

HARBOR LIGHTS

Web address: www.DesertHarborAZ.com
newsletter

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



A

DECEMBER

By Dave Borchardt

December 2011, the last month of the year. The two Zodiac and Horoscope dates in December are Sagittarius (Nov. 22 to Dec. 21) and Capricorn (Dec. 22 to Jan. 20). The new year of 2012 is right around the corner. Whenever you think of December, of course the first thing that comes to mind for many people is Christmas and Hanukkah, as well as New Year's Eve. We all have our special memories of the holidays with baking cookies, and buying gifts for friends and relatives and getting together with family and friends for a special meal. Here at Desert Harbor we will have our special Christmas pot luck dinner on Saturday, December 17th, and we always have a clubhouse full of people. There will also be Christmas Caroling around the park for some of our residents and we can always use volunteer singers as well as golf carts to get around. There will be hot chocolate and cookies afterward.

One of the biggest events took place 70 years ago on December 7, 1941 at Pearl Harbor in Hawaii. It was a very tragic day for America and one of our residents, Larry Lopic, was there that day. There are not very many people left who can say they were there when it happened and the number of WWII veterans are getting slimmer and slimmer. For most of us, we were either too little to remember or we weren't born yet. It was about a year after World War II ended that the baby boomer generation was born. The baby boomers are those people who were born between 1946 and 1964, and they are the single largest group of people in the United States.

Some other items of interest that happened in December were:

- Dec. 1, 1906 Theodore Roosevelt was the first American to win the Nobel Peace Prize
- Dec. 5, 1933 Prohibition ended
- Dec. 8, 1980 John Lennon was killed
- Dec. 17, 1903 Orville & Wilbur Wright's first flight, Kitty Hawk North, Carolina
- Dec. 21, 1620 Mayflower Pilgrims landed at Plymouth, Massachusetts
- Dec. 26, 1947 New York City was blanketed with 25.8 inches of snow
- Dec. 27, 1947 First Howdy Doody show

January 2012 will be here soon enough, so "Happy New Year" to everyone.



From the President's Desk

by Dick Smith



The cooler weather has finally arrived. Sure feels good. Most of our winter residents are back and participating in the activities. We want to welcome them all back.

Don't forget the Christmas pot luck on December 17. We are in for a treat as the kids from Studio 3 will be entertaining us at that time. Make plans to attend.

Please don't forget the food bins in the clubhouse. This time of year especially, it is important we fill them.

For your information, we are planning a spaghetti dinner on the 11th of January. We will be selling tickets for that and they will be on sale all of December. Be sure to get yours early. They will be \$5.

I hope everyone has a Very Merry Christmas and a Happy New Year.

ACTIVITIES ORGANIZATION

PRESIDENT	DICK SMITH	LOT 74	480-983-5819
VICE PRESIDENT	Position is vacant at this time.		
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

Residents Meeting *by Connie Riter*

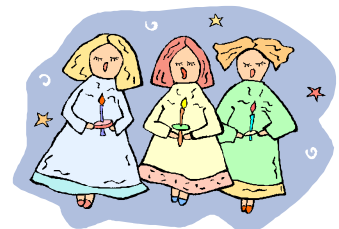
The second residents meeting of the season was held at the Clubhouse on November 5th at 9 am with 45 people in attendance. Because the Secretary left her notes at home, the minutes of the previous meeting were not distributed, but will be posted on the Board. The Treasurer's report was read and approved. Two new residents were welcomed by the President -- Pat Schaeffer and Al Horning. The Halloween Committee, Renee Spears and her daughter Danielle, were commended for the excellent party which they organized and implemented. Agnes Miller reported that the next Ladies Luncheon out of the Park will be held at Carabbas if 20 people sign up. She encouraged everyone to sign up early. Joanne Hankison indicated that all ladies are welcome at the Soup 'n Salad Luncheons on the first Tuesday of the month and she hopes to see about 40 people there in December.

