

Bellasera Neighborhood News

June 2012

Electronic Edition

azbellasera.org

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Busy Weeks

—By Gregg Dittoe, President of the Bellasera Board of Directors

Since the Annual Meeting on April 22, it has been a busy six weeks. Here are some of the important events and projects the Board has been involved in this past month.

- The new Board has met twice, April 22 and May 23 for regular Board Meetings, and May 3 for required Board training. Please remember that all Board and Committee meetings are open to our members. We would love to have homeowners from the community attend any meeting they are interested in attending.
- Access Lawsuit – Nothing new to report. The case is slowly moving into the “Discovery Phase” with both sides scheduled to exchange information. This exchange has not yet occurred. Remember, you may access all case documents by going to azbellasera.org, click on the “Easement Dispute” tab.
- Building and Grounds Projects – Tennis Courts 1&2 were repaired and resurfaced during the week of May 14. Wow...what a difference! The courts look terrific. The swimming pool wall repairs were also done the same week. Once the hot weather is behind us, probably October-November, we plan to resurface the Cool Deck surface surrounding the pool area.

The large outdoor pots (and trash cans) on the exterior of the clubhouse have been repainted and are in the process of being replanted with Summer flowers. Major visual improvement! The pots in the pool area will also be repainted when we are ready to change seasonal flowers.

- The Board has appointed a Recreation Area Ad Hoc Committee to study and make recommendations on alternative uses for Tennis Court #3 and the common area adjacent to the clubhouse. See page 3 for more information. Recommendations from the ad hoc committee will be forthcoming.

Violations

—By Viola Lanam

As your Community Manager, it is my responsibility to inspect the community for any violations of the Association’s governing documents and Design Guidelines. Weed violation is the top violation given by Managers throughout the industry. One way to avoid receiving those letters is to spray pre-emergent on your granite. This preventative measure will last up to 6 months. It will be well worth it. The second most common violation is trash/recycle cans are not placed out of sight once the pickup has occurred.

Note: There will be a night light inspection completed the last week of June and/or the first part of July. Please check your landscape lighting and garage eave lighting for compliance.

Thank you for your continued cooperation.

Meeting Notices

Board of Directors next meeting date/time will be posted.

Budget and Finance Committee next meeting date/time will be posted.

Building and Grounds Committee will meet on **Tuesday, June 12** at **3 p.m.**

Communications Committee will meet again on **Wednesday, July 11** at **8:30 a.m.**

Modifications Committee will meet on **Tuesday, June 12** at **3 p.m.** Applications must be received in the Community Manager's office no later than **Thursday, June 7** at **12 noon.**

Recreation Area Ad Hoc Committee will meet on **Wednesday, June 6** at **1 p.m.**

Revised Community Directory

The Communications Committee plans to issue a revised printed directory of all Bellasera homeowners in July.

All homeowners names and addresses will be listed, unless a specific request to omit has been received.

A telephone number, e-mail address, and out of town address will be at the option of each homeowner.

Homeowners joining the Association since July 2011 have been e-mailed an invitation to customize their listing.

To add, change or revise your listing, please e-mail directory@azbellasera.org prior to June 30. The last printed directory was published in August 2010. Last year, an electronic version was released.

May Weather In Bellasera

(May 1—May 28)

Highest temperature: **101**

Lowest temperature: **49**

Rainfall this month: **0.00 inch**

Since January 1: **1.23 inch**

Newsletter Copy Deadline

If you have meeting dates, or articles for publication, please e-mail to: editor@azbellasera.org, or turn them in to the Association office no later than the 20th of the month. The monthly newsletter is produced by the Communications Committee. The editor is **Keith Christian, 480-463-4745.**

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 Brush & Bulk Collection

The city of Scottsdale will pick up brush and bulk items in the Bellasera area during the week of **Monday, June 4**, with the next pickup the week of **July 9.**

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, **480-312-5600.**

Survey Says

Board President **Gregg Dittoe** sent out an informal e-mail survey on March 2 to take the pulse of the community regarding possible changes to Tennis Court #3.

