

Bellasera Neighborhood News

May 2005

www.azbellasera.org



MARTIN AND SOTNICK ELECTED

Bruce Martin and Carol Sotnick were elected to two-year terms on the Bellasera Board of Directors at the association's annual meeting on April 7th. The election results were announced to the crowd of approximately 70 people attending the Eighth Annual meeting of Bellasera Community Association held at the Teravita Community Center.

Other presentations were made, including an update from Crawford Love on the proposed commercial development at Lone Mountain & Scottsdale Roads. Clayton Loiselle provided a briefing on the rationale used to determine the funds set aside for the association's reserve fund. Board Vice President Jim Gleason presented the proposed 2005-2006 annual budget, as well as fielding questions from the audience.

LOVE APPOINTED TO BOARD, RICCIARDI DECLINES

The newly elected board members, along with incumbent Jim Gleason, met on April 8th and voted to appoint Crawford Love and Al Ricciardi to the Bellasera Board of Directors to fill positions open due to resignations. Both of the appointed terms expire in April 2006. Al Ricciardi later decided to decline the board appointment.

BOARD OFFICERS INSTALLED

Following a vote among the four directors, **Jim Gleason** was installed as **President** of the Bellasera Board of Directors, at their meeting on April 25th. Other officers installed were: **Vice President - Carol Sotnick**; Secretary - **Bruce Martin**; the Treasurer's office will remain open until a fifth director is appointed.

MESSAGE FROM THE PRESIDENT

The Annual Meeting and election of directors signals the beginning of a new year for the Board. As we start this year I would like to see a renewed commitment by all members of the Association with regard to letting the Directors know how you feel about the community in general, what you like or don't like, or any issues coming before the Board. In making our decisions it is our responsibility to take into consideration the interests of the entire community, not just the interests of an individual, nor just the interests of just a small group within the community. Therefore, it is extremely important that we hear from you. Each Director is listed in the newsletter and we are all in the Bellasera phone directory. We can also be reached through the Manager office by phone at (480)488-0400 or e-mail at afitness@ccmcnet.com.

One of our initial focuses will be on the on-site management function. In addressing this task, the first question that comes to mind is "What are our expectations, as a community, for this function?". To help answer this question, we need your help. We want to hear from you regarding your expectations.

We will be sending you a questionnaire via e-mail in the near future, but in the meantime I would appreciate any thoughts you may have regarding this issue. My e-mail address is jmeassoc@aol.com.

Respectfully,

Jim Gleason

MEETING NOTICES

Special Board of Directors Meeting, with the Modifications Committee, will be **Monday, May 2nd** at **6:30 p.m.** in the clubhouse. Purpose of the meeting is to finalize strategy prior to a meeting with the Pederson Group, developers of the proposed shopping center at the corner of Scottsdale & Lone Mountain Roads.

Budget and Finance Committee will meet **Wednesday, May 25th** at **3 p.m.** in the clubhouse.

Building and Grounds Committee meeting will be **Monday, May 9th** at **3 p.m.** in the clubhouse.

Modifications Committee meeting is scheduled for **Tuesday, May 10th** at **5:30 p.m.** in the clubhouse. Modification applications are due no later than the Monday before the meeting.

Long Range Planning Committee meeting date will be posted in the clubhouse.

Activities Committee meeting date will be posted in the clubhouse.

Communications Committee meeting date will be **Wednesday, May 18th** at **4 p.m.** in the clubhouse.

Governance Committee (*ad hoc*) meeting time will be posted in the clubhouse.

BOARD DECLARES VACANCY, SEEKS APPLICANTS

At the Board of Directors meeting on April 25th, the four member board declared a board vacancy exists and, in accordance with the community's By-Laws, voted to make an appointment. The board is seeking applicants by May 9th for the term which expires in April 2006. Any homeowner interested may obtain an application form from Community Manager Anne Marie Fitness, or from the Bellasera web site (www.azbellasera.org). The board plans to interview candidates at 6:00 p.m., on June 1st, and make an appointment prior to the start of the next scheduled monthly board meeting at 6:30 p.m. that evening.

