



# The High Tide

December 2019

A Newsletter for Residents of Cañon del Sol

Volume 2, Issue 10

## PRESIDENT'S MESSAGE

The Board held its last meeting of the year on December 2, 2019. No major actions were taken. Additional improvements to the clubhouse were discussed, and the Board determined to send a questionnaire to members seeking further input on the short-term rental prohibition issue. Three other matters of interest are:

## INSIDE THIS EDITION

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(1) The pool is now closed: the spa remains open.

(2) The annual meeting of members has been changed from the first Saturday in April to March 28, 2020; I hope you all can attend.

(3) The farmer working the fields on both sides of Sand Dollar Drive has removed all of the trees on the northwest side of the road and will replace them with new trees.

As you know, Scott Thomas will retire as our on-site manager at the end of the month. I want to take this opportunity to thank him for all of the help he has been to me and the CDS community over the past many years. He kept things flowing and in good order during his time in office. **THANK YOU SCOTT!**

Finally, I wish all of you a very happy holiday season.

*Henry Bose*

----- Please R.S.V.P -----

**JOIN YOUR NEIGHBORS  
FOR OUR ANNUAL**

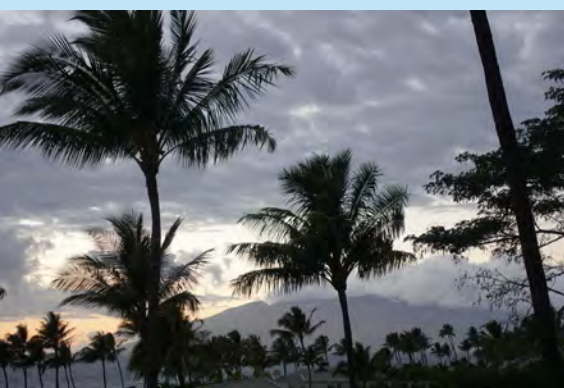
**CDS Holiday Party**

**SATURDAY, DECEMBER 14, 3-6 PM**



- ❑ Bring your beverage of choice
- ❑ Bring a side dish to share
- ❑ Ladies, bring a wrapped \$10 gift for a woman (for our gift exchange)
- ❑ Gents, bring a wrapped \$10 gift for a man (for our gift exchange)

**RSVP to Pat Vance, 831-728-8707**



## Don't Be Scammed

What common scams are out there?

**IRS Scam Calls:** Criminals posing as IRS agents call local residents asking for “delinquent” tax payments. Often the callers threaten arrest if you don’t pay the taxes or fines via wire transfer or gift cards.

**Social Security Administration Calls:** The suspect says your Social Security number has been suspended because of suspicious activity. Often they will ask you to confirm your Social Security Number to reactivate it or will say your bank account will be seized.

**Sweetheart Scams:** The victim meets someone online and develops a relationship via the phone or Internet. Before you get a chance to meet the person they ask for financial help, possibly to have them fly out to meet you. Once you give them the money they are not heard from again.

**Child/Grandchild in Trouble Scam:** Posing as relatives they urge you to wire money immediately. They will say they need emergency money for getting out of jail or paying a hospital bill. Social media networks make it easier to know the names and additional information about family members to make the scammer seem believable.

**This is just a short list.** You can contact the Santa Cruz County District Attorney’s Office - Consumer Protection team at (831) 454-2050. You can report identity theft, scams and unwanted calls to the Federal Trade Commission: 877-FTC-HELP or [www.ftccomplaintassistant.gov](http://www.ftccomplaintassistant.gov).



## Health and Wellness

### B Vitamins and Hip Fractures

Findings from a study published this summer in JAMA Network Open finds that large doses of vitamin B supplements are linked to an increased risk for hip fracture in older women.

The recommended daily dose for healthy women over 50 is 2.4 micrograms of B12 and 1.5 milligrams of B6. You would get this by eating 6 oz. of tuna.

If you take a vitamin supplement, you may want to check your dose. Talk with your doctor if you think an adjustment of your dosage is in order.

### Trouble falling asleep? A bedtime app might help.

A bedtime app called Calm ([calm.com](http://calm.com)) offers over 160 short tales to help lull you to sleep. They cover a variety of interests including animals, nature and exotic locales. Among the narrators are several celebrities.

The app includes other calming features such as music, stretching and meditations. Cost is less than \$6 per month.



# CALENDAR

## EVENTS THIS MONTH

**December 15; 12 noon - 5:30 pm**

**Jingle Shells Arts & Crafts Festival**

**Seymour Marine Discovery Center at**

**UCSC's Long Marine Laboratory**

Shop for holiday gifts and help raise funds for the Seymour Center. Special one-day-only price, includes admission to the center and displays, plus a 10% discount in Seymour's gift shop:

*Adult \$7 ---- Senior, Student or Child \$5*

*Free for children 2 and under and for Members*

## UPCOMING EVENTS

**46th Annual Santa Cruz Fungus Fair**

**Jan. 10-12; Fri.: 2-5pm/Sat & Sun: 10 am-5pm**

**Louden Nelson Center (301 Center St., SC)**

Features hundreds of species of local fungi, speakers, cooking demos, a special Kids' Room (w/hands-on activities, face-painting and more), and a taxonomy panel to identify fungi. Many books and mushroom-related items are available for sale, as are wild mushroom delicacies.

