



DESERT HARBOR—A 55+ COMMUNITY—APACHE JUNCTION, AZ—AUGUST 2014

August in Arizona *by Connie Riter*

August is a boring month! It is the only month without a national holiday. This may be because many people are on vacation now and those who are not are sweltering in the heat, or it may be that we ran out of big things for which to designate a holiday. One thing that we can definitely celebrate, however, is that we have **survived** half of the summer here in Arizona.

There are some minor commemorations in August, however. Here are a few: International Friendship Day is on the 3rd, the 11th is designated Sons and Daughters Day, the Left Handers can all celebrate on their day, the 13th and the 26th is Women's Equality Day. The 14th or 15th (you choose!) is V/J Day which marks the end of WWII (perhaps this would be a real holiday if people could decide which day to celebrate it on.) The 21st is designated "Senior Citizen Day", and fittingly, the 22nd is "Be an Angel Day." So we have some things to celebrate, even if we don't have an "official" holiday this month.

By now you have become adjusted to the summer heat here and have found your own ways to cope, such as going to plays, the theater, shopping, a day at the casino, or visiting friends and family in cooler parts of the country. If you are still looking for ideas, here are a few more: The Pima Air and Space Museum, near Tucson, displays more than 300 planes on the 80 acres of land reserved for the museum. They have tours available. The Titan Missile Museum, also near Tucson, has guided tours daily where you can descend 35 feet below ground to see a ballistic missile which could have delivered a warhead more than 6000 miles away! The Commemorative Air Force Arizona Wing Museum, much closer to home in Mesa, has on display bombers, fighters, trainers, and cargo planes from many of our past wars. The Planes of Fame Museum, halfway between Williams and the Grand Canyon, houses more than 40 aircraft from our history. They have self or guided tours available and the tours are free for active duty service personnel.

So, if you are tired of reading, watching TV, or going out to dinner, you may want to visit one of these Air Park Museums -- and we know that once the monsoons and haboobs are over, it will cool off once again!

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From the President's Desk

by Ken Camp

Hope all of you are enduring the heat! I don't know about you, but I am ready for a little rain. Yes, that was a good old dust storm that went through our Park, without the rain!

The 4th of July Potluck was a great success with many in attendance. I want to welcome our new residents who came and stayed for LRC afterwards. We all had a good time.

Again, I want to remind you to please put your aluminum pop and beer cans in the containers in and around the clubhouse. We have two by the South pool gate inside the block wall, one at the North side of the building, and one in the clubhouse. This will save us from dumpster diving!

The new kitchen is "in progress" with the electrical rough-in done. I hope you have seen the new cabinets to be installed.

Again, thanks to all of you who helped on the 4th of July potluck. Without you, these things would not happen. Drive safely in and out of the Park.

ACTIVITIES ORGANIZATION

President	Ken Camp	Lot #178	480-641-0975
Vice President	Dave Borchardt	Lot #142	480-671-1682
Secretary	TBD		
Treasurer	Tim Chrissis	Lot #34	480-982-1891
Board Member	Midge Drouin	Lot #203	602-459-9039
Board Member	Sherry Weinert	Lot #186	307-329-7782
Board Member	Sharon Ziccardi	Lot #147	480-839-0496

DESERT HARBOR ACTIVITIES

<u>ACTIVITY</u>	<u>COORDINATOR</u>	<u>TELEPHONE</u>
BINGO	TBA	
CASINO TRIPS	CONNIE RITER	480-641-7753
CLOSET QUILTERS	CAROLE HOBSON	480-288-6270
CRAFTS	MARGO CRAWFORD	623-910-2713
ENTERTAINMENT	KATHY GABEL	480-625-1297
GENEALOGY	ESTHER LOUGH	480-288-8579
GOLF	DON WALKER	480-288-5686
HORSESHOES	TBA	
LADIES OUT OF THE PARK LUNCHEONS	TBA	
LADIES SOUP & SALAD LUNCHEON	JUDY PETERS	480-270-2326
LINE DANCING	MARY PAT SUMMERS	480-983-4227
MAH JONGG	ESTHER LOUGH	480-288-8579
PINOCHLE	TBA	
POKER	MIKE BAUSCHARD	480-288-4332
SHUFFLEBOARD	CLIFF TESSMER	480-671-1414
STITCH & CHAT	CAROLE HOBSON	480-288-6270
TAI CHI	DICK SMITH	480-983-5819
WELCOME / SUNSHINE	KAREN KROSCHER	509-951-2877