Connie Riter reported on the upcoming Casino trips to Gila River and Fort McDowell and a 3 day trip to the Edgewater in Laughlin Feb. 26 - 28. Tim Chrissis reported that Shuffleboard is now being played on Wednesdays at 6 pm but may move to 3 pm if it gets too cold. Dick Smith read a note from ALL's Activities Director, Mandy, requesting that people who sign up for her planned activities attend, or come and cross out their names in advance. 53 people signed up for her last event, but only 35 attended. Her next activity is a Get Fit class.

Under new business, Michael Bauschard, head of the nominating committee, reported that there is one candidate for Vice President, Sharon Schupbach, and one for member at large, Midge Drouin. There were no nominations from the floor. It was moved and seconded that these would be the only two running in next month's election. The proposed changes in by-laws were explained by Art Roberts, discussed, and reasons given for the desired changes. There was a discussion about the lack of entertainment this year and a volunteer committee of Renee Spears and Rose Chrissis offered to see what could be planned. A spaghetti dinner will be held in January and tickets will be sold as a fund raiser. Dick suggested that we leave our name tags in our mail slots so we will have them for our activities.

Caroling in the Park and "Cookie Exchange" *by Connie Riter*

On Wednesday, Dec. 21st at 6 pm, we will again be caroling throughout the Park. Everyone is welcome to come sing with us...."the more, the merrier..." We need people who have golf carts also to come, or to allow others to use their golf carts. There will be a sign up sheet in the Clubhouse and we ask that you sign up so we know how many people will be participating. Afterwards, we will meet at the Clubhouse for cookies and cocoa -- and, of course, we need bakers for this as well. Bring extra cookies -- because we will have a cookie exchange at this time, too! Bring some cookies -- take others home! Come.....share in the Christmas spirit!



DESERT HARBOR ACTIVITIES

<u>ACTIVITY</u>	<u>COORDINATOR</u>	<u>TELEPHONE</u>
APPLIQUE	RENI DIEBALL	983-0578
CASINO TRIPS	CONNIE RITER	641-7753
CLOSET QUILTERS	RENI DIEBALL	983-0578
GENEALOGY	ESTHER LOUGH	288-8579
GOLF	DON WALKER	288-5686
LADIES OUT OF THE PARK LUNCHEONS	AGNES MILLER	982-6063
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

Welcome to Desert Harbor

Bill and Carol Garriott Lot 115

Free Boxes, Dorothy Mueller, Lot #155, Home phone [480-984-9780](tel:480-984-9780)

Influenza, or Flu, is a virus that targets the respiratory system. The flu and the common cold are both respiratory illnesses, but they are caused by different viruses. Because they have similar symptoms, it can be difficult to tell them apart.

Influenza or "the flu" develops when a flu virus infects your respiratory system, including your nose, throat, bronchial tubes, and possibly your lungs. A cold virus usually infects only your upper respiratory tract: your nose and throat. Flu symptoms are generally worse than illness caused by the common cold. What we call "stomach flu" or "intestinal flu" is just another type of viral infection.

Why are people so concerned about the flu?

Because the flu virus can infect the lungs, it can cause a serious infection like pneumonia and that's what worries people. If the flu develops into pneumonia, it can require hospitalization and even lead to death. People with weak immune systems (the elderly, pregnant women, infants, and people with chronic health problems) are at highest risk.

Can flu shots cause the flu?

The flu shot is made from killed viruses and cannot "give" you the flu. However, the vaccine can trigger an immune response from your body, so you may have a few mild symptoms, like achy muscles or a low fever. The nasal flu vaccine, Flu Mist, is made with weakened live virus. It's recommended as an option for non pregnant, healthy people between the ages of 2 and 49. Because flu viruses differ from year to year, you need an annual flu shot to prevent the flu. The CDC advises everyone 6 months and older to get a flu vaccine every year.

What Can You Do To Prevent The Flu?

