



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

Celebrate Friendship Day

Sunday, August 2nd, is Friendship Day and a time to recognize friends and their contribution to your life. The tradition of dedicating a day in honor of friends was begun by Hallmark in 1919, but by 1940 the market had dried up and eventually it died out completely. Then in 1998 Winnie the Pooh was named the world's Ambassador of Friendship at the United Nations (believe it or not!) and in April 2011 the UN officially recognized the first Sunday in August as International Friendship Day. On this day people spend time with their friends and express love for them. Many exchange Friendship Day gifts like flowers, cards and wristbands. Friends come in many shapes, sizes, and guises including siblings, partners, parents, pets, and neighbors. If there's ever a time to do something, this is the day to put out all the stops to let your friends know they are truly appreciated!

Celebration Ideas – If you need a suggestion on how to celebrate the day to show your friends they are special, here are a few ideas:

Write a nice card to your friend telling them how much you appreciate their friendship. Spill out your heart to them as though there is no tomorrow.

Buy or make them a small present – flowers, chocolates, friendship bands, a cake, a dream catcher, friendship journal or anything that catches your imagination! Consider leaving the gift anonymously for added intrigue.

Hug someone, preferably your friend.

Make a point to call every one of your friends to let them know you care.

Call all those old friends you haven't spoken to in ages...an appropriate Girl Scout motto: "Make new friends and keep the old. One is silver and the other gold!"

Send your friend a Happy Friendship Day greeting online to brighten their day.

Make a special friendship book for your best friend. Include photos, quotes and poetry telling your friend how special they are.

Make some new friends by becoming a doer of RACK – random acts of kindness.

Enjoy Friendship Day everyone – and make the most of it!

(taken from a 2009 newsletter)

From the President's Desk by Ken Camp



We have been gone for a couple of weeks, so I need to get caught up on the events which have taken place while we were gone. Tim Chrissis conducted the July residents meeting and also took charge of the 4th of July dinner. Thank you, Tim, for filling in. It is with regret that Sharon Ziccardi is stepping down as a member at large. Sharon will be missed as I did not have to worry about the food bank. If anyone would like to take over responsibility for the food bank, please see me or any board member. This is a great community project.

On July 16, 2015, Dave Borchardt, Tim Chrissis, and I met with Briana Bosanko and Melissa Dougherty our Regional Vice President, to discuss the projects that Sun Communities will be undertaking this summer and into the fall. Some of the items discussed were as follows:

Pool deck and pool – Start September 30.

Clubhouse exterior walls and pool walls – August 2015.

Front and Back gates repainted in August 2015.

New chairs in library, fiberglass 8 foot tables, new chairs in card room, and new chairs by the fireplace.

Walls in the Clubhouse will stay as is, until next year.

Two new poker tables.

Fifty new chairs for the Clubhouse.

Two new chair racks for storage room.

Briana will speak to our members on August 1st, which is our regular first of the month meeting. I hope this will give you some idea of the events for the rest of the summer.

Again, drive safely going in and out of the park. Watch for our residents walking and 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	(OPEN)		

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	SHERRY WEINERT CAMI WEISS MIDGE DROUIN	480-356-0949 480-234-5074 602-459-9039
GENEALOGY	ESTHER LOUGH	480-288-8579
GOLF	DON WALKER	480-288-5686
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
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

AUGUST BIRTHDAYS

Day	Name	Lot #
3	Steve Davison	134
3	Kenneth Kalber	64
3	Bill Dunham	100
4	Pam Allen	136
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
26	Pat Schaefer	106
29	Rick Kearney	141

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
24	Jim & Karen Stephens	156
26	Greg & Ruthann Sather	10
26	Herman & Sherry Weinert	186
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

ITEMS FOR SALE OR ITEMS WANTED

Please let us know if you have something for sale or if you need 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
Haucke, Bill-Shari Lot #129	New 928-978-1157
Hoopes, Joyce Lot #141	New 505-250-6613
Hoopes, Susan Lot #141	New 505-280-5049
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
Ruetz, Ron Lot #73	correct phone is 480-822-7550
Speese, Jerry-Kathy	new lot #58
Tremblay, Paul-Diane Lot #196	New 480-288-8942
Weiss, Bruce-Cami Lot #188	name & phone was omitted in phone book phone number is 480-234-5074
Vendl, Chuck Lot #95	correct phone is 808-298-7814
Worthem, Kim Lot #80	correct phone is 406-491-3422

