



State of the Pueblo

Jean Paine, President

We had another successful event last Saturday. Our refurbished pool looked fantastic on a beautiful evening. It was great to have additional room for the tables and chairs and to be able to spread out.

Our next event is our always popular Holiday Party. Save Saturday, December 10 on your calendar. Party location is 2555 Avenida de Maria, the home of Pixi and Art Lewis and hosted by Leilah Schou and the Board of Directors.

This past summer the Pueblo saw a lot of construction and remodeling. It is super so many people are upgrading their properties. However, this resulted in numerous trucks of all sizes being present and on occasion this caused some difficulty on our narrow roads. If you are doing renovations over an extended period of time, please let your neighbors know you will have trucks at and materials being delivered to your home. Also, make sure that the trucks do not block roads, a neighbor's driveway or obstruct access in and out of your street. Additional parking is available during the day at the pools. Thank you.

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Board of Directors

Another *Grandfathered Rental Property* has been sold. This again opens up a rental opportunity.

Notice is hereby given that the Board will accept applications until November 10 from owners interested in renting their Dwelling Units. By November 12, all applicants will be notified of their position in the date of deed order with the oldest date given first opportunity.

If you are interested in applying, please review Rule 10.3 as revised December 2015 and advise the Board by 11/10.

New Neighbors - 2016

Russell & Glenda Melin
2611 Avenida de Posada
January 2016

Heather Lenkin
2545 Avenida de Maria
February 2016

Mike & Jane Wattis
2611 Avenida de Maria
March 2016

Eric & Jeannie Wager
6215 Calle de Adelita
May 2016

Russ Carden
2752 Avenida de Pueblo
September 2016

Stuart & Eleanor Chancellor
2665 Avenida de Pueblo
October 2016

Bryce & Susan Allard Tipling
2773 Avenida de Posada
October 2016

Homes for Sale

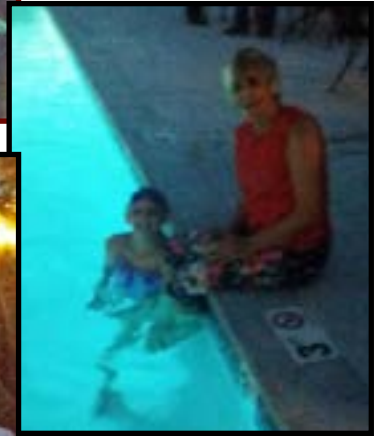
2445 Avenida de Posada (Judy Mott)
Sale Pending

6249 N. Calle Minera (Kwan-Wu Lai)
Sale Pending

6219 Calle Minera (Phoebe Lykowski)

2620 Avenida de Pueblo (Bradshaw/Greenwald)

Adelita Pool Grand Opening



Spotlight on a Neighbor - Jean Paine

Pat Weigand

No doubt, you know Jean Paine. However, you may not know much about her or her background. Well, for all those Inquiring Minds out there, here's the scoop...

Jean was born North Dakota and grew up in Minneapolis near Lake of the Isles. It is a lovely area, rural enough to bike ride to downtown and to school. From the age of 11, Jean spent most of her time in a swimming pool. She traveled to many places as a competitive swimmer, but she primarily remembers only the pools, not the places.

She left there for the University of Colorado, where she graduated with a dual major in biology and political science. She found that she really missed the water and returned home often. On one return to Minneapolis for her water fix, she met John Paine and later married him. John had just graduated from Harvard Business School and was newly employed. They shortly started a series of years of travel with his position in marketing.

Their first assignment was in Columbus, Indiana, the Athens of the Prairie. It was an exciting beginning for the young couple, because the town has an architectural heritage, beginning with commissions by Cummins Engine Company, a noted manufacturer of diesel engines, in 1934. The town includes modern architecture by such notables as I.M. Pei, Richard Meier, Robert Venturi, Eliel and Eero Saarinen, Harry Weese, and Deborah Berke. They lived here for 4 years. The next stop was Chicago, where they lived for 2 years. Their daughter, Jennifer, was born here. They returned to Columbus for 2 years and then on to Cleveland, where their second daughter, Gillian, was born. During this period, Jean was heavily engaged in volunteer work for The League of Women Voters.

