



CORONADO RANCH

Coronado Ranch Homeowners Association
Fourth Quarter 2009 • Newsletter
www.coronadoranch.org

From the President

By Bob Hicks
Coronado Ranch Homeowner's Association

Coronado members,

September is here and the after summer report is as follows. We made it through the summer without the well pump blowing up or the pressure pumps dying. We did have a lot of problems with maintaining the correct pressure and that has caused quite a lot of repairs to be done due to blowouts around the property. We now have variable speed "drives" installed on all of our pressure pumps at a cost of around 30K. These will allow the pumps to be operated much more efficiently saving electricity and wear and tear on valves, sprinklers and pipes.

The splash pad was approved then sent to committee where all good ideas languish. The playground committee is still looking for more members to sit and advise. If you are interested in joining then kick me an e-mail and I will forward it on. If you don't volunteer then don't complain if the area that you would like to see be improved doesn't get the attention. The Shindig is going to be held in November – watch for signs – however due to cost issues we may not have funding for food. If you or someone that you know is in the hotdog type business then let us know so that we can get a bid. We will be having the Christmas light contest this year – watch for the December newsletter for more info on dates and such. Well that's about it have a great Halloween and Thanksgiving.

Thanks for your time.

Bob Hicks
President C.R.H.O.A.
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Around the Ranch

Board Meetings

The Coronado Ranch Homeowners Association Board meets on the Fourth Thursday of the month. All meetings are held at Renaissance Community Partners, 633 E. Ray Rd, Ste. 122, in Gilbert.

October 1, 2009

Board Meeting/General Session - 6:30 p.m.

November 5, 2009

Board Meeting/General Session - 6:30 p.m.

December 3, 2009

Board Meeting/General Session - 6:30 p.m.



Fall Shindig
November 7, 2009



Bulk Trash Days

Oct 4 - Oct 10

Nov 1 - Nov 7

Dec 6 - Dec 12

Please place your bulk trash items at the curb the weekend prior to your scheduled collection week.

In case of emergency: Tips from the American Red Cross to help keep you and your family safe



American Red Cross

Your family is prepared for the little everyday emergencies, but would you be ready if a disaster struck close to home? One easy way to plan for the unexpected is to get your family Red Cross Ready for emergencies.

You can get your family up to speed with three simple steps:

✓ **Get a kit** — Put together an emergency preparedness kit that includes food; water (at least 1 gallon per person, per day); extra cash; a first aid kit; a flashlight; a radio; a multipurpose tool; medications and medical items; copies of personal documents; a cell phone with chargers; a map of the area; an emergency blanket; emergency numbers; sanitation supplies such as disinfecting bleach; and other essential items.

✓ **Make a plan** — Develop a plan for family communication in the event of an emergency. Agree on evacuation routes so everyone knows what to do and where to go.

✓ **Be informed** — Learn which disasters may naturally occur in your area and what actions to take to protect yourself. Make sure that at least one member of your household is trained in first aid and CPR and knows how to use an automated external defibrillator (AED).

Learn more at RedCross.org/BeRedCrossReady.

There, you'll find an online educa-



A 72-hour kit is an essential emergency supply every family member should have. (Photo courtesy Self-Reliant Sisters)

tion module with more information about what you can do today to prepare yourself and your family for an emergency.

If swine flu hits your household, are you ready?

What is a pandemic? Who is at risk? What will happen? Are my children safe? As these questions occur to you, it may be helpful to learn what to expect, how to prepare and where to find needed information and support. This may increase your resilience, decrease your stress and minimize the impact on you and your loved ones during these difficult times.

What to Prepare For

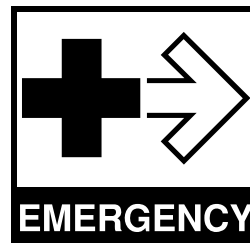
The swine flu (H1N1) outbreak has gained prominence since it began in April 2009. A flu pandemic is a global outbreak of disease that occurs when a new influenza virus appears to which people have little or no immunity. It affects people of all ages, backgrounds and locations, and could cause high numbers of illness and death as well as social disruption.

During a flu pandemic—

✓ Many people are likely to become ill at the same time. The severity of the disease and the number of deaths caused by a pandemic virus vary greatly and can change over time.

✓ People who are infected with swine flu may be isolated, which means that they are separated from healthy people to reduce the chances of spreading the flu.

✓ People who have been exposed to the flu virus may be quarantined. This means those who have been exposed to the flu virus are physically separated from those who have not been exposed.



✓ A practice called "social distancing" may be in effect to limit face-to-face interaction in order to prevent exposure and transmission of the flu virus. Many things may be shut down or be canceled, including public transportation, gathering places, events, schools and businesses.

✓ Community services and utilities may be disrupted.

✓ Health care services could become overwhelmed.

These circumstances could significantly affect you. You may need to reorganize your life to care for loved ones or to receive care.

You may lose income if your workplace closes or you become ill. School closures can result in the need for home-schooling or other activities for homebound children. Access to

Prepare

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food and other household goods may become limited. The many changes in day-to-day living can cause anxiety and stress.

Coping with Stress and Anxiety

Some ways that you can cope with stress and anxiety are—

- ✓ Get accurate information from reliable sources.
- ✓ Educate yourself about the flu pandemic.
- ✓ Maintain your normal daily routine, if you can.
- ✓ Exercise, eat well and rest.
- ✓ Stay active—physically and mentally.
- ✓ Stay in touch with family and friends.
- ✓ Spend more time with your children. Talk with them (as is age appropriate) about swine flu.
- ✓ Maintain a hopeful outlook—be prepared for things to get worse, but remember that governments and experts around the world are working hard to make things better.
- ✓ Find comfort in your spiritual and personal beliefs.
- ✓ Keep a sense of humor.

