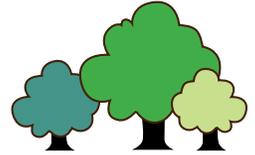


# SORRENTO OAKS NOOZ BYTES



## Wayne Vanderlan

We will miss Wayne (sp. 73) who passed away in July. He entertained us by hitting golf balls in the glen, taking in our trash bins after collection, being friends with everyone, making you feel you were special, walking Angel the dog, and loving Betsy.

Betsy says "My family joins me in thanking our many friends in the Park for the cards, flowers and condolences since the passing of my dear husband, Wayne (Van). He loved to visit neighbors when he walked Angel, our dog. Wayne especially enjoyed the monthly birthday parties when he could get more than one scoop of ice cream, his favorite food!"



## BBQ

Our Sorrento Oaks BBQ was a great success! Attendance was a record high of 60. It was a beautiful afternoon and grillers Pete R (sp. 43) and Dan (sp. 17) kept us happily supplied with hamburgers, hot dogs and veggie burgers. Attendees brought many appetizers, sides and desserts...Thank you! Thanks to the social committee members who decorated and helped at the event: Paula B (sp. 74), Sandra (sp. 35), Judi C (sp. 16)., Kerry (sp. 66), Chris J (sp. 22), Dan (sp. 17), Judy L (sp. 55), Virginia (sp. 20), Jean R (sp. 43) and Chris Y (sp. 17), and Sharon (sp. 75) for photos.

Afterwards other attendees pitched in with cleanup... we were done in about a half hour. Kudos to all! Roz (sp. 55) & Nancy (sp. 33).

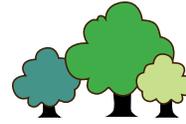


## Board meetings!

Come! The directors like it when there's a **BIG** attendance. You can speak under "Open to Members" toward the beginning of the meeting, or chime in on any subject of discussion. Fourth Wed. of the month, 6:30, clubhouse; lasts about an hour. It's your association, so participate by coming to the board meetings.

## Zero Waste: ten simple steps

- Audit your trash: what do you throw away most?
  - Real plates, real utensils, cloth napkins (save unmatched items for parties and picnics)
  - Plan meals and food storage
  - Make a zero-waste travel kit
  - Forgo party favors!
  - Give edible or compostable gifts
  - Research how to throw stuff away (GreenWaste website?)
  - Buy in bulk, and take your own containers
  - Ditch the car: take public transit
  - Speak up: let public officials know what you want
- SF Chronicle, July 7, 2019



## Armenia by bike

In June Chris and Paula (sp. 74) went on a bike ride in Armenia. Paula says "I personally managed the ride to ensure that we had enough riders. I was interested in Armenia because I am Armenian and although I had been there twice, I had not seen enough of the country outside the capital, Yerevan. Armenia is a tiny, largely agricultural country with fewer than 3 million people, situated in the mountains north of Turkey. The ride itself was scenic and lovely. With 22 riders: 13 Americans, two Italians, one Chinese, and 6 Armenian riders, we visited ancient monasteries, ancient ruins, museums and the famous Genocide Museums (commemorating the genocide of over one million Armenians in 1915).



The food was very good middle eastern cooking, and copious. If we had been there a week or two later we would have been inundated with apricots, the national fruit. We were able to meet local people, see their houses, and be surrounded by rivers, waterfalls, and volcanic mountains.  
Best thing: the people. They were so happy to show us Armenia, so generous, so entertaining!"

## Quake: not if, but when – be prepared

Our Emergency Committee meets with us each individually once a year to cover readiness and where to meet in an emergency. And we have a drill once a year to "practice" what we would do in an emergency situation. Do you have "grab and go" bags with food, water, medicines, clothing...just in case? How about the same for your pet? The recent earthquake in Ridgecrest reminds us that we might not be far away, in time, from an earthquake ourselves. Take it seriously and be ready...just in case.

## Gophers and plants

Go to <https://tastylandscape.com/2013/08/28/gopher-resistant-plants-truth-and-lies/> for a list of plants that are usually ignored by gophers. Common plants on the list that we see here in the park are lavender, geranium, rosemary, heavenly bamboo, garlic, lantana, rock rose. Please report to the Nooz Bytes if you find this is true or if you have other plants that aren't bothered by gophers. We'll share!

## An exercise for us

From Dear Abby, a letter on line: My wonderful 82-years-young father-in-law and mother-in-law still exercise regularly. My father-in-law recently said that on a daily basis, he "practices" getting up from a fall by lying down on the floor and then getting up without using his hands. He said he repeats the process several times a day because it keeps his core strong. Perhaps other seniors reading this will incorporate this practice into their daily routine if they are able to. – Blessed Daughter-In-Law in CA

Dear Blessed: It isn't as easy as it sounds. The "trick" is to roll onto your knees and lift yourself one leg at a time without touching your thighs. I tried it, and I can do it -- but it took some practice. I encourage people of all ages to try. - Abby.

**Monthly Park Fees:** Due on the 5th business day of the month.

**Board Meetings:** 4th Wednesday of the month, 6:30 pm, clubhouse

**Finance Committee:** 3rd Tuesday of the month, 5:00 pm, clubhouse

**AC/MC Meeting:** 1st Monday of the month, 5:00 pm, clubhouse

**Garden Committee:** 2nd Wednesday of the month, 4:30 pm, clubhouse

**Birthday Bash Party:** 2nd Tuesday of the month, 2:00 pm, clubhouse

**Handmade:** 3rd Tuesday of the month 1:30 - 4:00 pm at the clubhouse

**Bookmobile:** Every other Tuesday 2:30-3:00pm, outside Clubhouse

**Emergency Assistance:** Requiring Police, Sheriff, Fire Dept, Ambulance : 911

**Any other urgent assistance:** Call Mathilde (sp. 71) or Ken (sp. 20)

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