



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

JUNE

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 five-story tall movie screen, and a great planetarium. The Hall of Flame is a wonderful tribute to the history and heroes of fire-fighting. And if you haven't been to the Musical Instrument Museum (one of our youngest museums) this may be a good time to go.

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 of Harbor Lights. Now that summer vacation is here, we can start a "show and tell" like we used to do when we were still in school. We'd love to hear from you!

From the President's Desk—Bob Hert



I'd like to start off by giving a big thank you to Arturo and Yvonne Tapia for one of the best, if not the best, Cinco de Mayo celebrations this park has had. These two went above and beyond to cook and serve authentic food and they also gave us some very informative "cheat sheets" as to the origin of Cinco de Mayo. I can't leave out Connie and Art who run a first class margarita stand; our parties are better because of these two!!! And to all our salsa entrées a big thank you and congratulations to Mike Kereluk for taking 1st place. Please, if you see these people join me in giving them another thank you for a job well done!!

Though we are entering into summer, your board will still be meeting once a month planning and scheduling events for the coming months and throughout the year. If you have any suggestions please contact a board member and please continue to check the calendar in front of the Clubhouse for upcoming and fun activities that might pop up!

Remember we live in a very close community, take the time to say hello to your neighbors and keep an eye out for each other. Please be respectful of each other and have fun....life is too short.

ACTIVITIES ORGANIZATION

President (term 2016-2018)	Bob Hert	Lot #43	480-322-5533
Vice President (term 2016-2018)	Cami Weiss	Lot #188	480-234-5074
Secretary (term 2015-2017)	Connie Riter	Lot #81	315-657-3078
Treasurer (term 2015-2017)	Kathy Gabel	Lot #150	480-264-8354
Board Member (term 2014-2017)	Joyce Hoopes	Lot #141	505-250-6613
Board Member (term 2015-2018)	Bobbie Lowery	Lot #193	480-276-8568
Board Member (term 2016-2019)	Sue Behrens	Lot #24	920-254-2005

DESERT HARBOR ACTIVITIES COORDINATORS

<u>ACTIVITY</u>	<u>COORDINATOR</u>	<u>TELEPHONE</u>
BEAN BAG	DON-JUDY CHILDERS	480-982-3664
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
GENEALOGY	ESTHER LOUGH	480-288-8579
GOLF	DON WALKER	480-288-5686
LADIES SOUP & SALAD IN PARK	CONNIE RITER	315-657-3078
MAH JONGG	ESTHER LOUGH	480-288-8579
PING PONG	DON-JUDY CHILDERS	480-982-3664
POKER	MIKE BAUSCHARD	480-288-4332
SHUFFLEBOARD	BOB HERT	480-322-5533
WELCOME	BILL-SHARI HAUCKE	928-978-4457
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

<u>DAY</u>	<u>NAME</u>	<u>LOT</u>
3	Jim Wagner	33
16	Sheryl Nagy	108
18	Robert Roy	130
21	Bill Haucke	129
21	Lavonne Lindholm	154
25	Bart Berndt	137
28	Dick Smith	74
29	Kathy Gabel	150
30	Bev Hert	42
30	Larry Luby	86

JUNE ANNIVERSARIES

<u>DAY</u>	<u>NAME</u>	<u>LOT</u>
10	Ron & Deanna Fisher	78
14	John & Cathleen Smartt	20
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

Please let us know if you have something for sale or if you need something

May 7, 2016 Residents Meeting by *Connie Riter*

Bob Hert began our monthly meeting at 9 am leading us in the Pledge of Allegiance. About 35 residents were present. Bob then asked if there were any new members present. There were none.

All Board Members were present except Bobbie Lowery and Kathy Gabel. Art Roberts noticed a discrepancy in the minutes and the treasurer's report concerning the amount in petty cash at the beginning of the month. (It was changed in the minutes since it was determined to be a typing error.) So, the minutes were approved as corrected and the treasurer's report was approved as written.

Joyce mentioned that she had collected 66 pounds of food during April.

Sue mentioned that the Wine 'n Cheese party was being changed to July 23rd, a Saturday. Same time.

