



The High Tide

April 2020

A Newsletter for Residents of Cañon del Sol

Volume 3, Issue 3

PRESIDENT'S MESSAGE

Given the *shelter in place*, *social distancing* and other movement restrictions arising out of the COVID-19 pandemic, matters here at Canon del Sol have been very quiet. Second-home owners seem to have mostly stayed at their principal residences. The streets are essentially empty with full-time residents staying inside except to walk dogs, get some exercise and grocery shop. The pool, spa and tennis courts, and now the parks and the beaches, have been closed. To my knowledge, we have no reported cases. Our sincere thanks go out to all health care workers and others providing essential services.

INSIDE THIS EDITION

- 1 - *President's Message*
- 2 - *Community Facilities*
- 2 - *Rainfall Total*
- 2 - *Recipe Corner*
- 3 - *Things To Do*
- 4 - *Restaurant Take-out*
- 4 - *Send In Your News!*
- 5 - *Media Nook*
- 6 - *Health, Food, Home*
- 7 - *Helpful Information*

As a consequence of the movement restrictions, all development improvement activities within Canon del Sol, including landscaping on the operating side and the painting of Section A on the reserve side, are essentially on hold. These activities will be re-started when permitted. The two most significant areas of concern going forward are: (1) the repair and replacement of the irrigation system; and (2) siding repairs in Section A. With respect to Section A siding, as previously reported, given the inferior nature of the materials used in original construction, as well as age deterioration, significant siding repairs will have to be made before painting can be undertaken. Warping in the siding is readily apparent and, delays in implementing repairs are a negative consequence.

The Canon del Sol Association Bylaws require annual election of directors. Directors serve two-year terms. Traditionally, these elections have been held at the annual Members' Meeting, even though this is not required by law or our by-laws. In fact, as the recent distribution to Members indicates, the state legislature has enacted new laws regarding director elections. Given the postponement of the annual meeting of Members and the inability to set a new date, the Board has adopted the new rules and is taking steps to go forward with this year's election by mail in accordance with such rules. You will receive more information about this in the near future.

Thank you for respecting the *shelter in place* and *social distancing* directives.

Henry Bose



A Possible Mantra for the Times

SUN is not canceled
SPRING is not canceled
RELATIONSHIPS are not canceled
LOVE is not canceled
READING is not canceled
DEVOTION is not canceled
MUSIC is not canceled
IMAGINATION is not canceled
KINDNESS is not canceled
CONVERSATIONS are not canceled
HOPE is not canceled



COMMUNITY FACILITIES

**SWIMMING POOL, SPA, TENNIS
COURTS AND CLUBHOUSE**

**ALL ARE CLOSED
until further notice as we
continue to shelter in place.**



Rainfall

(Oct. 1 to Sept. 30)

As of April 11 at 4 pm: **27.01"**

Last year this time: 31.96"

Last year total: 35.10"



RECIPE CORNER

5-Ingredient Peanut Butter Cookies

1 cup firmly packed light brown sugar
1 cup peanut butter
1 egg
1 tsp. baking soda
½ cup chocolate chips

1. Preheat oven to 350°. Grease 2 baking sheets or line with parchment paper.
2. Stir together sugar, peanut butter, egg and baking soda in a medium bowl. Fold in chocolate chips. Divide cookie dough into 12 balls on prepared baking sheets using a cookie scoop. Freeze for 10-15 minutes to help cookies maintain their shape. If you prefer a thin cookie, skip this step.
3. Bake in preheated oven until golden brown, about 10 to 12 minutes.
4. Cool cookies on baking sheets for 5 minutes. Transfer to wire racks, and let cool completely, about 10 minutes.

Makes: 12

Things To Do

Sheltering in place puts many restrictions on us that may be hard to get used to. Fortunately, we are all in this together and we will get through it together. Many virtual activities have been posted on line. Here are some examples:

The Monterey Bay Aquarium is closed but its **live webcams** allow you to see what some of the animals are doing:

<https://www.montereybayaquarium.org/animals/live-cams>

The Wildlife Conservation Network has put all of its **expo talks** between 2014 and 2019 online. You can enjoy them through this link: <https://wildnet.org/talks/>

12 Museums with Virtual Tours - <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Chamber Music Concerts. The Maestro and his Budapest Festival Orchestra launched "Quarantine Soirees" on March 16, 2020 and the chamber music concerts will continue online. Check the website for concert dates and times, and be sure to allow for the time difference (they're 9 hours ahead of us).

