

HARBOR LIGHTS

Web address: www.DesertHarborAZ.com
newsletter

Desert Harbor, A 55+ Community June 2011, Apache Junction, AZ

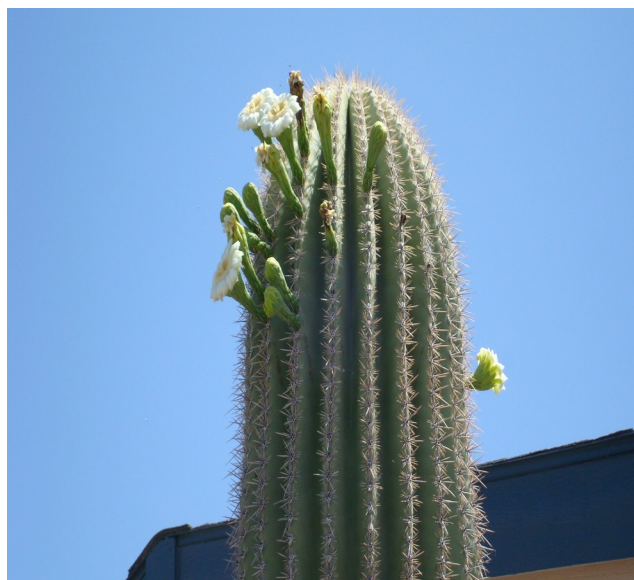
Yes, It's June Already! *by Connie Riter*

We used to look forward to June when we were children. For most of us it meant the beginning of summer vacation, no school, no homework, sleeping in, taking a vacation, and hours of simple summer fun with our friends. Now that we are "grown up" and we are on permanent "summer vacation," we need to remind ourselves that June is still a special month.

Flag day occurs on June 14th and with the demise of Bin Laden, perhaps we could spend some time thinking about what it really means to live in this "land of the free and home of the brave." We enjoy so many freedoms in this great country -- freedoms which we see on the news each day are denied so many in other parts of the world.

It is not by accident that Father's Day also occurs this month on June 19th. We are the unique person that we are because of our family, our country, and our friends. Every experience we have, every person we meet, and everything we do, changes us in some way. Let us learn to appreciate each day by trying to spend more time with our families and our friends in simple "summer fun."

Taken in our park - May 2011



From the President's
Desk
by Dick Smith



I sure hope you enjoyed the activities in May, especially the Mexican Pot Luck and the Memorial Day Cookout. Also it was great to see so many of you at the Desert Harbor Appreciation Dinner in April which was hosted by our manager, Yvonne, and A.L.L. I thought the magician was great! For those of you staying here year round, we will continue to have many activities for you to participate in. By now, some of the improvements A.L.L. is working on will be done. We're glad to see the new shower stalls in the clubhouse and many more renovations are in the plans for the next few months. To those who are taking a few weeks to be away from the heat have a wonderful time. I was gone for most of May, but I will be around the rest of the summer to enjoy the triple digit heat. Don't forget the food bank bins, and remember, they can always use cash donations as well. But if you wish to donate cash, you need to hand deliver it to their office at the food bank which is located on Idaho near the drivers' license bureau. Don't forget the Fourth of July picnic at the clubhouse. There will be hamburgers, hot dogs, etc. supplied by the activities group. Come one; come all for a good time. You may even consider getting in the pool if it is really hot. You can watch the Apache Junction fireworks from almost any place in our park.

Have a great summer!

ACTIVITIES ORGANIZATION

PRESIDENT	DICK SMITH	LOT 74	480-983-5819
VICE PRESIDENT	JAN GINSBURG	LOT 183	480-983-5303
SECRETARY	ALICE JOHNSON	LOT 5	480-982-1224
TREASURER	ART ROBERTS	LOT 81	480-641-7753

BOARD MEMBERS

MIDGE DROUIN	LOT 203	602-459-9039
MIKE BAUSCHARD	LOT 99	480-288-4332
TIM CHRISSIS	LOT 34	816-838-9934

Desert Harbor Web Master: Tom Hennessy #70
Email address: tom.hennessy@mchsi.com

Desert Harbor Manager: Yvonne Cavazos 480-288-8876

Thanks for a Job Well Done....