Cami commented that the ladies luncheon out this month is to Kokopelli's in Gold Canyon.

Bob commented on the Strawberry Social that about 60 people attended and had a good time. He also commented on the Cinco de Mayo party hosted by Arturo and Yvonne. He said that about 94 people attended and everyone had a wonderful time. Arturo and Yvonne cooked for 3 days ahead of the day and deserved a big round of applause, as well as all the people who helped them serve. Jane Boudreau agreed to chair the "fun days" next March. The date has been set for March 11, 2017. Everyone gave her a round of applause. She spoke on changes to be made. She will eliminate the games and the car show. The bake sale will go on as well as the white elephant sale and the raffled baskets. We will still sell water and soda and popcorn. We need new signs and Karen and Joyce suggested brighter colors for the signs. It was suggested by both to use a yellow background with black or red lettering. (Jane will be gone from May 23rd until the second week in November). She also said the 50/50 would be part of the day as well as a food vendor who would be stationed up front near Pat Ballock's house. She also said a bigger ad would be placed in the papers. Nancy said that she and her team turned over \$36 to the treasury for the return of cans. She also has been seen diving into the dumpster and has found many broken beer bottles in there which could be dangerous. Please put the glass bottles in the recyclable container instead.

Under new business, Bill and Sherry Hauck have agreed to chair a committee to sell advertising for the newsletter. The cost of a business card size would be \$100 for the year; a full page \$600; a half page \$300; and a quarter page \$150. Sherry said she will be in charge of mailing out the information to the people who approached them at the Fun Days.

Cami went through the list of upcoming events as listed on the separate sheet. Bob brought up Connie's problem with using the gift cards she bid on during the fun days – because they were debit cards and required a lot of personal information be given. The board agreed to give Connie her money back and to use the cards for club events. This was approved by the residents present. Colleen mentioned that instead of gift cards perhaps cash could be given. She said she had trouble getting her card to work as well as Steve. Angie said that Bingo has to give out gift cards because she has to have proof for Corporate that the money was given out. But other than Bingo, cash will be given.

Bob brought up the point of having guests at our free events. If you want to bring a visitor who does not live in the Park, sign up on the sheet and they will be charged \$5 per guest for a small event and \$10 per guest for a bigger event which includes dinner. The money should be given to the treasurer when you sign up your guests, and if you have a cancellation, no money will be returned. Ron Schupbach suggested that the guests be given a laminated guest card which would indicate they have paid. These cards would be collected at the event and re-used.

The chili cook off next year will be hosted by Don and Judy Childers. Bob mentioned that all activities in this park are open to all the residents and everyone should feel welcome to join in. If you haven't tried shuffleboard or bean bag toss, try it – you may like it!

Bob Mayo mentioned that there is a proposed amendment to the by-laws which has to be voted on by the entire park. Bob Hert suggested that this be tabled until September when more of the residents would be here.

A discussion arose concerning solicitation in the Park and Angie said Corporate does not allow it. Mike Kereluk mentioned that his niece has various oils she is selling and wants to come to the Park to explain them for the residents – Mike said how they were helping him. Cami mentioned that her cardiologist would come to the park and speak on heart problems and provide a dinner for the attendees. Judy mentioned that AARP has speakers who would come to explain the latest phone call scams people are getting.

Bob mentioned that Cami donated \$100 to the Park in memory of Bruce. We thanked her for it.

The 50/50 raffle was won by Art Roberts who received \$24. The Park got \$25. Meeting adjourned at 9:50 am. There will be no more residents meetings until the first Saturday in September.

Genealogy Class *by Esther Lough*

Most of you know that we have had an on-going genealogy class for several years, but some of our newer residents may not be aware of it. This is a search for our ancestors and who we are. All residents are WELCOMED AND ENCOURAGED to join us on this fun trip back in time. Classes are at 1:00 pm every Friday afternoon in the clubhouse and each session lasts about an hour, but that is flexible. At this point each year, we usually suspend classes for the summer since most of our people are winter visitors, but I would gladly resume weekly classes if there is sufficient interest. I will even work one-on-one if that is more convenient for you, and there is never any charge for any of this.

