



# The High Tide

August 2021

A Newsletter for Residents of Cañon del Sol

Volume 4, Issue 8

## PRESIDENT'S MESSAGE

Earlier this summer, the CDS Board was introduced to the new leadership partners for Anderson & Company, Kane and Susy Rodoni Silverberg. The following is a quote from the message that was shared with the Board: "Suzy and Kane are long-time Santa Cruz residents (their families have been in Santa Cruz for four generations), and they bring with them a combined 60 years of experience in all aspects of the real estate industry including Real Estate Brokerage, Mortgage Lending, Property Management, Residential Renovation and Residential Development. Together, they are well equipped to help your community continue to move forward as you have become accustomed to working with Anderson & Company." We, as a board, look forward to working with Anderson to continue meeting the needs of our HOA. Please feel free to let us know if you have any concerns when dealing with Anderson & Company.

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During the August Board meeting, the Board approved a bid from Quilici Landscaping to begin cleanup of the park area behind the homes on Pismo Drive. This will include removal of dry dead bushes and debris. This, along with our efforts on our side of the state park boundary, should help increase our defensible boarder for fire protection. Along with the fence boarder cleanup, we have begun some aggressive trim back of the brush and poison oak along the beach path. We will continue with these efforts over the upcoming months. We are also getting bids to change out the rock area in front of the beach path gate with asphalt or concrete, as the rock path continues to require annual maintenance.

With a hearty thank you to Lorraine Margon for the excellent (volunteer) work that she does each month on the newsletter, the Board has had to reconsider the greater than \$3,000 per year expense for printing, handling and mailing the newsletter. The newsletter is optional and not a legally required document for the HOA. The Board unanimously agreed to keep the newsletter, e-mail it to all homeowners, and make a handful of hard copies available at the clubhouse. To this end, we will be notifying current "mail only" residents to gather the necessary information to begin e-mailing of the newsletter if this is desired, rather than hard-copy pickup.

Thanks to all for staying safe and wearing your mask again when inside public places!

**Bob**

bob@cabrenee.com; 408-368-6895



*At left, one of the big trees recently seen at Calaveras Big Trees State Park (credit: Lorraine Margon)*

# POOL & SPA

Hours: 9 am - 10 pm



*Please follow all rules posted inside the pool area.*

## *From the editor,*

I am so grateful to live in this community where I have made so many wonderful friends and can enjoy the *mostly-sunny* weather and all of the nature and wildlife we have here. The recent foggy days have been getting to me a bit lately. Having flowers around the house really helps. Since the start of the pandemic, Bruce and I have subscribed to a monthly floral bouquet delivery service. I often supplement it with some long-lasting alstromerias (Peruvian lilies) that I can spread around the house. And when my gerbera daisy plants are blooming, I will cut some and spread those around as well. Fresh flowers really can lift one's mood! To make them last as long as possible, I typically change the water as soon as it begins to look cloudy.



I am not complaining about the fog or overcast conditions. To the contrary, we are so lucky to be spared from the hot climate, fires and smoke affecting so many parts of California. My heart goes out to all of those who are adversely affected. Being evacuated is traumatic enough, and losing one's home...well, I simply cannot imagine how devastating that must be. People are resilient, yes; and they do bounce back. However, despite however strong one is, there is anger, sadness, grief. It is akin to the loss of a loved one. Anyone who is displaced, even temporarily, needs to know that others care by receiving whatever help is required to meet their basic needs under such trying circumstances. It is most often recommended that we make a donation to a relief organization instead of providing physical goods. This better ensures that what is truly needed is provided. If you want to help, you can make a cash donation to organizations that are directly helping Californians. Just "Google" the following names and you will find information about what they are doing and how you can donate: California Wildfire Relief, California Fire Foundation, California Fire Foundation and California Community Foundation.

It's still tough out there with Covid-19 and the Delta Variant in play. Many of us hoped for more in-person meetings and events, and much of those are reverting to Zoom and other virtual platforms. Fingers crossed that more people will be getting the vaccine and that we have one for children ages 6-11 soon. While we do our part, we'll just have to be patient. Speaking of which, read about "The Book of Patience" on page 5.

