



DESERT HARBOR—A 55+ COMMUNITY—APACHE JUNCTION, AZ—MARCH 2015

March is a Busy Month

by Connie Riter

March is a busy month here! As the East coast is shivering under feet of snow and sub-zero temperatures, we are truly enjoying above average warmth and our sunny days. The fruit trees are blossoming earlier, the wildflowers in the desert are starting to bloom, and it promises to be a wonderful show of color—just check out the Boyce Arboretum website. We are really blessed to be living here!

Lots of things are happening here this month. March 14th is our big day – our first Fun Day and Car Show! We have St. Patty's Day Corn Beef and Cabbage dinner on the 17th, and also our Winter Hoedown hosted by our Canadian residents on the 21st. While it doesn't seem to be so big here, Spring arrives on the 20th, and we hope it brings warmer weather to our Eastern friends.

Some of the other events happening this month are an Antique Engine and Tractor Show here in Apache Junction on the 14th and 15th, an Aloha festival at Tempe Lake Park on the 7th and 8th with music, foods, and crafts from Hawaii. Dragon boat races on Tempe Town Lake with crafts and entertainment will be held on the 20th and 21st. The Renaissance Festival continues on weekends throughout the entire month. A miniature horse show with performances and competition will be held on the 21st and 22nd at Westworld, with free admission and parking. A Blues Blast will be held at Margaret Hance Park in Phoenix on March 7th – bring a blanket, sit on the grass, and enjoy nationally acclaimed blues artists. 400 of America's top horses and riders will compete in the Cactus Reining Classic on March 4 – 8 at Westworld. Free to spectators. They demonstrate circles, spins, and sliding stops. If you have time, you may want to take in one or two of these events...

From the President's Desk

by Ken Camp

As we get closer to March 14, I would like to remind all of you that we still need your help and donations for the White Elephant Sale which will be held in front of the clubhouse. The week of the Sale will be a very busy week.

A special thanks to Betty Cuevas and her helpers for the Valentine decorations in the clubhouse. Well done, Betty. The food bank still needs food and again, thanks to Sharon for being in charge of this ongoing project. This takes time on her part.



We still have some problems with the dog do in the Park. Please pick up after your dog. Briana did respond to our concerns and the rules of the community in section 15, M and N, are made very clear on this problem.

Nominations were held at the February residents meeting and all three officers will return. Thank you for your support.

I did send an e-mail to Melissa Dougherty, Regional Vice President, on the possibility of having a Sun representative to speak to the residents about your concerns. I sent this on Feb. 16th. No response yet.... Again, be careful entering and leaving the park and drive with care within the park. We have many residents walking and riding bikes.

ACTIVITIES ORGANIZATION

President	Ken Camp	Lot #178	480-641-0975
Vice President	Dave Borchardt	Lot #142	480-671-1682
Secretary	Connie Riter	Lot #81	480-641-7753
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	BRUCE-ARLENE WICKEN	612-518-4284
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	KAREN KROSCHEL	509-209-3722
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 KROSCHEL	509-209-3722
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

MARCH BIRTHDAYS

Day	Name	Lot #
2	Bruce Wicken	37
3	Rosemarie Williams	162
13	Patrick Quinn	139
15	Bev Hert	43
15	Jean Berndt	137
19	Ron Fisher	78
19	Janie Kalmakoff	165
19	Barry Dalton	145
22	Hank Hilliard	101
24	Cyndi Smith	74
25	Midge Drouin	203
26	Tony Tenagila	140
28	Judy Ross	119
31	Charlynn Browning	190

MARCH ANNIVERSARIES

Day	Name	Lot #
12	Jim & Lois Wagner	33
13	Roger & Naomi Howard	16
23	John & Margaret Mitchell	103



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

If you have had a phone number change, please let Dick Smith know. Dick is in lot #74, phone 480-983-5819

PHONE BOOK UPDATES :

NEW RESIDENTS :



Recap of the Residents Meeting *by Connie Riter*

A residents meeting was held on Feb. 7, 2015 at 9:00 am in the Clubhouse.

