

SpringPointe Quarterly

News and Views Of Your Community

VOLUME 1 - No 16/July 2023

Events

Stay Cool



Let's beat the heat with a little ice cream.

July 27th ...Thursday

5:30—6:30

SpringPointe Clubhouse

Several flavors of homemade ice cream and toppings will be available. Spread the word to all of your SpringPointe neighbors.

RSVP by July 24

springphoa16@gmail.com

or

Phoebe Koentopf at 480-703-1523

Welcome New Homeowner

Janet Streily

400 W Via Alamos

(303) 902.9773

SPHOA President's Message

Where are the monsoons? No doubt they are just around the corner. This is your last chance to get ready for the inevitable. With this in mind, here are a few items to check off your TO DO LIST.

1. Is your roof in good shape? Does it need to be repaired or re-coated?
2. The HOA insurance deductible will be \$5,000 on August 1st. Have you confirmed adequate coverage with your personal insurance agent?
3. If you are a seasonal resident, do you have your home locally monitored?
4. Green Valley Council encourages residents to sign-up for weather alerts at MYAlerts.pima.gov
5. Is your AC in good operating order?

Something to think about. We have had two local asphalt contractors take a look at our cul-de-sac situation. Their shared opinion is that we have one or two years left in their current condition. At that time, a total replacement would be required. This will be an expensive project. Now is the time to explore our financial options. Anyone interested in serving on a committee regarding this situation is urged to send a message to springphoa16@gmail.com

Just a reminder to be a good neighbor. During the summer, contractors prefer to work early. It is recommended that any work not start before 7 AM. Please remember all trash containers are to be kept within an enclosed structure or appropriately screened from view except during pick-up times.

Hopefully, our seasonal residents are enjoying much more comfortable temps and our full-time residents will find ways to beat the heat.

Mitch Koentopf

SPHOA President



Sylvie Robertshaw

SPHOA Board at work



Sylvie Robertshaw

Homeowners attending a board meeting

Summer leadership on location

Lucky for SpringPointe that our president Mitch Koentopf and director Kim Walters will be here throughout the summer. Director Jim Erwin will be here most of the summer. “Breathe a sigh of relief” our association has summer leadership on location.

Three Street Socials

Some BLOCKS have held parties or socials but socials for all of SpringPointe have ceased to exist since the start of Covid. SpringPointe has a new social plan for 2023—2024.

The Three Street plan includes Mayo, Rosaldo, Yaqui and Alamos. These three groups will each plan and execute one social for all of SpringPointe. The volunteer chairmen will need your help to make this a success.

Two months have been assigned to each street. The street decides the date, time and type of social to be held. They will need to sign-up for the clubhouse if the social will be held there.

Street Groups and social months

October or November—Rosaldo

CHAIR: Julie Stein

.....

January or February - Mayo

CHAIR: Sylvie Robertshaw

.....

March or April - Yaqui & Alamos

CHAIR: Mitch & Phoebe Koentoph



POTPOURI *By Sylvie Robertshaw*

Bert Nido

Longtime SpringPointe Landscaper



BERT NIDO (in blue shirt) cleaning up one SpringPointe cul-de-sac, June 8, at 9 am by a still comfortable 84°F. Exceptionally, he had come on a Thursday before taking a well deserved vacation to go visit his son, currently in Georgia for training.

Bert (with one or another helper) has been a permanent fixture on our common grounds since...1989 or 1990! He started working for a lady based in Amado, who would come and landscape for some SpringPointe people. He changed his job but still found his way to our HOA.

Finally, when he established his own company in 2006, he got the contract to keep our common grounds healthy and beautiful.

His regular schedule is every second Wednesday but there are some exceptions especially during monsoon season and times of greater need. He also accepts private jobs for those of us who appreciate his good judgment about everything botanical.

Norm Smith is back on Duty

Norm has been asked to supervise summertime landscaping until snowbird board members return.

He was presented the **Golden Shovel Award** several years ago for his years of dedicated volunteer landscaping work and leadership for SpringPointe.

Thanks, Norm, for volunteering again.



S.H.I.E.L.D.

Live Longer

S Sleep

H Handle Stress

I Interaction

E Exercise

L Learn New Things

D Diet

S Shots updated

Note: The original version was in the email circuit several years ago. I have added S to make SHIELD plural because of the virus and flu mutations. It is also wise to keep up-to-date with other recommended vaccinations.

Most of us have read extensively about ways to help us live longer. We follow some recommendations but are negligent about others. Let us consider the letter L. No one welcomes Alzheimer, dementia, or forgetfulness. We want to remain cognitively capable with a fit brain.

Are you learning something new **each** day? It is important to not do everything the same way every day. Let's get serious and plan

to learn something new daily.

What are some of the ways to achieve this goal?

Learn from our friends and family

GVR clubs offer classes

The Good Shepard Church offers Spanish classes

GVR classes are listed in a seasonal directory

Self learning

OLLI Osher Lifelong Learning Institute (50 +)

[<collimail@arizona.edu>](mailto:collimail@arizona.edu)

Old Pueblo Archaeology Center

[<info@oldpueblo.org>](mailto:info@oldpueblo.org)

Pima College

University of Arizona

Online learning

These are only a few of the possibilities for daily learning. Explore and find other ways.