<https://www.bfz.hu/en/>

Visit the otters at Elkhorn Slough via these two Otter Cams:

<http://www.elkhornslough.org/ottercam/>

Google Arts & Culture has over 500 links to **museums all over the world**; at a minimum, you can get a peek inside each one:

<https://artsandculture.google.com/partner?hl=en&tab=pop>

Watch Andrew Lloyd Webber shows in movie form are free every Friday at 11 am PDT and will be available to stream on YouTube for the next 48 hours. These can be found under the heading "The Shows Must Go On!":

<https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvagn>



Just "Google" *virtual things to do*, and you will come up with links to many more.



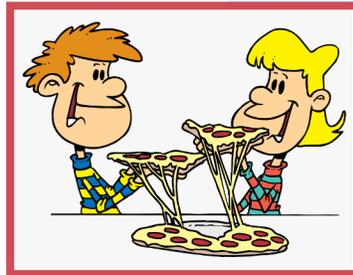
RESTAURANT TAKE-OUT OPTIONS

The most comprehensive source of take-out options in the county can be found at:

<http://santacruzfoodie.com>

On this list, take a look at these spots for the options closest to us:

- ▶ Akira Sushi
- ▶ Aptos BBQ
- ▶ Betty Burgers (Aptos)
- ▶ Bittersweet Bistro
- ▶ Cafe Sparrow
- ▶ Cilantro's
- ▶ Corralitos Pizza
- ▶ El Pajaro CDC Commercial Kitchen
- ▶ Erik's Deli (Aptos)
- ▶ Farm Bakery & Cafe
- ▶ Hidden Fortress Coffee
- ▶ Manuel's
- ▶ Marianne's Ice Cream
- ▶ Palm Deli
- ▶ Panda Inn
- ▶ Parish Publick House (Aptos)
- ▶ Persephone
- ▶ Pixie Deli
- ▶ Red Apple Cafe (Aptos)
- ▶ Showtime Pizzeria
- ▶ Slice Pizza Project
- ▶ South Point Coffee Bar & Tap Rm.
- ▶ Taqueria Los Gordos
- ▶ Village Host
- ▶ Zameen (Aptos)



WANTED Residents' News

I'd love to include any news you would be willing to share. . . .

- Introductions of you + family
- Birth of a child or grandchild
- Photo of you and/or family members doing something cute, silly, charming, etc.
- Photo of your pet
- Wedding or milestone
- Travel and vacation pics
- Award you won
- Recipe to share
- Restaurant review to share

Please send your contributions to:

Lorraine Margon
LorraineMargon@gmail.com
831-345-2394



PLEASE. . .
*help add variety to
our newsletters by
sending in whatever you can!*

**Want to help restaurants
and businesses that have
had to temporarily close?**

You can buy gift cards at:

RideOutTheWave.org

MEDIA NOOK

NOTE: The Santa Cruz Public Library branches continue to be closed.

santacruzpl.org

Get the Most From the Library Without Even Walking Through the Door!

Now that many of us are at home, we thought you'd like some tips on great entertainment and more that the library has to offer online for free.

Most of these services require you to log in with your library card and PIN/password for home access. Go to the library website, click on the tab for "Download/Stream" and watch the video lessons there to learn all about these options

[Watch 1,000s of movies for free:](#)

- **Acorn TV** brings world-class mysteries, dramas, and comedies from Britain and beyond through a streaming video service to any Web-connected device.
- **hoopla** is a digital media service from which you can check out movies, television, ebooks, audiobooks and music. Thousands of titles are available for streaming or temporary



download to your computer, smart phone or tablet.

- **Kanopy** provides access to one of the most unique collections of films in the world--including award-winning documentaries, training films and theatrical releases on every topic imaginable. Mobile apps and a Roku channel are available.

