

Community Quarterly

Welcome Back Winter Friends!

Winter 2022

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Volume 13, Issue 1

The Superheroes of Green Valley Seek New Recruits

Written and Photos by Susan Stein Kregar

Have you ever dreamed of being a superhero? Does the thought of helping to put the “bad guys” away or helping your community in ways that few can make your heart sing? Well dreams can come true...minus the cape.

The Sheriff’s Auxiliary of Green Valley is seeking volunteers to work alongside the Pima County Sheriff’s Department to keep the community safe from nefarious activities and assist in emergencies.

Since its inception in 1982, The Green Valley Sheriff’s Auxiliary Volunteers (Green Valley SAV) has grown from a band of CB radio enthusiasts who helped the Sheriff with search operations and home visits into a highly trained group of volunteers who assist the Pima County Sheriff’s Department in a wide range of services throughout Green Valley.

Their mission is simple, “to assist Pima County Sheriff’s Department. We assist in crime prevention while adding to the quality of life within the community we serve.”



Six of the many volunteers of the day; Steve Salata, Steve Sentipal, Richard Grimmie, Commander Doug Kenyon, Laura Boal, Bob Schmidt

The SAV members are exceptionally trained individuals who represent the department in an extraordinary manner. To date, they have provided over one million hours of service to the community. Their “beats” include:

- Bike Patrol
- Business ID
- Community Lock Boxes
- Crime Prevention Education
- ERT – Emergency Response Team

- Farmers’ Market
- Fingerprinting
- General Patrol
- Home Security Checks
- Home Security Presentations
- Neighborhood Watch
- Park Patrols: Walking & Golf Cart
- PCSD Front Desk
- Scam Squad
- SAV Front Desk

- SAV Training
- Special Events
- Vehicle Etching

One of the most needed services they provide is Home Security Checks. Many Green Valley residents spend part of the year away from their winter home. The SAV checks vacant residences on

continued on page 5

CROSSWORD PUZZLE MANIA

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Attend Your Green Valley Health Fair 2022

Written by Ellen March

The Green Valley Health Fair has a long history of connecting local residents to critical health services available in the Greater Green Valley community and Tucson.

In 1993, the first Green Valley Health Fair took place with several local health care coordinators and providers at the helm. Early members of the group included Lisa Israel, former CEO and president of La Posada at Park Centre, Inc., Joe Crystal, a long-time Tucson broadcaster who founded KGVY Radio in 1981, and then-president of Friends In Deed and Care Coordinators, Betty Thayer, as well as representatives and stakeholders in the community.

The group's goal was to provide information and various health screenings for area residents and to assist them with their healthcare needs.

Joan Ardern of Care Coordinators initiated the concept and brought together providers, often competitors, from all over Santa Cruz Valley and Tucson to offer a wide spectrum of information to the local senior population. So successful was the first

event, a health fair has been held every year since except for 2021 because of the Covid pandemic. The event typically features more than 60 vendor booths, multiple non-profit agencies and providers offering free health screenings, programs promoting wellness, demonstrations, information on safety and accident prevention, and recreation and physical fitness.

For several years, the Green Valley Health Fair has been managed by a non-profit organization, the Greater Green Valley Health Education Association, which also produces the annual Green Valley Health Services Directory, a special supplement to the Green Valley News, and distrib-



utes it at no cost in the Greater Green Valley area.

The directory is updated each year based on input from the various providers listed. As the community grows, so does the list of providers in the directory, making the booklet a valuable resource for area residents as well as the opportunity for providers to list their contact information.

The next Green Valley Health Fair will be held Monday, March 7, 2022, from 8 a.m. until noon at the GVR West Social Center, 1111 S. GVR Drive in Green Valley. For information regarding being a vendor or being included in the Green Valley Health Services Directory, call 520-393-6840 or email Ellen March at: emarch@casagv.org

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SAV
continued from page 1

a routine basis to ensure the house remains in good condition and its contents secure while residents are away.

“We do 1,200 to 1,500 vacation home checks a season,” says Commander Doug Kenyon. “We also assist with traffic control at special events in Green Valley, provide security at the White Elephant, and patrol HOAs seven days a week.”

SAV technically serves anywhere within Pima County, but for normal day-to-day activities they stick to Green Valley. Their coverage includes Pima Mine Road to Santa Cruz County to Arivaca and east to Houghton Road. They respond to emergencies such as road closures, fires, and floods. They spend a lot of time on Sahuarita Road between I-19 and Houghton Road during the monsoon.

The Road Patrol has two shifts a day to assist deputies. The bike and park patrols are active during winter when the seasonal residents come back. The winter is a busy time of year for SAV.

Their Telecare volunteers call a roster of 70 people everyday to make sure they are okay. If no one answers, an in-person wellness check is provided. One of the busiest services now is fingerprinting. “We are very busy fingerprinting healthcare workers, marijuana dispensary employees, and educators,” says Kenyon.

Scams are a year ‘round business. The Scam Squad is busy seven days a week. Online Christmas package scams are hitting as of press time. Come the new year, it will be something else. The SAV



Jerry Russell, manager of vacation checks and personnel schedules points to the map of communities SAV patrols.

Scam Squad educates residents about potential scams and provides a place for residents to report them.

Become a SAV

Kenyon is approaching his 10th anniversary in the auxiliary. Prior to retiring he was an engineer for ITT Corporation and a fire chief in Upstate New York. “No one gets paid,” he states. “They (SAV) work hard. It’s unbelievable.”

He reports that SAV normally hovers around 130 active members. Because of the pandemic, that number is down to 97 active members. “There were seasonal residents who did not return to the area and local residents who were not ready to return to duty. I am not sure they will return at this point.”

Despite the decrease in volunteers, they were able to put in 4,100 man hours in November. “We will end up at 52,000 to 53,000 man hours for the year,” he says. “We generally do 60,000 to 75,000 hours annually. It’s a hard situation at this point, but we did maintain our operations through the pandemic.”

To replenish their numbers, SAV is actively recruiting new members.

December is SAV’s recruiting month. An open house was held December 8, 2021. Kenyon notes that 15 people attended, which is normal. They may hold another one before the academy starts in February.

and report writing, and communications. Over the six weeks, students incrementally learn the system of law enforcement radio codes and procedures. Upon graduation, SAV members work with field training officers in “on-the-job” training sessions to gain experience with patrol procedures.

According to Kenyon, the ideal SAV candidate is “someone who wants to be active in the community, is fairly healthy, can be on their feet for six to eight hour shifts, easily get in and out of a patrol car, and hear and see well. If that’s you, heed the call.”

The minimum hours to maintain basic membership is 120 a year. If someone gets involved and is really gung ho, Kenyon keeps an eye on them so they do not burn out.



Janie Perkins, Telecare manager, calls to check on one of the 70 people on her daily call list.

There are currently 14 candidates on the academy roster as of press time. Kenyon would like to grow that to 20. “Our numbers are down like everyone else, so we are looking to bring on new people.”

It Takes A Community

Green Valley SAV owns and maintains their building, cars and equipment. Their funding is strictly through their own fundraising efforts, which is an annual mailing in February.

Approved applicants must attend a six-week academy encompassing 96 hours of classroom and field instruction. Academy sessions occur twice per year, generally in winter and fall. Classes meet Tuesday through Friday from 8:00 a.m. to noon. Classroom topics include SAV organization and functions, crime prevention, traffic control; emergency management, CPR/AED, defensive driving, patrol procedures, interviews

On the whole, the community is very appreciative and supports the services SAV provides. “Ninety-nine percent of the community smiles and says they can’t thank us enough,” says Kenyon.

And the other 1%? It doesn’t matter. SAV serves everyone.

To learn more about becoming a SAV, support their fundraising efforts or request a service, visit www.gvsav.org, call (520) 351-6744, email gvsav@gvsav.org or drop by at 601 N. La Cañada Drive.



Rick Grimmie (seated), director of field operations and Bob Schmidt, patrol & SAV officer, monitor who is on duty at the Day Desk.

Sahuarita Library Becoming a Community Gathering Place

Written by Gina Collins, Publicity Chair, Friends of the Green Valley Library.
Photos by Randy Metcalf, Pima County Communications Office

If you haven't visited the new Sahuarita library, the time is now! The library immediately became a center for community activity serving all ages with a children's story time room, study rooms, coloring and activity sheets for all ages, food and drinks for the children's area and much more. A variety of books, DVDs and magazines are regularly available for children and adults who visit the library.

Friends of the Green Valley/Sahuarita Library board member Mary Fisher says, "Our libraries encourage reading for people of all ages. Once the love of reading is kindled, that love provides companionship, knowledge, and understanding all the days of our lives."

Located at 670 W Sahuarita Road, the library includes patios, large meeting rooms, and an outdoor performance space that was funded by the Pima Library Foundation. This is the first of its kind for the Pima County Library system. Managing Librarian Betsy Langley "looks forward to the outdoor space becoming a community gathering place for movies, concerts, story hours, poetry readings, art workshops, gardening classes, and much more!"

Gerry Peterson, President of the Friends, notes that the Friends of the Library looks forward to supporting programs for the new library and the outdoor performance space.

There are many ways you can support the new library. Become a member of the Friends of the Green



Valley/Sahuarita Libraries to help support a variety of programs at the both libraries. These programs include supplemental funding for large print books, audio books, databases and other media. Children and youth programs also remain a high priority for the organization, including summer reading and story-time for various ages, "Create" and Legos clubs, and children's book giveaways at the local food banks.

As a member of the Friends, you will also support the adult programs through the Green Valley Mystery and Fiction Book Clubs, featuring books by renowned international and local writers, Omnivorous Readers book club at Sahuarita, Focus on Art series: discussions led by Tucson Museum of Art docents, Opera Talks, and Arizona Humanities Council presentations and Poets' Corner: a monthly gathering of folks interested in poetry.

The members of the Friends of the Library are also proud to support scholarships for graduate students at the University of Arizona School of Information Resources and Library Science program. Scholarship recipients must be employees of the Pima County Public Library System.

The all-volunteer Friends raise funds to support library programs and scholarship grants through memberships, donations, and receipts from the Friends' three used bookstores. One in the Green Valley Library, one in the Green Valley Village and the third on W Calle de las Tiendas. All proceeds from membership dues, donations,

and bookstore sales go to support our two community libraries. The Sahuarita Library also serves those in need in our community in other ways. The branch serves as a drop-off location for items donated to the Community Food Bank. Daily donations are always accepted and can be placed in the designated drop-off area. Additionally, the library participates as a drop-off site for items donated to Casa Alitas Welcome Center- Aid for Migrant Families, through the office of Adelita Grijalva.

To learn more about becoming a member of the Friends of the Library visit our website at gvllibraryfriends.org. If you haven't thought about becoming a Friend or volunteering, now is the time. It is easy to visit the website and click on the 'Join/Renew' or 'Volunteer' link. Stop by your library and experience this new addition to our community. Libraries are more than just books. They are an experience waiting for you!



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The Pooches of La Posada (and their Humans)

If you walk around the 130 acres known as La Posada, you notice something. People walking their dogs. This is a community of dog lovers. And every day, many of these dog lovers will take their furry friends to the Bark Park. It's kind of a play date. The humans enjoy sitting around in lawn chairs while their pets strut, run and roll around on the artificial turf. It's quite a sight.

Photos by Guy Atchley



Tom Swenson & Bella



Tiger prowls the premises



Mike Tannenbaum and Biscuit



Sally Rankin with Pepper & Little Bit



Sandy Ward with Penny



Little Bit playing for the camera



Social hour at La Posada's Bark Park



Biscuit having a ball



Calvin Kemp & Maiya enjoying the fall colors



Charlotte Brody gets a hug from Scruffy



Dave Hartwell with a rather shy Dandy



Dick Aichinger out for a walk with Mimi



Jaime Brusstar and Tinkerbelle



Judy Kelly plants a kiss on Ranger



Vito and his daddy, John Bashaw



Joni & Bill Ardern with their Saluki named Amirah, which means Princess



Rich Hill with Mickey



Lis McConnell gets a surprise from R.V.



Peggy Franklin and Corky out for a walk



2022 Friends of GVR Candidates



Mike Zelenak

"GVR should be exploring revenue-generating options to keep dues affordable."



Mark McIntosh

"We need to rebuild the relationship between GVR and the Foundation."