ACTIVITIES COMMITTEE MEMBERS NEEDED

With committee members rotating off the group, the Activities committee needs new members.

This committee strives to provide enjoyable activities for our community. To keep this momentum, it needs new members who can bring their ideas and energy to the group. Why not take a role in helping Bellasera continue to be a premiere community in the area. Please call Community Manager **Anne Marie Fitness** at 488-0400 or Committee Chairperson Sheila Lavin at 473-0348 and volunteer to make fun happen.

GOVERNANCE COMMITTEE NEEDS MEMBER

The *ad hoc* Governance committee is seeking to fill a vacancy .

The now two-person committee is reviewing Bellasera's by-laws and CC&Rs to bring them in line with new state laws and improve governance of the community. A special need is for help explaining the changes to the community in preparation for the approval process.

Contact Community Manager **Anne Marie Fitness** to volunteer.

COMMUNITY ACTIVITIES



POKER NIGHT: Every Tuesday at 7 p.m. in the clubhouse. If interested in playing Contact Paul Broad at 595-2955 or Marv Lefkowitz at 595-7738 for more information.

BOOK DISCUSSION: Wednesday, May 20, at 7 p.m. in the clubhouse. The book is *The Photograph*, by Penelope Lively. For further information, contact Maureen Simpson at 575-7693.



MAY LUNCHEON

The May 19 luncheon will be at My Big Fat Greek Restaurant at 10625 N Tatum (NE Corner of Tatum and Shea), phone is 480-607-1212. Please sign up by Monday, May 16. Sheila Lavin (473-0348) is the contact should you have questions. Those who wish to carpool should meet at the clubhouse at 11:20 AM.

MAY GOLF

Dates: Tuesday, May 3rd at Dove Valley at 8:02 am
Tuesday, May 10th at Dove Valley at 8:26 am

This is the last organized golf outing of the season! The Bellasera golf schedule will resume in October when I return from Cape Cod. Please contact Ellen Bornstein at 480-575-9848 or email: ebornstein7@att.net



MAY HIKE

May hike is Huckaby Trail in Sedona, on Friday, May 6th. This is a 5.2 mile fairly easy trek starting at Schnebly Hill Road and going to Midgely Bridge.



We will eat lunch along the trail so pack plenty of water, sunscreen and proper hiking gear. **Meet at the clubhouse at 7:15 a.m.** for the 7:30 a.m. departure. For more information, contact Vivian Kurtz at 575-1391.

MAY POTLUCK

The next pot luck will be a game night and will take place on Friday, May 20 at 7:00 PM. Bring games such as Canasta, Rummikub, Mahjong, or a game you would like to play. Also bring a dish for about eight to ten people and the appropriate serving utensil. Activity Committee Members will make dessert Sign up at the clubhouse by May 18 if you



SPECIAL OFFER FOR BELLASERA RESIDENTS

Alberto Italian Restaurant is offering all residents of Bellasera a 15% discount off the total bill for eat in orders only...for the summer months as a "Summer Reward". The restaurant is open Tuesday through Sunday 4:00 pm to closing....

7171 E. Cave Creek Road
Carefree, AZ 85377 480-480-5800

Be sure to thank Dottie and Hal Schultz for arranging with the owner Alberto Liani Chef/ Partner of the Restaurant for this most generous offer for the Bellasera Residents.

Bring this with you to the restaurant to receive your discount! Bon Appetite!



MAY IN THE GARDEN

By Pauline Marx

It is necessary to start caring for your existing cacti, succulents (any fleshy plant that belongs to one of many diverse families among them species of cactus, aloe, agave, and yucca) and other Desert perennials this month in order to keep them looking good throughout the summer. Also, remember that you can continue to plant succulents through the summer.

Watering Schedules

Water large cacti, ocotillos, and yuccas once a month from now until September. Water agaves, small yuccas, prickly pear, and smaller cacti every three weeks during the summer. Barrel and beavertail (smaller prickly pear) cactus do not need as much water as most other succulents but watering every five to six weeks in the summer maintains their vigor.