NEW RESIDENTS :

Roger & Wanda Tucker (Lot #14) 760-399-0927

Lavonne Lindholm (Lot #154)

Notes from the July Residents Meeting

by Connie Riter

A residents meeting was held on July 4 at 9 am with about 30 people in attendance. Board members present were: Connie Riter, Sherry Weinert, and Tim Chrissis, who conducted the meeting. He introduced two new people to the park – Shari and Bill Haucke, #129, then led everyone in the Pledge of Allegiance. Minutes and Treasurers report were approved as written. The treasurer's report showed a balance of \$1994.58 in checking, \$98.19 in petty cash, and \$7151.30 in savings, for a combined total of \$9244.07.

Then various committee chairmen gave their reports: Soup n salad luncheon, out of park luncheon at O'Sullivan's this month, ping-pong at 10 am on Tuesdays, except when the ladies are having a luncheon, then they play at 9 am. Carol Lazzari asked if some new standup circular fans could be purchased. The motion was made, seconded, and approved to purchase 3 new fans as long as the cost was under \$30 per fan. (Tim and Rose bought them that day!)

Tim asked for a motion to approve spending \$250 for supplies for the kitchen and clubhouse. The motion was made, seconded, and approved. Sherry asked people to observe the speed limit in the park before someone is seriously injured. Tim asked people NOT to feed the birds and to clean up around their citrus trees. He has seen roof rats in the park near him. Joyce mentioned that we now have the use of the storage unit for storing "stuff" for the March sale. Several people have already placed things in it. Meeting adjourned at 9:25 am. (Read the full minutes on the board in the Clubhouse.)

New Neighbors *by Bill and Shari Haucke*

We moved into #129 in June of 2015. We have been married for 30 years! We are transplants from Payson, Arizona after 15 years of Bill being a selling agent for Coldwell Banker and Shari working for PLLSO. Before that we lived in Tucson where we co-owned and operated University Exxon for 26 years and we lived on five beautiful acres northeast of Tucson. We are tickled pink to have settled into Desert Harbor where life is proving to be relaxed and friendly, close to children and grandchildren. Thank you all for the warm welcome into our Community.

UPCOMING EVENTS

AUGUST

1st Saturday Resident Meeting 9:00 am
5th Wednesday TRACEY Bingo, Pizza and Wine 4:00-6:00 pm
15th Saturday Pot Luck (Hawaiian Theme) 4:30 HH 5:00 Food

SEPTEMBER

5th Saturday Resident Meeting 9:00 am
TBA TRACEY Indoor Target Golf Tournament
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

OCTOBER

3rd Saturday Resident Meeting 9:00 am
TBA TRACEY Movie at Superstition Springs Harkins Theater
17th Saturday Pot Luck (German Theme) 4:30 HH 5:00 Food
24-25 Sat-Sun Fall Poker Tournament (resident's only)
31st Saturday Halloween Party (details to follow)

NOVEMBER

7th Saturday Resident Meeting 9:00 am
14th Saturday Patio Sale 7:00 am to Noon
20th Friday TRACEY—Come Back Buddy Holly (TBA time)
21st Saturday Thanksgiving Pot Luck 4:30 HH 5:00 Food

CHIT CHAT AROUND THE PARK



Ladies Soup 'n Salad Luncheon *by Cami Weiss*

The monthly luncheon was held Tuesday [July 7th](#) with 18 ladies in attendance. A 50/50 drawing was held and Kathy Gable won the \$10.00 winning number.

The luncheon will continue throughout the summer months so please join the ladies on the 1st Tuesday at 11:30 am in the clubhouse. Next Ladies Luncheon will be Tuesday August 4th.

Please check the bulletin board and sign up for the soup, salad or dessert. We sure have a great time with good talk and a lot of laughs. We look forward to next time. We will be waiting to see you all there. Thank You..

