



The High Tide

February 2021

A Newsletter for Residents of Cañon del Sol

Volume 4, Issue 2

PRESIDENT'S MESSAGE

The board held its February board meeting via Zoom. The 2020 financials were reviewed in detail. We ended the year with an operating surplus of approximately \$15,000, primarily due to lower than expected utility expenses. This was due to not heating the pool until early summer, and no hot tub heating from March to December. We were over budget in a few categories including on-site property management and administration expenses; the overage in these areas can be attributed to the administration and hands-on management of the construction work that was associated with the painting of section A. The operating surplus will be transferred to the reserve account to help offset the unplanned future reserve expenditures.

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Our reserve account fared equally as well in 2020, ending the year with over \$1,150,000 in reserve, which is \$50,000 over plan. The good news is that by controlling our reserve spending, we have continued to meet the upkeep requirements of the HOA. This has the association reserves in excess of a 63 percent funding level, which is better than the forecasted plan.

The board will continue to review all reserve projects and to look for possible savings. As previously mentioned, we anticipate increased expenses in exterior repair will be required prior to future painting projects.

With Spring right around the corner we anticipate re-opening the pool area for reserved use beginning the week of March 29th. We are currently reviewing the requirements to re-open the hot tub and hope to open it up for single family (pod) pre-reserved use by March 29th, if not sooner.

The best way for all to have access to the latest information on our community is to make sure Anderson has your best and current email addresses for communication preferences. Please feel free to contact Anderson at general@acomgt.com to update your information.

Thanks to all for saying safe, and wearing your mask!

Bob

bob@cabrenee.com or 408-368-6895

Happy Valentine's Day



THINGS TO DO

TOUR A HISTORIC HOME ONLINE

Winchester Mystery House (San Jose, California)

winchestermysteryhouse.com

A video tour is now available to rent or purchase. Experience this beautiful and bizarre mansion from the comfort of your home. This "haunted" San Jose estate was once the personal residence of Sarah Winchester, widow of firearm magnate William Wirt Winchester. The home was built in 1886 and contains at least 160 rooms. Cost is \$5.99 to rent for 72 hours.



Newport Mansions (Newport County, Rhode Island)

newportmansions.org

The Preservation Society of Newport County, Rhode Island, has made video and 3-D tours available of some of the most extraordinary summer "cottages" that once hosted the nation's wealthy. These are full of fascinating architecture and decor from The Gilded Age. Free.



The Frick Collection (New York, New York)

frick.org/visit/virtual.tour

This is an Upper East Side, New York, mansion turned museum. It was designed by Thomas Hastings and was once home to the wealthy industrialist Henry Clay Frick. Frick helped build the world's largest coke and steel operations. He was an avid art collector and a philanthropist. The free tour includes close-ups of the art, baroque furnishings and gardens that surround the museum.



Mark Twain House (Hartford, Connecticut)

marktwainhouse.org

The Hartford Home was completed in 1874 and was built by Sam and Olivia Clemens by architect Edward Tuckerman Potter. The home measures 11,500 square feet, and has 25 rooms distributed among three floors. It displayed the latest in modern innovations when it was built at a total cost of between \$40,000 to \$45,000.

When financial troubles forced the Clemens to move to Europe in 1891, Mark Twain and his family enjoyed what the author would later call the happiest and most productive years.

Note: Photos at right are in the same order as the descriptions above.



DID YOU SAY GIRL SCOUT COOKIES?

Cookie season for the Girl Scouts of California's Central Coast is currently underway.

You can order online and support our closest troop, in Aptos, which is Troop #15051. There is a shipping charge of \$12 for 1-5 boxes; but, if you buy 6 or more, shipping costs go down by 50 percent.

Anyway, this is a good cause, right? Your taste buds will thank you, and you will be helping our community and our youth.

When you make a Girl Scout Cookie purchase, you're helping the next generation of young female entrepreneurs get an important taste of what it takes to be successful—teamwork, planning and a positive outlook.

What's new? The Yoast-Yay! cookie, a French toast-inspired cookie dipped in icing, is new this year.

What's leaving? This is the last year for the Girl Scout S'mores cookies. So get 'em while they last.

Order now from Aptos Troop #15051 using the link below! Cookie season ends on March 14.

<https://tinyurl.com/1b5uu8l3>







All your favorites are back — plus a NEW Cookie!

<div>NEW!</div>  <p>Toast-yay!™</p> <p><small>French Toast-inspired cookies dipped in delicious icing and full of flavor in every bite. Yay!</small></p>	 <p>Girl Scout S'mores®</p> <p><small>Crispy graham cookies double-dipped in cream icing and coated in delicious fudge.</small></p>	 <p>Lemonades®</p> <p><small>Savory slices of shortbread with a refreshingly tangy lemon flavored icing.</small></p>
 <p>Shortbread®</p> <p><small>Traditional shortbread cookies.</small></p>	 <p>Thin Mints®</p> <p><small>Crispy chocolate wafers dipped in a mint chocolaty coating.</small></p>	 <p>Peanut Butter Patties®</p> <p><small>Crispy vanilla cookies layered with peanut butter and covered with a chocolaty coating.</small></p>
 <p>Caramel deLites®</p> <p><small>Vanilla cookies topped with caramel, sprinkled with toasted coconut, and laced with chocolaty stripes.</small></p>	 <p>Peanut Butter Sandwich</p> <p><small>Crisp and crunchy oatmeal cookies with creamy peanut butter filling.</small></p>	 <p>Caramel Chocolate Chip</p> <p><small>Rich caramel, semi-sweet chocolate chips, and a hint of sea salt in a chewy, gluten-free cookie.*</small></p>

*The GIRL SCOUTS® name and mark, and all other associated trademarks and logos, including but not limited to GIRL SCOUT COOKIES®, THIN MINTS®, GIRL SCOUT S'MORES®, TOAST-YAY!®, Girl Scout Cookie Program®, and the Trefoil Design, are owned by Girl Scouts of the USA.



