



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

## A DAY OF INFAMY

by *Connie Riter*



As many of you know, Art and I (and Quincy – our Park traveling Mascot) recently returned from a Hawaiian cruise. We flew in early to Honolulu so we could tour the USS Arizona the day before our cruise. Since this is May and the month when we celebrate Memorial Day, I thought it would be a good time to share with you our experiences touring the Memorial.

Since only 4500 tickets are given out daily to tour the Memorial, we opted to reserve a tour, which gave us two of the 4500 slots. Over 2 million visitors view the Memorial each year and some have to come back on another day if the tickets are all given out by noon. We couldn't take that chance.

Before boarding the shuttle to see the Memorial, everyone has to watch a 20 minute video explaining the events which led up to the attack and the damage done. Then the shuttle takes you out into the Harbor where the Memorial is. The USS Arizona still lies in the harbor and is the final resting place for 1102 sailors. Several parts of the battleship can be seen from the surface of the water, some are out of the water by about 6 inches. Oil is still leaking from the wreckage of the ship.

As you approach the Memorial you can definitely feel the presence of those who died that day in December 1941. Our shuttle was very quiet as everyone seemed to be thinking of what happened here in the harbor. The memorial consists of three parts – the entry, the assembly room, and the shrine. The assembly room has 7 large open windows on either wall, to commemorate the date of the attack. An opening in the floor overlooks the sunken deck. At the shrine is a marble wall which bears the names of all those killed on the USS Arizona. To the left of the main wall is a small plaque which bears the names of about 30 crew members who survived the sinking. This is where some fresh flowers were displayed, sent by a high school in the States, on the day we were there. It truly is an experience to see!

The attack was intended as a preventative action to keep the US Pacific fleet from interfering with military actions planned by Japan in Southeast Asia. All 8 US Navy battleships were damaged with 4 being sunk. All but one, the USS Arizona were later raised and 6 of the 8 were returned to service. 188 US aircraft were also destroyed that day and 2403 Americans were killed and 1178 were wounded.

One of the three anchors of the Arizona is displayed at the entrance to the visitor center. One of the other 2 is at the Arizona State Capitol in Phoenix. One of the ship's two bells is on display at the visitor center. The other is in the clock tower of the student memorial center at the University of Arizona in Tucson.

Some of the soldiers who fought in WW II have written books on Pearl Harbor. These are available for purchase in the bookstore on the grounds and there are two museums there as well. The day we were there, we talked with one of the veterans who was selling copies of his book. He said the survivors take turns selling their books and autographing them for visitors.

The National Park Service is in charge of the Memorial. They do a great job keeping the grounds visitor friendly and there is much more to see and do there.

## From the President's Desk

by Ken Camp



After the month of March, April was a pretty quiet month. We had our Polish Pot Luck on April 18<sup>th</sup> and the Ladies Luncheon out of park on the 21<sup>st</sup>.

Some of our residents have begun to leave the park for their summer homes. Safe travel to all.

I did have a talk with Briana, our office manager, on what will happen to the park this summer as far as new projects. She told me they (the owners) are still in the talking stage.

The residents are still concerned about the speed limit in the park, so please slow down and watch out for our people on bicycles and walking.

Again, drive with caution when entering and leaving the park.

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### 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	480-356-0949
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
CLUBHOUSE DECORATING	KAREN KROSCHEL	509-209-3722
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

### MAY BIRTHDAYS

Day	Name	Lot #
2	Naomi Howard	16
3	Bonnie Miller	161
5	Alan Goodwin	200
9	Monika Forster	2
10	Kristina Boelin	79
10	Bill Boudreau	179
11	Jerry Miller	170
12	Agnes Miller	152
13	Bertha Harris	180
14	Patricia Murphy	205
17	Les Allan	136
19	Joanna Hankison	178
19	Hans Nikolaas	79
20	Connie Riter	81
21	Monica Bauschard	99
23	Sharon McCall	114
25	Milt Hinson	17
26	Elaine Dupree	54
28	Justine Hilliard	101
29	Judy Peters	58
29	Linda Swigart	193
30	Barbara Nienkark	192
31	Ken Camp	178

### MAY ANNIVERSARIES

Day	Name	Lot #
5	Tony & Rose Tenaglia	140
13	Peter & Elvira Jackson	55
13	John & Janie Kalmakoff	165
18	Patrick & Kay Quinn	139
25	Allen & Jeanette Kitterman	36
26	Bill & Jane Boudreau	179



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

### ITEMS FOR SALE OR ITEMS WANTED

If anyone has an HP computer printer which takes 564 cartridges, please call me.