*Cheers, Lorraine Margon*

# THINGS TO DO – IN PERSON

## SANTA CRUZ COUNTY FAIR



**Santa Cruz County Fairgrounds**  
**2601 East Lake Avenue**  
**Watsonville, CA 95076**

**Check out our website at**

[www.santacruzcountyfair.com](http://www.santacruzcountyfair.com)

for schedules, entry guides, online entries and  
more!

### **Santa Cruz County Fair Hours**

Wednesday, September 15	12 Noon to 11:00 p.m.
Thursday, September 16	12 Noon to 11:00 p.m.
Friday, September 17	12 Noon to 11:00 p.m.
Saturday, September 18	10 a.m. to 11:00 p.m.
Sunday, September 19	10 a.m. to 10:00 p.m.

### **Special Admission Days**

Wednesday, September 15	
Senior Day – 62 & over	\$10.00
Veterans Day (with ID)	FREE
Kids Day – 12 & under	FREE

Thursday, September 16  
Education Day – 9AM - 12 PM  
**Must pre-order tickets for Education Day**

**Take a Tour of**  
**Rancho San Andres Castro Adobe Historic Park**  
Sunday, August 22; 11 am - 4 pm  
184 Old Adobe Road, Watsonville (10 mins from CDS)

State Parks staff will walk you back in time to the Mexican Rancho period of the mid-1800s. That's when this two-story Castro Adobe hacienda was built on the 9,000-acre rancho granted to Jose Juakin Castro, and it soon became one of the social centers of the Central California Coast.



**To make a reservation, go to:**  
[www.cognitofrms.com/FSCSP1/CastroAdobeTours](http://www.cognitofrms.com/FSCSP1/CastroAdobeTours)



### **Santa Cruz County Fair**

Parking: \$10.00

### **Admission**

Senior Adults 62 years old & over	<b>\$12.00</b>
Adults and Youth 13 to 61 years old	<b>\$15.00</b>
Youth 6 to 12 years old	<b>\$8.00</b>
Youth under 6	<b>FREE</b>
Active Military with ID	<b>FREE</b>



# THINGS TO DO - IN PERSON

## *continued*

### SCULPTURE IS: IN THE GARDEN

**Sierra Azul Nursery and Garden**

2660 East Lake Avenue, Watsonville

**Through October 31**

10 am - 5 pm daily

This is a free, walkable art exhibit of over 100 sculptures by more than 40 local artists and collaborators. Enjoy a picnic under Sierra Azul's umbrellas and a stroll through the garden.



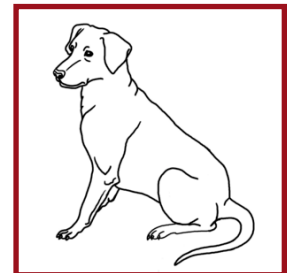
## WANTED

**\*\*\* More News \*\*\***

Please submit photos from your hikes or travels, pictures of new children in the family, something fun that you did, anything we can include that would help others to get to know you. Did you have a milestone birthday, win a race, get an award? Have a favorite recipe or local spot? We want to know!

**ALSO:** Please send in pictures of your furry companions, with or without his/her owners! *Please include your pet's name, age and breed along with owner name(s) and address.*

Send pics/info to: [LorraineMargon@gmail.com](mailto:LorraineMargon@gmail.com)





# LIBRARY

Santa Cruz Public Libraries

<https://www.santacruzpl.org>

# ON THE SHELF

## UPDATES

The library system is now open; however, all patrons must wear masks while indoors.

### Branches closed for construction:

- Aptos
- Boulder Creek
- Branciforte
- Garfield Park
- Scotts Valley

Book Drops at these locations are open 24/7.



