



The High Tide

August 2018

A newsletter for residents of Cañon del Sol

Vol. 1, Issue 4

President's Message

I am happy to report that the site preparation phase of the median improvement project work will start this week. This work includes grinding out the remaining tree stumps, removing the weeds and leveling out some of the mounds of dirt at the lower end of the median—the end near San Andreas Road. The excess dirt will be moved to the center portion of the median to smooth it out as well.

As most of you are aware, the myoporum trees within the development have been invaded by thrips, a minute insect. Efforts to destroy the pest have merely delayed the inevitable, and the trees are dying. We have been gradually removing the dead and dying trees; and we are replacing those along the streets and in front of homes with other trees, mainly tristanias, which appear to grow successfully in this area. So far this year approximately 30 myoporum trees have been removed. Most of these were along property fence lines behind homes. Some of the removals, however, left large vacant areas, and we are making plans to put replacement landscaping in these areas. Anyone within an affected area having thoughts on the replacement landscaping can contact either Scott Thomas at the Association office or me.

Finally, while a number of reserve project items budgeted for this year have been completed, the major project, namely the painting in Section C, continues. It is essentially on schedule. Significant paint blistering, probably caused by the proximity of Cañon del Sol to the ocean as well as our weather, continues to appear on the units as the work progresses. This issue will be given consideration in our budgeting for future painting projects.

The Board welcomes your comments and questions.

Henry Bose

Book Club for Ladies

Ladonna Batterson is organizing a neighborhood book group for women. If you are interested, please let Ladonna know. She can be reached at: ladonna_batterson@yahoo.com or 408-761-8165. Details will be worked out later. Right now she'd like to gauge how much interest there is.



HOA Notes and Reminders



Pool Reminders

Pool Hours: 9 am – 10 pm

- There is no lifeguard on duty; swim at your own risk.
- Do not bring glass containers.
- No food or beverages are allowed.
- No pets. ▪ No smoking. ▪ No inflatables or rafts.
- No diapers--children must be potty-trained.
- Children under 14 must be accompanied by an adult.

In This Issue

President's Message.....	1
Book Club for Ladies.....	1
HOA Notes and Reminders	1
Residents' News	2
Health & Wellness.....	2
Water Issues	2
A Little History.....	3
Perseid Meteor Shower	3
Things to Do.....	3
Ongoing Events	3
Upcoming Events.....	4
Local Farmers Markets	4
Polystyrene Recycling.....	4
Recipe Corner.....	5
Library.....	5
Helpful Information.....	5

Residents' News



Joe and Marilyn Nussbaum recently were blessed with twin great grandsons (aww!). This brings the grand total of GREAT grandchildren to six for these happy grandparents. Big brother Lucian now has his hands full! Congratulations on this doubly sweet addition to your family!



Our own Ladonna Batterson ran her first Wharf-to-Wharf last month, along with 15,999 other walkers and runners. She finished the 6-mile course in 1 hr. 21 mins. She and her training buddies from Fleet Feet Aptos weaved through groups of walkers on the way to the finish line. She had a great time and looks forward to a faster run next year now that she knows what to expect. Way to go, Ladonna!

Health & Wellness

Are You Taking the Right Dose?



Many of us take a daily low-dose aspirin. A new analysis, published in *The Lancet**, has found that the widely-recommended dose of one low-dose aspirin per day for heart disease prevention may not be the best dosage for everyone.

Researchers found that 75 to 100 mg of aspirin lowered the risk of cardiovascular events by 23 percent for those weighing less than 154 lbs. However, it had no effect on those weighing more.

For those weighing over 154 pounds, low-dose aspirin actually increased the risk for a fatal cardiovascular event. Higher doses—325 to 500 mg per day—were effective in lowering cardiovascular risk in those weighing more than 154 lbs.

If you are taking low-dose aspirin, you may want to speak to your prescribing doctor about your dosage. It is not recommended that you change your dose without your doctor's advice.

**The Lancet* is a weekly peer-reviewed general medical journal. It is among the world's oldest, most prestigious and best known general medical journals.

Get the Scoop on Local Drinking Water Issues

The Soquel Creek Water District is hosting a "Coffee Talk" during which you can chat with Soquel Creek board and staff members.



Future dates include:

Aug. 17; 9 am – 12 pm
Ground Control Coffee House, Seascap

Sept. 14; 11 am - 1 pm
Ugly Mug, Soquel

Nov. 9; 11 am - 1 pm
Gayle's Bakery, Capitola

A Little History

The Lumber Business in Santa Cruz County—the early years

Back in the day, ox teams were used to drag logs over skid roads from Brookdale to Boulder Creek—a two-mile ordeal. It's important to note that the railroad from Santa Cruz to Felton did not begin running until 1875; nor from Santa Cruz to Boulder Creek, until 1885.

In 1868, a 12-mile long V-flume was completed and ran from Felton to the headwaters of the San Lorenzo River. At some points, it was higher than 60 feet. It cost \$165,000.

Here's how it was built. Using water from two creeks near Brookdale, segments of the flume were floated down along the previously built section to its completion. Sections floated all the way from the railroad in the San Lorenzo Valley to Boulder Creek. A "flume walker" constantly walked the line to prevent any pileups.

