

N O V E M B E R 2 0 1 7



# EL PAJARO PRESS

Canoa Seca Estates II Newsletter  
CSE II Website: [www.cseii.com](http://www.cseii.com)

## PRESIDENT'S CORNER

Welcome back winter residents and summer travelers.

Everyone who is returning has a challenge... to meet our new homeowners. 16 homes have changed ownership this year, and two more are on the market. When you see someone you don't know, stop and introduce yourself. All our new residents are wonderful, friendly people. We are so fortunate to have them pick CSE II for their home.

Thank you to every member who serves on an HOA committee, especially Mike North, Common Area Maintenance Chair. He, our landscaper Ruth and her crew, have done an exceptional job of handling the record monsoon growth this year. It's a team effort that makes CSE II such a special neighborhood.

Also, a thanks to all who have expressed their support of the Board these past months.

Bill

## Meeting Schedule

**Date:** December 9, 2017

9:30 AM – 11:30 AM

**Location:**

Canoa Hills – Saguaro Rm

*Meetings are open to  
all CSE II Members*

## Save the Date!

**December 11, 2017**

**5PM**

**Desert Hills  
Social Center**

**December Social**



**Flyers will be  
delivered in December.**

## ARCHITECTURAL COMMITTEE

Chairperson for the Architectural Committee passed from Bruce Tinney to Sandy Hill in October. Bruce remains on the committee. The committee met as a group and will be reviewing all articles in the CC&Rs and bylaws to bring them up to date.

At a meeting in October, the committee agreed that "Scenic View" is the guide for determining if vegetation is too high, not parapet level. If the vegetation is higher than the parapet but not impacting the view of the Santa Rita Mountains, no action need be taken. This is consistent with the language in the CC&Rs.

If any homeowner has any suggestions or comments, feel free to contact any committee member.

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## SPECIAL NOTICE

The Board will be appointing a Nominating Committee Chair at the December Board meeting. The Nominating Committee will be looking for candidates to fill two Board positions at the March Annual Meeting. If you are interested in serving your HOA for the next three years, please make your interest known to a present Board member. They will pass your name on to the Nominating Committee.

## PARKING REMINDER

As per our CC&Rs Section 12.16 Vehicle Parking:

*An Owner's or guest's vehicle may be parked on the Owner's driveway or in a designated parking area for a period of not to exceed seven consecutive days and not more than 10 days in any 30 day period.*

Let's all be good neighbors and follow this rule.



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## SOCIAL COMMITTEE

The Christmas decoration of the monuments is scheduled for

**November 25<sup>th</sup> at 10AM.**

If you would like to help decorate please meet us there.

Any new lights, suggestions and help are welcome.



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The December Social is scheduled for **December 11<sup>th</sup>, 5PM** at Desert Hills Social Center. We will have Pizza and the Retro Rockets band for your enjoyment. Wear your 50's attire and your dancing shoes.

Flyers to sign up will be delivered early in December.



## MEET YOUR NEIGHBORS

Coffee, Conversation & Tasty Treats with your neighbors.

**Thursday afternoons at Posada Java**

Drop by between 1:30 and 2:30



## LADIES

Come and enjoy Coffee & Conversation

**Caley Cakes – 555 N La Canada Drive**

(Note – they do not take credit cards)

Private room is reserved for CSE II Ladies

November 29<sup>th</sup>

Drop in between 9:30 – 11:00



## WELCOME OUR NEW NEIGHBORS

Welcome to *Jill and Bill Pawlowski*. After a lifetime of living and working in Northwestern Minnesota, they were ready for warmer weather and new adventures. In 2015 they found Green Valley and purchased a home in The Legends.

Now wanting to spend more time in Green Valley, and needing a larger home, they found the perfect place at *2091 Picamaderos*. They plan to spend summers at the NW Minnesota lake home enjoying their children and grandchildren.

Jill is busy with moving in but has taken time to attend events with new women friends in CSE II. When not working on their new home, Bill enjoys exploring the desert searching for gem quality rocks.

# GREEN VALLEY COUNCIL NEWS



## Community Forum

Green Valley Hospital Citizen Advisory Committee

GVC Health & Human Services Committee

# Hospital Updates

**Presented by:**

**John Matuska, CEO**

**GVR West Center Auditorium**

1111 S GVR Drive Green Valley, AZ 85614

**November 6, 2017 at 2:00 PM**

RSVP to [info@gvcouncil.org](mailto:info@gvcouncil.org) or 648-1936



## © *Health Matters . . .*

### ***IT'S TIME TO GET YOUR FLU SHOT . . .***

Here's a quote that we sometimes hear "I got a flu shot and then I got the flu"! Not true! Let's see if we can cover some important points so you can be more at ease about how the flu develops and how each of us can benefit from getting our flu shots as early as possible each Fall. The flu, also known as influenza, can be thought of as Mother Nature's way of testing us each year to see how well we prepare for the change of seasons. Weather patterns can have an influence on how bad or not so bad the flu season will be. If you get the flu and you're really sick and uncomfortable, then in your mind the flu season is really bad because you caught it and had to suffer through it.

This annual viral respiratory illness has been on our earth and occurring for millions of years. Chances are it will always occur and generations to come will be talking about their experiences each year. The following **QUESTIONS & ANSWERS** segment of this newsletter will hopefully help you to understand the flu and more importantly, prevent you from getting the flu this coming season.

### **QUESTIONS & ANSWERS:**

#### **What is the flu?**

An influenza virus that invades cells of your body and makes you sick with cough, fever and muscle aches. In severe cases it can lead to pneumonia and even death.

#### **How do I catch the flu?**

The infection enters your body primarily through your respiratory system (nose & mouth).

#### **Who can catch the flu?**

All humans.

