

DeAnza Santa Cruz Arroyo Bulletin



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When visiting the office please wear a mask.
Limit is 4 people with social distancing.

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Greetings All,

After much deliberation and procrastination, I decided to change the format of the Bulletin since I have been the editor for 18 months.

What qualified me for this position you ask? Well first, I volunteered. That made me popular! Second, I have written and edited newsletters in the past with the companies I have worked for in the medical field as a physical therapist. No, that's not part of the job, however, it was something different to try and I do like a challenge. That said, it came in handy over the years and eventually came into focus when I started a business and needed to connect with our patients and clients. Having any skill that helps to market a business is essential, so this was another tool for me to apply. Third, now that we're retired, I needed something to do that made my brain feel challenged. So now you know why I do this and the website.

I gladly welcome anyone who would like to contribute to our newsletter. We currently have some lovely individuals who make the job easier. Since this is a community feature, anything you have to say will be welcomed, except political rants. I think we all get enough of that on social media!



Everyone stay safe during this difficult time!

Best in Health and thanks for your support,

Lorraine Smith

Arroyo Bulletin Editor and Webmaster: Lorraine Smith

Contributors: Christie Cochrell, Tom McDannold, Pat Chance

Delivery Volunteers: Carol Smith, Kathy Caruso, Pat Chance, Gary/Lorraine Smith

Email: deazanews@gmail.com

Website: www.deanza-park.org

PARK INFORMATION

Facility Hours: 7 days/week

**Hours change per
COVID status (see below)**

Clubhouse	8 am - 10 pm
Pool/Spa/Sauna	8 am - 10 pm
Fitness Center	5 am- 11 pm
Game Room/Laundry Room	8 am - 10 pm

Rent Collection

Rents are due on the 1st of the month with a grace period until the 6th. Rents received on the 7th are considered LATE and will incur a \$25.00 late fee. Payments may be made in the office during business hours, in the mail slot if the office is closed, or mailed in. EFT is also available.

Garbage Collections

Garbage: Pick-up for the park is on Mondays & Thursdays.
Recycling: Pick-up is on Fridays.
Yard Waste: Large and loose yard waste must be taken to the large dumpster located in the maintenance area. Residents may bag up 2 bags of yard waste and place at their driveways for pick up on Mondays only. Loose yard waste will not be picked up.

***Please dispose of items appropriately.
No dumping allowed.***

Clubhouse Reservations

The Clubhouse is available for residents' private events. Check with the office for date availability and to sign reservations forms. Only one event scheduled per weekend.

Welcome Committee

If you are new to our community and would like information regarding DeAnza please contact:
Margo/Jerry Zanzinger: 831-423-1936
Joyce/Joe Guinta: 831-427-9751

**AMENITIES AVAILABILITY ARE SUBJECT TO CHANGE
DUE TO COVID RESTRICTIONS PER STATE MANDATE
AND MANAGEMENT DECISION**

**CONTACT THE OFFICE FOR CURRENT STATUS OR SIGN
UP AT THE OFFICE FOR WEEKLY EMAILS**



Photo Credit: L. Smith

DeAnza HOA Officers

President: Eugene Markowitz
Vice President: Tom Loudon
Secretary: Amalie Sinclair
Treasurer: Sandi Dutra

Board of Directors

Emergency Response: Gary Whitten
Policy & Procedures: Don Payne
Communications: Lorraine Smith
Park Concerns: Jim Cannon
GSMOL: Dave Allenbaugh

Email: deanzasantacruzhoa@gmail.com

The HOA meets every other month to discuss issues of concern to residents. Meetings are on the third Wednesday of the month at 7 pm. Membership is open to ALL residents. Dues are \$10/space/year

Arroyo Association:

President: Sandy Brunett
Past President: Susy Spano
Secretary: Debbie Cameron
Treasurer: Sandi Dutra

Advisory Board: Joy Caragliano, Linda Raffel, Melisa Mulcahy, Aggie Malberg, Jean-Marie Mott, Dawn McConnachie, Barbara Cordes, Liz McDannold, Carol Smith


Email: deanzaarroyo@gmail.com

Arroyo Association plans and organizes park social events. Membership is open to all residents and is \$5/person/year. Meeting schedule is posted in the Bulletin calendar and on the website. Residents are welcome!