The results provided below have prompted the formation of the Recreation Area Ad Hoc Committee, with representation from each of the community's standing committees. Members are: **Dennis Carson** (chairman), **Keith Christian** (Communications), **Jay Cole** (Building & Grounds), **Gregg Dittoe** (Board President), **Richard Hoffman** (Board Vice President), **Marilyn Lillienfeld** (Budget & Finance), and **Bruce Martin** (at large member). The committee has already held two meetings, with the next one planned for **Wednesday, June 6, at 1 p.m.**

Ninety-two (92) e-mail responses were received. Not all respondents answered all four questions – hence the variation in replies shown.

1) Do we really need 3 tennis courts, or can we find a better utilization for Court #3?

80 replies: NO-98%, YES-2%

Our thoughts are to fix the large cracks, do a new overlay and leave the three courts that are existing alone.

2) If we create a multi-use recreational area, will more residents use it?

36 replies: YES-97%, NO-3%

3) Would adding a golf facility improve the overall value of Bellasera?

25 replies: YES-88%, NO 12%

4) If we are going to spend our Reserve money constantly repairing tennis courts, should we at least reduce our future repair expenditures by eliminating one court? (assuming maintenance costs are lower with the golf idea presented below)

13 replies: YES-70%, NO-30%

Don't make any changes: 29% (9 of 31)

Yes, make changes. But change to playground/ picnic area: 71% (22 of 31)

[Data compiled by **Sharon Foxworth** and **Gregg Dittoe**. Survey results provided by **Keith Christian** on 4 May 2012.]

Four Dangerous Exercises To Avoid

—By *Jolene Goring*

Nothing will derail your fitness goals quite as swiftly as a painful injury. In order to stay pain-free and limber, beware of the following 4 exercises:

#1: The Slump Machine - One of the most common and easiest ways to get hurt at the gym is by using improper posture when on a treadmill, stationary bicycle, Stairmaster, and pretty much any other machine. In order to avoid injury, fight the urge to rest your forearms on the handlebars of the bicycle or let your head and shoulders slump below your hand grips on the Stairmaster. By doing this, your shoulders and back are constantly in harm's way.

#2: The Fighting Bends - Whether stretching your body for prolonged periods of time or pulling weights down time and again, another way to injure your body is by doing exercises that don't feel good when you're doing them. Many exercises that are likely to cause harm involve pulling weights down behind your head. Exercises like these and others force your body to fight its natural range of motion and are a fantastic way to allow your body to suffer harm when harm could easily be avoided.

#3: Twist, Shout, Scream - Here's an exercise that potentially builds up a little flexibility but that offers a lot of potential for pain. Grab a broom handle or a barbell, toss it across your shoulders, and start twisting your body. This aggressive twisting puts an enormous amount of stress on the lower back. There are plenty of safer ways to gain flexibility in your back, so avoid this technique at all costs.

#4: The Improperly Done Dead Lift - Used as the grand finale for many weight-lifting competitions, the dead lift is the last word when it comes to brute, unfettered strength. And when the inexperienced, unprofessional weight lifter tries to take on this impressive feat, the results can be disastrous. On top of dropping incredible amounts of weight on your body, dead lifting also offers the opportunity to ruin your back by not lifting with your legs.

Safety First

In addition to avoiding a handful of dangerous exercises, you should keep a few rules of thumb in mind no matter what you find yourself doing in the midst of your routine.

Rule of Thumb 1: Technique is everything. Using poor technique with any exercise is one of the fastest ways to wind up with bad pain. In addition to helping you avoid injury, proper technique also helps you make sure you're working out the muscles you're trying to work out.

Rule of Thumb 2: Burnout hurts. When your body says you can't go any farther, it may be a good idea to listen. Some of the most common injuries at the gym are overuse injuries. So don't be afraid to give your body a break. You can also reduce your likelihood of overuse injuries by keeping plenty of variety in your regiment.

Rule of Thumb 3: Get a partner or work with a trainer. It's not easy to find someone to get in the weight room with you at 5 a.m. However, having someone alongside of you will help you avoid injury by spotting you when you get in a bad situation and helping you practice proper form throughout your routine.

Jolene Goring is a leading health and fitness expert based in Scottsdale. She has been featured in USA Today, is a featured personal trainer in various fitness videos, and has recently been named one of 'America's Premier Fitness Experts'. You may contact her at **480-510-5305** for a free fitness or nutrition consultation, or go to **www.geo-fit.com** for more information.

