



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

Is It Really June?

By Connie Riter

Here it is...June already! The Christmas holidays are long gone, New Year's resolutions mostly forgotten, the Easter bunny has hopped away, income taxes are filed, graduations are mostly over – and now we can look forward in June to only one major holiday – Father's Day – (and we all know that it merits less "pizzazz" than Mother's Day.)

Now is a good time to visit one or several of our unique museums here in Phoenix. The Heard Museum has a wonderful collection of Indian Art and history. The Arizona Science Center has interactive exhibits, a 5-story tall movie screen, and a great planetarium. There is a museum showing the history and displaying many of the old musical instruments. The Hall of Flame is a wonderful tribute to the history and heroes of firefighting. And, we have Phantom of the Opera at the Gammage Theater from June 2nd through June 7th. Also during this month, Brad Paisley, Colm Wilkinson, Tim McGraw, and Air Supply are performing at various places and times throughout the valley.

Many of our residents have gone to cooler climates for the summer, and even many of us "diehards" who brave the Arizona desert heat are leaving on small trips. So...we would like to offer a challenge (and a request) from your newsletter staff. Take a picture or two of your trips this summer and write a brief article indicating where you are and what you are doing. You can send them to me at crcards@q.com and we will publish them in future issues and/or display your pictures on our board in the Clubhouse. Now that summer vacation is here, we can start a "show and tell" like we did when we were still in school. We'd love to hear from you!!

From the President's Desk

by Ken Camp



We are now in our summer mode, so my message will not be very long.

The park has begun the oiling of the streets, so be careful when you drive on the newly oiled roads. I hope everyone has picked up their mail from the cubby holes as this is where the office leaves such notices.

We will hold our regular meetings the first **Saturday of June, July and August**, but it will be a shorter meeting. Coffee and donuts will not be provided for those three months.

Our next regular board meeting will be **September 5th**. Most of the board members will be on vacation at one time or another.

Drive carefully coming in the park and leaving, and watch out for our residents walking or riding their 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	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	CONNIE RITER	480-641-7753
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

JUNE BIRTHDAYS

Day	Name	Lot #
3	Jim Wagner	33
16	Sheryl Nagy	105
18	Robert Roy	130
25	Bart Berndt	137
28	Dick Smith	74
29	Kathy Gabel	150
30	Bob Hert	42
30	Larry Luby	86

JUNE ANNIVERSARIES

Day	Name	Lot #
10	Ron & Deanna Fisher	78
14	John & Cathleen Smartt	20
15	Bob & Jane Berberian	188
17	Paul & Diane Tremblay	196
28	Jim & Kitty Hutson	56
28	Lee & Dee Ramsey	91
29	Rich & Sandy Schwiezer	89



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

Let us know if you have something for sale or if you want something.

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 480-982-3664
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
Hoopes, Joyce, Lot #141	New 505-250-6613
Hoopes, Susan, Lot #141	New 505-280-5049

NEW RESIDENTS :

JUNE	Rhonda and Gary Odell	Lot #53
	Shari and Bill Haucke	Lot #129
JULY	Ann Marie Bush	Lot #107

Mother's Day Tea *by Barbara Fox*

The ladies of the church sponsored the second annual Mother's Day Tea on May 9th from 2-4 pm. Thirty five ladies from the park attended. The scones and fruit skewers were absolutely marvelous. There were several door prizes and a hat competition. Anna May Lanz (from outside the park but who attends Bible Study) won the prize for Most Original. Alana Zimmer won the prize for Most Comical and Colleen Kitzman won the prize for the prettiest hat at the party.

There was also a Chocolate Bar with a variety of tempting candies. Pastor Penny and Midge Drouin entertained everyone with a song, and Barb Fox played a song about "momisms" sung to the William Tell Overture. Many who attended remarked that they couldn't wait until next year's tea!



UPCOMING EVENTS

JUNE

4th Thursday TRACEY Left-Right-Center & Desserts 7:00pm
6th Saturday Resident Meeting 9:00 am
20th Saturday Pot Luck (French Theme) 4:30 HH 5:00 Food

JULY

4th Saturday Resident Meeting 9:00 am
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

1st Saturday Resident Meeting 9:00 am
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

Notes on the May Residents Meeting

by Connie Riter

Our monthly residents meeting was held on May 2nd at 9 am in the Clubhouse. All board members were present. After the pledge of allegiance, Ken introduced Joyce Hoopes, a new resident who lives in Unit 141.