JAN GINSBURG

At our last committee meeting, Jan Ginsburg resigned as co-editor of this monthly newsletter, Harbor Lights. We want to thank her for all she has done and for making our newsletter what it is today--a first-class paper filled with so many interesting articles about our Park and its residents. THANKS, JAN, FOR EVERYTHING!

Always remember that it was your efforts that saved the newsletter and encouraged us to join the newsletter committee, and that together we have continued to incorporate new ideas and interests. When you see Jan, be sure you thank her, and wish her well in her new adventures. Jan will continue to be associated with the newsletter, writing articles and supporting us. We appreciate the time and efforts she will continue to give. We wish you well in your other endeavors.

The Newsletter Committee

BIBLE STUDY

Bible study every Tuesday at 2pm in the club house

Community worship begins on Sunday June 5th at 10:30 am.

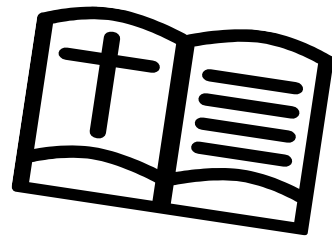
For more information call: Terry and Nita Watkins, Lot#141

home phone 480-646-1070

Terry's cell 480-320-8747

Nita's cell 480-320-8825

Both will be totally non-denominational
Everyone is welcome



<u>ACTIVITY</u>	<u>COORDINATOR</u>	<u>TELEPHONE</u>
APPLIQUE	RENI DIEBALL	983-0578
CASINO TRIPS	CYNDI SMITH	983-5819
CLOSET QUILTERS	RENI DIEBALL	983-0578
GENEALOGY	ESTHER LOUGH	288-8579
GOLF	DON WALKER	288-5686
LADIES LUNCHEON	HELEN RIETOW	983-6151
LADIES SOUP & SALAD LUNCHEON	JOANN HANKISON	641-0975
LINE DANCING	MARY PAT SUMMERS	983-4227
MAH JONGG	TBA	
PINOCHLE	ELAINE KERELUK	987-8587
POKER	MIKE BAUSCHARD	288-4332
STITCH & CHAT	RENI DIEBALL	983-0578
TAI CHI	DICK SMITH	983-5819

SAVE THE DATE! ... By Kay McKersie

Tue. June 7th - 12:00 p.m.. Ladies Soup 'N Salad Luncheon

Sat. June 18th - 4:30 p.m. Potluck

Tue. June 21st - 11:00 a.m. Ladies Luncheon

Mon. July 4th - 4:30p.m. Cook-out

LADIES GET ACQUAINTED SOUP & SALAD LUNCHEON

by Jane Boudreau

The LADIES GET ACQUAINTED SOUP & SALAD LUNCHEON was held on May 3, 2011. Fourteen ladies met to share two soups, seven salads, bread and four desserts. Although we were a small group, we had a good time. A 50/50 drawing was held with Carol Rysavy winning the pot. The group contributed seven dollars and fifty cents to the Activities Organization Treasury. The Luncheons will continue during the summer and this is a wonderful opportunity to meet new neighbors or those you have not seen in a while.

May I suggest a tour through your cookbooks for a cool summer salad or perhaps a cool soup? The ladies enjoy new recipes and sampling your creation is always a pleasure.

The Soup & Salad Luncheon is held on the first Tuesday of the month with the June luncheon taking place on the 7th. A sign-up sheet will be posted on the Activities Organization Bulletin Board. In addition to your contribution to the luncheon please bring your table service including bowls for soup and your preferred beverage.



