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| * Now that fall has arrived and many * we want to send a special reminder * that they are in working order. The table | of our neighbors are returning to Bellasera for the wi | Inter months, 本 |
| we want to send a special reminder | to you to check all of your garage and landscape light | nts to ensure * |
| * that they are in working order. The | imer should be set for the lights to go on at sundown prompt attention to this matter. | i and stay on * |
| ※ until 11:00 p.m. we appreciate your ※ | prompt attention to this matter. | * |
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| lee | upe Solar Cost Control | |

Issues, Solar, Cost Control

—By Chuck Roach

As I sat down to write this month's column, I tried to think about what you, the residents of Bellasera, would like to be informed about-or better informed as the case may be! In the past, I've done my best to talk about current issues the Board is dealing with and what we see will need attention in the future. What would be helpful in making sure you're as informed as you would like to be is to let me know if there's anything on your mind you would like me to address either in this column or by individual e-mail, crpr797@msn.com.

The Building and Grounds Committee and the Board are continuing to investigate the possibility of using solar collectors to provide most of the water heating for the community pool. While the initial cost of the equipment is significant, the payback period based on the reduction in our gas bills appears to justify the cost. We still have more information to gather before this matter comes to the Board for a final decision. I'll keep you updated as we get closer to that point.

The feasibility of using photovoltaic cells to power the clubhouse was also investigated by the Building and Grounds Committee. The cost of the system is very high and there are few government or industry incentives available to Associations to bring the cost down. In addition, the number of cells needed is significant and would pose a problem in terms of placement on our grounds. Accordingly, the Committee and the Board have determined that solar electric is not feasible at this time.

At pretty much every Board meeting, the issue of cost control comes up. I want to again assure our residents the Board is mindful of the difficult times we're living in and that we are making decisions based on cost effectiveness and need.

Chuck Roach is the President of the Bellasera Board of Directors

Meeting Notices

Board of Directors will meet for their regular meeting on Thursday, November 19, at 6 p.m.

Budget and Finance Committee will next meet on Thursday, December 3, at 2:30 p.m.

Building and Grounds Committee will meet on Tuesday, November 3, at 6 p.m.

Communications Committee will next meet on Wednesday, December 2, at 8:30 a.m.

Modifications Committee will meet on Wednesday, November 18, at 3 p.m. Applications must be received in the Community Manager's office no later than 12:00 noon, Thursday, November 12, to be eligible for review at this meeting.

Social Committee will meet on Tuesday, November 10, at 6 p.m.

New Library

The long-awaited Scottsdale Appaloosa Library opens on **Wednesday**, **November 4**. It's located at 7377 E. Silverstone Drive, east of Scottsdale Road between Pinnacle Peak Road and Williams Road. That's in the old Rawhide property.

The Appaloosa Library will serve as a community gathering space for citizens, offering a host of programming for children, teens, adults and seniors. It's 21,500 square feet, has 80,000 library materials, 48 public computers and a computer lab, and wireless internet access.

Other features include: interactive early literacy children's area; dedicated teen space; comfortable public seating areas; two public meeting rooms with combined 100 person seating capacity; group study rooms and a quiet room; drive-through service window; shaded reading patio; and a Library Shop featuring books and other items for purchase.

Jordan Windows

From Bellasera resident **Hal Schultz**, news that Jordan Windows has closed, and all contact now is through Performance Windows and Doors, **480-558-5240**. He recently had a window failure and needed repair. Service is available for the windows, that were installed in many Bellasera homes.

There are no existing replacement parts for any of the framing of the windows or doors. Last December when the factory closed they apparently scrapped whatever was left. Performance Windows and Doors was formed by a previous employee. With Hal's failure, they were able to replace the insulated glass only.

October Weather In Bellasera

(October 1—October 28) Highest temperature: 91 Lowest temperature: 46

No rainfall in October. Since January 1, 4.77 inches.

Bellasera Community Activities

Water Aerobics

Beginning Monday, November 2, the water aerobics classes will change their time schedule. We will start at **11:00 a.m.** and end at noon, every **Monday**, **Wednesday** and **Friday** throughout the winter months. The water temperature is 84 degrees and you can borrow a DVD to view the underwater steps. Just call **Janet Biondo**, **480-488-0259**.