Calendar of Events

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Morning Mingle 10-11 am Card/Game Club 1-4 pm	2 Qigong 8-9 am Water Aerobics 9-10 am Yoga 10 am-12 pm Mahjong 1-4:30 pm	3 Meditation Class 10 am -12pm	4 Coffee & Donuts 8-10 am Water Aerobics 9-10 am Bridge 1-5 pm	5
6	7 	8 Morning Mingle 10-11 am Card/Game Club 1-4 pm	9 Qigong 8-9 am Water Aerobics 9-10 am	10 Meditation Class 10 am -12pm	11 Coffee & Donuts 8-10 am Water Aerobics 9-10 am	12
13	14 V					
20						
27	28 Water Aerobics 9-10 am Tai Chi 9-10 am Yoga 10 am-12 pm Bridge 1-3:30pm	Morning Mingle 10 - 11 am Card/Game Club 1-4 pm	Yoga 9-10 am 10 am-12 pm Mahjong 1-4:30 pm			

AMENITIES SUBJECT TO CHANGE PER
MANAGEMENT.

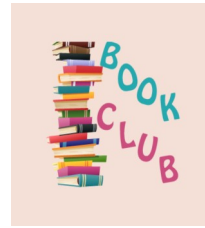
CONTACT THE OFFICE WITH
QUESTIONS ABOUT AVAILABILITY OF USE.



**Activities pending
COVID 19
Restriction status**



BRIDGE is played in the Clubhouse on Mondays 1 - 3:30 pm and 1 - 5 pm on Fridays. These are two different groups. To join the Friday group, contact Ellie by texting her at **408-779-2451**. Show up at the clubhouse for the Monday group.



READING GROUP meets in the Library at 1 pm on the 3rd Wednesday of each month. Both fiction and non-fiction are included. Contact Sandra Walker with any questions....**walkmor@comcast.net**



COFFEE AND DONUTS Visit with your neighbors in the Clubhouse on Fridays, from 8 - 10 am. Grey Bears grocery delivery arrives around 9 am, and the group tends to thin out afterwards, as people leave to take their groceries home



GAME DAY meets in the Clubhouse from 1pm-4pm on Tuesdays. The group usually plays Rummy for the first half of the period and Mexican Trains (a dominos game) for the second half.



TAI CHI EXERCISES

TAI CHI meets on Mondays at 9 am in the Clubhouse. Relax, stretch, and improve

your balance. Suitable for beginners and advanced. Teacher Marge Shaw leads the class through a series of Tai Chi relaxing, but energizing movements and routines. Contact Marge Shaw with any questions...**831-423-8374**



MAHJONG is played at the Clubhouse on Wednesday from 1 – 4:30 pm. All levels are welcome, including beginners interested in learning to play. Contact Marge Shaw with any questions....**(831)-423-8374**

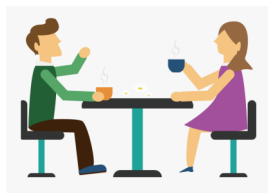


MEDITATION CLASS on Thursday 10 am – 12 pm with Pitaka. Contact her at **pitaklovesoftruth.net@gmail.com**



WATER AEROBICS meets Monday-Wednesday-Friday from 9am-10am. This is a low impact activity and is suitable for both swimmers

and non-swimmers. Contact Alyce Amor **amorp139@aol.com** with any questions.



MORNING MINGLE Meet and greet your neighbors on Tuesdays from 10 am to 11 am in the Clubhouse.



QI GONG meets in the Clubhouse on Wednesday mornings from 8am-9am. Suitable for beginners and advanced. Teacher Nick Loffree leads simple Qi gong warmups, stretches, flowing movements, and meditations to get

the day off to a relaxed but energized start. Contact Nick with any questions....**nickloffree@gmail.com**



YOGA meets on Mondays and Wednesdays at 10 am in the Clubhouse. Teacher Mitra Treadwell leads a 2-hour class of invigorating yoga. Mitra has been practicing yoga for 50

years and teaching yoga for 43 years. Contact Mitra Treadwell **mitrayoga@yahoo.com** with any questions.



