



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, Juanita Kauffman, Jeannie McGaughey, Sandie Stone, Pat Strnad, Pat Johnson

UPCOMING EVENTS

- Feb 3** **Meet 'n Greet**, Fiesta Deck, 3-5
- Feb 10** **Board Meeting**, Anza Rm, 1:00
- Feb 14** **Potluck**, Anza Rm, 5:00
- Feb 22** **Picnic in the Park**, Perry Park, 1:00
- Feb 28** **Annual Community Garage Sale**

February Pot Luck Program: Ernie Cox Jr. will be presenting a wonderful media show.

Meet 'n Greet (Happy Hour)-- held on the first Tuesday of the month. Residents and renters welcome. Location is the Fiesta Deck at the SRS Rec Center. In the event of inclement weather, we meet in the Fiesta Room. Wear your name tag and bring anything you want for your beverage and snack.

Picnic in the Park--held at Perry Park the 4th Sunday of the month (Jan - April) Social starts at 1:00. Coals provided by the HOA and ready by 1:30. You provide something to grill or bring a sandwich, a pad to sit on, glasses and silverware and something to drink. Please bring something to share with everyone like an appetizer, salad, or dessert. Residents and renters welcome.

Board Meeting Summary

January 13, 2015

The new hospital will be installing turn lanes for the next six weeks. During that time the north bound bike lane will be closed on the frontage road. Also trucks will be using the northbound lane when leaving the construction area. Please be very alert when exiting the Springs.

The revised master landscape plan was tabled until the February 10th meeting.

Please consult the HOA website at www.thespringshoa.org for the complete minutes and officer's reports.

Amado Food Bank Donations

(Bill Perry)

January contribution from the Springs: \$490 cash and 26 pounds of food

Annual Community Garage Sale

If you want to participate in the Springs community garage sale on Saturday, February 28, please contact Juanita at 625-1509 with your name, address and phone number.

You can also contact Juanita at Kauffmanaz@aol.com. There is no cost to you to be a part of this garage sale.

HOME SALES

(since the last newsletter)

3908 S. Calle Viva – James & Patricia Kucera, Chippewa Falls, WI

Fun Golf

Are you a Springs couple interested in playing 9 holes of non competitive golf at a local course and meeting for drinks and food after? We play Friday afternoons twice a month. If so, contact Eileen Owen (jimeileenowen@aol.com) with your name, address, and phone number and you will be added to the list. Snowbirds welcome.

Springs Annual Meeting (January 24, 2015)

Turnout for the annual meeting was good, 92 homeowners in attendance. There were 60 homes represented, enough to meet the quorum qualification. Perhaps the meet 'n greet following the meeting had something to do with the number present.

In her annual report, Board **President** Sandie Stone thanked the many volunteers who keep the Springs a great place in which to live. Using the grounds volunteers as an example, at a base of \$10/hour, multiplied by the number of hours given, this would increase our budget by \$12,000 or \$28 per household. Grounds are only a part of the many volunteers here in the Springs. A list of all the volunteers was posted at the sign-in table and sheets were provided for anyone wishing to become a volunteer. Volunteers are what is keeping us from spending money on a Management Company (a sure way to increase homeowner dues)

Accomplishments for the past year included diminishing the pigeon population, attention to keeping the sidewalks and curbs clear of parked cars and garbage receptacles, and no increase in homeowners dues.

A special thanks was given to Jeannie McGaughey for her help in keeping the Board organized.

Vice President Howard Bryan thanked Nancy & Doug Crosby for organizing the Picnic in the Park, Scott & Yvonne Denzer for hosting the Meet 'n Greet, Bill Perry for hosting the Pot Lucks, and many others for their volunteerism. He also thanked the three incumbents, Jim Owen, Norm TenBrink, and himself for agreeing to stay on the Board for another two year term.

Treasurer, Roger Olson, gave the financial report. Bottom line is we are in good financial shape and no dues increases to pass on in 2015.

The **ARC Committee** Board member and Chair, Steve Gilbert, thanked Bernie Serek, Mike Kearns, Juanita Kauffman, Judy Abood, and Kaye Gray for their work on this committee. He reported that this was the second full year term of the Compliance Agent, Gene McGaughey. It is his belief that the concept of a Compliance Agent has made a noticeable positive change in appearance with the community. Many long

time residents have said The Springs has never looked better in terms of visual aesthetics.

