

# NORTH 8TH NEWSLETTER

Issue #4

February 2019

## Mayor's Corner

It is the middle of February and this years Mesa regal experience is beginning to wind down. We just had our Root Bear Float and auction for the 18/19 season. I believe that it was a great success. I wish to thank Jerry Bican for his great handling of the auction. He was in fine form and worked it very well. I also wish to thank Chuck Borchner for all his help and standing in for Jerry toward the end of the auction. Many thanks go to Barbara Mackinaw and Nancy Bican for being great cashiers. We realize what a difficult job this can be trying to keep track of everything that is going on. I need to thank Chris and Jerry Phelan for their help in setting up and helping with the Root Beer floats and the auction.

Bean Bags which is actually held on 7<sup>th</sup> street for anyone in the park that wants to take part has been a great success and we need to thank Leland and Lola Howard for all that they do insure that it stays that way.

Thanks are also in order for Jean Streppa for the excellent medical reports and advice that she includes all of the Newsletters.

Also thanks to Mary Pulford for welcoming our new arrivals on the street and getting info about them for us.

It is time to begin thinking about the Bug spray on the 12<sup>th</sup> of March. A usual Bill and/or I will be by to check with you and to collect the \$15 dollars ahead of that date.

Chuck Borchner needs to hear from you concerning the First Friday Night out in March. Check in the Calendar of Events that follows for the time, site Number and/or phone number so that you can let him know you are interested.

We have our own 8<sup>th</sup> Street web site which includes such things as this newsletter, the street representatives meetings, slideshows of all the events that we have held for the last couple of years and the Calendar of Events.

I have attempted to place pictures of all the

members who own park models and that have returned for a number of years to our street or that have been on our street before. It is labeled North 8<sup>th</sup> photos pages 1 and page 2. The URL for this web site is

<http://www.buydarrell.50megs.com/index.html>.

## Calendar of Events Spring 2019

**March 1, 2019** – the First Friday Night Out (FFNO) will be at the Silver Star Theater to see the Rhythm Cats. This is a dinner buffet and music show. Tickets are \$39/ person. Chuck Borchner is coordinating this event, so please contact Chuck at 630-234-6455 (site # 997) to make your reservation now. Seating is limited.

**March 6, 2019** – annual Banana Split party at site # 870 at 2 pm.

**March 27, 2019** – Final potluck of the 2018-2019 season. Details to follow.

**Note: March 12, 2019** is the next bug spray date (\$15 per site). A special thanks to Darrell Noah and Bill Tallyn for coordinating this event twice a season.

**Annual Book Club will convene the 3<sup>rd</sup> Thursday on February 21st, at site # 864. Books were distributed at the January meeting for discussion February 21<sup>st</sup>. Extra copies are also available through Joan Oldre (site #864). Everyone welcome!**

## Flashy “Fake Food” Labels

### Part 1

by Jean Streppa

Every New Year we are barraged with healthy sounding claims from the food packaging industry that often sound “too good to be true”. Hmmm! Maybe there is some truth to that statement. If so, how does a person, with good intentions, differentiate between what is an accurate, healthy product vs one that simply sounds healthier than it really is?

A safe rule of thumb is to always start reading the ingredient label on the product first. Forget what the packaging label tells you – **instead check the nutrition information on the product’s Nutrition Facts Label first which serves as the most accurate facts available.** Below are further tips of which to be aware, when you are food shopping:

\* **fruit drinks are not the same as fruit juice;** instead they may contain a small amount of fruit juice with the remainder being sugar, water and other additives. Try to avoid any drinks that have added sugar, even if they say “100% fruit juice”. There is no fiber in juice and it is digested quickly causing blood sugar levels to rise very fast.

\* **made with whole grains is not the same as 100% whole grains, the latter** is the preferred label for which to look. The first word should always be “**whole**” when you look at the ingredient list. Enriched

flour and/or enriched wheat flour are not the same as whole grains.

\* **low -fat and/or fat- free** are other misleading terms of which to be aware; instead, the product may contain added salt and sugar and may even be less healthy than full-fat foods. There is such a thing as a **healthy fat** and it is a necessary part of your diet. We are talking about a healthy, unsaturated fat, such as that in peanut butter.

\* be aware of the claims: “**made with real fruit**” and “**made with real vegetables**”. Those claims can be deceptive, as they do not tell **the amount** of fruit or vegetable in the item. Again, check the ingredients label to determine what is really in the product.