Biography by Don Edison

Hello, my name is Don Edison, born in Anaheim, CA. I am the youngest of five sons, raised with my blacksmith father and teacher mother in a Catholic household. I have worked steadily for fifty years in jobs including: army private (last of the draftees), technical illustrator, land surveyor, land planner, civil engineer and corporation owner.



In 1995, my daughter Sara came to UCSC, graduated, married and now works in Santa Cruz. For 23 years, our family vacations north to visit her became more frequent, growing longer each time. In 2012, my wife Judith and I pulled the plug on SoCal and moved to DeAnza Santa Cruz.

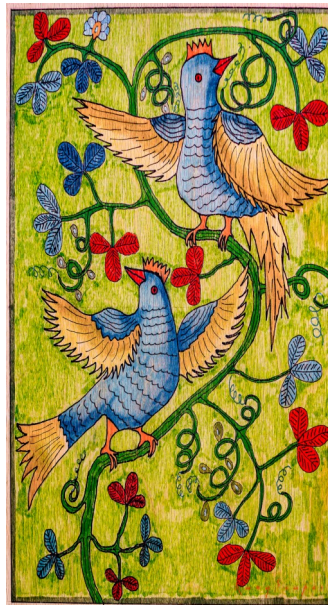
My style as an artist developed organically. I did my first painting in 2016 on 2' x 4' sanded plywood from the pile out back. All acrylic paint and brushes. My starting inspiration was based on what I thought would be simple. Charles Wysocki, Anna Mary Robertson Moses "Grandma Moses", and Maude Lewis. Wysocki for detail and color, Grandma Moses for simple subjects and Maude for passion to just paint.

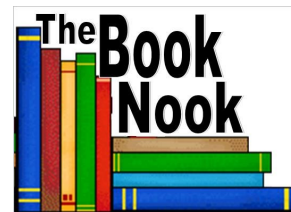
The materials are unprimed wood panels and reclaimed sanded solid oak barrel wood. Colors are India ink pens and acrylic paint for highlights.

A large amount of credit is given to Dover Publishing Company for two coloring books used for subjects and ideas: "Gargoyles and Medieval Monsters" by A. G. Smith, 1998 and "Mexican Folk Art" by Marty Noble, 2003.



*****For those who have not seen Don's beautiful, colorful art displays, walk along the sidewalk by Seymour Marine Center and they can be viewed in his backyard.**





Michael Paterniti, *Driving Mr. Albert: A Trip across America with Einstein's Brain*

"Albert Einstein's brain floats in a Tupperware bowl in a gray duffel bag in the trunk of a Buick Skylark barreling across America. Driving the car is journalist Michael Paterniti. Sitting next to him is an eighty-four-year-old pathologist named Thomas Harvey, who performed the autopsy on Einstein in 1955 — then simply removed the brain and took it home. And kept it for over forty years. And riding along as the imaginary fourth passenger is Einstein himself, an id-driven genius, the original galactic slacker with his head in the stars. Part travelogue, part memoir, part history, part biography, and part meditation, *Driving Mr. Albert* is one of the most unique road trips in modern literature."

Emily Hahn, *No Hurry to Get Home: The Memoir of the New Yorker Writer Whose Unconventional Life and Adventures Spanned the 20th Century*

"Emily Hahn was a woman ahead of her time, graced with a sense of adventure and a gift for living. Born in St. Louis in 1905, she crashed the all-male precincts of the University of Wisconsin geology department as an undergraduate, traveled alone to the Belgian Congo at age 25, was the concubine of a Chinese poet in Shanghai, bore the child of the head of the British Secret Service before World War II, and finally returned to New York to live and write in Greenwich Village. In this memoir, first published as essays in *The New Yorker*, Hahn writes vividly and amusingly about the people and places she came to know and love -- with an eye for the curious and a heart for the exotic."

Calvin Trillin, *Travels with Alice*

"This delightful book collects Calvin Trillin's accounts of his trips to Europe with his wife, Alice, and their two daughters. In Taormina, Sicily, they cheerfully disagree with Mrs. Tweedie's 1904 assertion that the beautiful town 'is being spoiled,' and skip the Grand Tour in favor of swimming holes, table soccer, and *taureaux piscine*. In Paris, they spend a day on the Champs-Élysées comparing Freetime's 'le Hitburger' to McDonald's Big Mac. In Spain, Trillin wonders whether he will run out of Spanish 'the way someone might run out of flour or eggs.' Filled with Trillin's characteristic humor, *Travels with Alice* is the perfect book for summer travelers."