Monday Night Yoga

Experience the amazing benefits of Hatha Yoga - right here in Bellasera! Bring more strength, flexibility and inner calm to your life! Come to Monday night Yoga! It's from **6:00** to **7:15 p.m.** at the clubhouse. NO CLASS NOVEMBER 23. Class fee \$10. - first class free. Questions? Contact **Marci Sheer**, **480-488-3426**, **youryogamarci@gmail.com**. New to yoga? Call to schedule a special session.

Hikers

Well the season has gotten off to a difficult start. In September, we had a nice, but hot, hike at Saguaro Lake, but only 4 of us made the hike. In October, I cancelled the hike along Wet Beaver Creek because it is a fairly long drive and only a few were planning to go. (I will save this hike for spring).

As for November, I am planning to stay in the Valley and had picked out what appeared to be an interesting hike. This hike went through Spur Cross into the Tonto National Forest with Limestone Spring as the destination. However, **Clayton** and I hiked this trail on October 21 and agreed that it would not be good for the group, too steep and rocky to be enjoyed. So, for November, I am planning a hike in the Piestewa Peak/ Dreamy Draw area. Our group has not been into this area for several years and it will be a nice local trip. There are a number of trails in this area and I have not selected a specific one. As soon as I do and have a chance to check it out, I will let you know.

So, the November hike is scheduled for **Wednesday**, **November 11**, in the Piestewa Peak area. Bring a trail snack, but we will plan to stop for lunch at a local eatery after the hike. This should be fun and I look forward to a good group of our neighbors joining in. It has been snowy and cold to the north and east, so I suspect many of our regulars have returned to the Valley.

As usual, we will meet at the clubhouse parking area at **9:00 a.m.** Remember water and sunscreen. We will plan on a snack along the trail and a lunch stop after the hike. As usual, there will be a sign-up list in the clubhouse, or you can simply e-mail **Don Bowman**, **dgbebb@cox.net**.

Bellasera Golf Season Started

On Tuesday, October 13, the Bellasera golfers started the new season. The only thing missing were new faces. Dove Valley Ranch has been over-seeded and is in fine shape. Why not join us on a Tuesday morning? E-mail bellaseragolf@yahoo.com, or call Stew Metosky, 480-575-1480, or Terry Moore, 480-488-0861. We would love to have you join the group.

Bellasera Brown Bag Book Club

Bring your lunch and your ideas to the clubhouse on **Wednesday**, **November 18** at **noon**. We will be discussing "Olive Kitteridge" by Elizabeth Strout. We also look forward to suggestions for new books for our future meetings. Contact **Karen Moore**, **kkmoore@sbcglobal.net**, with any suggestions or questions.

Social Committee Activities

Bellasera to Work with Advocates for Kids to make Christmas 2009 extra special for others

Last year our generous community sponsored a family of ten to help make their Christmas extra special. This was such a rewarding experience that we have chosen to do it again! We plan to adopt about 16 individuals this year. As soon as we know about their needs we will make an "Angel Tree." This Angel Tree will be in the clubhouse and you will be able to choose an Angel which will list the gift request. Complete details will be available by the tree and in the December newsletter. Thank you for your kindness and support! Your Bellasera Social Committee.

Sign-up sheets for November's events are now available at the clubhouse Monthly events - Luncheons, Bunko, Beginners' Poker, Socrates Cafe

Beginners' Poker - Thursday, November 5, 7 p.m. Bring your pennies.

Bring your pennies! Our first Beginners' Poker in October was a resounding success, and all in attendance not only had fun, but also learned some poker moves. **Mike Simpson**, our resident "poker coach," pointed many of us in the right direction as far as poker etiquette goes. "Winning poker hand guides" are provided as well as refreshments. Bring your poker face, and your lucky pennies. Hats and sunglasses are optional.

Bunko - Tuesday, November 10, 7 p.m. \$5 per player (prizes and dessert)

The luncheon at Calistro California Bistro, Thursday, November 19 at 12:00 Noon 18221 N. Pima Road (new AJ's shopping center closest to 101 Freeway).

Socrates Café - Thursday, November 19, 7 p.m.

