

Bellasera Neighborhood News

August 2012

Electronic Edition

azbellasera.org

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Board President's Report

By Gregg Dittoe

At the Board of Directors meeting on July 26 your Board approved a number of important initiatives for improving our community:

1) The Board approved the recommendation by the Recreational Ad Hoc Committee to authorize the Board to hire a landscape architectural firm, to help the committee create a detailed plan for an alternative use for Tennis Court #3. Collaborative V Design Studio, Inc. is the name of the firm we are retaining. They have worked with many up-scale communities throughout the valley (D.C. Ranch, Desert Mountain, Whisper Rock, etc.) to design their facilities and landscaping. The Committee is targeting a date in late September to hold an evening meeting for residents to preview this project and solicit feedback. Stay tuned for more details on the date and time of this meeting.

2) The Security Committee recommended, and the Board approved, a new "Fob" entry system for the clubhouse and pool areas. The new Fob Entry System is being purchased from ADT Security, and it will track all entry into the clubhouse and pool areas. New fobs will be available in the next 30-45 days, and will be distributed at no charge (two free fobs per household - \$10 for each additional fob) to our residents. Details on the conversion plan, changing from the old fob to the new fob, will be released very soon.

3) The Board approved a recommendation from the Budget and Finance Committee to invest \$1 million dollars of our Reserve funds in short term FDIC insured CD's. Also, the committee updated the Board on two other important issues: our total Accounts Receivable is down to approximately \$5,000 – this is the best "bad debt" condition our community has been in for at least the past 3 years. Also, we finished our Fiscal Year on June 30, 2012 with a negative budget variance of less than 1%. With an annual Operating Expense Budget of \$539,000, this is a tremendous testament to Viola Lanam (AAM) and our entire B&F Committee, for creating and adhering to our annual budget.

4) Lastly, you may have noticed white paint markings on our roads throughout Bellasera. We are preparing for a major resealing project this Fall. All 6 miles of our roads will be resealed in October or November. The project is expected to take approximately 2 weeks to complete.

Meeting Notices

Board of Directors will meet on **Thursday, August 30**, at **2 p.m.**

Budget and Finance Committee will meet on **Wednesday, August 29** at **2 p.m.**

Building and Grounds Committee will meet on **Tuesday, August 14** at **3 p.m.**

Communications Committee will meet again on **Wednesday, September 12** at **8:30 a.m.**

Modifications Committee will meet on **Tuesday, August 14** at **3 p.m.** Applications must be received in the Community Manager's office no later than **Thursday, August 9** at **12 noon.**

Recreation Area Ad Hoc Committee will meet on **Monday, August 6** at **10 a.m.**

Bellasera 2012 Directory

The printed 2012 Bellasera Community Directory is now available. You may pick up your copy one of two ways:

1. In the clubhouse office, Monday through Friday, 8:30 a.m.—12:30 p.m. Please note the office will be closed from July 30 through August 3.

2. From the guardhouse, using the exit lane (north side of building) from 5 a.m. to 1 a.m. every day.

To minimize our expense, one per household please.

Special thanks to Communications Committee member emeritus **Pat Manion** for his expertise during the production of this year's directory. And to **Sharon Foxworth** in the Manager's Office for faithfully providing much of the data used to compile the directory throughout the past year.

The Communications Committee produces an annual community directory, alternating between printed and electronic versions. The last printed directory was released in July 2010.

July Weather In Bellasera

(July 1—July 26)

Highest temperature: **108**

Lowest temperature: **70**

Rainfall this month: **0.38 inch**

Since January 1: **1.62 inch**

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, August 6**, with the next pickup the week of **September 3.**

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.**

Scottsdale Scene Election 2012

—By Joe McDade

Those of you who have been suffering through the “Robo Calls” are aware that an election is coming up. To be specific, Arizona will hold a primary election on Tuesday, August 28, to be followed by the general election on November 6. This will include all state offices, congressional seats and the City of Scottsdale (Mayor and Council).

For Scottsdale, there are 12 candidates for 3 city council positions and 3 candidates for Mayor. You should all know that any candidate that gets over 50% of the votes cast in the August election is automatically elected and that spot will not be voted on in the November election. If no candidates get more than the 50%, then the highest 6 will be on the November ballot for council and the highest 2 will be on the ballot for Mayor. The highest three council candidates in that election become the new city council members and the highest of the two mayoral candidates becomes the mayor.