Street, Buildings, & Utilities Chair, Joe Barton reported a quiet year for the community infrastructure. Things to consider in 2015 to keep our common property standards high are repair to gatehouse, and street name signs.

The **Grounds Committee** Report was read by Jim Owen. Several large projects were completed. There was some issues with homeowners cutting trees/foilage in the common area behind their homes and differing opinions regarding optimum clearance. The Board will be putting into place a policy regarding the treatment of all common areas behind homes. The policy will be finalized early in 2015. Besides trimming and clean up in all the parks and common areas, agave plants were treated with systemic disease prevention, repair and painting of the south barrier wall was done, front fountain cleaned and repaired, irrigation lines cleaned and repaired, and equipment serviced and cleaned. A big thank you to all grounds volunteers. They are listed by name on the HOA website under Boards & Committees if you wish to thank them personally.

Capital Reserve Fund summary and report was given by Chair, Gene McGaughey. We are in the 10th year of the 30-year Capital Reserve Fund plan. At the end of this year we will be 50% funded. Streets remain the primary expense. In order to keep the cost estimates and calculations accurate some component changes have been made for 2015. (To see what has been changed, refer to the report on the HOA website under Financials)

Winter Grounds Volunteers

If you volunteered to help with grounds, they meet Tuesday and Friday mornings from 9-11. Meet at the equipment shed on the corner of Viva and Fonda.

Saturday Bike Ride

Interested in a bike ride? Bill Perry will be leading Saturday morning bike rides. They will be 15 to 20 miles at an easy pace on paved roads. For more information, call Bill Perry at 393-7401 or email at wperry42@cox.net

Invitation from Valley Assistance Services

*Join us on February 23rd at 1 – 3 pm
for a special Spring SHiM® Event*

SHiM®, Safety and Health *in* Motion, is a unique program started in 2011, partnering an RN with a Green Valley Fire Corp member to go to homes of seniors and persons with disabilities to assess for safety and fall risks. The SHiM® team visits those in their homes, and discusses different concerns that may relate to falls and safety, such as health, medications, balance, and home safety/fire. This team helps each person become more aware of things that might lead to falls, and teaches about prevention. Follow up visits are by RN's, to partner with each participant to further prevent falls and discuss other concerns that the participant might have.

SHiM® was Nationally Recognized at the American Society on Aging's conference in Washington DC in March of 2013. This program was presented by Chris Kang (Executive Director of VAS), Chris Erickson (RN Care Manager at VAS) and Katie Sayre (Administrative Chief of the GV Fire Department). These three individuals created and wrote the SHiM program.

JOIN US, February 23rd, 2015 from 1 – 3 pm, at the Valley Assistance Services office at 3950 S. Camino del Heroe-- meet the SHiM® teams and:

- Participate in a new SHiM® self-screening tool, designed specifically for the Springs residents.
- Review your medications with Dr. Zimmerman
- View Fire demonstrations and learn home evacuation preparedness plans
- Participate in blood pressure screenings
- Take part in a pre-diabetes screening

Special safety gifts for each household attending....please register by emailing: c.erickson@valleyassistanceservices.org or s.golden@valleyassistanceservices.org
OR Call us at 625-5966 by February 17th to reserve your space.

Where Have You Been??

The Tasteful Kitchen

If you want to try something different for dining "The Tasteful Kitchen" in Tucson is good. It features modern vegetarian cuisine. Though the food is not exclusive to any particular dietary group, you will find that almost everything offered is vegan and is gluten free. It is easy to get to (722 N Stone Avenue) with off street parking in the rear. Don't let the darkness of Tucson scare you off.

The dishes are all prepared from scratch-in-house. They use locally-grown organic seasonal vegetables, fruits and nuts. The restaurant was quite busy, and on weekend evenings a reservation would be needed. The décor-- eclectic with various artwork on the brightly painted walls and cloth covered tables.

The soup of the day, parsnip soup, was served with a homemade cracker. There were several appetizers listed. One of the adjoining tables had rosemary and maple syrup roasted sweet potatoes with date-ginger tahini dipping sauce. It looked sumptuous. The Herb Cashew Gnocchi was delicious. It was described as sundried tomato cream sauce, marinated seasonal greens and crispy matchstick vegetables. The gnocchi was made from the cashews.

The desserts were delicious. Highly recommended were the Decadent Carrot Cake and the Flourless Orange and Almond Cake.



Visit online TheTastefulKitchen.com to view the menu, customer reviews and events calendar.