*Fri - \$5 / Sat-Sun \$10 / Students & Srs (60+) - \$5*

*Kids under 12 - free*

### *Local Performances of the Nutcracker Ballet*

**Santa Cruz City Ballet: Dec. 14 and 15**

Cabrillo College's Crocker Theatre; \$28-\$40

Daily: 1:00 pm and 4:30 pm

**Santa Cruz Ballet Theatre: Dec. 21 and 22**

Santa Cruz Civic Auditorium; \$20.50-\$101.50

Dec. 21: 2 pm & 6 pm, Dec. 22: 1 pm & 3 pm

**Agape Dance Academy**

**Dec. 20-22 - 2 versions avail.**

**Cabrillo's Crocker Theatre**

**Reg. vers.: \$21-\$35; Fri 7:30p,**

**Sat 2 & 7p, Sun 1 & 4:30 pm**

**Petite vers. (dancers 3-7 yrs)**

**\$14-\$24; Sat 10 am & 12 pm**



**Important Notice**

**Save the Date**

**Canon del Sol Annual  
Meeting**

**Saturday**

**March 28**

**10 am - 1 pm**

*Lunch will  
follow meeting.*





# Are You Winning the Plastic War?

By Lorraine Margon  
[LorraineMargon@gmail.com](mailto:LorraineMargon@gmail.com)

I have been trying to cut back on the amount of plastic I use. It's not easy. Plastic is everywhere, even where we can't see it.

I've stopped buying bottled water. I now use my own reusable water bottle. It is not as convenient as grabbing a bottle from the fridge in the garage on my way out. Nonetheless, it's an important change that I can feel good about.

I like to use straws. I've purchased some stainless steel ones, in two sizes, and I carry one of each size in my purse. You can skip straws entirely if that's your preference. Otherwise, there are many choices on the market with better carrying cases than the drawstring bag that came with mine.

Soon we will need to bring our own cups to coffee shops or it will cost us 25 cents per cup. That's an incentive for me to start carrying a traveler's cup. I got used to bringing my own grocery bags to the store, so why not this. I found several handy collapsible coffee cups online that resemble the ones you get in the coffee shops.

You can also find a variety of reusable silicone bags ("Stashers," e.g.) to replace the ziplock type. And, there are produce bags made of muslin, rope, mesh and other materials that we can purchase and use rather than plastics. Maybe we should all be putting things like this on our holiday gift lists--both to buy for others and to have someone buy them for us.

These are just some random thoughts about plastic, which has been on my mind. The more I hear about the plastic pollution in our environ-



## WANTED

### Residents' News

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

- Introductions of you and your family
- Birth of a child or grandchild
- Photo of family member(s) doing something cute, charming or noteworthy
- Photo of your pet (old or new)
- Wedding or milestone anniversary
- Travel
- Award you won
- Recipe to share
- An activity group you'd like to start

*Please send your contributions to:*

Lorraine Margon  
[LorraineMargon@gmail.com](mailto:LorraineMargon@gmail.com)  
831-345-2394

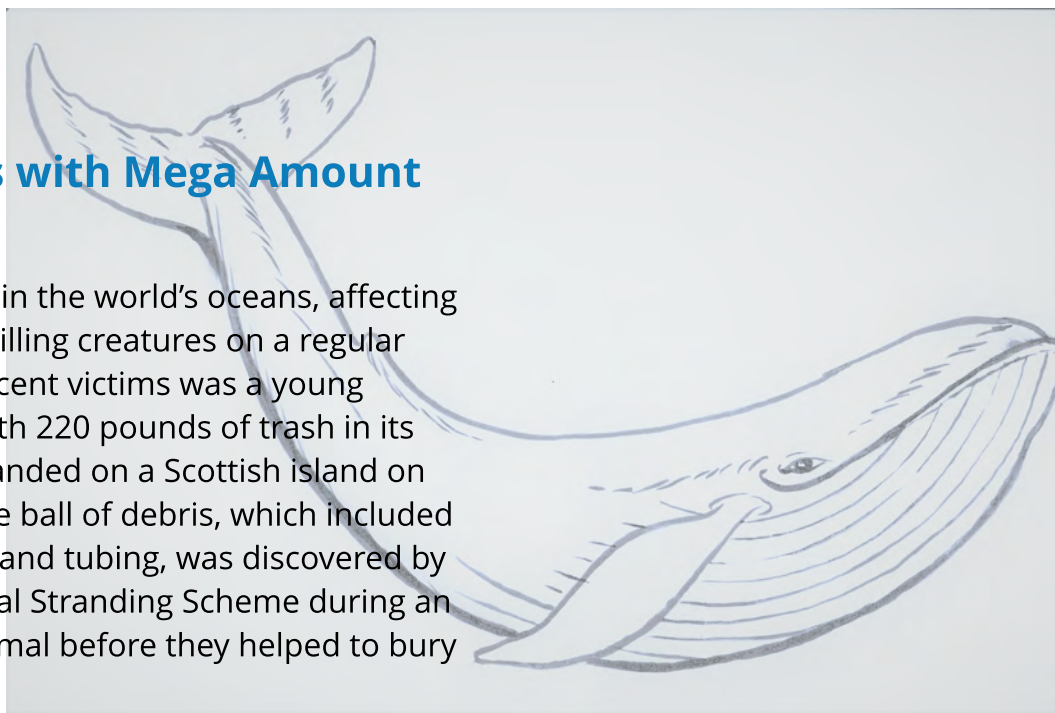
ment, the more I want to change my habits.  
This will be one of my New Year's resolutions.