COST OF A POSTAGE STAMP DECREASES

For those who may or may not know, the price of a first class postage stamp went down from 49 to 47 cents and the cost to mail a postcard went down from 35 to 34 cents. For the past two years we have paid a surcharge to help the USPS weather the Great Recession but now that temporary hike has been rolled back. The decrease took effect on April 10, 2016.

Bunco Results *by Becky Gardner*

May is over now and Bunco is still going strong. I want to thank Nancy Pavkov and Jean Myers for taking over while I went on vacation. The May 5th winners were Sid Gardner for Most Buncos and 3rd most wins. Judy Childers had Most Wins. Ann Parker received 2nd Most Wins. Ann Bush took Most Losses and Charlene Hudson ended with the Last (traveling) Bunco.

May 19th winners were Jackie Hatfield for Most Buncos and Most Losses. Ann Parker for Most Wins. Mardeen Speck for 2nd Most Wins and Don Childers for 3rd. Joyce Myers received the Last (traveling) Bunco.

Thank you all for coming and playing our game. We had 5 tables on May 19th and hopefully we will continue the great turnout. June 2nd and June 16th are the next Bunco dates- put them on your calendar!! Also June 16th we play all 6 games, so feel free to bring a snack if we should run a little later than usual.

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



PHONE BOOK & NEW RESIDENT UPDATES:

Benson, Kurtis-Cindy (lot #115) 480-703-6134

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

Kroschel, Clark (lot #105) New Phone 480-271-2813

Martolano, Gabrielle (lot #109)

Medcoff, Heather (lot #46)

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

Omness, Danny-Lee (lot #46)

Rasmussen, Harry-Bobbi (lot #47) 850-602-1043 850-910-5574

Smith, Jean (lot #164)

Speck, Steve-Mardene (lot #25)

Wallace, James (lot #36) 480-888-8030

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



CINCO de MAYO PARTY *by Jane Boudreau*

A crowd of eighty plus attended the first CINCO de MAYO Party on May 5. The evening began with sampling the salsas submitted by Mike Kereluk, Angi Seniff, Gary and Rhonda Odell, Linda Lewis, Don and Judy Childers, and Bev Hert. With the judging being conducted by Barb Peters, Larry Orr, and Don Willis from La Casa Blanca. The winners were announced after the dinner. They were: first place Mike Kereluk \$30, 2nd went to Linda Lewis, and Rhonda and Gary Odell placed third receiving \$10. To all of our entrants your salsas were all very tasty.

Connie Riter and Art Roberts brought their Margarita Machine and prepared the drinks to accompany the sampling of the salsas and dinner.

The meal was prepared by Yvonne and Arturo Tapia with help from neighbors and board members. The menu consisted of tostadas, taco, rice and garnishes with a churros for dessert. The food was very good with seconds available for those who weren't filled up the first time through the line.

Following dinner several door prizes were awarded and the 50/50 drawing was held. The winner of the 50/50 drawing was Linda Lewis it was her big day as Richard also won a door prize.

A good time was had by all and a big "THANK YOU" again to Yvonne, Arturo and their merry band of kitchen helpers for a tasty meal.

Checkout the calendar in the newsletter and the bulletin boards for coming events sponsored by the Activities Organization.



Angi Cummins Manager Meeting 5-14-16 *by Bev Hert*

As of **today** 80% of the women's bathroom is completed.

Angi has put in check requests and is waiting for approval to purchase a tv to be placed over the fireplace; stage lighting; furniture and Desert Harbor vehicle stickers.

The week of 5/16 Angi Cummins will be manning both La Casa and Desert Harbor while assistant manager, Angi, attends classes in Michigan. She will be spending the majority of her time at La Casa due to the fact there are brokered homes for sale and **Sun** Communities have homes for sale at La Casa.

New water meters will be installed but no date for work to begin has been determined.

Some street signs were received with incorrect spelling; as soon as replacements are received they will be put on the sign posts. Special notice signs ie, swimming hours, etc. are being made.

Due to a possible issue with the kitchen exhaust system no permits have been issued for work to begin on the new kitchen.