Bellasera in the Rear View Mirror

A look back in Bellasera history that may bring back memories for long-time residents and even be of interest to those not living in our community in prior years.

A newsletter archive is available on our web site: <http://azbellasera.org/newsarch.php>

Bellasera Neighborhood News, June 2002, 10 years ago

- Formal policies governing items placed on bulletin boards in the clubhouse and outlining material that can be put into the Bellasera newsletter were approved by the Board of Directors at its April meeting. The bulletin board policy, moreover, allows for satellite bulletin boards to be located at each of the community's mailbox stations — a Communications committee project in the planning stages.
- Yet another “dirty” job, but one that has to be talked about once more. The Association has completed placement of dog signs throughout the community and at the clubhouse. You may have noticed these signs when you stopped at your mailbox. It boils down to this: Please be a responsible pet owner and pick up after your dog.
- Bellasera's Activities committee has a membership at the Wrigley Mansion that can be used by Bellasera residents.
- Ellie and Paul Broad officially celebrate their 50th Wedding Anniversary on June 15 with a weekend in California. They had a party for family and friends in April. Elizabeth and Doug Woods are getting used to having plenty of time off since Doug's official retirement from IBM after 29 1/2 years on May 31. Luckily he's been relaxing since March, because May was a month filled with events for them — his birthday, their anniversary and their son Greg's college graduation.

Bellasera Neighborhood News, June 2007, 5 years ago

- On May 24, the Board of Directors voted 4-0 to rescind the dog policy approved a month earlier. After listening to statements from a standing room only crowd on both sides of the issue, the Board may also have been influenced by the potential risk of legal liability for dog related incidents, as advised by the association's legal counsel.
- During the first week in June, members of the Communications Committee will be distributing a large packet containing important information for every Bellasera homeowner. The packet will contain a forwarding letter including an overview of the changes, revised CC&R and Bylaw pages, a consent form for each, and a self-addressed, stamped envelope.
- On April 24, the Board of Directors approved the 2007/2008 association budget, which includes an increase in monthly dues assessment. Effective July 1, monthly homeowner dues will be \$159.60. The current rate is \$152.00/month. Board Treasurer Dennis Noone explained the prime reason for the increase is a greater proportion of the assessment is being allocated to the reserve fund to cover out-year petroleum costs.
- This month's cover photo on The Peak magazine was taken by Bellasera resident Frank Biondo. His photograph “A Memorable Moment”, was one of the winning photographs selected earlier by the magazine. Frank, who's also a volunteer at Pinnacle Peak Park, donated the use of his photo of a spectacular sky change for the magazine's cover.

June in the Garden

—By *Pauline Marx & Joe McDade*

Summer



Don't let the recent spate of cool temperatures fool you as our temperatures are almost guaranteed to rise in June which is usually the driest month of the year. So, as summer finally arrives, June will provide a variety of garden challenges and tasks for you, mostly related to the heat. Consequently, you need to be sure that your watering system is working properly and that your plants are being watered sufficiently to avoid heat stress. We'll discuss **heat stress** below, but let's first cover **watering**.

Watering- How Much

You need to ensure that you are deep watering your landscape plants to prevent salt build-up. To determine how deeply water is penetrating, use a soil probe or a long-handled screw-driver. Some specific guidelines on how deep your water should be penetrating are as follows:

Trees and Shrubs- 2 to 3 ft.

Citrus- 3ft.

Turf and Flowers- 1.5 ft.

Succulents- 1 to 2 inches

Remember to let soil dry between waterings.

Watering-How Often

One of the most often asked questions is how often to water. I listed some guidelines below, but it is important to take into consideration weather, soil conditions, plant maturity and how well the plant has adapted to the desert. Also, you should increase frequency between waterings as temperatures heat up and consider other variables at your location such as wind and sun exposure.

Irrigation guidelines for established plants are:

Desert-adapted trees- 7-21 days

Non-Desert adapted trees -7-14 days

Desert shrubs - 7-21 days

Non-Desert adapted shrubs-5-7 days

Heat Stress

Two items in your garden that are prone to heat stress are **fruit trees** and **plants in containers**.

Fruit Trees- Fruit trees suffer from heat stress easily if they are drought stressed. Symptoms include:

- Splitting fruit
- Yellowing leaves and
- Yellow or brown sunburn patches on both leaves and bark.