Our first "Socrates Café", a structured discussion group got off to a great start last month. Although we didn't solve world problems, we discussed family values, overt selfishness in the world, and took a shot at figuring out whether we should believe what we read. Do you have a burning question you'd like to discuss, are you interested in listening to a lively discussion, or do you want to develop your reasoning and listening skill? Whatever the reason, come join us for refreshments, and a very stimulating two hours of conversation at the clubhouse.



An Italian Feast - Saturday, November 14, 6:30 p.m.

You're invited to join your neighbors for an evening of Italian cuisine. A catered Italian dinner will be provided. Please bring an appetizer, side dish or dessert or \$5 per person. We encourage you to invite your neighbors to join us. When you bring a first time neighbor with you, their dinner is complimentary.

Halloween by the Pool Party was a smashing success. Everyone enjoyed chili and cornbread on the patio, games and music in the spirit of the evening provided by **Roger Deane**. Please find your photo on the clubhouse bulletin board and take yours home. If you'd like an electronic copy, please e-mail **Suzanne Guyan**, **guyan1@msn.com**.

Social Committee Surveys

Please stop by and fill out our short survey to help us improve offering events that you enjoy and would like to attend. The survey and return envelope are located in the enclave by the sign-up sheets.

Mark your calendar for upcoming events – all at 6 p.m. unless otherwise specified:

January 1 – New Year's Day event

February 3 – Casino event – off site

February 20 – Wine Tasting event

March 13 - St. Patrick's dinner

April 17 - Chili Cook Off and Country Western dancing

May 8 – Cinco de Mayo dinner

Note - The next Social Committee meeting is **Tuesday**, **November 10**, **6 p.m.**, at the clubhouse.

Anna Ingram, Bellasera resident, is volunteering in Ethiopia in February, 2010. She is accompanying a group of doctors and laypeople who will assist in performing surgery on fifty women from Gimbie. These women suffer from proplapsed uterus and fistula. As a result they have been ostracized from their villages. Each volunteer is responsible for paying all their own expenses. Since funds are needed to pay for the surgeries (each costs only \$150-\$200) **Anna** is hosting a fundraiser and offers the following invitation:

Ladies Night Out

benefiting

Women Helping Women - Ethiopia Project 2010

Friday, November 6, 2009

6:30 - 7:30 - wine and hors d'oeuvres 6:30 - 8:30 - Silent Auction

8:30 - Live Auction

\$25 donation to attend

Bellasera Community Clubhouse 7350 E. Ponte Bella Drive Scottsdale, AZ 85266

Please - RSVP by October 31

Anna Ingram, 480-595-0123

Suggested attire: Dressy Casual Cash, Check, PayPal

We CAN! Help others!

It's Bellasera's Grand attempt to collect 1000 pounds of food for the Foothills Food Bank between now and Thanksgiving! Can you please help? Food Bank Wish list:

Meat, Cereal, Peanut Butter, Canned fruit, Dry milk (any size), Chicken broth (any size), Canned pasta (with/without meat), Canned pasta sauce, Canned tomatoes, Fresh juice, Cooking Oil (Quart or smaller), PAM or other oil spray, Jelly/Jam, Paper towels, Paper bags, Trial size/hotel toiletries, Bar soap, Coffee. Please drop off your donations at the clubhouse.

Progress to date: we have collected 170 pounds – only 830 to go!

Thank you to everyone who has already donated!

We need some Bellasera kids to help with our food drive!

Please call **Spencer Eisner** (food drive coordinator), **480-488-3426**, to arrange for a kids community collection day!

Exceptional Neighbor

—By Betsey Prevost Ricciardi

I wish to tell you about another exceptional neighbor in our community. His name is **Todd Clausen**. He is providing a phenomenal service as an airport courier. I have utilized his service 4 times. My husband, **AI**, on the other hand, utilizes Todd's services very regularly because of frequent business travel. We both enthusiastically agree that Todd's "extra touch" is exemplary. It wouldn't be fair to compare his service and work ethic to Super Shuttle or to a regular Cab/Taxi company. Todd's business phone number is **480-246-4013**.