Both flu and cold viruses are transmitted the same way--through microscopic droplets from an infected person's respiratory system. That person sneezes or coughs, and droplets are sprayed onto any nearby surface or person. If they cough or sneeze into their hands (without a tissue), their hands then carry droplets to surfaces they touch. You touch that surface and pick up the virus. If you rub your eyes or nose, you've just infected yourself. To protect yourself and prevent spread of cold and flu viruses, wash your hands frequently, cough and sneeze into a tissue or into your hands, and wash your hands afterward. When you cough, turn your head away from others. If you have a sudden sneeze and no tissue, bend your arm and sneeze into it. Don't touch your eyes, nose, or mouth. This prevents germs from entering your body. Wash any shared surfaces (like phones and keyboards) frequently. Viruses can live on surfaces for several hours. Stay away from crowds during cold and flu season. A well-nourished immune system is better able to fight off infections. Fuel your body with dark green, red, and yellow vegetables or fruits. Salmon is a great source of omega-3 fatty acids which fight inflammation. Yogurt helps stimulate the immune system.

What are flu symptoms?

Fever, fatigue, aches and pains, chills, and cough. Stay at home if you think you have the flu, and get plenty of rest. Drink plenty of liquids to replenish your body from dehydration. See the doctor if you have any of these symptoms: difficulty breathing, persistent fever, vomiting or inability to keep fluids down, painful swallowing, persistent coughing, persistent congestion and headaches.

BIRTHDAYS

December—2011

Date	Name	Lot #
1	Phyllis Zarcharda	202
5	Kathy Murphy	187
6	Fred Dieball	85
8	Dick Nienkirk	128
8	John Poshka	4
8	Karen Stoesz	174
13	Paul Bieder	125
18	Jim Harrison	40
18	Carol Miller	202
18	Janice Miller	170
19	Deanna Fisher	78
20	Everette Shephard	107
21	Connie Garland	201
22	John Mitchell	103
23	Richard Anderson	39
24	Al Kitterman	36
25	Eileen Lervold	90
27	Zhanna Petuhova	31
31	Jane Berberian	188

ANNIVERSARIES

December—2011

Date	Name	Lot #
5	George & Dot Smith	196
10	Allan & Dee Goodwin	200
14	Tom & Penny Newby	185
17	Hank & Justine Hilliard	101
27	Les & Pam Allan	136



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.

CASINO NIGHT



On Wednesday evening, October 26, we had a new event at Desert Harbor. Mandy Rogers, who is the new regional activity director for Solstice Communities, brought in a crew of dealers and tables so our residents could have a fun filled event playing different casino games. We had a total of four black jack tables, two Texas Hold 'Em tables and two roulette tables. Everyone was given \$1000.00 in play chips and tried to win additional chips, all just for fun, no cost at all to the residents. It was another terrific event put on by Mandy and everyone had a great time. When the gambling was all over, Mandy had a drawing for gift cards with the top prize being a \$100.00 VISA gift card. There also was a \$50.00 gift card and then many other smaller gift cards too. It was a fun filled evening and most of the comments I heard were "when are we going to do this again".



Pumpkin Cobbler *by Judy Fischer*

Filling:

4 eggs
3 cups pumpkin (not pumpkin pie filling)
1 ½ cup sugar
1 tsp salt
2 tsp cinnamon
1 tsp ginger
½ tsp clove
3 cups half and half



Topping:

1 yellow cake mix (unprepared)
½ cup butter (melted)
Cinnamon and sugar (to taste)
Chopped pecans (optional)

Mix all ingredients in a large bowl and pour into a 9 x 13 pan. Sprinkle dry cake mix over the top. (I usually end up using only ¾ of the box.) Pat the cake mix down a little then pour melted butter evenly over the top. Then sprinkle with a little cinnamon and sugar and pecans. Bake at 350 degrees for 60 min. Knife in center should come out clean when done. Serve with cool whip or vanilla ice cream over the top.