The next year was spent in Bethlehem, Pennsylvania, followed another move to Yardley, Pennsylvania, a small town on the Delaware River, for a respite from relocation of 13 years. Jean became a volunteer with the ambulance squad, logging 200 hospital hours and a year of intense training, which led to graduation with the first paramedic class in Bucks County. She went on to become the President of the Squad, where



she wrote many successful grants for equipment. In her spare time, she was a member of the Junior League and participated in the opening of a home for abused women in Bucks County.

The next move was to Muscatine, Iowa, on the Mississippi River. The change from the affluent Yardley area to this blue-collar town was quite a culture contrast for the family. Jean worked at the local hospital as a marketing director.

After 2 years, the company that John worked for was sold, giving the Family an opportunity to decide where to live next. They chose their beloved Bucks County, where they bought a 200 year-old farm house and spent the next 10 years fixing and remodeling. The house had its own stone well, exposed beams, wonderful stone walls, and Moravian tiles in the kitchen. They did 75% of the restoration and renovation work themselves.



John became a stockbroker, and Jean joined ETS (Educational Testing Services), where she worked for 21 years. She was Program Director with the Advanced Placement Program (AP) and

Continued on next page

Spotlight on a Neighbor - Jean Paine - Continued

Pat Weigand

the College Level Examination Program (CLEP), participating in development of computer-based tests, and working with colleges and universities to accept these college-level placement tests for entrance.

Their recreation centered around the cycling club they founded, sometimes traveling 60 miles on a Saturday or Sunday along the Delaware and the canals in Maryland. They also loved to travel and visit new places. In Lardley, Jean cut her teeth on Board activities by serving on the Board of the Swim Club for 200 families.

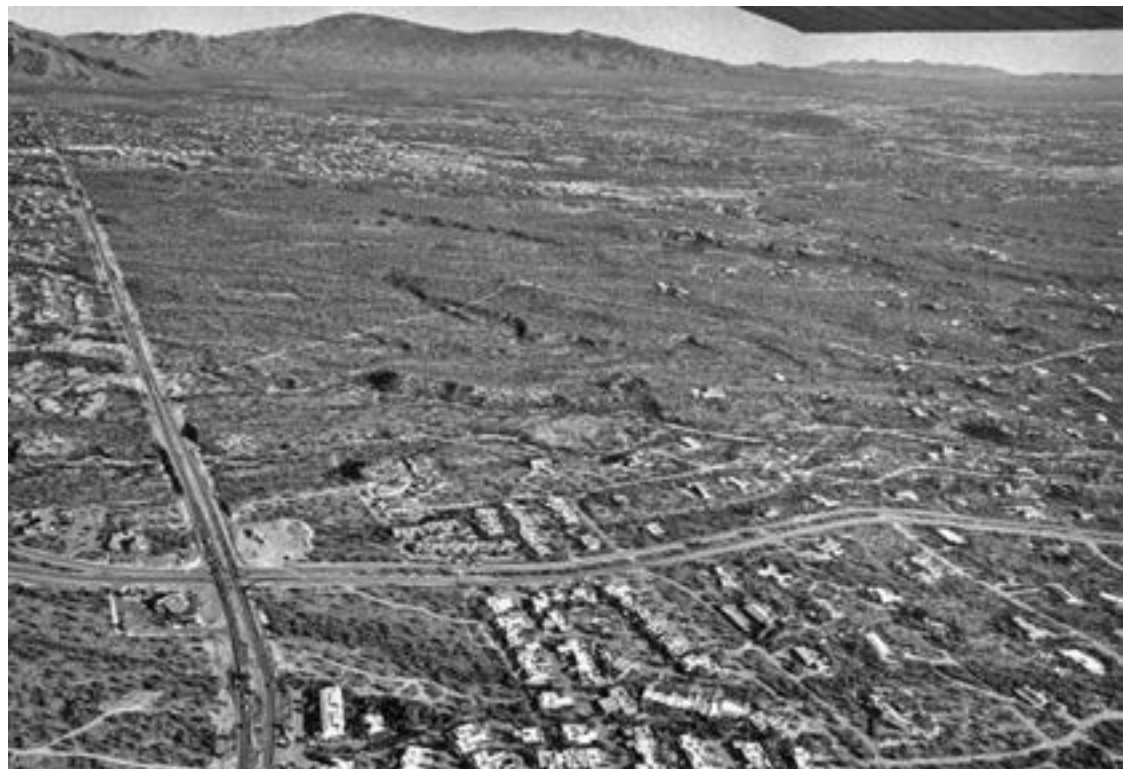
Meanwhile, Gillian, after teaching English in Mexico, moved to Tucson 23 years ago. She now manages a research lab at the U of A Cancer Center. Jennifer traveled the world and eventually also settled in Tucson, as a financial manager at the University of Arizona. Jean and John had been to Tucson a number of times on business. Both really liked the area. John became ill in 2000 and had to curtail travel. Their last major trip was in 2006, when they toured Australia and New Zealand. After that, they would visit Tucson for Christmas, then for 6 weeks, then for 2 months.