Dave Borchardt asked if Angi knew where the fax machine was, Angi told the residents she did not know of any fax machine. After the meeting the fax machine was located in the kitchen and Dave Borchardt is going to install the machine.

3 home sites have received new river rock and more will be done in the coming months.

A question was asked about young children living in the park (over certain time limits). Angi reviewed the guidelines for living here and residents were told that appropriate action would be taken to see that young children were not living in the park on a permanent basis, but legal may have to become involved. Visitors can visit for 14 consecutive days. If for some reason visitors need to stay longer, Angi asked the homeowner to contact the office.

Angi is in the process of looking for guest tags for Desert Harbor

Main Gate code (key entry only, NOT clicker). Angi would like to see it changed monthly and is working with the utility company so the code information could be included in monthly utility billing.

Angi will check on the exterior painting of the wall perimeter adjacent to the gas station and will look into painting the interiors of the walls.

A resident offered the use of her portable microwave (to be located on the coffee bar); Angi will check with the appropriate authorities--county health dept. to see if this would be legal.

A new water "bottle" system will be installed this week. It will be plumbed directly into the existing water pipes at the coffee bar and will incorporate a reverse osmosis system. (No more loading bottles into a water station.

Community Worship of Desert Harbor

Mother's Day Tea

...there was a reading about HATS!

On May 7th the ladies of Community Worship sponsored the third annual Mothers Day tea. More than 30 ladies attended. We enjoyed plenty of luscious goodies! Winners from each hat category received a grand prize including a gift card for manicedis. Karen Kroschel won for the best western hat. Cami Weiss won for the best holiday hat. April Doud won the prize for the best Mexican hat. There were door prizes for the top three winners of the "Give Yourself a Point" game. Ladies also participated in a team building game choosing and singing a song with a girls' name in the title. The gal with the birthday closest to May 7 at each table won the centerpieces. There was an opportunity to have pictures taken on the stage set with a beautiful backdrop and white bistro set thanks to Pastor Penny. Don Walker was our photographer. A big thank you to all the ladies that helped to make this day special!



...there was some singing.

The Committee



Becky Barb Pastor Penny Midge Wanda

There were hat contests for best Mexican, Holiday and Western style hats.



...and the winners were: April for Best Mexican, Cami for Best Holiday and Karen for Best Western.



Finally there were ladies just having fun at our Mother's Day Tea!

The Schupbach's Excellent China Adventure *by Sharon Schupbach*



We left Apache Junction to drive to LA for our flight to China. China is a country of 3.6 million square miles with a population of over 1.3 billion people. Our first stop was Shanghai—population of 24 million. It is a landscape of hundreds of skyscrapers over 20 stories tall. Each building has apartments for Chinese citizens that are about 600 square feet. These apartments frequently have more than one family living in them. Our first excursion, led by our guide, Joan, was to see the Jade Buddha...a beautiful 6 foot tall, 1 ton, 120 year old carving from Jadette, which is the highest quality of jade. We then took a stroll along the “Bund,” a river-side walk along the Huang Pu River. We were also treated to a visit to the Yu Yuan Garden. The Chinese are famous for their gardens and to be qualified as a garden, they must include 4 elements—water, plants, rock, and pavilion. The Pavilions are always distinguished by their red and yellow colors and “up-turning eaves.” We then visited Suzhou, a quaint little town built along the Grand Canal. The North to South Grand Canal is 1100 miles long and was built over 2500 years ago. We were able to take a ride along the canal in a characteristic sampan while being serenaded by our boatman. We were also able to visit another garden, the “Garden of the Master of the Nets,” a UNESCO World Heritage site. In the evening, we enjoyed a fantastic Chinese Acrobatic act. We then made our way to Yichang to board the Century Sun River boat to cruise up the Yangtze River. The Yangtze River runs through central China for 4000 miles. The Three Gorges Dam was started in 1993 and completed in 2006. Below the Xiling, Wu, and Qu Tang gorges, the river was dammed up, displacing 1.25 million people. The dam is 600 feet tall and 7661 feet wide, creating a 405 square miles reservoir. It was the largest hydroelectric power project in the world. We were able to tour some of the side canyons, tour a native village, saw a ceremonial wedding, wild monkeys, ducks, numerous waterfalls and gorgeous terrain. Some of the “minority” citizens still are able to live on the mountains, raising goats, pigs, vegetables and herbs which they sell to others along the river. In the middle of the river stands an ancient pagoda, built in the Ming Dynasty, which was preserved by building a 20 foot wall around it. There are 99 steps to go up to the pagoda to see the Buddha and a long rickety suspension bridge to get to it. It is no longer used by the monks and is currently just a tourist attraction, though quite magnificent.

