



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

Labor Day -- How It Came About -- What It Means Today

Labor Day is a national holiday that is over 100 years old and is celebrated on the first Monday in September. It is a creation of the labor movement and is dedicated to the social and economic achievements of all American workers.

Peter J. McGuire, a carpenter and union leader, generally receives credit for suggesting a holiday to honor workers. In 1882 McGuire chose the September date to give workers a holiday midway through the long stretch between Independence Day and Thanksgiving. The first Labor Day observance was held in New York City on September 5, 1882. Thousands of workers marched in a parade from City Hall to Union Square. Afterwards they gathered in a park with their families for speeches and a picnic. In 1894 Congress passed a law recognizing Labor Day as an official national holiday. Early Labor Day parades were demonstrations in support of an eight-hour workday. During the 1800's most laborers worked long hours at low pay.

For some time now, Labor Day reminds us to commemorate labor's contributions but also to draw public attention to the plight of workers and the struggle of labor unions to improve working conditions. There are still many people working in low paying jobs and in sweatshop conditions. Yet, only a little over 11% of workers today are members of unions, with New York State having the most members with 24%.

Over a century since it became a holiday, Labor Day is seen as the last long weekend of summer rather than a day for political organizing. Everyone who can, takes a vacation on the first Monday of September and meets with friends and relatives for a picnic somewhere to celebrate the end of summer. Here in Arizona we know we STILL have several weeks of hot weather but we still can honor this day. After all, we worked our whole lives to be able to celebrate this day!

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From the President's Desk

by Ken Camp

As I am writing this, we are still in the month of August. I do hope this heat is on the way out.

July was potluck and then afterwards we played LRC. Tracey with Solstice furnished dessert and gift cards for those who won each game. A big thank you to you, Tracey, for doing this. We all had a good time!

As of the first of August, the kitchen is coming along. I am in touch with Desert of Eden, and Angie told me that the countertops will be in around the middle of August. I would hope by the end of August that the kitchen will be complete.

September will be a busy month as we will get ready to paint the main hall. I will need volunteers to help mask the hall as we will paint the first part of October. I am hoping everything can be back in place by the middle of October.

Hope all are having a good summer. Remember to drive safely and especially going 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	Connie Riter	Lot #81	480-671-7753
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	KAREN KROSCHER	509-951-2877
SUNSHINE	PAT BALLOCK	480-983-5303

WEB MASTER, DICK SMITH, 480-983-5819

DESERT HARBOR MANAGER, 480-288-8876

NEWSLETTER COMMITTEE

**Connie Riter, Dave Borchardt, Dick Smith, Bob Mayo,
Midge Drouin, Margo Crawford, Jane Boudreau**

BIRTHDAYS - ANNIVERSARIES

SEPTEMBER BIRTHDAYS

Day	Name	Lot #
2	Sylvia Goodrich	60
6	John Williams	162
11	Miles Lowrey	164
13	Don Walker	206
15	Laura Klahr	194
15	Terry Peters	58
16	Niki Kobes	181
17	Michael Bauschard	99
18	Carole Hobson	35
18	Vernita Loveridge	153
25	Donna Anderson	7
25	Mary Pat Summers	189
25	Bill Swigart	193
26	Dorothy Mueller	155
28	Dee Goodwin	200
29	Tim Chrissis	34

SEPTEMBER ANNIVERSARIES

Day	Name	Lot #
1	Roger & Wanda Tucker	69
5	Doug & Karen Stoesz	174
7	Dave & Midge Drouin	203
11	Bruce & Arlene Wicken	37
23	Ed & Mary Lou Croyle	120
26	Dick & Cyndi Smith	74



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 :

Louis & Julayne Filip, Lot #85



JULY POT LUCK

By Dave Borchardt

Our July 4th Bar-B-Q and Pot Luck were huge successes and was well attended by all. Thanks to Tracey from Solstice for the meat on July 4th and thanks to ALL the residents that continue to bring fantastic side dishes for our pot lucks, it's always the best!



PROGRESS REPORT ON THE KITCHEN

By Dave Borchardt

I hope that by the time this article comes out, the kitchen remodeling will be done. After a late start the workers finally got busy and started tearing the old kitchen apart. We thought they would start by the middle of May and they finally started the middle of June. The walls were stripped and the one wall was taken down, the cabinets arrived and almost as soon as they were unpacked, they started to place them in the kitchen area. The floor was scrapped clean and new porcelain tiles were brought in and laid. As of this writing (August 1st), they should be done around August 22nd.