They eventually bought a home in the Pueblo in 2010. They found The Catalina Pueblo through a realtor, not only because it was so charming, but also because it met their distance criteria of 15 minutes from Downtown and 15 minutes from where their Daughters lived.

Very soon after they moved in, Steve Church recruited Jean to serve on the Catalina Pueblo Board as Pool Chair. She served in this position for 2 years and then, after Alan Bogutz left, became the Interim Board President. She was later selected to continue in this position.

Jean is very close to her Daughters and their Families, and misses John terribly after his relatively recent passing. She spends her time helping to keep our Pueblo in order, attending classes at The U of A, traveling with friends, exercising in various ways, and participating in family activities.

If you should happen to go into Jean's kitchen, you will notice the Early American kitchen tools mounted on the walls. These tools are a nice memento from the Bucks County farm house, making their home in our Pueblo.



Corner of Skyline & Campbell
1994

Submitted by Terry Temple

Garden Gallimaufry Mark Sammons

Mark J. Sammons
cookfarm@comcast.net
615-6019

NOVEMBER GARDEN CHORES

Discontinue any feeding.

Reduce irrigation to induce dormancy.

Sort your frost cloths, stakes and clothespins.

Expect frost around Thanksgiving.

Prepare to move tender plants onto porch or indoors on frosty nights.

Bring rare tender succulents indoors.

Postpone most pruning till late February or March.

Sow wildflower seeds; water deeply weekly, till winter rains take over.

You can still plant shrubs and trees, especially deciduous ones.

Plant cool-weather vegetables.

Pot up your favorite winter annuals.

Everyone is outdoors now; be careful of how much noise you make with garden machines, pets, construction, etc.

Looking for planting ideas? Visit <http://www.catalinapueblo.com/suggested-plant-list.html>

Text and photos by Mark J. Sammons



This column is usually devoted to nurture of a selected plant suitable for our neighborhood's gardens. But this month it is dedicated to a special exhibition at the Tucson Botanical Gardens. The garden – subdivided into 17 specialized gardens, each of domestic scale – is always a source of great ideas, inspirational beauty, a relaxed meal, and a place for a calming stroll.

For the next 7 months, Tucson Botanical Gardens is also host to a special exhibition on Frida Kahlo. This exhibit examines the post-revolutionary Mexican painter through the lens of plants and nature as they appear in her paintings and her home gardens. It highlights her aesthetic appreciation and knowledge of nature, especially Mexico's plant life.



Additional to a central exhibit of mostly-succulent plants in a dazzling setting evocative of the artist's home in Mexico City, many parts of the exhibit are tucked elsewhere throughout the gardens, and include a photo collection of portraits of Kahlo and her husband, artist Diego Rivera, by her sometime lover Nickolas Muray. A visit requires a thorough exploration of the entire gardens, outdoors and in, to find these gems. **Frida Kahlo: Art, Garden, Life** is open through May 31, 2017.

pueblorecipes

recipes collected and edited by david scott allen • november 2016

Cream Cheese Frosting

3 ounces cream cheese

6 tablespoons butter

1 teaspoon vanilla

2 cups confectioner's
sugar

1 teaspoon milk

Beat all ingredients till
smooth.



These pumpkin bars are a perfect Thanksgiving treat for children and adults alike!

