

Enchanted Valley Echo

Official Newsletter of the Enchanted Valley Subdivision

July 2020



Enjoy Time with your Family and Friends

Pool's Open!

Bring a picnic and enjoy the 4th at the Park

You Are Cordially Invited

Enchanted Valley HOA Board cordially invites you to attend the July Board Meeting

When: Monday, July 6, 2020
Time: 7:00 pm
Where: Your Home by telephone or computer
Dress: Casual attire encouraged--tees, blue jeans, shorts, shoes, barefoot, mask, no mask, come as you are!



Dial-in number (US): (425) 436-6394
Access code: 564116#
Inter'tl dial-in number: <https://fccdl.in/i/tnorris81>
Online meeting ID: [tnorris81](https://join.freeconferencecall.com/tnorris81)
Join online meeting:
<https://join.freeconferencecall.com/tnorris81>

For additional assistance connecting to the meeting text 'Call Me' to the Dial-In number above and you will be called into the conference. Message and data rates may apply.

No RSVP Required

If you would like to be placed on Agenda to address the Board as a guest, please contact SCS.

WHAT'S GOING ON AROUND HERE?

*Activities and updates for Enchanted Valley
June, 2020*

Pool Season Registration

- Pool registrations/wristbands distributed and late pool registrations accepted through 7/4 (thanks, Krystal and Cheryl).

Pool Area and Clubhouse

- 2 Outside Shower heads & handles replaced.
- New swim team starting blocks removed and stored (thanks, Shane & Jeff).
- Storage area in back of clubhouse cleaned out, old chairs disposed of.
- Pool-side bathrooms cleaned.
- Pool-side columns, front entry & Patio power washed.
- Efforts continue to trace cause of standing water by tennis courts and issue.
- Contractor scheduled to remove razor wire and replace with high fence and barbed wire top along fence between pool area and tennis court.

Park

- Estimate received to run water source to park gate for new landscaping at sign.
- Estimates received for park survey and for pool road fence.
- Estimates in process to remove dead tree on south side of pool road.

Other

- New Board Member appointed to complete term of Member who stepped down.
- Board continued work on updates to By-laws.
- Other activities as they presented themselves.

WE'RE LOOING GOOD!



Check out Yard of the Month on the website:
www.enchantedvalley.org

Will we see your yard as YOM next month? That would be great!



HEALTH AND FITNESS

Take a Walk - Part 2

One of the most common reasons for not walking is bad knees. If you have knee pain due to osteoarthritis or other causes, you don't have to let that keep you from starting a walking program. A regular program of walking can reduce stiffness and inflammation and it won't make most chronic knee conditions worse. Walking is the preferred exercise by people with arthritis, and can help you improve your arthritis symptoms, walking speed, and quality of life, according to the CDC. Walking is part of a healthy lifestyle to keep your heart and bones strong and your joints functioning. Here are tips for walking when you have sensitive knees.

You may notice that your joints are stiff and sore in the morning or when you've been sitting and inactive during the day. By moving your joints, you help them maintain their function and you may help keep them functioning longer. Regular exercise maintains and builds muscles, which you need to support your knee and maintain functioning. Weight-bearing exercise such as walking also helps maintain bone health. Discuss your exercise options with your doctor and physical therapist when you have any condition that is causing knee pain. While walking is recommended for many people, it may not be appropriate for you.

Your knee joint is composed of bone and cartilage. Cartilage doesn't have a blood supply that is always nourishing it by the pumping action of the heart and so it relies on joint fluid for nutrition. Moving your joints is the way that you ensure the cartilage receives the nourishment it needs to stay healthy. You may notice that your joints are stiff and sore in the morning or when you've been sitting and inactive during the day. By moving your joints, you help them maintain their function and you may help keep them functioning longer. Regular exercise maintains and builds muscles, which you need to support your knee and maintain functioning. Weight-bearing exercise such as walking also helps maintain bone health.

If you have mild to moderate pain in your knees due to osteoarthritis, walking and other exercise helps mobilize your joint fluid and lubricate the joints. You should walk and do other exercises that move your knee joints. You are likely to find that the stiffness, pain, and fatigue improve with exercise.

