



DESERT HARBOR—A 55+ COMMUNITY—APACHE JUNCTION, AZ—MARCH 2016

Reprint of an article from March 2009

St. Patrick's Day is celebrated on March 17, his religious feast day, and the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for thousands of years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink, and feast on the traditional meal of Irish bacon and cabbage. The first St. Patrick's Day parade took place not in Ireland, but in the United States. Irish soldiers serving in the English military marched through New York City on March 17, 1762. Along with their music, the parade helped the soldiers to reconnect with their Irish roots, as well as fellow Irishmen serving in the English army. Over the next thirty-five years, Irish patriotism among American immigrants flourished, prompting the rise of the so-called "Irish Aid" societies, like the Friendly Sons of Saint Patrick and the Hibernian Society. Each group would hold annual parades featuring bagpipes (which actually first became popular in the Scottish and British armies) and drums. In 1948, President Truman attended New York City's St. Patrick's Day parade, a proud moment for the many Irish whose ancestors had to fight stereotypes and racial prejudice to find acceptance in America. Today, St. Patrick's Day is celebrated by people of all backgrounds in the United States, Canada, and Australia. In modern-day Ireland, St. Patrick's Day has traditionally been a religious occasion. In fact, up until the 1970s, Irish laws mandated that pubs be closed on March 17th. Beginning in 1995, however, the Irish government began a national campaign to use St. Patrick's Day as an opportunity to drive tourism and showcase Ireland to the rest of the world. In Ireland, St. Patrick's Day is a multi-day celebration featuring parades, concerts, outdoor theater productions, and fireworks shows.

WALKING IN THE PARK AT NIGHT

If you walk in the park at night, please remember to wear light colors and/or reflective stripes. It is very hard to see someone that is wearing dark colored clothing.

From the President's Desk by Ken Camp



Normally, I do not write about one of our residents who has passed away in our Park, but I feel I must say a few words about our neighbor and good friend, Bruce Weiss. Bruce and Cami moved to our park less than two years ago, and in the short time that they have been here, they both have been very active in the activities of our park.

When I asked Bruce last year if he would help with our fun day, he said, "I have only been here a short time, but I will help in any way you need me." This year I asked Bruce if he would co-chair the fun day with Bob Hert and he jumped in with both feet and did a wonderful job in organizing our day. This is truly a good neighbor and friend. Thank you, Cami, for being supportive of Bruce. I will miss him, as we all will, and I know he is doing some project in heaven as he did here on this earth. 'Till we meet again my friend and God bless you!

This month we were entertained by the Kids Next Door and what a great program! I spoke to Cami Weiss and she said she hopes to have them return in December of this year. I hope they return, and those of you who did not hear them, please plan on coming in December. This was a great program.

Hans and his International Dance Band played for the dance group and our entertainment this month. They always have a good crowd! Cami had leftover cookies from the Kids Next Door, so she served them at the dance. Thanks, Cami, for doing that. As our days and nights are getting warmer, we have more people riding their bikes and walking, so be mindful of this when driving in the Park. Again, be careful entering and leaving the park.

ACTIVITIES ORGANIZATION

President (term 2014-2016)	Ken Camp	Lot #178	480-641-0975
Vice President (term 2014-2016)	Dave Borchardt	Lot #142	480-671-1682
Secretary (term 2015-2017)	Connie Riter	Lot #81	315-657-3078
Treasurer (term 2015-2017)	Tim Chrissis	Lot #34	480-982-1891
Board Member (term 2013-2016)	Cami Weiss	Lot #188	480-234-5074
Board Member (term 2014-2017)	Joyce Hoopes	Lot #141	505-250-6613
Board Member (term 2015-2018)	Midge Drouin	Lot #203	602-459-9039