In Chongquin, city of 30 million, and more high-rises, we disembarked our cruise and boarded a flight to Xi’an, home to the Terra Cotta Warriors. First discovered in 1974 by a farmer trying to dig a well during a particularly dry year, the Terra Cotta Warriors were unearthed from three pits. The pits are a very small part of the whole underground kingdom created by the army of the first emperor Qin to protect his mausoleum 1.5 miles away. There are up to 8000 warriors, all very detailed, different, and vivid. Two thousand have currently been reconstructed. Horses and bronze chariots were also unearthed. Some have called it “the eighth wonder of the world” and it is considered one of the most important archaeological discoveries in the 20th century. We also toured a “Muslim” street, with many vendors and local artisans selling their wares. The major religions in China are Taoism, Buddhism, Muslim, and Christian. The following morning we went to a park where many of the older citizens exercise, sing, dance, and do Tai Chi daily. As innocent bystanders, we were not allowed to just watch, but were invited and encouraged to join in the dancing and singing. A good time was had by all. Full of joy! That evening we were entertained by a Tang music and dance performance.

We then flew to Beijing. Still more high-rises. Beijing is the political capital of China where 22 million citizens live. We were able to visit a historic OLD Hutong quadrangle. These quadrangles were originally built 3000 years ago with the houses facing north, south, east, and west with a center courtyard. The 'quadrangle' was to harmoniously combine the patriarchal system with a feudal system and has been a traditional residential way of Beijing for hundreds of years. We were invited into the home of one of the residents and provided with tea, cookies, and other traditional treats. And then we were given a rickshaw ride. Not far from the quadrangle we visited the Drum and Bell Towers which were used centuries ago to tell time. The drums are beat on the hour in the morning and bells toll on the hour in the evening. Watching the ceremonial beating of the drums was a real experience. We visited an exclusive jade factory, silk shop, and also a pearl company.

Then we were on the road to the Great Wall. The Great Wall of China is about 3925 miles long and construction was first begun in 700 BC. It stands 25 feet high at its highest place and up to 15-30 feet wide and rises from sea level at its lowest point to 5033 feet at its highest point. There are many watchtowers at regular intervals. It was primarily built as a defense from invaders, but was also a defense for the travelers of the Silk Road. It is the longest man-made structure in the world and is known as the longest cemetery in the world related to the number of builders who died while building it. Sharon hiked a mile up the "Wall" with an elevation change of about 500 feet. Not too bad a trek! Then we were off to the zoo to see the Pandas!! Our last day in Beijing was spent touring the Summer Palace, the vacation spot for the "Dragon Lady" a former concubine, who ruled China for many years from behind the scenes. We took a Dragon Boat Ride back to the main gate. Then we visited the infamous Tiananmen Square and the Forbidden City. The Chinese never built anything small and these venues were huge! We finished off our day with a traditional Peking duck dinner. We had been touring with 18 members of the "Friendship Force," a group of people who belong to a world-wide travel exchange group. They were leaving our group to go on to Taipei where they will be hosted by individual families there who then serve as their hosts and tour guides. They were a very friendly group. The remaining members of our group said "Goodbye" to our amazing tour guide, Joan, as we were going to Hong Kong the next day.