Aloes

Aloes, especially those that form extensive colonies, can be overgrown if not kept divided regularly. Divide them by cutting out plants along the edge until you have reduced the size of the clump at least by half. Cutting out more than a half should not kill the plant.

Protect New Plants

Newly planted succulents regardless of size or type may need to be shaded to prevent sunburn. If a nearby tree, shrub, or building does not provide enough shade to prevent sunburn, drape shade cloth with at least 30% coverage on a frame over the plant. When you buy cacti, notice which side of the pot is facing south in the nursery. Mark that side. When you replant be sure it is oriented to the sun the same way. This helps prevent sunburn.

Pruning

Cacti may be pruned any time it is hot. Remove any damaged or diseased stems as soon as you can to prevent further infection. Always use a sharp saw or tool so that you have a clean cut. Cut at a joint wherever possible. For multi-stemmed cactus like organ pipe or senita, cut the stem as far back to the base as possible. Dust any cut with sulphur to help prevent infection.

Water Stress

Cacti can become water stressed. Signs of water stress are:

- skin that is soft to the touch and offers resistance to gentle pressure.
- yellowing or paleness of the skin, especially on the south or western side.
- shriveling or shrinking of the skin.
- shrinking distance between the ribs of columnar cactus (if you can't get your finger between the ribs the plant is desperate for water).
- wilting, drooping, or falling pads on prickly pears.

Because cacti have large reservoirs of moisture in the stems, these signs show up only when the plant is deeply stressed. Water frequently enough to avoid these symptoms, but if they appear, water deeply immediately, and adjust watering schedule.

Planting in the Shade

You can grow shade loving plants in the high filtered shade provided by mesquites, and palo verdes. However, the shade of deciduous trees, tall fences, and buildings, or north facing areas can be a big problem. For areas that have this kind of shade, look for plants that either bloom well in the shade or have colorful leaf patterns.

Some good perennials for the shade include the following:

- Coleus (a perennial in frost-free areas, otherwise an annual)
- Cast-iron plant (*Aspidistra elatior*)
- Japanese boxwood
- Heavenly bamboo
- Philodendron
- Sago palm
- Spider plant

Pauline Marx
Arizona Master Gardener

(Questions about plants? Call me at **575-0404** or mail me at **PlantPerson@prodigy.net**)

Other News & Activities

HEALTH & FITNESS

GROUP CIRCUIT TRAINING: This class, combining aerobics with strength training, meets **Mondays, Wednesdays and Fridays at 7 a.m.** with **Marilyn Schletzer**. Please remember to be there 10 minutes before the class begins.

WATER AEROBICS: Mondays, Wednesdays and Fridays, 10 a.m. at the pool. There is no charge for the sessions, which uses audio tapes as part of the class. For more information, contact the instructor, Janet Geretti, at 488-2805.

TAKE A HIKE...TO THE SUMMITT

Residents may not be aware of it, but there's a nice walking trail from Bellasera to the Summit Shopping Center. Enter the trail just **across the road** from the **Lone Mountain gate**, and follow the path around the Whisper Rock Estates perimeter block wall. The trail goes almost to Ashler Hills Drive, a total distance of just over 1 mile. And much more scenic than that treadmill view!

Bio-Energy Healing – Jin Shin Jyutsu®

Betsey Prevost Ricciardi, ABT

Energy Healing has been utilized since Biblical times. Today, it is used in Asian hospitals as an adjunct to conventional methods of healing. Hospitals in Europe and South America recognize its benefits, as well. Now, we are beginning to see this in America. Jin Shin Jyutsu® has its roots in Chinese Medicine and the concept addresses the patient as a whole. Conventional Medicine is more likely to approach an illness, pain or disharmony based upon where it manifests in the body. An Eastern Medical approach would be to find and address the cause of the disharmony instead of treating only the symptom. This is why Energy Healing is finding its way into mainstream medicine. It is a perfect complement to Conventional Medicine. Simply put...we need both types of healing.

I didn't know the body had energies.

Yes, our bodies are made up of energetic pathways. These are called meridians. When an acupuncturist places a needle, it is always somewhere on one of our 12 major meridians.

Think about what makes your heart beat. It is an energetic frequency that allows this to happen. When we have an EKG or an ECG, the energetic frequencies of the heart or brain are being measured.

Why has my doctor never told me about this type of healing?

Many doctors have not been introduced to this concept. However, there are several medical schools in the United States that now have alternative/complementary courses offered to their students. For some of these medical schools, these classes are required. In fact, the University of Arizona medical school was the first college to offer an Alternative and Complementary Medicine Program within its curriculum.

Major hospitals in the USA, such as Sloan-Kettering, Johns Hopkins and Massachusetts General Hospital, to name a few, require that a certain percentage of their staff know some form of Energy Healing modality.

It is also common for articles to be written in medical journals about the benefits of Energy Healing or Energy Medicine.

There are two hospitals in California presently utilizing Federal Grant monies in order to research the benefits of Jin Shin Jyutsu® and its effects with cancer, breast cancer and heart-transplant patients.

What would I expect from a treatment?

A person would lie on their back (fully clothed) to receive a treatment. The practitioner's fingertips are then placed on specific area's (meridians) of the body. The client feels a light touch from the practitioner. This therapy does not involve any massage or manipulation of muscles. The goal is to allow the body to facilitate its own healing capabilities and to reach a place of restored energy and balance. This will enable the body's circulatory functions to work properly, thus restoring the harmony to mind, body and spirit. The practitioner is the conduit.

I have had chronic pain in my back for years.

Pain is blocked energy in the body. That's all. Once the blockage is removed, the energy can flow smoothly to all areas of the body. Think of a beaver dam. The water trickles around it. When the dam is removed, the water runs smoothly again in a straight course.

What does Bio-Energy Healing address?

General Wellness, Fatigue, Stress, Pain, Chronic Disease, Depression, Digestion, Sleep Disturbances, Critical Needs.

About the Practitioner

Betsey Prevost Ricciardi holds an AOS degree in the Asian Healing Arts. She has studied Jin Shin Jyutsu® under the direction of Mary Ito Burmeister and Dr. Haruki Kato and has over 2000 hours of professional training. Betsey is a guest lecturer at Arizona State University in the art of Jin Shin Jyutsu and she lectures for different groups in the subject of the "Chinese Five Element Principle". She treats clients at numerous Maricopa hospitals, as well.

Licensed and Insured
480-575-0506

MAY 2005

1	2 Special Board of Directors Meeting 6:30 p.m.	3	4	5	6 Group Circuit 7 a.m. Water Aerobics 10 a.m.	7
8	9 Group Circuit 7 a.m. Water Aerobics 10 a.m. Building & Grounds, 3 p.m. Board Applications due	10 Body Workout 8 a.m. Poker 7 p.m.	11 Group Circuit 7 a.m. Water Aerobics 10 a.m.	12 Body Workout 8 a.m.	13 Group Circuit 7 a.m. Water Aerobics 10 a.m.	14
15	16 Group Circuit 7 a.m. Water Aerobics 10 a.m.	17 Body Workout 8 a.m. Modifications 5:30 p.m. Poker 7 p.m.	18 Group Circuit 7 a.m. Water Aerobics 10 a.m.	19 Body Workout 8 a.m. Resident's Lunch 11:20 a.m.	20 Group Circuit 7 a.m. Water Aerobics 10 a.m.	21
22 City Bulk & Brush Collection Week	23 Group Circuit 7 a.m. Water Aerobics 10 a.m. Golf 10 a.m.	24 Body Workout 8 a.m. Poker 7 p.m.	25 Group Circuit 7 a.m. Water Aerobics 10 a.m. Budget & Finance, 3 p.m. Book Club 7 p.m.	26 Body Workout 8 a.m.	27 Group Circuit 7 a.m. Water Aerobics 10 a.m.	28
29	30 Memorial Day	31 Body Workout 8 a.m. Poker 7 p.m.				