DESERT HARBOR ACTIVITIES

<u>ACTIVITY</u>	<u>COORDINATOR</u>	<u>TELEPHONE</u>
BINGO	BRUCE-ARLENE WICKEN BOB-BEV HERT	612-518-4284 208-550-1572
CASINO TRIPS	CONNIE RITER	315-657-3078
CLOSET QUILTERS	CAROLE HOBSON	480-288-6270
CLUBHOUSE DECORATING	CAMI WEISS BEV HERT	480-234-5074 208-550-1572
ENTERTAINMENT	CAMI WEISS MIDGE DROUIN	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	315-657-3078
LINE DANCING	MARY PAT SUMMERS	480-983-4227
MAH JONGG	ESTHER LOUGH	480-288-8579
POKER	MIKE BAUSCHARD	480-288-4332
SHUFFLEBOARD	BOB HERT	480-322-5533
STITCH & CHAT	CAROLE HOBSON	480-288-6270
TAI CHI	TBA	
WELCOME	KATHY GABEL	480-264-8354
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
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 Tenaglia	140
31	Charlynn Browning	190

MARCH ANNIVERSARIES

DAY	NAME	LOT
12	Jim & Lois Wagner	33
13	Roger & Naomi Howard	16



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

TUBAC FESTIVAL OF THE ARTS *by M. Drouin*

Every year around the month of February, Tubac holds their Fine Art and Craft Festival. This year it was on February 10th. The show runs through the whole weekend. Early Wednesday morning the coach picked us up in front of the clubhouse around 6:45 AM. We took the I-10 to Casa Grande for a breakfast stop at the Golden Coral. We then headed to Tucson on to Tubac. We arrived at the festival around 9:30 am or so.

The artists had many beautiful arts such as jewelry, sterling silver, pottery, metal art, glass sculptors, and many varieties of flutes along with a very talented flute player. For the avid painter, there were oil and water color pictures on canvas and much more.

Within the grounds there were museums and restaurants. One of the most popular of the restaurants was Elvira's, which serves Mexican cuisine...not to mention GREAT margaritas.

Many of the galleries were open which featured clothing, collectables, and many unique items. One of the streets had food vendors where you could eat on the run. It was nice to be able to chat with many of the artists who seemed to welcome you to their booth. They would answer all questions that you had.

We were able to shop for around 6 1/2 hours. The weather was beautiful which made for a very pleasant day to walk around and enjoy the fine arts. The bus had a designated place to park...we were to meet back at the bus at 4PM. The tour guide was very personable and the ride back seemed short as we watched a movie on the way back. We arrived back at Desert Harbor around 8:30 PM that evening. It was an enjoyable day to spend with friends and neighbors.

DESERT HARBOR WEB SITE

www.desertharboraz.net

In addition to a lot of great information on our web site, we have also added a new "Manager" page for Angi Cummins. Please check it out.

DESERT HARBOR STAPLES REWARDS

Desert Harbor now has a Staples Rewards Number for residents of Desert Harbor. You will receive a discount on your purchase and the club will receive future incentives from Staples. The Desert Harbor Rewards Number is 2892869542, so just give them this number when you check out.

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 :

Corrections, additions, changes

Hert, Bev (lot #43) cross out 208-549-3645 replace with 208-550-1572

Hightower, Bill (lot #8) cross out 772-7453 replace with 480-372-7530

Mueller, Dorothy (lot #155) 480-984-9780

Rau, Sharon correct lot number is 158

Wicken, Arlene (lot #37) correct phone is 612-518-4284

NEW RESIDENTS :

Lot #25	Steve / Mardene Speck
Lot #109	Gabriel Marpolano
Lot #115	Kurtis / Cynthia Benson
Lot #164	Jean Smith

DESERT HARBOR BY-LAWS COMMITTEE
Bob Mayo—Agnes Miller—Connie Riter—Carol Rysavy

Another Night of Great Music

by Connie Riter

Thursday, February 18th, we were entertained by a wonderful Johnny Cash impersonator, Steve Christiansen. Over 70 people came to the clubhouse to hear Steve perform some of Cash's most famous hits. Dressed in black and accompanied by Ken Killebrew who performed with upright bass, electric guitar, and mandolin Steve sang some of Cash's over 1400 hits.



Steve, with his soulful delivery has a magnetic way of engaging his audience. Between songs he gave some history of Cash's life. He had the audience clap during some songs and sing along during others. He has had a band for over 30 years in Minnesota but since moving to Surprise, Arizona he has been performing at RV resorts, at the Prescott Opry, the Broadway Theater, and now at our park. Thanks for coming, Steve. We really enjoyed it!



