



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

Summer 2015

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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 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, Rebecca Keenan.

UPCOMING EVENTS

July 25 **Potluck**, Anza Rm, 5:00

Aug 15 **Potluck**, Anza Rm, 5:00

Sept 19 **Potluck**, Anza Rm, 5:00

Board Meeting Summary

(May 12, 2015)

President Sandie Stone reported that she will be getting competitive quotes for our HOA insurance policy which becomes due in October.

There will be no HOA Board meetings from June through September. Next Board meeting will be October 13.

Vice President, Howard Bryan, announced that the July potluck date has been changed to July 25. He also stated that Jim & Cindy Uminski will take over as hosts of the Meet 'n Greets which will resume in October.

Potential tripping hazards on the Springs sidewalks have been identified and will be repaired in the near future.

The Board met with attorney Goldschmidt concerning the handbook. Bottom line, simplification is better. The handbook is a

consolidation of the CCRs. This is an ongoing project of the Board.

Harold Moberly addressed the Board concerning the need for repair of the Bulletin Board at the entrance of the Springs. Funds were approved for this project. In addition, the other 6 bulletin boards need the plastic doors replaced.

Harold and some volunteers will be working on repairing the cracks in the nature park pathway. The process includes cleaning the cracks, putting on a patch then sealing it. Jeannie will be sending out an email asking for volunteers to help.

Jeannie mentioned that she is often contacted about rental property in the Springs. A suggestion was made that landlords in the Springs list their rental property on the Springs website if they wish to do so. When questions arise, she can refer them to the website for rental information.

Kris Kane from Valley Assistance League asked for the Board's input on a tree issue brought up by neighboring residents.

Please see the website for full details of board minutes and reports.

Garbage Containers

Will Republic/Saguaro eventually refuse to service 33 gal size garbage cans?

The answer is no. Following a review at corporate operations and legal, Republic in Tucson has affirmed that the Springs community can continue to use containers that are best suited to their individual needs. Republic may no longer provide the smaller containers, however they will service them.

A Request

Bill Perry has asked us to bring our favorite pictures back with us when we return in the fall. One picture per person in the household. At a recent potluck it was fun guessing who people were from their graduation pictures. Make a note on your return items list to bring your pictures.

Favorite Recipe from the Potluck

Chicken Spaghetti

Shani Murray

1 whole chicken (I used the rotisserie chicken from Costco)

1 pound thin spaghetti, broken into 2-inch pieces

2 1/2 cups shredded sharp cheddar cheese

1/4 cup finely diced green bell peppers

1/4 cup finely diced red bell peppers

1 small can sliced olives

1 teaspoon seasoned salt

1/8 to 1/4 teaspoon cayenne pepper

Two 10 3/4 oz cans cream of mushroom soup

1 medium onion, finely diced

salt and pepper to taste

Preheat oven to 350 degrees. If you boil your own chicken (rather than use already cooked chicken) bring a large pot of water to boil over medium heat and boil the chicken for 30 to 45 minutes; remove the chicken and 2 cups of the chicken broth from pot. When chicken is cool, remove the skin and pick out the meat and dice into bite sized pieces.

Cook the spaghetti until al dente in the remainder of the chicken broth (do not overcook). When the spaghetti is cooked, combine with the chicken, 1 1/2 cups of the cheese, the peppers, olives, seasoned salt, cayenne, soup and onions, and sprinkle with salt and pepper.

Stir in 1 cup of reserved chicken cooking broth (I used canned chicken broth) adding

an additional cup if needed. Place the mixture in a 9 by 13 inch casserole pan and top with the remaining 1 cup of cheese. Bake until bubbly, about 45 minutes. (cover with foil if cheese gets too dark).

Please Don't Trash Your Neighbors!

Recycle? Yes, of course, but that doesn't mean that you should just put it out in a bin and then share it with your neighbors!

We are all aware of how the critters in the area can come out on trash day and make a buffet out of our garbage cans. Most of us either put a lid on the cans or put it in bags well secured. However, our recycle bins seems to be another issue. Please be sure that the contents STAY INSIDE the bins until the garbage truck arrives. This might mean putting things in a bag or at least weighing them down. Some use a large rock and the garbage folks toss it beside the bin when they take the recycle.

