



The High Tide

January/February 2020

A Newsletter for Residents of Cañon del Sol

Volume 3, Issue 1

PRESIDENT'S MESSAGE

The Canon del Sol Board of Directors held its first meeting of 2020 on Monday night, January 6. Items discussed were completion of 2019 reserve projects and commencement of possible 2020 reserve projects. Reserve projects are those repairs, replacements and improvements requiring the expenditure of reserve funds.

The remaining 2019 projects all involve the completion of the Clubhouse improvements. The budgeted 2020 projects include: dryer vent cleaning, chimney cleaning, tree trimming and

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dead tree removal, landscaping, irrigation system improvements, termite inspection, gutter inspection and repair, structural repairs and the painting of all residential units and the Clubhouse in what the Board refers to as Section A; i.e., the area surrounded by Sand Dollar, Sea Horse, Canon del Sol, Oyster and Abalone Drives. More information on these projects will be forthcoming in the future.

Six years ago when Section A was last painted, we noted potential problems with the siding throughout the Section. As a result, the Board significantly increased the budgeted amount for anticipated structural repairs. In short, the principal problem was, and still is, the warping and other damage of the siding materials that have been caused by moisture, including rain. Preliminary inspections indicate that the problem is greater and more widespread than originally perceived. Professionals in residential siding as well as those in repair and replacement will be brought in to give us more definitive information. We will, of course, report the results to you.

Turning to another matter, the annual premium for earthquake insurance maintained by the Board has risen to \$41,181 from an annualized premium of \$34,805 in 2019. The policy has been renewed; however, the Board is inclined to cancel the policy and forgo earthquake insurance going forward, subject to comment by members. Comments will be sought at the annual membership meeting in March, but please feel free to comment in the interim to Anderson & Co. or to any Board



member. Member participation and comments are always appreciated. No action will be taken until the Board has had the opportunity to hear from members.

With respect to the annual meeting of members, please note that the date this year is March 28 at 10 am in the Clubhouse. Your attendance and participation is earnestly sought. Historically, at least during my time in Canon del Sol, the election of directors has always been an agenda item for the annual meeting. While I anticipate it will still be on the agenda this year, the California legislature has enacted extensive new laws applicable to the election of directors which may require a new, more formal and detailed procedure this year. There will be more about this later as we understand the rules.

Finally, my term as a director expires this year. Board activities have helped fill my retirement time in a meaningful way. I believe Canon del Sol is a wonderful place and a great community. I hope that I have made a positive contribution. The time has arrived, however, for me to add new experiences to my daily agenda. I will not seek re-election.

Henry Bose

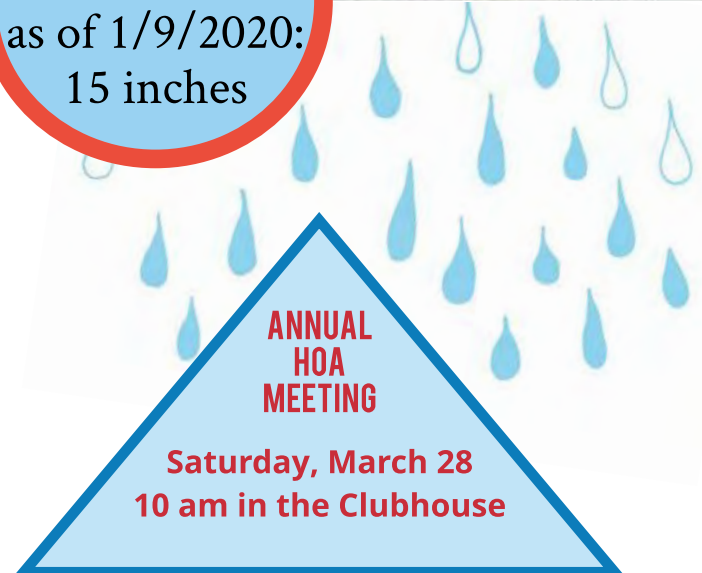
SWIMMING POOL AND SPA

The pool heater was turned off after Thanksgiving. The spa continues to be heated year-round. Please obey all posted rules.

