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# Monteville Mirror



**Reflecting residential community life nestled in the Santa Cruz Mountains**

*Published by and for the residents of Monteville, 552 Bean Creek Road, Scotts Valley, California 95066*

**March 2019**

## **Safety Committee Hosts Emergency Evacuation Planning Meeting**

On February 20<sup>th</sup>, the Safety Committee invited Captain Greg Vandervoort, of the Scotts Valley Fire District, to a community discussion of evacuation planning. The session was well attended, and all participants got their questions answered. Some of the answers were surprising:

- An elaborate evacuation plan may do more harm than good. In an emergency such as a wildfire, the Scotts Valley Police will direct evacuation. The exit route will depend on many unforeseeable items, such as the need to separate exit flow from incoming emergency vehicles.
- The most important thing we can do to prepare is to identify vulnerable neighbors, and be ready to assist them to evacuate.
- In a house fire, the Fire Department will assist residents in evacuating. In a widespread emergency, this will not be possible.
- Notification to residents will first come through reverse 911 (for landlines, and only those cell phones and internet phones which are registered in advance), Nixle (SV Police, register online) and Code Red (SC County Emergency Services, this is a smartphone app).



*Captain Greg Vandervoort, Scotts Valley Fire District, and Bob Talkington, Safety Committee chair*

The Safety Committee has posted complementary detailed information on the bulletin board. Highly recommended!

### **Sign up for Nixle:**

1. Point your browser to the signup page:  
<https://local.nixle.com/register/>
2. Enter your email address, a password, and full name. If you want text alerts, enter your cellphone number
3. Search for local agencies: enter Scotts Valley Police in the search box

### **Install Code Red:**

1. In App Store or Google Play, search for "Code Red Mobile Alert"
2. Install the app, follow setup instructions

### *History this month*

Did you know that the Mirror once had its own advice column? This month's excerpt from the May 2000 issue features "Dear Gertrud", where readers can ask for advice or information from long-time resident Gertrud Henderson, who lived in Monteville until her death at 104!

# Know Your Neighbors

## Rinley and Brunella Deeds (#4)

By Karen Bonnie



Both Rinley (Rin) and Brunella were born inland (Rin in Oklahoma and Brunella in North Dakota) and moved, while young children, with their families to the West Coast.

Bunella grew up in the Seattle area of Washington. She attended Western Washington University studying Home Economics. Rin, located in California's Bay Area, received his Mechanical Design Engineering degree from UC Berkley. They met when they were both in a wedding at Pleasanton, CA. After a courtship, they married and moved to acreage in Zayante. They lived there for 44 years and raised their two sons and a large garden.

Their cats were very helpful in keeping rodents out of the vegetables but liked to bring evidence of their hunting skills as presents to the front door. One day the cat brought one inside the house and it immediately jumped up and ran away. Brunella laughs as she described this adventure: "The vole (yes, the spelling is right) ran into a corner and I reached for the nearest thing to try to catch it. It turned out I grabbed a cat carrier and the vole ran inside!" Brunella quickly got the carrier and occupant outdoors.

Rin's career involved a wide variety of designs—from a moon rock container to motorcycle frames and joints

for artificial limbs! His talent doesn't stop there. His watercolors and acrylic paintings are magnificent. They include everything from delicate landscapes, easily-identifiable Paris and Italy street scenes to an early bold one (California State Fair First Prize) of New Mexico cliff dwellings. He also designed and cast their unique wedding rings.

Brunella's job was in administration support for schools. After a busy day she would relax and go to a pottery studio in Santa Cruz where she began her hobby. With years of experience Brunella now creates many different things out of clay. She said she collected miniature teapots and has made many herself including one teapot that is only two inches high! Of course her bowls, mugs and even fish are exquisitely done. This multi-talented lady also has woven unique patterned pine-needle baskets.

Now retired, they like to travel and have taken cooking classes in France and Italy. They have five grandchildren with three located in Canada and two in San Jose. The closest ones often visit in Monteville.

A few years ago, they decided to move closer to town and looked at Monteville. When asked if the pottery room was the big draw to buying here, they both laughed and said that the South facing yard for a garden was more important! Brunella spends lots of time helping and working with the pottery folks. Rin just joined the Architectural Committee. Both say that the great community spirit in Monteville is what they enjoy the most.