Our July 4th Potluck *by Connie Riter*

Over 80 people attended our 4th of July potluck. Tracey graciously provided the chicken as our main dish. Everyone brought other dishes, including several different baked beans, potato salads, and many red, white, and blue desserts. Mike Bauschard said grace. Sherry invited the new residents and the handicapped to get their food first. Then she read the names off of the signup sheet and everyone got their food in that order. Two people won the 50/50 raffle. Then 36 people stayed afterwards to play card bingo. Everyone seemed to have a good time, by the sound of the talking and laughing. Afterwards we all found our favorite spot to watch the fireworks from the high school at 9 pm. It was a great 4th of July!

All American Pot Luck *by Midge Drouin*

On Saturday, the [18th of July](#), we held our monthly pot luck and this month it was called our All American pot luck. There were 71 in attendance to enjoy the good home cooking of our residents which included assorted casseroles and potato salads. Thanks to Kathy & Jim Gabel for a novel specialty....2 6ft long sub sandwiches. The dessert table was pretty crowded with goodies such as apple pies, cakes, and cookies.

The clubhouse was nicely decorated by guess who (Karen Kroschel) in Red, White, and Blue decor which fit our pot luck theme very nicely. The Activities Board were the hosts and hostesses for the evening. The fifty-fifty was held and won by Terry Watts in the amount of \$53.00...congrats to Terry. After everyone pitched in to help with the clean-up, we had 4 to 5 tables of a game of left, right, center. During the pot luck, our President, Ken Camp, said we will have a residents meeting on [August 1st](#) when Brianna will be there to discuss a new kitchen....among other things. Very important...please attend.



My European Adventure by Carol Rysavy

I (and Quincy, our Gamble Quail who enjoys going on trips with residents) left Desert Harbor at noon on June 8 for a European adventure. My flight from Phoenix took me to Houston, Frankfurt, and then to Berlin to begin the trip. I met up with my roommate, Reni Dieball, in Houston. Reni is a well-liked and respected former resident of Desert Harbor. We arrived in Berlin at around 3 pm on June 9. June 10 began our most excit-

ing learning and discovery of Germany, Czech Republic, Slovakia, Austria and Hungary.

Our first stop in Berlin was Olympic Stadium where Jesse Owens made history in the 1936 Olympics. We also toured what is left of the Berlin wall and the area where President Kennedy made his well-known statement to Berliners: "Ich ein Berliner." We also visited a holocaust memorial and then in large contrast, the site of the former Gestapo and SS Headquarters.

We then journeyed to Dresden which was pretty much leveled in WWII. It has been rebuilt from the ground up, an eternal reminder of the folly of war and the human creative spirit. We crossed the border into the Czech Republic passing through beautiful countryside. Our first major stop was Prague. Prague survived WWII virtually intact. We toured Prague Castle as well as many other beautiful and historic sites. "WOW" sums it up!

Our next major Czech Republic stop was Cesky Krumlov, a very interesting and fun city. They were celebrating a festival not unlike the Renaissance Festivals held throughout the U.S. Many locals thoroughly enjoy this celebration, but some were quick to say they stay home. The tourists that I saw enjoyed it greatly. We had much fun and shopping during our stay. The Vltava River winds around and through Cesky Krumlov. We enjoyed a rafting trip on the river where I got a soaking thanks to navigating from the front of the raft through the rapids. Our next stop was a nearby monastery which featured a richly decorated library with approximately 70,000 books, some centuries old.

We then toured the Budweiser Budvar Brewery established in 1895. The U.S. Budweiser Brewery was established in 1876. Yes, free samples were available. We next visited an area in the Czech Republic with WWII era bunkers which the Czechs meant to guard against Hitler's invasion. That didn't work because Hitler invaded anyways. During the cold war, the bunkers were used to keep Czech citizens from escaping.

Slovakia proved to have many interesting sites including another most beautiful castle with an amazing greenhouse attached. Our last stop was Budapest. Again, much interesting history and sites. We had a nighttime cruise on the Danube River. The lights on the castles, government buildings, etc. are always on at night. It was breathtakingly beautiful!

We visited many small cities, towns, villages in our travels. The food, wine, and beer were wonderful. The other 14 individuals on the tour were all very nice people from all parts of the U.S. and all enjoyed the travel. Some of the best memories of our nearly three weeks' travel were interaction with the locals. Many of the folks we visited had lived under Communist rule and truly knew the meaning of freedom. As you can tell, I thoroughly enjoyed my European adventure with Quincy.