Coping Through Preparedness

Being adequately prepared will significantly affect how you cope with stress and anxiety during a flu pandemic. It will help you feel more in control and lower your stress. Your children will also feel more secure and less anxious. Consider adopting the following preparedness strategies:

Reduce the likelihood of infection by using good personal hygiene and



self-care practices.

- ✓ Wash your hands frequently with soap and water or an alcohol-based sanitizer.
- ✓ Cough or sneeze into a tissue and place used tissues directly into the trash.
- ✓ If you do not have a tissue, cough or sneeze into your elbow or upper sleeve.
- ✓ After coughing or sneezing, clean your hands with soap and water or an alcohol-based hand sanitizer.
- ✓ Stay at home if you are ill.
- ✓ Talk with your family and friends and make a plan for taking care of one another should any of you become ill.
- ✓ Keep at least a two-week supply of non-perishable easy-to-prepare food, water and other critical household and hygiene goods.
- ✓ Keep medical supplies, prescription and non-prescription drugs on hand.
- ✓ Investigate how your health insurance carrier plans to handle costs of treatment during a pandemic.
- ✓ Check with your employer regarding policies for dealing with a pandemic.
- ✓ Ask about plans at your child's school or day-care for dealing with a pandemic, and develop plans now for how you would keep homebound children occupied.

Increase Your Psychological Resilience

Psychological resilience is your ability to “bounce back” from difficult events. Certain strategies can increase your resilience and bring about new emotional strengths. The following tips can help you deal with life's difficulties, including a pandemic.

Identify your coping strengths. What other crises have occurred in your life? How did they affect you? How did you cope? Did your coping style work? Are there other ways you might cope?

Crises and difficult circumstances are stressful but can be overcome. Focus on finding solutions and ways to improve your situation.

Take decisive action in protecting and preparing yourself and your loved ones, rather than letting the pandemic situation make your choices for you.

Stay Informed

The situation with swine flu can change daily. Gather information on a regular basis from reliable sources, such as the Centers for Disease Control and Prevention (CDC) and your local or state health department. You can visit the CDC Web site at www.CDC.gov/swineflu/ for more information.

- ✓ Stay informed, but do not constantly watch broadcast news or continually check online news sources. Excessive attention to news coverage can be unnecessarily stressful, especially for children.
- ✓ Seek information on public services that may close, so that you can plan ahead.

You can find additional information on planning and preparing for pandemic flu at www.RedCross.org and www.pandemicflu.gov/.



Get involved! Volunteer!

Are you bored and want to try something new? Do you want to be more involved in your community? Then volunteer for the Town of Gilbert. The Town of Gilbert has a wide range of volunteering opportunities to suit each individual person's talents, including the following opportunities:

- For those of you with good leadership, public outreach, and communication skills, the Gilbert Congress of Neighborhoods may interest you. This volunteer group works with communities and coordinates various neighborhood events. For more information, call (480) 503-6767.

- The Public Works Water Conservation Division is also a great place to lend a hand. Volunteers assist with educational outreach, which involves contacting new residents and providing them with information packets. A volunteer is also needed to dress as the Water Conservation mascot at special events held throughout the year. For more information, please call (480) 503-6892.
- The Gilbert Fire Department is looking for people to become car seat technicians. Members are required to take the Child Passenger Safety Technician Training Course. To become certified you need to attend the following classes: October 19, 20 and 28 from 8:00 am to 5:00 pm and October 29 from 8:00 am to Noon. The classes are held at the Gilbert Fire Department Administration Building at 85 E. Civic Center Drive.
- The Gilbert Police Department also has several rewarding volunteer opportunities including Citizens on Patrol, Crime Prevention Volunteer, Records Assistant, Specialty Vehicle Volunteer, Training Volunteer and many others. For more information, contact (480) 635-7705.
- To be a Victim Assistance Volunteer, contact the Victim Assistance Program at (480) 635-7708.
- The Prosecutor's Office is seeking volunteers to assist with filing and file destruction. If you are interested, please contact (480) 503-7920.
- The Community Services Department has opportunities for individuals or groups to assist with park projects such as painting, park beautification, trail maintenance, and playground cleaning and maintenance. Community Services also assists in court ordered community service and Eagle Scout projects. For more information, call (480) 503-6269.

For all other volunteer opportunities, please call (480) 503-6263 or visit www.ci.gilbert.az.us/volunteer.



Coronado Ranch Homeowners Association Board

Bob HicksPresident
 Dwain Lambrigger.. Vice President
 Jim O'SheaSecretary
 David RottnerTreasurer
 Mike Jensen..... Member

Coronado Ranch Property Manager

Renaissance Community Partners
 Kevin Bishop, Owner/Manager
 480-813-6788
 633 E. Ray Rd. • Suite 122
 Gilbert, AZ 85296

Important Phone Numbers

Police & Fire 911
 Gilbert Police Non-Emergency #
 503-6500
 Gilbert Fire Community Services #
 503-6353
 Town of Gilbert503-6871

The Coronado Ranch newsletter is a community publication from the Coronado Ranch Homeowners Association. We welcome all comments, contributions and letters. Please contact us at Renaissance Community Partners, 480-813-6788.

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Crime Watch Important Phone Numbers

Silent Witness 1-800-343-TIPS
 Traffic Hotline 635-7294
 Graffiti Hotline..... 503-6500
 Non-Emergency # 503-6500
 Crime Prevention 503-6527