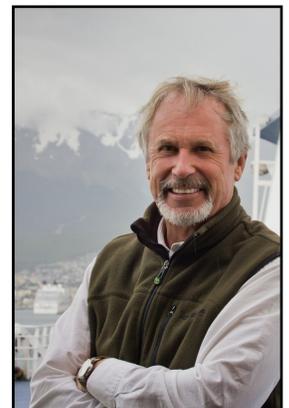
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### **Monteville Women's Group Presents**

### **Between Paradise and Peril - The Natural Disaster History of the Monterey Bay Region.**

Gary B. Griggs, Distinguished Professor of Earth and Planetary Sciences UCSC

Wednesday April 10<sup>th</sup> 7 pm at the Mill



# OUR FAVORITE THINGS

By Diane Dearing

As part of the 3 M Class (formerly known as Chair Exercise) participants bring an item to set on the table in the center of the circle and share their story about the item. I recently brought photos on my phone of my newest favorite thing which was recently delivered by the USPO. It was ordered from the Hammacher Schlemmer catalog. It is called *The Hypnotic Jellyfish Aquarium*. This was purchased with the money gifted to me by my 3M Class. I have been providing exercise and music for nearly four years and these great folks thanked me with money in a card and told me to only buy something for me. Well, you cannot imagine how much joy I experience when I turn it on in my living room. The different colors and the movement are such a joy to see. I leave it on so long that after four hours it automatically shuts off. Thanks, class!!!!



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## Smart Driver Class

The Senior Resources Committee is hosting this AARP Refresher 4.5 hour class at the Lodge on Tuesday, March 12, beginning at 9 AM.

You will learn defensive driving techniques, proven safety strategies and new traffic laws and rules of the road. There are no tests and when you complete the class, you can receive a multi-year discount on your car insurance.

The course fee is \$15 for AARP members and \$20 for others.

For REQUIRED registration or more information call Fred at 831-247-3097.



## Alternative & Complementary Medicine Program for Seniors



Maxine McCarthy

More than 30% of adults in the USA use alternative medicine as a complement to conventional medical care. To shed light on this subject **Scotts Valley Senior Life Association (SVSLA)**, formerly Monteville Community Life, is sponsoring a *free* unique, educational “Alternative & Complementary Medicine Program” presented by a panel of esteemed local experts.

Learn what alternative medicine is and why people use it. Plus, hear about remedies from acupuncture, herbal medicine, medical marijuana and nutrition that are useful for ailments common to people ages 50 and up, such as concerns about memory, joints, mobility, heart health, chronic pain, diabetes, sleep patterns, depression and more. Also, discover the latest research about the placebo effect in healing.

Our respected expert panelists are:

- Dr. Michael Tierra, Licensed Acupuncturist, Oriental Medicine Doctor, and American Herbalists Guild practitioner
- Valerie Corral, Co-founder and Director of Wo/Men’s Alliance for Medical Alliance (WAMM)
- Richard Goldberg, PhD Holistic Nutrition
- Morris Barenfus, VMD, Science Professor emeritus, Bethany University

Audience members can get their personal questions answered by our expert panelists during the Q&A sessions!

There will be a reception following with snacks and beverages.

*Mark your calendars!* This event will be held March 16, 2019, 1:00 – 3:30 pm at the Scotts Valley Senior Center at 370 Kings Village Road in Scotts Valley, CA.

To RSVP for this program, call (831) 600-8440 by March 9th for best seats! Drop-ins are always welcome on a space available basis.

For more information, visit SVSLA on the web at <http://scottsvalleyseniorlife.org>



### SAFETY CORNER

## MASS EMAILING – RESPECT OUR PRIVACY

**DO NOT BROADCAST EMAIL ADDRESSES!**

**USE Bcc:** which means “Blind copy”

Suggestions:

In your message, start with a greeting like “Dear Jim, Alice, Mary, Mike R, Sue, and Elena M”

Or

“This message is for members of the MVWG”

Or

“This email is sent to 60 of my friends”



## MARCH BIRTHDAYS

- |                    |                      |
|--------------------|----------------------|
| 1 Linda Tanner     | 16 Gary Gliddon      |
| 1 Effie Crawley    | 17 Patty Cramer      |
| 2 Rinley Deeds     | 17 Kathryn Renwick   |
| 3 Ruth Fogel       | 18 Christine Dugger  |
| 4 Alice LeLand     | 18 Rick Doscher      |
| 6 Ray Wooten       | 18 Jeff Loeffler     |
| 6 Stan Langum      | 18 Jim Georgiana     |
| 8 Harry Barton     | 20 Danny Long        |
| 10 Betty Dodd      | 20 Kathryn Klein     |
| 12 Sandra Mercurio | 21 Lisa Mongiello    |
| 13 David LeLand    | 23 Marcus Mauro      |
| 15 Armida Comstock | 26 Rosemary McMurray |
| 15 Julie Mazurek   |                      |

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## How to take PHOTOS and submit them to the Mirror



1. Set the camera for highest resolution.
2. Fill the frame. Try to get close enough so you don't need to zoom.
3. Keep the camera steady and level. Best to use a tripod.
4. Don't post-process or crop the image. We will process if needed.
5. Save the jpeg image at the camera's native resolution.
6. Email your photos, one photo per email, to Erwin or Greg.