The railroad was funded by Federick Hihn and other wealthy backers. When it reached Boulder Creek in 1885, the use of the flume was over.



A flume walker poses beside the flume in 1875.

Perseid Meteor Shower

We had a cloudy sky on the night of August 13, so you probably missed the peak of this year's Perseid meteor shower. However, some shooting stars associated with the shower are expected to be visible each night until August 20.

In our area, the shower will appear 24° above our northeastern horizon at midnight. You can expect to see about 33 meteors per hour. If it's clear and you are still awake, do check it out. It's a sight to behold when meteors streak across the night sky.



Things To Do THIS MONTH

26th Annual Aloha Outrigger Races and Polynesian Festival

August 19

Santa Cruz Wharf

9 am - 12 pm Outrigger Races

11 am - 5 pm Polynesian Festival



Ongoing Events

Sculpture IS:

In the Garden 2018

An exhibit of 100 sculptures by 40 artists

Daily until October 31

Sierra Azul Nursery & Gardens

2660 East Lake Ave. (Hwy 152),

Watsonville

9 am - 5:30 pm



Upcoming Events

Capitola Art & Wine Festival

September 8 & 9
Capitola Village
Art, Wine, Music and Food



Monterey Jazz Festival

September 21-23
Monterey County Fairgrounds



The Rotary Club of Watsonville presents:



BURRITO BASH

The Burrito Bash
September 29
11am-6pm
Santa Cruz County Fairgrounds

Local Farmers Markets

Seascape Village

Open Sundays thru Sept 30; 10 am - 2 pm

The Seascape Village Certified Farmers Market has moved across the street (from the Seascape Sports Club parking lot) to the courtyard of the shops at Seascape Village. The Market features organic produce, fresh cut flowers and music.

Aptos Certified Farmers Market

Open Saturdays year-round; 8 am - 12 pm

The Aptos Farmers Market is located on the Cabrillo College campus (6500 Soquel Drive). There are 90 vendors offering just about everything you can think of and more. There's plenty of free parking.

Grey Bears Accepts Recycled Polystyrene

You may now take polystyrene (aka Styrofoam) to the Grey Bears Recycling Center in Santa Cruz.

Thanks to a grant by the Community Foundation of Santa Cruz County, Grey Bears now owns a special machine that turns this material into reusable manufacturing stock through a densification process. Last month, it shipped its first ten-ton load, which will be transformed into myriad downstream products, including picture frames, furniture, electrical components, CD jewel cases, carpets, crown molding, surfboards, and in building and construction applications such as insulation boards, synthetic lumber and glue.

This is a wonderful way to keep polystyrene out of our landfills and our bay.

www.greybears.org



Grey Bears Recycling Center
(also a donation center and thrift store)
2710 Chanticleer Avenue, Santa Cruz, CA
Open Daily 7:30 am - 3:30 pm

Recipe Corner. . . an appetizer (serves 8)

Chilled Asparagus with Mustard Herb Vinaigrette

2 lbs. asparagus Dash of onion powder
2 T. white wine Dash of garlic powder
 or cider vinegar 1 t. flat leaf parsley
2 t. Dijon mustard 1/2 t. chopped tarragon leaves

1/4 C. extra-virgin olive oil
Salt and pepper, as needed

Mustard Herb Vinaigrette

1. To make the vinaigrette, whisk together everything except for the oil, the salt and the pepper until blended.
2. Add the oil to the vinegar mixture in a thin stream, whisking constantly.
3. Season with salt and pepper if needed.

Asparagus Preparation

1. Bring a large pot of salted water to a rolling boil.
2. Trim the asparagus to remove the white, fibrous ends. Cut the asparagus into 2-inch pieces on the diagonal.
3. Add the asparagus to the boiling water and cook until the spears are bright green and just tender, 4 to 5 minutes. (If necessary, cook the asparagus in batches.) Remove from water and place in refrigerator to chill or drain the asparagus in a colander and rinse with cold water until the asparagus is chilled. The asparagus is ready to dress and serve now, or it can be held in a covered container in the refrigerator for up to 6 hours.
4. Toss the chilled asparagus with the vinaigrette or pass it separately on the side. Serve immediately on a chilled platter or plates.

Nutritional Information per 4.5-ounce serving:
calories-90, protein-3g, carbohydrates-5g, fiber-2g,
total fat-7g, saturated fat-1g, sodium-180mg

Source: Culinary Institute of America

Library

La Selva Beach Library Hours

Sun & Mon Closed
Tue & Wed 10 am - 7 pm
Thursday 10 am - 6 pm
Fri & Sat 12 pm - 5 pm



Monthly Movie

Friday, August 24 at 10 am
"Viceroy's House" (1 hr. 46 mins)

Author Talk

Saturday, September 8 at 1 pm
Local mystery writer: [Leslie Karst](#)



WANTED: Residents' News!!!

I'd love to include any personal news you'd be willing to share (birth of a child or grandchild, new pet, wedding, travel, milestone anniversary, you won an award, etc.).

We'd love to read all about it!

And, I'm always interested in your newsletter feedback.

LorraineMargon@gmail.com
831-345-2394

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