Richard Holmes, *Footsteps: Adventures of a Romantic Biographer*

"In this gripping book, Holmes takes us from France's Massif Central, where he followed the route taken by Robert Louis Stevenson and a sweet-natured donkey, to Mary Wollstonecraft's Revolutionary Paris, to the Italian villages where Percy Shelley tried to cast off the strictures of English morality and marriage. *Footsteps* is a wonderful exploration of the ties between biographers and their subjects, filled with passion and revelations."

Rose Macaulay, *The Towers of Trebizond*

"Hailed as 'an utter delight, the most brilliant witty and charming book I have read since I can't remember when' by *The New York Times* when it was originally published in 1956, Rose Macaulay's *The Towers of Trebizond* tells the gleefully absurd story of Aunt Dot, Father Chantry-Pigg, Aunt Dot's deranged camel, and our narrator, Laurie, who are traveling from Istanbul to legendary Trebizond on a convoluted mission. Along the way they will encounter spies, a Greek sorcerer, a precocious ape, and Billy Graham with a busload of evangelists. Part travelogue, part comedy, it is also a meditation on love, faith, doubt, and the difficulties, moral and intellectual, of being a Christian in the modern world."

Bruce Chatwin, *In Patagonia*

"An exhilarating look at a place that still retains the exotic mystery of a far-off, unseen land, Bruce Chatwin's exquisite account of his journey through Patagonia teems with evocative descriptions, remarkable bits of history, and unforgettable anecdotes. Fueled by an unmistakable lust for life and adventure and a singular gift for storytelling, Chatwin treks through 'the uttermost part of the earth'—that stretch of land at the southern tip of South America, where bandits were once made welcome—in search of almost-forgotten legends, the descendants of Welsh immigrants, and the log cabin built by Butch Cassidy. An instant classic upon publication in 1977, *In Patagonia* is a masterpiece that has cast a long shadow upon the literary world."

F. Scott Fitzgerald, *Tender Is the Night*

"Set on the French Riviera in the late 1920s, *Tender Is the Night* is the tragic romance of the young actress Rosemary Hoyt and the stylish American couple Dick and Nicole Diver. A brilliant young psychiatrist at the time of his marriage, Dick is both husband and doctor to Nicole, whose wealth goads him into a lifestyle not his own, and whose growing strength highlights Dick's harrowing demise. A profound study of the romantic concept of character, *Tender Is the Night* is lyrical, expansive, and hauntingly evocative."

Andrew X. Pham, *Catfish and Mandala: A Two-wheeled Voyage through the Landscape and Memory of Vietnam*

"*Catfish and Mandala* is the story of an American odyssey—a solo bicycle voyage around the Pacific Rim to Vietnam—made by a young Vietnamese-American man in pursuit of both his adopted homeland and his forsaken fatherland. Intertwined with an often humorous travelogue spanning a year of discovery is a memoir of war, escape, and ultimately, family secrets. A vibrant, picaresque memoir written with narrative flair and an eye-opening sense of adventure, this is an unforgettable search for cultural identity."

Paula Young Lee, *Deer Hunting in Paris: A Memoir of God, Guns, and Game Meat*

"What happens when a Korean-American preacher's kid refuses to get married, travels the world, and quits being vegetarian? She meets her polar opposite on an online dating site while sitting at a café in Paris, France and ends up in Paris, Maine, learning how to hunt. A memoir and a cookbook with recipes that skewer human foibles and celebrates DIY food culture, *Deer Hunting in Paris* is an unexpectedly funny exploration of a vanishing way of life in a complex cosmopolitan world."

Joe McGinniss, *The Miracle of Castel di Sangro: A Tale of Passion and Folly in the Heart of Italy*

"Master storyteller Joe McGinniss travels to Italy to cover the unlikely success of a ragtag minor league soccer team—and delivers a brilliant and utterly unforgettable story of life in an off-the-beaten-track Italian village. He introduces us to an Italy that no tourist guidebook has ever described, and comes away with a 'sad, funny, desolating, and inspiring story—everything, in fact, a story should be' (*Los Angeles Times*)."