[erwin@cruzio.com](mailto:erwin@cruzio.com)

[edmundson.greg@gmail.com](mailto:edmundson.greg@gmail.com)

Thanks to **Olga Euben #164** for suggesting this New York Times article:

**FALLS CAN KILL YOU !**  
Here's how to minimize the risk. By Jane Brody



<https://www.nytimes.com/2019/02/25/well/live/falls-can-kill-you-heres-how-to-minimize-the-risk.html>



Scan with your smart phone

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Earth Day will be celebrated in Santa Cruz on April 20 at San Lorenzo Park

The theme this year is

**PROTECT OUR SPECIES**

For further information:

<https://scearthday.org/>



# Monteville Mirror

# Photographer's Page

**ELECTRONIC EDITION**

March 2019

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This page is conceived to showcase the works of Monteville residents who are interested in photography. Beginning amateur or seasoned professional all are invited. If you find an interesting photo on the internet or take them yourself send us your pictures.

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Monteville Lotus 2018

*Nahed Hamdi*

## ***Turkey Sunrise***



This was shot not in the middle east, but in Rough and Ready, California. The inset at right tells the tale—wild turkeys roosting in a large oak tree. They came and went, and it was always a thrill when they chose our place for the night. You may be able to count 25 of them in the picture at right.

-Greg Edmundson #204



MAY 2000

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## Contents

Reserve Fund Changes . . . . .	1
The Budget & Finance Committee is looking for broader options in investment policies	
Freedom Has a Flavor . . . . .	2
Why does that MIA flag fly over #15 on Ponderosa Drive?	
Dear Gertrud . . . . .	3
What's happening to our ducklings? Does poison oak get under your skin? How to deal with loss.	
Potpourri for May . . . . .	4
Mother's Day always brings out the best in even the worst of us. To today's mothers!	
The Board Looks Forward . . . . .	5
Key issues to be discussed at the upcoming Board meeting on May 18th	
News Chips . . . . .	6
The Webster strikes again! All the news that's fit to print.	
Speak Out! . . . . .	7
Web and Jack joust with opposing views about paid help	
Opinion Poll . . . . .	8
Find out how your neighbors answered last issue's Poll.	

The *Monteville Mirror* is published monthly by Monteville of Scotts Valley, Inc., a unique residential community tucked into the forested hillsides on the outskirts of Scotts Valley, CA. Though just a short walk from the heart of teeming city life, Monteville itself remains a quiet, splendid garden hidden in the Santa Cruz Mountains.

## Reserve Fund

### Investment Policy Changes

by Frank Granzcier

Monteville residents recently found in their mail boxes 16 replacement pages for the green section, Policies, Procedures and Traditions, of the Resident's Handbook. Although the changes on most of these pages are simply cosmetic, there are significant modifications to the controls that guide the Budget & Finance Committee's investment policies for the Park's Reserve Fund, roughly \$130,000.

Our Reserve Fund is mandated by the California Common Interest Development Act. The Fund is sort of an insurance policy for Park residents against special assessments that would otherwise be required to pay the expected costs for the repair, restoration, replacement, and maintenance of common properties throughout the Park. The Fund also protects us against special assessments to cover unanticipated events such as litigation fees or a capital expenditure to fund something such as an improvement to the Old Mill. It is the Reserve Fund that enables these on-going expenditures to remain virtually invisible to Park residents.

