



**May 21, 2020**

Dear Community Member:

**GVC**

**1. ADD A DRINK TO THAT TAKE OUT DINNER!** If you don't feel comfortable dining-in yet but still get the delicious take-out, please consider adding a take-out drink to your order. According to our Chamber of Commerce, restaurants can still dispense drinks to go even though they have re-opened. Yes, you probably have drinks at home and it's cheaper to drink your own stuff, but our restaurants make a greater profit on their liquor sales than on food. Adding a take-out drink to your order gives our struggling restaurants just that much bigger a boost. We want our restaurants to survive until everyone feels comfortable dining-in but they won't without additional help. Order the same drink you would if you were dining-in or experiment with something you have always thought of trying but haven't yet. Cheers!

**2. GREEN VALLEY AND SAHAURITA FOOD BANKS--DIFFERENT PRODUCTS AND HOURS:** The tremendous job loss during this pandemic has left more and more families food insecure (a fancy way of saying not enough food to eat). The Green Valley and Sahaurita food banks offer somewhat different products from one another but Green Valley folks can use either one of the Food Banks. Green Valley usually offers fresh milk and eggs. Sahaurita, because of its large freezers, will soon be receiving a large (tons) shipment of pork. Both of the Food Banks are using the "drive through" mode in order to avoid potential COVID-19 exposure for both patrons and helpers--place your "order" from your car, then drive to another area and the food will be put in your truck or cargo space. Check each Food Bank's website for hours and days of service. Also, urge anyone you think might be food insecure to avail themselves of this area's Food Banks and consider contributing to the Food Banks yourself.

**3. PETCO TO MATCH DONATIONS TO FRIENDS OF PIMA ANIMAL CARE CENTER:** Petco's Foundation announced that it will be matching up to \$25,000 in donations to our Pima County Animal Care Center. Your donations must be made through the Friends of Pima Animal Care Center,

friendsofpacc.org/petco-foundation. The matching will end late June. During times of economic stress, people sometimes find they can no longer care for a pet and turn it into the Care Center. The Care Center also recently had to take in animals from a “hoarding” situation. Sometimes hoarded animals require more vet care, which is an added expense. If you have a few extra dollars, consider a donation during this matching opportunity.

**4. FOR YOU TRANSPLANTED NORTHWESTERNERS, COPPER RIVER SALMON IS HERE!** On Friday the 15th at 1:23 p.m., the first Copper River salmon of the year deplaned in Seattle from the Alaskan Airlines plane the “Salmon Thirty Salmon”. Following tradition, the Captain (masked) hand carried the first fish off the plane. Breaking tradition, neither the Captain nor anyone else planted a kiss on the salmon’s lips. Why the fanfare? Copper River salmon is thought to be the best salmon you can get--very dark reddish orange flesh that melts in your mouth. The Copper River is one of the most difficult rivers migrating salmon must forge to get to their spawning grounds. Because they stop eating as soon as they enter fresh water, those salmon gorge just before entering the Copper River so they have an extra energy supply, which is what adds the natural oils and flavor that have made the Copper River salmon famous. The first Copper River salmon of the year traditionally is bid on by all the luxury restaurants. The winner gets bragging rights and about \$70 a serving. This year, however, Seattle multi-restaurant owner Tom Douglas is preparing the first load of Copper River salmon for the health care workers at Swedish Hospital, the hospital designated for the most seriously ill COVID-19 patients. Seattle appreciates its hospitals and health care workers too!

**5. WE CELEBRATE OUR HOSPITAL, NOW LET’S USE IT!** Our hospital is open for both necessary and elective surgeries, treatment, and emergencies. Many of us have been postponing needed health care because of the virus. When you decide to address your health care needs, find out what our hospital can offer you. The Emergency Room is not just a place to go when you have badly injured yourself or are in a life threatening situation. It is also a place to receive a prompt and thorough diagnosis and treatment when your doctor is unavailable or his/her next available appointment requires more waiting time than makes you comfortable. Sometimes we say to ourselves, “ I can wait. I don’t think it is serious. I just feel really awful. It must be ... (you pick the diagnosis).” We are not our best doctors. A timely diagnosis and appropriate treatment could make a significant difference under many circumstances.

**6. IT’S STILL NOT OVER:** People are beginning to think COVID-19 is over. The State says “the curve is flattening”. All that means is that, although there are around 400 new cases every day (with some daily fluctuation), the daily number of cases is generally not rising. Think about it--400 new cases a day is about 12,000 new cases each month. That is not an inconsequential number. This is not the time for “I can do whatever I want”, particularly in Green Valley. The largest number of cases is not in our age group. It is in the age groups of the people who serve us at our stores and other businesses. It also includes the people who cram the bars and restaurants without masks and no social distancing. They are young and think they are invincible--just like we did. The deaths from the virus, however, are by far the highest in our age group--and it's not just those folks in care facilities. In Pima County 167 have died so far. We urge you to continue to be vigilant about your own health--focus on stores and restaurants that carefully follow State rules and County guidelines. It shows

they respect us as people, not just revenue generators.

You can reach me at [thaotiedt@gmail.com](mailto:thaotiedt@gmail.com) or 520-398-5443. I am open to suggestions, criticisms and questions. Be kind to each other, be kind to yourself, be safe, and be well!

The Green Valley Council

A handwritten signature in black ink, appearing to read 'Thao Tiedt', written in a cursive style.

Thao Tiedt, President

---