TURF PARADISE GOLD CUP

by Connie Riter

Twenty residents attended the Turf Paradise Gold Cup Races on February 13th. We each received a useful backpack and enjoyed our own Terrace room with private betting area, bar, and balcony. The weather was beautiful, the company was great, and everyone seemed to have a good time. The only bad feature was that the prime rib dinner we had been promised earlier was changed to a picnic lunch of brats and hamburgers. Obviously, most of us were not happy about that! A race was named in honor of the travel company, Sue Sinclair, and 10 people went down to the track to have a picture taken with the winning horse.

Summary of February's Residents Meeting *by Connie Riter*

Ken Camp began our monthly residents meeting at 9 am by the Pledge of Allegiance, followed by roll call of all the board members. Everyone was present except Connie Riter. Around 65 residents were also in attendance. The treasurer's report was approved as written. The secretary's report was approved as corrected. I had made an error in a name.

Committee reports: **The Nominating Committee** reported that they have one candidate for each office:

Bob Hert, President; Cami Weiss, Vice President; Kathy Gabel, treasurer; and Judy Childers and Sue Behrens for Members at Large.

Ken reported that we will not have a corned beef and cabbage dinner for St. Patrick's Day. There is no way to keep the food hot. Joyce mentioned that 41 pounds of food were collected during January. Dave mentioned that we received 2 thank you letters from Sunshine Acres. We raised \$1100 for them.

Cami mentioned that on March 2nd we will be having a comedienne and singer and performer, "Ivanka" Cost is \$5.00 donation at the door. On March 17th the International Band will be performing. She also mentioned that if you bring a dish with nuts or sugar in it, please mark it since so many people have allergies. Bruce spoke on fun day – worksheets are available to sign up to help. There will be a bake sale this year. They need canopies and large coolers for this event. Tim mentioned that we will need a new "Sanford and Son" duo to gather aluminum cans. They receive \$1 per pound which goes into the treasury. Jane mentioned that there will be a Fashion Show at the Ladies Soup n Salad luncheon in March, and encouraged all ladies to attend. The 50/50 raffle was split between Rose Chrissis and Dorothy Miller, each receiving \$15.50. Meeting adjourned at 10:15am. *See full notes in Clubhouse.*

BUNCO UPDATE *by Becky Gardner*

Bunco seems to be a success. We had 20 people playing on Feb. 4th. The winners were Kathy Speese for Most Buncos and 2nd most wins. I (Becky Gardner) had the Most wins. Charlene Hudson pulled out the 3rd most wins. Judy Travis left with Most Losses and Philicia Hightower had the last Traveling Bunco.

Feb. 18th results are as follow: Most Buncos went to Carol Lazzari . Bobbie Lowery won most wins. Sid Gardner claimed 2nd most wins and Jackie Hatfield came in with 3rd most wins. Judy Childers had the most losses. We had no traveling Bunco since we were 1 player short, but it all worked out and everyone had a great time.

I apologize for not sending out a reminder for this last Bunco. I will be trying to do better with that! Time just got away from me!

All are welcome, so come have a fun time. Hope to see you all on March 3rd and 17th.

DESERT HARBOR **Car Show - Fun Day**



COMMUNITY SALE, CAR SHOW AND FUN DAY

by Jane Boudreau

We are coming down to the last two weeks before our Community Event on March 12. This is our second year for holding a large sale with items donated by the community. We are also hosting a car show with a goal of 20 cars for the viewing public. A few changes are taking place this year. We have replaced the cake walk with a bake sale. So ladies we are asking you to prepare cookies, muffins, cakes, breads or other specialty items to offer to the attendees. Please wrap all items at home prior to bring to the clubhouse late Friday afternoon.

During the day games and raffles will be going on to keep the attendees active. If you would like to donate a gift card to a local establishment they will be included in a basket or may be raffled individually.

Beginning Wednesday March 9 residents are encouraged to bring smaller items during the morning to the clubhouse. We will sort the items into categories on Wed, Thurs and Friday. The large items will be delivered to the clubhouse on Friday morning. All sale items will be moved to the parking area Friday. If you have a large tarp or long table we may use please sign up in the clubhouse. As a precaution please mark your tarps and tables with your name and lot number.

We would like to thank all the volunteers You are the core to making this a success. If you have not signed up the sheets are in the clubhouse. Here's to a great sale again this year!