In any case, PLEASE take a look at your bin when you put it out, check out the wind conditions, and make sure it is part of the solution and not part of the problem!

A Walk in the Springs Nature Park???

A new study finds quantifiable evidence that walking in nature could lead to a lower risk of depression.

Specifically, the study finds that people who walked for 90 minutes in a natural area, as opposed to participants who walked in a high-traffic urban setting, showed decreased activity in a region of the brain associated with a key factor in depression.

These results suggest that accessible natural areas may be vital for mental health in our rapidly urbanizing world, says coauthor Gretchen Daily, professor in environmental science and a senior fellow at the Stanford Woods Institute for the Environment.

Where Have You Been??

Recently I traveled to Tucson with Barb Barton and 16 members of the GVR Amigas social group to ride the new Sun Link Streetcar. Our trip also included a free tour of the University of Arizona.



Parking for the streetcar couldn't have been easier. From I-10, turn west on Congress. Go 3 blocks to a large dirt parking lot (across the street from Mercado San Agustin). Parking is free. Buy your tickets there (\$4.00 cash or use your credit card). The machine spits out a pass which you swipe as you enter the streetcar. The Sun Link Streetcar runs along a 3.9-mile route that connects five major districts: The University of Arizona, Main Gate Square, 4th Avenue, Downtown and the west side Mercado District. Check their website for more information: <http://www.sunlinkstreetcar.com>



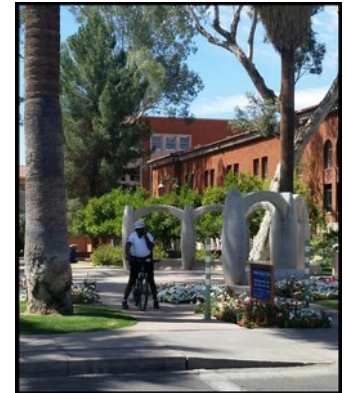
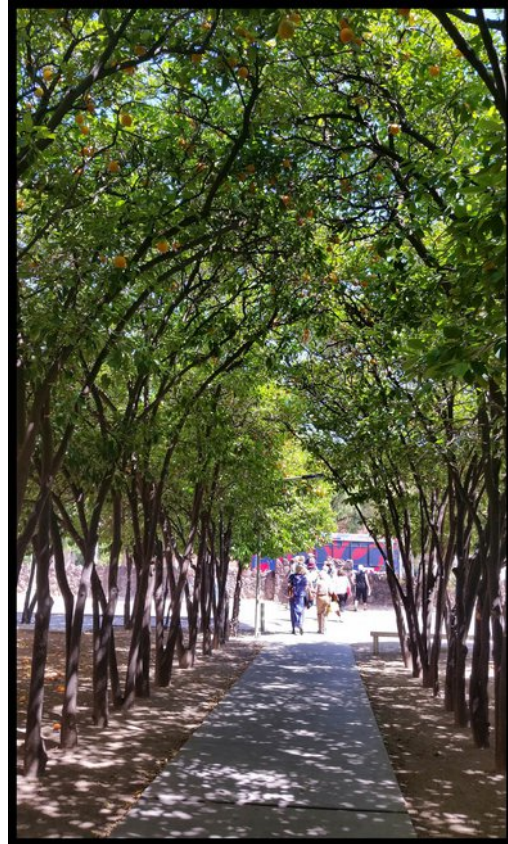
UA campus walking tours are free to Tucson community and visitors. Reservations are required. Tours are on Wednesdays and begin at 10:00 a.m. and last 60-90 minutes. Four tours are offered:

- Things to Do at the University
- Public Art
- UA History
- UA in-depth

Our group did the "Things to do at the University." This was a tour for visitors interested in navigating the campus and learning about its resources and attractions available for the public. Our guide was a retired Tucson attorney who was very knowledgeable and gave us an informative tour of the campus.