If you have any tips, tricks or life hacks regarding plastic alternatives that you'd like to share, let me know and I'll share them in a future edition of The Tide.



## Sperm Whale Dies with Mega Amount of Trash Inside It

Pollution is a major issue in the world's oceans, affecting millions of animals and killing creatures on a regular basis. One of the most recent victims was a young sperm whale that died with 220 pounds of trash in its stomach after getting stranded on a Scottish island on our Thanksgiving Day. The ball of debris, which included fishing nets, plastic cups, and tubing, was discovered by the Scottish Marine Animal Stranding Scheme during an autopsy of the 20-ton animal before they helped to bury it on the beach.





# APTOS LIBRARY

**NOTE: THE LA SELVA BEACH LIBRARY IS CLOSED FOR RENOVATIONS UNTIL JUNE 2020.**

## **La Selva Beach Bookmobile**

*Stops every other Wednesday from 1:30 to 2:30 pm on Playa Boulevard, just past Florida Avenue. While the LSB library is closed for remodeling, patrons can request books to be delivered to "Outreach," and your book(s) will be delivered on the Bookmobile.*

### **4th Friday Movie**

**No movie this month.**

**New MOVIES**  
**Based on Books**  
**Coming In 2020**

#### **1. The Voyage of Doctor**

**Dolittle.** The upcoming fantasy comedy movie is based on

## **APTOS HOURS**

Sunday Closed  
Mon-Thurs 10 am - 8 pm  
Friday-Sat 10 am - 5pm

## **NEXT BOOKMOBILE DAYS**

Dec. 11  
Jan. 8 & 22



Hugh Lofting's 'The Voyages of Doctor Dolittle.' **Featuring:** Robert Downey Jr., Antonio Banderas, Michael Sheen and Jim Broadbent. . . plus a long list of celebrity voices. **Release Date:** January 17, 2020.

**2. Call of the Wild.** This is a movie adaptation of the 1903 book by Jack London. **Featuring:** Terry Notary, Karen Gillan, Harrison Ford, Dan Stevens and Bradley Whitford. **Release Date:** Feb. 21, 2020.

**3. The Turning.** The film is inspired by Henry James' 1898 short novel, 'The Turn of the Screw.' **Featuring:** Mackenzie Davis, Finn Wolfhard, Brooklyn Prince, and Mark Huberman. **Release Date:** January 24, 2020.

**4. Artemis Fowl.** 'Artemis Fowl' is the title of a novel series written by Eoin Colfer. **Featuring:** Judi Dench, Josh Gad, Ferdia Shaw, and Diana Alexandra Pocol. **Release Date:** August 9, 2020.

**5. Dragon Rider.** 'Dragon Rider' is a children's book written by Cornelia Funke in 1997. **Featuring:** Patrick Stewart, Felicity

Jones, Thomas Brodie-Sangster and Freddie Highmore. **Release Date:** August 6, 2020.

**6. The Devil All the Time.** The movie is based on the 2011 book by Donald Ray Pollock. **Featuring:** Robert Pattinson, Riley Keough, Chris Evans, Sebastian Stan and Tom Holland. **Release Date:** TBD  
**7. To All the Boys I've Loved Before 2.** The film is an upcoming sequel to the 2018 film with the same name.

**Featuring:** Noah Centineo, Lana Condor and John Corbett. **Release Date:** TBD

**8. Chaos Walking.** This movie is inspired by the first installment of 'Chaos Walking' authored by Patrick Ness. **Featuring:** Tom Holland and Daisy Ridley. **Release Date:** TBD

**9. Death on the Nile.** 'Death on the Nile' is a 1937 crime novel written by Agatha Christie. **Featuring:** Letitia Wright, Gal Gadot, Armie Hammer, Jodie Comer, Kenneth Branagh and Tom Bateman. **Release Date:** October 9, 2020.



## Helpful Information

### Cañon del Sol Community Website

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

username: cds | password: surfandsun

### CDS Board of Directors

President	Henry Bose
Vice President	Mary Ann Herlihy
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](mailto:general@acomgt.com)

### CDS Resident Manager

Scott Thomas

831.722.4048 | [scott.thomas06@comcast.net](mailto:scott.thomas06@comcast.net)

### 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