The Wild Horses Of The Salt River *by Margo Crawford*

Along Bush Highway and the Beeline Highway and all points in and around you might be privileged to see wild horses. Sometimes they are just there right in front of you, almost literally. There are new caution signs along Bush Hwy. to warn drivers of the possibility of horses crossing the road. There are numerous bands in differing numbers and they are just awesome to behold. Some of the lead stallions are skittish and have a tendency to keep their bands at a distance. Some of the stallions are calm and you can get amazingly close to them. There is a general rule of thumb that humans should remain at least 50 ft. from the horses. This rule of thumb is to be followed especially when the band has a baby or two or more with them. Like any other animal a mama horse is nothing to want to mess with by bothering her baby.

Marty and I have been most fortunate enough to find horses at Blue Point Beach or the campground area of Coon Bluff. Some days we see several horses, sometimes we see several bands and sometimes we don't see any. However, Mother Nature still gives us something unique, beautiful, creepy and or scary to take pictures of. We have been on hours long hikes and haven't ever really been disappointed.

The horse in this picture has been named Tron by his loyal followers. I don't even try to keep up with most of the names because there are so many horses and I go out to photograph them and enjoy them. I don't care about their names. Tron is a very unique looking horse and easy to spot and identify. This is his first year out as a bachelor. He is hanging out with 3 other bachelors and they are vigorously trying to steal mares from the established bands.



Summer Adventures *by Karen Kroschel*

Karen and Clark Kroschel traveled up to Washington State and visited with her children and grandchildren for a little bit then began a touring vacation from there on their way home.

On the way up they got together with Greg Hudson and Kim Wortham, his sister, in Butte, MT. They took a ton of pictures along the way, some with bugs embedded in them from the windshield, some with her hanging out the side window. From strange snow and rain clouds, to buffalo roaming the fields, to coal mines and then all the beautiful mountains, it was amazing everywhere one looked.

They stayed in Moab, UT, to tour through the Arches National Park and then Canyon Lands National Park. From there they traveled to Cortez, CO., and toured the Mesa Verde Indian cliff dwellings. They took a side trip up to Silverton, CO., (10,900 ft. elevation), then on to Durango. Ran across a national Can-Am motorcycle rally there. Lots of beautiful three -wheeled bikes really tricked out. Most riders over 60. One couple over 70 with a two month old bike with 11,000 miles on it already. They were so much fun. From Cortez they called it a day and headed home with the promise to return to all of the places they have been and those they missed.

Craft Class *by Karen Kroschel*

From the mind that never seems to go to sleep, Karen Kroschel. Yes, she's already in gear for all the fun times ahead in the winter season. Here are her notes for now. Don't forget you can join her and can use the help. She's on a roll, jump on board.

#1. Beginning in September I am holding a craft class each Tuesday at 10-12. We need to make lots of tissue paper flowers and decor for the luau coming up on Oct. 11. It will be in the craft room. After that we will begin all the fun decorations for Christmas.

#2. If anyone has a Southwestern style item to turn loose of we would love to have it for the new clubhouse decor. OR, if they can figure out something to make in the same decor. Those things would really look nice on the shelves in the two oak hutches in there.

If you have questions contact Karen Kroschel, Lot 105 or 509-209-3722 or by email kdk1942@gmail.com and she'll try to have the answers as soon as possible.

I am no cook. But I can follow the directions. Which said to let the bird chill in the sink for a few hours.



ITEMS FOR SALE OR ITEMS WANTED

FOR SALE: Freestanding Bose Speakers \$50.00, Margo Crawford 623-910-2713 (lot #104)

CHIT CHAT AROUND THE PARK



Ladies Luncheon at Olive Garden
by Midge Drouin

It was decided by Karen Kroschel for our ladies luncheon to be held at the Olive Garden restaurant in Mesa. We were represented by fifteen women who enjoyed different Italian cuisines. It seemed like everyone enjoyed what they had to eat.