For more information see the University of AZ website: <http://lifework.arizona.edu/cwp/campuswide/walkingtours>

Article submitted by Eileen Owen



If there is some place you have visited and you want to share your experience or recommend it to others in the Springs, please contact the Chat at www.springschat@gmail.com

Pet Profile

I'm a 6 year old Yorkshire Terrier named Cookie. Don't know if it's because I'm so sweet, but my mom, Jacke Marketti tells everyone that I am.

Actually, Jacke is not my first Mom. I had another one in Scottsdale until almost a year ago. Unfortunately, Jacke's young friend, with three small children, lost her husband prematurely, had a job which caused her to travel a lot and was moving to California. Because of this, she sent a picture of me to Jacke and asked if she would take me. Jacke's big heart melted and she said yes, despite the fact that she was in a wheelchair recovering from foot surgery.

I immediately developed a large family here (Jacke's friends) who walked me and were eager to babysit me, if needed. As if that wasn't enough change and excitement in my life, during one of my walks, only 5 days after arriving, it was discovered that I had a bladder problem (stones) and needed surgery. So, off to the vet we went, who said I was worth saving.

Now we're both healthy and ready to take my morning walk around the Springs, wearing my purple collar, tag and leash. That's Mom's favorite color. Sometimes she gets a little delayed and because I have an inner time clock, I sit and stare at her as if to say "WELL, are we going?" The only idiosyncrasies that I may have are I like to lick my nose a lot and when I get excited, I make a snorting sound like a pig.



I, also, have made good friends with some other dogs, Tillie and Minnie. Occasionally, we even have play dates together. I'd rather play with them than toys.

Two of my favorite people in the neighborhood are Auntie Vonn and Uncle Scott. They come to see me often and spoil me just a little. When Jacke tells me that Auntie Vonn is coming, I jump up on the couch right next to where she usually sits and wait eagerly. And boy do I love Uncle Scott's back rubs. I even know when to turn around so he doesn't miss a spot.



As you can tell, I have a very good new home. I have always been crate trained, so at the end of each day, I stand by Jacke's chair where she asks if I want to go outside. Then, I come in, march down the hallway into my bedroom crate, turn around and open my mouth for my goodnight treat. With that, I'll say to you all, "goodnight and have a great day tomorrow, cause I know I will."



We encourage anyone who has a pet and would like to have him/her featured under Pet Profile, to please contact Pat Strnad or send your article and pictures to Pat at springschat@gmail.com

Residents of the Month

Who is watching over the Springs now that the snow birds are gone? Dick Bierman has shared a few of his pictures of the full time residents.

Enjoy your summer everyone. The Springs is being well taken care of by the full time residents.



What's that Bird Cardinal or Pyrrhuloxia??

A reddish bird you see around The Springs could be a **Cardinal**, but is it? There is another bird from the same family with many of the same characteristics called a **Pyrrhuloxia** (*peer-u-lox-ya*). How do you tell the two apart when:

- both are found in southeast AZ; the calls and whistles they make are similar;
- both species come to feeders; both are "paired" in the spring and when with young, but in mixed flocks in fall and winter;
- a conspicuous crest is one of the first features you notice on both species;
- both species have huge conical beaks which help them eat seeds;
- the females can look very similar in their patterns of red and grey.
- both birds like to hunker in bushes and then show you a flash of red as they fly to the next shrub for cover.
- both hop rather than walk on the ground, they both are about 8 inches in size, the tails are both long and their flight patterns are almost identical.

How are the Cardinal and Pyrrhuloxia different?



Pyrrhuloxis male

Lets start with the males of the species. The Pyrrhuloxia male has a red mask and chin and red tip on the crest, with washes of red on the belly, tail and wings. It is mostly grey on the body and has a large yellow bill.

The Cardinal male has a black mask and chin around the reddish beak, its overall color is red, including the crest.



Cardinal male



Pyrrhuloxia female

As for the females, they can be tougher. Focus on the bill – red for cardinal and yellow to grey for pyrrhuloxia. There is a little red on the



Cardinal female

female cardinal and less on the pyrrhuloxia -just some faint red on the tip of the crest and face, and some seen on the wings seen when flying. Overall, the cardinal female looks more brownish and the pyrrhuloxia female looks more grayish.