GENERAL NEWS • UPCOMING EVENTS



Is your garage and landscape lighting working properly? I have a list of 50 that are not in working condition. Please check yours to be sure it is lighted as required by the CC& Rs.



Got Weeds...

Now is the time to remove weeds from your landscaping...be a good neighbor and keep Bellasera looking like the upscale community it is!

SPRING IS ALSO SNAKE SEASON



It's that time of year. The rattlesnakes are out!

Residents are advised to take extra precautions when working outdoors this time of year. Stay alert and use extra caution when picking up items from the ground. Watch where you put your hands, feet and tools. Rattlesnakes can be found in rock piles, meter vaults, water meters, shade areas when the temperatures are high and sunning themselves on rocks during cool periods.

If you encounter a snake, leave it alone and move away slowly. Never attempt to pick up the snake!

Rattlesnakes don't like stress and will most likely leave the area if you give it room to leave.

Most bites occur when people try to handle the snakes. Don't handle snakes!

The Rural/Metro Fire Department will respond to remove a snake from residences. The number to call for a snake removal is (480) 945-6311. Do not dial 911 unless someone has been bitten or there is a possible life-threatening situation involved.



ANNUAL COMMUNITY DIRECTORY

The 2005 edition of the Bellasera Community Directory will be available in July. If you wish to change your listing in the directory, or are new to the community, please contact Anne Marie Fitness, or Communications Committee member Keith Christian (480-575-7109).

The 2004 directory printing cost was funded entirely by Bellasera residents with business interests. Those residents interested in advertising in the directory are asked to call Communications Committee member Emily Shriver (480-595-5728), after May 15th.

WOOD CARVING ANYONE?

John Storer a resident of Bellasera and experienced wood carver is offering his talents to anyone interested in learning to carve. You would need to provide your own tools and there is no cost associated with this class. The number of participants is limited to 6—8 people and the class schedule would not commence until October and go through April on the first and 3rd Monday of the month. If you are interested please contact John at 480-575-1522 or Anne Marie Fitness at 480-488-0400.



NEWSLETTER DEADLINE

If you have meeting dates or articles for publication, please turn them in to the Association office no later than the 13th of the month.

Neither the Bellasera Community Association nor its Board of Directors provides any warranty, express or implied, as to the accuracy, timeliness, completeness, merchantability, or fitness for any particular purpose, of any information contained in this newsletter in any form or manner whatsoever.



City of SCOTTSDALE LISTS BRUSH COLLECTION DATES

The city of Scottsdale will pick up **brush and bulk items** in the Bellasera area during **the week of Monday, May 23rd.**

Brush and bulk items to be picked up should be at curbside by 5 a.m. at the start of the week. It will be removed during the week.

For more information, contact Solid Waste Management at **(480) 312-5600.**

Bellasera Community Association
7350 E. Ponte Bella Drive
Scottsdale, AZ 85262

Anne Marie Fitness
Community Manager
(480) 488-0400
(480) 488-2103 fax
Security: (480) 488-3663

YOUR COMMUNITY

Board of Directors:

President—**Jim Gleason** (jmeassoc@aol.com)
Vice President—**Carol Sotnick** (carolsot@att.net)
Secretary—**Bruce Martin** (marbru@cox.net)
Director—**Crawford Love** (lovesinaz@cox.net)
Treasurer—Open

Current Committee Chairpeople:

Activities: Shelia Lavin
Budget: Carlton Rooks
Buildings & Grounds: Paul Anetsberger
Communications: Keith Christian
Long Term Planning: To be named
Modifications: To be named

Community Manager: Anne Marie Fitness • (480) 488-0400 • afitness@ccmcnet.com

Questions regarding your Homeowner's Association Account? Contact Capital Consultants
Management Corporation (CCMC) • **(480) 921-7500**

Security/Front Gate • (480) 488-3663

Internet Web Site:
www.azbellasera.org