The best treatment is to maintain a steady, regular deep watering schedule and wait for the temperatures to calm. If the symptoms seem extreme or prolonged, or the plant is less than two years old, shade the tree and the bark, or both, for the summer.

Plants in containers- These plants should be watered daily, preferably early in the morning. Be sure the water flows out the bottom of the pot with each watering. You should also consider spraying the leaves which will increase humidity for the plant. On extremely hot days (over 110 degrees) spraying the plant in the evening will cool the plant and mitigate the heat stress.

Miscellaneous Tasks

Citrus- Citrus fruit drop should be finished by this month and new fruits should be forming. Now is the time to *fertilize*. The next time is August/September prior to fruit sizing time.

Roses- Trim off spent blooms that keep trying to flower.

Wildflowers- Harvest wildflower seeds from your beds for next season. The most efficient way is to put a brown paper bag over the whole plant and pull it up. This lets the seeds stay in the bag.

If you have any gardening questions call the Cooperative Extension Service at **602-827-8200** or write to them at 4341 Broadway Road, Phoenix, AZ 85040. Bellasera resident **Pauline Marx** is an Arizona Master Gardener.

Community Calendar—June 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Water Aerobics 10 a.m. Bridge 1:30 p.m. Potluck 6:00 p.m.	Pilates 9:30 a.m.
3	4	5	6	7	8	9
Brush & Bulk Collection Week	Yoga 8:45 a.m. Water Aerobics 10 a.m. Pilates 5 p.m.	 Poker 7 p.m.	Water Aerobics 10 a.m. Rec Area 1 p.m. Pilates 5 p.m.		Water Aerobics 10 a.m. Bridge 1:30 p.m.	Pilates 9:30 a.m.
10	11	12	13	14	15	16
	Yoga 8:45 a.m. Water Aerobics 10 a.m. Pilates 5 p.m.	Building & Grounds 3 p.m. Modifications 3 p.m. Poker 7 p.m.	Water Aerobics 10 a.m. Pilates 5 p.m.	Flag Day	Water Aerobics 10 a.m. Bridge 1:30 p.m.	Pilates 9:30 a.m.
17	18	19	20	21	22	23
Father's Day	Yoga 8:45 a.m. Water Aerobics 10 a.m. Pilates 5 p.m.	 Poker 7 p.m.	Water Aerobics 10 a.m. Pilates 5 p.m.	Luncheon 12 noon	Water Aerobics 10 a.m. Bridge 1:30 p.m.	Pilates 9:30 a.m.
24	25	26	27	28	29	30
	Water Aerobics 10 a.m. Pilates 5 p.m.	 Poker 7 p.m.	Water Aerobics 10 a.m. Pilates 5 p.m.		Water Aerobics 10 a.m. Bridge 1:30 p.m.	Pilates 9:30 a.m.
			8			

****Bellasera Classifieds****

All About Cleaning, Quality Home Cleaning Service. 2 Hours/2 Professional Cleaners \$89. One Time Cleaning, Move-In and Move-Out cleanings , Regularly scheduled Service, Deep Cleanings, Real Estate Listing Preparation. Please visit our website: www.AllAboutCleaningArizona.com. Licensed-Bonded-Insured. To make an appointment please call **Maria Dixon: 480-206-5237** (mobile) or **480-422-3168** (office). Owner-Operator: **Maria Dixon** (Bellasera resident for over 8 years).

Need some help? **Spencer Eisner**, a responsible 16 year old is available some afternoons and weekends to help with odd jobs, babysitting, yard work, etc. Please call if interested, **480-488-3426**.

Pet Sitting: 7 year Bellasera resident, 17 year old honors student & Student Council member at Cactus Shadows HS would love to care for your pets while you're away. I love animals. We have 2 cats and a dog of our own. **Katie Kaufman** (cell) **480-544-9330**, katie.k704@hotmail.com.

All About Cleaning, Professional Window Cleaning: Inside and Out. Screens, Tracks. As Low as \$120. Please visit our website: www.AllAboutCleaningArizona.com. To make an appointment please call **Maria Dixon: 480-206-5237** (mobile) or **480-422-3168** (office).