TEXAS HOLD 'EM TOURNAMENT *By Dave Borchardt*

The 2011 Desert Harbor Texas Hold "Em Fall Poker Tournament began on Friday October 28th and concluded on Friday November 4th with Rich Goodrich taking first place honors. Terry Watts came in at 2nd place, Michael Bauschard 3rd place and Sheila Galli took 4th place. There were a total of 18 residents who participated in this year's fall tournament. The Spring and Fall tournaments are limited to residents only. Thank you to all who participated and we all look forward to the Spring tournament that will probably be sometime in April 2012



Chit chat around the park



Manager and Residents Meet

Our first residents meeting organized by Marta, our new manager, was well received and professionally conducted. Everyone seemed impressed by the way she sincerely answered a variety of questions on improvements to the Park and how often she took notes in her “little black book” on things she would “get back to us on later.”

Many issues were discussed including installing a bike rack, improving the putting greens, closing the back gate, and painting the wall around the pool area. Other issues discussed concerning the pool were perhaps returning to salt water instead of the chlorine presently being used, keeping the pool temperature at a more constant 86 degrees, and getting new pool furniture since many of the present lounge chairs are broken again. At the conclusion of the meeting, Marta demonstrated how easy it was to use the new 911 red alarm box installed in the Clubhouse. She is also looking forward to having another one of these meetings perhaps in January.

Boutique At Desert Harbor

Heads up everyone! Here is your opportunity to display and sell the items that you’ve created throughout the year. This includes jewelry, sewing, crochet and knitted items, painted things, homemade cards, woodwork, candles etc. This is not necessarily a craft fair. This event is open to anyone in the park who has something they would like to sell. No commercial vendors and no commercially produced articles are permitted. This is an in-park sale only. No outside sales or vendors.

This is a first time event. Hopefully, if everything turns out smoothly we will have more boutiques throughout the year. At November’s residents meeting I will give you more input on this event and answer any questions that you might have.

Bible Study—every Tuesday afternoon in the club house—2:00 pm

Church Service—Sunday morning in the club house—10:30 am

For more information please call Terry or Nita Watkins at 480-646-1070



Chit chat around the park



Information

Another postage stamp increase will take effect on Jan. 22, 2012. Forever stamps will still be good for first-class postage. Postcards will go up 3 cents to 32 cents. Letters to foreign countries will go up 7 cents -- to \$1.05. Nancy Pavkov wants everyone to know she still has a big roll of penny stamps which she purchased during the last increase in 2009. She will sell you some, at face value, and will even deliver them! Call her at 983-4136.

Pot Luck

About 50 people attended the October Potluck, including two of our newest residents, Tina and Hans, in #79. The food was varied and excellent (as always) and everyone had a good time. The highlight of the dessert table was a pumpkin custard cobbler, made by Judy Fischer, who after much coaxing, agreed to share the recipe with us. (See recipe in this issue.) Our potlucks are always on the third Saturday of the month, and everyone is welcome to attend. Sign-up sheets are provided on the board to indicate what you plan to bring.

Soup and Salad

The November Soup 'n Salad ladies luncheon was held in the Clubhouse on Nov. 1st. About 30 ladies attended and enjoyed the 7 delicious soups served and an assortment of wonderful salads and desserts. Laughter and conversation were plentiful. If you missed this month's luncheon, please try to attend the December luncheon -- the holidays always bring out our very special recipes -- and everyone is welcome!

In the clubhouse is a basket for collecting used Greeting Cards. These will be sent to St. Jude's in Nevada because Sunshine Acres does not accept them anymore. However, you can put unopened hotel bottles of shampoo, soap, etc. also in the basket in the Clubhouse and these WILL be given to Sunshine Acres for the use of their children. Thank you. Connie Riter

ITEMS FOR SALE BY RESIDENTS

Bedroom Set (headboard, mattress, box spring, dresser, mirror, night stand) \$400.00

Washer & Dryer (Crosley brand) Great condition, heavy duty. \$100.00 firm

Recliner \$50.00 or best offer

Massage Chair & Ottoman, \$50.00 or best offer

Contact Rich Blake, Lot #197, Cellphone [317-966-5740](tel:317-966-5740)

WHO AM I ?