I have some unused ones I'd like to give to you. Connie Riter 480-641-7753

*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 :**

Berndt, Bart-Jean Lot #137	correct phone is 605-484-1529
Childers, Don-Judy Lot #201	correct phone is 480-983-3664
Kalmakoff, John-Janie Lot #165	correct phone is 780-666-6328
Leach, Jim-Kathy Lot #148	Kathy was spelled wrong and the numerical listing in the back shows Cave in 148 and it should be Leach
Weiss, Bruce-Cami Lot #188	name & phone was omitted in phone book phone number is 480-234-5074
Worthem, Kim, Lot #80	correct phone is 406-491-3422

## **NEW RESIDENTS :**

Hoopess, Joyce-Susan                      Lot #141

## **Notes from the April Resident's Meeting**

*by Connie Riter*

The meeting was held on April 4, 2015 in the Clubhouse beginning at 9 am. Brianna spoke to those in attendance addressing some of the concerns of the residents about improvements in the Park.

She said the Wi-fi will soon be set up with 20 megs in the Clubhouse and when that is done, the camera will be installed and key pads placed on the clubhouse doors with the code being \*3700 for all the residents. This should be done in about two weeks.

Many residents spoke about other concerns in the park, including more comfortable seating, a nicer entrance, street repairs, and other things. See notes on Clubhouse bulletin board.

Ken spoke on the fact that we ran out of cabbage and potatoes on St. Patrick's Day Dinner. The suggestion was made to call off people's names according to the way they signed up.

Dave mentioned that we need someone to run bingo during May through September.

There will be a ladies "tea" on May 9<sup>th</sup> with a hat parade. Bring a tea cup.

The 50/50 raffle was split between two winners, each receiving \$36. They were Midge Drouin and Mike Bauschard.

The meeting adjourned at 10:10 am.

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## **Church article for May**

On April 19<sup>th</sup> the church celebrated its 4<sup>th</sup> anniversary with a luncheon following our Sunday service. The ladies of the church are sponsoring the second annual Mothers Day tea on May 9<sup>th</sup> from 2-4 pm. There is going to be a hat competition again with 3 different categories - most original, most comical, and most beautiful. So ladies, plan the category in which you would like to compete. Door prizes will also be handed out. Don't forget to bring your tea cup and saucer! Everyone is welcome because we all have or had mothers. If you have any questions, please contact Pastor Penny, Barb Fox, or Midge Drouin.

The folks at Community Worship continue to collect clothing, food, and toiletries for the Genesis Project.

A study of the book of Acts is held every Tuesday at 6:30pm in the Craft Room. The room is getting full but there's always room for one more!

## **LADIES LUNCHEON AT COWBOY UP** *by Jane Boudreau*

On March 17 a group of nine ladies met to enjoy lunch at Cowboy Up restaurant in Apache Junction. The majority of the ladies were disappointed in their selections. Those who selected the stew expressed concern that the stew was not hot. The hamburgers were not flavorful and served with BBQ sauce that was not indicated on the menu. Overall they would not recommend this establishment for a second try.

Please check the bulletin board for next month's restaurant. A signup sheet will be posted early in the month. The luncheon is held the third Tuesday of the month.

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## **Darwin's Farewell Party**

*by Midge Drouin*

On Saturday [April 4th](#), Darwin gave his final farewell dance party. People started arriving around 6:45pm with their snacks and drinks. There was an assortment of different types of music from slow tunes to line dances. There were about 40 people in attendance. Everyone seemed to have a good time. Thanks Darwin for your time, it's been fun.

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## **Sock Hop** *by Midge Drouin*

On March 27th, there was another sock hop hosted by Sherry Weinert and Karen Kroschel held at our club house. It started at 7:00pm. Residents came in dressed for the occasion, tee shirts with rolled up sleeves holding a pack of cigarettes, bobby socks and saddle shoes, hair bandannas, fake cigarettes, bubble gum and root beer floats.