Pool Hours: 9 am until 10 pm



Approximate
rainfall total
as of 1/9/2020:
15 inches



PLEASE NOTE THE NEW TIME

BEGINNING FEBRUARY 3,
HOA BOARD OF DIRECTORS
MEETINGS WILL BEGIN AT
4 PM ON THE FIRST
MONDAY OF EACH MONTH.

CALENDAR

NEW THIS MONTH

Wednesdays from 2-4 pm

Table Games in the CDS Clubhouse

January 15, 22, 29; February 5, 12, 26; etc.

Join Judy Mathews (441 Oyster Drive) who has organized a weekly afternoon "Meetup Group" of game-playing with neighbors. Judy will bring cribbage, two decks of cards and Farkle to these sessions.

You should bring any games you'd like to play, your own beverage, and a neighborhood friend. This group is for CDS residents only.

The group will develop the games played based on participation and interest. All levels are welcome to attend. Anyone under 21 years of age must be accompanied by an adult relative. Please feel free to contact Judy to express your interest and to champion for particular days/times.

Judy Mathews: 408-655-5141
mathewsjc50@gmail.com

You can join this Meetup Group online at:
<https://tinyurl.com/s2ymjbr>

EVENTS THIS MONTH

January 25; 2-4 pm

**Coffee, Tea & History: Flooding in Rio Del Mar
Rio Sands Hotel Community Room
(116 Aptos Beach Dr Aptos)**

Learn the history behind flooding in Rio Del Mar and support the Aptos History Museum.

**\$20 Aptos History Museum Members
\$25 General Admission; RSVP: 831-688-1467**

January 25; 7-10 pm

**Women's Adventure Film Tour
Rio Theatre in Santa Cruz (Seabright)**

Features 5-7 short films tallying 100-110 minutes. Selected screenings will include emcee introductions, prize drawings and Q&A. This year's lineup features an all-star cast of global athletes, business women, mothers and storytellers, including cliff diver Rhiannon Iffland, climber/yoga instruc-

tor Kira Brazinski, long distance hiker Jennifer Pharr-Davis, and many more, including women in snow sports, mountaineering & mountain biking.

Buy your tickets in advance: \$20
www.riotheatre.com

UPCOMING EVENTS

February 1; 12 noon - 1:30 pm

Make A Valentine Plate

Anniglass (310 Harvest Drive, Watsonville)

Make your own glass heart valentine using pastel-colored glaze crayons on frosted glass. Color is limited to pastel blues, greens, purple, pink, black, white and yellow. (There are no red, orange, gold or silver colors available.) We will fire it for you into the shape of one of our 7" heart plates just for your special Valentine. Enjoy a complimentary drink (wine, beer or soft drink)

Register asap as these sell out. Cost: \$65
www.annieglass.com

Feb. 20-23; 7-10 pm nightly

**Banff Center Mountain Film Fest World Tour
Two different programs on alternating nights.
Rio Theatre in Santa Cruz (Seabright)**

Amazing big-screen stories shown on four nights: February 20-23. Journey to stunning locations, paddle the wildest waters and climb the highest peaks. Get your tickets today and be taken away to the most captivating places on earth.

Buy your tickets in advance: \$18-\$22/night
www.riotheatre.com

March 13; 7-9:30 pm

**Top Dog Film Festival - Mar 13
Rio Theatre in Santa Cruz (Seabright)**

Showcases the incredible bond between dogs and their people through independent films. The Top Dog Film Festival screens over 2 hours of the most inspirational, heartwarming and entertaining films related to dogs and their human companions from independent filmmakers around the globe.

Buy your tickets in advance: \$15
www.riotheatre.com

HOLIDAY PARTY RECAP

by Lorraine Margon

A big shout out to Pat Vance who arranged a wonderful holiday gathering for us on December 14 in the Clubhouse. We had a good turnout of about 50 people. The food was great and the room was festively decorated by Pat.

The gift exchange is always a fun part of the party. This writer and her husband received a hand-made infinity scarf and a large container of candied nuts. I hope others fared as well!

Here are a few photos that I took that day.



Pat Vance and Linda Copp share a laugh.



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
831-345-2394



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 Florido 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.

