



DESERT HARBOR—A 55+ COMMUNITY—APACHE JUNCTION, AZ—MARCH 2017

NEW *by Connie Riter*

“New” is a word used in so many commercials in the hope of selling a product. When a product has been around for years, advertisers add the words, “new and improved” and this encourages people to find out why this product is better than it used to be and sales go up again. This is a time of year when “new” can be used to describe a lot of things taking place. Our season, spring, is “new.” The woodpeckers are pecking at our satellite dishes in the early morning hours in the hopes of attracting a “new” mate. The gamble quails are getting bigger as they are preparing for their “new” brood. Soon, we will have some “new” members on our activities board after the elections this Saturday. These “new” members perhaps will bring some “new” ideas to our Board. We welcome the “new” residents in our Park, too.

We have the Oscars which just took place, and “new” movies being honored and “new” actors becoming “new” Academy Award winners. In sports we have a “new” spring training season beginning in baseball and a “new” season to see if the Cubs can maintain their title from 2016.

Some of us may be thinking of buying a “new” car at this time. We have “new” buildings being constructed and “new” roads being built.

Our country has a “new” president who has a lot of “new” ideas and policies he is trying to implement. Spring ushers in Easter, too, with all the “new” hopes for peace in the world and in our country.

Perhaps the most exciting thing many of us may experience this season is the birth of a “new” grandchild or the enlarging of our family through a “new” bride or groom. Whatever significance “new” has for you this season, may it bring you much happiness as we all accept the “new” changes in our lives this season.

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From the President's Desk—Bob Hert



We've had some great times during the month of February starting with our Super Bowl party (a few have some extra pocket change), Gospel Jam, Turf Paradise trip, Mary Jo (and her fantastic voice) and our February potluck showcasing an Italian theme. Still to come this month is Bernie and Red. Please try to attend the functions your board brings to you each month. Remember these entertainers and entertainment are for everyone to enjoy.

On March 11th we will hold our annual Garage Sale, formerly known as our Fun Day Sale and Jane Boudreau is chairperson this year. The sale is where we generate our monies to be used for our activities throughout the year and I encourage everyone to participate in this activity; you don't need any special talent just your willingness to help; we have a lot of fun and it's a good way to meet your neighbors. There are sign-up sheets for you in the clubhouse where you can designate the time and activity you feel comfortable doing and if you feel you can't help, please come down to the Clubhouse on March 11th where there will be lots of donated items to purchase, a bake sale, book sale, 50/50 on-going all day, raffle baskets and lunch and pop can be purchased. Hope to see you all there. Jane will have more information concerning the sale at the Resident's Meeting March 4th.

Additionally if anyone has items they would like to donate to the sale, please contact Jane Boudreau at 314-540-4214 or myself, Bob Hert at 480-322-5533.

Ballots for board vacancies are in your mail cubbies located inside the Clubhouse. Voting will end Friday March 3rd, ballots will be counted and results announced at the Resident's meeting March 4th.

Please be sure and check the calendar which is posted outside the Clubhouse and the calendar located on the back page of this newsletter; there you will find a list of activities for the coming month.

Again, I can't thank all our volunteers enough. Without you, most if not all, activities would not happen!

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.

READY - SET - VOLUNTEER

by Jane Boudreau

As March 11th approaches volunteers are needed to sort and categorize the donations as well as test all electrical items. We begin this process on Wednesday, March 8th concluding on Friday. On Friday, all items are moved to the parking space in front of the Clubhouse.

An organizational meeting will be held in the clubhouse on Wednesday, March 1st at 10:00 am. If you have signed up to help anytime for during the week please plan to attend this meeting. If you have not signed up, please come and we will find a slot for you. You are encouraged to ask any questions you have and make suggestions. We will also be attempting to fill open slots on our volunteer signup sheets. Don't forget to sign up to contribute to our bake sale.

On Wednesday morning, the 8th we will be accepting donations in the Clubhouse. We ask all donations be clean and in working order.

Thank you for your participation in our annual fund raiser.