WEB MASTER, DICK SMITH, 480-983-5819

DESERT HARBOR MANAGER, 480-288-8876

NEWSLETTER COMMITTEE
Connie Riter, Dave Borhardt, Dick Smith, Bob Mayo,
Midge Drouin, Margo Crawford, Jane Boudreau

BIRTHDAYS - ANNIVERSARIES

AUGUST BIRTHDAYS

Day	Name	Lot #
3	Steve Davison	134
3	Kenneth Kalber	64
3	Bill Dunham	100
4	Pam Allen	136
4	Bill Allie	70
4	Agnes Olson	27
5	Bruno Borowczyk	26
7	Rick Schwiezer	89
9	Doug Harris	180
10	Bobbie Lowery	164
10	Gisele Piesinger	47
14	Roger Tucker	69
18	Patricia Ballock	183
18	John Eubank	169
19	Jackie Bowman	102
24	Elvira Jackson	55
24	Bob Wilson	11
26	Pat Schaefer	106
28	Theresa Bieder	125

AUGUST ANNIVERSARIES

Day	Name	Lot #
8	Dave & Bev Borchardt	142
8	Richard & Linda Lewis	23
9	Lanny Leathers & Carol Haydter	154
12	John & Rosemarie Williams	162
13	James & Lorna Almon	9
22	Jerry & Dianna Stai	126
22	Ron & Sharon Schupbach	93
23	Dennis & Jackie Justus	24
24	Jim & Karen Stephens	156
26	Greg & Ruthann Sather	10
26	Herman & Sherry Weinert	186
30	Richard & Carol Lazarri	202
30	Noran & Agnes Olson	27



If you wish to add your birthday and/or anniversary or make any corrections to the list, please call Dick Smith at 480-983-5819

PHONE BOOK UPDATES :

NEW RESIDENTS :

Larry-Sue Behrens, Lot #67
Jim & Kathy Leach III, Lot #148
Bruce-Cammie Weiss, Lot #188
Don-Judy Childers, Lot #201





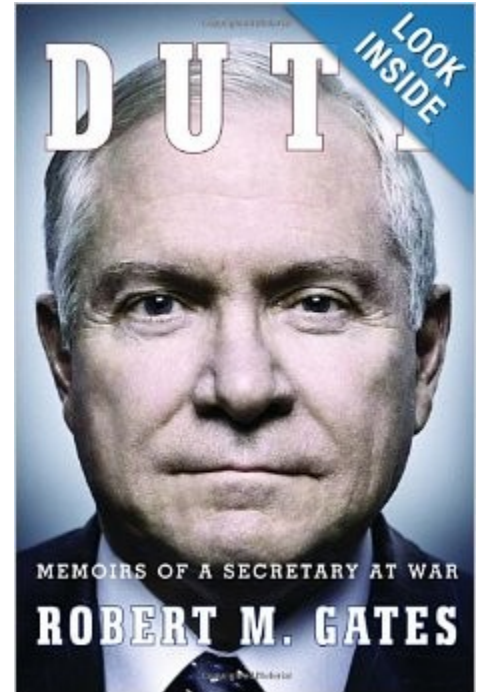
From Greg and Ruthann Sather.....

Greg & I left Arizona on May 12 to travel back to Wisconsin. Our first stop was Las Vegas, NV where we saw the Michael Jackson One Cirque show. It was excellent!

We continued our adventure to tour national parks: Black Canyon of the Gunnison-Co, Mt. Rushmore-SD, Wind Cave-SD, Crazy Horse-SD, Badlands-SD.

