

## *Message from the President*

Dave Sielken

Life has been very full in Esperanza Estates these last few weeks. In addition to all of the fine food and camaraderie made possible by the Hospitality Committee, the annual Ramada sale sponsored by the Enhancement Committee was a huge success and a fine "gala".

While not as tasty, but equally exciting, the common areas are getting facelifts including new plantings - both live and artistic artificial. New "grey" stone is being spread and walkways in the parks are getting refreshed with new small "brown" stone.

Repairs to the solar heating system are bringing up temperatures in the pool. Also, much needed repairs and maintenance is being done on the roof of the Sunset Ramada to protect our favorite neighborhood gathering place.

The pledge drive to raise funds for the goal of preserving the wild space on Esperanza Blvd. is proceeding nicely - thanks to our concerned neighborhood. The HOAs in Portillo Place, Ventura West (part of Las Campanas just across the wash) and the overall Las Campanas Community Association have similar projects underway. We share the goal of finding a long-term owner to maintain the land in its natural state. Our pooled resources will help enable a new owner to accept this responsibility with the appropriate Deed Restrictions in place to assure that we will have seen the last of commercial development on that land. Updates and progress reports will be posted via the Monday Morning Memo email network.

## *Upcoming Events*

**Sat, April 14th: Spring Fling! Social Hour 4:30/Dinner at 5PM**

We'll be traveling back to the 50's, complete with music and a sincere "goodbye" to many EE snowbirds. You can look forward to burgers, hotdogs, beans, coleslaw, cookies, beer, wine, and soft drinks!

## Board Meetings

Board Meetings are held at 1pm on the third Monday of each month at the Sunset Ramada. No Board Meetings are scheduled during the months of July and August.

**Next REGULAR Board meeting:**

**April 16th, 1PM**

Esperanza Estates Homeowners Association  
P.O. Box 181  
Green Valley, AZ 85622-0181

## Coffee & Doughnuts

Join your neighbors at 8:30am on the 3rd Wed of each month (during "the season") for complimentary coffee & donuts.



**Next date:** April 18th

*Hosted by the Cookes & the Surprises*

Food Bank donations are always welcome.

## Name Badges

Name badges for Ramada gatherings are available for \$6.00 each. If you would like to order a badge, contact Melodye Cooke: (520)336-8844 or [melodye1@cox.net](mailto:melodye1@cox.net). If you've lost your magnet, replacements are available for \$1.00.

Esperanza Estates  
**John Doe**

## Another Great Party

*(Editor's Note: Unfortunately, I was unable to attend this event, it looks like a missed a good one!)*

Robin Lockwood's report to the Hospitality Team:

I want to thank all who helped with our Heritage Potluck last night at the Ramada.

We had a good turnout...I counted 85 people, but I may have missed some hanging out by the bar. The food was plentiful and superior! People hung around after to visit, so I think everyone enjoyed themselves. I think it was a huge success.

I am always so grateful for how hard all of you work to make these events go so smoothly, from set up to clean up. After each event that we've headed up this season, I am in awe of what a great team we have. So thank you for everything you do!

Our next event is billed as "Spring Fling" on April 14th. We are going to be grilling hamburgers and hot dogs and we discussed the option of having a DJ. We are going to schedule a team meeting soon to pull this together. We will notify you as soon as Dean, Nancy and I can coordinate our calendars.

Again, thank you for your enthusiasm and team work!

## Periodico Hiatus

Like many of you, this Editor will soon be returning to her other home, in Washington State. We are ardently striving to sell everything in WA and become full-time AZ residents. The Periodico will return in the fall. Happy trails to you!.....Marla

## The Name Game

Recently we enjoyed a delicious breakfast at Jerry Bob's in Green Valley, served by a delightful young waitress. Soon after that we needed to find padding for a new area rug and were directed to Bobby Joe's Rug Works in Tucson, where we found exactly what we needed. As we passed more than one Jimmy John's Sandwich Shops I began to wonder about the double name phenomenon.

Thanks to our friends at Wikipedia I learned that double names became popular in the American South as the way to honor more than one dear family member or to include the mother's maiden name (examples: William Jennings Bryan, Billy Bob Thornton). Also during the 18th century Irish Catholic families began differentiating all the first daughters named Mary by including their middle names. That explains why some of my high school friends were Mary Lou, Mary Ann, Mary Cecilia, and Mary Catherine. My favorite theory is that the parents of celebrities like Neil Patrick Harris, Sarah Jessica Parker and Jamie Lee Curtis just couldn't choose a favorite name, so they went with both..

