



The High Tide

August/September 2022

A Newsletter for Residents of Cañon del Sol

Volume 5, Issue 7

PRESIDENT'S MESSAGE

The Board of Directors held a combined August/September meeting on August 29th. The meeting agenda was primarily a review and update on the projects at Canon del Sol.

In addition, on August 29th, I was contacted by the Santa Cruz County Sanitation Department (SCCSD) to inform me of an incident occurring at our wastewater treatment plant that serves our community. The notice informed me that the plant had "recently experienced a significant upset and mass die off of the organisms in the biological process that treat wastewater." The event that caused this was observed on August 8th, and the work to restore the plant to proper operation took over two weeks. I've since learned that events like this have occurred in the past, and the sources of contamination have been found to be toxic dumping of thinners and solvents in the sewer system.

SCCSD asked me to immediately notify all owners of this event and distribute an alert document that was provided to us by the county. This message and notice was distributed last week by Anderson and Co., and SCCSD's alert document appears at the bottom of page 3.

The HOA will be working with the SCCSD to provide additional information to our owners regarding disposal of all toxic waste. Further, additional information on this is contained on page 3 of this newsletter and will be posted on our HOA website.

The board will hold its next meeting on October 3rd, in person at the HOA clubhouse. This will be a regular board meeting that will include the counting of the ballots for election to board vacancies.

At the meeting, the ballots for board positions will be counted by our election inspector Diane Lehmann. Please make sure to send in your ballot if you have not already done so. In the event you did not receive one, please contact Anderson and Co., and one can be mailed to you. All ballots

must be received before the 3rd and must be paper ballots, as electronic voting is not allowed.

Please feel free to reach out with any questions or concerns. Cheers, **Bob** bob@cabrenee.com or 408-368-6895

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From the Editor



When I moved to Santa Cruz in 2006, the thing that struck me the most was the openness and friendliness of the people. It didn't matter what age--college students in coffee shops, neighbors offering their pickup trucks for move-in, or the retiree who stopped to admire my sneakers while watching surfers on West Cliff Drive. This will always be a standout aspect of living here because, in the end for most of us, it's all about having people in our lives.

Equally as important is the beauty of this area. What has struck me the most with this is that the people who have lived here all of their lives so often say, "We're so lucky to live here." How many places do people say that with any regularity? And, I agree. We are very lucky. The beauty is all around us and can also be found on new postage stamps that you can read about on page 4.

Last month I went on a canoe trip to the Boundary Waters of northern Minnesota, the most visited national wilderness area in the U.S. It was gorgeous there, and it's another place with plenty of beauty. See photos below. One aspect of this trip was to meet up with five other women (from four different states) and our two guides in Minnesota, ensuring that we all remained Covid-free. This worked out by traveling in masks, wearing masks in crowded public places eating outdoors when in restaurants and spending most of our time outdoors. On page 5, I've listed some outdoor activities you may enjoy. Thankfully, the new bivalent vaccine is available, and I'm getting mine this week. Find out how to get yours on page 6.

I recently made the chicken and angel hair pasta recipe found on page 7. It was easy and delicious. I used traditional cream of chicken soup, but as you'll see, there are other options. I added some freshly steamed broccoli florets upon serving and it became a complete meal.

I hope you enjoy this edition!

Lorraine Margon LorraineMargon@gmail.com

P.S. Don't forget to send me your book recommendations, photos of your family, pets and/or travels, recipes and anything (and everything) that helps us to know you better!



White Iron Lake at sunset; Ely, MN



Kawishiwi Falls; Ely, MN

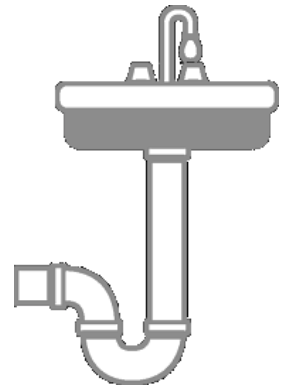
IMPORTANT INFORMATION FOR OWNERS AND RESIDENTS OF CDS REGARDING OUR WASTE WATER TREATMENT SYSTEM

Per the September 2 notice sent to all owners regarding the anonymous dumping of a chlorine/bleach chemical into our CDS waste water treatment system, the following information is provided to help each of us to be mindful and well informed of what we should and should not be dumping into the toilet and/or down the drain.

Toilets: Only three things should be placed into our toilets, personal body waste (urine and feces) and toilet paper. The following items should NOT be placed into the toilet: tissues (aka Kleenex), paper towels, sanitary hygiene products, dental floss, condoms, wipes that claim to be flushable, or disposable diapers. This is only a partial list of things we should not be placing into our toilets.