Upon our arrival in WI, we began to ready our lake home & ourselves for a 3 week visit with our daughter & Grandchildren. Charlotte is 4 years old and Oliver is 15 months. It was busy, but filled with fun & laughter. Our activities included: swimming, boating, kayaking, fishing, enjoying bonfires-to mention a few!!!

We are now waiting for a visit from my sister & her family. I guess that is what living on a lake is all about!!!



BOOK REVIEW

by Bob Mayo

Duty: Memoirs of a Secretary at War by Robert M. Gates

This book provides an extremely candid account of the author's experiences while serving as the Secretary of Defense under both Presidents George W. Bush and Barack Obama, as well as a rare look at how government really works, or not as the case may be.

In October 2006 the author returned a call from the President's National Security Advisor Steve Hadley who asked the author, "If the president asked you to become secretary of defense, would you accept?" Although stunned, Gates answered, "We have kids dying in two wars. If the president thinks I can help, I have no choice but to say yes. It's my duty." Perhaps this sounds a little melodramatic but as one reads this account of his life for the next four and a half years they will find it only reinforces this feeling of duty.

This provides a firsthand look at many of the main actors, the names of which many of us have come to be familiar with, both on the American side as well as foreign leaders and their representatives in matters of defense that affect the national interests of the United States. The author provides a hard and compelling look at what is many times a stifling bureaucracy and the sense of "this is the way it's always been done"; that cause people to wonder if anybody in Washington cares anything about the men and women sent to fight in our name.

While the book is written in a somewhat chronological order it is not a day to day account. It is rather a look at a specific area or country and our relations with it from the standpoint of a Secretary of Defense. While the book deals primarily with the wars in Iraq and Afghanistan it also provides insights into all of the defense concerns of the United States as well as differences with nations both friendly and not so friendly with whom we have relations.

A major contribution of this book, in my opinion, is a critical look at how "sausage" is made in our nation's capital. The venality, backbiting and pure partisanship and how it affects the ability to serve the nation's interest are laid out rather starkly. The author reserves some of his harshest comments for some of those around both presidents as well as congress, who many times seem to be more concerned with partisan political issues. He found this particularly true in President Obama's National Security Council (NSC) and National Security Staff (NSS) who wanted to micromanage virtually every action.

As stated Mr. Gates served under both Presidents Bush and Obama. He points out areas in which he agreed as well as those on which he disagreed with both men. He really has no bad words to say about either individual and it is plain that from his perspective, both had and have the good of the nation in mind even though each may perhaps be coming from a differing prospective.

This is a compelling book and well worth reading.

MESSAGE FROM RESIDENT *by Dorothy Mueller*

This is a note of thanks to all my friends in Desert Harbor for their concern, good wishes, and prayers, during my recent 4 week hospitalization. I really appreciated all the flowers, cards, and visits. Your continuing support and thoughtfulness is truly a sign of what a good place Desert Harbor is. For any of the residents who don't know, I was hospitalized with something call the Miller-Fisher variant of Guillan-Barre syndrome. Guillan-Barre syndrome is often called French Polio, and usually starts in the hands and feet and works up the body. My type started at my head and worked down my body, causing the Doctors to worry about my lung function. Although I did not have a stroke, some of my symptoms were stroke-like. I am now finished with in-home physical and occupational therapy, and will start out-patient therapy in 2 weeks. I am also getting back to my Avon business, and hope that those who have used my services in the past will continue to do so. Special thanks-yous to Nancy Pavkov, Sharon Rau, Karen & Jim Stephens, Carol Haydter, Lanny Leathers and Jean & Bob Myers. I love you all.

Sincerely,
Dorothy Mueller

MORNING AT THE MOVIES *by Connie Riter*

On Wednesday, June 25th, 39 residents of Desert Harbor and La Casa Blanca were treated to a movie at Dickinson's on Signal Butte and Baseline by Tracey Jennings, our community activities director. We met her in front of the theater at 9:45 am and were able to choose the movie we wanted to see and also received a soft drink and a bag of popcorn. Most of us opted to see Jersey Boys, the story of Frankie Valli and the Four Seasons, which just started playing last week.