Of course there are all of those famous people with just one name like Michelangelo, Cicero, Bono, Twiggy, Adele and Raffi. Add to that list the ultimate one name couple- Beyonce and Jay Z., who have started a new trend by naming their children Rumi, Blue Ivy and Sir Carter. Maybe they'll soon be recording their family version of the Name Game. Do you remember Shirley, Shirley, Shirley, -Bo-bo-ber-ley, bo-na-na-fanna-firley- Shirley? The Beyonce /Jay Z. version will probably be done in rap.

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## Bienvenidos Committee

Please join us in welcoming some new neighbors to Esperanza Estates.

**Steve and Julie Kindred** (Calle del Portillo)

While vacationing in Tucson in 2007, the Kindred's discovered Green Valley and fell in love with it. It met their criteria of retiring in the desert. They purchased their home in Esperanza last summer, and in the short time they have owned it have turned it into a beautiful and inviting home.

Steve retired after 30 years with a newspaper in Portland and has an interesting background including playing competitive golf in high school, serving in the U.S. Coast Guard and working 8 years with the election commission during the 1970s.

Julie spent 23 years as a life enrichment coordinator in Portland. She is a talented artist, working in watercolor, colored pencil and acrylics.

The couple love to explore and have already visited many areas around Arizona.

Steve and Julie have a son and daughter and three grandchildren in the Eugene and Portland areas. Recent additions to their home are Custard and Biscuit, two beautiful cats adopted from the Green Valley animal league.



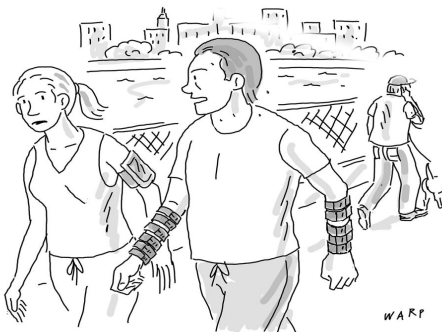
## **Fitbit Follies** Roberta Bower

I'm proud to say that since purchasing my Fitbit last April I have met my goal of 10,000 steps per day ninety five percent of the time. (of course not on Thanksgiving or Christmas or during blizzards). The positives include maintaining my weight, better sleep, waving to neighbors, and increased energy. But I must confess that while acquiring one healthy habit I seem to have also accumulated some more questionable ones.

They include:

- leaving the car at the far end of parking lots
- never wearing my nice watches
- feeling jealous of very large dogs who seem to thrive on daily exercise
- pacing while waiting to cross the street or in line at the grocery store
- regularly tossing out socks with holes
- serious "hat hair"
- walking around the entire car before climbing in
- being grateful that our other home has stairs, a detached garage, basement laundry, and an attic
- pushing a dust mop around at 9 PM in order to meet my goal
- using "getting steps" as excuse to go shopping, then circling the White Elephant, WalMart or Safeway two or three times (\$\$)

Is there hope for me? Hopefully there are other fitness tracker users out there sharing my insanity and 'stepping' their way through life.



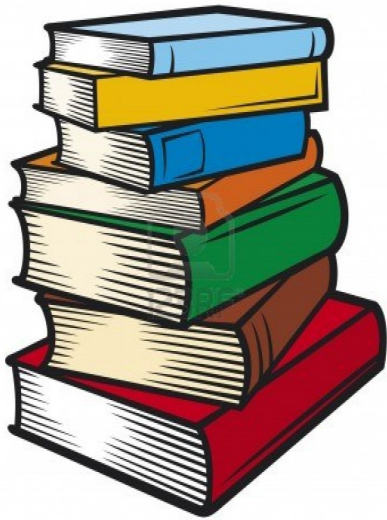
"People pay me to put steps on their Fitbits"

*Editors Note: For those of you who don't know what a Fit Bit is, it's a device worn on your wrist and it can track the number of steps you walk, your heart rate, your sleep patterns and much more.*

*For me, it seems that it takes about three weeks for all of my over-indulgent eating to show up on the scale. The post-holidays weigh-in on my home scale was a big old kick in the rear end. In past years, with my old Fit Bit Flex, if I was close to hitting my 10,000 step daily goal, I would walk up and down my hallway until the Fit Bit congratulated me with a little vibration of meeting my goal. Yes, I've upgraded my Fit Bit and am back to meeting my 10,000 daily step goal.*

*The socializing aspect of life in EE is a weight-control challenge for me!*





## Book Discussion Group

The EE Book Discussion Group meets at 11am on the first Tuesday of each month at the Sunset Ramada. Meeting times are occasionally changed due to unforeseen circumstances. New group members are always welcome.