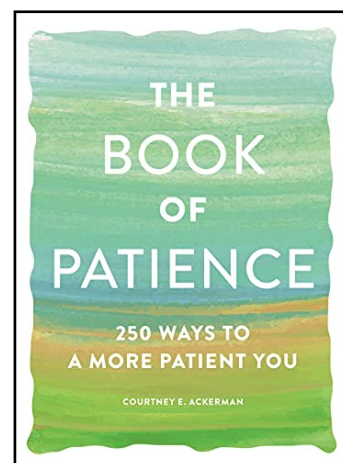
## La Selva Beach Branch

Tues - Thur 1 pm - 6 pm

Fri - Sat 12 pm - 5 pm

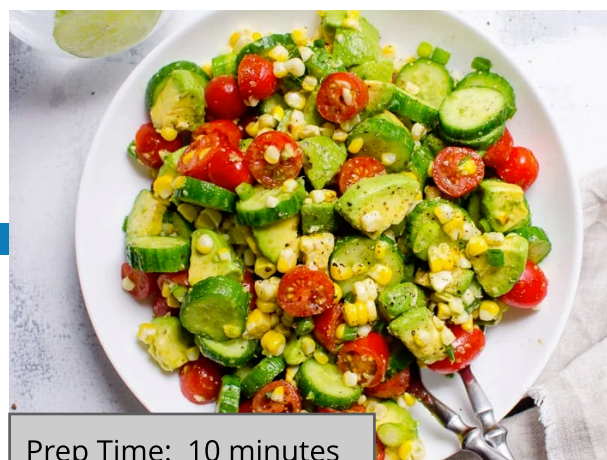
Book Drop  
open 24/7

How does patience relate to stress? Not only is it a virtue that requires self-control; but applied to daily adversity, patience can help create a calmer, stress-free life.



### *The Book of Patience* by

Courtney E. Ackerman (August 17) teaches you how to deescalate feelings of irritability and become less reactive in moments of stress and duress--and who couldn't use a few tips?



Prep Time: 10 minutes  
Cook Time: 18 minutes  
Total Time: 28 minutes  
Skill Level: Easy

# RECIPE CORNER

## Avocado Corn Salad Serves 6 as a side dish

*This Avocado Corn Salad is a bright and feel-good salad that's loaded with grilled corn, creamy avocado, cherry tomatoes; and the dressing gives it an amazing fresh flavor. This is a crowd-pleasing fresh corn salad that always disappears fast!*

### Ingredients

- 1 lb cherry tomatoes, halved or quartered
- 3 ears of corn--cooked and cut off cob
- 2 avocados, sliced
- 1/2 medium red onion, thinly sliced
- 1/4 cup cilantro, chopped (1/2 small bunch)
- 2 Tbsp extra virgin olive oil
- 2 to 3 Tbsp lime juice (1 to 2 limes)
- 2 garlic cloves, pressed or finely minced
- 1 tsp sea salt or 3/4 tsp table salt

### Instructions

1. In a large salad bowl, combine tomatoes, corn, avocado, red onion and cilantro; then press in the garlic.
2. Drizzle the top with olive oil; add lime juice to taste. Add salt and pepper and season to taste.
3. Toss the salad gently just until combined and serve.

# FOOD



## Food Truck Fridays - Capitola

Food and live music

August 27 & September 24 --- 4:30 to 7:30 pm

Monterey Avenue Park, Capitola  
(next to New Brighton Middle School;  
closest cross street is Junipero Court)



## Cooking with Grey Bears

3rd Saturday of each month

11 am - 12 pm

**Next session: September 18**

**Join Chef Poppy DeGarmo**

Live in person in Grey Bears' warehouse kitchen

(2710 Chanticleer Avenue, Santa Cruz)

OR via Zoom at: <https://us02web.zoom.us/j/92906805068>

# FOOD & HEALTH

*Ever dreamed of eating chocolate every day without the guilt?*

Researchers recently announced that postmenopausal women found that eating a bar of milk chocolate in the morning may have a surprising effect as a fat burner. Study participants either consumed 3.5 ounces of milk chocolate in the morning (within one hour of waking up) or at night (within one hour of bedtime).

Neither group gained weight; however, eating milk chocolate in the morning was linked with lower blood sugar levels, greater fat burning and a reduction in food cravings.



The total number of participants in this study was 19, which is not a large sample.