Ken asked if there were any new residents. He thanked Betty, Karen, Philicia, and Midge for decorating the Clubhouse. He also announced that Terry Majur passed away on Friday. The treasurer's Report was accepted and approved. Dave Borchardt indicated that Bingo is costing quite a bit. Suggestions – 9 games to be changed. There were discussions of how to change it, but it was decided to leave it as is.

Ken wondered if residents want a breakfast. Karen Kroschel volunteered to host it. The time will be announced later. Ken also brought up the "Fun Day". He pointed out the Chart by the library. Karen Kroschel will do grab bags. 30 are already made up, but need about 50 more. They will be sold for \$1 per bag. There will also be raffle baskets with themes.

Ron Farmer will get flyers up to cruise ins – 25 cars. He spoke on blocking off streets at 6 am.

Parking will be on the streets around us. Sign painter – Philicia will ask Bill Hightower Donations are dwindling for the food baskets. Please bring your food.

Election time: Audit Committee – 2 people. Dave Borchardt nominated Carol Rysavy and Rene Spears. Treasurer: Dave Borchardt nominated Tim Chrissis. Secretary: Connie Riter nominated by Sherry Weinert. . Member at Large: Midge Drouin, nominated by Connie Farmer and seconded by Sherry Weinert.

Under new business: Coleen indicated that recycled items should be recycled. Kathy G. needs another bin for recycling such as cardboard bin for the night for the event. Colleen will be responsible. Tickets for Neil Diamond event – flyers going out to sister parks. Jane Boudreau spoke on the fashion show. Miles spoke on parking problems around clubhouse.

The 50/50 raffle was \$49.50 and was won by Noran Olson.





SUPER BOWL PARTY

by Dave Borchardt

February 1, 2015 and Super Bowl XLIX was played right here in Arizona. Here at the Desert Harbor clubhouse we had about 50 or so people attend our very own Super Bowl Party.

Tracey from Sun Communities supplied us with Pizza and Chicken Wings and our residents brought quite an assortment of goodies to much on.

We had a 100 square Super Bowl board and \$125.00 was paid out for each quarter. Terry Watts won the 1st Quarter, Steve Davison won the 2nd & 3rd Quarter and Bruno Borowczyk won the 4th Quarter thanks to the last second interception by New England.

It was one of the better Super Bowl games and everyone that attended seemed to have a great time.

We look forward to next year's "Super Bowl L".

I think "Super Bowl 50" looks and works better than the letter.



CHURCH NEWS *by Barb Fox*

Community Worship at Desert Harbor continues to support the Genesis Project with donations of toiletries to hand out with shower vouchers for the homeless of Apache Junction. Monetary donations are also welcome.

Ladies can start planning for the second annual Mothers Day tea on May 9th. And yes, there is going to be a hat competition again! This year there will be prizes for several different categories.

We have services every Sunday morning at 10:30 am at the club house. Bible Study is every Tuesday evening at 6:30 pm. We are studying the book of Acts.

ACTIVITIES ORGANIZATION ELECTIONS - *By Bob Mayo*

Nominations were made for individuals to fill the upcoming vacancies on the Activities Organization Board of Directors during the February residents meeting. Those nominated are: for Secretary Connie Riter, for Treasurer Tim Chrissis, and for the Member at Large position Midge Drouin. There were no further nominations and the nominations were closed. There will be no ballots distributed and these individuals will be affirmed at the March residents meeting.

GOSPEL JAM *by Midge Drouin*

On January 11th the Community Church here at Desert Harbor sponsored its second Gospel Jam at the club house from 6:30 - 9:30. We had around 45 people in attendance not including musicians and singers. It was quite an uplifting evening. Half-way through the evening we took a break for coffee, cookies, and brownies.

Many of the musicians come from around the east valley playing different instruments such as bass and steel guitar, rhythm guitar, and lead guitar

DESERT HARBOR
Car Show - Fun Day



March 14, 2015

DESERT HARBOR CAR SHOW & FUN DAY

by Dave Borchardt

Our inaugural Car Show & Fun Day is right around the corner on March 14th from 7:00 am to 2:00 pm. Residents have donated many, many items for us to sell in the White Elephant part of the Fun Day.

We are hoping for 20 or 25 cars to participate in the car show part of the event.

We will have coffee and donuts served in the early morning, then lunch will be available after 9:30 am. Lunch will consist of Sloppy Joes, Hot Dogs, Chips, Soda, Coffee and Water.