Super Bowl 50 was played at Levi's Stadium in Santa Clara, CA (just south of the San Francisco Bay Area) on February 7, 2016 with the Denver Broncos defense dominating Cam Newton and the Carolina Panthers offense the entire game and Denver winning by a score of 24-10.

We had a 100 square football pool that cost \$5.00 per square and paid out \$125.00 per quarter. Terry Watts won the 1st quarter, Steve Davison (Mr. Lucky) won the 2nd and 3rd quarters and Pat Peterson won the last quarter. We also had a "Sun Communities Road to the Super Bowl" with people picking a total of 11 games to see who could get the most picks correct and thanks to Denver, Carol Rysavy won the \$80.00 pool with a total of 10 out of 11 correct picks.

We had a pretty good crowd of around 30 or so people at the clubhouse watching the game. We were a little hampered by the location of the television set so we had to be a little creative in our seating arrangements that included putting tables and chairs on top of the stage. Anyway, everyone seemed to have a good time and pretty much everyone started heading out shortly after the halftime show.

I vaguely remember watching Super Bowl I on January 15, 1967 (on a black & white TV) with the Green Bay Packers beating the Kansas City Chiefs by a score of 35-10. The game was played at the Los Angeles Memorial Coliseum with around 61,000 in attendance. On an interesting note, it is the only Super Bowl to have been simulcast in the United States by two networks: NBC had the rights to nationally televise AFL games, while CBS held the rights to broadcast NFL games; both networks were allowed to televise the game.

By Dave Borchardt



2016 Desert Harbor Chili Contest



Left to right: Mike Kereluk, Bertha Harris, Pat Murphy

ANNUAL CHILI COOK-OFF by Jane Boudreau

The annual Desert Harbor Chili Cook-Off was held on Tuesday, February 23. The event was hosted by Pat and Jerry Murphy and Bobbie and Miles Lowery. The crock-pots and chili pots were lined on a table in front of the stage. Chili pepper table clothes covered the tables. Eight resident entered pots of chili for judging. The four guest judges from La Casa Blanca were Ron Corigan, Richard Peterson, Larry Orr, and Mike Fleshman. A big thank you to our judges who were rewarded with all the chili they could eat.

Taking first place was Mike Kereluk, second went to Bertha Harris and placing third was Pat Murphy. The other entrants were Sheryl and Guy Nagy, Frank Kosar, Don Childers, Tim Chrissis and Chuck Vendl. All forty plus in attendance enjoyed sampling all eight varieties. A condiment table provided cheese, peppers, onions, sour cream and several variety of breads to accompany the chili. One of the entries was accompanied by mini corn bread muffins.

A 50/50 raffle was also held with two winners Mike Kereluk and Bruno Borowczyk. Fifty dollars was added to the Activities Organization treasury.

This was a very enjoyable way to spend a late afternoon. There was no need to prepare supper at my house. If you have never entered a chili cook-off think about doing so next year. Bertha Harris entered for the first time and won second place. This could be you next year.

GENEALOGY UPDATE

Genealogy is basically a search for ancestors - who they were, where they came from, what they did for an occupation, their vital statistics such as birth, marriage, children, siblings, military, death, etc. This can be as in-depth as a researcher wants to probe going back many generations & often including auxiliary lines such as aunts, uncles, cousins, & in-laws. It is a never-ending hobby much like a puzzle, trying to fit all of the pieces together to compose a big picture. In our classes we share information that we have found, how & where we found it, how to compile the data that we have obtained, etc. with each member helping another. Classes meet every Fri. afternoon at 1:00 PM in the clubhouse & anyone who is interested is invited to join us.