At the January 9th meeting of the EE Book Discussion Group it was decided to change the titles for the remainder of the 2018 season

### 2018 Titles:

April 3rd: *The Long Haul*, Finn Murphy - led by Cheri Day and Kathy LaVanway

May 1st: *Hotel Paradise* - Martha Grimes, led by Cynthia Surprise

## Recent EE Book Group Discussion

Karen O'Brien, RN-retired

What would you do if you knew that you had a 50:50 chance of developing a fatal genetic disease and then were given the opportunity to find out? This question was the focus of the March meeting of the Esperanza Estates book group as the members discussed *Inside the O'Brien's* by Lisa Genova.

Each participant received a quarter, just like the characters in the book, and given a choice to flip the coin; heads you have Huntington's Disease or tails not. Or choose not to flip the coin at all. Just as in life, the majority of our book group decided not to know. Every person took a turn at discussing how this book affected them personally. We found humor in some of the family dynamics in the book; so real, both tragic and inspiring.

The author Lisa Genova is a neuroscientist and Harvard graduate with an exceptional ability to take a challenging clinical disease and weave a touching and compelling family story. Dr. Genova's other books include *Still Alice* (Alzheimer's disease), also now a movie, and her new March book release *Every Note Played* about a piano player with ALS. Our Esperanza Estates resident, Craig Surprise, previous "boss" is Lisa Genova's father. Craig asked him if the author might be in Arizona and extended an invitation for our book group to attend one of her book signings. The connections among our neighborhood residents are always a delight.

More information on the symptoms and causes of Huntington's disease can be found on the [Mayoclinic.org](http://Mayoclinic.org) website/diseases-conditions. Just announced, Ionis Pharmaceuticals in California will begin clinical trials on a new drug to evaluate its effectiveness in treating Huntington's disease. The company states this "gives promise that the drug may halt or even reverse the fatal genetic disease." Patients and others interested in clinical trials of the Ionis drug can find more information on [clinicaltrials.gov](http://clinicaltrials.gov) by searching for Ionis HTTRx.

The Esperanza Estates book group extends a welcome to all residents. We meet the first Tuesday of most months from 11:00-12:00 in the Ramada. A listing of scheduled books is published in the Periodical. Contact Linda Sielken for more information.

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Submitting news, articles, photos, reviews, stories, etc. would be greatly appreciated. Do you have something to sell? Send in your information. Deadline for submission: the 25th of each month.

*\*To receive your Periodico electronically (and/or Monday Morning Memo), please send your email address to Craig Surprise at ee-webmaster@msn.com*

*Printed copies of the Periodico are available at the Ramada. If you are home-bound and would like to receive a printed copy of the Periodico, contact Marla at 360-708-0855*

## Twelve years later....

Barbara McCalpin has decided to hang up her leadership roll with the Enhancement Committee. Although she has lead a very willing and able committee, generally, it has been Barb to recognize a need in Esperanza Estates and has gathered her committee to fill that need. Do you know some of the things the Enhancement committee has accomplished in EE? The Ramada wouldn't be nearly as comfortable without the roll-down shades/wind blocks, The Ramada kitchen area wouldn't be so beautiful without the recent remodel, which included two large, rolling "counter extensions." Our rear-ends would be a little sore if they hadn't provided four large storage containers to store chair pillows at the Ramada, The water aerobics class wouldn't be complete without the equipment provided by the Enhancement committee. The EE parks wouldn't be so beautiful

without financial support directed to the EE gardeners. The Hospitality Team wouldn't work so efficiently without equipment purchased by the Enhancement committee. There wouldn't be a "loaner program" without the Enhancement committee. EE wouldn't be festively colorful at Christmas without the Enhancement Committee. The list goes on and on, as has Barb's generous spirit.

Barb's generosity is also reflected in our GV community; she was instrumental in getting the Western median on Esperanza Blvd. landscaped. She has helped to accomplish all of this with grace and good humor.

Our community can be thankful that Jackie Rautio, Barb's #1 side-kick, has stepped forward to take on the Enhancement Committee leadership roll. Jackie has been on the committee for nine years and has shown that she will carry on the tradition of giving.

Over the last few years, Louise McCabe has been the detail oriented Treasurer of the Enhancement Committee. At this time of change, she has decided that's it's her time to step down from her post as well. Her dedication is truly appreciated. Marla Ries has volunteered to step in as Treasurer.

If you see Barb or Louise around the neighborhood, be sure to offer them each your thanks for helping to make Esperanza. Estates the best neighborhood in Green Valley.