If you happen to give this a try, send your findings to [LorraineMargon@gmail.com](mailto:LorraineMargon@gmail.com) to share in a future edition.

*Study source: Brigham and Women's Hospital*

# UP YOUR VOCABULARY

## Thirsty

**Definition:** Having a need for attention or approval

You're probably thinking:

Doesn't thirsty mean *needing to drink*? Well, Merriam-Webster added a new definition of the word last year.

"Thirsty" also means *having a strong desire for attention*, especially on social media. Thirsty is informal, and it's mostly used by young people.

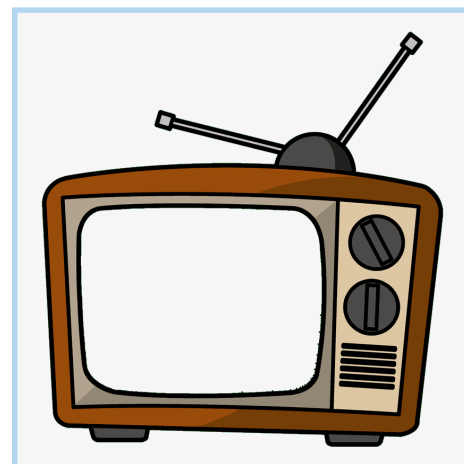
**How to use it:** My brother is thirsty. He posts so many photos of our dog on Instagram because he wants her to be a dog model.



# TV & MOVIES

## NETFLIX

**The Movies That Made Us** 2019 | TV-MA | 2 Seasons | Docuseries  
These blockbusters brought us together and gave us the time of our lives. Meet the actors, directors and industry executives who made them happen. Enjoy fun insights into some of your favorite movies.  
*Season 2 was released on July 23.*



**Grace and Frankie** 2015 | TV-MA | 7 Seasons | TV comedy They're not friends, but when their husbands leave them for each other, proper Grace and eccentric Frankie begin to bond in this Emmy-nominated series. Stars Jane Fonda, Lily Tomlin, Martin Sheen and Sam Waterston.  
*First 4 episodes of Season 7 were released on August 13.*

**Fatherhood** 2021 | PG-13 | 1h 50m | Drama A widowed new dad copes with doubts, fears, heartache and dirty diapers as he sets out to raise his daughter alone; inspired by a true story. Stars Kevin Hart.  
*Movie was released on June 18.*

**Vivo** 2021 | PG | 1h 39m | Family Movies A music-loving kinkajou monkey (named Vivo) embarks on the journey of a lifetime to fulfill his destiny and deliver a love song for an old friend. Stars the voice of Lin-Manuel. Featuring songs from the *Representation Matters Collection*, written and performed by Lin-Manuel Miranda, with Gloria Estefan, Zoe Saldana, Juan de Marcos and more.  
*Movie was released on August 6--for kids and young-at-heart adults.*

## AMAZON PRIME VIDEO

**Modern Love** 2019 | 16+ | 2 seasons | TV comedy/drama/romance Love breaks all the rules. Each episode of this anthology series brings to life different stories of relationships, connections, betrayals and revelations — all inspired by true events. Season 2 stars include Minnie Driver and Tom Burke.  
*Season 2 was released on August 13.*

## INTERNATIONAL CRIME DRAMA

**The Blood Pact - in Dutch with subtitles** 2021 | TVMA | 3 seasons | Two years after becoming a widower, Hugo is struggling to balance his work life and being a single dad to two daughters. Little does he know his life is about to get a whole lot more complicated when his 8-year-old befriends the daughter of a prolific ex-criminal. From *Walter Presents*.

- Available on the PBS Masterpiece Channel at an additional cost via Amazon Prime Video.
- If you have a Roku device, you can subscribe to it via The Roku Channel at an additional cost.
- NOTE: You can begin with a free trial subscription with either option.





# HELPFUL INFORMATION

## Cañon del Sol Community Website

[www.canondelsol.com](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](mailto:general@acomgt.com)

## CDS Property Manager

Tom Hewett | 831.722.4048 | [CDS@acomgt.com](mailto: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](http://www.readyforwildfire.org/prepare-for-wildfire)

## Newsletter Editor:

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