Dave indicated that we have found someone to manage Bingo during the summer – Bob and Bev Hert and Charlene Hudson and perhaps Scott. He said we would like to plan an event in the fall to thank everyone for their help and donations on the Fun Days.

The ladies soup n salad luncheon chairperson, Karen Kroschel resigned and Connie Riter offered to handle it. Connie spoke on a cruise to Panama which Sue Sinclair Travel is having in Jan – Feb of 2016. Details on the board.

Sharon Ziccardi spoke on the food bank donations and if you have perishables, she takes them to the Genesis Project.

Ken asked how people liked names called off for potlucks, rather than tables. A vote was taken and this new method was approved.

Ken asked that everyone check their homeowner's policy to see if wind coverage is part of your coverage. Here in Arizona, it is needed. He also mentioned that the pool will be shut down for a month or two to repair it. The streets will be done this year, but only the filling in of the cracks.

There will be no residents meetings in the summer. (After talking with Bob Mayo, chairperson of the by-laws committee, he said there will be BRIEF meetings during the summer months.)

Cinco de Drinko Party *by Midge Drouin*

On [May 5th](#), being Cinco de Mayo day, Tracey from [Sun Communities](#) sponsored a fun party at our club house from 4PM to 7PM. We were served pizza, sub sandwiches, soft drinks, cookies, chips & dip, and salsa...not to mention margaritas and assorted alcoholic beverages. There were quite a few in attendance. After eating, couples got together to play a competitive game of bean bag. Couples were competing for the top prize....a gift card for \$25. The top prize winners were Bob Hert and Scott Hudson. It certainly proved to be a fun time for all. Thanks Tracey for a very fun time

CHIT CHAT AROUND THE PARK



Mexican Pot Luck *by M. Drouin*

On May 16th we had our 3rd Saturday pot luck. This month it was a Mexican theme. There were 43 residents in attendance. The food table was full of a variety of Mexican dishes from casseroles, taco salad, chicken enchiladas, potato salad, chili cheese squares, salsa & chips, corn bread and much more. There was also quite a variety of desserts. Our residents were called by name to get their food.

Congrats goes out to our 50/50 winner Cami Weiss. After everyone was done eating we decided to play card bingo in which there were seven tables of people playing. Everyone seemed to have a good time.

A very special thank you goes out to our hosts and hostesses...Arlene & Bruce Wicken, and Kathy & Jim Gabel for a GREAT job.

Ladies Soup n Salad Luncheon *by Cami Weiss*

The monthly luncheon was held Tuesday [May 5th](#) with 17 ladies in attendance. Two new residents were introduced to the group. Joyce and Susan Hoopes. It was announced that Connie Riter is the new chairwoman. Others will assist Connie with the luncheons.

A 50/50 drawing was held and Marlys Grewatz purchased the winning ticket. The pot was \$15.00 going to Marilys and the same amount to the activities committee.

The luncheons will continue throughout the summer so please join the ladies on the 1st Tuesday at 11:30 in the Clubhouse. Please check the bulletin board and sign up for soup, salad or dessert. We hope everyone had a great time and also those who are gone please enjoy your summer. We look forward to seeing you at our next soup n salad luncheon.

HEALTH ARTICLE *by Midge Drouin*

Five Foods To Keep Your Arteries Clean

Avocado--The avocado is a great source of vitamin C, fiber and potassium-elements crucial to good health. Vitamin C is an antioxidant that blocks free radical damage. Free radicals speed up the aging process. The avocado fiber helps keep cholesterol in check and prevents colon cancer. Potassium is important because it plays a role in every heartbeat. Without potassium, the heart would be unable to squeeze and pump blood to your body. It is also good for muscle movement, nerve and kidney function. You get all of these benefits and more from avocado.

Almonds--Multiple studies have shown that eating nuts and seeds is heart-healthy. In fact, those who eat the most of these foods have the lowest risk of heart attack or stroke. Almonds are a delicious snack and are excellent added to a salad. Almonds are high in the heart protective antioxidant vitamin E. Blend almonds and water to make the nut milk. Store it in a glass bottle in the refrigerator for up to five days. All nuts and seeds are great, except peanuts, which are actually a bean that wreaks havoc on your digestion and causes many allergies.

