

SORRENTO OAKS NOOZ BYTES

Kathy

We sadly report that Kathy (sp. 16) passed away in June. Kathy was active in our community, treasurer on the board, and on the Finance Committee. She loved our birthday parties and social events. She liked gardening, writing, walking, daughters, grandson, great grandson, neighbors, her bookkeeping business and more – a variety of joyous interests. Kathy had many good friends in our park.



Getting Around

Sharon (sp. 75) went to southern Spain and northern Morocco with a small group of US birders. “We went primarily to witness the spring raptor migration from Africa into Europe but it was a rich cultural experience as well. Among my most cherished memories is the impromptu breakfast our group of 5 enjoyed in a remote mountain-top Berber home in Morocco. Our gracious hosts, an older couple dressed in traditional garb, served us family style from a communal pot, with each person using homemade bread instead of utensils to scoop out delicious bites. Their grandson translated the friendly conversation as we didn’t share a language. It was peak wildflower bloom in both countries: the hillsides and valleys were riotous with flowers everywhere we went.”



Wildflowers in Southern Spain

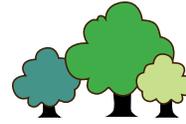
Paula and Chris (sp. 74) were offered the chance of a lifetime: a friend, and professional Smithsonian guide, took a small group to tour Naples (9 days) and Palermo (3 days) in April. Paula says “This tour had beauty in both places and a fabulous guide. In Naples we saw the 3 best preserved Greek temples in the world: Pompei, Herculanium and Paestum; the frescoes and mosaics from Pompei; museums, and more. In Palermo we saw 3 Norman churches from about 1100 AD lined with gold mosaics of that period: Monreale, La Martorana, and the Palatine Chapel. I returned to see each one. Extra special: my daughter from Switzerland came to stay with us for 2 weeks.”



At Naples Museum

Len (sp. 76) flew to Washington state for two grandkids’ graduations from high school and college. Yay!

Ken (sp. 20): “My visit to NY City and Connecticut in June was mainly to see family and friends and also to go to my brother’s 70th birthday party. Had a great time, but I missed home from the start of the trip. That’s the long and short of it. I hope this will not be the high point of the news letter!”



Be Like A Horse – exercise is important!

“Bone is a dynamic, living tissue strengthened through use,” reports The Kentucky Equine Research Staff. Impact stress from moderate exercise...encourages osteoblasts to lay down osteoid tissue, which is converted into healthy, resilient bone.” Got that? Without regular exercise, “osteoids grow lazy, refusing to deposit substrate for skeletal renewal, and eventually mature bones will demineralize. Over time, demineralization weakens individual bones, which in turn reduces the strength of the entire skeleton.” And that?

<https://thesoulofahorse.com/confinement-weakens-bones-horses/>

Once around our park is 1/3 mile and the glen is 850 ft. end to end. Take a walk!

Recycle

Use products made from recycled items whenever possible. They cost more but help save our planet.

10 what?*

AC/MC: Architectural Committee and Maintenance Committee

These two committees were combined years ago, having the same members and overlapping responsibilities. Members and guests meet on the first Monday of the month at 5pm in the clubhouse. Attending a meeting is a good way to review coming changes in the park. At this time discussions center around a remodel of the men’s rest room, a more efficient clubhouse heating system, replacement of single-pane windows in the clubhouse, attention to our streets. These items would be paid for by reserve funds, monies which have been set aside, over time, for these projects.

Quiet time in our park

In Feb. our board voted to adopt a policy that homeowners and contractors may work in the park between the hours of 9am to 5pm Monday to Saturday. Only quiet work may be done on Sunday. See Policies, and Rule 20B1.

Glen Residents

Our glen is home to many creatures and was before we were here. From water bugs skating on the creek to mice scurrying along in the grass, to bees and butterflies, raccoons and skunks nesting in shrubs, to squirrels and birds flitting through trees, and coyotes howling in the night: they reside here. Let’s honor and protect their presences and their homes.



*MPH!

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

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

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

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

Book Club: 1st Wednesday of the month, 3:30pm at the clubhouse

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

Bookmobile: Every other Tuesday 2:30-3:00pm, Dec. 6, 20 outside Clubhouse

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

Any other urgent assistance: Call Joyce (sp. 9) or Ray (sp. 3)