Frosted Pumpkin Bars

<i>2½ cups flour</i>	<i>pinch ground cloves</i>
<i>2 teaspoons baking powder</i>	<i>1 cup sugar</i>
<i>1 teaspoon baking soda</i>	<i>1 cup vegetable oil</i>
<i>2 teaspoons cinnamon</i>	<i>4 large eggs</i>
<i>½ teaspoon ground ginger</i>	<i>1 can pure pumpkin purée</i>
<i>¼ teaspoon ground allspice</i>	<i>1 cup chopped nuts, optional</i>

Place all ingredients in a large bowl and mix well. Pour into a greased jelly roll pan (or two 9-inch by 13-inch cake pans). Bake for 20 minutes; frost when cool. Frosting recipe is in the sidebar.

Makes approximately 50 squares.

This recipe, and many more, can be found on David's blog, Cocoa & Lavender - cocoaandlavender.blogspot.com.

If you have any culinary questions for David, feel free to email him at cocoaandlavender@gmail.com.

COCOA
LAVENDER

Pools Chairman

John Trang

As you have probably noticed, the Caballo and Minera Pools have been placed on their “winter” cleaning schedule and are currently not heated. These will be heated again begin in May 2017 and the signs on the gate will be removed.

Everyone of you whom have commented on the work completed on the Adelita pool have been very kind and your thanks and compliments on the project are very much appreciated. Many of your neighbors worked very hard in the

completion of this project. These include Jean Paine, Doug Airulla, Marti Greason, Terry Temple, Lee Strang, Jo Ann Marcus, Mike Rockwell, Aldine Von Isser and Sherri Henderson.

I would also like to thank everyone who worked so hard to make the Grand Opening of the Adelita Pool Party Saturday October 29th a wonderful and beautiful event. These include Jean, Connie, Marti, Mike and Pat Weigand. And - special thanks to Mike Rockwell for the purchase of a new clock, new thermometers, and wasp traps!

Food For Thought . . .

Pat Weigand

Volunteering May Be Good for the Heart in More Ways Than One

Time spent helping others linked to lower blood pressure in older adults, study finds.

Anyone who has ever been a volunteer knows that it feels good to help others, but researchers have found a less obvious benefit: volunteering can help reduce older adults’ risk of high blood pressure.

The new study included more than 1,100 adults, aged 51 to 91, who were interviewed about their volunteering and had their blood pressure checked in 2006 and 2010. All of them had normal blood pressure at the time of the first interview.

The investigators found that participants who said during the first interview that they volunteered for at least 200 hours per year were 40 percent less likely to have high blood pressure four years later than those who did not volunteer.

It didn’t matter what type of activity the volunteers performed. Only the amount of time spent helping others as a volunteer was associated with a reduced risk of high blood pressure, according to the study scheduled for publication in the journal *Psychology and Aging*.

The findings suggest that volunteering may be an effective medicine-free option to help prevent high blood pressure, which is a major contributor to cardiovascular disease -- the leading cause of

death in the United States. High blood pressure, or hypertension, affects about 65 million Americans.

“Every day, we are learning more about how negative lifestyle factors like poor diet and lack of exercise increase hypertension risk,” lead author Rodlescia Sneed, a Ph.D. candidate in psychology at Carnegie Mellon University, said in a university news release.

“Here, we wanted to determine if a positive lifestyle factor like volunteer work could actually reduce disease risk. And, the results give older adults an example of something that they can actively do to remain healthy and age successfully,” Sneed explained.

“As people get older, social transitions like retirement, bereavement and the departure of children from the home often leave older adults with fewer natural opportunities for social interaction,” Sneed noted.

“Participating in volunteer activities may provide older adults with social connections that they might not have otherwise. There is strong evidence that having good social connections promotes healthy aging and reduces risk for a number of negative health outcomes.”

While the study found an association between time spent volunteering and blood pressure levels, it did not prove a cause-and-effect relationship.