Everyone I spoke with seemed to enjoy the outing and hoped that Tracey would do this again sometime. Thanks, Tracey.

Life is too short to wake up in the morning with regrets. So love the people who treat you right, forget about the ones who don't and believe that everything happens for a reason. If you get a chance, take it. If it changes your life, let it. Nobody said that it'd be easy, they just promised it would be worth it. ..



CHICKEN ROLL-UPS

9 lasagna noodles
2 ½ cups alfredo sauce
2 cups cooked, shredded chicken
oregano
garlic salt
3 cups shredded Mozzarella, or cheese of your choice
Spray an 8x8 pan with non-stick spray and pour ½ cup alfredo sauce, or just enough to cover the bottom of the pan. Boil 8-10 cups water in a large pan, cook lasagna noodles until al dente. (I usually cook 1 or 2 extra just because lasagna noodles always seem to break on me when I am stirring them.)



Now this is the important part! Drain and rinse the noodles with cold water to prevent them from sticking to each other. Then, lay out each noodle individually and blot dry with a paper towel.

Spread about 2 Tbs. alfredo sauce over each noodle. (if there is too much sauce you will have a big mess on your hands!) Sprinkle oregano and garlic salt on top of sauce. Take 1/9 of the shredded chicken and spread it out evenly over each noodle. Add approx. 3 Tbs. cheese. To roll up, start at one end and roll the noodle over the toppings. You will need to lift the noodle a little to prevent squishing out the inside ingredients while rolling.

Place the roll-ups in the pan, one by one, seam-side down so they don't come undone. Once they are all in the pan, pour the remaining alfredo sauce over the top. Top with remaining cheese. Bake at 350 degrees for about 30 minutes, or until the cheese is completely melted on top. I sometimes broil mine the last 5 minutes to make the cheese toasty on top

Elderly Couple:

An elderly couple go to church one Sunday.

Halfway through the service, the wife leans over and whispers in her husbands ear, "I've just let out a silent fart.

What do you think I should do?"

The husband replies, "Put a new battery in your hearing aid."



ALUMINUM CANS NEEDED

By Dave Borchardt

We are in need of Aluminum Cans and only Aluminum Cans, No other aluminum product. We have had to enlist the services of our resident “Sanford & Son” (aka Ken & Tim) to go dumpster diving for aluminum cans that are in the large green recycling container west of the clubhouse. We have two new garbage bins clearly marked “Alum. Cans” right next to the indoor swimming pool. We also have one container in the clubhouse and another container on the northwest side of the clubhouse near the can crusher. We would appreciate all residents help with this project and save their aluminum cans and put them in one of the four containers. We get about a penny a pound for the cans that are in the large green dumpster and when we take them in ourselves, we get about a dollar a pound. The money collected goes directly into our Activity Fund.

So please, let’s help “Sanford & Son” so they don’t have to do the dumpster dive and maybe hurt themselves in the process. Please save and recycle all your aluminum cans and place them in one of the four containers. Or save them at your house and we can pick them up for you.

We need everyone in Desert Harbor to help with this project.

ITEMS FOR SALE OR ITEMS WANTED

WANTED TO BUY: Patio umbrella with stand. Esther, Lot #123, 480-288-8579

CHIT CHAT AROUND THE PARK



LADIES LUNCHEON *by Kay McKersie*

On Tuesday, June 17th, nine ladies ventured out into the heat to enjoy a luncheon at Chili's selected by Judy Peters.

Looking around the table most of them ordered the soup and salad combination. The chicken enchilada soup was delicious. Sandwich and salad was the second most popular choice. Everyone seemed satisfied with their food.

The service was good and we inquired about returning later in the fall when all our summer people return.

The best part is always sharing time with our friends and neighbors.