Wellness Matters: Sleep Well

-By Keli Ballinger

We spend nearly one-third of our life sleeping. Sleep is vital for a healthy functioning body. It affects every physiological system. Regardless of our life stage, healthy sleep is essential to our overall physical and emotional well-being. As we age, a good night's sleep is especially imperative. It rejuvenates our body, repairs any cell damage that occurred during the day, improves concentration and memory formation, and revitalizes our immune system which helps to prevent disease.

Yet, restorative sleep remains illusive to many of us.

It seems simple: lie down, drift off to sleep, wake up feeling rested and energized. Unfortunately, this is often not the case. Sleep problems are quite prevalent. Many of us just assume that poor sleep is a normal part of the aging process. While sleep patterns do change as we age, disturbed sleep and waking up tired every day are not part of normal aging. There are many things you can do to improve your sleep and start feeling rested in the morning.

- -Establish a regular sleep routine. Go to bed and awaken at the same time each day even on weekends. (Changing the time you go to bed and get up can disrupt circadian rhythms and make restful sleep more difficult to attain.)
- -Limit naps if you are having trouble falling asleep at night or keep naps to no longer than 30 minutes.
- -Try to participate in some exercise each day. Even a brief walk can make a significant difference.
- -Don't drink beverages with caffeine late in the day. Caffeine is a stimulant and can keep you awake.
- -Try to get some natural light in the afternoon each day.
- -Limit your alcohol consumption. Even small amounts of alcohol can make it harder to stay asleep.
- -Keep the room in which you sleep dark, cool, and as guiet as possible.
- -Don't read or watch TV in bed, establishing clearly that your bed is for sleeping will help your body prepare for sleep when you get in.
- -After turning off the light, give yourself about 15 minutes to fall asleep. If you are still awake and not drowsy, get out of bed. When you get sleepy, go back to bed.

Certain medications or changes in health can affect sleep. Sleep problems should not just be dismissed. If you are often tired during the day and don't feel that you sleep well, you should discuss this with your doctor or healthcare provider. Many primary care providers can diagnose sleep disorders and offer suggestions and treatments that can improve your sleep.

Bellasera resident **Keli Ballinger** is a former Director of the Mind/Body Medical Institute at Harvard University Health Services.

November in the Garden



—By Pauline Marx, Arizona Master Gardener

Critters in Your Garden

Have you seen holes in the ground and wondered what was making them? Many animals, especially small mammals, along with a variety of insects will burrow under trees, on rocky slopes and even out in the open. You will hardly ever see them digging as many of them will normally work the night shift. The holes and mounds of dirt they create are hard to miss and

you may also find remnants of food. Unfortunately, our beautiful landscapes are perfect environments for this activity. The following are the most common critters that visit you and, perhaps, have taken up residency in your garden.

Squirrels

Harris Antelope Squirrels are omnipresent here in the desert. These are bushy-tailed little guys with a white stripe on the side. They dig holes some two inches in diameter, usually in sheltered spots near the base of cactuses or among rocks. Several holes, with no mounds, may lead to one burrow. They are diurnal (active during the day) and active year round. They cool off in the burrow in the summer between foraging expeditions.

Round-Tailed Ground Squirrels may also be the culprits. Like prairie dogs, they live in colonies, often out in the open. The many visible holes next to fan-shaped mounds of dirt may lead to extensive tunnel networks and nest chambers three feet deep. They are diurnal, active mainly in the morning and late afternoon.

Rock Squirrels, the largest ground squirrel of the desert southwest, create holes as large as four inches. It nests in cut banks, rocky outcroppings, or possibly among tree roots. Food scraps are often seen outside the perfectly round entrance.

Mice

If the holes are tiny, around one inch in diameter, think mice. While there are a few different varieties of mice in Bellasera, the most common is: **Bailey's Pocket Mouse**, the largest of four **Pocket Mice** species. It usually lives on creosote flats and bajadas (Bajadas are shallow slopes that lie at the base of rocky hills) with palo verde and ocotillo. Some of our gardens with large rocks on a slope are perfect for them. Other varieties of mice you may find are: **Cactus Mice** which nest in woodpiles or rocky places. **Grasshopper Mice** dig in open areas with sparse grasses, making four to six inch vertical shafts that turn to horizontal nest chambers.