SOURCE: Carnegie Mellon University, news release, June 13, 2013

Tried & True Trades

AC/Heating maintenance/ coil cleaning

Fernando Felix 520-390-4898

Recommended by Marianne Van Zyll

Electrician

Mike Powelson 520-591-5446

allaboutelectricianservice@gmail.com

Recommended by Deborah Berlin

Handiman

Calvin Parkins, Jr. 308-430-8002

White river Construction, LLC

Recommended by Deborah Berlin

Shawn Henderson 520-745-2169

Recommended by Marti Greason & Jean Paine

John Landers 520-609-2530

Recommended by John & Ann Berkman

John Gordon 520-282-1725

Recommended by Jean Paine and Marti Greason

House Cleaning Services

Erika Bradley 520-240-5870

Recommended by Deborah Bowman

Levinia Celaya 520-406-5630

Recommended by Connie Church

Jack-of-all-Trades

Haylee Bucey 928-368-7301

“Jill of All Trades” - h.bucey@gmail.com

Recommended by Deborah Berlin

Landscaping/Gardeners

Francisco Enriquez 520-405-8527

Recommended by Jean Paine and Bill & Lee Strang

John Gordon 520-282-1725

Recommended by Jean Paine and Marti Greason

Manicure/Pedicure, Gels & Silks

Victoria at Mauricio Fregoso Salon 795-3384

Recommended by Connie Church

Masseuse

Ginger Castle LMT CKTP - 520-877-0038

Recommended by Marianne Van Zyll

Painting & Decorative Artist

Mary Howard - 520-991-5336

Recommended by Marianne Van Zyll

Plumber

Beyond Plumbing -Mike Moyer 520-409-2549

Recommended by Jeanie & Rob Girman

Property Caretaking

Carol Foster 520-982-1208

While You Are Away Services

carol@iwatchhouses.com

Recommended by Connie Church

Yardwork/General Clean-up/Hauling

Luis Luquez 520-396-9134

Recommended by Deborah Berlin

Tile & Stone Mason

Tony Scott- 520-336-0634

Recommended by Jean Paine and John & Ann Berkman

Window Cleaning

Better View Professional Windows &

Miniblind Cleaners 520-917-3333

Recommended by David Scott Allen & Mark Sammons

We will be slowly building back up our community's recommendation for tradesmen and service providers.

If you have received excellent service from an individual or company and wish to share your recommendation with your neighbors, please email Connie, conniechurch313@gmail.com, or put your written recommendations in the Association mailbox at Adelita Pool - 6251 North Calle de Adelita.

Treasurer Report

Doug Airulla, Treasurer

Catalina Pueblo Association
Statements of Cash Flows and Budget
September 2016

	2016 YTD Actual	2016 Annual Budget	Budget YTD Remaining
Income:			
Association Dues	\$ 80,625.00	\$ 81,000.00	\$ 375.00
2016 Title Transfer Fees	\$ 2,000.00	\$ 1,600.00	\$ (400.00)
2015 Checking Roll-over	\$ 22,876.94	\$ 24,000.00	\$ 1,123.06
TOTAL INCOME	<u>\$ 105,501.94</u>	<u>\$ 106,600.00</u>	<u>\$ 1,098.06</u>
Expenses:			
Administrative:			
Postage/Printing/Annual Meeting	\$ 730.26	\$ 1,000.00	\$ 269.74
Professional Services	\$ 525.70	\$ 2,000.00	\$ 1,474.30
Property Tax/Licenses	\$ 83.05	\$ 200.00	\$ 116.95
Insurance		\$ 2,400.00	\$ 2,400.00
Subtotal	<u>\$ 1,339.01</u>	<u>\$ 5,600.00</u>	<u>\$ 4,260.99</u>
Neighborhood Infrastructure:			
Contracted Monthly Landscaping	\$ 5,300.00	\$ 7,200.00	\$ 1,900.00
Other Maintenance	\$ 1,060.00	\$ 2,000.00	\$ 940.00
Contingencies-Minera Project		\$ 3,000.00	\$ 3,000.00
Roads & Drainage	\$ 191.24	\$ 500.00	\$ 308.76
Security & Lightbulbs	\$ 17.13	\$ 400.00	\$ 382.87
Subtotal	<u>\$ 6,568.37</u>	<u>\$ 13,100.00</u>	<u>\$ 6,531.63</u>
Neighborhood Social Activites:	\$ 983.00	\$ 2,000.00	\$ 1,017.00
Recreational - Pools:			
Routine Services/Chemicals	\$ 5,221.90	\$ 8,000.00	\$ 2,778.10
Pool Repairs/Maintenance	\$ 4,350.47	\$ 1,100.00	\$ (3,250.47)
Southwest Gas	\$ 6,314.67	\$ 8,000.00	\$ 1,685.33
Tucson Electric	\$ 5,724.10	\$ 9,000.00	\$ 3,275.90
City of Tucson Water	\$ 1,948.63	\$ 2,000.00	\$ 51.37
Contracted Housekeeping Monthly	\$ 1,350.00	\$ 1,800.00	\$ 450.00
Other (permits/termites/furniture)	\$ 235.00	\$ 1,000.00	\$ 765.00
Subtotal	<u>\$ 25,144.77</u>	<u>\$ 30,900.00</u>	<u>\$ 5,755.23</u>
Adelita Rehabilitation Project	\$ 52,079.19	\$ 49,000.00	\$ (3,079.19)
TOTAL EXPENSES	<u>\$ 86,114.34</u>	<u>\$ 100,600.00</u>	<u>\$ 14,485.66</u>
Reserve Transfer		<u>\$ 6,000.00</u>	<u>\$ 6,000.00</u>
TOTAL EXPENDITURES AND TRANSFER	<u>\$ 86,114.34</u>	<u>\$ 106,600.00</u>	
REMAINING BUDGET AVAILABLE			<u>\$ 20,485.66</u>
NET INCOME (not including reserve transfer)	<u>\$ 19,387.60</u>		
2016 Checking and Reserve Funds			
	Checking	Reserve	Total
Balance 1/1/2016 \$22,876.94 listed as income above	\$ -	\$ 50,300.22	\$ 50,300.22
2016 Transfer			
Total Net Cash Flow	\$ 19,387.60	\$ 11.32 ⁽¹⁾	
Balance 9/30/16	<u>\$ 19,387.60</u>	<u>\$ 50,311.54</u>	<u>\$ 69,699.14</u>