Do you realize there is an unsung hero among us? She works around the park all the time. You will see her bending over pulling weeds, picking up other people's trash sometimes, and quite often washing down the kitchen after an event, even some cleaning around the pool. All of this is done of her own free will, totally unpaid by this park. We are so lucky to have her and we never give her enough thanks for all she does.

Liz does have a paid position here in this park though. She is hired by Solstice to help Tony pick up the trimmings when he's pruning park bushes and trees. She is also paid to walk around every evening and lock up the rec hall. Those are the only two things she is hired to do.

So, next time you see her you might want to stop a minute and let her know she's doing a great job with everything and that you're glad she's volunteering to do so much. Imagine what it would be like if she didn't do some of those things. Things would soon become a pretty sorry mess.

Thank you Liz.



HEALTH ARTICLE *by Midge Drouin*

LIVING WITH KNEE PAIN

Exercises for Osteoarthritis

(a) Hamstring Stretch: Stretching improves range of motion and keeps you limber. To get the most out of your stretches, warm up with a five minute walk period. To stretch, lie down and loop a bed sheet around you right foot. Use the sheet to help you pull the legs straight up and stretch it. Hold for 20 seconds, then lower the leg....repeat twice, then switch legs.

(b) Calf Stretch: To do a calf stretch, hold on to a chair for balance. Bend your right leg, step back with your left led and slowly straighten it behind you. Press you left heel to the floor. You should feel the stretch in your calf of your back leg. Hold for 20 seconds. Repeat twice, then switch legs.

(c) Straight Leg Raise: Build muscle strength to help support weak joints. Lie on the floor, upper body supported by your elbows. Bend your left knee, foot on the floor. Keep the right leg straight, toes pointed up. Tighten your thigh muscles and raise your right leg. Keep your thigh muscles tight and slowly lower your leg to the ground. Touch and raise again. Do 2 sets of 10 repetitions. Switch legs after each set.

(d) Quad Set: If the straight leg raise is too tough, do quad sets instead. With these don't raise your leg, simply tighten the thigh muscles called the quadriceps. Start by lying on the floor, keep both legs on the ground, relax. Flex and hold the left leg tense for 5 seconds. Relax....Do two sets of 10 reps and switch legs.

(e) Seated Hip March: Strengthen your hip and thigh muscles. It can help with daily activities like walking or rising from a chair. Sit up straight in a chair, kick your left foot back slightly, but keep your toes on the floor. Lift your right foot off the floor, knee bent, hold the right let in the air 3 seconds. Slowly lower your foot to the ground. Do 2 sets of 10 reps. Switch legs after each set. Too hard, use your hands to help lift your leg.

LOOK FOR 5 MORE EXERCISES FOR KNEE PAIN CONTROL IN OUR SEPTEMBER ISSUE

RESTAURANT REVIEW

By Bob Mayo

Handlebar Pub & Grill
650 W. Apache Trail
(480) 982-2091



Hours of Operation:
Tues thru Sat 11am-10pm
Sun Noon-8pm

For those of you familiar with the area, Handlebar's is what used to be the old Cactus Club right on Apache Trail. Do not let the outside looks fool you! The inside is quite nice; clean and appears to be well maintained.

As its name indicates it is a pub and grill. It serves only beer or wine as well as what I have found to be quite good food. Meat and most other foods are prepared over an outdoor grill and are fairly reasonably priced. Full meals range from \$10-\$14 with most being \$12 for a complete meal. Salads, sides and appetizers are available as well if not already part of the meal.

About 24 different beers are offered, mostly on tap for your enjoyment and there is a reasonable selection of wines. Beer ranges from \$5-\$8 and they have daily specials for \$3. Wines run from \$6 to \$10 depending on what you like.

There is outdoor seating available on the patio although at this time of year you may prefer inside. They have music most evenings, usually a small 2-3 person combo providing a variety of music but does not blast you out the door. I have eaten there on several occasions and have found the food to be quite good. I recommend you give it try.