Hong Kong is actually made up of 260 islands on about 30 of which are inhabited 8 million people. We had a great tour of the city and visited Victoria Peak which offers a wonderful view of the city. We stopped at a lovely jewelry store and then visited the fishing village of Aberdeen and had another sampan cruise through an old fishing village of dilapidated boats and ramshackle homes on stilts in the harbor. From there we drove across the longest suspension bridge in the world to Stanley market and a stroll along the beautiful Upper Cheung Sha beach. Our last excursion was to Lantau Island, the largest of the Hong Kong islands. We visited the Po Lin Monastery and the "Big Buddha." This Buddha weighs in at 250 tons and is 112 feet high, constructed of 202 pieces of bronze. We were provided with a vegetarian lunch by the monastery followed by the first rain storm we have encountered while in China. It poured! We were supposed to go back down via cable car, but it was determined too dangerous with wind, thunder, and lightening. So we started back down in the bus. Half way down the hill, the rain stopped and our guide got a call for us to go back up the hill and go down via cable car. Well worth the change in conveyance.

The next day it was back to Shanghai and then return to LAX. The trip was an undeniable experience of old and new. So much history and so much progress, so much a clash of culture/contradictions. It was very enlightening and enjoyable. The people were all friendly, hospitable, and seemed content. The food was good and abundant, at least for us. An opportunity to master chopsticks. We highly recommend a China visit.



UPCOMING EVENTS

NO RESIDENT MEETINGS JUNE-JULY-AUGUST

JULY

- 4th Monday Golf cart, motorcycle parade, picnic
hamburgers, hot dogs, buns provided
bring side salad , desert to share and BYOB
- 16th Saturday Pot Luck 4:30 HH 5:00 Food
- 23rd Saturday Wine & Cheese 2:00 to 4:00 pm

AUGUST

- 6th Saturday Potato Bake 4:00 to 6:00 pm BYOB
- 13th Saturday Pool Party & Ice Cream Social 3-6 pm
- 20th Saturday Pot Luck 4:30 HH 5:00 Food

SEPTEMBER

- 3rd Saturday Resident Meeting 9:00 am
- 5th Monday Labor Day Picnic
- 17th Saturday Pot Luck Luau, Meat provided, bring side salad/dessert
to share, Entertainment Provided 4:30 HH 5:00 Food

OCTOBER

- 1st Saturday Resident Meeting 9:00 am
- 15th Saturday Pot Luck 4:30 HH 5:00 Food

CHIT CHAT AROUND THE PARK



LADIES GET ACQUAINTED SOUP AND SALAD LUNCHEON

By Jane Boudreau

The summer is fast approaching with residents heading to their other homes or on vacation. This appeared to be the case for the Ladies Soup-N-Salad Luncheon held on May 2. A group of ten met to share good conversation and fellowship, with two soups, several salads and desserts to enjoy. They held a 50/50 drawing with Joann Hankison taking home the pot.

Mark your calendar for the first Tuesday June 7th to join the ladies for lunch. Take this occasion to welcome a new resident to the community as well as an opportunity to try out new recipes. If you have not attended one of the luncheons please join us next month. We encourage you to invite a new resident to next month's luncheon so they may meet some of the other ladies in the community.

A sign up sheet is in the clubhouse. Please bring your own table service including bowl(s) and something to drink. Lastly remember to bring the proper serving utensil to accompany your dish.

LADIES LUNCHEON AT KOKOPELLI'S *by Jane Boudreau*

Kokopelli's at Gold Canyon Golf Resort was the location of the May Ladies Luncheon. Eighteen ladies enjoyed a variety of items from the menu. Several selected appetizers keeping their meal on the lighter side. The soup of the day was potato with ham and looked very good. The sandwiches like the Reuben were piled high with meat. The sidewinder club was very tasty and was accompanied by French fries or coleslaw. Several of the ladies enjoyed fish tacos which were a generous serving of three accompanied by coleslaw or fries. The tuna melt was a little bland however the flavor was elevated with the addition of jalapeños and banana peppers. The chipotle chicken sandwich was very tempting and I eyed Colleen's.

Those attending welcomed Gay, a new residents who has purchased the home in lot #67. We hope she enjoyed herself and will attend future luncheons..

The June luncheon will be held at Crackers and Company Café located at 535 W Iron Ave., Mesa, AZ.

All the ladies of Desert Harbor are invited to the monthly luncheon. Announcement and signup sheets are in the clubhouse. Please join us for good conversation and an opportunity to meet your neighbors.

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.



