Bellasera Neighborhood News

October 2010 Electronic Edition azbellasera.org Ten Pages

Attached to this month's newsletter is a flyer regarding a Sedona Winery Tour sponsored by the Bellasera Social Committee.

Compliance With Rules & Standards

Our management company has the duty of inspecting to insure the standards and rules required by our governing documents are maintained. A notice letter is usually sufficient to get action by the homeowner; however, the Association can assess fines if more persuasion is needed.

Please review the following topics and bring them into compliance before you are the recipient of an embarrassing violation letter.

Bulk Trash: Our design Guidelines provide bulk trash shall be placed at the curb "no earlier than three days prior" to the Monday of the week specified for bulk trash pick-up by the City of Scottsdale. Check with the city's web site to determine the pickup schedule for Bellasera, or contact Scottsdale Solid Waste Department at **480-312-5600**. (*Check this month's Community Calendar, page 8—Editor*)

Landscaping: Our Design Guidelines provide minimum landscape standards. All residential front yards are required to have no less than 50% coverage with a combination of shrubs, cacti, groundcover, accent plants, etc. Series I (smaller lots) require one tree illuminated with an "up or hanging light". Series II and III (medium and large lots) require two trees illuminated with an "up or hanging light." Please remember if you do need to plant a tree or shrubbery, you must submit an application to the Modification Committee for approval. The form is available on the website. Let us know if you need a copy of the Design Guidelines and we can email them to you.

Lighting: Quarterly night lighting inspections will begin in October, so now will be a good time to check the illumination requirements on your trees and garage. Garage Illumination is required from dusk to dawn. Front yard trees must be illuminated from dusk to midnight daily.

Parking: Our CC&Rs provide "Commercial vehicles, recreational vehicles, mobile homes, trailers, campers, boats or other watercraft, or other oversized vehicles, stored vehicles, and unlicensed vehicles or inoperable vehicles shall not be parked within the Properties other than in enclosed garages; provided however, that one boat or recreational vehicle may be temporarily kept or stored completely in a driveway or completely on a parking pad on a Lot for not more than a period of time reasonably necessary, in the Board's sole discretion, to outfit or unload such vehicle."

Finally, Four Peaks Landscaping, our community landscaper, has advised us that some landscape companies hired by homeowners are dumping debris in common areas of the community. Please check with your landscaper to make sure this is not happening. These private landscape vendors are probably trying to save on their disposal fees. Four Peaks is charging the Association to clean up after homeowner's landscaping companies.

Dennis Carson, dmcarson@q.com, is President of the Bellasera Board of Directors.

Meeting Notices

Board of Director's study session is on **Thursday**, **October 14**, and their regular meeting on **Thursday**, **October 28**. Both meetings begin at **6:00 p.m.**

Budget and Finance Committee will meet on Thursday, October 21, at 1:30 p.m.

Building and Grounds Committee will meet on Tuesday, October 5, at 4 p.m.

Communications Committee will meet on Wednesday, October 27, at 8:30 a.m.

Modifications Committee will meet on Tuesday, October 12, at 3 p.m. Applications must be received in the Community Manager's office no later than Thursday, October 7, at 12 noon.

Social Committee will meet on Tuesday, November 9, at 6 p.m.

Dog Deed

If you are letting your large dog off the leash on Ponte Bella Drive, please abide by our community rule of picking up after your dog. I opened my garage door this morning (Tuesday, 8/31) to smell and see a large pile of dog feces right next to my garage door in the gravel. You had to know that your dog was off leash and depositing his/her feces. You should have come up the driveway and removed it. Your action shows disrespect for our community and those who live here. Please don't let this happen again.

—Ponte Bella Resident

Resident on the Radio

Bellasera's own **Barry Kluger** is now hosting a daily talk show, Klugertown! on the new NBC1260AM/96.1FM from 1-3 p.m., Monday through Friday. Kluger, a frequent columnist for The Arizona Republic and an author, discusses the day's issues and mixes his usual blend of controversy with his sardonic wit. You can also hear him live at www.nbc1260.com. Click on the Listen Live button.