Our ladies luncheon is usually held on the third Tuesday of the month. We meet at the clubhouse and carpool. Come join us at our next luncheon in August to enjoy a good meal and fellowship with our park residents. Thanks Karen for the good job.

Sourdough Pizza - 7440 Main St., Mesa AZ

By Dave Borchardt

We have eaten here quite a few times and were very pleased with the food and service. They have small pizzas (8" mini) up to the extra large (16") and we have enjoyed of the ones we have tried. On a recent trip, they added chicken wings for an appetizer and we were very pleasantly surprised at how tasty they were. A few of us commented that we would go back just for the wings.

Anyway, their hours are:

Sunday thru Thursday 11:00 am to 9:00 pm

Friday & Saturday 11:00 am to 10:00 pm

The website is: <http://www.sourdoughpizzarestaurant.com/>



HEALTH ARTICLE *by Midge Drouin*

This is steps 6 thru 10 of exercises to do for osteoarthritis of the knee....continuing from the July issue

Pillow Squeeze

This move helps strengthen the inside of your legs to better support your knees. Lie on your back, both knees bent. Place a pillow between the knees.

Squeeze your knees together, squishing the pillow between them. Hold for 5 seconds. Relax. Do two sets of 10 repetitions. Switch legs after each set.

Too hard? You can also do this exercise while seated.

Heel Raise

Stand tall and hold the back of a chair for support. Lift your heels off the ground and rise up on the toes of both feet. Hold for 3 seconds. Slowly lower both heels to the ground. Do two sets of 10 repetitions.

Too hard? Do the same exercise while sitting in a chair.

Side Leg Raise

Stand and hold the back of a chair for balance. Place your weight on your left leg. Stand tall and lift the right leg out to the side -- keep the right leg straight and outer leg muscles tensed. Hold 3 seconds, then slowly lower the right leg. Do two sets of 10 repetitions. Switch legs after each set.

Too hard? Increase leg height over time. After a few workouts, you'll be able to raise your leg higher.

Sit to Stand

Practice this move to make standing easier. Place two pillows on a chair. Sit on top, with your back straight, feet flat on the floor (see left photo). Use your leg muscles to slowly and smoothly stand up tall. Then slowly lower again to sit. Be sure your bent knees don't move forward of your toes. Try with your arms crossed or loose at your sides.

Too hard? Add pillows. Or use a chair with armrests and help push up with your arms.

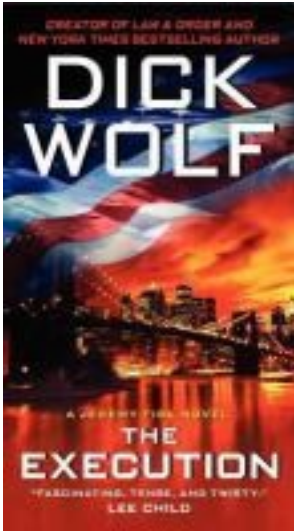
One Leg Balance

This move helps you bend over or get in and out of cars.

Stand behind your kitchen counter, without holding on, and slowly lift one foot off the floor. The goal is to stay balanced for 20 seconds without grabbing counter. Do this move twice, then switch sides.

Too easy? Balance for a longer time. Or, try it with your eyes closed.

info taken from web MD

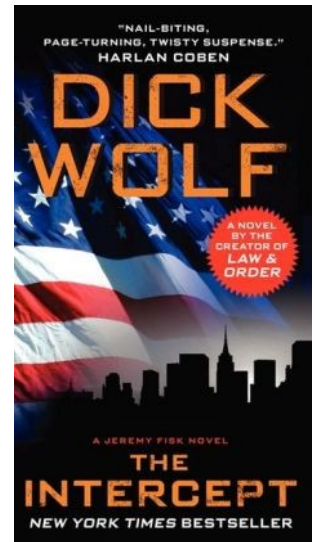


New Novelist in our Library by Nancy Pavkov

Dick Wolf has written two books, introducing us to Jeremy Fisk. He is a member of the NYPD Intelligence Division. "The Intercept" involves Fisk and his partner catching a terrorist. "The Execution" has Fisk helping Cecilia Garza bring an old cartel in Mexico to justice.

Dick Wolf is the creator of the "Law and Order" TV series. We found both books very entertaining, good reads, and we are looking forward to Number 3 in the adventures of Jeremy Fisk.