ARIZONA

by Margo Crawford

February 14, 1912, President Taft signed the proclamation bringing Arizona in to Statehood from being the Arizona Territory. It was the 48 th state and last state to be admitted to the Continental United States. At the time of admittance the populace of the vast territory was 200,000. The state's first governor George W. P. Hunt.

During its time as a territory beginning in 1848 Arizona was developing its status in the vital areas of commerce. A definite plus to the ability to expand its growth came from the opening of the Roosevelt Dam in 1811. Development of irrigation and railroads brought it in to the mainstream. Although it is a desert, as a matter of fact, 4 desert areas farmers and ranchers are able to grow cotton, cattle and citrus. Arizona is the main source of Copper for the United States. Silver, gold, uranium and lead are also mined here. The acclaimed, "It is a dry heat" rings in many ears throughout the high heat of our summers. There are definite health advantages to the drier air that is found here. With an average of over 300 days of sunshine it is easy to keep that natural Vitamin D count up!

Since the 1500s many notable characters have helped establish Arizona as a territory and as a state. Anglo Explorers came here searching for the Seven Golden Cities Of Cibola. Other notables were: Francisco Coronado, Father Eusebio Kino, 'Old Bill' Williams, Powell 'Pauline' Weaver, John W. Powell and canal builder Jack Swilling.

I would be remiss if I left out the historically well known Geronimo. He was a legendary leader of the Chiricahua Apaches. His prowess at conducting raids for supplies and battles in retaliation brought him much notice throughout the Apache Nation. Other Tribal members would choose to follow him along with his own band of followers.



HEALTH ARTICLE *by Midge Drouin*

Coconut Oil for Health Purposes

Head lice. Developing research shows that a spray containing coconut oil, anise oil, and ylang ylang oil appears to be effective for treating head lice in children. It seems to work about as well as a spray containing chemical insecticides.

Psoriasis. Applying coconut oil to the skin before treatment of psoriasis with ultraviolet B (UVB) or psoralen and ultraviolet A (PUVA) light therapy doesn't seem to improve effectiveness of the treatment.

Heart disease. A study in India suggested that eating coconut or taking coconut oil doesn't seem to affect the chances of having a heart attack or developing chest pain (angina).

Obesity. Some developing research shows that taking coconut oil 10 mL three times daily might reduce waist size after 1-6 weeks of use.

Newborn weight gain. Some research shows that massaging premature newborns with coconut oil can improve weight gain and growth.

High cholesterol. Some research suggests that dietary use of coconut oil is linked to increased high-density lipoprotein (HDL or "good") cholesterol, but does not increase levels of low-density lipoprotein (LDL or "bad") cholesterol. However, a study comparing a diet rich in coconut oil to diets rich in beef fat or safflower oil found that coconut oil can increase both HDL and LDL cholesterol.

Diarrhea. A study in children found that incorporating coconut oil into the diet can reduce the length of diarrhea, but another study found that it was no more effective than a cow milk-based diet. The effect of coconut oil alone is not clear.

Dry skin. Developing research shows that applying coconut oil to the skin twice daily can improve skin moisture in people with dry skin.

Alzheimer's disease.

Diabetes.

Chronic fatigue.

Crohn's disease.

Irritable bowel syndrome.

Thyroid conditions.

Other conditions.

More evidence is needed to rate coconut oil for these uses.

The health articles are generally taken from medical information web sites and are not endorsed or promoted by the newsletter committee

INFORMATION

- GARBAGE** Picked up every Monday and Thursday morning (please don't put your food garbage out the night before because the Coyotes love to rip it open).
- RECYCLE** We have dumpsters located on the west side of the clubhouse. There are two green color containers that are for "aluminum cans" ONLY and another for paper and cardboard. We get money for these two dumpsters, so PLEASE use them as it helps the Activity Club's treasury. The two blue recycle dumpsters are for plastic, glass and all other recycle items. We do not get any money for these two containers, but please recycle as much as you can.
- MAIL** The mail person that delivers our mail will put the "red flag" up when he/she is done. If you have outgoing mail, just put it in the outgoing mail slots and it will be picked up. Please do not put the red flag up, let the mail person do it.
- WEB SITE** www.desertharboraz.net
You can find lots of information there including updates to our calendar
- NAME BADGES** Custom made name badge with your name & lot number
Contact Connie Riter, Lot #81, 315-657-3078
- FOOD BANK** There is a cardboard box in the clubhouse marked "Food Bank". Please bring non-perishable items to put in the box. Please do not bring outdated or expired items, we just have to throw them away.