If you have moderate to severe pain in your knees before you start walking, take it easy. Do a shorter walk at an easy pace or try an activity that doesn't place much

stress on the joint, such as water exercises in a pool. If joint pain remains severe, stop immediately as it is a sign of inflammation or joint damage that needs treatment.

If you have joint pain occasionally the day after a walk or run, you should take a day off and do a shorter workout or one that doesn't put stress on the joint. If you always have joint pain after exercise, you may have to switch to a form of exercise that doesn't put stress on the knees, such as cycling or swimming.



Build your walking time: If you are new to walking, steadily build up your walking time following a plan for beginners. Walking can be broken up into 10-minute segments, with an ultimate goal of 30 minutes per day. Start at an easy or moderate pace as you build endurance. Eventually, aim to walk briskly at 2.5 to 3.5 mph or a pace that has you find challenging.

Choose softer walking surfaces: Walking on natural surface trails (dirt, bark dust, pea gravel) is easier on the joints. Although sometimes uneven, natural surfaces provide more balanced exercise. For even surfaces, choose a cinder track or asphalt rather than concrete. Note that flooring in malls and stores is primarily concrete.

Use inserts: When you have sensitive knees, avoid arch supports and shoes that have a high amount of arch support. You want your foot to move as naturally as possible. You can use over-the-counter orthotics that provide cushioning and support if you think that is helpful for you or they have been recommended by your doctor or podiatrist.

Use walking poles: Some people find that using trekking poles or Nordic walking poles helps them with stability and reducing joint fatigue when walking. Canes and other walking aids may be useful, depending on your condition.

Walk during low-pain times of the day: If you have a lot of pain or stiffness in the morning, simply try to get up and move around for a minute or two every half hour. You will better enjoy long walks at a time when you have fewer aches, and that will help you be consistent.

Warm up: You may benefit from applying heat to your joints before you walk, or walking after taking a warm shower or bath. Starting at an easy pace is recommended for everyone, but especially when you have stiff or sore joints. Start slow to get your joint fluid moving. Then you can pick up your pace after a few minutes.

Join a walking group like Wandering Soles. You may find walking is infinitely more fun when you have company!

GARDENING HACKS

LOOKING OUT AFTER OUR PETS!

Master gardener Marianne Binetti shares ideas for keeping your pets from becoming pests in the garden. These are from tipsbulletin.com

- To keep dogs from lying down in flower beds, simply drive some short stakes into the ground throughout the bed; plastic forks work great—tines pointing up.
- Keep pets out of freshly mulched or seeded beds, or soft soil, by setting some thorny branches in the ground at regular intervals (like rose branches).
- Make a chicken-wire fence to protect entire beds. To keep it from being an eyesore, drive several tall stakes in the ground around the bed's perimeter. Slip a roll of chicken wire over an end stake. Unroll the wire and prop it up against the rest of the stakes when in use, and roll it up to when you don't want it visible.
- Plant pungent herbs such as rosemary and sage to keep cats out of a garden bed.
- Spread a layer of coffee grounds in beds to keep out the cats.
- To keep cats from digging in bare soil spots (edges to narrow to plant seeds, for example) plant a brick in the soil. When they run into it, they will look for a different place to dig.
- Dilute an essential oil in a spray bottle with some water and spray it around the plants. Some oils to try are eucalyptus, lavender, rosemary, lemongrass, and other strong scents.
- And here's a gardening tip to help your pets: use cedar chips for pathways and in beds to help protect your pets from fleas.

...OR...here are some plants to deter cats and other critters:

Whether they are feral cats, neighborhood cats, or your outdoor cats, the last thing you want is them digging up your precious garden. If you feel like you are losing the battle in keeping cats out of your garden, it is time to look into plants that repel cats.

Although there is no guarantee that these plants will work to keep all cats out of your garden, they are

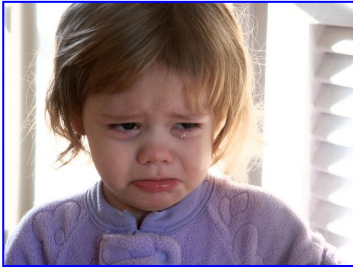
worth a try. When wondering what plants repel cats, there are a few that make it to the top of the list. Cat repelling plants share similar features.

For example, they offer strong scents that may be pleasant to humans, but cats find them repugnant. Although we have included a list of 10 cat repelling plants, the results are not guaranteed. In addition to using these plants, you should try other cat deterrent methods if they are doing a number on your garden.

- Geraniums
- Scaredy Cat Plant *warning--does not smell great to humans*
- Pennyroyal
- Lavender
- Common Rue
- Rosemary
- Curry Plant
- Citronella
- Lemongrass



WHAT'S GOING ON HERE



BUNCO

The EV Bunco Ladies have put their second Tuesday of the month game night on hold for a few months.

Please check back here after life returns to normal for the next get-together date

A little birdie told us there might be a margarita machine there to celebrate the start up!

Cheryl Williams



ENCHANTED VALLEY CRAFT GROUP



Check SCS Go website (<https://scsgo.nabnetwork.com/>) for recipes and combinations using essential oils. You can find the Craft Group under Groups.

Also, see the new posting for woodworking. Don't get excited--no sawing or wood clamps required. That's all I'm going to say. Go to the site and see for yourself.



Now I'm asking y'all to post and share crafts with the group. What have you made or seen lately online or in a magazine or posting that you would like to share--basic photography or maybe robotics? We have some talented folks out there and here's an opportunity to expand your horizons and let others appreciate your creativity or sense of style or even if you want to show us something that is so out of the ordinary it left you scratching your head and wondering how on earth did they make that.

Till next month, stay creative!

Cathey

ENCHANTED VALLEY

HOA Board and Committee Heads

President Cathey Spies
 Treasurer..... Cheryl Williams
 Vice President..... Krystal Robinson
 Secretary..... Vacant Position

Directors

Jeff Foreman..... Cheryl Williams
 Cathey Spies..... Laura Loving
 Lloyd Coker..... Krystal Robinson
 Shane Shoaf

Committees

Community Center Rental Cathey Spies
 14910 Enchanted Valley Drive
 ACC..... Cathey Spies (Co-chair)
 Shane Shoaf
 Darren Hoyland
 Norman Goad
 Rick Nickerson
 Beautification Chair..... Laura Loving
 Communications Chair..... Cathey Spies
 Neighborhood Events Chair Cathey Spies
 Pool Krystal Robinson
 Security Krystal Robinson
 Governing Documents Updates..... Shane Shoaf
 Laura Loving
 Cheryl Williams
 Tennis Court Upgrades Chair..... Jeff Foreman

WD #113 Board Members

President Ken Atchison
 Vice President Carolyn Maniscalco
 Secretary..... Darren Hoyland
 Director Scott McCorkle
 Director..... David Robicheaux

Marlins Swim Team

<https://enchantedvalley.swimtopia.com/links>
 Shane Shoaf

Enchanted Valley Estates

evehoa.cypress@gmail.com Sheli Moore

JULY



Monthly Meetings

The Enchanted Valley HOA monthly meeting for July will be by videoconference and teleconference (your choice) on July 6th at 7:00 pm.

Follow the login prompts on page 2 for either video conferencing or teleconferencing.

The June meeting of the **Water Board**, will be held on July 14th. More details will be posted on the Marquee and by e-mail as they become available.

NEW HOA BOARD MEMBER

After careful consideration of the candidates to fill the position of interim Director for the HOA Board, Lloyd Coker was appointed to fill a vacancy left by Carolyn Maniscalco.

Congratulations, Lloyd, and thanks to all those who offered their time to serve the neighborhood as a Board member,

Cathey Spies
 President
 Enchanted Valley HOA



July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 
5	6 HOA Board Mtg.	7	8	9	10	11
12	13	14 Water Board Mtg.	15	16	17	18
19	20	21 EVE HOA Board Mtg. - Clubhouse	22	23	24	25
26	27	28	29	30	31	

Happy Birthday, America!

It is important to note that Nextdoor is not affiliated with the Enchanted Valley HOA Board and that the Enchanted Valley HOA Board does not have an account on Nextdoor. Any information posted by residents currently serving as EV HOA Board or committee members is their own personal views and opinions and not to be interpreted as an official EV HOA Board position. You can find official EV HOA information and documentation from the links below.

SCS Management Association website: <https://enchantedvalleycypress.nabrnetwork.com/home.php>

EV website: <https://www.enchantedvalley.org>

EV Facebook page: <https://www.facebook.com/EnchantedValleyHOA>

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