



The High Tide

May 2020

A Newsletter for Residents of Cañon del Sol

Volume 3, Issue 4

PRESIDENT'S MESSAGE

For purposes of exterior maintenance and a fresh and consistent appearance of units within Canon del Sol, the development has long been divided into three sections. On a rotating basis, every two years, one section becomes the focus of an inspection for dry rot, termite damage and other structural problems. Next, requisite repairs are made, and then the section is painted and stained as appropriate. This means that your unit is subjected to this process every six years. Of course, if structural repairs are noted and required in interim periods, they are made at that time.

INSIDE THIS EDITION

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

This year the section bounded by Sand Dollar Drive, Manresa Uplands Drive, Canon del Sol and Sea Horse--exclusive of 400 to 418 Oyster--will be our focus. Gutters have been cleaned and inspected, a termite inspection has been conducted and an inspection of external siding and other components has been made. Structural repairs will commence the week beginning May 11. As noted previously, the siding repairs will be extensive.

By the time you read this letter, you may have received a communication from the Board regarding this year's election of directors. Social distancing and shelter-in-place regulations have made it impossible to hold our annual meeting of members as we have done in the past and which includes the election of directors. As a consequence of those regulations and new laws put in place by the California legislature, the Board has adopted a process for election of directors this year by mail. Please review the Board's letter when you receive it and respond. The election of directors is an important function of our homeowners association.

Some months ago, the Board decided to make access to the Clubhouse readily available to all members so that more use could be made of the facility. Improvements to the Clubhouse were made and rules were adopted for its use. These Clubhouse Rules were circulated to members for comment. The Board reviewed all comments it received, and changes to the Clubhouse Rules were made based on this input. The revised Clubhouse Rules have been sent to members. Please review them carefully. Hopefully we will soon be in the position to put the open-access goal into practice. The honor

continued on page 5

From the Editor

As I head into my third year as editor of The High Tide, I reflect upon how much joy this newsletter has brought me. My original intent was a bit selfish in that I wanted a way to get to know the community better.

You see, we'd been living here for about three years, two of which were consumed with settling my mother's estate in Maryland, which had to be probated. During that time, I was not only grieving, but Bruce and I were flying back and forth across the country to deal with attorneys, banks and courts.

It was a tedious process and one of much fact-finding in that Mom did not keep good records, and her papers and valuables were found in a myriad of places. Everything had to be explored to find all of the assets. The only thing that went surprisingly well was that her house sold in a week's time and slightly above the asking price.

Since the start of this newsletter, I've made so many wonderful friends in this lovely community we call Canon del Sol. As we age, we learn very quickly that having special people in our lives is one of the most important things that we treasure.

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 May 10 at 4 pm: **27.01"**

Last year this time: **31.96"**

Last year total: **35.10"**

**(No change since
last month.)**

And, I've heard from many of you, telling me how much you enjoy this newsletter. This, too, gives me much joy. I appreciate the feedback and the contributions many of you have provided for inclusion in our Residents' News. Keep them coming!

I'm sure we are all struggling now and missing one another. Some of us are enjoying a weekly virtual Happy Hour using Zoom. Some are spacing out six feet across their streets to have a visit. What a difference it makes to see the faces of those we care about. It's going to require a lot of patience for us to carry on and wait out this pandemic. Models show that we may have waves lasting into 2022, and that thought is very sobering.

I hope you are well, using technologies to stay in touch and are stocked up on books, crossword puzzles and other things to keep busy with.

Lorraine Margon

Things To Do

Looking for virtual things to do? Insider.com—a global news and lifestyle publication with hundreds of journalists around the world—has a good variety of things you can check out at this web link: <https://tinyurl.com/y9jqms2m>



RESIDENTS' NEWS

News from Karen Preston McCarty 438 Oyster Drive

My daughter Megan and I were able to spend a week in Kauai in February-- perfect timing given all that has gone on since.

This was our first time to this island, and we loved that we had to slow down on all fronts-- the average speed limit is 5 to 35 mph!

We enjoyed some wonderful tours that really gave us an appreciation for the history of the island. These included the Grove Farm Plantation and the Mission House in Hanalei.