May your mind be alert, youthful, and healthy!

Kae Vinson
Quarterly Editor



Honor Flight

Roger Larson flies to Washington D.C.

SpringPointe salutes Korean War veteran Roger Larson.

Roger Larson and Nancy Vogel were treated royally and respectfully on their three day trip to Washington D.C.. Their tours included FGR Memorial, WWII, Korea, Lincoln, Viet Nam, Arlington National Cemetery, Iwo Jima, and Fort McHenry.

Roger was overwhelmed and impressed when five hundred people showed their respect by greeting the returning Honor Flight veterans at the Tucson airport.

Thank You for your sacrifice and service !



Left and top L Photos by Sylvie Robertshaw

Block 9

Middle and R Photos by Nancy Vogel

Sun Tea with Desert Willow in the background



Photograph by *Brenda Russell*

Brenda Russel of Block 6 has contributed two recipes for this issue of the quarterly. Thanks for sharing these special recipes and information with SpringPointe homeowners. Brenda not only cooks but likes dancing and photography.

Slow Cooker Lemon Curd (Brenda Russell)

- 2 Lemons (zest and juice)
- ¼ lb. (125g) Butter
- 1 cup (150g) Granulated or Caster Sugar
- 3 Eggs*, beaten

1. Melt butter in saucepan. Add lemon juice, zest and sugar. Stir over low heat until sugar dissolves. Leave until cool.
2. Once cool, whisk eggs into mixture, strain and pour into heatproof bowl. Cover with foil lid.
3. Put covered bowl in slow cooker and add boiling water to level of curd in bowl. Cover slow cooker with lid and cook on low for 3-4 hours** until thick.
4. Once done, stir thoroughly then transfer to sterilized jars and seal. Keep in refrigerator for up to 2 weeks or freeze and take out as needed.

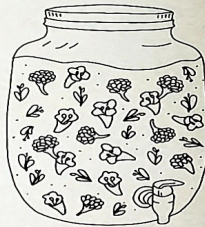
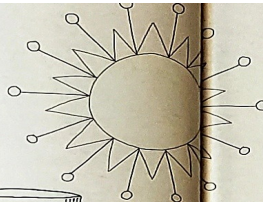
* Can use 3 whites and yolks or 2 whole eggs and 3rd egg's yolk to make curd color more intense yellow.

** Double batch cooks 5-7 hours.

SUN TEA RECIPE

Sun Tea

Sun tea is a great way to make a large batch of iced tea for summer without having to turn on your stove top during the hottest time of the year! Our desert offers some incredibly refreshing and medicinally beneficial plants for sun teas. From ocotillo flowers to desert willow, and even Marigolds you can create a beautiful and restorative summer drink by harvesting and drying these flowers when in bloom - typically late spring through early summer.



Harvesting and Drying Techniques

Make sure to harvest only bloomed flowers, not buds, and to leave enough on the plant for our pollinator friends to enjoy. Offer gratitude for any flowers harvested. Once harvested, spread evenly on a breathable surface in a dry place for at least a week. You can use an oven or dehydrator to speed up the process of drying.

If you don't have a place to lay the flowers for drying you can create a garland and hang dry them. You will string each individual flower on a piece of twine or thick thread using a blunt sewing needle. You can even use them to decorate your space until they are fully dried.

Once dry, keep the flowers in an airtight, labeled jar and store in a dark place for up to a year.

Ingredients:

- 1 Cup dried flowers of your choice, or a mixture
 - Ocotillo
 - Desert Willow
 - Marigold (see page 24)
- 1 Gallon Water
- Honey or Agave nectar to taste

Steps:

1. Take a gallon sized jar and fill it with room temperature water.
2. Add one cup of dried flowers. Mix the flowers into the water gently so they become submerged.
3. Place the jar in direct sunlight. Allow the flower tea to steep for anywhere between 2-3 hours, depending on how hot it is outside and how intense a flavor you desire.
4. Once you bring in your tea, taste it and decide if you would like to add sweetener. We recommend honey or agave nectar. You can run the tea through a strainer to avoid petals. For an extra pop, add some sliced lemon or lime or even a sprig of mint from your garden.

Plant Facts!

Desert willow flowers are a favorite food of the desert tortoise. The trees also provide great shade for a desert tortoise habitat. The entire ocotillo plant is medicinal - from its bark to its flowers! It has long been used in remedies by the Seri tribe of northern Mexico to ward off many types of infections including a sore throat.

Larry Robertshaw supporting the May peaceful protest for justice for RAYMOND MATTIA



Sylvie Robertshaw

Block 5

Larry in orange hat

Prickersicle



Sylvie Robertshaw

Block 5

Editor's note: Cold enough to lick but sharp enough to prick!

Critter Corner

Judy Smith celebrates May birthday



Maricarmen Smith

Block 9



Sylvie Robertshaw

Block 5

Owls in the common area near Maricarmen Smith's home.