Broccoli--Broccoli is rich in phytonutrients and antioxidants, along with other vitamins. Phytonutrients are not as essential to the body as most vitamins but are a great way to prevent disease and keep the body working. The antioxidants in broccoli are its most important element. They slow down the aging process and help keep your body clean of toxic free radicals, such as tobacco smoke and radiation.

Eggs--Eggs are one of nature's perfect foods. They contain cholesterol but do not cause heart attacks. In fact, those who eat the most eggs enjoy the best health. Eggs raise HDL to fight heart disease. Loaded with choline, they are also great for your brain. An egg is like a multivitamin--after all, it brings a chicken to life. Fry them in coconut oil on low heat or slowly boil.

Olive Oil--Olives and olive oil are staples of the Mediterranean diet. Those who follow this diet have a lower risk of heart disease than the standard American diet. Olive oil, particularly organic, contains high levels of heart-healthy monounsaturated fats. Olive oil also has endless anti-inflammatory and anti-hypertensive effects. Add it to a salad but never heat it.

*Updates to the calendar can always be found on the website
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	http://www.abcliveit.com	801-616-2643
Joyce Hoopes	141	Pet Sitting	505-250-6613

The newsletter committee neither endorses or approves any product or service

June 2015

Sun Mon Tue Wed Thu Fri Sat

	<p>1 7:15am Water Aerobics 8am Exercise 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards</p>	<p>2 7:15am Water Aerobics 12pm Ladies Soup/Salad Luncheon 6pm NDQ Poker 6:30pm Bible Study 7pm Cards</p>	<p>3 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1-3 pm Quilting 7:00 Shuffleboard</p>	<p>4 7:15am Water Aerobics 1pm cards 6:30pm Billiards 7pm Tracey's Left, Right and Center Plus Desserts</p>	<p>5 7:15am Water Aerobics 8am Exercise 4pm Happy Hour 7pm Cards</p>	<p>6 7am Coffee/Donuts 9:00 am Resident Mtg 5:30 Texas Hold'em Poker</p>
<p>7 10:30 am Church 1pm Texas Hold'em Poker</p>	<p>8 7:15am Water Aerobics 8am Exercise 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards</p>	<p>9 7:15am Water Aerobics 6pm NDQ Poker 6:30pm Bible Study 7pm Cards</p>	<p>10 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train 7:00 Shuffleboard</p>	<p>11 7:15 Water Aerobics 1pm cards 1-3 pm Quilting 6:30pm Billiards</p>	<p>12 7:15am Water Aerobics 8am Exercise 4pm Happy Hour 7pm Cards</p>	<p>13 7am Coffee/Donuts 5:30 Texas Hold'em Poker</p>
<p>14 10:30 am Church 1pm Texas Hold'em Poker</p>	<p>15 7:15am Water Aerobics 8am Exercise 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards</p>	<p>16 7:15am Water Aerobics 11am Ladies Luncheon 6pm NDQ Poker 6:30pm Bible Study 7pm Cards</p>	<p>17 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm cards 1-3 pm Quilting 7:00 Shuffleboard</p>	<p>18 7:15am Water Aerobics 9:15am Casino Trip Gila River 6:30pm Billiards</p>	<p>19 7:15am Water Aerobics 8am Exercise 10am Genealogy 4pm Happy Hour 5:30 Texas Hold'em Poker 7pm Cards</p>	<p>20 7am Coffee/Donuts 4:30pm Happy Hour 5pm French Themed Pot Luck</p>
<p>21 10:30 am Church 1pm Texas Hold'em Poker</p>	<p>22 7:15am Water Aerobics 8am Exercise 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards</p>	<p>23 7:15am Water Aerobics 6pm NDQ Poker 6:30pm Bible Study 7pm Cards</p>	<p>24 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train 7:00 Shuffleboard</p>	<p>25 7:15 Water Aerobics 1pm cards 1-3 pm Quilting 6:30pm Billiards</p>	<p>26 7:15am Water Aerobics 8am Exercise 4pm Happy Hour 7pm Cards</p>	<p>27 7am Coffee/Donuts 5:30 Texas Hold'em Poker</p>
<p>28 10:30 am Church 1pm Texas Hold'em Poker</p>	<p>29 7:15am Water Aerobics 8am Exercise 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards</p>	<p>30 7:15am Water Aerobics 6pm NDQ Poker 6:30pm Bible Study 7pm Cards</p>				