Sinks/drains: No chemicals, among other things.

- How much **bleach or other household product** may I use at home? As long as you are following the manufacturer's directions, you should be okay. A minimal amount of bleach, for example, as directed to be used in your washing machine, is just fine. The problems develop when an excessive amount is dumped.
- Be mindful of what your **contractor, handyman or tradesman** may be disposing of to ensure that he or she does not dump something that is harmful to our system.



Take time to read this comprehensive guide to good practices at the link below.

You will likely minimize your need for a plumber by heeding many of the recommendations about what to put into your garbage disposal and drain.

<https://www.safehome.org/resources/down-the-drain-guide/>

The 9/2/2022 notice from Santa Cruz County Sanitation Department to our community is repeated below:

ALERT!

Dumping Hazardous Chemicals Down the Sewer Drain is Illegal! This notice is to inform you that there have been several cases of illegal dumping in the sewer system in your neighborhood. CSA 5 - Canon del Sol Wastewater Treatment Plant is experiencing an upset because of a toxic substance discharged in your neighborhood.

It is ILLEGAL and DANGEROUS to pour hazardous chemicals such as solvents and gasoline down the sewer drain, which can create EXPLOSIVE CONDITIONS!! Bring household hazardous waste to the Santa Cruz County Household Hazardous Waste drop off location. It is FREE for Santa Cruz County residents. For information call 831-454-2606.

Sanitation Operations is conducting an investigation and has alerted the Santa Cruz County Sheriff's Department and the County Department of Environmental Health. If you have any information regarding this matter, please contact the Environmental Compliance Unit at 831-477-3907.

NEW STAMPS

Enjoy Spectacular Postage Stamps!

Looking for a new way to "Get Into Your Sanctuary"? How about new postage stamps!

In celebration of the 50th anniversary of the National Marine Sanctuary System, the U.S. Postal Service recently released a new series of stamps that depicts the abundant wildlife and diverse ecosystems that can be found in the waters of America's national marine sanctuaries and marine national monuments.

A queen angelfish, a sand tiger shark, a humpback whale, and the Farallon Islands are just a few examples of the marine life and marine ecosystems that are featured in the 16 new National Marine Sanctuaries Forever® stamps. A map of the National Marine Sanctuary System is printed on the back of the pane.



This year, on September 18, we celebrate the 30th anniversary of our own Monterey Bay National Marine Sanctuary!



Santa Cruz Public Libraries:
<https://www.santacruzpl.org>

Tues - Thur 10 am - 6 pm
Fri - Sat 12 pm - 5 pm
Book Drop is open 24/7
831-427-7713

4th Friday Movies are held monthly at 10 am.

September 23, 2022 from 10 am to 12 noon
"Downton Abbey: A New Era" (2022)
Rated PG; drama/romance; 2h 5m

CALIFORNIA WILDFIRE APP

Check out this new app if you are interested in monitoring California wildfire activity near you. It's called Watch Duty. You may select three counties for which you wish to receive updates. To download the app or use it on your browser, go to: <https://www.watchduty.org>

THINGS TO DO

39th Annual Capitola Art & Wine Festival -- Capitola Village

Saturday, September 10; 10am - 6pm -- Sunday, September 11; 10am - 5pm

Free admission; however, wine tastings for ages 21+ cost \$15 for a glass plus cost of tasting tokens. (Tastings cost 2-4 tokens per tasting with each token costing \$1.) Park at Capitola Mall and ride the free shuttle to the village.

**115 Fine Artists | 23 Local Wineries | Food Trucks
Live Music | Local Dancers | Street Performers**



SANTA CRUZ COUNTY FAIR

Music Performers **Animal Races**
Camel Rides

September 14-18

For more details, admission and ride prices:
<https://www.santacruzcountyfair.com/>

Additional shows at extra cost:
Wed & Thurs at 7:30 pm - Monster Trucks/Motocross



Visit Filoli Gardens in Woodside, CA

<https://filoli.org/>

Enjoy 654 acres of beautiful gardens, located along the slopes of California's coastal range. Open 10 am - 5 pm daily. Ticket prices range from \$10-\$25 depending on age/status.

Pottery & Glass Seconds Sale

Rain or shine!
(If it rains, go to the lower deck of the parking structure.)



More than 60 artists:
pottery
glass
jewelry

It's the Seconds Sale! Bring a friend! Bring a box!

**Sunday, October 2nd
10 am - 2 pm**

Cabrillo College, Lot A/B --- 6500 Soquel Drive, Aptos
(on top deck of parking structure in the same area as the Aptos Farmers Market)

COVID RESOURCES

You can still use your expired at-home COVID test, according to FDA

The U.S. Food and Drug Administration recently extended the shelf life of several at-home over-the-counter COVID-19 diagnostic tests, saying many can be safely used for six months beyond the expiration date listed on the packaging. This includes the free tests distributed by the federal government. For a list of authorized tests and their updated expiration dates, visit the FDA's website [HERE](#).

Anyone on Medicare is eligible to receive 8 free Covid tests per month

Request yours from your local pharmacy. Some private insurers are also covering them, in which case you may have to submit a reimbursement

request if the pharmacy charges you. Not all insurers cover the cost, so check with yours first.

Updated COVID vaccine is now widely available

The bivalent COVID-19 vaccine is now available and free. Eligibility: anyone age 12+ for the Pfizer one and 18+ for the Moderna one. This vaccine will give you protection against the current omicron variants as well as the original Covid strain. To schedule your appointment at local sites, you can go directly to the location's website. Check local pharmacies below:

[Walgreens](#)

[CVS](#)

[Rite Aid](#)

As of this writing, the government's website for locating vaccine availability, [vaccines.gov](#), was not up-to-date for this particular vaccine.

FOOD

Drink Coffee That's Friendly to Birds

That's the recommendation from the Monterey Audubon Society (MAS). Tropical forests are the most important reservoirs of Earth's avian biodiversity, and the most threatened habitats in the world as well. Conversion of ancient forests to agriculture--grazing lands, soybean production, and coffee--are all chief culprits in the decline of Earth's last bastions of tropical diversity. MAS recommends buying Rainforest Alliance Certified or Shade-Grown/Bird-Friendly coffee. Although a coffee may be labeled as fair trade or organic, this does not mean it was grown in a manner friendly to birds. Shade-grown coffee creates understory and complexity allowing for some threshold of avian biodiversity to persist amidst coffee production.



Phil's Is Moving

[Phil's Fish Market & Eatery](#) has closed its primary Moss Landing location. It will continue to operate [Phil's Snack Shack](#) in Moss Landing. Phil's is looking for a new restaurant location. They posted this message on their website on September 6: *We are currently in the process of moving to a new location. We will announce our new location in 2-3 weeks. We will still continue to honor our gift cards, once we re-open at our new location. If any internet order was not processed, we will resume all shipments as soon as we open. Thank you for your many years of support in Moss Landing. Hope to see you all at our new location.*

RECIPE CORNER

Slow Cooker Angel Chicken

Yield 4 servings

Prep Time 5 mins

Cook Time 4 hrs

Total Time 4 hrs 5 mins

Ingredients:

- 4 boneless chicken breasts
- 1 (0.7-oz.) packet Italian dressing mix (like Good Seasonings brand)
- 4 oz. cream cheese, room temperature
- 3 Tbsp. butter, room temperature
- 1 (10.75-oz.) can cream of chicken soup (*see note below*)
- 3/4 cup chicken broth or white wine
- cooked angel hair pasta

Instructions:

1. Place chicken in the crockpot.
2. In a saucepan, combine Italian dressing mix, cream cheese, butter, soup, and broth. Heat over medium-high heat just until cream cheese is melted and incorporated into the soup.
3. Pour sauce over chicken. Cover slow cooker.
4. Turn crock-pot on low for 4 to 6 hours. Serve over cooked angel hair pasta.

Notes:

- Feel free to substitute any cream of soup you prefer--cream of mushroom, cream of celery, cream of broccoli--as they all would all be great. You may also use 98% Fat Free and Healthy Request soups.
- Feel free to throw in some frozen broccoli or spinach into the crockpot with the chicken OR add fresh, steamed vegetables when serving.
- To stretch the number of servings, you may opt to shred the chicken with two forks after cooking.

Source: <https://www.plainchicken.com/angel-chicken/>





HELPFUL INFORMATION

Cañon del Sol Community Website

<http://www.canondelsol.com>

username: cds | password: surfandsun

CDS Board of Directors

President	Bob Carpenter
Vice President	Judy Mathews
Treasurer	Colin Tierney
Secretary	Jesse Fielding
Director-at-large	Bruce Margon

CDS Property Management Company

Anderson & Company, Inc.

783 Rio Del Mar Blvd., Suite 59, Aptos, CA 95003

831.688.1090 | general@acomgt.com

CDS Property Manager

Tom Hewett | 831.722.4048 | CDS@acomgt.com

CDS Clubhouse

400 Abalone Drive, La Selva Beach, CA 95076

Marine Mammal Rescue: 831.633.6298

Allied Universal Security - Patrol Division

831.684.1111

Police/Sheriff - Non-emergency

831.471.1121

CalFire - Be Ready

www.readyforwildfire.org/prepare-for-wildfire

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*Please send in your
comments, news,
announcements
and photos!*