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**, **480-463-4745**.

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**, **October 4**, with the next pickup the week of **November 1**.

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**.

Water Aerobics

Water Aerobics continues on **Monday**, **Wednesday**, and **Friday**, from **10** to **11 a.m.** If you care to join us, call **Janet**, **480-488-0259**, for a DVD of underwater camera shots.

Beginning Yoga

Judith Zeiger is teaching a Beginners' Yoga class each **Friday** from **8:45 a.m.** until **9:45 a.m.** in the clubhouse. If you would like to join the group please contact **Judith**, **480-575-7286**, **jazeiger@cox.net**.

Book Club

THE BELLASERA BROWN BAG BOOKCLUB will be starting the season with "Someone Knows My Name" by Lawrence Hill. It's a wonderful book that we'll all enjoy. Looking forward to sharing lunch at the clubhouse on **Wednesday**, **October 20** at **12 noon**. Bring your best ideas to share new ideas for books to read. Any questions, contact **Karen Moore@sbcglobal.net**.

Golf Group

The Bellasera golf group will resume play at Dove Valley Ranch on October 12. This group is open to all skill levels. We play Tuesday mornings about 8:30 a.m. If you wish to join us, please notify us at:

bellaseragolf@yahoo.com. If you do not have an e-mail, contact Stew Metosky, 480-575-7480 or Terry Moore, 414-651-0488. We hope you decide to join us.

Hikers

Last month, a small, but very fun, group of us were able to escape the valley for a day hike along the West Fork of Oak Creek. This is a beautiful hike in a deep canyon with lots of shade and a number of stream crossings. We hiked until the trail ended, a round trip distance of a bit more than 8 miles. It was a great day!

For the October hike, I have chosen to stay closer to home and plan to hike the Sunrise Trail in the McDowell Sonoran Preserve. This trail starting at the SE corner of the Preserve, will climb gradually over a 2 mile distance to the base of Sunrise Peak. We will turn around at that point and return to the trail head. This section of the trail provides nice views to the East. Since most Preserve trails are on the West side of the Preserve, this one provides a nice change. I am trusting that the weather will have cooled by late October, but you should bring plenty of water and plan on a trail snack.

I have set **Wednesday**, **October 20**, as the date for the October hike. Please mark your calendars. I am not sure how many of the group will be back in town by late October, but I would hope a number of you can make the trip. The Bellasera group has not taken this hike since I have been here, so this is an opportunity for something new.

We will meet at **9:00 a.m.** on Wednesday, October 20, at the clubhouse. Watch for further information. There will be a sign-up sheet in the clubhouse or you can e-mail me, **dgbebb@cox.net**. to let me know if you can join us. **Don Bowman**, **480-948-9814**.

September Weather In Bellasera

(September 1—September 28)
Highest temperature: **100**

Lowest temperature: 61

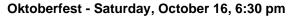
Rainfall this month: 0.18 inch.

Monsoon Season: 3.11 inches.

Since January 1: 12.90 inches.

Social Committee Activities

Living in Bellasera offers a variety of opportunities to enjoy our quality southwest lifestyle. The Social Committee strives to offer periodic events that make it easy and enjoyable to meet fellow residents. We hope you can attend one or more of our events in the coming months.





We look forward to celebrating Oktoberfest with a variety of German Brautwursts, live entertainment and enjoying the evening with our neighbors and friends. In order to help us plan for plenty of food, please include on the sign up sheet at the clubhouse whether you would like to bring a side dish or pay \$5 per person at the door. The main course, potato salad and sauerkraut are included with the festivities. Wine, beer as with all events are BYO.

Annual Food Drive for Desert Foothills Food Bank

Your support is welcome to assist with our efforts to help the under-served. A food drop box is located by the bulletin board by the clubhouse restrooms. Canned goods, pastas, cereals - any pantry items are great items to donate. A generous resident last year donated a frozen turkey. How fun is that?