UPCOMING EVENTS

APRIL

2nd Saturday Resident Meeting 9:00 am
2nd Saturday Clubhouse Reserved 2:00 to 4:00 pm
2nd Saturday Desert Harbor Spring Poker Tournament 5:30 pm
16th Saturday Pot Luck 4:30 HH 5:00 Food

MAY

7th Saturday Resident Meeting 9:00 am
21st Saturday Pot Luck 4:30 HH 5:00 Food
30th Monday Memorial Day Picnic

NO RESIDENT MEETINGS - JUNE JULY AUGUST

JUNE

18th Saturday Pot Luck 4:30 HH 5:00 Food

JULY

4th Monday July 4th Picnic
16th Saturday Pot Luck 4:30 HH 5:00 Food

AUGUST

20th Saturday Pot Luck

ALL EVENTS, DATES AND TIMES ARE SUBJECT TO CHANGE

CHIT CHAT AROUND THE PARK



LADIES LUNCHEON AT NANDO'S MEXICAN CAFE

by Jane Boudreau

Nando's was the location for the February 16 Ladies luncheon. The group of twelve ladies carpooled the restaurant on McDowell and Power Roads. Nando's Mexican Café has décor to match its theme. They have a nice menu with full dinners as well as luncheon specials. Warm chips and salsa were delivered to our table upon arrival. Two salsas were provided a mild and a quite warm version. While waiting for our selections to be prepared several of the ladies enjoyed a specialty Margareta which they said was very good. Our food arrived hot and was very delicious. I would recommend this to anyone who enjoys the flavors of Mexico.

Please check in the clubhouse for the location of the March 15th luncheon. If you have a suggestion of a restaurant you would like the group to try please make the suggestion at the monthly Activities Organization Meeting. We do not have a chairperson for this group everyone takes a turn at selecting a restaurant, making the reservation and creating the sign-up sheet. We are all willing to provide assistance don't be shy.

LADIES GET ACQUAINTED SOUP-N-SALAD LUNCHEON

by Jane Boudreau

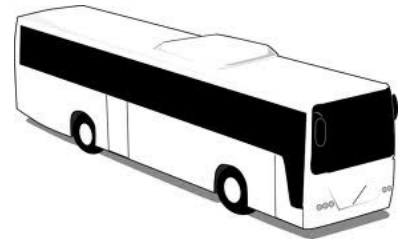
On the first Tuesday of each month the ladies of Desert Harbor meet for lunch in the clubhouse. The luncheon began about 8 years ago to allow the ladies to meet new neighbors, reacquaint with others and enjoy catching up on the happenings in the community. The February luncheon was held on the 2nd with twenty ladies in attendance. A variety of soups, salads and desserts were shared. A 50/50 drawing was held with \$17.00 being contributed to the Activities Organization treasury. I was the lucky winner.

Following the March luncheon on the 1st is our SPRING FASHION SHOW. The models are residents of Desert Harbor with clothing provided by the Dress Barn at Power Square. Kathy Gabel is coordinating the fashion show. A sign-up sheet for the luncheon is available in the clubhouse. Please bring your own table service, drink and serving utensils. Don't forget to bring a bowl or two for sampling the soups.

To our new residents this is a great opportunity to meet your neighbors and delve into delicious treats. We are great taste testers for new recipes you've wanted to try. Serving begins at noon please join us on March 1.

RECYCLED GREETING CARDS WANTED

Do you have used greeting cards? There is a basket in the clubhouse that you can put them in. Only the fronts are used. Connie Riter will be sure the cards are sent to St. Jude's in Nevada. Thank you.



Bus Trips Available

by Connie Riter

Some bus trips are still available this season, although they are winding down.

March 4-5 A **trip to the White Mountains** for a guided tour of the Apache Cultural Center, tour of Fort Apache, and Theodore Roosevelt School and Kinisha Ruins Landmarks. Stay overnight at the Hon-dah Casino Resort, visit the Greer Inn and the Salt River Canyon. \$199 pp dbl.

March 15 – 16 **Native American Ruins Tour**. Visit National Monuments and Visitors Center for Sunset Crater Volcano. Stop at historic Cameron Trading Post. Overnight in Cameron. Visit Cliff Castle Casino for dinner before returning to Mesa. Includes 3 meals. \$249 pp dbl.

March 17 – **Fiddler on the Roof** -- includes dinner and play. \$139 pp

March 24 – **Casa Grande Ruins and Gambling Day**. \$89 pp. Trek ancient ruins and a modern Indian Casino. The Hohokam Indians are best known for their canal irrigation system. Stop at Wild-horse Pass Casino for gaming time. Includes lunch in the Traditions Restaurant.

March 29th - **San Carlos/Apache Cultural Center**. \$89 pp. Visit Apache Leap Mountain, the Devils Canyon, private tour at the San Carlos Apache Cultural Center. Stop at Apache Gold Casino for lunch and gaming time, and stop at the century-old Pickle Barrel Trading Post in Globe.

April 9 – 12. **Monument Valley and Canyon de Chelly** \$659 pp dbl. See the beauty of Monument Valley National Park and the red cliffs and gorges of Canyon de Chelly. Visit Navaho Nation Interactive Museum, Navajo Code Talker Museum, private tours with Navajo Guides, privately guided lower canyon tour at Canyon de Chelly, 17 mile Monument Valley drive, and more.

If you'd like to reserve your space on any of these, please give me a call at 315-657-3078.

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

HEALTH ARTICLE *by Midge Drouin*

Chronic Pain is often Broken Inflammation. Are pain management efforts actually working against people? A number of people that I see suffer from chronic pain. They have been told their pain is from damaged cartilage, bone on bone, bad discs, or that something is pressing on a nerve.

The technical truth is that their pains are from uncontrolled inflammation, and surprisingly the best way to end the pain is to restore their natural inflammation process.

We often hear of inflammation being a bad thing in the body that people need to be rid of. But natural inflammation is a good thing because it keeps people's bodies in working order by repairing their tissues and organs hour after hour, day after day, year after year. For example, human heart valves open and close 30 million times per year. Without inflammation diligently repairing the valves, people would all go into heart failure in a short amount of time.

Daily inflammation is not their enemy, daily inflammation keeps them healthy. It is only when inflammation is not controlled properly that it causes people chronic symptoms.

There are 3 basic phases of inflammation: (1) initiation, (2) repair, and (3) resolution. The first instinct, in this modern age of drugs and quick fixes, is to quickly stop the pain.

Common medications known as NSAIDS (ibuprofen, naproxen, diclofenac, celecoxib, etc.) help reduce pain in the second repair phase but surprisingly prevent the third resolution phase from working.

Medications might temporarily improve how someone feels but are more apt to cause them to have the inflammatory pain longer; people get stuck in the repair phase. And in a state of constant battle nothing gets resolved but everyone keeps fighting. Beyond NSAIDS, steroids also reduce inflammation pain. Oddly, a doctor may give an injection of steroids that provides relief of back, knee, or hip pain for months but then advises that the patient will need surgery if the pain returns. Huh? The pain relief that the patient received from the steroids proves that the real problem is actually an inflammatory control problem and not the problem of an anatomical abnormality needing surgery. The steroid alters the inflammation not the anatomy, and that is the secret to chronic pain resolution.

We don't just "catch" inflammation. The perpetual pain cycle begins with injuries to our Autonomic Nervous System (the brain's master control mechanism for the body and immune system), a disruption of our intestinal bacteria (altered by prolonged antibiotics and/or vaccines), and a food supply that promotes inflammation. There are two branches of the Autonomic Nervous System. One is the Sympathetic Branch that controls our "fight or flight" instincts. The other branch is the Parasympathetic Branch that controls our entire immune system as well as the "rest and digest" functions. When the Parasympathetic Branch malfunctions it is unable to regulate the inflammation that causes fibromyalgia, tingling and numbness, restless legs, and pain surges. Parasympathetic dysfunction may be tested, treated, and restored in ways that do not include narcotics, steroids, and surgery.

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
Dorothy Mueller	155	Avon Products, Free Boxes	480-984-9780
Esther Lough	123	Puppy Sitting	480-288-8579
Connie Riter	81	Bus Trips	315-657-3078
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	623-385-5429
Karen Majur	173	Sunshine Home Sales	480-250-2219
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
Jim Gabel	150	Roof shingle repair, Painting	480-264-8354
Richard Nienkark	192	Painting, light landscaping, irrigation	480-288-0568
Miles Lowery	107	Exterior pressure washing, screens & windows, exterior painting, tighten jacks under home, handyman	480-276-8568
Karen Ayo	175	House cleaning, Elder care	480-383-9071

