



*Jessica Bruni, 8 years old*

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# Community Communique

RANCHO SANTA MARGARITA EDITION • MAY 2001

# Community Communiqué



## Reach OC's Most Affluent Communities!

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# Getting Attuned

We should always try to maintain a harmony with nature, not just exist as a part of it. Changing seasons affect all living things.

## FEATURE

Animals, insects, and plants adjust as the seasons change: a bear doesn't have to be reminded to come out of hibernation in the Spring, and a tree doesn't have to be told to let go of its leaves in the Autumn. Humans in the modern information and computer age tend to stray from the natural cycle of the seasons and often need to be reminded of a season's change.

Modern conveniences isolate us from our natural environment. Air conditioners cool us in the summer, heat pumps keep us warm during the winter and our sophisticated shopping centers allow us to buy strawberries and melons anytime of the year. It's not hard to see why it has become so easy for us to lose track of our seasons.

Every season has its own unique natural rhythm, winter is a season of deep rest and stillness seeds, plants, and animals tend to be dormant. Spring is a time for rebirth, blossoms, regeneration and new beginnings. Summer is the season for play, fun and energy. Our children intuitively know that and naturally look forward to every summer.

Many of the ailments prevalent in our world today, in part, can be attributed to this lack of attunement to the natural rhythms of our environment. We are an integral part of our universe and the more we drift from its natural rhythms the more we struggle and suffer.

When you practice the qualities of a particular season ("attuning") during that season, you accentuate the power and effectiveness of that season and you can experience the vibrancy of each living day.

We have gathered a few practical suggestions to help you attune to this upcoming summer. We hope that you will enjoy putting them into practice and that you will have a most wonderful summer season this year.



- Allow yourself to play! Summer is a time of greater amounts of light.
- Laugh often. Cultivate the ability to appreciate the humor in the human condition.



- Take care of your relationships. Reach out warmly to family and friends, beyond any disagreements and old hurts.
- Delight in the little joys: linger awhile over a beautiful flower, a star filled summer night, fireflies at twilight. Watch little children at the beach.
- Be outdoors and enjoy outdoor activities as much as you can. Soak in the sun (not too much), the smells, the beauty of the blossoms and ripeness of the season.
- On hot summer days, it's best to do your outdoor exercises in the morning, when the air quality is at its best. Drink plenty of water.
- Get in touch with your intuitive eating skills. Our bodies naturally crave fresh, in-season fruits and vegetables, and we generally have decreased cravings for rich, fatty foods. Obey your instincts!
- Find a pick-your-own orchard, and pick some fruits and vegetables. Give some to your friends.
- When gardening, avoid bending over with legs straight. Instead, squat or sit whenever possible. Change positions often.
- Make new friends. Talk to your neighbors in checkout lines, and in service areas. Reach out more to others.
- Smile generously. Open up your heart and have fun!

*Peter Passpartous*



# COOL DOWN THIS SUMMER!

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*Building Excitement!*

# CALIFORNIA POOLS & SPAS

# Red Imported Fire Ant Alert!

Red Imported Fire Ants are tiny, aggressive, reddish-brown ants with a fierce sting. First identified in Southern California in 1997, the insects have been reported in eight counties including Orange County.

**F**ire Ants nest in the ground and in the walls of homes and will attack animals and people that disturb their mounds. We hope that the following information will educate you about Fire Ants, how to report infestations and how to act if you are stung.

## Where do Fire Ants live?

Fire Ants build nests just about anywhere they can find moisture - lawns, gardens, woodpiles, fields and parks. The insect has also been known to build colonies in electrical boxes and the walls of homes and other dwellings.



*Look out for a red head and body, and a dark abdomen.*

## Why are Fire Ants a threat?

Fire Ants typically attack when their nests are disturbed. When attacking, hundreds swarm within a matter of seconds and inflict painful stings that feel like pokes from a hot needle. Each sting itches, burns, and leaves a blister-like sore that could become infected if not treated carefully and promptly.

## What should I do if I find Fire Ants?

It's difficult to tell the difference between Red Imported Fire Ants and other ants common to Southern California. If you think that you have found a Fire Ant mound or nest, don't disturb it! Instead call the California Department of Food and Agriculture (CDFA) at 1-800-491-1899. They will at *no charge* send an expert to check and, if necessary, treat it. Don't try to kill the ants or destroy the nest yourself.

## What should I do if I am stung by Fire Ants?

For most people, fire ant stings are painful but not dangerous.

Here are some tips:

Wash the stings with soap and warm water to disinfect the area. If symptoms such as dizziness, nausea, sweating of the affected area, headache or shortness of breath are experienced, call your doctor or seek medical attention immediately. It may be an allergic reaction to the Fire Ant venom.

*This information on the Fire Ant was provided by the California Department of Food and Agriculture.*

# Kim & Mary

## HOT SUMMER INFO!



**Samlarc Association  
RSM Beach Club\***

**The Lake Opens May 1st!**

- Swimming from 6 a.m. till dusk
- Pool monitors:
  - May 1st - mid June*, weekends only from 9 a.m. - 6 p.m.
  - Starting mid June*, 7 days a week from 9 a.m. - 6 p.m.
- Snackbar opens May 25th from 11 a.m. - 5 p.m. daily

*\* To take advantage of the beach you must be part of the Samlarc Association and a currently registered member.*

**Kim & Mary**



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