CAROL MILLER



1970's



2011

Patio Sale at Desert Harbor *by Midge Drouin*

On Friday night, November 11th, the clubhouse was set up for our Saturday patio sale. Residents from the park were continuously stopping by to drop off baked goods for the bake sale table or to preview our white elephant table. Most either purchased items from that table or went directly over to the book sale table to make a purchase. We had some sales that evening. Saturday morning the gates were "open for business" at 6:45 a.m. Residents were awaiting the arrival of customers. The clubhouse opened for business at 7:00.am. where we had our fundraiser sales going on until 12:00 noon. The crowd wasn't as large as last year, but we made the best of it. The activity committee would like to thank all who participated with setting and cleaning up and the women who chaired the fundraising areas of the sale. Total taken in from the sales was \$314.70 Great Job!

SAVE THE DATE! by: Kay McKersie

Sat. Dec. 3rd/9:00am	Residents Meeting
Sat. Dec. 3rd/9:00am	Boutique
Tue. Dec. 6th/12:00pm	Ladies Soup 'n Salad Luncheon
Sat. Dec. 10th/9:00am	Boutique
Sat. Dec. 17th/9:00am	Boutique
Sat. Dec. 17th/4:30pm	Christmas Potluck
Tue. Dec. 20th/11:00a	Ladies Luncheon
Sat. Dec. 31st/	New Years Eve Party



Schedule of Casino Trips

Dec. 15th -- Fort McDowell
Jan. 19th -- Harrah's Ak Chin
Feb. -- TBA
March 15 -- Mazatzal (Payson)

See Board for Details and Times

RESIDENTS OFFER SERVICES-Continued on Page 15

Therapist, reasonable cash rates, individual/couples/PTSD, most issued addressed.

Rich Blake, Lot #197, Cell Phone: 317-966-5740

Will transfer all VHS tapes to DVD. Doug Stoesz, Lot #174, Home phone 480-982-1065

Book Reviews *by Nancy Pavkov*

The Poacher's Son by Paul Doiron

This is the author's debut novel, an Edgar Award Finalist. Mike Bowditch is a game warden in Maine ... a place that I have never been, but I feel like I visited there. Mike's father, a poacher, womanizer, and general all around "not nice guy" is accused of murder. Mike believes his father is not guilty and sets out to prove it.

There are lots of surprises by the last page! And...this is the first of a series. The next up is Trespasser. Both books will be on the shelves in our library.

Another book worth reading is **The Help**. Bill took me to see the movie of this book recently. He enjoyed it, too. This is a look back at Jackson, Mississippi in the 1960's and the interactions between the white southern women and their black hired help. The film followed the book faithfully. Both book and movie were worth the time spent reading or viewing.

Honor Flight *by Renee Spears*

Honor Flight Arizona flies WWII veterans to their memorial in Washington, DC and is a non-profit organization. Honor Flight was formed when it became evident that many WWII vets would never get to see their memorial in Washington, for many reasons. The memorial opened only 7 years ago. WWII vets are dying at the rate of 1,000 per day -- some are in poor health, but all can receive an honor flight.

The cost of flying each veteran to Washington for the three-day trip (including flight, two hotel nights, tours, and all meals) is \$850.00. They are not allowed to pay their own way. A guardian travels with each veteran to ensure his/her safety and that they are cared for. A guardian pays for their own travel. Each vet is given a send-off from the airport and is welcomed home. You may register a veteran by filling out an application.

For information, donations, and to fill out an application, go to: honorflightaz.org.

If you would like to speak to someone about it, please call me, Renee Spears, at 480-215-8328 and I will direct you to someone to help you. Also, if we, as a Park, wish to have someone come and make a presentation, there is a possibility that this can also be done.