October Lunch

October luncheon will be **Thursday**, **October 21** at **noon** at Lons at the Hermosa, 5532 North Palo Cristi Road, Paradise Valley. Sign-up sheet available in the clubhouse.

In addition the following are a couple off-site events that we hope you will enjoy.

Sedona Wine Tour by Motor Coach - Tuesday, November 2

Our friends at Terravita have invited us to join them on a wonderful tour of 3 wineries in Sedona. Cost is \$59 per person. See flyer in this month's newsletter. Sign-up sheet at the clubhouse. Coach leaves Terravita at 9 a.m. Bellasera residents to meet at clubhouse 8:30 a.m. and carpool to Terravita.

Private Tour of Translational Genomics Research Institute, Phoenix - Wednesday, Nov 17, 10 a.m.

A private tour has been arranged at no cost that includes a presentation by one of the TGen scientists. This is a fascinating opportunity that is not to be missed regarding cutting edge scientific medical research. A sign-up sheet is provided at the clubhouse. We will meet in the clubhouse parking lot at 9 a.m. and can then coordinate carpool arrangements. TGen is located at 445 N. 5th Street in Phoenix. Lunch arrangements will follow the tour. Details provided by the sign-up sheet.

TGen (Translational Genomics Research Institute) www.tgen.org

TGen is a non-profit research institute with areas of focus in oncology, neurogenomics and metabolic disorders. Its vision is the rapid translation of genomic discoveries into the diagnosis and treatment of disease. For the researchers at TGen, understanding the genetic cause of disease and the ability to translate this information into diagnostic tests and therapeutics is key to the ability to better diagnose, treat and cure disease.

Translational genomics research is a relatively new field employing innovative advances and applying them to the development of diagnostics, prognostics and therapies for cancer, neurological disorders, diabetes and other complex diseases. Thanks to the mapping of the human genome, clinical practice is shifting from treatment based on symptoms to treatment based on each person's unique genetic make-up; in other words, personalized medicine.

Recent Research Highlights

In early January, researchers for TGen Clinical Research Services at Scottsdale Healthcare identified a way to predict which patients with small-cell lung cancer may be resistant to first-line chemotherapy.

In December 2009, TGen – led researchers using a DNA analysis tool developed by TGen and UCLA identified generic markers that could help treat chronic kidney disease among diabetics.

Welcome new committee member - Jeannine Dittoe.

Next committee meeting: Tuesday, November 9, 6 p.m., clubhouse lounge area.

Women Helping Women

Everyone is welcome to attend the following function that raises funds to provide surgery for the women of Ethiopia who suffer the effects of prolapsed uterus. The effects from this condition are so damaging that these women cannot take care of their children and are often cast from their villages. It causes disfigurement, disability, incontinence, and pain. Repairing these injuries not only improves a woman's quality of life, but also the lives of her children. The auction last year was so successful we were able to provide free surgery to over sixty women!

2nd Annual Women Helping Women Auction - Ethiopia Project 2010
Friday, November 5, 2010
Wine, hors d'oeuvres and desserts catered by "Dining In Personal Chef"
\$25/person at the door. Cash or checks only
Silent Auction and 50/50 Raffle - 6 p.m. to 7:30 p.m.
Address by Michael Cheek, M.D. - 7:30 p.m. to 7:45 p.m.
Live Auction - 8 p.m.
Call Anna Ingram, 480-595-0123, to make a reservation.

Auction Items:

A beautiful, new home that sleeps 6, on the beach at Lincoln City, Oregon. 1 week with no restrictions!

A stay at Timberline Lodge, Mt. Hood, Oregon, with the use of free snow equipment!

Art: Six original 18" x 24" oil paintings of Ethiopian women by Marless Fellows. Other art pieces that are direct from the artists: Original oil, pastel and water color paintings, handmade artist jewelry, copper art, wire sculpture, pottery, photography, carved and embellished gourd art, handmade ceramic art by Vickie Morrow, acrylic mixed media, and fused glass.