We were entertained by Steve Briggs, a one man band, multi-talented playing a variety of instruments. A great entertainer for any occasion. We will definitely use him again. Residents had a great evening of fun, dancing, eating snacks and drinking. The party broke up around 9:00pm. Thanks to all for supporting this event and to the hosts.

## UPCOMING EVENTS

### JUNE-JULY-AUGUST - NO RESIDENT MEETINGS

#### JUNE

4th Thursday TRACEY Left-Right-Center & Desserts 7:00pm  
20th Saturday Pot Luck (French Theme) 4:30 HH 5:00 Food

#### JULY

4th Saturday Bar B Q (Fried Chicken Provided) Bring Side Dish 4:30 HH 5:00 Food  
18th Saturday Pot Luck (All American Theme) 4:30 HH 5:00 Food  
TRACEY Photo Hunt All Month (Details to follow)

#### AUGUST

TRACEY Wine & Cheese Party (Details to follow)  
15th Saturday Pot Luck (Hawaiian Theme) 4:30 HH 5:00 Food

#### SEPTEMBER

5th Saturday Resident Meeting 9:00 am  
7th Monday Bar B Q (Fried Chick Provided) Bring Side Dish 4:30 HH 5:00 Food  
19th Saturday Pot Luck (Italian Theme) 4:30 HH 5:00 Food



## CHIT CHAT AROUND THE PARK



### Polish Pot Luck

by Connie Riter

Saturday, April 18, over 50 residents enjoyed another one of our monthly pot lucks. This one was designated a Polish pot luck. The food, brought by the residents, included various salads, noodle dishes, sausage entrées, stuffed cabbage, and many desserts. The host and hostesses were the 65 card playing group which consisted of Judy Childers, Kathy Speese, Pat Peterson, Cyndi Smith, Connie Riter, and Art Roberts. Penny Newby offered grace and Ken called people up to the food tables according to the way they signed up on the sheet. Those who didn't sign up had to wait until the end of the line. Many people had signed up to come, and did not make it....(about 25). Many people stayed after the meal to sit and talk since there were no games or entertainment. May's pot luck will have a Mexican theme. If you missed this one, please come to the one in May.....We always have good food and good company!

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### LADIES GET TOGETHER SOUP - N- SALAD LUNCHEON BY JANE BOUDREAU

The April Ladies Soup N Salad Luncheon was held on April 7 with eleven ladies in attendance. Two soups were prepared for the ladies to sample followed by a nice selection of salads and yummy desserts. The ladies decided not to hold a 50/50 this month. They do not plan to make this a habit of skipping the drawing. Everyone enjoys the opportunity to take home a few extra dollars. Bring your dollars so you can participate.

Following their lunch the ladies enjoyed lively conversation and adjourned after about an hour and a half. They plan to continue meeting for lunch during the summer. Please mark your calendars for the first Tuesday of the month to share a recipe or your latest project with the ladies. A signup sheet will be posted in the clubhouse on the bulletin board.

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### LADIES OUT OF PARK LUNCHEON

By Rose Chrissis

Out of Park Luncheon on the 21<sup>st</sup> of April was held at the Dining Room Café in Apache Junction. There were 17 Ladies in attendance that enjoyed different types of salads, sandwiches, soups. All of us had some good laughs, and conversations.

## HEALTH ARTICLE *by Midge Drouin*

### Foods To Keep Your Arteries Clean

The best way to treat heart problems is to prevent them. When it comes to prevention, nothing is more important than proper nutrition. Remember to always eat foods high in nutrition. Here are 10 such foods to keep your arteries clean. Grass fed beef-saturated fat does not increase the risk of heart disease, according to an analysis of more than 350,000 people in the American Journal of Clinical nutrition. In fact, muscle meat is a complete source of protein. Organ cuts, such as liver and kidney, are packed with beneficial nutrients like vitamins A and D. Cows are meant to eat grass, not corn, soy and wheat. Cows are meant to roam free not to be cooped up, stressed out and kept under artificial lighting. For the best health benefits, cook your meat medium- rare.

