



The High Tide

October 2019

A Newsletter for Residents of Cañon del Sol

Volume 2, Issue 8

PRESIDENT'S MESSAGE



As those of you who live here or have visited recently know, the repaving of eight parking areas has been mostly completed (striping still to be done). The seal coating of the other parking areas and the roads in the development is scheduled to take place on October 17 and 18 with the

streets comprising Pismo, 400-418 Oyster, Clamshell, Santa Monica and Canon del Sol above Sea Horse on the 17th; and Abalone, Marina del Sol, the balance of Oyster, Sea Horse, Arca and Canon del below Sea Horse on the 18th. No one should drive on a street within 24 hours after the seal coating of that street is completed. The back gate to Pismo will be opened on the 18th when driving on Pismo is permitted. Thank all of you for your cooperation in the matter.

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Local area photos by L. Margon.

At our September meeting, the Board approved the first step in the improvements it wishes to make to the Clubhouse, i.e. the painting of the ceiling to the main Clubhouse room. This has been completed, and all reports are that it has made a big difference. At our last meeting we approved the painting of the balance of the Clubhouse interior, the replacement of the carpeting and limited improvements to the interior lighting. After much discussion, it was decided to leave the "bar" structure in place. The Board thanks the Committee led by Gloria Johnson in helping to get this improvement project underway.

Late last month, the Board had Anderson & Co. circulate for comment a Rule with respect to short-term rentals, a subject of attention within HOAs and local governments. This subject will be discussed at our November meeting. We have received both pro and con comments from some



members. We would like to hear from as many as possible. If you have an opinion and care to share it, please send the comment to the Board in care of Anderson & Co. Maximum participation in matters such as this is encouraged and welcomed.

Finally, I have received a couple of responses to my recent outreach regarding the possible filling of the vacancy resulting from Scott's upcoming retirement. While the Board considers these responses, it also considers alternatives and welcomes further expressions of interest and comments.

Henry Bose



Editor's Note

I hope you like, or will get used to, the new style and layout of this newsletter. I had previously used Microsoft Word, which was a rather clumsy way to create a newsletter. I'm giving Lucidpress a try for now. Lucidpress is designed for creating newsletters and other types of publications. It will take me a while to figure out all of its features. Wish me luck!

Lorraine Margon

Health and Wellness

How Many Steps?

For older women, the optimal amount of exercise may be less than we thought.

Most of us who are counting steps are typically trying to reach 10,000 steps. Ever wonder where that number came from? Well, it came from a Japanese clock maker in the 1960s who gave its consumer pedometer a Japanese name that translates as "10,000 steps," and for some reason that took hold.

A new study reports that the minimum number of steps for women to stay healthy is 7,500 steps per day. The study included 17,000 women, most in their 70s and in good health.

If You're a Dog Person, It May Be In Your Genes

Swedish researchers used a database of 35,035 identical and fraternal twins born between 1926 and 1996. Identical twins share 100% of the same genes; fraternal twins, 50%.

If a female identical twin owned a dog, there was a 40% chance her twin would, too (compared with 25% of fraternal females). If a male identical twin owned a dog, there was a 29% chance that his twin did (compared with 18% for fraternal males).

Scientists calculate that genetics is responsible for 57% of dog ownership in women and 51% in men.



**Don't forget
to get your
flu shot!**

EVENTS THIS MONTH

UPCOMING EVENTS

Saturday, October 19; 11 am - 3 pm

Monthly Open House

Castro Adobe State Historic Park

See the exhibits and take part in the interpretive programs, including guided tours.

Sat./Sun., October 19-20; 11 am - 5 pm

Open Studios Art Tour - Encore Weekend

Participating Studios, North & South County

Visit artists in their studios during this self-guided art tour across Santa Cruz County. Free admission. Plenty of art of all types for sale.

Sunday, October 20; 11 am - 3 pm

Water Harvest Festival (free)

Anna Jean Cummings Park (Blue Ball Park)

This will be a fun family-oriented festival to celebrate our local water resources. There will be local organizations sharing info, arts & crafts, acoustic music, and food trucks.