Some lovely smiles



CREAMY CURRIED SWEET POTATO SOUP

By kay McKerise

1 1/2 T. olive oil
1 cup coarsely chopped onion
1 lg. clove garlic, coarsely chopped
1 T. coarsely grated fresh ginger or
(1/8 tsp. ground)
1 tsp. ground cumin
1/2 tsp. ground coriander
1/4 tsp. ground cardamom
1/4 tsp. turmeric
1/8 tsp. crushed red pepper flakes (optional)
2 1/2 lbs. sweet potatoes (peeled and
sliced 1/4 inch thick)
6 cups chicken broth, or as needed
(turkey or vegetable)
Salt and freshly ground black pepper
6-8 tsp. fresh goat cheese



1. Heat the oil in a pot large enough to hold all the ingredients. Add the onion and sauté over medium heat until it begins to brown, about 10 minutes. Add the garlic and sauté, stirring for 30 seconds. Add the ginger, cumin, coriander, cardamom, turmeric and the red pepper flakes and stir well. Add the sweet potatoes and broth and bring to a boil. Reduce the heat and simmer until the sweet potatoes are soft, about 20 minutes.
2. Puree the soup in batches in a blender or food processor. Season to taste with salt and pepper. (The soup can be made ahead of time and refrigerated. Reheat slowly to serve.) If the soup is too thick, add a little more stock.
3. Ladle into mugs, top each serving with a teaspoon of cheese and stir a little to melt.

This soup is a favorite made by Carole Hobson for the Ladies Soup 'N Salad lunches.

BIRTHDAYS

JUNE 2011

DATE	NAME	LOT #
3	LeRoy Ague	126
3	Jim Wagner	33
16	Sheryl Nagy	105
18	Robert Roy	130
19	Josephine Stambaugh	69
20	Jackie Justus	24
20	Larry Luby	86
25	Harry Davis	94
28	Dick Smith	74

ANNIVERSARIES

JUNE 2011

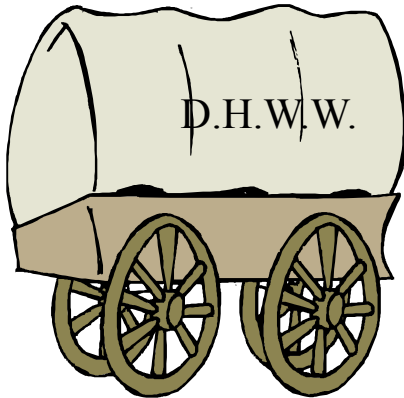
DATE	NAME	LOT#
5	Jim & Kay McKersie	177
6	Richard & Connie Garland	201
10	Ron & Deanna Fisher	78
14	John & Cathleen Smartt	20
15	Bob & Jane Berberian	188
28	Jim & Kitty Hutson	56
28	Larry & Marj Lepic	83
29	Bob & Sheila Galli	95
29	Rich & Sandy Schwiezer	89
30	Bob & Lorraine Albright	14

If you wish to add your birthday and/or anniversary or make any corrections to the list, please call Kay McKersie at 480-288-9531.



GENEALOGY CLASSES - by Esther Lough

Friday genealogy classes will be cancelled for the summer months because so many of our members are winter residents. Classes will resume the first Friday in October at 1:00 p.m.



Desert Harbor Welcome Wagon

Kenneth and Kathleen Kalber Lot# 69

Illinois



SEEK

FIND

SELL

For Sale: One Twin bed headboard: Dick Smith 480-983-5819

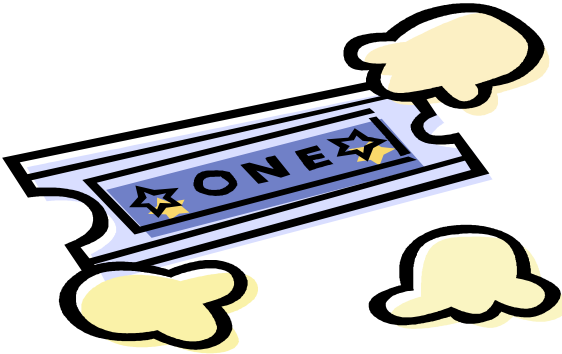
For Sale: Rare Mormon Expandable Dining table with solid walnut top
Full Size 30"X30" X 120". Folds to 30"X30"X9".
Price \$250.00 Contact: Harry Davis @ 602-459-9400 Lot# 94

Pancake Supper Finale *by Art Roberts and Michael Bauschard*

Wednesday, April 27th, twenty-two people attended the final Pancake Supper of the season. (Our next will be in October.) Bill Johnson, Tim Chrissis, and Tom Hennessy cooked pancakes, sausage, and eggs while Cyndi Smith set up the coffee, orange juice, and apple sauce. Our thanks to all of them for their hard work.

