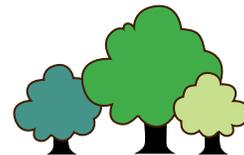
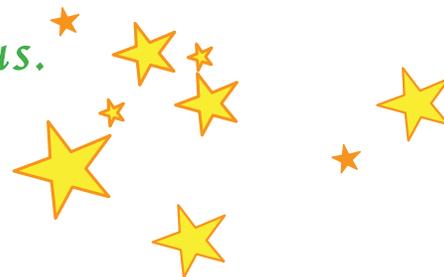


SORRENTO OAKS NOOZ BYTES



*Peace on Earth, good will among all of us.
Enjoy the food, music and friendships of the season.*



A Turkish Wedding

Paula and Chris (sp. 74) were invited to a wedding in Bursa, Turkey! "We hosted a fellow cyclist from Turkey several years ago and, while here, he met his future wife. The wedding reception was a typical Turkish wedding: no alcohol, no beige vegetables with accompanying beige roast beef, and no mandatory dress clothing. Instead there were 300 people dressed in every possible manner, from ultra chic to everyday clothes. Everyone danced to Middle Eastern music, usually without a partner. It was so much fun that we still talk about it. We then went down to Bergama to see the Greco-roman ruins." Chris came home and Paula went on to see her daughter outside of Zurich with daily hikes up into the mountains, and down to Trento, Italy. "Surrounded by the Alps and with an Italo/German cuisine, it has the best of everything!"

Water Use

The newsletter from the Water Dept. told us to use water carefully. The range of use here, according to Jan (Office) is alarming! The average is about 2 to 3 CCFs per house. See your monthly statement to compare your use. To check for a water leak, you can read your meter and keep a record, or turn off all water and check to see if the meter pointer is moving. The glen water has been turned off for the winter and, thankfully, we are having an abundance of rain.

Emergency

Thanks to every who participated in the emergency drill, especially the EC volunteers.

Regarding power outages, it would be extremely dark if all the lights in our area went out. A good way to be prepared for that is having multiple flashlights throughout the house: one beside your bed, one in the living room and one in the kitchen. A headlamp is a very good idea as it gives us hands-free light and can be purchased in sporting good stores. Candles are not viable options as they are fire hazards, particularly with earthquakes. Be safe.

Jean-Anne (sp. 4) for the Emergency Committee.

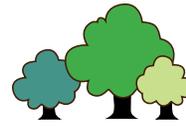
Adams-Stirling Newsletter

Do you receive it by email? It comes out every Sunday from the Adams-Stirling Law Firm, is free, is educational about mobile home parks, as well as other common interest developments, answers questions from residents and discusses State law.

Sign up at <https://www.davis-stirling.com/Newsletters> Do you know that the State of CA administers mobile home parks? The County of Santa Cruz set parking rules for us.

Dementia

Research has shown that regular exercise, a good diet, limiting alcohol and not smoking make dementia less likely. Supplements have not been shown to help. Mental stimulation is thought to help: playing chess, taking a class, reading about unfamiliar topics, are better than crossword puzzles which are popular! Discuss this with your doctor. From Santa Cruz Sentinel, Nov. 16, 2019, p. A8.



Advance Care Directive (ACD)

Sharon (sp. 75) recently attended a 2-session Advance Care Directive seminar at PAMF/Sutter. "It was excellent – brought up new considerations. A nurse and social worker answered questions and concerns of attendants, gave out a variety of ACD forms, and scheduled a notary for the 2nd session. Those wanting to file an ACD could have it notarized and scanned into the PAMF computer then, available to doctors, paramedics, hospitals for use as needed. It would be a legal binding document which could be amended in the future. Each participant was also encouraged to designate a surrogate decision-maker plus an alternate, and provide a copy to that person as well. The sessions I attended are available only to PAMF (831-423-4111) members but I was assured that Hospice of Santa Cruz (831-430-4000) also provides similar seminars open to anyone. Medicare covers the entire cost for participants."



Eating plastic

We send some of it to the dump. Runoff sends some to the ocean. Fish think it's something to eat so it's ingested. We eat the fish, and so we eat plastic from their bodies. Don't buy anything in plastic! Share with us: what are you doing to eliminate plastic from your purchases?

Mailbox location

If your mailbox is by your carport rather than the front walkway, you might get less wet when you pick up your mail while it's raining! Maybe not!

Rules

Your visitors/workers might not know that we are quiet between 10pm and 8am, drive 10mph, walk dogs only in approved areas, don't smoke around the park or skateboard or roller skate...but YOU do. Please keep your promise and let your visitors know too. Need to read the rules again? See the office if you can't find your copy.

Raccoons live in the glen...

...and they visit us. One morning around 4:30am, my cat woke up and I heard him bump into the living room windows which face the glen. He was after our visitors. Joining him, I saw two sizeable raccoons on the deck, jumping in and out of a small pond there, looking in the windows to see me tapping at them, walking among and on plants, generally exploring and making the cat act fierce! Sandy (sp. 11)



Hammock in the glen

The glen hammock has been taken down for rainy season storage. An incredibly talented anonymous person had fixed it this summer. Who is this friendly resident?



Our cars

We don't have many hybrid or electrical vehicles in our park. Try to use your car less... go with a neighbor or a friend, take the bus, walk...

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

Board Meetings: December 18, 6:30 pm, clubhouse !

Finance Committee: December 10, 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: December 3rd, 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)

All digital NOOZ copies are available for download at sorrento-oaks.com