



The Director positions of Treasurer and Vice President – Maintenance have been designated for a term of two years. The intent of the Board is to bring consistency to the Board should there be a resignation or illness.

NEW APPROVED Garage Door installed

We are excited to announce that a new garage door has been installed for one of our residents. The old garage door was in need of repair and the new owner decided to replace it with a brand new one just approved by the HOA. We hope this small improvement will make a big difference in our community.

Hot off the press . . . sounds like another neighbor on San Rafael is considering a new door also.



Rules & Regulations

We have both (a) General Rules & Regulations and (b) Architectural Rules & Regulations. These are posted on our website, sandsmccormick.com under “Documents”, and they mirror MRPOA’s Rules & Regulations. Please familiarize yourselves with our Rules & Regulations.

Help keep our Community Looking Good

The 2024/25 assessment is \$2,000

We encourage you to use Zelle, an electronic payment system. From your online banking page, choose Zelle and type in our email address: treasurersmta@gmail.com and follow the instructions. **This service is free.**

Payable:	Annually on 2/1/24	\$2,000
	Semi-Annually on 2/1	\$1,000
	8/1	\$1,000
	Quarterly on 2/1	\$500
	5/1	\$500
	8/1	\$500
	11/1	\$500



HEALTHY EATING FOR A LONGER LIFE



One of the things I love most about cooking the Mediterranean way is that you can easily elevate a simple chicken dish or turn a couple cans of beans into something satisfying and mouthwatering with such little effort.

The key is in building flavor as you go!

Here are a few tips for how to build flavor, the Mediterranean Dish way:

Start (and end) with **good olive oil**.

Use garlic, onions and other vegetables like carrots and celery to begin building flavor.

Play with new spices and condiments to add warmth and depth of flavor. A pinch of slightly smoky urfa pepper or a stir of chermoula can make all the difference!

Stir in some acid like freshly squeezed lemon juice or a hit of red wine vinegar for brightness and balance.

Don't be afraid to add a healthy handful of fresh herbs (parsley can be more than a garnish)!

Check your fridge and your pantry for things like feta cheese, olives, pickles or marinated veggies like artichoke hearts, they can all be part of your flavor making process!
Keep these tips in mind as you step in the kitchen this week.

Thank you to Suzy from The Mediterranean Dish website.

www.themediterraneanandish.com

Graphics & Photo by Maureen Kovacs

2023-24

Board of Directors

Doug Eggleston - President

Jim Mercier - VP - Community Maintenance

David Clouse - Treasurer

David Lattanzio - Secretary

Diana Nashban - Landscape

Want more information? Just ask – we'll help you

[Click link for help](#)

Sands McCormick Townhome Assn.

www.sandsmccormick.com

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