DRIVERS LICENSE & TITLE-REGISTRATION

575 N Idaho Rd Ste 600 Apache Junction 85119 www.azdot.gov

APACHE JUNCTION CHAMBER OF COMMERCE

567 Apache Trail Apache Junction 85120 www.ajchamber.com

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
Karen Ayo	175	House cleaning, Elder care	480-383-9071

June 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 7:15am Water Aerobics 8am Exercise 1pm Mexican Train 1-3 pm Quilting 6:30pm Shuffleboard	2 7:15am Water Aerobics 10am Bunco 1pm cards 6:00 Texas Hold'em Poker	3 7:15am Water Aerobics 8am Exercise 10am Ping Pong 4pm Happy Hour 6:30pm Cards	4 7am Coffee/Donuts 5:30 Texas Hold'em Poker
5 10:30 am Church 12:30pm Texas Hold'em Poker	6 7:15am Water Aerobics 8am Exercise 10am Ping Pong 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	7 7:15am Water Aerobics 10am Ping Pong 12pm Ladies Soup/ Salad Luncheon 6pmNDQ Poker 6:30pm Bible Study 6:30pm Cards 6:30pm Bean Bag Toss	8 7:15am Water Aerobics 8am Exercise 1pm Mexican Train 6:30pm Shuffleboard	9 7:15am Water Aerobics 1pm cards 1-3 pm Quilting 6:30pm Billiards	10 7:15am Water Aerobics 8am Exercise 10am Ping Pong 3-6pm POOL PARTY 6:30pm Cards	11 7am Coffee/Donuts 5:30 Texas Hold'em Poker
12 10:30 am Church 12:30pm Texas Hold'em Poker	13 7:15am Water Aerobics 8am Exercise 10am Ping Pong 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	14 7:15am Water Aerobics 10am Ping Pong 6pmNDQ Poker 6:30pm Bible Study 6:30pm Cards 6:30pm Bean Bag Toss	15 7:15am Water Aerobics 8am Exercise 10am Angi's Resident Meeting 1pm Mexican Train 1-3 pm Quilting 6:30pm Shuffleboard	16 7:15am Water Aerobics 9:15am Casino 10am Bunco 1pm cards 6:30pm Billiards	17 7:15am Water Aerobics 8am Exercise 10am Ping Pong 4pm Happy Hour 5:30 Texas Hold'em Poker 6:30pm Cards	18 7am Coffee/Donuts 4:30pm Happy Hour 5pm Pot Luck
19 10:30 am Church 12:30pm Texas Hold'em Poker	20 7:15am Water Aerobics 8am Exercise 10am Ping Pong 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	21 7:15am Water Aerobics 10am Ping Pong 11am Ladies Luncheon 6pmNDQ Poker 6:30pm Bible Study 6:30pm Cards 6:30pm Bean Bag Toss	22 7:15am Water Aerobics 8am Exercise 1pm Mexican Train 6:30pm Shuffleboard	23 7:15am Water Aerobics 1-3 pm Quilting 1pm cards 6:30pm Billiards	24 7:15am Water Aerobics 8am Exercise 10am Ping Pong 4pm Happy Hour 6:30pm Cards	25 7am Coffee/Donuts 5:30 Texas Hold'em Poker
26 10:30 am Church 12:30pm Texas Hold'em Poker	27 7:15am Water Aerobics 8am Exercise 10am Ping Pong 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	28 7:15am Water Aerobics 10am Ping Pong 6pmNDQ Poker 6:30pm Bible Study 6:30pm Cards 6:30pm Bean Bag Toss	29 7:15am Water Aerobics 8am Exercise 1pm Mexican Train 6:30pm Shuffleboard	30 7:15am Water Aerobics 1pm cards 6:30pm Billiards		