Barbara Blake

"GVR members should feel welcome to create their own possibilities."



Steve Gilbert

"GVR must continue to run smoothly and respond to the needs of its members."



GVR To Do List

- ✓ Protect the Core
- ✓ Stimulate progress
- ✓ Defend GVR affordability
- ✓ Seek new funding sources
- ✓ Expand member engagement

"It is critically important to GVR's future that we elect Mike, Mark, Barb and Steve to the Board in 2022."

— Kent J. Blumenthal,
GVR Member and former CEO



Voting begins February 18

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It's Time to Think About Your Legacy

Written by Regina Ford

“If you would not be forgotten as soon as you are dead, either write something worth reading or do something worth writing.”
—Benjamin Franklin

We all want to leave our mark on this world—to know that our life mattered. How can you make a change in the world after you are gone and what does it mean to leave a legacy? It means putting a stamp on the future, and making a contribution to future generations.

People want to leave a legacy because they want to feel that their life mattered. Gaining clarity on what you want your legacy to

be can give your life meaning and purpose. It will enable you to allow the legacy that you're building to determine how you show up in the world each day.

Many people decide to leave a portion of their estate to charity, often bequeathing money to charities for things that have touched their lives, or the lives of their loved ones.

Other people want to split



their estate between a charity and loved ones. Experts suggest specifying a percentage of your estate to go to charity. This way, no matter how large or small your estate winds up being, your beneficiaries will still get the percentage that you planned for them. Another

option is to name a charity as the beneficiary of your life insurance plan, IRA or 401K.

Knowing what you want your legacy to be will allow you to make better use of your time and other resources. When you've decided what you want to leave behind and to whom, the most important thing you can do is enlist help from an estate planning professional. The GVR Foundation can work with you to make certain your wishes can be accomplished. A GVR Foundation-sponsored Planned Giving Workshop will be presented Wednesday, Feb. 9, 2022 from 10 a.m. until noon in the Juniper Room at Las Campanas Center.

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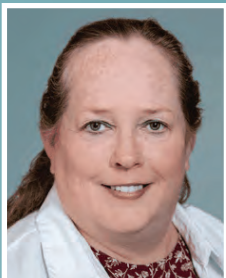
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A New Year's Message from Mayor Tom Murphy

Another year has come and gone and that gives me pause to reflect on the strength and resilience of our community. We have overcome much in the past couple of years, and beyond that, we have continued to successfully advance our position. I'm proud of the job that town leadership has done keeping us well-positioned financially to meet the needs of our residents and constantly improve on the services we offer. Since I first moved to Sahuarita, I have seen immense progress, and we're continuing to see positive economic growth in our residential and commercial sectors with building permits at the highest level we've seen since 2006. Our master-planned communities like Rancho Sahuarita, Madera Highlands, Quail Creek and Stone House continue to offer homes and lifestyles to new residents that are among the very best the nation has to offer.

And this year, we've continued to see new businesses establish themselves for net-positive growth even with the COVID-19 pandemic as a backdrop. New businesses have included Popeye's, Tania's, Arby's, Ginger's Auto Title Service, and ATI Physical Therapy. Additionally, we finished construction of the Sahuarita Advanced Manufacturing and Technology Center (SAMTEC) and Saguaro Solar is now leasing a portion of the building (SAMTEC also won an architectural award from the Arizona Masonry Council

for Excellence in Masonry); a new hospital facility has been built—Northwest Medical Center Sahuarita; the brand new Sahuarita

of it with helping our businesses understand what assistance has been made available to them, and we've also been able to set aside some

money out of our own budget to help 43 local businesses for a total of \$416,000 in financial assistance to help them weather these hard times.



Big Al - Officer Allen Guest



Sahuarita's Finest



Police Assistance with Flat tire

Coming Town Events:

Live Music at the Lake
First Saturday of each month,
5 p.m., Sahuarita Lake Park

Jan. 8 - One-Stop-Recycle Drop
9 a.m. to 1 p.m., at Town Hall, 375 W. Sahuarita Center Way

Jan. 29 - Sahuarita Classic Car Show
Quail Creek -Veterans Municipal Park, 9 a.m. to 9 p.m.

Feb. 26 - Kite Festival
North Santa Cruz Park

March 26 - Spring Fiesta
Anamax Park (Time TBD)



Community Food Bank Construction

Town of Sahuarita
continued from pg 13

Our aid to local businesses didn't start or stop because of a pandemic. It's a focus that we have had and will continue. This is evident with the "Grow in Sahuarita" program that offers help to businesses at every stage of development. Sahuarita is dedicated to helping its entrepreneurs succeed by connecting them with educational resources and opportunities. For more information on these programs and to see what's coming, please visit sahuaritanow.com.

When I look at where we are now and where we want to be in five or ten years, I know that I must also give credit where it's due to our police department. Sahuarita Police Department is actively involved in true community policing. They are visible, and not only when we need them as first responders in an emergency. We have our officers to thank for helping to keep Sahuarita a great place to establish and grow roots. Our officers' attention to public safety supports a framework of community spirit and camaraderie that is the envy of other towns, and this is particularly evident if you attend our town-sponsored events where everyone comes together to celebrate

Sahuarita. This year, our signature event, Spring Fiesta, promises to be better than ever on March 26 at Anamax Park. I hope to see all of you there!

And also speaking of what

supports a vibrant community and quality of life: Our public works department deserves recognition not only for staying on top of road maintenance projects with our pavement preservation program, but also for an outstanding response to the recent monsoon storms that took out over half of the traffic signal infrastructure on Duval Mine Road and La Canada. Over the course of several days, our staff worked in tandem with TEP and our police department with very little rest to restore services as soon as possible. Also, in regard to roads, one thing coming that I'm very excited about is the Quail Crossing Extension. We expect to see that project complete and functioning within the next two years. Looking out further, we have long known that our destiny is to the East as indicated in our Sahuarita East Conceptual Area Plan (SECAP). One of the foundational goals of

this growth plan involves ensuring that Sahuarita controls its own water supply, and we will be working diligently to acquire a water utility.

As you can see, there is so much that we have to be proud of and there are so many exciting things happening for Sahuarita. I invite you to connect with us on social media (Facebook, Twitter, Instagram) and our website, where you can always find up-to-date information about what's happening in your town and what we have planned. May God continue to bless us all, and I wish each and every one of our residents a wonderful 2022!



Opened Summer 2021



Opened Spring 2021



Community Food Bank Construction



Mayor Murphy and Victor Gonzalez - Economic Development Director



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Winterfest



Opened Fall 2020



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New Year’s Resolutions of All Ages

Written by Ramona Scheopner

The idea of starting the new year off right with resolutions and ideas that are going to make our life easier, better and healthier are nothing new. Literally, the idea of a “New Year’s resolution” is as old as the Babylonians dating back to 2000 B.C. The ancient Romans continued the tradition of resolutions but shifted the calendar in 46 B.C., which made January first the start of the new year. Granted, the idea of a resolution has changed from returning borrowed farm equipment, pledging your allegiance as a knight to your King, to paying your debts; the idea of being able to start fresh and anew is appealing to both the young and the old. I decided to tour around our communities in search of “New Year Resolutions” of all ages and here is what I found...

New Year’s Resolutions can start at early ages. When asked about resolutions Camryn and Blayke McDuffy didn’t need any time before they already knew what their answers were. Camryn, age 5, responded “I want to be joyful, hopeful and kind.” Camryn’s older sister Blayke, age 7, shared her hopes saying, “I want to be content with what I have.” For such young people they are both resolutions we can all strive for.

The Bicket family shared their hopes for the new year as well. Hope, age 7, said, “I want to help people throughout the year even when I’m at school at Anza and things like food drives.” Her brother Tiras, age 10 shared that he has the desire to serve others and hopes that

there are more sports related events, like Common Ground’s Basketball Camp, where he can volunteer and serve. Their older brother Javen, age 12, said his resolution, “Is to keep growing in my filming skills and hobbies that I have.” The Bicket Family is well on their way to a positive new year! Another woman in the community, Joy Hopper, shared, “I’d like to read the Bible in one year, front to back.”

Our most mature couple from Green Valley, Tom and Rita Bisanz have been married for 56 years and also shared their resolutions for the new year. Tom would like to walk more and ride his three wheel tricycle to help improve his health. Rita shared that this year is more reflective for her. She recalled a memory when her and her father went fishing on a small lake in Wisconsin and the advice that he gave her that day. “He said that no matter how dark and gloomy the clouds may seem, look beyond the clouds to the light and there you will find the silver lining. I want to live my life like him and look for the good in all people and in life and in the little



Tom and Rita Bisanz



Blayke and Camryn McDuffy

who you are, try something different this year. You can still feel like you’re participating but without all the titles of the “New Year’s Resolution” stuff. This year I am going to look back on the past year and any regrets I might have and I’m going to list those regrets on a piece of paper. To help me focus on the future, I’m going to think of how I could change those regrets so that the new year is, and hopefully feels, positively different. After that, toss it in the trash or chiminea and move on in a positive direction to 2022! Happy New Year!



Joy Hopper

things. I want to treat each day as a new gift and be thankful for what each day brings and the beauty in it all.”

If you are one like I am and simply decided to give up on New Year’s Resolutions because you could never keep them anyway after January, I have some helpful tips that might make you more successful this year. Avoid using negative words like “quitting”, “stopping”, or “never”. Keep it simple with only one or two goals.

Pick a goal that will truly benefit you and make you feel better. Choose a goal that you can measure and keep track of like “I am going to volunteer at the food bank once a month for 3 hours”. Remember to choose a goal that is realistic and create an incentive for yourself when you achieve that goal to help you get there. Lastly, if you slip up, because you might, don’t get down on yourself, Just try it again!

For those of you like me, and I know



Bicket family. Javen, Tiras, and Hope Bicket

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“Planned Giving” is a contribution that is arranged in the present – to be allocated at a future date.

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- 2) Do your estate plans incorporate charitable giving?
- 3) How does one objectively evaluate a charity?



The GVR Foundation is holding a FREE Planned Giving workshop on Wednesday, February 9 at 10AM in the Juniper Room at Las Campanas Rec Center.

To register, visit our website and click on the “register” button.



www.gvrecfoundation.org

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Native Gardens in Green Valley Features Goods Found Nowhere Else

Written by Bob Boysen

There are few stores or markets in America, where, when one opens the door, the reaction is jaw-dropping awe of the beauty of the treasures inside. Native Gardens in Green Valley, Arizona is one of those special emporiums. The store is located just north of Esperanza Boulevard on the east side of La Cañada. Harry March and his general manager daughter, Stephanie Peterson, purchase world-wide artisanal artifacts from 150 vendors, including more than 60 from Mexico, for sale in the store. Shipments arrive regularly.

The main part of the building features approximately 4,000 square feet of incredible goods and a museum style area with most interesting displays. Another 4,000 square feet or so, is devoted to a full-line plant nursery.

Harry and Stephanie are extremely proud of the fact that they have found treasures for the public which cannot be found elsewhere in this entire region. They personally visit a number of creative artisans to choose the right products for their store. Example, there is a huge arts marketplace just outside of Guadalajara, Jalisco, Mexico in the area called Tonalá, where 10,000 booths await buyers from around the world. Harry says it's set up and torn down again every Thursday, an incredible task. The March's have personally visited other artisans throughout Mexico and other countries as well.

On this page you will find a picture of the master crafters in Mexico, who create beautiful

ful furniture pieces (tables, benches and others) from railroad ties and spikes! In the store, one will find real butterfly wing jewelry from a specialty farm in South America. There is a locale in South Africa where artisans produce unique colorful baskets from used telephone wire. It is one incredible adventure after another when browsing inside

Native Gardens.

Ask Harry about the logistics of it all, such as the matter of converting from Mexican pesos to dollars from the more than 60 vendors from that country and each item purchased has to be itemized unit by unit for U.S. Customs. He said he is most proud of his daughter for her ability to keep track of everything.

Native Gardens purchases goods from 18 countries including Fair Trade Zones in Africa, Indonesia, Central America and the Caribbean.

The plant center receives two or three truckloads of live fauna and flora per week which sells out virtually right after the shipment arrives. Other over-sized trucks with goods from all over Latin America arrive at least three times yearly, but as the March's will tell customers, if one wants something from the current shipment, they need to move quickly because so many of the precious items sell out fast. Native Gardens is truly a wonderful one-story mall, featuring plants, books, jewelry, clothing and furniture. Address is 20 North La Cañada Dr, Green Valley. Phone 520-780-3396.



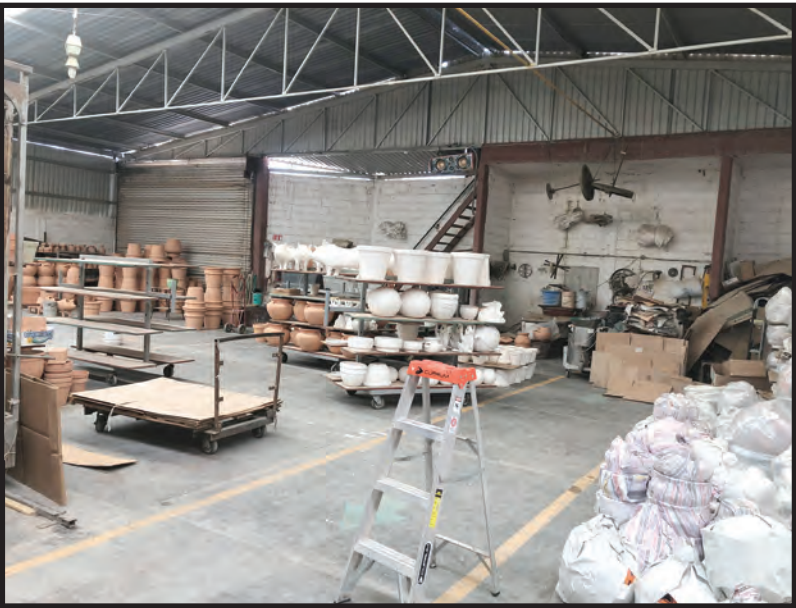
Glass blowing factory in Guadalajara, Jalisco, Mexico



Harry shopping at Tiendas Market in Mexico



Tonalá pine needle weaver Narciso Piña



Talavera factory in Dolores, Guanajuato, Mexico



Railroad Tie factory in Mexico. Pictured: Stephanie Peterson, Ruby the coordinator and the furniture artist



Harry at Tiendas Market in Mexico

Native Gardens Nursery Gallery

Shop the World



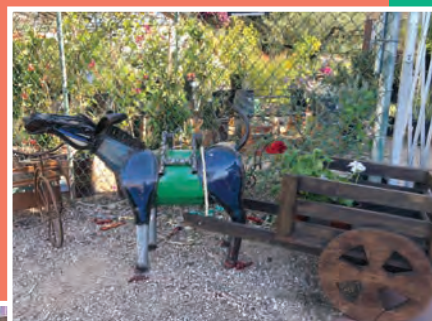
Gallery:

Folk art from Africa
Navajo Pottery
Cherokee Prints
Baskets from Africa, Pakistan, Mexico
and Indonesia
Haitian Metal Art
Handmade Soap
Nicaraguan Pottery
Zulu Baskets
Mata Ortiz Pottery
Zapotec - Rugs, Runners, Pillows,
Placemats & Coasters
Handmade Clothing
Locally Made Jewelry
Art Items
Handmade Cards
Seeds
Jellies
Gifts
Nepal Shawls
Beaded Purses
Guatemala Jewelry, Blouses
& Accessories
Outdoor Paintings
Carved Wood Benches
Mexican Equival Furniture
Glassware
Tile Tables
Paper Flowers
Tile Mirrors
Wall Art
Jewelry: Zuni Inlay, Butterfly
Wing, Turquoise, Native
Railroad Tie Benches & Tables



Nursery:

Shrubs
Trees
Annuals
Natives
Herbs
Vegetables
Cactus
Agaves
Succulents
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Where to Spend the Summer? How About a College Campus!

Written and Photos by Barbara Averill

Green Valley was well represented at the University of Minnesota – Duluth last summer, but not by typical college students. UMD hosts a “Summer Senior” program that offers relatively inexpensive rental of student apartments and a variety of activities. My husband, Linn, and I attended for five weeks and along the way met fellow Green Valley residents who chose to spend part of the summer 1,800 miles north.

More than 200 seniors, most from Arizona, Texas, Florida and other hot-summer locales, were on hand for the 2021 program. Many have come year after year, only missing 2020, which was canceled due to Covid. The program began 46 years ago and is one of the campuses around the country that host seniors each summer. Near UMD sits the College of St. Scholastica where seniors can find summer housing among the ornate Tudor architecture. In southern Minnesota, Winona State University rents apartments through their “Snowbird University” program. Utah State University in Logan promotes their program to the 55+ crowd as a “feast of lifelong learning opportunities”. An internet search identifies about a dozen other campuses across the country with summer senior housing.

At UMD, seniors can choose 5-8- or 10-week stays. The rent includes activities, classes and use of campus amenities. Yoga, bingo, computer classes and crafts were popular. Program participants may advertise their interests in a weekly

newsletter to invite others to play poker, work puzzles, hike or golf. The biggest draw for most, however, is a chance to spend the summer on the shores of Lake Superior.

Duluth and Superior, Wis., share a busy port where ships load western coal, iron ore from local mines, grain from Midwest farms and a host of other commodities. Ships from around the globe bring in their cargo to North America’s most inland seaport. We saw a ship from Amsterdam unloading parts for large wind turbines. Tourism, too, is a large part of the area’s economy so

first Summer Senior experience. She said she was surprised to see a familiar Sheriff’s Auxiliary sticker

hike in Madera Canyon. He said he enjoyed the abundant state parks in the Duluth area and the Wolf Center in Ely as destinations during his stay. His advice to those who were spending their first summer in Duluth: “watch for deer.” It’s common to see deer on the campus and on any street throughout the city. Those who venture outside of Duluth often have wildlife encounters. Ed and Regis Stauffer, who also spent 10 weeks at UMD, said they encountered a wolf and bear while driving near Duluth.



The Duluth-Superior harbor allows access to large ships that pass underneath a historic lift bridge. (Photo by Erin Averill)



Some of the Green Valley people registered for the UMD Summer Senior program gathered for a social event. L-R, Gail Karger, Beth Munson, Gary Karger, Darcy Weberg, Linn Averill, Regis Stauffer, Ed Stauffer, Bob Baatz, Susan Kachel.

there is always a festival, concert, or special activity going on in Duluth’s large lakefront event center. Tour boats give visitors a chance to see the port activity and city from the water.

For Linn and me, Duluth was familiar. We participated in the Summer Senior program six years ago and were ready to go back. Before moving to Arizona, we had lived in western Wisconsin, near Minnesota’s Twin Cities, and had often traveled along both the north and south shores of Lake Superior.

Green Valley resident Beth Munson was in Duluth for her

on a parked car when she arrived at UMD. Upon learning that many other Green Valley residents also had chosen the campus for a summer get-away, she planned a potluck. Veterans among the 16 who attended offered advice for first-timers and shared ideas for daytrips, recommendations for meals in the campus dining center and tips for finding free live music. It was interesting to note that none from Green Valley had previously become acquainted.

Bob Baatz spent 10 weeks at UMD, enjoying not only the campus but his favorite local hiking trails. Duluth is surrounded by outdoor adventure possibilities. For Baatz, it was familiar territory. He had spent 30 years working in social services in Duluth before retiring to Arizona, drawn to Green Valley after a

The Stauffer’s both taught at UMD before retiring to Green Valley. They especially enjoyed Duluth’s golf courses. First-timers Gail and Gary Karger also knew a bit about the area having both attended the University. They were drawn to



The College of St. Scholastica, near the UMD campus, also offers summer rental of student housing.



Linn and Barbara Averill after a cruise around the Duluth-Superior harbor via the Vista Star tour boat. Duluth’s tourist attractions center on the harbor and include shops, restaurants, an aquarium, event center and scenic pathways.



Oakland Apartments, where many Summer Senior participants stayed.

come back because of the great hiking opportunities. They previously spent part of summers in Logan, Utah, and were interested to compare the campuses. They participated in several campus-hosted events

“I believe you’re as **young** as your teeth are **healthy!**”

–Dr. Dawnie Kildoo



Dawnie L. Kildoo, DDS, MAGD

General Dentist, Owner, and Local Resident
Daughter of Navy Master Chief Donald Kildoo



Known for her caring touch, Dr. Dawnie Kildoo has over **35 years of experience** and strongly believes in helping her patients achieve and maintain healthy teeth for life. The reason? With good oral health, studies indicate a 10-15% increase in life expectancy—the proverbial “**Fountain of Youth**.”

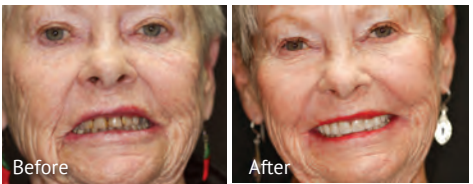
Studies have also shown a direct correlation between poor oral health and the development of cardiovascular disease, stroke, diabetes, arthritis, and even dementia. Dr. Kildoo and her team practice **Complete Dentistry**, helping treat and educate patients whose oral health is at risk.

A graduate of the Georgetown University School of Dentistry, Dr. Kildoo has been **awarded the prestigious Master of the Academy of General Dentistry (MAGD)** designation, which is given to only one percent of the AGD’s 35,000+ dentists.

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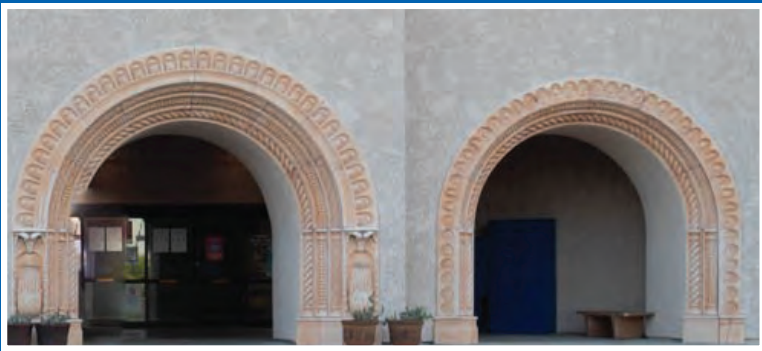


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AMENDED AND RESTATED BYLAWS ARE ON THE BALLOT

GVR’s current Bylaws are nearly 50 years old and this year members are asked to approve the first comprehensive remodel the document has undergone. Like a remodeled 50 year-old home, the content remains largely the same in the proposed version, but the functionality and presentation have been substantially improved.

GVR’s Bylaws should provide efficient, effective guidance to members and Directors. In their current state, they fail. Over time, numerous changes and additions have been made in a patchwork way, with little consideration for the context of the whole document, often without consulting legal counsel. Terminology varies from one article to the next, and subjects are scattered under multiple headings. The overall organization of the information has degraded. Further, in several areas, the Bylaws are not in concordance with the Arizona Revised Statutes governing corporations and associations. These concerns have all been addressed in the proposed document.

THE REVISIONS, DRAFTED BY GVR’S ATTORNEYS

- A. Improved organization. The majority of the revisions organize the material, eliminate duplications, and consolidate related topics under common headings to create a logical structure that any reader can readily navigate.
- B. Increased clarity. Ambiguities are resolved and terminology is consistent throughout.

These Amended and Restated Bylaws provide a framework for future changes can be structured. Completing this process will reduce the cost and time required to keep the document current and reduce recurring attorney fees associated with updates.

GVR members can learn more about the process on the Elections page at GVREC.org.

CURRENT 2022 GVR BOARD OF DIRECTORS CANDIDATES



Nancy Austin



Laurel Dean



Steve Gilbert



Mark McIntosh



Richard (Dick) Sutherland



Mike Zelanak

The following compiled responses appear unedited from the applications submitted by the candidates. Dean, Gilbert, and Zelanak submitted hand-written applications that were transcribed by staff. “Housekeeping” questions about availability and technology proficiency are not included.

What best describes your motivation for joining our Board of Directors?

Austin	I want to participate in GVR decision making to ensure efficient management.
Dean	I want to do my part to keep GVR a great value for active seniors.
Gilbert	I strongly believe in the current and past Mission and Vision Statements of Green Valley Recreation. I want to be a part of the team that ensures that future GVR policy dovetails with these statements. I love living in Green Valley and don’t want to move. As long as the GVR Board makes the best decisions for its members, it will continue to flourish. I want to make sure those best decisions are made in the next three years.
McIntosh	I currently am a board Director and believe there is more unfinished business that I would like to see through.
Sutherland	To continue the outstanding level of activities and facilities available, to ensure fiscal responsibility, and to end the clicking nature of some bears members. I will be truly independent.
Zelanak	I wish to maintain board continuity

Please list any other boards, committees, task forces or volunteer activities in which you have participated in the last ten years.

Austin	I have served on the Board of Directors for Santa Rita Church of the Nazarene for 6 years. I’ve served as Secretary/Treasurer for the church for 5 years, I’ve organized GVR Tennis Club leagues for the past 3 years and Co-Captained a USTA team I served on the Board of Directors and held the position of Secretary/Treasurer of the Robert G Austin Co Ltd (a prominent construction firm in Central Oregon)
Dean	Christian Motorcyclists Assoc. (2000-Present), American Legion (2019-Present), Animal League (2021)
Gilbert	I was on The Springs HOA board for 4 years as a chair of the Architectural Review Committee. I was a member of the Pickleball Center Planning committee. I have been a member of the GVR Fiscal Affairs Committee for the last 2 years.
McIntosh	I am currently the committee chair of N&E. I was on the pickleball board.
Sutherland	Assistant treasurer of the GVR wood shop on a part time basis.
Zelanak	GVR BOD, P&E Committee, N&E Committee, Board Affairs Committee, Bylaws subcommittee Aquatics Subcommittee

Briefly explain how your education and professional experience is beneficial to you as a Director.

Austin	I am a very goal-oriented person. I consider all options before deciding on a course of action.
Dean	I have a Ph.D. in Educational Leadership. I have earned Bachelors in Family Life. I have achieved a goal.
Gilbert	I was a successful manager for 13 years, rising to the position of General Manager of California. I worked in health care, participated in transactional accounting and tax practice, and interpretation of financial statements, forensic accounting and a variety of other areas.
McIntosh	As I said, I am currently a board member. I worked for the City of Bloomington, Indiana, as President for 6 years. I worked in financial services.
Sutherland	I was financial executive of a large company and served as treasurer of a large company.
Zelanak	Served as Secretary Treasurer of the Church of Christ, IA, Church Board Gospel Light.

Describe your use of GVR facilities and how you have used your GVR involvement on the Board of Directors.

Austin	I use GVR facilities daily; in the morning I go to the water aerobics, gym, exercise class.
Dean	I use GVR facilities frequently. I keep all GVR assets in good condition.
Gilbert	I use Pickleball facilities frequently. I plan the planning of the KJB Pickleball Center. I have been involved in most of the centers and a variety of other areas.
McIntosh	I was a pickleball board member. I worked in the weight room.
Sutherland	I play tennis twice a week, in the summer, and thoroughly enjoy it.
Zelanak	I have served on GVRs Board of Directors as Vice President & President.

How would you change GVR over the next five years?

Austin	I’d be open to suggestions and would like to see the latest and greatest.
Dean	I’d like to see the latest and greatest become a gathering place for members will enjoy.

ORNEY, WERE MADE WITH FOUR GOALS:

- C. Addressing omissions. New passages that have been missing are included.
- D. Legal conformance: Bringing the Bylaws into concordance with the current Arizona Revised Statutes.

duce a sound governing foundation upon which eting this deferred maintenance now will reduce cument up-to-date in the future. It will further d with interpreting ambiguous passages.

out these revisions by visiting the 2022

nd/or previous life experiences will be

person. I am a good listener and like to weigh g on a course of action.

nal Admin, a Masters in Nutrition Science, and a taught at UC Davis. I work well with others to

er for a national medical equipment company level of regional manager for southern healthcare related mergers and acquisitions and ns valued in excess of \$50M. I had my own ce and am very familiar with the preparation ncial statements and have done extensive m familiar with an understand GAAP.

board director now and a committee chair.

omington as a crew leader and was union Vice ent to Illinois State University.

f a large international construction company f my previous neighborhood association.

urer Local 405 Mason City, IA City Counsel Floyd ighthouse Church

d participation in GVR activities in the vvement has prepared you to serve on

ncluding swimming pools, pickleball, tennis, cise classes

ntly at the Springs, DH, East, West, LC. I want to at shape at a reasonable cost.

requently and participated extensively in the ball Center two years ago. I attend meetings in ssist my spouse in swimming pool related habled my understanding of how things d gives me insight on how to get things done.

ember. I play pickleball, swim and use the

, am a member of the wood shop, use the pools oughly enjoy what GVR has to offer.

D for 2 ½ years holding Board officer positions lent.

next 5 years?

s, but it's too early for me to speculate now.

quisition, the old Canoa Hills clubhouse,

, maybe a coffee house, that a lot of GVR

Gilbert	We need to keep moving forward. Investment decisions must always be made with the GVR Mission Statement in mind. The provision of excellent recreational and social opportunities for GVR members is the driving force for all future decisions. A lot of change is not necessary if we keep that in mind.
McIntosh	Changing GVR depends on how the board, committee, the members and the CEO work together. I would like to see the clubs that truly need space get the space they need. It's a fine line because so many clubs need space. I would try to figure out how to make the members understand how hard it is and what is it involved. Most importantly it is vital that directors follow the Code of Conduct, CPM and the Bylaws.
Sutherland	More cooperative board interactions.
Zelenak	I have a progressive vision for GVR. I would like to see GVR keep up with recreational trends.

How would you prioritize and finance the proposed projects being discussed by Planning & Evaluation Committee (P&E)?

Austin	Too soon to say what my priorities would be. I am not interested in borrowing money. In my opinion GVR has an adequate income flow.
Dean	I need to see more data on usage and likely usage before making any commitment as to priorities. GVR's income is enough, in my opinion, to meet reasonable construction and maintenance needs.
Gilbert	The priority for projects should be made based on the number of members that would potentially benefit from the investment along with the amount of time the club/groups has been waiting and what viable alternative are available during the wait time. Right now, the Glass Arts and Ceramics clubs should have the greatest priority followed by the Desert Hills Fitness Room. The Lapidary Club, which is actually made up of several more specific arts, would be next since they declined to be part of the Canoa Hills project. We should be able to finance these projects with existing and future funding and in some cases, club members should do some serious fundraising such as was done by the members of the Pickleball Club.
McIntosh	The most important at this time is finishing the East pool. Figuring out exactly what to do with the Canoa clubhouse and what club should be in it.
Sutherland	Continued upkeep is most important. New projects should be based if need of a majority of members.
Zelenak	GVR needs to weigh the member needs with what GVR can afford to do with these proposals. The question is what benefits the most members. We can have conversations on a variety of possibilities. In the end financing capital expenditures hinges mainly on home sales and varity of non dues revenue sources.

What other projects besides current P&E projects would you propose and how would you prioritize those projects?

Austin	Again, I'm open to suggestions, but for now, my one pet peeve is the lack of an on-site restroom facilities at Desert Hills tennis court.
Dean	See above.
Gilbert	I don't really see any large or new projects beyond those currently being considered. There will be some future improvements or enhancements of current facilities, but the boundaries of GVR are almost built out and demand for more space should be limited going forward. GVR has 13 beautiful pools (when East Center replacement is completed), a first-class tennis facility, a brand new pickleball center, numerous other sport courts, superior dedicated arts spaces and sufficient meeting space for many other clubs such as card games, chess, etc.
McIntosh	Finishing a new weight room. Using the current shuffleboard at west center and the tennis courts at East. Both are underused and could be used for something else.
Sutherland	None come to mind. Perhaps a more efficient use of all of the vehicles that I see.
Zelenak	There are items we could look into add to GVR's services like mini golf. Something like that would serve a broader section of the membership.

VOTING BEGINS FRIDAY, FEBRUARY 18
AND ENDS THURSDAY, MARCH 24
See gvrec.org for more information.



Dorm Vacation
continued from page 20

including a guided tour of the university farm.

Most of the Green Valley attendees listed getting a break from summer heat as one reason to choose the Summer Senior program. Others had connections to Duluth or family in the area. Darcy Weberg had only lived in Green Valley a few months before she decided to give UMD a try. A retiree from the University of Texas in Austin, Weberg said she doesn't mind the "dry heat" of Arizona compared to sticky Texas, but she grew up near UMD and wanted to return to experience the program.

One day in the residence hall laundry room I ran into Dale Brokaw, another Green Valley resident. He and his wife, Christy, knew about Duluth as Dale had gone to UMD for his graduate degree. Visiting state parks and trails were high on Brokaw's list.

Duluth is known as "The Air-Conditioned City" but when we arrived, the thermometer hit the mid-90s and



The student apartment bedrooms each have two beds, a dresser, a desk and shared closet.

through wooded areas, to creeks and waterfalls, and offer beautiful places to picnic. All over Duluth are parks that offer views of the Great Lake, including one that is covered with blooming rosebushes. Enger Park has a five-story observation tower that gives nearly a bird's-eye view of the area. Canal Park is located at the famous Aerial Lift Bridge that raises to allow the large ships into the harbor. Canal Park is a center for restaurants, specialty shops and the entrance to the recently refurbished Lakewalk,

a promenade that follows the shore. Historic Fitger's Brewery is a landmark now housing restaurants and a display paying homage to hometown celebrity Bob Dylan. Museums, a freshwater aquarium, historic home tours and a scenic railway also

attract Duluth's tourists.

Summer Senior attendees took advantage of Duluth's proximity to other North Shore attractions, such as popular Gooseberry Falls (40 miles from Duluth) and the Split Rock Lighthouse historic site (another five miles up the shore). An abundance of state parks and trails draw nature lovers while pie-lovers find roadside restaurants that compete to make the best pies in the state.

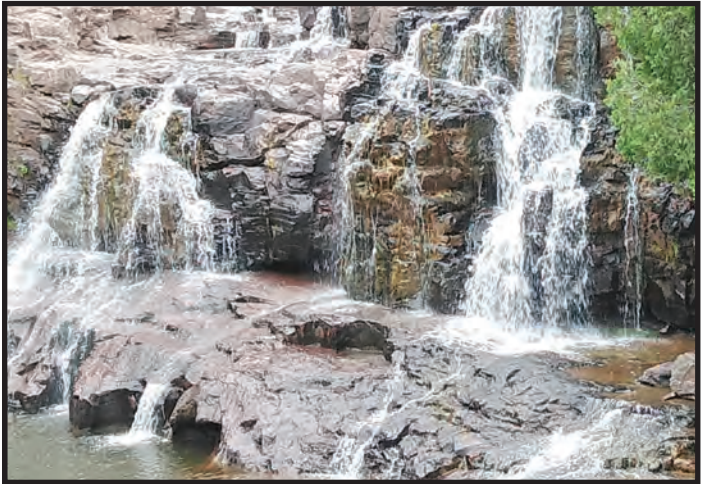
Spotless apartments. Remember, these units have been well lived in by four students and your apartment will be as clean as they left it at the end of their academic year. Each building has vacuums and mops to borrow. We brought our own. You are asked to clean your apartment at the end of your stay.

Hotel-type furniture. Remember dorm beds? And living room furniture is basic but very sturdy. In fact, most was built by Minnesota prisoners and designed to take abuse. Bring an extra pillow or two.

Handicapped parking availability. There are spots in each lot but being a college campus, it is limited



Heaney Hall, where the Averills lodged for their five-week stay in Duluth.



Gooseberry Falls is reached by a short, scenic drive along Lake Superior. It's one of the lake's most famous north shore attractions.

it was quite humid. The apartments don't have air conditioning and we found our third-floor unit surprisingly did not catch a breeze. That put an extra challenge on us as we moved in. And it truly is like moving: We had our car packed with everything from towels to toaster and cookware to coffee pot. Along the way we borrowed a TV, blankets, a stick vacuum, mop and a fan from our daughters who live in the Twin Cities area. On move-in day helpful students brought rolling carts (we filled two!) to help us settle in.

The UMD student apartments are adjacent to several trails that wind



Chester Park, within walking distance from the UMD campus, has trails to a waterfall.

Our time in Duluth was busy and included hosting family members who came to stay in the "guest room." The apartments have two bedrooms, each with two twin beds. A friend of Linn's brought his ATV and the two men explored 65 miles of off-road trails for a day. Linn enjoyed daily workouts at the campus fitness center. We explored Lake Superior's south shore on the Wisconsin side and visited several state parks. We took a "vacation" from Duluth to spend two nights with friends at their Wisconsin lake cabin. For us, UMD offered the perfect launch point for summer adventures far from the desert.

What not to expect

Air conditioning. It does get warm in Duluth. After a few days in the 90s with high humidity and sleepless sweltering nights we escaped to a hotel for a night of respite. Window fans are essential items to pack. Bring more than one!

for a building full of seniors.

Elevators. One building has an elevator, others have stairs to upper levels. On the plus side, student helpers will be on hand to move your big items in and help you move out at the end of your stay.

Everything will be open. Last year, the campus pool and art museum were closed for renovations. Improvements are made during the summer to prepare for each academic year.

How to Join the UMD Summer Seniors

Registration is open now!! There are openings available but as of now they have not set move-in dates. The program offers 5- 8- or 10-week sessions. Rental rates start at about \$1,600 for the 5-week program but may vary by year. Contact the UMD Summer Housing Office at umdsumsr@d.umn.edu or call 218-726-7790.

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Shepherd’s Fold Preschool and Daycare; A Step Above the Rest

Written by Ramona Scheopner

In 2002, Green Valley Baptist Church found the need for a Christian preschool in the area and Shepherd’s Fold Preschool was founded. The local preschool has seventeen teachers, who are all trained or are working towards their education certification, who serve the school and its students year round. The school provides education for all types of children and learners.

The classes are split into age years 1, 2, 3, 4, and 5. Shepherd’s Fold maintains its high standards of education and childcare by keeping the student to teacher ratio low. The school provides an abundant variation in their schedule such as teaching the children Spanish vocabulary at a young age. The preschool also teaches the art of yoga. Twice a month a retired teacher from the School of the Deaf and Blind in Tucson comes and teaches the children sign language.

The school offers a large playground that is split by a divider from younger to older children. It also provides an indoor gym for the students. Unfortunately, the gym was damaged when Green Valley saw the large storm four months ago. Improvements are being made and the gym is sporting a new floor as soon as the work is finished.

Separate from the other classrooms is a library for the children to enjoy. The school created the “Grandma’s and Grandpa’s Reading Program”. Due to Covid, they have had to postpone the program. Most volunteers are members of the church and have been fingerprint cleared and are always with other adults and students. The program is a huge success and Ms. Rodrigues is hoping to restart the program as soon as the pandemic calms down and there’s a sense of normalcy again.

The entire staff at Shepherd’s Fold hosts the “Christmas Pageant”. This event is their biggest event of the year. The stage in the church has a beautiful backdrop. The children

have practiced and were fitted for their costumes. Before the big night, they have a dress rehearsal where final preparations are made. Adjustments to the costumes happen and final touches are put on for the performance explaining the birth of Jesus in Bethlehem. Once a year the school offers a fundraiser based on the art of its students. The children all create art masterpieces on a 5”x7” canvas. Each piece is different from the next and all pieces are displayed on



the walls of the classrooms for the students to be proud. The artwork is sold in spring, just in time for Mother’s Day. The little students feel the delight in a piece of sold artwork and the buyers get to enjoy a young masterpiece. With the pandemic lasting as long as it has, the school has definitely had to adapt. Director, Isis Rodrigues says, “ Even before the pandemic, cleanliness was important with smaller children. It is something we have always done and continue to do to keep the children and

families safe.” She explained that parents used to be able to come to the classrooms to pick up their children and now they have a “check in center” when you enter the building so that there are minimal people entering the building into the classrooms. Having the school affiliated with Green Valley Baptist Church certainly has its perks. Members of the congregation go above and



beyond to provide for its younger generation. The volunteers and generous donations of Green Valley Baptist Church have significantly helped to make this school what it has become. When walking the hallway there is an enormous Christmas village display with a beautifully painted backdrop that was provided by generous members of the church. The professional fence that surrounds the playground to keep the children safe was donated by one generous member. Ms. Rodrigues emphasized that a walkway was needed to the front entrance of the school because the stairs that led to it were a hindrance to some parents and grandparents. She presented the problem to the church and a member that worked in the concrete business offered his services and volunteered to take a weekend and pour a beautiful concrete walkway to the front entrance to make it easier for grandparents





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Valley Assistance Services Fills Empty Bowls All Year Long

Written by Chris Erickson, BA, RN; Executive Director; Valley Assistance Services

The Empty Bowls that are distributed at Valley Assistance Services’ annual fundraiser are beautiful works of art, but their emptiness represents a more-difficult truth, that many people struggle to fill their bowls all year long. Sometimes this emptiness is literal, people do not have food to fill their bowls, but sometimes it represents other needs as well, including a lack of transportation, financial difficulties, isolation and loneliness, and health changes. Please join VAS on Saturday, February 19th, 2022, at the 16th annual Empty Bowls Event, as we fundraise to fill the bowls of persons in our community all year long.

Since the beginning of the COVID-19 Pandemic, there has been a dramatic increase in the number of our neighbors who are seeking assistance. The financial assistance program alone has grown over 1,000%. Current trends and predictions do not indicate a reduction in the level of need in our community. Please support VAS in its effort to fill the empty bowls in our local area. Proceeds will support the following programs:

Going Home with Care:

Care transitions from hospital to home in partnership with the local Green Valley/Santa Cruz hospital, a post-hospital discharge program with specific diagnoses to help ensure recovery and discharge follow through; our VAS RN provides home visits to assess each client’s health for care needs, makes sure clients have needed medications and knowledge of medication use, to reduce readmissions.

A Touch That Cares®: RN Medical Advocacy for seniors facing chronic illness including in-home health education and medical support; health advocacy between patients and physicians, pharmacists, and other care providers, and assistance to help clients improve their quality of life through coordination of a personalized care plan, medication education and management, exercise

education and assessments, and family/caregiver education.

SHiM®: (Safety and Health in Motion), a partnership with the Green Valley Fire District is an evidenced-based fall prevention program designed to identify medical fall risks, reduce fear of falling through an in-home assessment of fall risks: home, medication, lifestyle, and health. The program provides in home safety assessments followed by installation of needed safety equipment including night lights, reach sticks and smoke alarms.

Neighbors Helping Neighbors in Green Valley/Sahuarita and Tubac Regional Neighbors Helping Neighbors:

Volunteer Transportation and socialization program. Trained volunteers provide transportation to medical appointments, grocery shopping, and other essential trips, as well as performing errands for homebound, isolated seniors. (in partnership with Pima Council on Aging Neighbors Care Alliance).

MAP (Map a Plan program): Monetary assistance for rent, utilities, to prevent evictions and homelessness, including required attendance in 6 hours of budgeting classes. Savings and benefits information and resources including on-line SNAP (food stamps) application assistance and Arizona Self-Help program are available to all clients.

Workforce Training/ Career Path Building and Computer Lab: including resume writing, mock interviewing, and job search, each individual works with a workforce coach.

Neighbors AIM (Awareness in Memory Loss): ongoing support classes and peer-support groups support loved ones, family, friends, and neighbors of dementia



sufferers, and those with early-stage dementia through creative events, simulation experiences, and education. This program, overseen by RN’s and a counselor, creates a community/neighbors sense of caring for those with memory loss and their loved ones. Dementia and memory loss are challenging illnesses. These affect all of us in some way.

Socialization Programs:

connectwithU: volunteers provide over 1,300 friendly phone calls to senior citizens

SASS (Socialization and Support for Seniors): in person peer-group socialization

Support Groups




The 16th Annual Empty Bowls Event will be held on Saturday, February 19th at Valley Presbyterian Church

If you would like to volunteer, donate to these events, sponsor, or for more information,

please call Valley Assistance Services at 520-625-5966

Tickets will be available at the VAS office and other designated areas. Please watch for further details.



Valley Assistance Services
3950 S. Camino del Heroe
Green Valley, AZ 85614

Shepherd's Fold
continued from pg 26

to come to pick up their grandchildren. Between two classrooms, before the entrance, one donor built a shelving unit with the exact right little cubbies for the students' items to go in. Ms. Rodrigues shared, "Our school is amazing because of the donors that have given of their money, their time, and their talents. We wouldn't be here without them."

When entering the playground, the children came to Ms. Rodrigues and were so happy to see her. It is clear



that she invests in the students' lives, and that she hires the right teachers who are going to care for and love these children while they are away from their parents. Ms. Rodrigues shared that she was a teacher at the preschool for many years and then when the previous director retired, she knew Ms. Rodrigues was the one. At first she didn't know if she wanted the job because

she wasn't sure she could fill such big shoes; however, it is clear that Ms. Rodrigues is loved not only by the students but her staff. Her love for the children goes above and beyond. Ms. Rodrigues said, "Based on my own experiences as a mom, when my two youngest went to Shepherd's Fold, I wanted to give that same safety and peace of mind to other families that have to have their children attend daycare while they are away at work. That is important to me. I wanted the best for them. I want to give that kind of care to other children of other parents who need to leave their little ones with someone."

Shepherd's Fold is an amazing asset



to the community, for the young students and families that it serves, and also for the congregation of Green Valley Baptist Church and its members. Together, a church volunteering to serve its community of young families combined with a director and teachers with a heart for its students and love for families, only helps to grow the community in insurmountable ways.

For more information on Shepherd's Fold Preschool please visit shepherdsfoldaz.com or Green Valley Baptist Church at gvbcaz.com.



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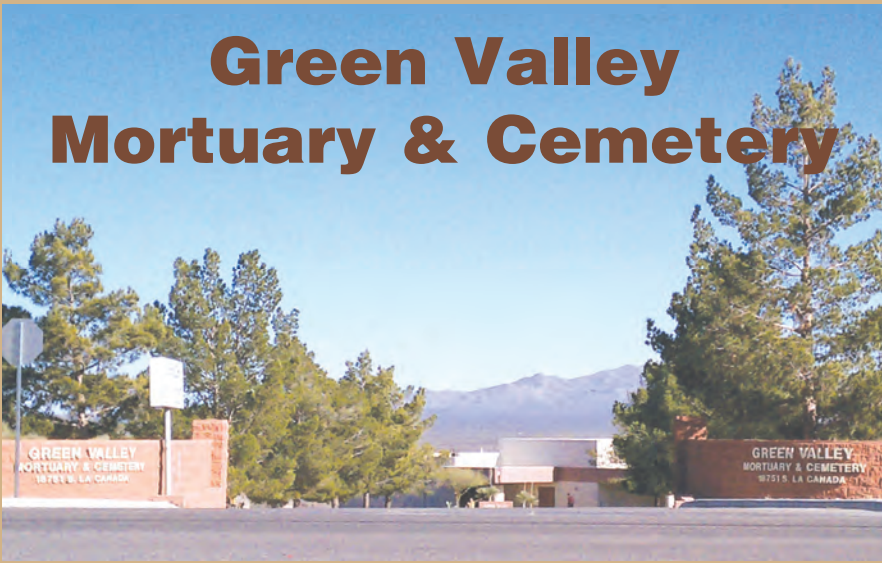
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before 4PM Mass

Arizona Land and Water Trust Works to Save Sopori Creek & Farm

Written by Denise Barnes, Arizona Land and Water Trust

Called Arizona’s first rancher, Eusebio Francisco Kino began his travels throughout the Pimeria Alta (upper land of the Pimas) beginning in 1687, in what is present-day Southern Arizona and Northern Sonora, Mexico. At that time, Sopori Ranch was home to a farming community of Pima Indians who called themselves the “Sobaipuri.” Father Campo, Kino’s successor, was the first to record mention of Sopori as a location when in 1721 he made a journal entry noting that his party stopped for rest at “Xoporica.” In 1771, the King of Spain granted title to Juan Bautista de Anza of 14,000 acres of land called “El Ojo del Agua del Sopori” or “Eye of the Water of Sopori”. Many have understood and appreciated the significant role the ranch property has played as part of the Santa Cruz River Valley.

In 2016, Arizona Land and Water Trust secured funding for the purchase of 2,555 acres of this historically, biologically and culturally important working landscape. The property also includes several miles of the Sopori Creek, a critical tributary of the Santa Cruz River and one of the few riparian-dominated shallow groundwater areas left in this region.

Located south of Green Valley, west of I-19 and northeast of Arivaca, the total ranch originally covered 140,000 acres in both Pima and Santa Cruz counties. Through public bonding, Pima County purchased 4,100 acres of the ranch in 2009 as part of the Sonoran Desert Conservation Plan. The portion on the Sopori Ranch purchased by the Trust lies adjacent to the east of the Pima County portion and expands upon the nearly 25,000 acres (not including over 50,000 acres in grazing leases) of existing protected working landscapes in the Upper Santa Cruz and Southern Altar Valley.

This unique property creates a wildlife corridor extending from the Santa Rita mountains to the east, the Tumacacori Mountains to the south, the Cerro Colorados to the north and the Las Guijas Mountains to the west. It supports wildlife habitat for 33 wildlife species including the endangered Ocelot, Lesser Long-nosed bat and jaguar, and the threatened yellow-billed cuckoo. It is also home to nearly 70 plant species including cottonwoods, willow, ash and hackberry.

WATER

Sopori Creek and Farm has one of only five major shallow groundwater systems that survive in the vicinity of Tucson and is a vital drainage for approximately 30,000 surrounding acres. The creek ultimately drains into the Santa Cruz River on its way to Tucson. The Santa Cruz River is the centerpiece of the Santa Cruz Valley National Heritage Area, which encompasses the watershed of the Santa Cruz River – stretching from Nogales and Patagonia, through Green Valley to Tucson and on to Marana.

CULTURAL RESOURCES

Like other riverine areas in Southern Arizona, the corridor along Sopori Creek has supported human habitation for nearly 12,000 years. The discovery of ancient historical artifacts in this area provide a glimpse of prehistoric land use and settlement patterns in the Upper Santa Cruz River Basin. Maps and narratives from historic times refer to the spot where Sopori Creek meets the Santa Cruz River as part of a southern cross-country route used by 17th and 18th century explorers.

BENEFITS OF PRESERVATION

The Trust and others recognized the loss of Sopori Creek and Farm to intense development would disrupt the natural flow of floodwaters, potentially leading to more catastrophic flooding downstream while lowering water tables for ranchers and farmers and drying up the springs and reliable seasonal flows crucial to indigenous and migrating wildlife. This would result in loss of potential habitat for wildlife and special habitats such as riparian areas, waterways and springs.

For more on this effort and to learn about ways to help, please visit www.sopori.alwt.org



Sopori Creek & Farm - Summer 2021



Sopori Creek Running with Summer Rains - 2021



Horse at Sopori Farm - Photo Credit-Fork Tailed Media Oct. 2020

CREATING APPRENTICESHIP OPPORTUNITIES FOR YOUNG FARMERS

According to Sarah Brown, a first generation farmer based in Tucson, the biggest challenges that farmers like her face are learning technical and on-the-job skills to farm and affordable access to land. Not many farms are large enough to employ people full time or even take a young farmer under their wing to teach them the ropes.

The Trust is hoping to change all that with the Sopori Farm. Through apprenticeship opportunities, young farmers like Sarah will gain priceless access to land that will allow her to produce culturally appropriate foods, while simultaneously preserving natural resources like water and habitat.

This program, funded by the generous support of Trust supporters, helps to eliminate one of the largest barriers to young people wanting to enter the profession. “It’s a hurdle farmers need to be helped over,” said Brown. “To be able to step into a place without the financial burden that’s required to buy land, it just opens the door for so many people who maybe wouldn’t have the opportunity.”



Sarah Brown, First Generation Farmer

Going with the Grain

Written and photos by Guy Atchley

“My father, who was a cabinetmaker, told me, ‘Wood has a grain and if you go into the grain, you have beauty. If you go against it, you have splinters - it breaks.’ And I took that as my view of life. You have to follow the grain - to be sensitive to the direction of life.”

Christian Loubotin

“It’s the best 40 bucks you can spend in Green Valley.” Those are the words of Stewart Tagg, President of the Woodworkers of Green Valley Recreation. He’s talking about the \$40 you’ll spend on a membership for the club, which undoubtedly is one of the busiest in GVR. When you walk in the front door of their workshop at the GVR West Center, you immediately notice the place is buzzing. Dozens of men and women, many of them wearing protective gear, are toiling with lathes, saws, planers, joiners and routers. Some of them are creating their own kind of art. Others are putting their personal touch on tables, chairs and jewelry boxes.

John Cox has become known as the “Wooden Flag Man.” His thing is American flags made of wood. He makes them in all sizes and color variations and themes. To his pleasant surprise, they’ve become quite popular. Cox says he sells quite a few at the Artisans Shows, which are held a couple of times a year at the West Center. The next one is coming up in February.

Gary Riecke’s thing is boxes in all shapes and sizes. He’s meticulous in the construction process, and it shows in the final creation. As he stood beside an impressive jewelry chest he made for his wife, someone joked the problem now is he has to

buy her jewelry to fill it.

And then there’s the man who oversees the whole operation, Stewart Tagg, who can aptly tell you why the woodworkers club is such a good thing for Green Valley. It seems a lot of folks need things repaired, primarily tables and chairs. Several times a week someone will show up with a piece of furniture they really don’t want to give up, but it’s falling apart. Tagg says, fortunately for them, some guys in the club enjoy nothing more than bringing the old pieces of wood back to luster and usefulness. Tagg says, “If you have a wobbly chair, you can’t just put some glue in it, and you’re done. You really have to take it to pieces, repair all the joints, then put it back together and glue it all up again. They’re a bear to fix.”

Perhaps the most frequent request comes from people putting up shelves in their home or garage, and they simply need someone to cut boards for them. Tagg says the woodworkers take care of those people, too. “If somebody doesn’t know what they’re buying or where to go, depending on what they need, we’ll get the wood. If it’s 2x4’s, we can send them to Home Depot. If they want walnut, maple, that kind of thing, then we would probably go to our suppliers and pick it up for them.”

You might be wondering about the cost of the labor. Well, for virtually everyone in the club, working with wood is a joy and a passion, something they do for the love of it. After you get a chair repaired, the club requests a modest donation, which likely will go into their expansion project fund. Yes, they need more room for all the woodworkers. Before Covid-19, the club boasted 600 members. Right now membership is hovering around 460 as some prefer to wait out the pandemic. Virtually all of their Canadian members have yet to return. But Tagg says things are rebuilding at a steady pace, and the woodworkers are back to doing what they do best.



Creations of The Wooden Flag Man, John Cox, Photo by John Cox



The woodworkers' workshop is always a beehive of activity



Woodworker Dan DeLong working on a creation



John Cox loves to make wooden American flags

In Tagg’s words, “We have some artisans who can literally see a beautiful bowl inside of wood. Some of the bowl turners are incredible. It’s on a lathe so the chunk of wood is turning, and you’re holding a tool and chipping away. They can create on-the-fly, and that’s where I’m from. In my working life, somebody would say, ‘I want this to do this — with something in the middle.’ I’m like that now, more on-the-fly.”

Woodworkers of GVR, GVR West Center, 1111 S. GVR Drive in Green Valley. Hours: Monday 8am-2pm, Tuesday-Saturday 8am-4pm. No telephone. Mailing address: Box 27, Green Valley, AZ 85622. Website: woodshop.gvrclubs.org. Email: Use Contact Us Form on website.



Stewart Tagg with one of his wooden creations

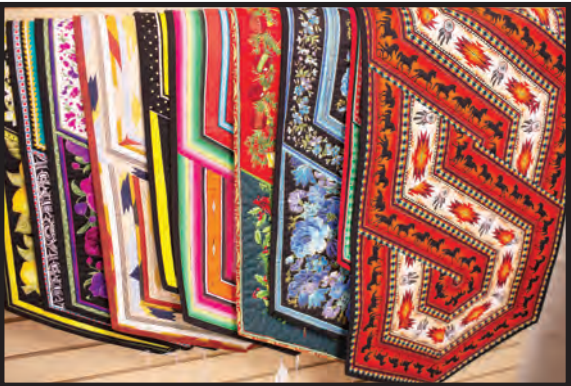
The Courage

Written and photos by Guy Atchley

Every artist was first an amateur”

Ralph Waldo Emerson.

There’s a shop at GVR Westcenter, which proves Green Valley has many talented people. It’s the Artisans’ Shop where everything is handmade. You’ll be greeted by volunteer artisans who can answer any questions you might have. For example, I asked Cindy Zelenak what I might find in the shop. She answered, “We have lots of jewelry, wood bowls, clay art, gourd art, masks with feathers, cards, glass art, purses, bags, aprons, vases, ornaments — just a lot of beautiful stuff really.” Cindy, by the way, has some of her own artwork in the shop.



Colorful table runners in the Artisans' Store at West Center

I asked another volunteer artisan about prices. Julie Jacques explained, “GVR takes only ten percent commission on our work to keep the store running. And because we’re a GVR club, we don’t have the overhead that a gallery would have, so our prices are much lower.” Julie stood by one of her works of art, a rabbit, and told me what goes into it. “He’s ceramic. I build them at home, then I take them to the clay studio where I’m a member, and I get them fired. After that, I glaze them there, and then they’re fired again. Since they’re fired twice, you can put them outside and they’ll survive outside. They’ll go on for years and years and years.”

Yet another volunteer artisan is Barb Nelson. Her specialty is a Japanese bead-braiding tech-



You never know what you might find at the Artisans Store

Someday all three of those locations could be consolidated at the West Center.

In fact, changes could be coming for several GVR clubs that need more space. Those clubs would include the Woodworkers of GVR, Metalworkers Club, GVR Artisans’ Shop, GVR Lapidary and Silversmithing Club, and Glass Arts. The proposal for the West Center Arts Complex now before The GVR board would construct a new building over the current shuffleboard courts and nearby space at West Center. This would allow the consolidation of the three lapidary shops currently at different locations into only one at West Center. Metalworkers would have more space. Their space is currently housed in a commercial container. Currently homeless, Glass Arts would have a studio, and the GVR Artisans’ Shop could potentially see more space to showcase artistic creations. The GVR board could nail down an estimated cost of the project and how to pay for it some time in February or March. After that, the plan would go to GVR members for a vote on whether to proceed.

to Create



Barb Nelson with a necklace she made

nique called kumihimo. She says, “You put it on a disk, and then you have the threads and beads hanging down, and you just keep going back and forth. It’s very relaxing. And you can even do it while you’re watching TV.”

In order for members to have their creations in the shop they have to volunteer one day a month. Julie says, “We have people who check items in before the store opens in the morning, and other members display the items. Still others order supplies. So, like other GVR clubs, the members do the work to keep it rolling.”

At any given time the work of more than 50 artisans will be on display. The shop is closed during June, July and August when many part-time residents of Green Valley go back to their homes in the North. The downtime also gives GVR a chance to do any needed maintenance on the facilities.

GVR Artisans’ Shop, GVR West Center, 1111 GVR Drive in Green Valley. Phone: 520 625 3141. Hours: Monday-Friday 9am-4pm. Saturday 9am-2pm. Annual dues: \$10 plus one-time \$25 application fee. Email: artisansofgvr@gmail.com.

There’s the GVR Artisans’ Shop, and then there’s another group called the GVR Arts and Crafts Association, which will celebrate its 50th Anniversary with a big Arts and Crafts Festival on February 18 and 19, 2022. The festival will be held at West Center in the auditorium and outside around the fountain and courtyard. Hours for the festival will be Friday, February 18 – 9 am to 4 pm and Saturday, February 19 – 9 am to 3 pm. The festival will have more than 100 vendors displaying and selling their hand-crafted items. Each vendor will be donating one of his/her items to be raffled off during the festival. Sweet Pea will be catering breakfast and lunch items each day of the festival. The success of each year’s festival makes it possible for the Arts and Crafts Association to give donations to various non-profit organizations in Green Valley. For further information visit: gvrartsandcrafts.com or email gvrartsandcrafts@gmail.com.

Green Valley Rock Stars

Written and photos by Guy Atchley

Just one door away from the Artisans’ Shop is the GVR Lapidary and Silversmith Club with their own wares for sale. But first, about that word lapidary. Even one of the longtime experts, Bob Wiese, said he once thought it had to do with butterflies. Nope. Lapidary is about the cutting, sawing, shaping, sanding and polishing of stones. Most of the stones used here are known as cabochons, which are nothing more than finished stones that are flat on the bottom. While Bob monitors club members working at various machines, his wife Vicki minds the front store. Vicki took her first silversmith class in 2006 and has never looked back. Today she specializes in wire wrapping, chain-making and soldering as well as some beading. And she loves turquoise.

Both Bob and Vicki teach classes in lapidary, silversmithing and soldering. You can find out more at gvrec.org. It seems quite a few people are intrigued by the idea of making their own jewelry — or selling it to others. Here again, the silversmiths keep 90

shop, I found Dick Barney at work on a bracelet. But it’s Barney himself who’s the real gem. He has that dry



Dick Barney holding what will become a bracelet

wit that makes listening to him expound on lapidary quite enjoyable. In his own words, working with jewelry turns his crank. When he discovered it many years ago, he hit the ground running. “I used to be here 5 days a week, 4 or 5 hours a day, but now I’m here 3 or 4 days a week. I’m pushin’ 87.”

Dick calls the jewelry he makes a “Southwest” design. But he also creates modern pieces as well. He loves that he can come in any time the shops are open and have unlimited access. Not bad for the \$45 yearly membership fee. Some clubs elsewhere charge by the hour.

And, yes, Dick is one of the teachers at the lapidary shop. He says, “Bob and I do a seminar course. It’s fun. We show them tricks we’ve learned in the process of destroying many pieces of jewelry and not paying attention. This is one of those things that if you lose concentration doing it, like soldering, you’re done. You end up with a puddle. It happens when your mind wanders instead of paying attention to what you’re doing. I’ve been burning up silver for 21 years.”

Where does Dick find the materials for his creations? He says, “Most of the stuff I buy. I get my rough turquoise and stones from vendors at the annual gem show in Tucson. I get all my silver findings — the sheet silver

and all — from suppliers. The only things we provide here in the shop are the fundamental findings that are required if they take the basic courses. All the other stuff we don’t provide because it gets pretty pricey.”

Speaking of findings, I found Karen Keller working on a piece of turquoise. She says, “Twenty years ago I had a girlfriend who showed me her opal. That was the start of my love for rocks. I joined a rock club, then moved here and the big

draw for moving to Green Valley was their three lapidary shops. Once you join the club, you can use all three. I took a lot of lessons, I’m making and selling jewelry now. I don’t sell a whole lot because most of the time my relatives want it. So I end up giving it to them.”

There you have it. That’s what I learned from the experts at the GVR Lapidary and Silversmith Club. And I can definitely say — this place rocks.

The Lapidary and Silversmith Club has three locations:

The East Center, 7 Abrego Drive in Green Valley. Phone: 520 399 1989. Hours: Monday-Thursday 9am to 1pm.

The West Center, 1111 S. Via Arco Iris in Green Valley. Hours: Monday-Friday 10am-2pm. Phone: 520 648 1726.

The Desert Hills Center, 2980 S. Camino del Sol in Green Valley. Phone: 520 399 2370. Hours: Monday-Friday 8am-4pm. Saturday 8am-noon.

Email: contactus@gvclub.org. Website: gvclub.org.



Karen Keller working on turquoise jewelry

percent of what they earn with the other 10 percent going to GVR for upkeep and buying new equipment for the workshops. Yes, there are several. Besides the one located in West Center, you also find them at East Center and Desert Hills.

About the lapidary store, Vicki says, “We have earrings, bolas, bracelets, necklaces, pendants with chains, and more.” The price range goes from \$25 to \$1,600. Oftentimes, people come in to ask questions about their own jewelry. How much is it worth? Can it be fixed? Sometimes the volunteers can help. Sometimes they can’t.

When I walked back into the work-



Vicki Wiese with her selfmade turquoise necklace

We talked to Natalie Whitman with GVR and she told us, “Among the staff, board and the P&E committee members, excitement seems to be building around the West Center Arts Complex proposal. It is guarded excitement--it’s too early to know if the plan is feasible or if the membership will support the financing options. I think everyone is being careful to keep that in mind. But considering the number of members who will be able to enjoy the upgraded club studios and the potential synergy between the clubs--it’s a little exhilarating. In the event the architects deliver a truly unpalatable estimate, there is a Plan B to provide the neediest clubs with space. For now, we’re all crossing fingers for manageable cost estimates for the arts complex.”

Mobile Meals of Southern Arizona Cooks Up a New Kitchen Facility

Written by Ramona Scheopner

Beginning its journey in 1968 as Meals on Wheels, the non-profit organization operated on a two-year grant. Once that grant ended the volunteers who saw the benefit and need for Meals on Wheels continued their mission, and Mobile Meals of Southern Arizona was established.

The new name helped to reflect the entire community for which it served in Southern Arizona. They serve communities from Vail to the east, Nogales to the south, Sells to the west, and all of the Tucson metro area. The organization has over 700 clients and has served over 100,000 meals in 2021. Robert Jensen, the CEO, shared that it remains a focus to expand both geographically and demographically to extend their services.

Following Covid, the program was opened to anyone who needed food, not just their regular clients who were unable to drive, shop or cook their own meals. Mobile Meals currently serves people of all income levels and offers reduced-cost meals for people in financial need. Robert explained, “We offer

a sliding scale and no one pays more than \$5.00 a meal. 75% of our clients receive it for free or for \$1.50.” Robert expressed that increased services were needed and the motivation to grow, due to an economic/pandemic environment combined with rising food costs and increasing poverty. Until recently, Mobile Meals of Southern Arizona was partnering with a few different facilities such as Santa Cruz Valley Regional Hospital and La Posada Assisted Living Facility to help prepare and prep some of its meals. Although the partnerships were extremely positive experiences, there was a need for growth with their own kitchen. “Facilities that help us prepare the meals are all capped out and clients are having to be



The new kitchen site at the closed El Indio Restaurant

southern Arizona areas. It is the non-profit’s hope to begin producing its own meals in May.

Mobile Meals is always in need of three things,” Robert shared. The first and most important are the people who need meals and the organization’s help. Secondly, are the volunteers. Currently, they have 300 volunteers who help personally deliver all of the meals. More of those volunteers are always needed, especially as the need for meals in the community increases. Thirdly, is the need for those who donate to the organization whether

put on a waiting list. We need our own kitchen to be able to fulfill our mission,” Robert explained.

With the new facility, Mobile Meals of Southern Arizona will be able to provide as many meals as needed for the community. Many of their clients are on restricted diets due to health conditions. The organization has roughly nine different diets to meet the health needs of their clients. Not only are they providing good tasting quality foods to those in need, but they are also providing healthy food which in turn allows their clients to feel better because they are eating the right kinds of food for their health needs.

Mobile Meals of Arizona is embarking on a Kitchen Campaign raising money to build out their purchased kitchen located at the crossroads of I-19 and I-10. Robert shared that this is the ideal location for their kitchen because it allows them to easily service all of their

it be a grant, a sponsorship, or corporations that help to keep the non-profit organization running. Robert expressed his gratitude when saying, “We are so thankful for all of the support from the communities who step up and help others during these times of growing need. We couldn’t do it without them.”

Mobile Meals of Southern Arizona exists because of its generous donors and all who help the organization to keep striving to meet its mission of delivering nourishing meals and providing comfort so that no matter what challenges a person faces, food is one less worry. If you are looking for a way to help serve your community in this new year, Mobile Meals of Southern Arizona would be an excellent option.

To give, volunteer, or find out about Mobile Meals of Southern Arizona for your own needs please visit their website at www.mobilemealssoaz.org or call (520) 622-1600.



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gardening tips

By Charlene Westgate, Permaculture Landscape Designer

THE GARDEN AFTER DARK

“The natural night sky is our common and universal heritage, yet it’s rapidly becoming unknown to the newest generations.”

International Dark-Sky Association (darksky.org)

A nighttime garden can be magical. The cool of the evening provides a delightful time to relax outdoors with a glass of wine or to entertain friends and family. White blossoms glow on moonlit nights and nocturnal pollinators get to work, adding to the night’s allure. Looking up at the sky on a clear night offers the wonder of billions of stars twinkling overhead or a view of bright plants as they travel the night sky.

For millennia, the natural night sky allowed humans to navigate the globe, walk on the moon, discover the expanding universe, and gain inspiration for poetry, art, religion and philosophy. Now with the advent of artificial light, 80 percent of the world can no longer see the natural sky because of light pollution (darksky.org). This impacts our comfort and privacy, our experience of the universe, the ability of our observatories to conduct astronomical research, and the biorhythms of the plants and animals that share the earth with us.



Today there are millions of children that cannot view the Milky Way because of light pollution. Before and during the 2003 Northeast blackout. Photo by of Todd Carlson on darksky.org.

Yet, landscape lighting can also play an important role in our gardens. It allows us to navigate safely on a dark night, accent focal points in our landscape, or add the ambient glow of a well-lit garden. The challenge is providing

landscape lighting in a way that’s beautiful and that protects our dark skies. This is where the work of the International Dark-Sky Association (IDA) can be valuable.

The IDA, founded in Tucson, Arizona, has been influential in protecting the dark skies around the world. Thanks to their work, most of us in Southern Arizona can still go out at night and view the stars. The IDA’s 5 principles of responsible outdoor lighting are designed to reduce light pollution, save energy and money, and minimize disruption to wildlife.

- 1. **Useful:** All light should have a clear purpose.

Before starting your landscape lighting project, consider carefully if lighting is needed. Safety is an important factor, but also consider the impact of the light on the environment and on wildlife. Sometimes reflective paint or self-luminous strips on steps or curbs, or motion-detecting lighting for security can work as well as permanent lighting.

- 2. **Targeted:** Light should be directed only where needed.

Today, dark sky compliant lighting is shielded and designed to be directed downward, so that the light

shines where needed, not up into the sky. This type of lighting allows us to be more neighborly as well, keeping our light in our yard and not shining in the neighbor’s window. If you have old light fixtures that shine out or up, consider replacing them with the newer, shielded light

fixtures.

In place of the more traditional uplights to accent areas of the landscape, consider downlights or hooded wall wash lights instead. One of my favorite techniques is “moonlighting” where a light



Dark sky compliant light fixtures are hooded, directing light downward where needed rather than out and up into the sky. Graphic from Lamps Plus.

is hung in the branches of a tree directed towards the ground. The effect of the light filtering through the branches of the tree canopy is similar to that of moonlight.

For those illuminating flags at night, downlights that are installed at the top of the flagpole with the beam directed down on the flag are also available.

- 3. **Low Level:** Light should be no brighter than necessary.

Use the lowest amount of light necessary for the task. Consider, too, if the light may be reflecting off a surface and inadvertently shining into the sky. Many, newer low voltage lighting systems offer the ability to dim the lights when not needed at full brightness.

- 4. **Controlled:** Light should be used only when it is useful.

Consider timers, motion detectors, dimmable lights, and the ability to turn the lighting off when not needed. Whereas solar lighting comes on every night at dusk and shines through the night, low

voltage electric lighting offers the advantage of being able to turn it on only when needed. This can be especially valuable if you use accent lighting in your landscape that can be turned on when you entertain outdoors and left off when you want to sit and watch the stars.

- 5. **Color:** Use warmer color lighted where possible.

Lighting is available on a spectrum of blue-violet (cool, bright light) to red (warm light) and is measured in kelvins with 10,000K being very blue/cool to 1,000K being very red/warm. Opt for warmer, low kelvin bulbs for your light fixtures. This not only protects our dark skies but offers a softer, warmer ambiance to your landscape.



Moonlighting the tree from above creates the dappled look of moonlight through the branches. Photograph by LentzLandscapeLighting.com.

So, when planning your outdoor lighting, do as a Lamps Plus advertisement urges, “Light the way, not the skies.”

For more information, visit DarkSky.org.

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Wendy Fanning
Continental Elementary School

My Background — I was born and raised in upstate New York. After being offered a basketball scholarship, I decided to fly across the country and attend New Mexico State University. I met there my future husband, Chris Fanning, and after graduation we were married in 1992.

My Teaching Career — We have lived in this area since then and have raised four wonderful children. My husband, Chris, has been a math teacher and coach at Sahuarita High School. I began my teaching career at Sopori Elementary in Amado in 1992 and then began teaching at Continental School in 1995. After thirty years of teaching, we are both retiring at the end of this school year, but plan to continue teaching at our respective schools.

Why I Love Teaching — Teaching is a career that, in my opinion, is a definite calling. I have thoroughly enjoyed all my years of teaching, especially at a unique school like Continental. We are truly a family here between the staff, students, and parents. It has been a wonderful community in which to work and raise a family.

Every morning, when I drive up that White House Canyon Road, I am thankful and appreciative for the opportunity to work with so many wonderful colleagues, friends and fabulous students who have helped shape me into the person I am today.

Teaching, especially these last couple of years, has been extremely challenging, but rewarding in a way that is difficult to put into words. I cannot imagine myself in any other career. I am deeply honored that my community chose to give me this incredible award. It truly is an amazing capstone to a career that I love so much.

Wendy Fanning



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ARE FOOT PROBLEMS AFFECTING YOUR DAILY LIFE?

“A body is only as good as its individual parts”, not an official quote, but a thought I have often. As a Certified Pedorthist, I deal with foot problems, and solve them with the use of custom-made orthotics (professionally made medical arch supports). The feet only make up 2% of your body mass but hold up the other 98%. When your feet (your foundation) start to break down due to ageing, injury, aggressive use, or just being born with a congenital deformity, it will start a domino effect, affecting all the other parts of your body that stem from your feet. If you’re lucky, you may catch some problems early and/or have problems where orthotic therapy may assist in reducing pain and helping your body heal and get better.

Examples are the best teachers, here are a couple excerpts from customer/patient testimonials and a brief explanation of how orthotics helped solved the problem.

“Within a few days knee and hip pain that had plagued me for almost 2 years was gone.” -B. Noble.

This customer was evaluated for ankles that rolled inwards, causing the legs to internally rotate, stressing out the joint along with ligaments and connective tissues. When your body parts are supposed to work and bend in one way and it changes, the stress and uneven wear and tear of the joint will start to cause damage and with it, pain. Arches in the feet breaking down caused the ankle to fall inwards and that caused the knees to be out of alignment. Through correcting the position of the knee through the feet, the problem was addressed at its root cause (etiology). Other interventions include anti-inflammatory medication, cortisone injections, and surgery. Orthotics are a great and relatively inexpensive way of solving problems, limiting the chances of bad side-effects you may have with medication and other more invasive treatments.



“I had just come back from the doctor about my bunion. He said the only thing to do was surgery, it was half the size of an egg and very painful to walk, passing by CVS, I walked in (Simply Feet) asking if they could do anything about my bunion. They said yes! I am now 99.9% pain free!” - J Goodwin

As you walk, the act of pronation helps you to absorb step shock. Pronation happens when your foot in total contact with surface on which you’re walking. The forces that your foot absorbs also break down the foots supportive structures causing changes in your

bones and causing arthritic pain and uneven weight distribution across the bottom of your foot. In order to help your foot get better, you need a way to help your foot get back to where it was before the problems started. Orthotics solve this because they are made off casts of your foot in a corrected position. It’s silly to think that just by adding something inside your current footwear that you could potentially solve and help heal your foot problems. Stay healthy.

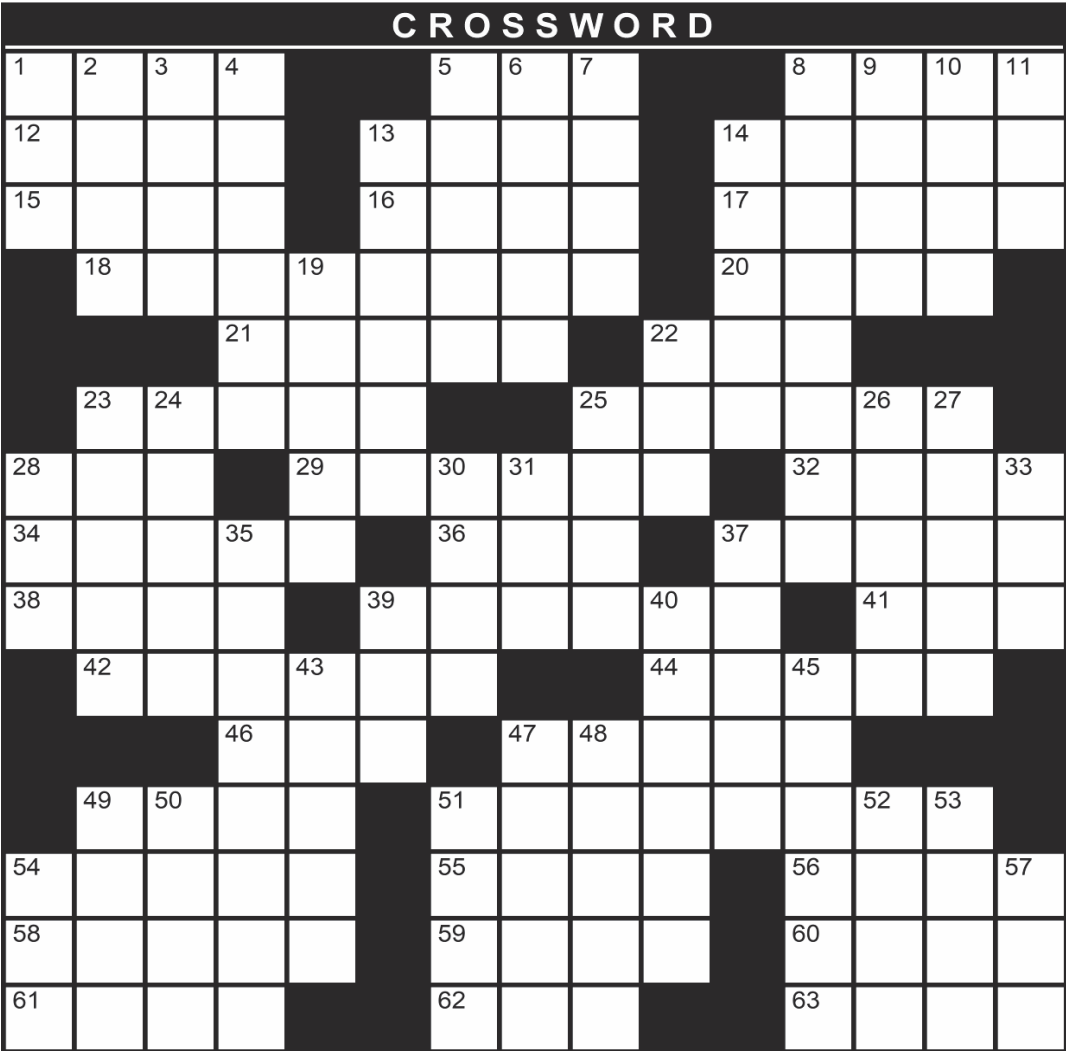
Educating the Community



Anthony Allen,
Certified Pedorthist

My Name is Anthony Allen, I am a Certified Pedorthist and Certified CAD/CAM in Fabricating Foot Orthoses (Orthotics). I have just shy of 20 years of experience helping thousands of customers like you alleviate your foot pain and find the precise comfort you are looking for.





CROSSWORD
PUZZLE MANIA



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Win \$250 for you and \$250 for a local non-profit!
Entering is easy! Fill out the crossword puzzle and mail to KGVY, Attn: KGVY Puzzle Contest, P.O. Box 767, Green Valley, 85622. Must be postmarked by 3/11/2022

This edition's puzzle is ON AN OLD MAP! Green up your bank account when you successfully fill out the KGVY crossword puzzle, and it is chosen as the winning entry from all the correct entries. Include your name, address, and phone number on our form, and mail it to KGVY, Attn: KGVY Puzzle Contest, P.O. Box 767, Green Valley, 85622. All puzzles must be post marked by March 11, 2022. If you win, KGVY will cut you a check for \$250 and a local non-profit of your choice will receive \$250. Here's some additional small print to test your reading glasses.

1) Must be 18 or over (2) Must be a US citizen (3) One entry per person (4) All correct entries will be placed in the KGVY prize box and one winner will be randomly chosen (5) Judges decision final (6) Winners name and likeness may be used in KGVY promotional material (7) Winner is responsible for any state and federal taxes

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ON AN OLD MAP

- ACROSS**

1. *Core of Persia today

5. *Belgian village where Roman soldiers enjoyed warm mineral springs

8. Pitch symbol

12. More luminous star

13. Abbott and Costello or Rocky and Bullwinkle

14. Eurasian goat-like antelope

15. Team's ranking

16. Make someone angry

17. Mix in

18. *Formerly Ceylon (2 words)

20. What tide does half the time

21. Reggae subgenre

22. Back then

23. ____ profundo

25. Depleted (2 words)

28. Wet firecracker

29. Catch in a net

32. Hip bones

34. Dormer without D

36. Schiller's poem

37. "It is silent" in sheet music

38. Discharge

39. Admirer

41. Earlier in time than, archaic

42. Not out (2 words)

44. Pinocchio and his kind

46. Evergreen creeper

47. "A League of Their Own" member, e.g.

49. Command to a fly

51. *Formerly Siam

54. Rain forest ruminant

55. Irish for Ireland

56. It's under a fig leaf?

58. Shockingly graphic

59. Impersonator
- DOWN**

1. Opposite of outs

2. Fish eggs, pl.

3. Affirm solemnly

4. Lowest points

5. Seeking damages

6. Kenosha Kickers' music

7. On the sea

8. *Once named Kampuchea

9. Trunk appendage

10. Shining armor

11. Facsimile machine

13. Fire-starter in fairy tales

14. Trojan War military action

19. Red-dot pointer, e.g.

22. Cigar residue

23. *Myanmar, formerly

24. "____ One" on a ticket

25. Consumer

26. Stomach sore

27. Boat stops

28. John's and Jane's last name?

30. Pie a la ____

31. *Tokyo, formerly

33. Absorbed, as in a cost

35. *Abyssinia, now

37. Jury duty event

39. Comedian Schumer

40. Has more elm trees

43. Roundish

45. Not digital

47. Ox prod, pl.

48. Propelled like Argo

49. Arctic jaeger

50. '80 TV series "____ to ____" (1 word)
60. Manlike man-eater of fairy tales

61. Crunchable information

62. Popular '60s drug

63. A ____ move

51. Bluish green

52. Canceled

53. "American _____," Jeanine Cummins' bestseller
54. Like one of the Testaments

57. Modern, prefix



Guy Atchley helps KGVY and La Posada congratulate Bob Vint from Green Valley on winning the Summer Community Quarterly puzzle contest. Bob received 250.00 to spend on himself and chose the La Posada Scholarship Fund as the other 250.00 cash winner. Bob has entered our contest for years and was very happy to finally have his puzzle chosen.



Pain-free living *starts here.*

If pain or stiffness is preventing you from doing the things you love, we can help you get back to your active life. **Mark Kowalski, MD**, has joined Northwest Bone & Joint in Sahuarita and is accepting new patients. Dr. Kowalski specializes in sports medicine and general orthopedics, including total knee replacements.

To find out more about treatment options, or to request an appointment with Dr. Kowalski, call **520-502-7855** or visit **NWSahuaritaOrthopedics.com**.



Mark Kowalski, M.D.
Orthopedic Surgeon

Dr. Kowalski is a member of the medical staff at Northwest Medical Center Sahuarita.

To take our **FREE, online Joint Pain Assessment**, visit **NWSahuaritaOrthopedics.com**.



Patient result may vary. Consult with a physician about the benefits and risks of any surgical procedure or treatment.

Sheriff's Auxiliary Volunteers

Neighbors helping Neighbors, that is who we are

Did you know that the mission of the Sheriff's Auxiliary Volunteers (SAV) is to enhance the quality of life, safety, and security of Green Valley and surrounding communities? This is accomplished in partnership with the Pima County Sheriff's Department.

Although SAV patrols may be the most visible activity, members also provide other services including our every morning phone call to check on the welfare of elderly citizens who live alone, foot patrol at the White Elephant, Scam Squad services which work to stop scams and fraud, fingerprinting services, home security checks, emergency response team, and traffic control assistance for large events such as our recent vaccine distribution here in Green Valley.

While SAV members come from a wide variety of backgrounds, interests, and skill sets, they are united in their commitment to serve our community. If you are interested in learning about volunteer opportunities with SAV, please visit our website: www.gvsav.org. Or, you can call the recruiting office at 520-351-6746.

601 N. La Cañada Drive, Green Valley
(520) 351-6744
gvsavrecruiting@gmail.com

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