To readers in our community -- thank you for your donations.



Chicken Bombs

4 Boneless skinless chicken breast, pounded out thin

3 oz. cream cheese

1/2 C shredded colby jack cheese

1/2 tsp garlic powder

1/2 tsp Tony's creole seasoning

2 jalapeno peppers, sliced in half lengthwise and seeds removed

8 slices bacon

BBQ sauce (I used a brown sugar based sauce)

After chicken is pounded thin. Mix the cheeses, garlic and creole seasoning in a small bowl. place a heaping spoon of cheese mixture into the half jalapeno. Place jalapeno at the end of the chicken closest to you and roll to where pepper is tucked inside chicken. Wrap the chicken tightly with 2 slices of bacon and place on a baking sheet or in a baking dish and coat with BBQ sauce. Bake uncovered @ 350 for 30-35 minutes.



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

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

September 2014

Sun Mon Tue Wed Thu Fri Sat

	<p>1 7:30am Water Aerobics 8am Exercise 9am Line Dancing 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards</p>	<p>2 7:30am Water Aerobics 9am Tai Chi 12pm Ladies Soup/Salad Luncheon 6pm Bible Study 6pm NDQ Poker 7pm Cards</p>	<p>3 7:30am Water Aerobics 8am Exercise 1-3 pm Quilting</p>	<p>4 7:30am Water Aerobics 1pm cards 7pm Shuffleboard 6:30pm Billiards</p>	<p>5 7:30am Water Aerobics 8am Exercise 4pm Happy Hour 7pm Cards</p>	<p>6 8am Coffee/Donuts 5:30 Texas Hold'em Poker</p>
<p>7 10:30 am Church 1pm Texas Hold'em Poker</p>	<p>8 7:30am Water Aerobics 8am Exercise 9am Line Dancing 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards</p>	<p>9 7:30am Water Aerobics 6pm Bible Study 6pm NDQ Poker 7pm Cards</p>	<p>10 7:30am Water Aerobics 8am Exercise</p>	<p>11 7:30am Water Aerobics 1-3 pm Quilting 1pm Cards 7pm Shuffleboard 6:30pm Billiards</p>	<p>12 7:30am Water Aerobics 8am Exercise 4pm Happy Hour 7pm Cards</p>	<p>13 8am Coffee/Donuts Residents Meeting 9:00 5:30 Texas Hold'em Poker</p>
<p>14 10:30 am Church 1pm Texas Hold'em Poker</p>	<p>15 7:30am Water Aerobics 8am Exercise 9am Line Dancing 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards</p>	<p>16 7:30am Water Aerobics 11am Ladies Luncheon 6pm Bible Study 6pm NDQ Poker 7pm Cards</p>	<p>17 7:30am Water Aerobics 8am Exercise 1-3 pm Quilting 1pm Cards</p>	<p>18 7:30am Water Aerobics 9:30am Casino Ft. McDowell 7pm Shuffleboard 6:30pm Billiards</p>	<p>19 7:30am Water Aerobics 8am Exercise 4pm Happy Hour 5:30 Texas Hold'em Poker 7pm Cards</p>	<p>20 8am Coffee/Donuts 4:30pm Happy Hour 5pm Pot Luck</p>
<p>21 10:30 am Church 1pm Texas Hold'em Poker</p>	<p>22 7:30am Water Aerobics 8am Exercise 9am Line Dancing 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards</p>	<p>23 7:30am Water Aerobics 6pm Bible Study 6pm NDQ Poker 7pm Cards</p>	<p>24 7:30am Water Aerobics 8am Exercise 1-3 pm Quilting</p>	<p>25 7:30am Water Aerobics 1-3 pm Quilting 1pm Cards 7pm Shuffleboard 6:30pm Billiards</p>	<p>26 7:30am Water Aerobics 8am Exercise 4pm Happy Hour 7pm Cards</p>	<p>27 8am Coffee/Donuts 5:30 Texas Hold'em Poker</p>
<p>28 10:30 am Church 1pm Texas Hold'em Poker</p>	<p>29 7:30am Water Aerobics 8am Exercise 9am Line Dancing 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards</p>	<p>30 7:30am Water Aerobics 6pm Bible Study 6pm NDQ Poker 7pm Cards</p>				