Other offerings: Spa packages, restaurant gift certificates, gift baskets with upscale store merchandise, golf and resort gift certificates, and many, many more outstanding items available.

-Notice-

On the evening of Friday, November 5, from 6 p.m. to 10 p.m., there will be a fundraising event held at the

clubhouse. This event will bring quite a few people into Bellasera. Therefore, some of these guests may need to temporarily park their cars on the streets near the clubhouse. Thank you for your understanding.

Healthy, Strong Bodies begin at Bellasera with Introductory Pilates Classes!

October 11 - November 1, 2010

3 classes/week

Monday, 6:00 p.m.; Wednesday, 5:00 p.m.; Saturday, 9:30 a.m. Instructor: Dona Perreault

480-392-6566 (leave your name and number) or dperreau@telus.net
Maximum 10 participants per session to ensure optimum instruction and participant satisfaction – so please contact Dona ASAP to register.

What is Pilates?

Pilates is a series of exercises and conditioning techniques to help prevent injury and improve strength, while maintaining long, even muscle tone. It is an ideal exercise program for any age, as the exercises can be modified to each person's ability or fitness level.

Why has Pilates become so popular?

People are more and more interested in exercise programs that help relieve stress, increase their flexibility and mobility. Pilates includes modern principles of exercise science and spinal rehabilitation, making it one of the safest and most effective ways to stay fit and look great! Pilates help BOTH MEN AND WOMEN develop optimal strength, flexibility, endurance and posture, without building bulk or stressing your joints. Pilates helps you tone your body, feel revitalized, and move with ease. It increases your range of motion, spinal rotation and balance.

What benefits will I see if I join this class?

Increased core strength and stability (GREAT for golfers and tennis players!)
Improved posture and body alignment
Increased flexibility, balance and coordination
Improved muscular balance and strength
Increased muscle tone and endurance
Prevention of injury and increased body awareness
Relieves stress and back pain

What is the difference between Pilates and Yoga?

Yoga requires moving from one static posture to the next. Pilates consists of slow, careful movements, concentrating on core stability and rebalancing the muscles to make them work more efficiently.

Can Pilates help me lose weight?

Pilates is an important component of any weight-loss program. Combining Pilates with aerobic exercise such as walking, cycling, etc., offers the benefit of improved flexibility, body movement, posture, and a body that functions at a higher level.

I have a bad back. Will I be able to do Pilates?

A Pilates workout is gentle and controlled with no sudden jarring actions. More importantly, it concentrates on core strength, which will increase your back strength, ability to rotate and bend without pain.

October in the Garden

—By Pauline Marx

Although you couldn't tell from our recent high temperatures, October is here and is the season when we can plant just about anything. So, you should consider roses, vegetables, flowers, bulbs and herbs. Also think about sowing wildflower seeds.

Vegetables

There is a wide variety of fall vegetables that can be planted in October. These include:

- -Broccoli and Cauliflower (These cold weather crops can be planted from starts)
- -Carrots Beets -Onions -Swiss Chard -Peas
- -Turnips -Radishes -Spinach -Leaf and Head Lettuce

With some form of protection, you can still plant a fall crop of tomatoes and peppers.

Flowers and Bulbs

Bulbs

In addition to flowers, consider planting bulbs which are easy to grow and offer spectacular results. These include *Daffodils, ranunculus, narcissus, anemones, tulips, and Dutch iris*. They can all be planted later this month.

Flowers

Winter is kind to many flowers that would not make it in cooler gardening zones. Some good choices are:

- -Petunias -Pansies -Snapdragons -Geraniums -Lobelias -Alyssum
- -Stock -Calendulas -Violas -Dianthus -Poppies.

Herbs

Liven up your garden with the scent and color of fresh herbs. The Arizona Herb Association recommends sowing seeds for:

- -Anise -Borage -Salad Burnet -Caraway -Catnip -German and Roman Chamomile
- -Chervil -Chicory -Dill -Fennel -Horehound -Lemon Balm -Parsley -French Sorrel.