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)	Judy Childers	Lot #201	480-982-3664
Board Member (term 2015-2018)	TBA		
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
BUNCO	BECKY GARDNER	480-288-9068
CASINO TRIPS	CONNIE RITER	315-657-3078
CLOSET QUILTERS	CAROLE HOBSON	480-288-6270
CLUBHOUSE DECORATING	SUSAN HOOPES SUE BEHRENS	505-280-5049 920-254-2005
GENEALOGY	ESTHER LOUGH	480-288-8579
GOLF	TBA	
LADIES SOUP & SALAD IN PARK	CONNIE RITER	315-657-3078
MAHJONGG	ESTHER LOUGH	480-288-8579
PING PONG	DON-JUDY CHILDERS	480-982-3664
POKER	TBA	
SHUFFLEBOARD	BOB HERT	480-322-5533
TAI CHI	MIDGE DROUIN	602-459-9039
WELCOME	BILL & SHARI HAUCKE	928-978-4457
SUNSHINE	BEV HERT	208-550-1572

WEB MASTER, DICK SMITH, 480-983-5819

DESERT HARBOR MANAGER, 480-288-8876

**NEWSLETTER COMMITTEE
Co-Editors Connie Riter & Dave Borchardt
Midge Drouin, Jane Boudreau**

BIRTHDAYS - ANNIVERSARIES

MARCH BIRTHDAYS

<u>DAY</u>	<u>NAME</u>	<u>LOT</u>
2	Bruce Wicken	37
3	Rosemarie Williams	162
3	Bob Kirchmeier	128
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 Tenagila	140
31	Charlynn Browning	190

MARCH ANNIVERSARIES

<u>DAY</u>	<u>NAME</u>	<u>LOT</u>
12	Jim & Lois Wagner	33



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



PHONE BOOK UPDATES

NEW RESIDENTS

Highsmith, Barry (#193)
Brassell, John-Carol-Irene (#30)
Dallas, Janice-Suzanne (#207)

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



February Valentine's Day (continued) *by Connie Riter*

Last month, I misplaced the messages from two wonderful people who responded to my request for information about "how you met your partner." I am very sorry about this, and wanted to share this information with everyone in this issue – since it was truly my fault. So imagine that you are still reading the cover story in the February issue: This is about Bonnie and Ken Miller (lot #161)

Bonnie wrote that she and Ken met through Ken's sister with whom she worked as a beautician. They have been together for 51 years. They lived in Chicago before moving to Arizona in 1997. Bonnie and Ken have 3 sons and two 14 year old twin grandsons. Bonnie writes that "Ken is a very caring person. He loves to cook and has been a great partner. We have been together so long and have been through so many things together. Now it's nice to look back at all the memories we have shared. We have been in Desert Harbor for almost 5 years. We enjoy the peacefulness and the people!"

Ken said Bonnie is always there for him. She is also a very caring person. "This is a woman every man would like to have as a partner." So, we can continue to celebrate Valentine's Day by sharing the story of the Millers....Thanks for responding, Bonnie and Ken.

UPCOMING EVENTS

APRIL

1st Saturday Resident Meeting 9:00 am
15th Saturday Pot Luck 4:30 HH 5:00 Food
19th Wednesday Les Koel, 6:30—9:30 pm
25th Tuesday Strawberry Festival 2:00—4:00 pm

MAY

5th Friday Cinco de Mayo Salsa Contest Margarita's 4:00—6:00 pm
6th Saturday Resident Meeting 9:00 am
20th Saturday Pot Luck 4:30 HH 5:00 Food
29th Monday Bar-B-Q 4:00—6:00 pm

JUNE (no resident meetings June-July-August)

17th Saturday Pot Luck 4:30 HH 5:00 Food
21st Wednesday Ice Cream Social 4:00—5:00 pm

ALL EVENTS, DATES AND TIMES ARE SUBJECT TO CHANGE



SUPER BOWL PARTY

By Dave Borchardt

Sunday, February 5th was Super Bowl 51 and it was a Super game. So many Super Bowl records broken and what a come back for the Patriots. It seemed pretty hopeless for them, but they came back to win it. We had around 60 or so people attend our party and we had pizzas donated by Sun Communities as well as chips and dips from the Activity Board and then the wonderful side dishes and snacks brought by everyone. One of the big hits were the football shaped Peanut Butter cookies made by Diane Hoskinson so we asked Diane to provide the recipe and it is listed below.

It won't be long and the 2017-18 season will be starting and Super Bowl 52 will be played at the new Vikings US Bank Stadium in Minneapolis MN on February 4, 2018.