Everyone who attended seemed to enjoy themselves--with good food and socializing with each other. Thanks to all who attended for supporting the activities the Board plans.

A Movie Review - Water for Elephants by Midge Drouin



This movie is taking place in the Great Depression. Robert Pattinson, who portrays Jacob, a penniless and an orphaned veterinary school student, parlays his expertise with animals into a job with a second-rate traveling circus. He falls in love with Marlena who is portrayed by Reese Witherspoon. Marlena is one of the show's star performers, but their romance is complicated by

Marlena's husband, the charismatic but unbalanced circus boss. Christoph Waltz portrays Marlena's husband.

This film is rated PG-13 for moments of intense violence and sexual content.

Do You Have Arthritis? by Midge Drouin

Arthritis can be very crippling for different individuals. It can depend on the particular cause in which joints are affected, severity, and how the condition affects your daily activities. Your age and occupation will also be taken into consideration when your doctor works with you to create a treatment plan.

Exercise is key for people with arthritis to control pain and improve physical function. Exercise offers a number of benefits for people with arthritis including: increasing muscle strength and endurance to improve joint stability, preserving and storing joint motion for flexibility, and boosting aerobic conditioning to improve mental health and decrease the risk of other diseases. About 50 million adults in the U.S. have arthritis according to the U.S. Centers For Disease Control and Prevention.

Osteoarthritis is the most prevalent form. It occurs when cartilage deteriorates, leaving nearby joints with no cushion between bones. Many people also suffer from rheumatoid arthritis which occurs when inflammation in the joint causes it to lose shape and alignment. All arthritis sufferers can benefit from stretching to increase range of motion around an affected joint.

Other good exercises can include water aerobics, stationary cycling, gardening, swimming, yoga and Tai-Chi. Symptoms of Rheumatoid Arthritis vary from person to person and can include joint pain, swelling and stiffness, as well as general physical symptoms such as fatigue and muscle pain, flu-like symptoms, including low-grade fever, pain after prolonged sitting, lumps of tissue under the skin, loss of appetite, weight loss, cold and/or sweaty hands and feet. Two of the primary differences are that Osteoarthritis usually affects weight-bearing joints (back, hip, knee) and is associated with aging, injury, or obesity. This is another reason for seeing a rheumatologist for diagnosis and treatment for your condition.

Info taken from Web MD



Orange-Cilantro Black Bean Salad



Course: **side dishes**
PointsPlus™ Value: **2**
Servings: **4**
Preparation Time: **15 min**
Cooking Time: **5 min**
Level of Difficulty: **Easy**

Save time by swapping 1 1/2 cups of canned mandarin oranges for the fresh orange segments. Just make sure they're packed in their own juices, not syrup.

Ingredients

1/2 tsp olive oil
1/2 medium red onion(s), thinly sliced
2 clove(s) garlic clove(s), finely chopped (medium)
1/4 tsp Durkee Ground Cumin Seed, or other brand
1 cup(s) canned black beans, rinsed and drained
2 medium orange(s), peeled, segmented*
2 Tbsp cilantro, fresh, chopped
2 tsp red wine vinegar
1/8 tsp table salt, or to taste
1/8 tsp black pepper, or to taste

Instructions

In a large skillet, warm oil over medium-high heat. Add onion; sauté 2 minutes. Add garlic and cumin; cook 1 minute more.

Stir in black beans; cook just until heated through, about 1 to 1 1/2 minutes. Transfer bean mixture to a medium-size bowl; stir in oranges, cilantro and vinegar. Season to taste with salt and pepper; serve. Yields about 3/4 cup per serving.

Notes

*See our video on [how to segment an orange](#).

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Notes from May RESIDENTS' MEETING - By Connie Riter

The monthly residents' meeting was called to order on May 7th by organization Vice President, Jan Ginsburg. President Dick Smith and member-at-large Michael Bauschard were absent because of other commitments. Following the Pledge of Allegiance, the minutes of April's meeting were presented and approved as was the Treasurer's report. As of April 30th, the organization has a balance of \$2791.49 in the bank. It was reported that Casino trips are canceled until July. The next Ladies Soup 'n Salad Luncheon is on Tuesday, June 7th. Please sign-up if you plan to attend and all ladies are welcome! Donating books to our library are always welcome.