If you prefer transplants check out your nursery for all of these herbs, as well as many others.

Wildflower Seeds

October is the prime month for sowing wildflower seeds. If you purchase a mix be sure that it is for the Sonoran desert. Local nurseries will have the proper mix, however large retail stores with garden departments may have mixes that will grow better in other garden zones.

Miscellaneous Tasks

Roses- Lightly feed and prune roses to get a flush of fall rose blossoms.

<u>Lawns</u>- For those with patches of green, dethatch and overseed Bermuda lawns with rye grass. Dethatchers can be rented from garden centers. Also, decrease watering on turf for overseeded areas.

<u>Desert Trees and Shrubs</u>- Do corrective pruning and thinning. Scale back the thin, whip like look of mesquites and palo verdes, and remove dead wood on other trees and shrubs.

Arizona Master Gardener **Pauline Marx** is a Bellasera resident. For questions about plants, you may call, **480-575-0404**, or e-mail, **PlantPerson@cox.net**, her.

Community Calendar—October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Fitness 7 a.m.	
					Yoga 8:45 a.m.	
					Water Aerobics 10 a.m.	
					10 4.111.	
3	4	5	6	7	8	9
Brush &	Fitness 7 a.m.	Building & Grounds	Fitness 7 a.m.		Fitness 7 a.m.	
Bulk	Water Aerobics 10 a.m.	4 p.m.	Water Aerobics 10 a.m.		Yoga 8:45 a.m. Water Aerobics	
Collection	10 a.iii.		10 a.m.		10 a.m.	
Week						
10	11	12	13	14	15	16
	Fitness 7 a.m.	Golf,	Fitness 7 a.m.	Board Study	Fitness 7 a.m.	Pilates 9:30 a.m.
	Water Aerobics 10 a.m.	8:30 a.m. Modifications	Water Aerobics 10 a.m.	Session	Yoga 8:45 a.m. Water Aerobics	3.30 a.m.
	Pilates 6 p.m.	3 p.m.		6 p.m.	10 a.m.	Oktoberfest
	Columbus Day	o p.m.	Pilates 5 p.m.			6:30 p.m.
	•					
17	18	19	20	21	22	23
	Fitness 7 a.m.	Golf,	Fitness 7 a.m.	Luncheon	Fitness 7 a.m.	Pilates
	Water Aerobics	8:30 a.m.	Hike 9 a.m.	12 noon	Yoga 8:45 a.m. Water Aerobics	9:30 a.m.
	10 a.m.		Water Aerobics 10 a.m.	Budget &	10 a.m.	
	Pilates 6 p.m.		Book Club 12 noon	Finance 1:30 p.m.	. • • • • • • • • • • • • • • • • • • •	
			Pilates 5 p.m.	neo piiii		
24/31	25	26	27	28	29	30
Halloween	Fitness 7 a.m.	Golf,	Fitness 7 a.m.	Board Meeting	Fitness 7 a.m.	Pilates
	Water Aerobics	8:30 a.m.	Communications	6 p.m.	Yoga 8:45 a.m.	9:30 a.m.
(31)	10 a.m.		8:30 a.m.	o p.iii.	Water Aerobics	
	Pilates 6 p.m.		Water Aerobics		10 a.m.	
			10 a.m. Pilates 5 p.m.			
			8			