The newsletter committee neither endorses or approves any product or service

March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1</p> <p>7:15am Water Aerobics 10am Ping Pong 12pm Ladies Soup/ Salad Luncheon 1pm Bean Bag Toss 6pmNDQ Poker 6:30pm Bible Study 6:30pm Cards mn</p>	<p>2</p> <p>7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train 1-3 pm Quilting 1pm Shuffleboard 7:00 pm Comedian Ivanka</p>	<p>3</p> <p>7:15am Water Aerobics 10am Bunco 1pm Golf 1pm cards 6pm First Thursday Texas Hold'em Poker 6:30pm Billiards</p>	<p>4</p> <p>7:15am Water Aerobics 8am Exercise 10am Ping Pong 1pm Genealogy 4pm Happy Hour 6:30pm Cards</p>	<p>5</p> <p>7am Coffee/Donuts 9am Residents meeting 5:30 Texas Hold'em Poker</p>
<p>6</p> <p>10:30 am Church 12:30pm Texas Hold'em Poker</p>	<p>7</p> <p>7:15am Water Aerobics 8am Exercise 10am Ping Pong 12:42pm Golf 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards</p>	<p>8</p> <p>7:15am Water Aerobics 10am Ping Pong 1pm Bean Bag Toss 6pmNDQ Poker 6:30pm Bible Study 6:30pm Cards</p>	<p>9</p> <p>7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train 1pm Shuffleboard</p>	<p>10</p> <p>7:15 Water Aerobics 1pm Golf 1pm cards 1-3 pm Quilting 6:30pm Billiards</p>	<p>11</p> <p>7:15am Water Aerobics 8am Exercise 10am Ping Pong 1pm Genealogy 4pm Happy Hour</p>	<p>12</p> <p>Community Sale Car Show FUN DAY 5:30 Texas Hold'em Poker</p>
<p>13</p> <p>10:30 am Church 12:30pm Texas Hold'em Poker</p>	<p>14</p> <p>7:15am Water Aerobics 8am Exercise 10am Ping Pong 12:42pm Golf 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards</p>	<p>15</p> <p>7:15am Water Aerobics 10am Ping Pong 11am Ladies Luncheon 1pm Bean Bag Toss 6pmNDQ Poker 6:30pm Bible Study 6:30pm Cards</p>	<p>16</p> <p>7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train 1pm cards 1-3 pm Quilting 1pm Shuffleboard</p>	<p>17</p> <p>7:15am Water Aerobics 9:15am Casino 10am Bunco 1pm Golf 4:30pm Happy Hour 6pm International Band</p>	<p>18</p> <p>7:15am Water Aerobics 8am Exercise 10am Ping Pong 1pm Genealogy 4pm Happy Hour 6:30pm Cards</p>	<p>19</p> <p>7am Coffee/Donuts 4:30pm Happy Hour 5pm St Patrick's Day Pot Luck Irish Theme</p>
<p>20</p> <p>10:30 am Church 12:30pm Texas Hold'em Poker</p>	<p>21</p> <p>7:15am Water Aerobics 8am Exercise 10am Ping Pong 12:42pm Golf 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards</p>	<p>22</p> <p>7:15am Water Aerobics 10am Ping Pong 1pm Bean Bag Toss 6pmNDQ Poker 6:30pm Bible Study 6:30pm Cards</p>	<p>23</p> <p>7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train 1pm Shuffleboard</p>	<p>24</p> <p>7:15 Water Aerobics 1pm Golf 1pm cards 1-3 pm Quilting 6:30pm Billiards</p>	<p>25</p> <p>7:15am Water Aerobics 8am Exercise 10am Ping Pong 1pm Genealogy 4pm Happy Hour 6:00-9:00pm Karaoke</p>	<p>26</p> <p>7am Coffee/Donuts 1-3pm Gospel Jam 5:30 Texas Hold'em Poker</p>
<p>27</p> <p>10:30 am Church 12:30pm Texas Hold'em Poker</p>	<p>28</p> <p>7:15am Water Aerobics 8am Exercise 10am Ping Pong 12:42pm Golf 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards</p>	<p>29</p> <p>7:15am Water Aerobics 10am Ping Pong 1pm Bean Bag Toss 6pmNDQ Poker 6:30pm Bible Study 6:30pm Cards</p>	<p>30</p> <p>7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train 1pm Shuffleboard</p>	<p>31</p> <p>7:15 Water Aerobics 1pm Golf 1pm cards 6:30pm Billiards</p>		