Rainfall Totals

As of Feb. 10 at 2 pm

Season to date	12.68"
Last year to date	17.77"
Last year total	27.99"

Season runs from Oct 1 - Sept 30

WELLNESS

Should You Take Your Blood Pressure in Both Arms?

The next time you visit your primary care physician, you may want to ask the nurse to take your blood pressure in both arms.



While small differences in blood pressure between the left and right arm are normal, large differences in your systolic number (the top one) can signal trouble.

A new study reveals that after adjusting for age, sex, smoking and diagnoses of diabetes and hypertension, researchers found that for each five-millimeter increase in the difference between the left and right arm systolic readings, there was a 5 percent increase in the risk for death for any cause, a 6 percent increase in cardiovascular death and a 9 percent increase in the risk for a first cardiovascular event.

To get these results, researchers combined data found in 24 previous studies that measured bilateral blood pressure in almost 54,000 men and women over 18. All studies included only people seen in general health clinics (none were from specialty offices for heart conditions).

Are There Health Benefits to Using Coconut Oil?

Coconut oil has long been promoted as a food that promotes weight loss, lessens heart disease and more.

"It's been known for a long time that coconut oil raises blood levels of artery-damaging LDL cholesterol."

Dr. Frank M. Sacks, Harvard University

For more details and explanations for why the science is telling us that coconut oil may not reign supreme over unsaturated plant oils, read the full article linked below.

Coconut Oil's Undeserved Health Halo by Jane E. Brody
New York Times - 1/4/2021; <https://tinyurl.com/6wpmsagz>



Covid-19 Resources

Santa Cruz County Health Services - Covid-19
(includes a tab for *Vaccine* information)

<https://tinyurl.com/y2vvavta>

Testing Locations and Related Information

<https://tinyurl.com/y5xbtsv8>

Access COVID-19 Testing at Home

These FDA authorized COVID-19 collection kits from Pixel by LabCorp provide everything you need to collect a nasal swab sample and send it back to their lab. Kits are available to individuals 18 and older who meet the screening criteria for COVID-19 testing. More info:

<https://www.pixel.labcorp.com>

LIBRARY INFO



SANTA CRUZ PUBLIC LIBRARIES

<https://www.santacruzpl.org>

The library branches remain closed with the following exceptions.



Book Drop Returns

All returned items are quarantined before being checked in. Allow one week for processing and to be removed from your account. No late fees will be assessed until further notice.

La Selva Beach Open 24/7 Aptos (drive up or front door)

- 10am - 6pm Mon/Tues/Thurs
- 10am - 5pm Wed/Fri
- Closed Saturday & Sunday
- Use the drive-up or front door book drop

Online Requests for Library Materials

Pick up your books, when ready using the "Grab & Go Lobby Service."

Aptos Branch Schedule

Mon, Tues, Thurs: 1 pm - 6 pm
Wednesday: 10 am - 3 pm
Friday: 12n - 5 pm

- Wear a mask and social distance.
- You'll need your library card number and PIN/password to check out your items with the self-checkout machines, which are sanitized regularly.

- You can also download the library's app on Google Play or the Apple App Store and check out your things with your smartphone. Just do a search for "Santa Cruz Public Libraries" in the app stores.
- Watch this YouTube video to learn how to use the SCPL app to check out materials:
<https://tinyurl.com/4jep1j19>

NOTE: Public restrooms are not available at any branch.



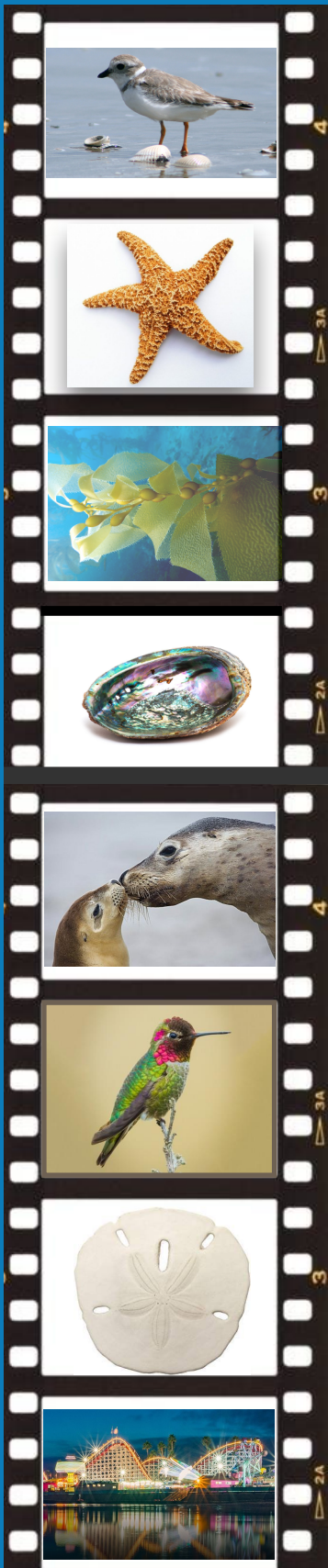
Do you stay up late to read before bed? "Hoo-hoo, me?"

Have a book to recommend?

Send your write-up to
LorraineMargon@gmail.com

READ MORE
BOOKS





HELPFUL INFORMATION

Cañon del Sol Community Website

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

First Alarm 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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Send in your news, announcements & photos!