Interest income in the savings account

2016 Board of Directors

Jean Paine — *President*

Carol Sinclair — *Vice President*

Connie Church — *Secretary*

Doug Airulla — *Treasurer*

Bill Strang — *Member at Large*

Scott Marsh — *Landscape & Architecture*

John Trang — *Pools*

Please contact the board via email:
CatalinaPuebloBoard@gmail.com

Board of Directors Meeting November 7 – 5:30 at Jean Paine's

Call to Order

Approval of April Minutes

Committee & Officer's Reports

New Business:

Adelita Pool Landscaping
Sewer Order Update: Frank Bangs
2016 Holiday Party
2017 Annual Meeting/Nominations

Adjournment

Agenda will be published each month in the Chronicle. Only items on the agenda will receive board action unless there is an emergency. By publishing the agenda in advance, we seek member comment on pending issues. Comment can be sent to our board email address, in writing to the secretary or you may choose to appear at the meeting, space available. To request items to be placed on the agenda, use the same addresses.

Committees:

Social Committee:

Landscape/Architecture:

Scott Marsh, Chair
Jeff Soder
Mark Sammons
Jeannie Wager

Light bulbs:

Pueblo: Terry Temple & Dan Bares
Maria: Marti Greason & Olive Mondello
Adelita & Cerrada Adelita:
Mike Rockwell
Posada: Jeff Soder & Scott Marsh
Minera: Pat Weigand
Caballo & Cerrada Caballo:
Judy Mott
Campbell: Jean Paine

Pools: John Trang, Chair
Mike Rockwell
Sherri Henderson
Marti Greason

Javelina Express:

Marti Greason
Marianne Van Zyll
Cassandra Wry Ridlinghafer

Directory:

David Scott Allen, Cover & Photos
Bob & Ursula Garrett: Map Graphics
Connie Church, Layout & Design

Newsletter:

PuebloRecipes:
David Scott Allen
Garden Gallimaufry:
Mark Sammons
Spotlight on a Neighbor:
Pat Weigand
FYI and Neighborhood News:
Pat Weigand
Editor: Connie Church

Web site: www.catalinapueblo.com
Connie Church

Our website, www.catalinapueblo.com, has all our Catalina Pueblo information including our CC&Rs, complete Rules, past minutes, past newsletters, plant lists, remodel forms, HOA information and more.