If you are an eligible voter, please take the time out to familiarize yourself with the candidates and vote.

Bag & Tie

Please "bag & tie" all garbage and grass bags before placing them in the black refuse container. Reducing any spillage during the summer heat minimizes odors and pest problems. It's more than a good idea, it's the law. To learn more refuse tips, contact Solid Waste Management, **480-312-5600** or

ScottsdaleAZ.gov/recycle.

Sightings of Little Green Men

—By Viola Lanam

Yes, there are rumors that there will be “little green men”, Bill and Sara, around the community! They are asking you to slow down. Why??? Because every one of us needs to be aware of how fast we are driving. The Board of Directors and committee members are receiving many complaints about speeding within the community and are frustrated with this issue. Something has to be done. The speed limit is 25 mph. Residents of Bellasera are active and enjoy walking, biking, and/or running. Many times while enjoying these activities, they are listening to i-Pods and will not hear a car coming behind them. If you are guilty of speeding, and we all are, please slow down before someone gets hurt or worse, killed. Think what this would do to the families involved. Could you live with that? Think about it! Hopefully when you see Bill and Sara, it will remind you to slow down and also bring a smile to your face. If we don't receive your cooperation, more drastic actions may be implemented.

7 Deadly Dieting Mistakes

—By *Jolene Goring*

It's a common problem. You've been on a diet for weeks and aren't losing weight like you thought you would. It may be because you're consuming more calories than you think. Keep reading to discover seven sneaky habits that may be sabotaging your weight loss efforts.

Mistake #1: Forgetting Liquid Calories

It's easy to forget that the things you drink have calories - some more than you'd think. In fact, some beverages have more calories than an entire plate of food. It is estimated that around 20 percent of your daily calories come from what you drink. So as you drink your juice with breakfast, rehydrate with a sports drink at the gym, or drink a glass of wine at dinner, think about the calories you're adding. For calories' sake, it's best to avoid all sweetened sodas, sweetened or flavored coffee drinks, sweetened tea, and smoothies. Replace these high-calorie drinks with water, skim milk, and unsweetened herbal tea. Because while they taste great, liquids generally don't satisfy hunger, so they are just empty calories.

Mistake #2: Meal Skipping

Many dieters think they'll cut their calorie intake by skipping a meal, usually breakfast. But this is a mistake. Research has shown that those who skip breakfast actually weigh more than those who eat three meals a day. Skipping a meal usually causes you to eat more calories during the day because you will end up eating even more food later in the day because you're so hungry. So aim to eat three (or more) meals a day. A healthy breakfast that will keep you feeling full all morning contains protein and fiber. An example would be whole-wheat toast and an egg.

Mistake #3: Oversized Portions

Just because restaurants load your plate with a mountain of food doesn't mean you should eat that much at home for a normal meal. Remember that your stomach, like your heart, is the size of your fist. Don't think you could fit much food into your fist? You're right. And contrary to what mama taught you as a child, you don't have to eat all the food in front of you. To eat a little less, use smaller plates and eat slower so you know when you're full. Also, remember that portion control also applies to healthy foods, as they, too, contain calories.

Mistake #4: Too Many Extras

A salad is a healthy, low calorie option. At least until you add dressing, bacon, cheese, and croutons. These add extra calories fast. One tablespoon of dressing contains 75 to 100 calories. With that in mind, it's no wonder grilled-chicken salads at a fast-food restaurant can have more calories than a hamburger.

Mistake #5: Blaming Your Genes

Many people give up on dieting or think there's no hope when it comes to meeting their goal weight because of their genes. Just like you may share your father's hair color or your mother's eye color, there is a small chance you also share your parent's body type. However, this is no excuse for doing nothing about trying to lose weight. Stick to your diet and exercise plan and you should definitely see results.

Mistake #6: Eating Without Thinking

It happens to everyone. You're tired after a long day and you just want to veg in front of the television or read a good book. Unfortunately, mindlessly eating is often involved. You may think that since it's not on a plate it doesn't matter, but every bite you take counts. When it comes to a successful diet, make rules for appropriate times to eat. And don't always feel the need to eat when relaxing. Try sipping on water or tea, chewing gum, or simply don't put anything in your mouth.

Mistake #7: Eliminating All Treats

Dieters often become overzealous in their plan and completely rid the house of all the food they enjoy, whether chips, sweets, snacks, or any high calorie food. This commitment may last a few days until you can't tolerate it any longer and you overindulge on what you deprived yourself of. A better plan is to allow yourself a treat every once in a while. Remember that everyone makes mistakes, but be smart and don't let these common pitfalls keep your from meeting your weight loss goal!

Reach your fitness potential faster by coupling your good diet with a challenging exercise program. I'm here to motivate, instruct and encourage you to reach your goal.

Jolene Goring is a leading health and fitness expert based in Scottsdale. She has been featured in USA Today, is a featured personal trainer in various fitness videos, and has recently been named one of 'America's Premier Fitness Experts'. You may contact her at **480-510-5305** for a free fitness or nutrition consultation, or go to **www.geo-fit.com** for more information.

Bellasera in the Rear View Mirror

A look back in Bellasera history that may bring back memories for long-time residents and even be of interest to those not living in our community in prior years.

A newsletter archive is available on our web site: <http://azbellasera.org/newsarch.php>

Bellasera Neighborhood News, August 2002, 10 years ago

- Join your neighbors for an Ice Cream Social at the clubhouse on Sunday, Aug. 11 at 7 p.m. The cost is \$3 per person, with children under 12 years old admitted free. Sign up and pay Janyth Martin by Monday, Aug. 5.
- Jean and Ben Grutta are already working on their next 50 years of marriage now that they completed the first 50 on June 21. Their daughter Debra and her husband John Jouas, of Cave Creek surprised them with a party at the end of May that brought all of Jean and Ben's children and grandchildren from as far away as Massachusetts to help them celebrate. Next adventure — a trip to Hawaii for a second honeymoon.
- Craig and Georgia Klos and their children Sam, 16 and Maggie, 14, originally thought they'd be using their home here in Bellasera a handful of times a year. But they're here a lot more often, Craig said. The family purchased their home at 7682 E. Perola Drive in April, and have been traveling here from their primary home in Leawood, Kansas, a suburb of Kansas City, Mo.
- Prepare now for a Sept. 28 excursion — to see Stephen Sondheim's Broadway hit "Into the Woods." There are 20 tickets available for the Saturday evening performance at 8 p.m. Sept. 28 at the Phoenix Theater, 100 E. McDowell Road. The ticket price is \$28.
- Monsoons v. the Bellasera American Flag. Yep, another tragedy from the monsoon storms. The flag pole was struck by lightning which destroyed our flag. A new one has been ordered and will be installed by a professional flag company at the first part of August.

Bellasera Neighborhood News, August 2007, 5 years ago

- The revised Bellasera Bylaws have been approved, due to the efforts of more than 183 homeowners who returned their consent forms. As of July 27, 183 (183 needed for approval) Bylaw consents, and 187 (241 needed for approval) CC&R consents have been received. Hundreds of hours of homeowner volunteer labor have been expended in the past several years on this project. Consider validating their effort by sending in, as soon as possible, the consent forms included in the packet distributed to all Bellasera homeowners.
- Even though life in our community has slowed down a bit, we're still spending quite a bit of time dealing with problems. The most serious issue was an attempt to damage a horse trailer that was parked in our parking lot overnight. Someone tried to build a fire under the propane tanks, presumably to cause an explosion. Fortunately, the fire went out before any serious damage was done. The police were called but without a witness of some kind they aren't able to mount much of an investigation. The Board will be talking about the possibility of security cameras in the near future.
- There are approximately 20 homes in the community that still need paint and we are working diligently to get these homeowners to respond to our directive. Eight "Fine" notices went out last week for failure to comply. We will continue to use all legal means available to us to get these homes painted.
- Mary Martin's 1 1/2 year old granddaughter got out of her little short gate and was found by Danielle Meyer. They had already realized in a very short time that she was missing and Mary was headed up the street when she saw that Danielle was headed down Balao looking for who she might belong to. It was a wonderful ending to what could have been a tragedy.
- Another good deed was Bob Greenspun reporting that Bob Sherman's landscape watering system had a significant leak. It probably saved the Sherman's not only an aesthetic problem, but a high water bill at the end of the month.
- Ike Ironwood—Bellasera Private Detective...I put her card back into the middle of the thick bundle. I didn't need to be reminded about her again for a good long time. I drifted off into a slumber and dreamt that a Crunchy Taco Supreme was asking me for directions. Suddenly, I was awakened by the door slamming. It was my operative Fu. "Misser I-ron-woo! Misser I-ron-woo! You wake up now. We got big important case!" I hated it when he did that. Fu "the Man" Chu was third generation Chinese-American and seemed about as Chinese as a bagel. He loved to put on that accent. Probably seen too many re-runs of Bonanza.