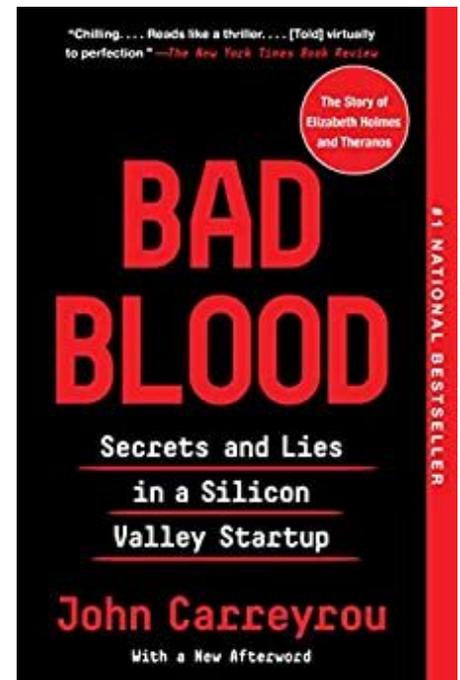
[Read e-Books and Audiobooks:](#)

- **The OverDrive/Northern California Digital Library** collection has ebooks and audiobooks for kids, teens and adults. OverDrive titles are compatible with most devices, including smartphones, tablets, computers and Kindles.
- **The Tumblebooks Library** and **Bookflix** are ebook platforms for kids. Tumblebooks uses animations and sound with picture books, while Bookflix pairs fiction and nonfiction.
- **RBdigital** offers a wide variety of audiobooks and eMagazines for checkout in your web browser or on your mobile device. There are 45,000 audiobook titles (two-thirds of which never require holds), including classics, bestsellers, the Great Courses and Pimsleur Language programs.

[Read magazines & newspapers:](#)

- **RBdigital** offers a wide selection of magazines in e-format.
- **NewsBank** provides reliable news sources. It includes the Santa Cruz Sentinel, San Jose Mercury News, and San Francisco Chronicle.

ALSO: Electronic resources are also available from the [free National Emergency Library](#):
<https://archive.org/details/nationalemergencylibrary>



A suggested book to read is above. Then watch HBO's documentary based on this book; it's titled "The Inventor: Out for Blood in Silicon Valley." Both are fascinating. *If you don't have HBO, you can stream the documentary via Amazon Prime for a small charge.*

CONNECTING TO ONE ANOTHER--Video Chat Options:

Apple's FaceTime Skype Zoom Google Hangouts

What's App Google Duo

Facebook Messenger

HEALTH HOME FOOD

Omega-3s: Should You Take Them?

The findings of two large studies, recently conducted, found that Omega-3 fatty acid supplements have almost no effect--good or bad--on the risk for cardiovascular disease or cancer.



Both the American Heart Association and the American Cancer Society continue to recommend omega-3s, but these studies do not support those recommendations.

One study was an update in The Cochrane Database of System Reviews and resulted from 28 high-quality trials; the other was published in The British Journal of Cancer.

As always, ask your doctor whether omega-3s are right for you.

Another local farm stand option. . .

Eat.Local.farm



Order before Monday at 9 pm for pickup the following Wednesday in Aptos (Valencia Road) between 11 am and 1 pm.

Bruce & I just placed our second order because we were so happy with the first (and to support local farmers). They have a safe, drive-through pick-up process. Check it out!

Kitchen Tip

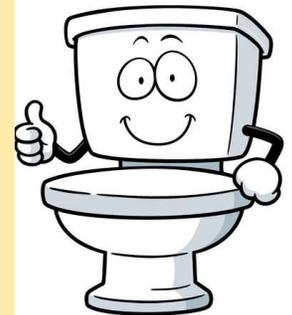
Ten Things You Should Never Put Down Your Garbage Disposal

To avoid messes and clogs, don't put these items down your kitchen disposal:

1. Egg shells
2. Pasta & Rice
3. Poultry skin
4. Grease
5. Seeds
6. Pet Food
7. Fibrous Foods
8. Coffee Grounds
9. Peels
10. Nuts

Friendly Reminder from the Soquel Creek Water District

Please do not put anything but toilet paper in your toilet. Even products that say they are flushable are not.



New Leaf

Community Markets

Aptos Location

Daily Hours

Community Care: 8 am - 9 am

For seniors and immuno-compromised

All are welcome: 9 am - 8 pm

Senior Discount of 10% (for age 65+) is now given every day on most items

Covid-19 Restrictions

1. Store will limit # of shoppers
2. Don't bring your bags; store will provide
3. Requested: only 1 family member shopping
4. Requested: a 30-minute shopping limit



HELPFUL INFORMATION

Cañon del Sol Community Website

www.canondelsol.com

username: cds | password: surfandsun

CDS Board of Directors

President	Henry Bose
Vice President	Judy Mathews
Treasurer	Bob Carpenter
Secretary	Jesse Fielding
Director	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 Resident 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

First Alarm Security - Patrol Division

831.684.1111

Police/Sheriff - Non-emergency

831.471.1121