DESERT HARBOR RESIDENTS OFFER SERVICES

<u>NAME</u>	<u>LOT</u>	<u>SERVICE</u>	<u>PHONE</u>
Midge Drouin	203	Haircuts, Styling, Blow Drying	602-459-9039
Margo Crawford	104	Photo restoration, scanning-slides	623-910-2713
Dorothy Mueller	155	Avon Products, Free Boxes	480-984-9780
Esther Lough	123	Puppy Sitting	480-288-8579
Connie Riter	81	Bus Trips	480-641-7753
Renee Spears	57	Reiki Sessions	480-215-8328
Jean Myers	44	Pet & House Sitting, Drive to Store, Doctor's Office, Airport, House Cleaning	480-671-4481
Bob Myers	44	Yard work, odd jobs	480-671-4481
John Williams	162	Handyman	602-561-4562
Liz Pawlowski	6	Odd jobs, anything you can't do yourself	619-508-9402
Karen Majur	173	Sweet Life Home Sales	480-250-2219
Lance Johnson	29	Custom Jewelry, Professional Jewelry Repair	801-231-3568
Dick Smith	74	House Sitting, Transportation to Dr. or Store	480-983-5819

*Updates to the calendar can always be found on the website
www.desertharboraz.net*

August 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 7:30am Water Aerobics 8am Exercise 4pm Happy Hour 7pm Cards	2 8am Coffee/Donuts 5:30 Texas Hold'em Poker
3 10:30 am Church 1pm Texas Hold'em Poker	4 7:30am Water Aerobics 8am Exercise 9am Line Dancing 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	5 7:30am Water Aerobics 6pm Bible Study 6:30 pm NDQ Poker 7pm Cards	6 7:30am Water Aerobics 8am Exercise 1-3 pm Quilting	7 7:30am Water Aerobics 1pm cards 7pm Shuffleboard 6:30pm Billiards	8 7:30am Water Aerobics 8am Exercise 4pm Happy Hour 7pm Cards	9 8am Coffee/Donuts 5:30 Texas Hold'em Poker
10 10:30 am Church 1pm Texas Hold'em Poker	11 7:30am Water Aerobics 8am Exercise 9am Line Dancing 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	12 7:30am Water Aerobics 6pm Bible Study 6:30 pm NDQ Poker 7pm Cards	13 7:30am Water Aerobics 8am Exercise	14 7:30am Water Aerobics 1-3 pm Quilting 1pm Cards 7pm Shuffleboard 6:30pm Billiards	15 7:30am Water Aerobics 8am Exercise 4pm Happy Hour 7pm Cards	16 8am Coffee/Donuts 5:30 Texas Hold'em Poker
17 10:30 am Church 1pm Texas Hold'em Poker	18 7:30am Water Aerobics 8am Exercise 9am Line Dancing 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	19 7:30am Water Aerobics 11am Ladies Luncheon 6pm Bible Study 6:30 pm NDQ Poker 7pm Cards	20 7:30am Water Aerobics 8am Exercise 1-3 pm Quilting 1pm Cards	21 7:30am Water Aerobics 9:30am Casino Gila river 7pm Shuffleboard 6:30pm Billiards	22 7:30am Water Aerobics 8am Exercise 4pm Happy Hour 7pm Cards	23 8am Coffee/Donuts 5:30 Texas Hold'em Poker
24 10:30 am Church 1pm Texas Hold'em Poker	25 7:30am Water Aerobics 8am Exercise 9am Line Dancing 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	26 7:30am Water Aerobics 6pm Bible Study 6:30 pm NDQ Poker 7pm Cards	27 7:30am Water Aerobics 8am Exercise	28 7:30am Water Aerobics 1-3 pm Quilting 1pm Cards 7pm Shuffleboard 6:30pm Billiards	29 7:30am Water Aerobics 8am Exercise 4pm Happy Hour 7pm Cards	30 8am Coffee/Donuts 5:30 Texas Hold'em Poker
31 10:30 am Church 1pm Texas Hold'em Poker						