Faith Adiele, *Meeting Faith: The Forest Journals of a Black Buddhist Nun*

"A wry account of the road from Harvard scholarship student to ordination as northern Thailand's first black Buddhist nun. Faith Adiele shows readers in this personal narrative, with accompanying journal entries, that the path to faith is full of conflicts for even the most devout." "Adiele has a comic's timing, a novelist's keen observations about human idiosyncrasies and an anthropologist's sensitivity to issues of race and culture."

William Least Heat-Moon, *River-Horse: The Logbook of a Boat across America*

In his most ambitious journey ever, William Least Heat-Moon sets off aboard a small boat named Nikawa ("river horse" in Osage) from the Atlantic at New York Harbor in hopes of entering the Pacific near Astoria, Oregon. He and his companion, Pilotis, struggle to cover some 5,000 watery miles, often following in the wakes of our most famous explorers, from Henry Hudson to Lewis and Clark. Teeming with humanity, humor, and high adventure, *River-Horse* is an unsentimental and original arteriogram of our nation at the millennium.

Woody Guthrie, *Bound for Glory: The Hard-driving, Truth-telling Autobiography of America's Great Poet-Folk Singer*

"Woody Guthrie was born in Oklahoma and traveled this whole country over—not by jet or motorcycle, but by boxcar, thumb, and foot. During the journey of discovery that was his life, he composed and sang words and music that have become a national heritage. His songs, however, are but part of his legacy. Behind him Woody Guthrie left a remarkable autobiography that vividly brings to life both his vibrant personality and a vision of America we cannot afford to let die."

Paul Theroux, *The Pillars of Hercules*

"The Pillars of Hercules [is] engrossing and enlightening from start (a damning account of tourists annoying the apes of Gibraltar) to finish (an utterly captivating visit with Paul Bowles in Tangier, worth the price of the book all by itself)." (*Chicago Tribune*) "AS SATISFYING AS A GLASS OF COOL WINE ON A DUSTY CALABRIAN AFTERNOON . . . With his effortless writing style, observant eye, and take-no-prisoners approach, Theroux is in top form chronicling this 18-month circuit of the Mediterranean." (Kirkus Reviews)

John Steinbeck, *Travels with Charley: In Search of America*

"To hear the speech of the real America, to smell the grass and the trees, to see the colors and the light—these were John Steinbeck's goals as he set out, at the age of fifty-eight, to rediscover the country he had been writing about for so many years. With Charley, his French poodle, Steinbeck drives the interstates and the country roads, dines with truckers, encounters bears at Yellowstone and old friends in San Francisco. Along the way he reflects on the American character, racial hostility, the particular form of American loneliness he finds almost everywhere, and the unexpected kindness of strangers."



What COVID-19 Scams are Affecting Older Adults?

Vulnerable seniors are being preyed on by scammers using a broad range of coronavirus cons to harm them financially and emotionally. Your best defense to protect your senior loved ones is to be aware of these deceptions.

Here are six coronavirus-related scams now targeting older adults:

- **Home test kits for COVID-19:** Scammers are calling or sending text messages to older adults offering “coronavirus test kits” in an attempt to collect credit card or banking information. In some cases, scammers are posing as officials from the U.S. Centers for Medicare and Medicaid Services (CMS) and asking seniors to “verify” their Medicare ID or Social Security number. Scammers may also ask victims to provide their home addresses, stating that they want to drop off the test kit.
- **Bogus COVID-19-related products and services:** Several text and phone scams are falsely advertising products, such as fake drugs, vaccines, and devices, that claim to prevent or cure COVID-19. Some of these scams prey on fears of shortages and encourage older adults to “stock up” and purchase items at drastically higher prices. Other scams are offering services, such as in-home HVAC cleaning or mosquito abatement, that falsely claim to protect people from contracting COVID-19. Fake gift-card emails are also being sent to vulnerable older adults to offer “assistance” during the crisis or “reward” people for following public health guidelines.
- **Impersonating a government agency:** Scammers pose as someone from the Social Security Administration and contact elderly recipients to tell them their benefits will be suspended or decreased due to COVID-19 unless they provide personal information or payment.
- **Insurance scams:** Several scams are offering low-cost health and life insurance, often in conjunction with at-home COVID-19 test kits or other products that are being presented as “free gifts.”
- **Stimulus-related scams:** The Federal Communications Commission (FCC) is aware of several scams related to the stimulus payments and loans that are being offered as part of the federal government’s response to COVID-19. These scams ask consumers to provide bank account information so funds can be “released” or loan applications can be approved.
- **Charity scams:** Charity scams prey on the good nature of many older adults by aiming to collect money for bogus COVID-19 relief charities.