After some discussion, a motion was made, seconded, and approved, to reimburse Mike Kereluk for getting the television repaired. (Cost was \$299.58). Capital improvements are continuing to be made in the Park. The exercise room is completed, the restrooms are re-tiled and glass shower doors installed, some of the streets will be resurfaced, and the dog park will be started later this month. A letter from Yvonne concerning a bill in Washington, which, if passed, will make it more difficult to obtain financing for manufactured homes was presented by Art Roberts. Yvonne is requesting that they be signed and returned to her no later than Monday, May 9th. Midge Drouin reported that the next book, patio, and bake sale will be held on Nov. 12th from 7am to 12 noon. Jan Ginsburg won \$17 in the 50/50 raffle. The meeting adjourned at 9:38. The next residents' meeting will be held at 9 am on Oct. 1st.

RESIDENTS OF DESERT HARBOR OFFER SERVICES

NAME	LOT	SERVICES	PHONE
Bill Hightower	6	Handyman	480-374-4570
Philicia Hightower	6	Cleaning & Errands	480-674-4570
Dick Smith	74	House Sitting	480-983-5819
Renee Spears	57	Reiki Sessions	480-215-8328
Connie Riter	81	Travel—Trips	480-641-7753
Margo Crawford	104	Photo restoration-scanning-slides	623-910-2713
Dorothy Mueller	155	Avon Products	480-984-9780
Esther Lough	123	Puppy Sitting	480-288-8579

We're Proud of Our Grandson! *By Helen Rietow*

With Memorial Day just a few days in the past, our thoughts turn to all those who are serving in the military throughout the world. Helen Rietow and Ron Ruetz are proud to say that their grandson, Scott DePoy, graduated from Air Force Basic Training on April 15, 2011. He is the son of Helen's daughter, Julie, and her husband Mike DePoy.

Now he is at Sheppard Air Force Base in Texas for his technical schooling to be an F-22 Raptor Crew Chief. Then he will finish his training in Florida. His rank right now is Airman Basic, but after his schooling, he will be an Airman First Class.



Gentle thoughts for today.....
"He who hesitates is probably right"

Judy Fischer...A “Grandmother” *By Connie Riter*

Judy Fischer(#96) has always been a friendly person, but if you have seen her recently, she is just beaming! The reason? She is soon to be a first-time grandmother -- 9 times over!! The nursery is on her patio in an especially large fern, just perfect for a mother Gambel Quail. Judy has watched the number of speckled ivory eggs increase each day until the mother decided on Easter Sunday to stay permanently. “This is my first-time being a “grandmother”, Judy laughed. “I’m really excited and I want to learn all about them.”

She has searched on the internet to find all the information she can and has learned that they will hatch in about 14 to 18 days and will start peeping as they are hatching. They can eat as soon as they are hatched, but it will take 3 to 4 weeks before they can fly. Quail don’t make nests but they scratch a hole in the dirt and this is how Judy originally found the eggs, when a mysterious pile of dirt appeared under the plant. Now she is very careful NOT to look at the nest because predators could be watching if she looks too often at a certain bush. She is trying to protect the babies as much as she can. (A squirrel has been spotted in the area. Two years ago, she found 4 or 5 little quail by her front door. When they saw her, they began following her all around the yard and even across the street! When she sat on her swing, they would come and sit on her leg. They followed her everywhere until she took them to animal control for safety. There she was met by an excited attendant who said that she had already found good homes for them. Some people keep them as pets.

Judy does have two sons. Scott, who lives in California, was in the Navy for 3 years, and is now working in Afghanistan. Her older son, Richard, lives in Clayton, Wisconsin. She is hoping that her new “grandchildren” will still be here in June when Scott comes to visit.



LADIES LUNCHEON AT MACARONI GRILL by Jane Boudreau

On April 19th twenty-four ladies met for lunch at the Macaroni Grill located on Stapley Road in Mesa. The day started off with more attendees than were signed up. This resulted in insufficient place settings at the table. We seldom have this issue but it does reinforce why sign-up sheets are prepared and posted on the bulletin board.