The cake walk will start around 9:00 am, and will feature homemade cakes and pies as well as some that have been bought.

There will be raffles going on throughout the event, 50-50 drawings, and grab bags available for purchase.

We are hoping to make this an annual fundraising event with the proceeds going to help offset some of the costs associated with some of our events put on by the Activity Board.

CHIT CHAT AROUND THE PARK



Italian Pot Luck *by Midge Drouin*

On Saturday the 17th of January we had an enjoyable dinner of many delicious Italian dishes prepared by residents in our Community. Before we ate, Pastor Penny Newby gave the blessing over the food.

Our dishes consisted of lasagna, sausage, peppers, and onions, cheesy garlic bread, salads, a variety of pasta dishes, and a table full of eye-catching desserts. After everyone was done eating, a few people helped clean-up and we all sat down to card bingo which everyone seems to enjoy.

A big thank you goes out to our host and hostesses who were Kathy & Jim Gabel and Connie & Ron Farmer.

Hope to see you at the February pot luck.

LADIES GET ACQUAINTED SOUP-N-SALAD LUNCHEON

by Jane Boudreau

The February Ladies Soup-N-Salad luncheon was attended by fourteen ladies. This was an unusually small group however we did have lovely salads, savory soups and delectable deserts to quench our palates. The conversation was lively and the ladies were slow to leave the clubhouse.

Our Spring Fashion Show is coming up on March 3. Residents of Desert Harbor will model clothing from the Dress Barn at Power Square in Mesa. The Fashion Show begins at about 1:00 PM following the luncheon. We encourage all the ladies to join us for lunch and the fashion show. A sign-up sheet is posted on the Activities Organization Bulletin Board. Please bring your table service, a drink and money to purchase your 50/50 tickets.

In April the ladies will hold a Box Lunch Social in place of Soup-N-Salad format. As a suggestion the lunch could include a sandwich and chips or salad and crackers and a desert. Please decorate the container in which you pack your lunch. We hope you have fun planning your box lunch.

January Ladies Luncheon *by Jane Boudreau*

Rancho de Tia Rosa in Gilbert was the site for the January Ladies Luncheon. The nineteen ladies in attendance had a wide variety of Mexican dishes from which to make their selection. I understand a few of the ladies felt the dishes could have had a little more flavor. The meat was on the dry side. We all enjoyed good conversation and fellowship.

If you are new to Desert Harbor or have never joined the ladies for the out of park luncheon please mark your calendar for the third Tuesday of each month. We meet in the clubhouse about 11:00 am and carpool to the restaurant. A sign up sheet is posted on the Activities Organization Bulletin Board with the name of the restaurant.

We look forward to your joining us next month.

HEALTH ARTICLE *by Midge Drouin*

Acupuncture

Acupoint: Arthritis Pain

Acupuncture can be a helpful addition to conventional treatment for osteoarthritis, says the National Institute of Arthritis and Musculoskeletal and Skin Diseases. And some of the most promising, early research has shown acupuncture eased arthritis pain in the knee. However, more research is needed to prove without a doubt that it's effective for osteoarthritis.

Acupoint: Carpal Tunnel Syndrome

Acupuncture was tested and compared with steroid pills for the hand and arm pain of carpal tunnel syndrome. Researchers in Taiwan gave one group eight acupuncture treatments, over about a month, and those patients reported more relief, for a longer time, than the group taking medicine. While studies like this have been promising, more evidence is still needed to confirm that acupuncture is effective for carpal tunnel syndrome.

Acupoint: Dental Pain

Acupuncture provides relief from the pain of tooth extraction or dental surgery, but so does fake acupuncture, some studies show. Still, dental pain is considered by many to be one of the conditions that responds to acupuncture.

Acupoint: Other Pain

People have tried acupuncture for neck pain, muscle pain, tennis elbow, and menstrual cramps, hoping to avoid medications and their side effects. The World Health Organization lists 28 different conditions that are sometimes treated with acupuncture. In the U.S., a review by the National Institutes of Health called for robust research to verify the promise that acupuncture holds for many different conditions.