The next March issue will review cholesterol, sodium and gluten-free hype often used on flashy food packaging products. Until then, try to avoid being tricked by the food packaging industry by sticking to whole or minimally processed foods whenever possible. Fresh is best!

Information for this article from [Harvard Health Letter](#), January 2019

### Street Representative Meeting Minutes February 11, 2019

Board Members present: Mary Ellen Parrott, Linda Searles, Joyce Young, Larry Malone, Gary Fisher, Harlan Weeden

Meeting was called to order by Mary Ellen Parrott at 10:00 AM

Roll Call: Streets without representation: 1 North, 1 south, 3 south, 4 central, 4 north, 8 central, 9 north, 10 north, 15 south, 16 north, 17 north, 17 south, 18 central, 18

north, 18 south, 19 north  
Motion was made by Iola to approve the January minutes, seconded by Dee, approved.

#### Announcements:

McDonalds beer and pop tabs are collected at site 535.

We encourage all residents to sign up for the blog in the Activity Office by giving your email address. No email addresses are shared. This is the best way to stay informed of events and happenings in the park.

Post office parking spots are for 5 minute mail pick-up only. This is at all times.

Election of board members in March. The terms of Linda Searles, Gary Fisher and Joyce Young are up. They all have agreed to serve but nominations from the floor are accepted.

#### Resident Concerns:

Speed in the park. The speed limit is 10 MPH throughout the park. Please be mindful.

Light outside Regal Hall by the salon. The park is looking into this and will have to be addressed in the summer.

Stencil designating golf cart parking spaces. This is being addressed by the park.

Saving of tables and chairs on the patio. The saving of chairs and tables is not allowed. There needs to be someone at the table. Putting towels to save is not allowed. They will be removed if they remain for a long period of time.

Parking on 7<sup>th</sup> and St. John by the sales office. This has been addressed and should not be a problem in the future.

Resident concern forms are available and need to be turned into a board member before the monthly board meeting which takes place on the first Monday of the month. Street Representative forms are also

available for those wishing to be a street rep or to amend information.

Paul Mayo: Paul will be taking pictures of sites that are in violation and will be sending those with a letter requiring corrective action. When people set up their car port as a living area, it is a factor in creating the issue in the west parking lot.

After the Patio Sales week-end, remaining items need to be brought back in or dealt with. They are not to be left on the patio.

Gloria: Reinforced the speed limit. There have been two incidents of vehicle damage and physical injuries as well.

Reinforced the no saving of tables. The question was asked if a person needs to be eating or drinking while sitting at a table. The answer was not necessarily.

Pet signs are up on the West end. A reminder that there are designated areas for pets.

Food and alcohol at concerts. Both items are to be purchased from the grill. People are asked to be courteous at concerts and not prevent others from enjoying the concert.

Power outages: Certain areas of the park have had numerous outages. This is being caused by circuit breakers going off and needing to be reset. The most critical time period is between 5 and 7 AM when people are starting the day. The unusually cold mornings also create more power usage. In order to fix the issue, the park would have to be shut down for an undetermined amount of time. The frustration is understood.

#### AirBnb and VRBO policy

Cal-AM has a corporate policy prohibiting the use of short-term rentals. Sub-leasing is allowed as long as the renters meet the requirements of the park and register with the office. There will be one

person designated to follow activity on the web sites.

Quiet Time: The Quiet Time in the park begins at 10:00 PM as stated in the guidelines. Not only can this be a park violation but is also enforceable by the Mesa Police Department.

Garbage container on south side of Royal Hall will be placed.

No food or alcohol on bocce ball courts, water bottles only. This prevents the courts from being damaged. Broken glass could be an issue as people walk on the courts.

West End parking continues to be an issue. Gloria asked if anyone wanted to volunteer to help monitor. There was a volunteer who will meet with Gloria to develop a plan.

Light snacks are allowed at Bingo but meal-type food and alcohol has to come from the grill.

Representative comments:

There was a thank you expressed for the added security at the two other gates.

Tipping of chairs to save seats at coffee and donut time presents an issue of safety. There have been two people slightly injured by chair legs. It is suggested that people do not do this.

Meeting adjourned at 10:55. Next meeting is March 11, 2019

Respectfully submitted,  
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