#### **When can I catch the flu?**

Primarily in October of one year through June of the next year, depending on where you live.

**How can I reduce the possibility of getting the flu?**

Eat healthy foods, attempt to participate in daily exercise and get a good night's sleep. By doing so, your body has a better chance to support and grow new immune cells to fight external virus attacks. Consult with your doctor and schedule annual wellness exams. Talk to your pharmacist to determine the kind of flu shot you need. A flu shot for children is different from the one given to seniors.

**Can I catch the flu by getting a flu shot?**

The vaccine (shot) does not infect you; it is made with inactivated or killed viruses. If you get the flu after you have received the flu shot, it's because the virus was already in your body or your immune system was weak and the vaccine could not work fast enough to protect you. People 50 years old and older are urged to inquire about a senior vaccination that is stronger. Again, the important issue regarding the answer to this question is that the ingredients in a flu shot do not cause a person to catch the flu. **As stated above, if you contract the flu after you received a flu shot it's usually because you were already exposed to the virus.** Having the flu shot and coming down with the flu usually means that the symptoms and suffering will be less intense if you had received the shot.

**What if I catch the flu?**

Contact your pharmacist or doctor and describe your symptoms. If you do in fact have the flu, you are contagious and isolating yourself by staying home helps to reduce others from being infected.

**Where, other than a doctor and pharmacist, can I learn more about the flu?**

If you have access to the World Wide Web go to any of the following websites:

<https://www.cdc.gov/flu/index.htm>

<https://www.health.harvard.edu/flu-resource-center>

<https://en.wikipedia.org/wiki/Influenza>

<https://www.frysfood.com/topic/protect-your-health-with-a-flu-shot>

**Additional comments:**

You can call your healthcare insurance company for advice. Some insurance providers have a "by phone" call center that enables you to talk to a healthcare professional about virus prevention and treatment. Primary care physicians, family practice physicians, hospital emergency room, and walk-in clinics usually staff the most experienced healthcare providers with the expertise to advise and treat you should you become ill with influenza. Although family members and friends mean well, unless they are professional healthcare providers, it is usually best to seek services from those professionals best suited to give you the best advice and treat you properly. Influenza, "flu shots" are recommended for everyone age 6 months and up. Children and older adults are particularly susceptible to getting complications when "coming down" with the flu. The more people protected by getting the vaccine, the less chance of a large flu season outbreak and the spread of the infection to others. This phenomenon is called "herd immunity".

## **TASKS for people who live alone**

If you or someone you know is living alone here are some suggestions for their well being.

1. Sign up for daily AM calls to yourself. Calls are made to you between 7:30 AM – 8:45 AM by Green Valley Sheriff Auxillary “SAV TeleCARE”. Phone: 520-351-6706.
2. Call Fire Department Administration to have a Lock Box installed to hold your house key for Fire Department quick and easy access to your home in case of fire. Phone: 520-625-9400.
3. Fill out Envelope of Life card available from Green Valley Fire Dept. List all meds and emergency contact numbers. Secure form to outside of your refrigerator.
4. Give your emergency contact numbers to your Block Captain and/or Treasurer of your association.
5. Call Green Valley Water Co. with your key holder’s name and contact numbers or other emergency contact numbers.  
GV Water Company: 520-625-9112.
6. Subscribe or enroll in one of the many “LIFE ALERT” device programs available on-line or elsewhere.

**BOARD OF DIRECTORS**

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 Secretary: Sandy Hill  
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 Member: Chuck Lamb

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 Board Liaison: TBD

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Melva Irvin	Ed Lippert
Tim Stewart	Peggy Tate
Bruce Tinney	Julie Zeilenga

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 Board Liaison: TBD

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Donna Lou Hetler	Bob Wray

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Board Liaison: TBD  
 Maintenance Chair: Mike North

Bob Allen  
 Gordon Proctor  
 Mike Small

Improvements Chair: TBD

Special Projects Chair: TBD

John Brink	Ed Westhoven
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 Board Liaison: TBD

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Art Rotman	John Sucher

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Board Liaison: TBD  
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 Newsletter Chair: Ginny Lippert  
 Website Chair: Barbara Wray

Leslie Berry
Sandy Noreen

**GOVERNING DOCUMENTS**

Chair: Art Rotman  
 Board Liaison: TBD

Leslie Kush	Sam Schaeen
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**NOMINATING**

Chair: TBD  
 Board Liaison: TBD  
 Paul Fundingsland  
 Lucy Redding

**BLOCK CAPTAINS**

Chair: Peter Martin  
 Board Liaison: TBD

Trogon: Graham Quinn	Alternate: Rick Nelson
Estelar: Peter Martin	
Tordo: David Roberts	
Urraca: Mike Ketchen	
Tejedor: Sandy Hill	Alternate: Peter Martin
Garzota: Duane Youngquist - Winter	
Jack Gardner - Summer	Alternate: Bruce Tinney
Reyecuelo: Nancy Allen	Alternate: Terrie Hodson
Picamaderos: Dick Reuling	

**SOCIAL**

Co-Chair: Betty North  
 Co-Chair: Carlene Munro  
 Board Liaison: TBD

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Dixie Fundingsland	Susan Hulbert
Pat Isaacson	Dianne Jurgens
Karen Lamb	Barb Nelson
Judith Roberts	Jane Rotman
Phyllis Sucher	Julie Zeilenga

**Ladies Lunch Committee:**

Chair: Julie Carter  
 Secretary: Sandy Hill

Dianne Jurgens
Lynn Shinnick

**WELCOME**

Chair: Carol Copeland  
 Board Liaison: TBD

**CSE II Representative to GV Council**

Representative: Patricia Tinney  
 Alternate: