

# del Lago Newsletter

Prepared by the del Lago District Advisory Committee

Vol. 20, No. 8 - September 2021

## Next Scheduled del Lago Quarterly DAC Meeting November 11, 2021 at 9:45 a.m. (platform to be announced later)

### Chairman's Message

Greetings to our del Lago residents. The most important thing we can all do as Californians is to find ways to conserve water ●. Your DAC has made this a top priority. Our water cost us \$161,000 last year, of which about \$100,000 was spent on landscape water. Our management has reduced landscape water use by reducing watering time but we need to do more. We are working with other Villages to share and develop long term landscape water usage plans, such as turf reduction, in order to save water. We will keep you informed as the plans develop.

We can also be more efficient with our water use at home. Your DAC is providing you with documentation of condo water use every two months so you can see how your water use changes over time and how you compare to other condos in del Lago. Armed with this information, we hope you can find creative ways to reduce water usage. Some suggestions are to reduce the watering schedule for your backyard plants, capture the water in the shower that runs while the water heats up and turn the shower water off while soaping down. Other ideas are to flush less each day and consider the installation of a hot water recirculating system.

Your DAC is working diligently to track finances and water use. If there are any problems around your villa, let us know. Whether you own or rent, we want to hear from you.

*Emil Pisarri*  
DAC Chairman

### Update on Turf Reduction / Water Savings Project

By Dave Dimmick, DAC Turf Reduction Lead  
As the drought continues, your DAC Board is progressing toward submitting a plan that would modify some of the existing vegetation into drought tolerant and water saving alternatives.

In the survey that was circulated, del Lago residents were asked for input into developing this plan and they responded with some great suggestions. In fact there were 45 respondents to the survey who offered both general and specific suggestions. It is hoped that over the coming years all of them can be implemented. More research is being conducted before there's a clear picture of exactly what the short and long term plans will look like and how the conversions will be paid for.

The DAC Board will continue to keep the residents informed as the plans come together including communicating what areas will be proposed to be converted.

The del Lago DAC Board again says thanks for your interest, feedback, and involvement in this water saving project. Your continued input is valued!

### Water Conservation Project

By Margaret Spatafore, DAC Water Conservation Lead

Approximately 3 weeks ago the del Lago DAC Board placed a del Lago Water Usage Notification in your mail tube. If you have any questions regarding the water report for your building, please contact Margaret Spatafore or Emil Pisarri.

Additionally, the del Lago DAC is working with Valley Water to help you save water! We will be receiving Water Saving Kits that our residents can use to test for leaks, as well as other tools to help you save precious water during this devastating drought. Stay tuned for more information - we will let you know when they arrive! Questions regarding the kits, please contact Anahid Gregg.

### Next del Lago DAC Meeting

Next del Lago Quarterly DAC Meeting is Thursday, November 11, 2021 9:45 a.m., platform to be announced later.

## Ice Cream Social

The Ice Cream Social held on August 5<sup>th</sup> at the Gazebo Park was a big success with about 180 of our del Lago and Sonata neighbors attending. We enjoyed ice cream with a variety of toppings, cookies, and drinks. The planning team of Diane and Bob Marchant and Lois DeVincenzi did a great job organizing the event and lining up a terrific crew of servers. We were entertained by our own Villages' DJ, Ed Knott, who played those old tunes we never tire of hearing.

We all need to thank Diane, Bob, Lois, Don DeVincenzi, Peggy Tritto and Jim Grove for their long service in general to the del Lago community. Over many years they have all done a yeoman's job. Peggy is retiring from heading up social events and Don is ready to retire from taking the lead on holiday decorating. Please think about stepping up to join the del Lago Social Committee or consider taking the lead on the holiday decorating. For additional information or to indicate your interest in volunteering, please contact Emil Pisarri, DAC Chair, at (408) 781-4216 or [puffycat@sbcglobal.net](mailto:puffycat@sbcglobal.net). As they say, del Lago needs YOU, and rather urgently NOW.

## Sonata Village/del Lago Potluck

Sonata Village has graciously invited del Lago Village to join them in a Potluck Picnic on Saturday, October 2, from 11 a.m. to 2 p.m., at Gazebo Park. All residents of Sonata and del Lago are invited. Invitations were placed in each residence mail tube. Please RSVP by phoning Irene Estelle of Sonata Village at (408) 238-5434; emailing Irene at [ireneestelle@yahoo.com](mailto:ireneestelle@yahoo.com); or by placing your RSVP in her mail tube at 2002 Carignan Way. Please check out the attached flyer for more details.

## del Lago DAC Meeting Presenter Helps Us Get Fit

At the August 12<sup>th</sup> DAC meeting that was viewed on Zoom, Hartmut Broring, founder/operator of Back in Form, a multi-focused training that offers solutions for adults in fitness, pre- and post-rehab wellness, and life-style education was our guest speaker. Hartmut has worked with the 65+ population for the last 30 years, helping older adults maximize their quality of life. He has worked with The Villages since 1997. His staff offers personal training sessions and his staff provides orientation sessions to the equipment at The Villages fitness center. Hartmut's presentation covered the benefits of exercise in slowing the aging process. He discussed physiological changes of aging that occur within the following systems 1) cardiovascular, 2)

pulmonary, 3) endocrine, and 4) musculoskeletal.

Hartmut reviewed common health issues of the aged population and expanded upon each issue.

- 1) Hypertension (the #1 health issue among older adults),
- 2) Cardiovascular disease,
- 3) Congestive heart failure,
- 4) Diabetes – Type I and II,
- 5) Osteopenia/Osteoporosis,
- 6) Osteoarthritis,
- 7) COPD,
- 8) Frailty Syndrome, and
- 9) Alzheimer/Dementia

Hartmut reiterated that exercise optimizes strength, balance and mobility, resulting in a better quality of life. His advice is to WALK! as often and as long as possible, even incorporating a cane or walker to achieve some amount of movement. Other options are low impact fitness equipment such as recumbent bikes and elliptical machines (both available in the fitness center). Swimming and aqua fitness classes as well as strength and resistance training were also recommended. The World Health Organization recommends adults 65+ engage in 150-300 minutes of moderate-intensity aerobic physical activity each week, or 75-150 minutes of vigorous-intensity aerobic physical activity per week, or a combination of both.

Hartmut has sent us a copy of his wonderful presentation. If you received the Newsletter via email, you also received a link to Hartmut's presentation. Otherwise, you can send an email to [anahid.villages@gmail.com](mailto:anahid.villages@gmail.com) and it will be sent to you. Hartmut may be reached at [Hartmut@backinform.com](mailto:Hartmut@backinform.com).

## Highlights of ABOD Meeting, August 31, 2021

(Excerpts from summary by ABOD Secretary Richard Holmboe)

### Board Goals and Objectives

They are:

1. Fiscal Management - Reserves Plan (Best methods and practices for future reserve studies and plans)
2. Water Conservation (Manage water use, educate residents, consider long-term water saving plans)
3. Safety - Coyotes (Reduce or eliminate human supplied food, educate residents, measures to increase coyote-wariness around humans)
4. Community Communications ("Ask the ABOD" column in The Villager, increasing positive interactions between residents and the Board)

(Cont'd on Pg. 3)

## Highlights of ABOD Meeting, August 31, 2021 (Cont'd from Pg. 2)

(At times we all need a little space.  
The following is left for you.)  
(Sorry. Just a little humor to fill up space)

### (Excerpts from summary by ABOD Secretary Richard Holmboe)

#### Board Goals and Objectives

More details about these goals can be read in the monthly Board meeting packet by logging onto the Resident Portal and searching for, "Association Board Packets".

#### Next ABOD Meeting

Next Regular Association Board Meeting is Tuesday, September 28, 2021; 9:30 a.m., at the Foothill Center and via teleconference.



by Tom Zades

Chances are some of today's Villagers are among those who left their parents' homes during the 1960s and travelled to West

Coast to join a "hippie commune". We in the Bay Area heard a lot about the "flower children" who were coming from all over the country to live in an area of San Francisco known as the Haight-Ashbury District.

The tourist companies eventually began to include bus rides through "The Haight," where visitors could see the hippies first hand. I remember a picture in the newspaper of a few crazed-looking young people running alongside a tour bus holding up a long mirror so the people would see themselves, instead of the those living in Haight-Ashbury. They were in effect saying, "You are the freaks, not us!"


"Protest songs" were the essential music of the Hippie Movement. We in the Villages sing-along groups enjoy singing many of those songs, by artists such as Bob Dylan, Simon and Garfunkel, Pete Seeger, and Peter, Paul and Mary. It is said that "Music is the sound track of our lives." To understand us, our grandchildren need to understand our music. Scary thought: to understand them, we need to understand their music!

The del Lago District Advisory Committee (DAC) voting members are: Emil Pisarri, Chairperson, (408-781-4216); Judy Bushey, Deputy, (408-930-2985); Valerie Dimmick, Secretary, (408-813-3985); Everett Jacobson, Newsletter (408-629-7210); Melinda Dobbs (408-267-1777); David Dimmick (650-804-9378); Anahid Gregg (732-742-4874). Associate members: Cheryl Allmen (408-307-3979); Gary Lohr, (408-912-5124); Margaret Spatafore (408-532-1966. We welcome your comments and questions.

Produced by: Everett Jacobson, 408-629-7210, [everettj1@aol.com](mailto:everettj1@aol.com)

To receive these Newsletters via Email, contact: Anahid Gregg at [anahid.villages@gmail.com](mailto:anahid.villages@gmail.com) or by phone at 1-732-742-4874.

DAC=District Advisory Committee, ABOD=Association Board of Directors, CBOD=Club Board of Directors, AC=Architectural Committee



**Sonata/delLago Village Potluck Picnic**  
**Saturday, October 2, 2021**  
**11:00 am to 2:00 pm**  
at  
**The Villages Gazebo Park**

**Provided:**

- bottled water
- Plastic forks, spoons, knives, and cups
- Plate and napkins

**Bring:**

- Potluck – a dish to share (for 8)
- Your beverage if you don't want water

Please RSVP by placing the reservation form below  
in the tube at 2002 Carignan Way, Village Sonata  
Questions: Call Irene Estelle at 408-238-5434

Sonata/del Lago Village Potluck Picnic  
(Sonata/del Lago Residents only)

First and Last Name(s) \_\_\_\_\_

House # \_\_\_\_\_ Number in Party \_\_\_\_\_