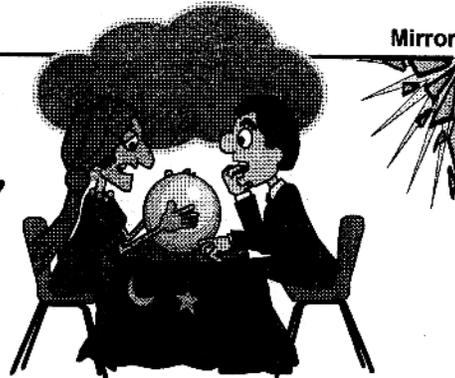
That Reserve Fund is generated and maintained with monies taken from the monthly fee, currently \$108, that is charged to each lot owner. From those collected monies, the Park puts \$1,020 each month into the Reserve Fund. It is the responsibility of the Budget & Finance Committee to identify all items that will require repair, restoration, replacement, or maintenance. The committee projects out 30 years, and using an inflation figure of 3.5% to 4%, pinpoints the dollar amounts that must be provided for in the Reserve Fund to pay for these projects without resorting to special assessments. These monies are invested relatively conservatively, with the dual guiding goals of capital preservation and low risk by structuring a portfolio that targets a conservative rate-of-return.

This brings us to the significant changes in the Reserve Fund Investment Policy that have recently been distributed in all our mail boxes. Prior to these changes, the Budget and Finance Committee, which makes these investment decisions, was controlled by the following restrictions: 1) At least 65% of the total value of the Fund has to be invested in U.S. Government or Government Agency securities. That restriction has not changed. 2) Not more than 30% of the Fund will be invested in individual equities and/or equity mutual funds. That hasn't changed either.

What has changed are the guidelines that control how the Budget & (cont'd on page 5)

# "Dear Gertrud"

by Gertrud Henderson



Dear Gertrud:

While I was taking a stroll around the lake, I noticed a mother duck with 10 little ones and another with several swimming in the normal fashion. However, the survival of little ones in our lakes has been sadly very poor. It has been said that large fish pull them under and drown them. Seems odd. Is it true?

Duck Lover

Dear Lover:

In the early days of 1973 when the lakes were first completed, a few ducks arrived. Soon many offspring were happily paddling around the Lake. Then came the fish, and residents greatly enjoyed their casting practice. However, the motto was: "Fish for fun, not for dinner." So anglers threw them back, and pretty soon the bass got pretty big! Now, when these protected monsters spot the little duckling legs swishing back and forth, they grab them and it's good-bye duckling. So, sadly, your story may be true.

Dear Gertrud:

Before my spouse passed away, we used to enjoy activities and travel with other couples. Now I feel like a "5th wheel" when I am with those same couples. But I miss the activities and especially the trips. What should I do?

Aimless

Dear Aimless:

I am truly sorry for your loss. May it be a little comfort to you to know that you are not alone in this situation. In fact, I personally went through the same experience some time ago, and I well

remember having to hit rock bottom before bouncing back up to the surface of life.

Actually, we have many widows and widowers living in the Park who have found friendship and companionship in the many activities the Park has to offer. You may want to distance yourself a bit from the old group that you and your spouse used to hang with, not to lose those friends, but just to avoid triggering old memories--at least for a while. That "5th wheel" feeling is simply the painful awareness of the void that used to be filled by your spouse in those situations.

Whether you are a lady or gentleman, the Park has a wide variety of groups that you may be interested in joining: Bridge, Gardening, Poker, Book Discussion, Exercise, Sewing, to name a few. I recommend that you look through the Park's 30th Anniversary Book to review these clubs, and then join a few that sound interesting.

Park activities are not the only answer though. If you attend Church, that structure not only offers you solace and strength through Faith, but normally also offers a range of activities that can help support you through this life transformation. That includes volunteer work which can be the most healing of all.

Another great idea: The Sierra Club is taking weekly walks around our area (hikes of not more than three miles), and our own Ruth Orem is the leader for this activity. Give her a call!

Opportunities are endless. The hardest thing is to reach out for any opportunity at all. But when you do find the strength to do so, you will find it oh so worth while. Good luck!

Dear Gertrud:

I am new in the Park and have a very delicate skin. Someone told me to watch out for the Poison Oak. Please tell me that they're just teasing me.

Delicate Skin

Dear Delicate:

Have you signed your mortgage papers yet? Just kidding. Actually, there is a considerable amount of Poison Oak surrounding you. So consider yourself forewarned. The secret is to learn how to spot it, and never, ever touch it. Poison Oak grows in shrubs up to 6-8 in. high, bears leaves composed of three leaflets which could be 3 in. long. The bright, shiny green color tempts you to pick it. But if you do, you'd wish the good Lord had never put the plant on this planet.

If you even *think* you've touched it, immediately wash yourself and your clothes with warm water. A friend used Cortisone 10 cream which helped her. Your pharmacy may recommend the latest remedy. And I heard yesterday that a mixture of vinegar and salt, rubbed on the skin, may help to keep you from committing suicide or selling your home.