Macaroni Grill is decorated in a rustic Tuscan flavor. They prepare predominately Italian dishes. We enjoyed the warm fresh bread served with seasoned olive oil or butter. The service was a little slow as only one waiter was assigned to our group. The restaurant appeared to be understaffed for a group this size. An additional server was assigned after our drink orders were taken. The food was tasty. However, several of the ladies' meals came from the kitchen on the cool side.

The Ladies Luncheon is held on the third Tuesday of the month. The ladies meet in the clubhouse at 11:00 am to form carpools for the trip to the restaurant. Do you have a restaurant you would like to suggest the ladies visit? Simply contact Agnes Miller or Helen Rietow with the information. We do ask the restaurant to provide a separate check for each attendee. In return many of the establishments add the gratuity to the individual check.

The ladies of Desert Harbor will continue to hold the out of the park luncheons all summer. We look forward to seeing you on June 21.



RESIDENT APPRECIATION EVENT by Jane Boudreau

A Resident Appreciation Event hosted by Yvonne Cavazos, Desert Harbor Manager, was held on April 16, 2011. Ninety residents dined on pizza and salad, followed by pie with ice cream, for dessert. While the dinner was taking place *JIMBO*, a comedic magician created balloon caricatures. He moved from table to table creating something new and unique at each stop. Residents were observed wearing balloon hats and corsages. Animal sculptures decorated the tables and the best creation of all was a motor cycle!

Following dinner *JIMBO* entertained the audience with magic tricks. Several members of the audience were recruited to assist him with his act. Those who assisted him as well as the audience were unable to catch him at his sleight-of-hand tricks. This was an enjoyable evening.

A big thank you goes out to Yvonne for having and organizing this event for the residents.

Remember our Pot Luck Dinners are held on the third Saturday of each month. Look for the announcement and sign-up sheet on the Activities Organization Bulletin Board.



June 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
M-F 8am Water Aero- bics			1 9am Line Dancing 1pm Mahjongg 1pm Quilting 6:30pm Quilting	2 6:30pm Billiards	3 4pm Happy Hour 7pm Cards/ Games	4 8am Coffee/ Donuts 5:30pm Texas Hold'em Poker
5 10:30am Church service 1pm Texas Hold'em Poker	6 1pm Mahjongg 6:30pm Bil- liards	7 12pm Ladies Soup/ Salad Luncheon 1pm Bible Study 6:30pm NDQ Poker 7pm Cards/ Games	8 9am Line Dancing 1pm Mahjongg 1pm Men's Poker 6:30pm Quilting	9 1pm Quilting 6:30pm Billiards	10 4pm Happy Hour 7pm Cards/ Games	11 8am Coffee/ Donuts 5:30pm Texas Hold'em Poker
12 10:30am Church service 2pm Pinochle	13 1pm Mahjongg 6:30pm Bil- liards	14 1pm Bible Study 6:30pm NDQ Poker 7pm Cards / Games	15 9am Line Dancing 1pm Mahjongg 1pm Quilting 6:30pm Quilting	16 6:30pm Billiards	17 4pm Happy Hour 7pm Cards/ Games 5:30pm Texas Hold'em Poker	18 8am Coffee/ Donuts 4:30pm Happy Hour 5pm Pot Luck
19 10:30am Church service 1pm Texas Hold'em Poker	20 1pm Mahjongg 6:30pm Bil- liards	21 Ladies Luncheon (outside park) 1pm Bible Study 6:30pm NDQ Poker 7pm Cards/ Games	22 9am Line Dancing 1pm Mahjongg 1pm Men's Poker 6:30pm Quilting	23 1pm Quilting 6:30pm Billiards	24 4pm Happy Hour 7pm Cards/ Games	25 8am Coffee/ Donuts 5:30pm Texas Hold'em Poker
26 10:30am Church service 2pm Pinochle	27 1pm Mahjongg 6:30pm Bil- liards	28 1pm Bible Study 6:30pm NDQ Poker 7pm Cards/ Games	29 9am Line Dancing 1pm Mahjongg 6:30pm Quilting	30 6:30pm Billiards		