Halloween Party -- a Huge Success! *by Danielle and Renee Spears*

Seventy-two people attended the Halloween Party this year. The chili-cheese dogs were great and plentiful along with bountiful salads, chips, and great desserts. Best costume prizes were awarded along with some “world famous, fabulous prizes” located, believe it or not, in our own Apache Junction at.....

THE DOLLAR STORE!

There were games of brain skill and a game of acting skill. A few tables received a visit from Madame Malicious and there was plenty of laughter. Danielle, a nice little old lady with tissue paper and toilet papers hanging from various parts of her costume, kept things moving right along. All in all, it was a very fun night! Huge thanks to all of you who first came and helped set up, and then stayed to help tear down. We couldn't have done it without you!



RESIDENTS OF DESERT HARBOR OFFER SERVICES

NAME	LOT	SERVICES	PHONE
Philicia Hightower	6	Cleaning & Errands	480-674-4570
Midge Drouin	203	Hair cuts, Styling, Blow Drying	602-459-9039
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
Connie Riter	81	Travel-trips	480-641-7753
Renee Spears	57	Reiki Sessions	480-215-8328
Jean Myers	44	Pet/house sitting-drive to store, Dr's	480-671-4481
Bob Myers	44	Yard work, odd jobs	480-671-4481
John Williams	162	Handyman	602-561-4562
Toni Ague	126	Sewing-alterations-interior painting	319-533-1098
Miles Lowery	164	Exterior pressure washing-screens & windows-Exterior painting-Tighten jacks under home- Repair/replace roofs All around handyman	480-276-8568

Marta Alegria, Desert Harbor Manager 480-288-8876



December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9am Tai Chi 11am Golf 6:30pm Billiards 6:30pm Euchre	2 1pm Genealogy 4pm Happy Hour 7pm Cards/ Games	3 8am Coffee/ Donuts 9am Residents Meeting 5:30pm Texas Hold'em Poker
4 10:30am Church 12:30 Texas Hold'em Poker	5 9am Tai Chi 1pm Mahjongg 6:30pm Billiards	6 12pm Ladies Soup/Salad Luncheon 2pm Bible Study 6:30pm NDQ Poker 7pm Cards/ Games	7 9am Line Dancing 1pm Mahjongg 1pm Quilting 6:30pm Quilting at lot 85	8 9am Tai Chi 11am Golf 6:30pm Billiards 6:30pm Euchre	9 1pm Genealogy 4pm Happy Hour 7pm Cards/ Games	10 8am Coffee/ Donuts 5:30pm Texas Hold'em Poker
11 10:30am Church 12:30 Texas Hold'em Poker 2pm Pinochle	12 9am Tai Chi 1pm Mahjongg 6:30pm Billiards	13 2pm Bible Study 6:30pm NDQ Poker 7pm Cards/ Games	14 9am Line Dancing 1pm Mahjongg 6:30pm Quilting at lot 85	15 8:15am Casino Trip Ft. McDowell 9am Tai Chi 11am Golf 1pm Quilting 6:30pm Billiards 6:30pm Euchre	16 1pm Genealogy 4pm Happy Hour 5:30pm Texas Hold'em Poker 7pm Cards/ Games	17 8am Coffee/ Donuts 4:30pm Happy Hour 5pm Christmas Pot Luck/ with Studio 3 enter- tainment
18 10:30am Church 12:30 Texas Hold'em Poker	19 9am Tai Chi 1pm Mahjongg 6:30pm Billiards	20 11am Ladies Luncheon (outside Park) 2pm Bible Study 6:30pm NDQ Poker 7pm Cards/ Games	21 9am Line Dancing 1pm Mahjongg 1pm Quilting 6pm Caroling 6:30pm Quilting at lot 85	22 9am Tai Chi 11am Golf 6:30pm Billiards 6:30pm Euchre	23 1pm Genealogy 4pm Happy Hour 7pm Cards/ Games	24 8am Coffee/ Donuts 5:30pm Texas Hold'em Poker
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