HEALTH ARTICLE *by Midge Drouin*

Migraines and Causes

Sleeping In – While getting more rest would seem like a good thing, changes in sleep patterns could provoke a migraine. Sleeping in may cause what’s known to many as the “weekend headache.” Establishing a routine sleeping pattern may help prevent and manage migraines.

Sex – Any kind of intense physical exercise may be a potential migraine trigger, and unfortunately, sex is no exception. In fact, it’s common enough that the phenomenon has even been given a catchy nickname: Sex headaches.

Cheese and Wine – There’s nothing like a hunk of cheese and a glass of wine – unless, of course, you suffer from migraines. Both aged cheese and red wine contain a compound called tyramine, which may be a migraine trigger for some people. Soy products, fava beans, hard sausages and smoked fish also contain tyramine. (Check out “4 Simple Food Swaps” for easy changes that may help you reduce head pain without giving up your favorite foods).

Perfume – A rose by any other name does not smell so sweet when it triggers a migraine. But that’s the case for some people who have adverse reactions to certain sounds, sights and smells — especially strong perfume and other strong odors, which can be difficult to avoid in social situations.

Weather and Barometric Pressure Changes – Bright sunlight, high humidity, hot temperatures and barometric pressure changes may be potential migraine triggers in some people. Those susceptible to weather related migraines should determine their specific migraine triggers – and keep an eye on the sky

Finally, keep in mind that triggers can vary from person to person and don’t always lead to a migraine. In addition, some people may not have any migraine triggers at all. Talk with your doctor or pharmacist about what sets off your headaches to help find the right treatment for you.

*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
Al & Jen 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

August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 7am Coffee/Donuts 9am Residents Meeting 5:30 Texas Hold'em Poker
2 10:30 am Church 1pm Texas Hold'em Poker	3 7:15am Water Aerobics 8am Exercise 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	4 7:15am Water Aerobics 12pm Ladies Soup/Salad Luncheon 6pm NDQ Poker 6:30pm Bible Study	5 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train 1-3 pm Quilting 4-6pm Tracey's Pizza & Bingo	6 7:15am Water Aerobics 1pm cards 6:30pm Billiards	7 7:15am Water Aerobics 8am Exercise 4pm Happy Hour 7pm Cards	8 7am Coffee/Donuts 5:30 Texas Hold'em Poker
9 10:30 am Church 1pm Texas Hold'em Poker	10 7:15am Water Aerobics 8am Exercise 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	11 7:15am Water Aerobics 10am Ping Pong 6pm NDQ Poker 6:30pm Bible Study 7pm Cards	12 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train 7pm Shuffleboard	13 7:15 Water Aerobics 1pm cards 1-3 pm Quilting 6:30pm Billiards	14 7:15am Water Aerobics 8am Exercise 4pm Happy Hour 5:30 Texas Hold'em Poker 7pm Cards	15 7am Coffee/Donuts 4:30 Happy Hour 5pm Pot Luck
16 10:30 am Church 1pm Texas Hold'em Poker	17 7:15am Water Aerobics 8am Exercise 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	18 7:15am Water Aerobics 10am Ping Pong 11am Ladies Luncheon 6pm NDQ Poker 6:30pm Bible Study 7pm Cards	19 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train 1-3 pm Quilting 1pm cards 7pm Shuffleboard	20 7:15am Water Aerobics 9:15am Casino Trip Gila River 6:30pm Billiards	21 7:15am Water Aerobics 8am Exercise 4pm Happy Hour 7pm Cards	22 7am Coffee/Donuts 5:30 Texas Hold'em Poker
23 10:30 am Church 1pm Texas Hold'em Poker	24 7:15am Water Aerobics 8am Exercise 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	25 7:15am Water Aerobics 10am Ping Pong 6pm NDQ Poker 6:30pm Bible Study 7pm Cards	26 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train 7pm Shuffleboard	27 7:15 Water Aerobics 1pm cards 1-3 pm Quilting 6:30pm Billiards	28 7:15am Water Aerobics 8am Exercise 4pm Happy Hour 7pm Cards	29 7am Coffee/Donuts 5:30 Texas Hold'em Poker
30 10:30 am Church 1pm Texas Hold'em Poker	31 7:15am Water Aerobics 8am Exercise 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards					