

NORTH 8TH NEWSLETTER

Issue #5

March 2019

Mayor's Corner

It is unbelievable but true, this season is about over. The weather has been strange all over. Some cool days here but not like the North Country where most of us are from. It seems like it has been very slow in starting the Spring warm up. The park for the most part has been very full this year. We will be spraying for bugs on March 19th. Thanks, in advance, for having your place ready for spraying. We should be starting at about 8:00 am.

We would like to welcome our newest park model residents at site 883. Welcome Mike and Judy Bassette. They are from Lavigne, Ontario, Canada and have been in the park for awhile. They own a place on 10th that they rent out and have purchased 883 for their own usage and maybe rent it out once in a while.

Thanks go to Wayne Hugg for setting up our outing to Barleens Opry. As always It was delightful.

We enjoyed the 1st Friday Night Out at the Silver Spur with the Rhythm Cats and an excellent dinner. Thanks to Chuck Borchert for setting it all up for us.

We must thank Jerry Bican and Chuck Borchert for being auctioneers at our very successful auction.

We want to thank Leland and Lola Howard for the Bean Bags every Tuesday. Thanks also to Mary Pulford for greeting our new people and getting information from them. Also thanks go to all of you for your help in making this another very successful year.

We will continue to hold Wednesday Club until no one comes or we go North.

Calendar of Events Spring 2019

March 19, 2019 – Note date change. Due to the rainy weather of last week, the bug spray date has been changed to the above date. Hopefully, no one was inconvenienced by this change.

March 27, 2019 – Final potluck of the 2018-2019 season. Bring your favorite dish to pass, your table setting, a chair and the beverage of your choice to site # 884 – 887 at 4pm.

April 21, 2019 – Easter Sunday celebration. Plans to be announced at Wednesday Club prior to the day.

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

Flashy “Fake Food” Labels Part 11

by Jean Streppa

In the February issue of our N. Eighth Street newsletter, we discussed how to

identify some of the misleading packaging claims that are used by food manufacturers today. Because it is easy to be “duped” by the clever way the food industry makes food sound healthier than it really is, it helps to know **where to look on the package** to find out exactly what is – and what is not – in the product.

It takes time and effort to shop for food. Always read the ingredients list first. Below is a continuation of a guide to help you sort “fact from fiction”, so to speak. The following list can assist you in making smart, healthy food choices for you and your family.

* **gluten-free**; it must be healthier right? Not necessarily. Sometimes products that have this label, often also contain refined flour, added sugar, salt and other additives. Unless you have a gluten sensitivity or celiac disease, there is no good reason to eat gluten free foods. As always, the key is to choose **whole** rather than **refined grains**.

* **reduced sodium**; reduced from what exactly? Even the “reduced sodium” version may still be high in sodium if the original version is exceedingly high to begin with. “No salt added” is another, misleading term. It does not mean the product is even low in sodium or sodium-free.

* **cholesterol-free**; that is another tricky term manufacturers use to **suggest** the product is a healthy one. Don’t be fooled – health experts no longer believe how much

cholesterol you consume is not a primary issue. Instead, diets high in trans fat and saturated fat can raise blood levels of LDL (bad cholesterol) which in turn, can increase the risk for stroke, heart attack and/or cardiovascular disease.

Overall try to eat whole or minimally processed foods, if possible. Whole grains, lean products, fresh fruits or vegetables, vegetable oils, (olive, corn, soybean to name a few) as well as lean proteins (beans, skinless poultry, eggs etc,) should be the basis of your eating plan. If you are buying processed foods, check the **nutrition facts label** for calories, saturated fat, fiber, sugar and serving size numbers. Those are the numbers that will give you the most information about whether the food is healthy or not. Bon Appetite everyone!

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

Street Representative Meeting Minutes March 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 South, 3 Central, 3 South, 4 Central, 4 North, 6 North, 6 South, 8 Central, 9 North, 10 South, 12 North, 15 South, 16 Central, 16 North, 17 South, 18 Central, 18 South, 19 North Motion was made by Iola

to approve the January minutes, seconded by Sherry, approved.

Announcements:

beer and pop tabs are collected at site 535 for Ronald McDonald House.

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.

Election of Officers: Linda Searles, VP, has elected to step down. Nominated was Ron Mongeon. No more nominations were made. Moved and seconded to close nominations. Moved and seconded to vote by acclamation. Approved

Gary Fisher elected to run again. Nominations from the floor were opened. No nominations were made. Moved and seconded to close nominations. Moved and seconded to vote by acclamation. Approved

Joyce Young elected to run again. Nominations from the floor were opened. No nominations were made. Moved and seconded to close nominations. Moved and seconded to vote by acclamation. Approved.

Resident Concerns: It is confirmed that it is okay to park golf carts in front of the rolle bolle courts but not cars. The thermostats in Regal and Royal halls are set and should not be tampered with by anyone except staff.

Gloria will look into replacing mats in the golf practice area.

Pets are not allowed in the grill area.

Paul Mayo: About done with inspections. The park looks better than it did before inspections began.

It is not permissible to live in the car port area and park your vehicle in the west end parking lot. Letters are being sent.

Gloria: Please note that Paul's letters are a friendly reminder and need to be addressed. Next season it will be addressed by Management.

Guidelines on Line? This will not happen. Residents are encouraged to sign up for the blog/newsletters and attend Thursday coffee time.

Street sweeper issues: Gloria has contracted with an outside source to come in and clean the entire resort. This company has been used before.

Security Cameras: Gloria will be meeting with a representative from the Mesa Police Department to discuss the use and settings of cameras. This person has been invited to come to the Thursday coffee time to discuss the issue of theft with residents. It has been tentatively scheduled for the 21st of March. We are reminded that expensive bikes are always a target and need to be out of sight if possible.

Main gate coverage needs more consistency: The park will be using roving patrols in order to provide relief and better coverage.

Gloria thanked the street reps and the board for their time and commitment to the park.

Questions from the floor: Some street lights have been out for an extended period of time. Mentioned were lights on 12 South and 13 Central.

Speed limit signs: They were removed in October and speed is an issue. The directive to remove them was from corporate. Will be reviewed along with stop sign locations.

Saving tables and chairs in the pool and grill areas is not allowed. If one table is to be saved, one person has to be at that table. It is NOT OKAY to pull tables together and save them for later. It has to be on a 1st come, 1st served basis. Please do not move multiple chairs to a table. This leaves some tables vacant and can clog an area that might need to be accessed by emergency personnel. There will be a box available for towels that have been left on chairs for an extended period of time. It was asked if a resident could be proactive in removing towels that have been left on chairs. It was said that yes, could

be but not to be confrontational. If an issue arises, please report to the office.

Still seeing people bringing their own drinks and/or food to the grill. No Water, No Alcohol, No food or snacks. It would be the same as taking your own things to a restaurant. It is also a violation of Arizona law. The person bringing in the food or drink is the person that will be fined. The West end pool is not under the same law. Seal coating of streets will be done this summer as well as attention paid to streets that have deterioration issues.

The house at 10th and St. John will be removed and replaced with a new park model.

A resident thanked Gloria for a good winter.

Meeting adjourned at 10:50

Respectfully submitted: Paul R. Evenson, secretary
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