Pack Rats

Packrats (actually Wood Rats) holes appear on the outside to be a messy pile of sticks, twigs, cactus joints, animal dung, and assorted debris while the inside is structured with various tunnels and chambers. The houses are often built within a prickly pear cactus patch at the base of a cholla or mesquite tree, or in a rocky crevice. The pile of debris can be 8 feet or more wide and 2 to 3 feet high. At least one or two holes are visible at the base of the pile which allows the rodent to escape out the back door if snakes or other predators come in the front. Packrats are much larger than a mouse ranging from 8 to 20 inches in length along with a tail of 3 to 9 inches. They hardly ever build their nest in your garden but there are plenty in the washes throughout Bellasera. Rest assured though they visit your garden at night foraging for food and water. They, along with mice, are strictly nocturnal.

Insects

Solitary Digger Bees make small mud chimneys to prevent a parasite from planting an egg in the hole so it can feed on the bee larvae. The nest within may be a short tunnel or an elaborate set of tunnels and cells.

The **Tarantula Hawk** and the **Cicada Killer Wasps** dig one inch ground holes that lead to tunnels and chambers. After paralyzing its chosen prey and depositing it in the hole for its larvae to feed on, the wasp closes up the hole. An opportunist, the tarantula hawk may actually use the tarantula's own burrow for its nest.

The **Tarantula** is the largest spider in the United States and makes a one and a half inch hole leading to a 12 inch tunnel. Look for silk strands at the entrance. Here, the adult may live for many years, waiting at the entrance at night to catch passing insects. Females typically stay at home when the males travel, searching for mates.

The female **Palo Verde Root Borer** lays her eggs at the base of desert trees and the larvae burrow down to feed on the tree roots. After several years of feasting, five inch grubs pupate and emerge as three inch shiny black beetles to mate and start the process all over again. Their exit holes are about one inch in diameter.

Some animals don't dig holes but take up residence in the holes dug by others. **Bumblebees** move into abandoned mice or ground squirrel holes. **Beetles**, **roaches** and **crickets** will share ants homes. **Snakes**, **Gila Monsters**, and other lizards will sometimes use a squirrel hole in the summer to cool off.

Questions about plants? Call (480-575-0404) or e-mail (PlantPerson@cox.net) me.

Community Calendar—November 2009

| Sunday 1 | Monday 2 Fitness 7 a.m. Water Aerobics 11 a.m. Yoga 6 p.m. | Tuesday 3 Golf Building & Grounds 6 p.m. | Wednesday 4 Fitness 7 a.m. Water Aerobics 11 a.m. | Thursday 5 Beginners' Poker 7 p.m. | Friday 6 Fitness 7 a.m. Water Aerobics 11 a.m. Ladies Night Out 6:30 p.m. | Saturday 7 |
|---------------------------------------|---|--|--|---|---|-------------------------------|
| 8 | Fitness 7 a.m. Water Aerobics 11 a.m. Yoga 6 p.m. | Golf Social 6 p.m. Bunko, 7 p.m. Poker, 7 p.m. | Fitness 7 a.m. Hike 9 a.m. Water Aerobics 11 a.m. Veterans Day | 12 | Fitness 7 a.m. Water Aerobics 11 a.m. | Italian Feast 6:30 p.m. |
| 15 | Fitness 7 a.m. Water Aerobics 11 a.m. Yoga 6 p.m. | Golf Poker, 7 p.m. | Fitness 7 a.m. Water Aerobics 11 a.m. Book Club 12 noon Modifications 3 p.m. | Luncheon 12 noon Board Meeting 6 p.m. Socrates Café 7 p.m. | Pitness 7 a.m. Water Aerobics 11 a.m. | 21 |
| 22 | Pitness 7 a.m. Water Aerobics 11 a.m. | Golf Poker, 7 p.m. | 25 Fitness 7 a.m. Water Aerobics 11 a.m. | 26 Thanksgiving Day | 27 Fitness 7 a.m. Water Aerobics 11 a.m. | 28 |
| Brush & Bulk Collection Week | 30 Fitness 7 a.m. Water Aerobics 11 a.m. Yoga 6 p.m. | December 1 | December 2 Communications 8:30 a.m. | Budget & Finance 2:30 p.m. | December 4 | December 5 |