APTOS HOURS

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

NEXT BOOKMOBILE DAYS

Jan. 22	Mar. 4 & 18
Feb. 5 & 19	Apr. 1, 15 & 29



Tuesday, Jan. 28; 7 pm

Rio Sands Hotel

Community Room

(116 Aptos Beach Drive)

Perspectives on Chinese History, Immigration and Globalization

A panel discussion with three distinguished professors:

Dr. Nick Rowell (Political Science), Dr. Cheryl Barkey (Chinese History, Cabrillo College) and retired professor Dr. Robert Strayer (author of *The Communist Experiment*).

Join travel photographer Mary Altier and her husband John Walker for a slide show covering four countries along the Silk Road: Uzbekistan, Turkmenistan, Kazakhstan, and Kyrgyzstan.

Thursday, Feb. 6; 7 pm

La Selva Beach

Community Church

(26 Florido Avenue)

Movie: "The Year of the Yao"

Documentary that chronicles Yao Ming's first year in the National Basketball Association. When he signed with the Houston Rockets, Yao became the first player from China to play in the NBA.

Thursday, Jan. 30; 7 pm

La Selva Beach

Community Church

(26 Florido Avenue)

Movie: "Mao's Last Dancer"

PLEASE NOTE

Due to your editor's travel schedule, this edition is a combined one for January and February. The next edition should reach you by mid-March.

Health Tips

Cut the Sugar

What do all weight loss diets have in common? They all significantly reduce the amount of sugar that you consume. The American Heart Association recommends cutting sugar using these tips:



Toss the table sugar (white and brown), syrup, honey and molasses. Cut back on the amount of sugar added to things you eat or drink regularly like cereal, pancakes, coffee or tea. Try cutting the usual amount of sugar you add by half and wean down from there.

Swap out the soda. Water is best, but if you want something sweet to drink or are trying to lose weight, diet drinks can be a better choice than sugary drinks.

Eat fresh, frozen, dried or canned fruits.

Choose fruit canned in water or natural juice. Avoid fruit canned in syrup, especially heavy syrup. Drain and rinse in a colander to remove excess syrup or juice.

Compare food labels and choose products with the lowest amounts of *added* sugars. Dairy and fruit products will contain some natural sugars. Added sugars can be identified in the ingredients.

Add fruit. Instead of adding sugar to cereal or oatmeal, try fresh or dried fruits.

Cut the serving back. When baking cookies, brownies or cakes, cut the sugar called for in your recipe by one-third to one-half. Often you won't notice the difference.

Try extracts. Replace some sugar in recipes by with extracts like almond, vanilla, orange or lemon. **Replace it completely.** Enhance foods with spices instead of sugar. Try ginger, allspice, cinnamon or nutmeg. Switch out sugar with unsweetened applesauce in recipes (use equal amounts).

Limit Non-nutritive Sweeteners. If you are trying to lose weight, a temporary fix to satisfying your sweet tooth may be with non-nutritive sweeteners. But, make sure that swapping sugary options for non-nutritive sweeteners now doesn't lead to eating more later.

Tea for You, and Maybe Two

According to the journal *Aging*, it's good for your brain to drink a cup of tea four times a week. Scans revealed that longtime tea drinkers have brain regions that are better organized for strong cognitive functioning. What kind of tea should you drink? The study recommends green, oolong and black.



HEALTH & WELLNESS

A PERSONAL STORY
BY LORRAINE MARGON

I started the new "reimagined" WW (Weight Weighchers) program in late-October. I've lost 15 lbs and managed to do this during the holidays. It takes a lot of will power, yes, but having my sister in Maryland doing this with me gives me the added support I need. I'm continuing until I reach my goal weight and then will endeavor to stick with WW on a maintenance program. My sister and I share this goal and are encouraging each other along the way. I have cut down significantly on sugar and somewhat on simple carbohydrates. They say the Mediterranean diet still reigns supreme. Whatever you do, The World Health Organization recommends that you eat a variety of foods, cut back on salt, reduce fats and oil (eliminate trans-fats), limit sugar and avoid hazardous and harmful alcohol use.



HELPFUL INFORMATION

Cañon del Sol Community Website

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

CDS Resident Manager

Tom Hewett

831.722.4048

Please note the name
of our new res. mngr.
Welcome Tom!

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