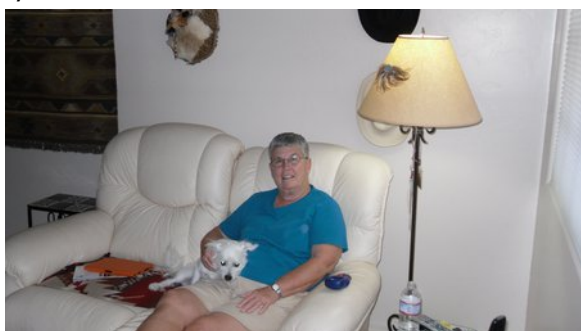
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### **GVC Representative**

Are you interested and want to be involved in the Green Valley Council? Each HOA which is a member of the council has a representative. We need people who are interested to represent our HOA. You may contact Sandie Stone, our HOA president, and let her know if you are interested in being our representative or an alternate representative.

## Resident of the Month

The spotlight this time is on resident Barb Wolf. Barb spent most of her 34 working years as a physical education teacher in the Rotterdam, NY school system. She started at the high school in Coxsackie, NY, then she changed districts to work at the elementary level then because of declining enrollment the school system moved her part time to junior high and finally she ended back in the senior high school for her final years.



When Barb was a couple of years from retirement she started thinking of warmer climates to spend her retirement years in. Unlike a lot of easterners Barb did not want to go to Florida. Barb's former boss had moved to Arizona and gave Barb some information on the AZ retirement options. Barb did further study requesting info from the Chamber of Commerce in the Green Valley area. She then visited Green Valley and Phoenix. When she visited the Springs it was impossible to get to the south side of Fuerte to see proposed building sites as development had not yet reached that area. Barb had a model picked out that she wanted but did not see the actual house she bought in the Springs. This was because she bought a model which the contractor rented back from her for two years. This time span worked with her retirement plans so it was kind of having your cake and eating it too. When Mary Yeager was vacationing in the Springs after Barb bought her house, Mary took pictures of the house and area to show Barb what she had bought.

Barb is a great volunteer. She has been the Springs HOA Board secretary, social chairperson (the first Pot Luck Chairperson), newsletter committee, chairperson of light bulb replacement committee (started the team to replace light bulbs), and she served on the ARC committee. Barb is currently overseer for Park 9 and a Block Captain for the Neighborhood watch.

While on the newsletter committee she wrote "Tales from Tippy" and she organized a Halloween Puppy Parade for several years. Barb also volunteered for 7 years at Friends in Deed (FID). She left FID in 2006 and started volunteering in the computer lab at Joyner Library. Also in 2006 Barb and Minnie started Pet Therapy visits at Santa Rita Care Center and La Posada Assisted Living. In 2010 she left the library and started volunteering as a server for the American Legion auxiliary lunch program and sometimes helps serve Saturday night dinner when asked. She is also Public Relations chair for the Auxiliary.

Since 1991 Barb has shared her home with her dogs. First Tippy then Minnie was added and later Taco. Tippy and Taco have gone to doggie heaven but they are not forgotten. All of the dogs were from shelters. Taco was not fully trained even though he was two when she got him. With the persuasion of treats he soon learned to "go" while he was on his walk.

In her retirement free time Barb enjoys photography and has taken several trips and has great pictures from them. To mention a few place visited start with 3 weeks in Alaska this summer and in the past trips to Utah National Parks, the north and south rim of the Grand Canyon, Monument Valley, Canyon de Chelly. The sunrise and sunsets here in the Springs are also favorite picture opportunities for Barb.



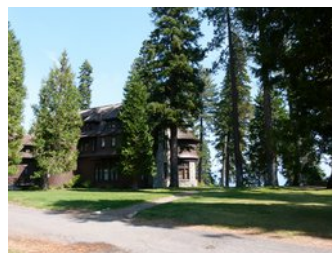


## Our Summer Road Trip

(Jim & Eileen Owen)

Jim and I made plans to go to the Albuquerque Balloon Fiesta. Why not make it a road trip and do some hiking, bicycling, and golf along the way I said. Of course I had to give Chakita the bad news that she would not be going.