A Boost for Pain Medicine

Acupuncture may provide added pain relief when it's used along with pain medicine or another therapy, such as massage. Acupuncture can reduce the need for drugs and improve the quality of life of people with chronic pain

Acupoint: Nausea

Acupuncture at the pericardium (P6) acupuncture point on the wrist can reduce the symptoms of nausea and vomiting, even after cancer drug treatments or surgery. Studies compared 10 different acupuncture methods - including needles, electrical stimulation, and acupressure -- to drugs that block nausea or vomiting and found the acupuncture treatments worked.



Left to right: Don Childers, Pat Murphy, Connie Riter

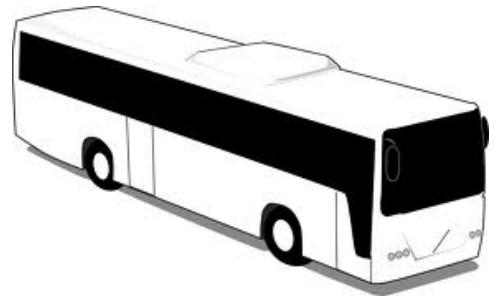
CHILI COOK OFF *by Jane Boudreau*

On February 11, a bright and sunny Wednesday afternoon at Desert Harbor the Activities Organization held their Chili Cook Off. First time hosts were Beverly and Bob Hert and Diane and Paul Tremblay. They did a terrific job in organizing the event, and selecting the judges Hans Nikolas, Tina Boelen and Angela, our office coordinator.

Ten individuals submitted pots of chili for judging and for sampling by those in attendance. Winning the first place prize of \$25 was Don Childers, Pat Murphy won the second prize of \$20 and placing third was Connie Riter who received \$15. A big thank you to all those who entered the cook off. Each chili was unique offering a wide variety of tastes.

The 50/50 pot was divided in half with Clark Kroschel and Bob Hert each going home with \$31. During the event the gathered sang Happy Birthday to Sherry Weinert.

Approximately sixty people attended the event. We encourage all the residents to support the Entertainment Committees by attending the activities they organize. Events are listed in the newsletter and on the calendar. Hope to see you at the next event.



Bus Trips Available

by Connie Riter

10 people from the Park went on a three-day trip to Rocky Point in February. We had a wonderful time and even brought back some shrimp....so if you smell "shrimp cooking on the Barbie" it's probably one of us. Another trip is planned for March 3—5. Also we had a larger group go to the Gold Cup Races in February — for a prime rib luncheon, live music, a t-shirt, and other things. Here are some of the upcoming trips for you to consider.

March 3-4 — **Prescott/Sedona Trip** — 1 night in historic Prescott — Visit "Whiskey Row", the Courthouse, Antique Row and many eateries. Visit Sedona and stop at the Rock Springs Pie Shop on the way back. \$199 pp dbl.

March 10 — **Phoenix City Tour** — Driving Tour through Mesa, Tempe, Scottsdale, and Phoenix, with a walking tour of Scottsdale, lunch at Kitchen 56, a refurbished 1960's service station, and tour the Capitol Museum. \$79 pp

March 16 —Tour **Chase Ballpark and Hall of Flame Fire Museum** \$99 pp

March 16—18. **St. Patty's Day at the Golden Nugget** in Las Vegas. \$259 pp dbl.

March 19 — "**Les Miserables**" at the Arizona Broadway Theater in Peoria. \$129 pp. Lunch included at the theater.

March 21 — "**The Buddy Holly Story**" at the Orpheum Theatre in downtown Phoenix. \$159 pp.

March 28 — **Turf Paradise "Camel Day at the Races"** . This includes the prime rib lunch in the Turf Club Terrace, horse, camel, and ostrich races, and other things. \$89pp

Apr 4-5 — **13th annual taste of Tubac and Wildlife Museum.** \$229 pp dbl. One night at the Desert Diamond casino in Tucson and a welcome reception. Visit Tubac to taste wines, beers, and food from Southern Arizona. See the Wildlife Museum with over 400 species (incl. prehistoric) on the way back.



On Sunday, February 8th, we were treated to a group of musicians that played songs from the Big Band era as well as some polkas and waltzes. We probably had around 50 or so people attend and everyone enjoyed the music. You could see the musicians were enjoying playing as much as we were listening. Even had a few jokes thrown in.

Thanks to Tracey from Sun Communities for putting this event on for our residents. It was a fun time.

ITEMS FOR SALE OR ITEMS WANTED

For Sale:

Pet carrier. Airline approved and perfect for walking around tourist areas with your little pet. Can use it like a backpack or carry bag.

Plenty of ventilation. Never used. \$25 Call Karen at [509-209-3722](tel:509-209-3722)



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	Sunshine Home Sales	480-250-2219
Miles Lowery	107	Exterior pressure washing, screens & windows, exterior painting, tighten jacks under home, repair-replace roofs, handyman	480-276-8568
Allen Kitterman	36	Tatting & pine needle baskets, unique gifts	480-982-4057

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

March 2015

Sun Mon Tue Wed Thu Fri Sat

1 10:30 am Church 1pm Texas Hold'em Poker	2 7:15am Water Aerobics 8am Exercise 12pm Golf 1pm Mahjongg 1pm Ping Pong Lot 201 6:30pm Bingo 6:30pm Billiards	3 7:15am Water Aerobics 12pm Ladies Soup/Salad Luncheon 6pm NDQ Poker 6:30pm Bible Study 7pm Cards	4 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1-3 pm Quilting 7-9 pm Les Koel/ Impersonator	5 7:15am Water Aerobics 1pm cards 2pm Shuffleboard 6:30pm Billiards	6 7:15am Water Aerobics 8am Exercise 4pm Happy Hour 7pm Cards	7 8am Coffee/Donuts 9am Residents Meeting 5:30 Texas Hold'em Poker
8 10:30 am Church 1pm Texas Hold'em Poker	9 7:15am Water Aerobics 8am Exercise 12pm Golf 1pm Mahjongg 1pm Ping Pong Lot 201 6:30pm Bingo 6:30pm Billiards	10 7:15am Water Aerobics 6pm NDQ Poker 6:30pm Bible Study 7pm Cards	11 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train	12 7:15am Water Aerobics 1pm cards 1-3 pm Quilting 2pm Shuffleboard 6:30pm Billiards	13 7:15am Water Aerobics 8am Exercise 4pm Happy Hour 7pm Cards	14 7am til 2pm FUN DAY! 5:30 Texas Hold'em Poker
15 10:30 am Church 1pm Texas Hold'em Poker	16 7:15am Water Aerobics 8am Exercise 12pm Golf 1pm Mahjongg 1pm Ping Pong Lot 201 6:30pm Bingo 6:30pm Billiards	17 7:15am Water Aerobics 4:30pm Happy Hour 5pm St. Pat's Day Dinner (Do not Bring food)	18 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 11am Ladies Luncheon 1pm cards 1-3 pm Quilting 6:30pm Jam Session Free Ice Cream Sundaes	19 7:15am Water Aerobics 9:15am Casino Trip Ft McDowell 2pm Shuffleboard 6:30pm Billiards	20 7:15am Water Aerobics 8am Exercise 4pm Happy Hour 5:30 Texas Hold'em Poker 7pm Cards	21 8am Coffee/Donuts 5:00pm Happy Hour 6pm Western Hoedown Dinner 7pm Dance
22 10:30 am Church 1pm Texas Hold'em Poker	23 7:15am Water Aerobics 8am Exercise 12pm Golf 1pm Mahjongg 1pm Ping Pong Lot 201 6:30pm Bingo 6:30pm Billiards	24 7:15am Water Aerobics Spring Training Baseball Game 6pm NDQ Poker 6:30pm Bible Study 7pm Cards	25 Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train	26 7:15am Water Aerobics 1pm cards 1-3 pm Quilting 2pm Shuffleboard 6:30pm Billiards	27 7:15am Water Aerobics 8am Exercise 4pm Happy Hour 7pm -9pm Sock Hop w/ Darwin	28 8am Coffee/Donuts 5:30 pm Spring Texas Hold'em Poker Tournament
29 10:30 am Church 1pm Spring Texas Hold'em Poker Tournament	30 7:15am Water Aerobics 8am Exercise 12pm Golf 1pm Mahjongg 1pm Ping Pong Lot 201 6:30pm Bingo	31 7:15am Water Aerobics 6pm NDQ Poker 6:30pm Bible Study 7pm Cards				