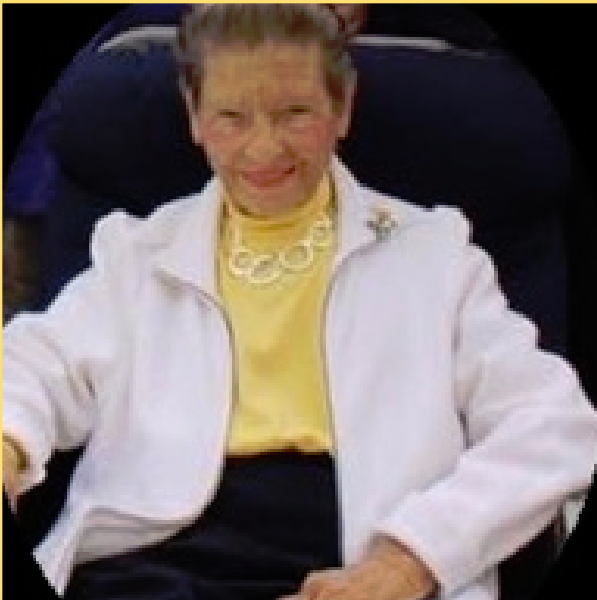
And, we ate some incredible meals (we are foodies!). We highly recommend Gaylord's at Kilohana and the Beach House in Poipu!

We did some incredible sight seeing at Waimea Canyon, the Allerton Gardens and the Hindu Temple.

At right is a picture of us at the Allerton Gardens--really gives an appreciation for nature and puts things into perspective!



In Remembrance



Marilyn Diane Hansen

December 24, 1937-March 31, 2020

**Part-time resident of
473 Arca Drive, Canon del Sol**

Marilyn Diane Hansen, 82, died March 31, 2020 at her home in Palo Alto. Marilyn was born December 24, 1937 in Palo Alto to Richard and Nance Johnson.

Marilyn loved numbers. After receiving her B.A. in Business at San Mateo. Jr. College, she worked in the bookkeeping field for 40 years. While working at Midtown Pharmacy, she met her future husband Verner Charles (Chuck) Hansen. Chuck was so distracted by Marilyn he "poured cough syrup all over the counter."

In 1959, Marilyn and Chuck married and worked along side each other for 38 years

in the family business, California Avenue Pharmacy.

They bought a home in Palo Alto in 1961 and raised their two children, John and Diane, in what would become their lifelong home.

Marilyn was very family oriented. She was a loving and devoted wife, mom and grandma. The family often traveled together. One of Marilyn's favorite places to go was Disneyland. The family would often set off for Disneyland or a Disney cruise together as a family.

Marilyn's great passions included her family, all things Disney, sports and a good book. Her favorite sport was basketball. Often, she would take her son John to the Stanford games, and the family would often be seen at SF Giants games. There were always a host of political novels on the coffee table for her to read.

Chuck and Marilyn traveled all over the world with their pharmacy friends during 1972-1997. Their favorite destination was Italy.

Marilyn and her daughter Diane often dressed the same. They somehow always had that fashion connection. They would laugh about dressing like twins.

She is survived by her husband Chuck Hansen, her children Diane Yu and John Hansen, and grandsons Douglas Hansen and Andrew Yu.

There will not be a memorial service. Marilyn appreciated the school her grandson attended, Jean Weingarten School for the Deaf. In lieu of flowers, donations to the school would be appreciated. The school's address is 3518 Jefferson Street, Redwood City, CA 94062.

TAKE-OUT OPTIONS

PLUS GROCERY STORE AND FARMERS MARKET INFO

The most comprehensive source for the county can be found at:



<http://santacruzfoodie.com>

RECIPE CORNER

Juicy Oven Baked Chicken Breast Recipe

This ultra juicy Oven Baked Chicken Breast Recipe takes just a few minutes of prep, resulting in tender, juicy chicken breasts every time! Serves 6.

Ingredients

4 (7 oz to 8 oz) boneless, skinless chicken breasts
2 tsp olive oil 3 tbsp light brown sugar
1 tbsp chili powder 1 tsp parsley flakes
½ tsp salt ½ tsp black pepper
½ tsp garlic powder ½ tsp onion powder
 ½ tsp cumin

Instructions

1. Preheat oven to 425 degrees F. Line a baking sheet with foil and spray with non-stick spray.
2. Place the chicken breasts between two sheets of parchment paper and pound to an even thickness. Drizzle both sides of chicken with olive oil.
3. Combine seasonings and sprinkle generously over both sides of the chicken breasts. Bake for 20 minutes. Remove from oven and cover loosely with foil for 5 minutes before slicing.

Notes: Adjust the baking time if your chicken breasts are smaller (18 mins) or larger (22 mins). Be sure the chicken's internal temperature reaches 165 degrees.

Source: iwashyoudry.com

WANTED

Residents' News

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

- Family news and photos
- Photo of your pet
- Wedding or other milestone
- Travel and vacation pics
- Award you won

Please send your contributions to:

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

President's Report, cont'd from page 1

system, member goodwill and voluntary compliance will play a huge role in carrying out this objective. Adhering to the Clubhouse Rules is sincerely sought and encouraged.

The Board held its regular monthly meeting on May 4 via video conference. At the meeting, in addition to the subjects mentioned above, the Board discussed and approved repairs to the tennis courts, an inspection and repair of a section of Clamshell Drive with "alligator cracking" and the repair of certain driveways and eroded common areas resulting from water escaping in unwanted places from clogged drainage pipes.

Finally, things continue to be quiet--very quiet--here. To my knowledge, we have had no coronavirus cases within Canon del Sol.

Stay healthy and stay safe,

Henry Bose

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!

Enjoy these 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 audio-book 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)
<https://archive.org/details/nationalemergencylibrary>



Looking for a Good Book?

Check out these New York Times lists posted on Good Reads:

<https://tinyurl.com/y7zejtav>

CONNECTING TO ONE ANOTHER--Video Chat Options:

Apple's FaceTime **Skype** **Zoom** **Google Hangouts**

What's App **Google Duo**

Facebook Messenger

Superfoods (Spry Living, 3/5/2020)

Combined with a balanced diet, these "superfoods" will pack your meals with powerhouse nutrients.

Hemp Seeds - These are a plant-based source of protein + magnesium and potassium; mild taste; add to pesto, soups, salads or wild rice.

Mushrooms - White, cremini, portobello, oyster and shitake mushrooms all have unique antioxidant content that may even reduce inflammation or ward off colds/flu. (Add garlic to double the bacteria-fighting power).

Ginger - Ginger tea is known to help calm an upset stomach or nausea.

Dark Leafy Greens: Spinach, kale, and Swiss chard contain immune-boosting B vitamins; add to stews and soups or saute with olive oil; they contain fiber, vitamin C, iron and calcium.

Olive Oil: Great source of vitamin E, polyphenols and monounsaturated fat that are known to reduce risks of heart disease; use in dressings and for sauteing/roasting veggies.

Cinnamon: Helps control blood sugar levels; sprinkle in your coffee grounds or in smoothies, or use as a flavor boost for meat and pork.

Nuts: Hazelnuts, walnuts, almonds and cashews are high in protein and good monounsaturated fats; they can help reduce the risk of diabetes and make for a great snack; add to oatmeal, salads or try as a nut butter.

HEALTH FOOD HOME

Stress Really Can Cause Gray Hair

That's according to a recent study by Harvard University scientists that has finally linked the nervous system to stem cells that regenerate hair pigment. The researchers found that the nerve involved in fight-or-flight responses can cause pigment-producing stem cells to activate prematurely.



This farm stand has gotten very popular and has added new offerings. Order early as they can sell out of some items or run out of pick-up slots.

Pickups are on Wednesdays. www.EatLocal.farm

You must order before Monday at 9 pm for pickup the following Wednesday in Aptos (Valencia Road) between 11 am and 1 pm. They have a safe, drive-through pick-up process. Check it out!

Recommendation: Order on the Wednesday afternoon of one week for pick-up on the next





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