August in the Garden

—By *Pauline Marx & Joe McDade*

Monsoon

Our recent rainfall total is somewhat disappointing but we are at the height of our monsoon and you will need to monitor your plants water needs and cut back on irrigation if monsoon rains get heavy.

Non-native plants can suffer from iron chlorosis this time of the year which is recognized by new leaves turning yellow and having conspicuous green veins. This can occur from over-watering combined with extra moisture from seasonal rains. Wet soils displace oxygen from the soil and roots need oxygen to absorb iron. High alkaline soils like we have here can also contribute to chlorosis. If symptoms appear and soil moisture is adequate, apply iron chelates or ferrous sulfate. The plant roots can readily absorb them.

Compost Heap

Hot and humid August is the perfect month to recycle and compost. What goes into a compost heap? The following items are recommended:

- Dried and dying remnants of your vegetable and flower garden.
- The leaves dropped from trees.
- Vegetable scraps/peelings from the kitchen.

With the contents identified, follow these steps:

- Chop or break the dried brown materials into small pieces.
- Layer them into the compost with fresh green material.
- Add coffee grounds and attempt to achieve a general proportion of two-thirds browns to one-third greens.
- Moisten each layer well as you proceed.

Once these materials are recycled into compost they will provide an incredible boost to the soil fertility of next season's garden.

Fall Planting

Now is the time to look at your fall vegetable planting guide and purchase the seeds for your favorite vegetables. Don't wait until the last minute because your seeds may not be available. Some suggested vegetables you should consider are:

- *snap beans, carrots, corn, squash, broccoli, cauliflower, and kale*
- *kohlrabi, head and leaf lettuce, leeks, mustard, and green onions.*

The major keys to a successful fall planting season are **site selection** and **soil preparation** which I'll go into detail next month.

Miscellaneous

Roses- Toward the end of August and into September add an iron supplement if your roses show yellowing from iron deficiency.

Citrus- Fertilize citrus with its third and final feeding of the year in August or September. This application helps improve the size of the fruit.

Hose off Dusty Plants- Summer storms promote populations of spider mites, which thrive on dusty foliage. They are especially attracted to roses but appear on many plants. Look for their telltale fine webbing or a rusty appearance on leaves. Hose off plants early in the morning before the sun heats up. Spray as often as needed to remove dust or control mites.

If you have any gardening questions call the Cooperative Extension Service at **602-827-8200** or write to them at 4341 Broadway Road, Phoenix, AZ 85040. Bellasera resident **Pauline Marx** is an Arizona Master Gardener.

Community Calendar—August 2012

Sunday	Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3	Saturday 4
					Water Aerobics 10 a.m. Bridge 1:30 p.m. Potluck 6:00 p.m.	Pilates 9:30 a.m.
5 Brush & Bulk Collection Week	6 Recreation Area 10 a.m. Water Aerobics 10 a.m. Pilates 5 p.m.	7	8 Water Aerobics 10 a.m. Pilates 5 p.m.	9	10 Water Aerobics 10 a.m. Bridge 1:30 p.m.	11 Pilates 9:30 a.m.
12	13 Water Aerobics 10 a.m. Pilates 5 p.m.	14 Building & Grounds 3 p.m. Modifications 3 p.m.	15 Water Aerobics 10 a.m. Pilates 5 p.m.	16	17 Water Aerobics 10 a.m. Bridge 1:30 p.m.	18 Pilates 9:30 a.m.
19	20 Water Aerobics 10 a.m. Pilates 5 p.m.	21	22 Water Aerobics 10 a.m. Recreation Area 1 p.m. Pilates 5 p.m.	23	24 Water Aerobics 10 a.m. Bridge 1:30 p.m.	25 Pilates 9:30 a.m.
26	27 Water Aerobics 10 a.m. Pilates 5 p.m.	28	29 Water Aerobics 10 a.m. Budget & Finance 2 p.m. Pilates 5 p.m. 8	30 Board Meeting 2 p.m.	31 Water Aerobics 10 a.m. Bridge 1:30 p.m.	

****Bellasera Classifieds****

For Sale: 2011 Lexus 450h. 5-Door SUV 4x4 Hybrid. Exterior: Matador Red Mica; Interior: Parchment; 7500 miles, fully loaded with comfort, premium, and tow-prep packages, Excellent condition, dealer serviced. Asking \$47,500.