Saturday, October 26; 1 - 4 pm

Chili Cook-Off (free)

Santa Cruz Beach Boardwalk

Chili tastings--con carne and vegetarian--to benefit Teen Kitchen Projects. \$10 for a tasting kit for six different samples.

Sat./Sun., November 2-3; 10 am - 5 pm

Sea Glass & Ocean Festival (free)

Cocoanut Grove at the SC Beach Boardwalk

Many one-of-a-kind pieces, including ceramics, soaps, sea salts, photography, fabric arts and stunning sea glass jewelry; 43 vendors.

Thurs., November 7; 6 pm (line forms at 5 pm)

TICKETED BOOK SIGNING: Jerry Rice, America's Game: The NFL at 100

Bookshop Santa Cruz

Book signing (no talk) with three-time Super Bowl champion Jerry Rice. ADVANCE TICKETS: \$32 for book and opportunity. A photographer will be on hand to take candid photos.

Sat./Sun., November 9-10

Hours: Sat. :10 am - 4 pm | Sun.: 10 am - 3 pm

Goat Hill Fair; \$10 general admission at door

Santa Cruz County Fairgrounds

Unique antique and artisan fair.

Sunday, November 10; 2 - 5 pm

Downtown Santa Cruz Wine Walk

\$35 in advance; \$40 on day if available

Enjoy tastings of Santa Cruz Mountain wine while strolling through some of your favorite shops.

Tickets at Eventbrite.com.

HALLOWEEN HAPPENINGS

CAPITOLA: Sunday, October 27; 2-4 pm - Capitola Village Halloween Parade, plus trick-or-treating at the shops following the parade. Parade heads down Capitola Avenue to Esplanade Park.

LA SELVA BEACH: Thursday, October 31; 5:30-7:30 pm. Halloween party at the LSB Clubhouse.



SANTA CRUZ CHAMBER PLAYERS 2019-2020 SEASON

Blowing in the Wind: October 19 & 20

Flute, Clarinet, Cello, and Piano (Aude Castagna, Director)

Virtuosity Defined: November 9 & 10

Flute, Guitar, Cello (Black/Gedaz Trio)

From the Old World to the New: January 11 & 12

Violin, Viola, Cello, Piano (Krislin Garbett, Director)

Three Trios, Three Eras: February 29 & March 1

Violin, Cello, Piano (Chia-Lin Yang, Director)

Elegant Exuberance: March 21 & 22

String Quartet and Piano (Roy Malan, Director)

The Hero's Journey: May 9 & 10

Clarinet, Violin, Cello, Piano (Ben Dorfman, Director)

All concerts are performed in Aptos at Christ Lutheran Church (10707 Soquel Drive) just off of the Freedom Boulevard exit (a 10-minute drive from CDS).

Advance Tickets for all Chamber Players concerts are available through Brown Paper Tickets.

Season tickets: \$125

*Single tickets: \$25 general admission
\$10 for students w/I.D.
Free for children under 12*

More info: www.sccchamberplayers.org

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.

A Bookmobile will stop in La Selva Beach 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 Matinee
October 25 at 10 am
La Selva Beach Community Church

MOVIE
Yesterday
Drama/Fantasy
2019
1h 57m | PG-13
Feel free to bring a snack or your lunch.

About Yesterday: Jack Malik is a struggling singer-songwriter in an English seaside town whose dreams of fame are rapidly fading, despite the fierce devotion and support of his childhood best friend, Ellie. After a freak accident during a mysterious global blackout, Jack wakes up to discover that The Beatles have never existed. Performing songs by the greatest band in history to a world that has never heard them, Jack becomes an overnight sensation with a little help from his agent.

APTOS HOURS

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

NEXT BOOKMOBILE DAYS

Oct. 16 & 30 + Nov. 13 & 27

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

Scott Thomas
831.722.4048 | scott.thomas06@comcast.net

CDS Clubhouse

400 Abalone Drive
La Selva Beach, CA 95076

First Alarm Security - Patrol Division

831.684.1111

Police/Sheriff - Non-emergency

831.471.1121