Bellasera Classifieds

SHOW LOW, AZ Cabin for Lease, beautiful, cozy and in one of the best subdivisions in the area. "Bison Ridge." Reserve your "Get-Away" for: Thanksgiving, New Years, Labor Day, or any weekend. Only three hours driving from Scottsdale. Check our web-site: www.GetAwaysArizona.com

"All About Home Cleaning" Quality Home Cleaning Service. Owner-Manager/Bellasera Resident. Licensed-Insured-Bonded/References available. \$89, 2 Cleaners/2 Hours. \$20 OFF (First time customers only) Appointments: Maria, 480-206-5237, www.AllAboutCleaningArizona.com.

Could you use some assistance with a project? Errands? General Concierge? House Sitting? Home Organization? Dog walking? Other task? Contact Resident Personal Assistant **Keli Ballinger**, **77thway@gmail.com**, **617-308-4229**. *Excellent References and Recommendations from Fellow Bellasera Residents* Your Trusted Source for Making Life a little more simple.

Tired of sore, achy muscles? Need to relax, and escape from reality? If so, then massage therapy is for you! New to Bellasera, I am licensed, with over 4 years experience. \$20 off first time clients. Appointments: **Brooke**, **480-329-0821**, **healinghandsbybrooke@yahoo.com**.

FOR SALE: Black/Grey decorator wrought iron queen size bed frame. Includes head and foot boards. \$450.00. Contact **Roy** or **Vivian**, **480-575-1391**.

Got something to buy, sell, want, give-away, etc.? Why not do business within the community.

Send in a classified ad — it's affordable, in fact, <u>it's free</u>.

E-mail yours to editor@azbellasera.org, or FAX to 815-333-2268.

Ads only accepted from Bellasera homeowners; ad copy limited to 25 words if space is limited; real estate for sale, business or commercial ads are not accepted; Editor reserves the right to edit or reject any ad.

Newsletter Copy Deadline

If you have meeting dates, or articles for publication, please e-mail to: **editor@azbellasera.org**, or turn them in to the Association office no later than the 20th of the month. The monthly newsletter is produced by the Communications Committee. The editor is **Keith Christian**, **480-330-7109**.

Neither the Bellasera Community Association nor its Board of Directors provides any warranty, express or implied, as to the accuracy, timeliness, completeness, merchantability, or fitness for any particular purpose, of any information contained in this newsletter in any form or manner whatsoever.

City Of Scottsdale Brush & Bulk Collection

The city of Scottsdale will pick up **brush and bulk items** in the Bellasera area during **the week of Monday, November 30**, with the next pickup the week of **December 28**.

Brush and bulk items to be picked up should be at curbside by 5 a.m. at the start of the week. It will be removed during the week.

For more information, contact Solid Waste Management, 480-312-5600.

BELLASERA COMMUNITY ASSOCIATION

7350 E Ponte Bella Dr Scottsdale AZ 85266-2701

Office: 480-488-0400 Security/Front Gate: 480-488-3663

Internet Web Site: azbellasera.org

Community Manager: Viola Lanam, vlanam@aamaz.com Administrative Assistant: Sharon Foxworth, sfoxworth@aamaz.com

manager@azbellasera.org

-Office Hours— Monday thru Friday, 8:30 a.m. - 12:30 p.m.

Questions regarding your Homeowner's Association Account? Contact AAM, LLC: 602-906-4940 AAM, LLC Emergency: 602-647-3034 or toll free 866-553-8290

Board of Directors

board@azbellasera.org

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Buildings & Grounds

Paul Anetsberger, *Trish Benninger-Dixon*, Anna Ingram, Robert Miller

Communications

Keli Ballinger, Dennis Carson, *Keith Christian*, Joe McDade, Emily Shriver

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Jim Gleason, Stanley Green, Craig Johnson, Bob Shriver

Suzanne Guyan, Hope Kirsch, Myrna Levin, Darlene Locke,

Cheryl Renaud, JoAnne Seres, Marci Sheer, Vicki Snyder

——* indicates committee chairperson