Habits and habitat are important. The Pyrrhuloxia will be seen in dryer habitats such as desert scrub and ranch sites, while the cardinal will more often be found in woodlands and suburban areas. Also, "snowbirds" will know that the cardinals can be found in the northern Midwest and eastern areas of the US. The Pyrrhuloxia is considered a southwest and Mexican bird. Enjoy these friends where you find them. Remember, birds are God's creatures and are not always "like in the book" – juveniles can be particularly difficult to figure out. That goes for humans too.

(Submitted by Rebecca Keenan)

HOME SALES

(since the last newsletter)

3880 S. Calle Viva - Thomas Landshut,
Stillwater, MN

3817 S Camino del Golfista - Tim Knight,
Ft. Pierce, FL

3697 S. Calle Rambles - David & Rosalie Fink,
Peyton, CO

3925 S. Calle Viva - Frank & Pat Strnad,
Strongsville, OH

3648 S. Paseo De Los Nardos - Leon & Anne
Blahnik, Sturgeon Bay, WI

3697 S. Paseo De Los Nardos - Candace
Elias, Florida

989 W. Camino Erranle - Vickie Passarella,
Chicago, IL

3808 S. Calle Rambles - Wilfred & Barbara
O'Neal, Lava Hot Springs, ID

3747 S. Avenida De Los Solmos - Stone
Capital Investments, Phoenix, AZ

3732 S. Paseo De Los Nardos - Dan & Cheryl
Clark, Mineral Ridge, OH

973 W. Camino Erranle - Samantha Martoni,
Hilo, HI

3701 S. Avenida De Encino - Norman
Walworth, Grand Blanc, MI

The Madera Café

We had heard positive comments about the new restaurant in town so we decided to check it out. As you walk into the building, you're impressed with the opulent lobby and staircase leading to the second floor. The café is situated just beyond the staircase towards the back of the building. The menu is posted on the wall for your review. It has a full breakfast menu along with lunch offerings of salads, a burger and other sandwiches and a few pasta dishes. You place your order at a window, pick out your beverage and chips etc. before paying at the cashiers stand. Your meal once prepared is delivered to your table. The room is bright, clean and cheery. The staff is very friendly.

Currently the hours are 7:00am to 6:00pm. They plan to be open until 8:00pm when the demand increases. And where is the Madera Café? It's located in the Green Valley Hospital. When you get a chance, check it out. They'd appreciate your patronage. --Sandie Stone & Tom Kramer

Pet Owners, Be A Good Neighbor

Those Springs residents who walk their dogs on trash pick-up days (Monday and Thursday), PLEASE don't drop your doggie's waste bag in the nearest garbage can. Here lies the problem: the garbage pick-up men grab the big plastic bag in the can and the little pet waste bag slips to the bottom and is not dumped. The homeowner ends up with a smelly can until the next pick-up day. Sooo.... please do like you do every day that is not a trash pick-up day and carry that little bag home and place it in **your** container. Thank you for your cooperation.

CLASSIFIED SECTION

Services Offered

I specialize in River Cruises, but I can handle most of your travel needs. I am a licensed travel agent working through By the Sea Travel, LLC (Susan Beck-Brown, Travel Consultant, 970-759-3421, sbeckbrown@yahoo.com)

For Sale

Almost new (used 4 times). 6-foot table with 4 chairs and matching buffet and lighted hutch; medium to dark woods. Paid over \$2,000 – Must sell. Asking \$1,000. Please contact Donita Wheeler, 399-9211 to see here in The Springs. If no answer, please leave a message.



Want to advertise in the Chat??? Here's the deal--if you are a resident of The Springs and you have a property you want to rent or sell, or a household item you want to sell, or a service you provide such as house sitting, pet sitting, window washing, or an item you are looking for, etc., you may place an ad. There are three sections: FOR SALE, WANTED, and SERVICES OFFERED. You must live in the springs to place an ad. Email your ad with your name, address, photo (optional), and phone number to: Springschat@gmail.com