We loaded up the golf clubs and bicycles and took off for Lake Tahoe. We bicycled from Squaw Valley to Sugar Pine Point State Park where we enjoyed spending time at the Hellman Ehrman estate. This is where the wealthy San Franciscans spent the summer in the early 1900s. Interesting and beautiful!



From there we drove to St. George, UT where we bicycled and golfed. We enjoyed the beautiful countryside.

Next stop was Grand Junction, CO. Some of our Green Valley bicycling friends live there so we bicycled in the morning and did some wine tasting at a couple of local wineries in the afternoon. Our friends drove us to the Grand Mesa where the fall colors were plentiful.



On to Estes Park where the warm, sunny weather came to an end. More Green Valley bicycling friends were there but the wind and snow left us with plan B—hiking instead of bicycling. We couldn't believe all the elk walking around the town, golf course, and meadows. We must have seen at least two dozen.



We left for our last Colorado stop—Montrose and Ourey. More Green Valley friends here to show us around. The early snow storm left the mountains breathtaking.



At last we were in Albuquerque at the Balloon Fiesta. We were part of a Road Scholar group (aka Elderhostel) This was our first trip with them and it was a good experience. We spent two days viewing the balloons as well as taking in several museums



## PET PROFILE

Hola, I am Chakita, a 2 ½ year old Chihuahua, and I live with my BFF Jim and his wife, Eileen.



No one can answer why I was abandoned in the desert near Sahuarita. Some kind person found me and took me to the Animal League of Green Valley. BFF Jim was a new volunteer there and loved me even though I am shy and attitudinal. I lived with them a few months in GV before moving to their summer home in California. Being a true desert dog, green grass was a whole new experience for me. I hate those wet blades of grass that go all the way up to my stomach.

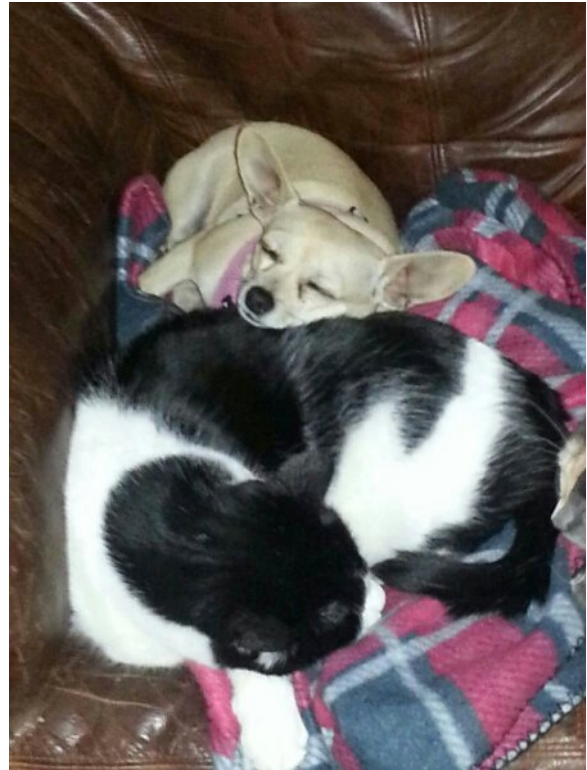
I was a slim, sleek, 6 pound girl when Jim adopted me. The "good life" has caught up with me and now I tip the scale at 8 pounds. I hope it doesn't have anything to do with the delicious dog cookies that BFF Jim makes for me.

I like napping, especially on BFF Jim's lap. When he is gone I jump on the bed and sleep on Eileen's pillow. I know she doesn't like it, but I do it anyway.



I am taken for a 3 mile walk every day. I don't like it when BFF Jim is gone and Eileen walks me. She is of German ancestry and makes it a march instead of a walk. Doesn't she know I love to sniff!

When Jim & Eileen travel, I stay with a sitter named Marsha. "Big Kitty" lives at her house and we are best buds. She has 2 dogs but I don't like them.



My family will be returning to GV soon. Look for me on the walking trail with my BFF Jim. I'm the pretty one in the pink harness.

If you have a pet and would like to have it included in the Pet Profile section, please contact a member of the newsletter staff or write up an article (include pictures) and submit it to: [springschat@gmail.com](mailto:springschat@gmail.com)