If you have visited a restaurant, attraction, or event and would like to recommend it to others, please write up a paragraph about it and send it to the springschat@gmail.com. Many residents and renters would like to know what others have seen and enjoyed in the area.

Pet Profile

My name is Maggie. I'm an almost seven-year-old (they think) Beagle. The reason my newest "Mom & Dad" aren't quite sure is because they rescued me from a shelter when I was about one and a half years old. I was so scared that I followed Mom around constantly at first and when she tried to cage train me, I literally spread the cage bars apart while she was gone. Thus, I gained my freedom forever.



Once, when they went on a trip, they left me with their son who had some dogs and two cats. The animals all slept together in his big bed, so guess where I ended up, and now I do at home, too. What a life! I love hiding my face under the covers, plus my snoring doesn't sound as loud then. I got along so well with the cats, who were more my size, that I played with them more than the dogs.

As you can see from my photo, I'm pretty laid back and relaxed. Not always so---back in Oswego, Illinois (my hometown) I was called "Speedy Beagle" because I would run around in circles super fast. But, I developed a problem in one knee, which has slowed me down to being content with my twice-a-day walks on the Springs walking path.

I'm so glad my Mom and Dad bought a house here last May. We are snowbirds, but I enjoy the over-1800-miles road trip and the hotels along the way.

I love my parents so much that I really miss them when they leave me at home, even for an hour, so I give out this piercing "glad you're back" howl when they return.

I now have the best life. Thank you Hal and Jo Beiler for adopting me.



Favorite Recipe from the Dec Potluck

Almond Sponge Bars (Judy Bierman)

4 eggs
2 cups sugar
1 cup cold water
2 tsp. almond extract
2 cups flour
1 tsp. baking powder
1 tsp. vanilla

Preheat oven 350°. Beat eggs and sugar for 10 min. on high. Then gradually add remaining ingredients.

Pour into greased & floured jellyroll pan. Be sure the jelly roll pan has about 1 1/2" lip or it will run over the top.

Bake for 20-25 min. Cool completely.

Frost with the following recipe:

Frosting

3-4 cups powdered sugar
1 stick butter, softened
1 tsp vanilla
8-oz pkg cream cheese
3-4 tsp. almond extract
chopped toasted almonds

Mix ingredients until smooth. Spread on cooled bars & cover with toasted almonds.

(I usually just toast slivered almonds and sprinkle them on the top.)

Resident of the Month



Ernie and Deborah Cox

Ernie was born at home and grew up on Chicago's south side. Altho he wanted to work as an airplane mechanic and received a scholarship offer from the Illinois Institute of Technology, a summer job at the *Chicago Tribune* as copy boy steered him in another direction. He was already an avid photographer and was offered a job as an inside man (developing film and making prints), and soon was shooting on the street -- all very exciting, as he was the first black photographer at a major newspaper. Eventually, he covered general news, sports and business and traveled the U.S. and overseas. Ernie's most exciting assignment was six months in southern Africa, and for his work, he was awarded first place in that year's World Press Photographers contest. Over the years, he won numerous other awards, including a nomination for a Pulitzer. Ernie was with the *Trib* for 41 years -- the final 15 as chief photographer of their Washington, D.C. bureau, where he covered the White House, Congress and various assignments on the east coast. He was also one of four D.C. photographers to be on call with the Dept. of Defense, and so accompanied troops to Haiti, Grenada and Iraq for the first war there.

Deby grew up in Batavia, Illinois, and attended Northern Illinois University. Ernie and Deby met while she was county campaign chair for a democratic candidate for governor, and Ernie was covering election night results at the candidate's headquarters. She recalls that their eyes met across the huge, crowded room. It was love at first sight . . . and the rest is history. He's not commenting. Haha.

They lived in the Beverly neighborhood in Chicago for a few years, with Deby's son Peter and where son Jamaal was born. Then Oak Park for many more before being transferred to D.C., where they lived in Silver Spring and then on Capitol Hill. In Illinois, Deby worked at Loyola University teaching hospital, and Allstate Insurance corporate headquarters, where she had been in a management training program when Ernie was sent to D.C. Deby was the secretary to the president of American University until he retired, then worked in the CIA's Office of Inspector General as report editor for investigations that were prepared for Congress. She also was a contractor for Congressional special investigations after Ernie retired, and worked with many people you would know. A real eye opener. When there was time, Deby worked on several more political campaigns and volunteered at the kids' schools, until the kids were old enough to ask her not to! Ernie and a photographer friend recruited other media friends to make presentations to school kids throughout Chicago and Washington, D.C.