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Bellasera Classifieds

"ALL ABOUT CLEANING", Quality Home Cleaning Service. 2 Hrs/2 Cleaners \$89. Window Cleaning and House Sitting service. Professional and reliable. Owner-Manager "Bellasera Resident". Please visit our website: www.AllAboutCleaningArizona.com. Call Maria Dixon for an appointment: 480-422-3168 (office) or 480-206-5237 (cellular).
I'm looking for medium to large sized baskets, with or without handles, that are in good condition. If you have some that you can't use please call Anna Ingram , 480-595-0123 . Thank you.
For Rent: Available May 1, 2010. Opala Model - 3 bedrooms - furnished - \$2850 plus utilities per month for a 12 month lease. Shorter rental periods available at a higher rate. Call Gail or Phil Murphy , 972-410-0730 .
Your resident handyman is back at it again! When you have need of a qualified person to make repairs at reasonable prices just call Grant Ingram , 480-980-3889 . I'll be happy to provide many good references from fellow residents.
We're on Visao Drive and are looking for a reputable landscaping company. If you've had a good long-term relationship with a landscaping firm, can you let us know? THANKS! Pam and Jim Ragborg, 612-414-4040, pamleeds@charter.net.
Do you ever want or need to go out of town but you don't know what to do about your pets? Problem solved you can hire me! I will keep them on their schedule and spend the night at your house while you are away. No more worries about the kids! Call Cheryl , 480-544-9273 .
Many years of experience as an educator with a prestigious national award of exceptional teacher I am excited for my next career: Medical Assistant. Graduated with Honors and certified (AAMA). Maya, 480-292-8282, 5508happynow@gmail.com. Any leads will be gratefully appreciated.
Home Share Available: Do you have a close friend or family member that needs a place but you don't have the space? I'm looking for 1 or 2 adult non-smokers without pets to share my very peaceful 3B,3B home on N. 74th Way with me. Available November 2010, Month-Month, \$850. Call John at 480-283-7014 .
The Art of Vacationing - "Experts in the art of creating the vacation of your dreams." Specialists in River Cruises, custom vacations, points/miles-based trips, and more. Call Pam Keystone , "Bellasera Resident" Owner and Vacation Planner, at 480-629-5559 to help plan your next vacation.
TRUNDLE BED - LIGHT WOOD EXCELLENT CONDITION, HARDLY USED, GREAT FOR SPARE BED-ROOM \$400 includes 2 mattresses, 2 night tables and lamps, bureau. Bottom mattress pops up. Call Sheila or Mel Lavin , 480-473-0348 .
Rides to the airport for \$40 one-way, \$75 roundtrip. Contact Bellasera resident Todd , 480-246-4013 , arizonacourier10@gmail.com.
Dog sitter wanted for darling 10 pound, 12-year old poodle in your home. November 7-19, 2010. Call Bob , 937-307-6921 .
Got something to buy, sell, want, give-away, etc.? Why not do business within the community. Send in a classfied ad — it's very affordable, in fact, it's free. 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.

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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—— indicates committee chairperson

TERRAUITA INVITES BELLASTRA TO JOIN US.





This Package includes:

- Luxury Motor coach transportation
- 3 Wineries including tasting
- Professional Tour Director

Price: \$59 per person

- Full payment requested upon reservation
- Tour Policies & Cancellation Clauses apply. See back of flyer for more information

For more information, contact: **EVELYN ANDERSON**

480-488-2676

Sedona Wineries! November 2, 2010

We will leave Terravita at 9 a.m.....At about 11 a.m. we'll stop at **Tlaquepaque** for <u>lunch</u> (on your own) with a choice of several restaurants... browse the shops and enjoy this beautiful Arts & Crafts Village, the most distinctive shopping experience in the Southwest, fashioned after a quaint Mexican village with vine-covered stucco walls, cobblestoned walkways, magnificent arched entryways with lovely courtyard fountains. You may also want to see their unique Chapel with its stained glass windows and hand-carved leather pews, where weddings are often held. Just walking around Tlaquepaque is an adventure in discovery. At approximately 1:30 pm we should be ready to board our motorcoach for our afternoon of wine tasting at 3 of the area's special wineries. the following wineries... Javelina Leap Vineyards & Winery, Page Springs Cellars and Oak Creek Vineyards.

That should make for a perfect one-day outing up to the beautiful red-rock country.

Returning to

Terravita about 6 pm.

Enjoy the tour, enjoy the tasting...and feel free to stock up with some wine and help the local economy!!!.

Sign up now for this day of fun as space will be limited!