**Kale**-a dark green leafy vegetable, kale is packed with medicinal value. For starters, kale is a great source of fiber, thus improving the lipid profile. Kale contains vitamins K, an essential nutrient that keeps calcium in bones and out of arteries. Kale is a good source of vitamin C, which promotes healthy arteries and is an antioxidant. Kale contains sulforaphane, which may lower cancer risk. Eat it raw, steamed, or stir fried. Boiling leaches nutrients out of any food. It can be mixed with other salad greens.

**Beets**-Beets can greatly reduce the risk of heart disease. They lower blood pressure because they contain nitrates. Just like the pharmaceutical nitroglycerin, beets open up blood vessels and improve flow. Beets reduce homocysteine, and amino acid linked to heart disease and dementia risk, are loaded with antioxidants, and naturally thin the blood by inhibiting overactive platelets. Beets even improve exercise performance. Eat them raw or cooked.

**Chlorella**-These Blue - Green Algae is one of nature's super foods. Chlorella cuts the risk of heart disease by reducing oxidative damage of tissues. It improves blood pressure and stroke risk.

**Wild Salmon**-When it comes to fat, there is one type you do not want to cut back on- omega-3 fatty acids. Cut back on vegetable oil but not the quality fats only found in fish. Anchovies also provide plenty of omega-3s. Add them to olive oil and lemon for a salad dressing. Two crucial omega-3 fatty acids are EPA and DHA, which lower the risk of heart disease, improve heart rhythm and also help with depression, dementia, and arthritis.

*Updates to the calendar can always be found on the website  
[www.desertharboraz.net](http://www.desertharboraz.net)*

## 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
Allen Kitterman	36	Tatting & pine needle baskets, unique gifts	480-982-4057
Dick Smith	74	House Sitting	480-983-5819
Barry Dalton	145	<a href="http://www.abcliveit.com">http://www.abcliveit.com</a>	801-616-2643

*The newsletter committee neither endorses or approves any product or service*

# May 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 7:15am Water Aerobics 8am Exercise 4pm Happy Hour 7pm Cards	2 8am Coffee/Donuts 9am Residents Meeting 5:30 Texas Hold'em Poker
3 10:30 am Church 1pm Texas Hold'em Poker	4 7:15am Water Aerobics 8am Exercise 10am Ping Pong 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	5 7:15am Water Aerobics 12pm Ladies Soup/Salad Luncheon 4-6pm Tracey's Cinco de Drinko 6pm NDQ Poker 6:30pm Bible Study 7pm Cards	6 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1-3 pm Quilting	7 7:15am Water Aerobics 1pm cards 6:30pm Billiards 6:30pm Shuffleboard	8 7:15am Water Aerobics 8am Exercise 4pm Happy Hour 7pm Cards	9 8am Coffee/Donuts 2-4 Ladies Tea 5:30 Texas Hold'em Poker
10 10:30 am Church 1pm Texas Hold'em Poker	11 7:15am Water Aerobics 8am Exercise 10am Ping Pong 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	12 7:15am Water Aerobics 6pm NDQ Poker 6:30pm Bible Study 7pm Cards	13 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train	14 7:15 Water Aerobics 1pm cards 1-3 pm Quilting 6:30pm Billiards 6:30pm Shuffleboard	15 7:15am Water Aerobics 8am Exercise 4pm Happy Hour 5:30 Texas Hold'em Poker 7pm Cards	16 8am Coffee/Donuts 4::30pm Happy Hour 5pm Mexican Pot Luck
17 10:30 am Church 1pm Texas Hold'em Poker	18 7:15am Water Aerobics 8am Exercise 10am Ping Pong 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	19 7:15am Water Aerobics 11am Ladies Luncheon 6pm NDQ Poker 6:30pm Bible Study 7pm Cards	20 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm cards 1-3 pm Quilting	21 7:15am Water Aerobics 9:15am Casino Trip Ft McDowell 6:30pm Billiards 6:30pm Shuffleboard	22 7:15am 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 7:15am Water Aerobics 8am Exercise 10am Ping Pong 1pm Mahjongg 4:30 Happy Hour 5:00 Memorial Day Picnic	26 7:15am Water Aerobics 6pm NDQ Poker 6:30pm Bible Study 7pm Cards	27 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train	28 7:15 Water Aerobics 1pm cards 1-3 pm Quilting 6:30pm Billiards 6:30pm Shuffleboard	29 7:15am 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						