After retirement, The Coxes lived in their weekend mountain cabin in the Shenandoah Valley, and occasionally spent time at their small beach house in Surfside Beach, SC, that had been mostly used as a rental. Turns out, SC was not for them, and being in the beautiful, but very remote, Blue Ridge Mountains was way too lonely (not to mention lacking in basic amenities, like cable, internet, phone and mail service and a grocery within 35 miles, and it was difficult to bike-ride on the winding, dirt roads). They ended up in Green Valley, after visiting Deby's father and step-mom here. Actually, it took several visits because, like others who have been featured in "The Chat," they did not immediately see the beauty in the desert (no trees and so, um, *tan*), it was so slow and quiet, and, oh, so many old folks! They saw several bumper stickers reading, "Helen Keller is alive and well and driving in Green Valley," during a visit when yet another old lady drove thru the Safeway's front window. They weren't quite sure this was the right place for an active retirement. Then Deby's dad was diagnosed with lung cancer. He had already told them about The Springs, which he had checked out when first being built and declared the homes to be well-constructed (he was a structural engineer), and Ernie and Deby were attracted to the Santa Fe style. Plus, the streets were smooth enough to roller blade on! After moving

here, they were able to spend a few more years with Deby's dad.

Ernie immediately got involved with the HOA board -- he was the Grounds Committee (he was the only one on the committee), which he did for three years. Bob Steindorff was still the HOA head, and Ernie worked with him on park planning and upkeep. Deby's favorite memory of those times was when Ernie and Bob were standing on their driveway, pointing fingers and yelling at each other about the trees (see, it never ends!) and she went out to tell them to knock it off before someone called the police. A few minutes later, Ernie stuck his head in the door to tell her he and Bob were off to lunch.

Things have slowed down a bit, and they spend most of their time in Arizona, with some traveling to LA and Montana to visit their sons and granddaughters and an occasional trek to camp along the Oregon coast and to Door County, WI, to the summer cottage shared with Deby's brothers. Ernie teaches Mac classes at the computer club and La Posada; Deby rides her bike, and sits on the patio reading books. They feel so fortunate to have such wonderful and interesting friends and neighbors in The Springs, even tho they're all, oh, so old.

Spring Wildflowers -Penstemon (by Pat Johnson)

We've had some soaking rains so far this winter, making it likely that the spring wildflower bloom should be a good one. One group of wildflowers that put on a great display are the penstemons.

Penstemons are perennial species that bloom in pink, purple, red and white, and sometimes even blue. They are often used in roadside revegetation mixes, so we often see them along the highway. Look for them in the newly planted areas along the north end of the frontage road and along the walking trail. The plants grow from 1 ½ to 5 feet tall with showy spikes of flowers blooming from February through May, depending on the species.

Penstemons last 3 to 5 years in most gardens, but most reseed easily. The best time to plant seed is in the fall, but potted plants can be planted in the spring. Their tubular flowers may remind you of snapdragons, and in fact, they are in the same family. Water use is low in the spring and fall. Provide some water, but not too

much, in the summer as the roots can rot if watering is excessive. Soil with good drainage will extend their life span. Tall stalks can be cut back after blooming, or you can allow them to remain on the plant in order to collect the small black seeds for planting the following fall. The plants like to be in full sun but can thrive in partial shade. In addition to their beautiful blooms, they are very attractive to hummingbirds.

Probably the most popular penstemon is Parry's penstemon (*Penstemon parryi*). It was named for Charles C. Parry, a British-American botanist and mountaineer, who collected plants in the 1800's along the US-Mexico border and throughout California, Colorado and Utah. This is a wildflower native to the Sonoran desert with profuse hot pink to red blossoms on stalks that are 3 to 5 feet tall.

Another tall species is Firecracker penstemon (*Penstemon eatonii*), which grows 3 to 4 feet tall and produces scarlet to red flowers. It is one of the first to bloom in February.

Superb penstemon (*Penstemon superbus*) blossoms in shades of coral and grows 2 to 4 feet tall and is a native of Arizona and Mexico. A shorter variety is rock penstemon (*Penstemon baccharifolius*), which grows 1 to 2 feet tall and blooms in shades of red. This variety is native to central Texas.

Planting a mixture of species throughout your yard can extend the bloom period, but be sure to plant them in an area where you can view all the hummingbirds that they will attract!

