

# GAZETTE

AN AGE 55 COMMUNITY

WWW.SPRINGLAKESPARK.ORG

OUR 51<sup>st</sup> YEAR

Dec. 20, 2024

## WEEKLY ACTIVITIES

FRI. DEC. 20  
EXERCISE CLASS 10:00AM

SAT. DEC. 21

SUN. DEC. 22

MON. DEC. 23  
EXERCISE CLASS 10:00 AM

TUES. DEC. 24  
AERO. CLASS 10:00 AM  
JAZZ CONCERT 4:00 PM

WED. DEC. 25  
**MERRY CHRISTMAS**  
OFFICE/MAINTENANCE CLOSED

THURS. DEC. 26

FRI. DEC. 27  
EXERCISE CLASS 10:00 AM

## NO GAZETTE NEXT WEEK

12/31/24 NEW YEAR'S EVE LUNCH ~ 12:00 PM

12/31/24 NO AEROBICS CLASS

1/1/25 DANCES OF UNIVERSAL PEACE



## HAPPY BIRTHDAY

ROLAND STOLT	21 <sup>st</sup>
DEBBIE BENHAM	22 <sup>nd</sup>
CAROL KING	23 <sup>rd</sup>
JUDY FERGUSON	26 <sup>th</sup>
PATTI DEYRING	27 <sup>th</sup>



34 & 195

A tornado in Scotts Valley!!!! Hard to imagine, but we experienced it. The intense wind and rain in the Park were shocking, fortunately there was little damage, one home had roof damage and one tree on a neighboring property fell onto our side of the fence.

The MC used the event to review emergency procedures and preparedness. We are taking steps to insure we will be ready for the next event. We will be performing periodic reviews with our CERT team and Block designees to ensure everyone is current and prepared should they be needed.

Communication is vital. The emergency message system was not used but should have been for the tornado. We have learned from other emergency messages sent out that partners do not always answer their phones when they are sent out. That is our primary method, so please note the number used to notify you is the office phone number, 831-438-2407, so you will know to answer and listen. One great attribute of the Park is that neighbors look after neighbors, after receiving an emergency message help by checking with neighbors to see that they received vital information.

The most inconvenient consequence of the tornado was the closure of a long stretch of Mt Hermon Road and the entrance to the Park. Emergency responders had to deal with the overturned cars, damage to the area where the tornado set down and downed power poles and lines. It was early Sunday morning before the power lines were repaired and the road was open to the Park.

The Park emergency exit to the road was activated, but because of concern for security (disaster events often attract those who want to take advantage of the situation) hours were limited, but with a sign on the outside of the gate listing who to call. The number to call will always be the Park emergency number in your phone directory **831-818-0902**.

Unfortunately, many Park residents, especially new ones, are not aware of, or the location of, the emergency exit, nor who to call to have it opened.

In an event like a fire the emergency exit would be open for the duration, but if there is another situation like this last one, where it needs to be closed at night for security reasons, you should put the Park emergency number in your phone directory and store it on your phone. **831-818-0902**

Please also learn where the emergency exit is located (by units 1 and 29 in the far southeast corner) and take a few minutes to locate the entrance from the other side- it is near the Comcast building accessible from Whispering Pines Drive.

**HAPPY NEW YEAR ~ SLP LUNCHEON!**  
TUESDAY, DECEMBER 31<sup>ST</sup>

Featuring:  
~Marinated Bone-In Pork Loin with Homemade Peach Chutney~  
~Fresh Sauté Vegetables~  
~Sweet Potato & Apricot Puree~  
&  
“Special Dessert”

The Bar opens at Noon & Lunch is served at 1:00pm.  
We will have a 50/50 Raffle & the winner takes half the pot!

Plates and utensils will be provided.

The price is \$15.00/person; make your checks payable to Spring Lakes Park  
& sign up at the Clubhouse Lobby beginning Friday, December 13<sup>th</sup>!

**New Year's Day Celebration: The Dances of Universal Peace**

**When: Wednesday, January 1st from 10:30am to 2:00pm.**

**Where: Spring Lakes Clubhouse.**

**What: 10:30am: Meet and Greet. 11:00am:**

**Dance Circle. 12:30pm (or so): \*Potluck\*. (Please bring a dish you would like to share).**



**Come and set the tone for a year of embodied peace! The Dances of Universal Peace (DUP) are simple, easy-to-learn movements and songs honoring spiritual traditions from around the world — heart-awakening circle dances dedicated to peace within and without. They use sacred phrases, music, and movements inspired by many traditions of the earth, accompanied by live music (e.g. acoustic guitar, harp, hand drums, etc.). These are meditative and uplifting group dances that can be learned in a few minutes — No previous experience is necessary. DUP circle dances are being taught all over the world and serve as a way of promoting tolerance and respect for different religious and spiritual traditions. ALL are welcome!**

This event is being offered by a newish resident at the park, Vanessa Ragan (#125). She is a certified DUP leader and mentor with 20 years' experience in the International Network of the Dances of Universal Peace. The event is free, although donations are accepted (proceeds, after expenses, will be donated to Easterseals, to support children with disabilities). For more information, email Vanessa: [towardtheone@ymail.com](mailto:towardtheone@ymail.com) or visit: [www.dancesofuniversalpeace.org](http://www.dancesofuniversalpeace.org).



**SAVE THE DATE**

**SOUPS ON!**

**Wednesday Jan 15th 12:00pm**

**Looking for Soup Makers & Bread Makers.**

**Let's keep this fun, delish, yearly activity going.**

**If you would like to participate by making soup or bread  
please call or email Kathy Dottai 831-247-2438 [dottai2@yahoo.com](mailto:dottai2@yahoo.com)**

## Holiday Park Hours Dec. 23-27

Mon: Office, 9-1

Tues: Office, 9-12, All Facilities and Maintenance 8-12

Wed: Christmas Day ~ Closed

Thurs: Office 9-1

Fri: Office 9-1

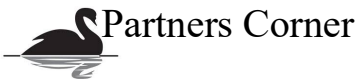
The Clubhouse has been rented on Friday, December 20<sup>th</sup> for a private event.

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## BALANCE CLASS

"Severin Marthe, space 97, former Wellness Coach and Personal Trainer at the Ross Road YMCA, Palo Alto, California, will be making himself available for conversation, instruction, and demonstration of specific exercises for enhancing and improving balance, beginning every Monday, January 6, 2025, through February 24<sup>th</sup> at 11:00am. Slow paced interactions intended to restore connections between body activities, awareness of mind body connection and focus on "feeling" your movements. Simple, repetitive exercises, questions, and problem solving for your individual needs. Contact Severin at 650-669-1476 beforehand with questions or concerns. I facilitated this class for about 40 people per week for six years. Looking forward to meeting you".



### FOR SALE:

Hutch is \$200 OBO, Kitchen table is \$275.00, Glass coffee tables large \$60.00 and the small is \$40.00 or both for \$80.00. Lamps \$25.00 each or both for \$40.00. Two bar stools -the pair for \$35.00  
Contact Gwen 408-420-7692 or [gwyndwelle@gmail.com](mailto:gwyndwelle@gmail.com)