Contacts: findingmarci@yahoo.com, 480-532-1207 or isheer@gmail.com, 917-332-7028.

All About Cleaning, Quality Home Cleaning Service. 2 Hours/2 Professional Cleaners \$89. One Time Cleaning, Move-In and Move-Out cleanings, Regularly scheduled Service, Deep Cleanings, Real Estate Listing Preparation.

Please visit our website: www.AllAboutCleaningArizona.com. Licensed-Bonded-Insured. To make an appointment please call **Maria Dixon: 480-206-5237** (mobile) or **480-422-3168** (office). Owner-Operator: **Maria Dixon** (Bellasera resident for over 8 years).

Need some help? **Spencer Eisner**, a responsible 16 year old is available some afternoons and weekends to help with odd jobs, babysitting, yard work, etc. Please call if interested, **480-270-2881**.

Pet Sitting: 7 year Bellasera resident, 17 year old honors student & Student Council member at Cactus Shadows HS would love to care for your pets while you're away. I love animals. We have 2 cats and a dog of our own. **Katie Kaufman** (cell) **480-544-9330**, katie.k704@hotmail.com.

All About Cleaning, Professional Window Cleaning: Inside and Out. Screens, Tracks. As Low as \$120. Please visit our website: www.AllAboutCleaningArizona.com. To make an appointment please call **Maria Dixon: 480-206-5237** (mobile) or **480-422-3168** (office).

Cabin available for rent in Munds Park. Enjoy fall foliage or plan ahead for snow adventures. 3 bedrooms 2 sleeper sofas/2baths; Gas fireplace; Fabulous deck; Full kitchen; Washer/Dryer. \$300 weekend/\$500 for 3 night Holiday weekend. Cleaning fee negotiable. Call Bellasera resident **Marti Bening**, **480-488-4297** for details.

For Sale: one green/ yellow designer suede sofa for \$475.00 and one yoga headstand support, \$75.00. **330-550-7235**.

Cactus City Landscape Maintenance: Yard and Lawn Maintenance, pool cleaning too! Reliable service at affordable rates. Call **Steve Dixon** (Bellasera Resident), **480-331-8707** (text or voice) or **480-206-3378**(cellular), or visit our website www.CactusCityLandscape.com.

Landscape Lighting, Landscape Rocks & Boulders, Paver Installation. Steve, **480-206-3378**, Steve@CactusCityLandscape.com. Website: www.CactusCityLandscape.com.

The Photo Digital Artistry of Frank Biondo. Frank's work embodies the spirit of both a photograph and a painting; bringing together aspects of impressionism and realism that give his work such a distinctive character. Images are printed on fine art canvas using archival inks and materials, re gallery wrapped over a wooden frame and ready to hang. Other types of prints are available. To view Frank's work or for more information please visit his website: www.frankbiondo.com or call **480-488-0259**.

For sale. Girls bicycle, 24 inch 6 speed. Like new, \$50. Bellasera resident, **480-575-6802**.

For Lease: Bellasera home, 7682 E. Perola; Oura model with casita and extended master bedroom and den; seasonal, six, or twelve month lease; furnished or unfurnished; inquires please e-mail **Craig**, cklos@kcsportsrehab.com.

Got something to buy, sell, want, give-away, etc.? Do business within Bellasera. Send in a classified ad — it's very affordable, in fact, it's *free*. E-mail yours to editor@azbellasera.org. 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

President —**Gregg Dittoe**, greggdittoe@gmail.com

Vice President —**Richard Hoffman**, richardhoffmanlaw@att.net

Secretary—**Ed Szkaradnik**, Eszkaradnik@Gmail.com

Treasurer—**Joe Pruess**, joepruess@gmail.com

Director— **Craig Johnson**, cl7610@aol.com

Committees

Budget & Finance

Don Bowman, *Marilyn Lillienfeld*, Clayton Loiselle, Joe Pruess
Carlton Rooks, Charles Schroeder, Paul Snyder,

Buildings & Grounds

Paul Anetsberger, James Cole, Gregg Dittoe, *Bob Huff*,

Communications

Keith Christian, Joe McDade, Emily Shriver, Ed Szkaradnik, Dennis Soeffner

Modifications

Jim Gleason, Stanley Green, Craig Johnson

Security Advisory

Joe Carlon, Dennis Carson, Richard Hoffman, Dennis Soeffner

——— indicates committee chairperson