Cabin available for rent in Munds Park. Enjoy fall foliage or plan ahead for snow adventures. 3 bedrooms 2 sleeper sofas/2baths; Gas fireplace; Fabulous deck; Full kitchen; Washer/Dryer. \$300 weekend/\$500 for 3 night Holiday weekend. Cleaning fee negotiable. Call Bellasera resident **Marti Bening**, **480-488-4297** for details.

Starting to think about the trip back home for the summer months? Wishing you had someone to keep an eye on the place while away? Someone you can trust? Just call **Mark McCann**, Bellasera resident since 2001, **480-285-8969**.

For Sale: one green/ yellow designer suede sofa for \$475.00 and one yoga headstand support, \$75.00. **330-550-7235**.

Cactus City Landscape Maintenance: Yard and Lawn Maintenance, pool cleaning too! Reliable service at affordable rates. Call **Steve Dixon** (Bellasera Resident), **480-331-8707** (text or voice) or **480-206-3378**(cellular), or visit our website www.CactusCityLandscape.com.

Landscape Lighting, Landscape Rocks & Boulders, Paver Installation. Steve, **480-206-3378**, Steve@CactusCityLandscape.com. Website: www.CactusCityLandscape.com.

The Photo Digital Artistry of Frank Biondo. Frank's work embodies the spirit of both a photograph and a painting; bringing together aspects of impressionism and realism that give his work such a distinctive character. Images are printed on fine art canvas using archival inks and materials, re gallery wrapped over a wooden frame and ready to hang. Other types of prints are available. To view Frank's work or for more information please visit his website: www.frankbiondo.com or call **480-488-0259**.

For sale. Girls bicycle, 24 inch 6 speed. Like new, \$50. Bellasera resident, **480-575-6802**.

For Lease: Bellasera home, 7682 E. Perola; Oura model with casita and extended master bedroom and den; seasonal, six, or twelve month lease; furnished or unfurnished; inquires please e-mail **Craig**, cklos@kcsportsrehab.com.

Recommended by **Brent Bourdeau**, **480-575-7028**: Quality Cabinets, building, repair, modification, installation. Book cases, entertainment centers, garage cabinets and furniture. Economy Cabinets, **Jim**, **480-473-0727**.

Got something to buy, sell, want, give-away, etc.? Do business within Bellasera. Send in a classified ad — it's very affordable, in fact, it's *free*. E-mail yours to editor@azbellasera.org. Ads only accepted from Bellasera homeowners; ad copy limited to 25 words if space is limited; real estate for sale, business or commercial ads are not accepted; Editor reserves the right to edit or reject any ad.

BELLASERA COMMUNITY ASSOCIATION

**7350 E Ponte Bella Dr
Scottsdale AZ 85266-2701**

**Office: 480-488-0400
Security/Front Gate: 480-488-3663**

Internet Web Site: azbellasera.org

Community Manager : Viola Lanam, vlanam@aamaz.com

**Administrative Assistant: Sharon Foxworth, sfoxworth@aamaz.com
manager@azbellasera.org**

—Office Hours—

Monday thru Friday, 8:30 a.m. - 12:30 p.m.

Questions regarding your Homeowner's Association Account?

Contact AAM, LLC: 602- 906-4940

AAM, LLC Emergency : 602-647-3034 or toll free 866-553-8290

Board of Directors

board@azbellasera.org

President —Gregg Dittoe, greggdittoe@gmail.com

Vice President —Richard Hoffman, richardhoffmanlaw@att.net

Secretary—Joe Pruess, joepruess@gmail.com

Treasurer—Ed Szkaradnik, Eszkaradnik@Gmail.com

Director— Craig Johnson, cl7610@aol.com

Committees

Budget & Finance

**Don Bowman, *Marilyn Lillienfeld*, Clayton Loiselle,
Carlton Rooks, Charles Schroeder, Paul Snyder, Ed Szkaradnik**

Buildings & Grounds

Paul Anetsberger, James Cole, Gregg Dittoe, *Bob Huff*,

Communications

***Keith Christian*, Joe McDade, Joe Pruess, Emily Shriver, Dennis Soeffner**

Modifications

***Jim Gleason*, Stanley Green, Craig Johnson**

Security Advisory

***Joe Carlon*, Dennis Carson, Richard Hoffman, Dennis Soeffner**

_____ indicates committee chairperson