HOA News

As promised, here is the response received from the fire department regarding the inquiry about fires and homeless population at Natural Bridges. Conversation is between Dave Allenbaugh and SCFD.

“He told me how the coverage for Natural Bridges works, basically it’s the State Parks responsibility. They do respond to fire calls and of course the police will respond as well. He recommended we contact State Parks and let them know we have concerns and they should verify the homeless camp if it is occupied or not. We basically knew all this but he said he is willing to do some searching and see if he can help us bring this to the attention of State Parks. He gave me his direct line and said to call him anytime if we need to as he certainly understands our concerns and he is very familiar with DeAnza.”

Responses from communication to the State Parks Dept. in Sacramento and Congressman Jimmy Panetta have not been received. We will continue to make efforts to get more information which will be posted on website and Arroyo Bulletin.





SAFETY TIPS TO PROTECT YOUR FURRY FRIEND

- ◆ NEVER leave your pet in a hot car. It takes minutes for an animal to develop heat related illnesses.
- ◆ Be aware of hot surfaces. Asphalt or metal can reach high temps and cause blisters.
- ◆ Provide water and shade. Keep pets cool and comfortable. Being outside in hot weather causes dehydration, so make sure there is plenty of water and shade.
- ◆ Signs of overheating are elevated body temperature, excessive panting and drooling. This can cause seizures, collapse and vomiting.



Attention: VCR Owners

Anyone in the park looking for some VHS movies? I no longer have a VCR so I have about 70 films to give away! There are Disney, drama, thriller, comedy, musical, etc.

If anyone is interested please email, text or call me. I will put them out on a table in my driveway and let you know the date!

Pat Chance Spc 191 chanceconsulting2007@yahoo.com

209-484-4287 Text or Phone



POND PROJECT



I'm sure everyone has heard the sounds coming from the pond area and probably seen the dust flying in the air. Well it's for a good cause. The invasive ice plant that was eroding the hillsides has been removed. What about the animals that live in the area? Luckily, we have a group here that monitored the nesting season and reported to Bruce Barnett, the environmental consultant on the project and Mike Sukiel, the ELS consultant.

By tracking the nests of breeding birds, they were able to make sure the species that inhabit the pond area were safe and protected so their young could flourish. The Migratory Bird Treaty Act is the protocol used for compliance. Thank you to Jenny Anderson, Stephanie Singer, and Elena Scott, for making sure the birds and nests were safe.

Photo Credit: L. Smith

Alzheimer's disease is not pausing for this pandemic. Neither is our fundraising effort.

Meet a few of the members of the Walk to End Alzheimer's De Anza team—Team It's a Zoo. Last year they raised \$15,000 for the cause and are determined to match that this year despite the fundraising restrictions dictated by CoVid-19.



Their determination is based on personal experience with this horrible disease, losing loved ones a little piece at a time.

You can help

Check out the new 2020 Walk to End Alzheimer's Virtual WALK planned for September 26th.

Visit <https://act.alz.org/> and search for It's a Zoo in the "team" box. You can donate or sign up to walk with us September 26th on this site. Walks will take place in small groups this year all over the country. Our 2020 Walk will take place nearby De Anza.



Contact a De Anza team member to donate or sign up to walk September 26.

Nancy Knudegard: 831-346-8981

Sandi Dutra: 408-373-4164

Sandy Brunett: 408-858-3065

Fran Scully: 831-331-7249

Candy Berlin: 858-335-5650.

Enjoy a bottle of wine. All proceeds from this wine are donated to three charities, It's a Zoo is proud to be one of them, thanks to Odonata winemaker Denis Hoey.

Ask a team member how you can donate by purchasing this wine.

No donation is too small, no act of kindness is insignificant.