Diane's Super Bowl Peanut Butter Cookies

Makes 48 to 60 cookies (one and a half to two inches)

Preheat oven to 375 degrees (F)

Beat 1/2 cup butter (Danish Creamery Butter) until smooth

Gradually add and blend in

1/2 cup light brown sugar (Cane Sugar not packed into the half cup)

1/2 cup granulated sugar

Beat in

1 egg (large)

1 cup peanut butter (Kroger Creamy Peanut Butter)

1/4 teaspoon salt

1/2 teaspoon baking soda

1/2 teaspoon vanilla

Sift before measuring and add

1 1/4 to 1 1/2 cups all-purpose flour

Tip: I used a hand mixer until I had less than 1/4 cup of flour remaining then hand mixed the remainder of the flour.

Roll dough into small balls. Place on non-stick or greased cookie sheet and flatten slightly. Press with fork (dipped in water or flour to prevent sticking) by crossing vertically and horizontally.

Bake 10 to 12 minutes; check at 9 minutes as bottoms have a tendency to burn. Leave on cookie sheet for a minute or two then transfer to brown paper.

February 4, 2017 Residents Meeting

Bob Hert began our monthly meeting at 9 am leading us in the Pledge of Allegiance. About 70 residents were present. Bob then asked if there were any new residents. New residents attending were: Elaine and Richard Grenata (#99) from Connecticut and Leroy and Diane Mager (#118) from Wisconsin. Roll Call was taken and all board members were present except Sue Behrens. Both the minutes and the treasurer's report which were on the tables were accepted as written. Bob Mayo had a question about the Petty Cash report of money to print the newsletter. Kathy Gabel explained that the newsletter funds are kept separately and that she re-imburses petty cash after the newsletter is printed. Connie mentioned the ladies soup n salad luncheon this Tuesday encouraging all ladies to attend. Also the Turf Paradise trip next Saturday where we will have a prime rib dinner and a private terrace to watch the races.

Cami went through the calendar of upcoming events (which appear in another section of the newsletter.)

Dave Borchardt mentioned that our trash company is no longer picking up certain trash like construction materials or water heaters. For \$25, they will come back and pick it up. BUT Feb. 25, from 8 to noon, Apache Junction is having a free dump day, from 6 to 11 am. You can take your unused paint, and other things to the dump free that day. Joyce Hoopes said Home Depot takes unused paint.

Mike Kereluk who is in charge of the kitchen was not at the meeting. But we still cannot use it because we don't have the proper pans and pots. Mike is working with management to see who will pay for stocking it with the required supplies.

Committee reports: FOOD BANK – Donna Balfour took 41 lbs. of food to the needy.

LIBRARY: Carol Rysavy said we can always use books in the library.

CANS: They took away our dumpster out back, so Nancy is accepting all cans at her house. She presented Kathy with \$16.20.

SUNSHINE LADY – Pat Ballock resigned from this position and Bob was looking for a volunteer. No one offered, so he said Bev Hert would do this.

FUN DAYS: Jane spoke on the planning of our fun day on March 11. Please sign up on one of the boards to help out. On Saturday, March 11th, sale starts at 7 am.

Three Duttons, who came to our meeting, performed 2 songs for us. Everyone seemed to enjoy their performance.

DE FIBRILATOR: Bob Mayo mentioned that at the American Legion, if we could get 12 people to take the course, they will teach these people for \$20 each. This is a CPR course. If interested, let Bob know. Angie said at her previous meeting, that she would get us directions so we could all have a copy, without having to break into the device.

NOMINATIONS: Bobbie and Judy are leaving the Board. The nominating committee consists of Sherry Weinert, Linda Stephens, and Bob Hert. The treasurer position is for 2 years; the secretary is for 2 years; Bobbie's position is until 2018; and Judy's position is for 3 years. Kathy has offered to stay on as treasurer and Connie has agreed to stay on as secretary. The two members at large positions have 3 people willing to run: April Doud, Richard Lewis, and Mike Kereluk. Ballots will be printed for the members at large positions and placed in the mailboxes, 2 per box, as indicated in the by-laws. Jerry Stai and Art Roberts offered to count them.

50/50 raffle was for \$65 and Jim Gabel won it! Meeting adjourned at 10:16 am.



FAREWELL TO JULIO 'DUTTON SHOW'

by Jane Boudreau

Saturday evening February 25, 2017 a group of residents and guests attended the Dutton Show in Mesa. Unknown to the group this was the last performance for one of the Dutton sons and his family. Benjamin, who performed at our February Activities Organization Meeting, has decided to leave the family show for other opportunities. He and his family were thanked by his parents and siblings before intermission.

For those who have not attended a performance of the Duttons it is a musical variety show appropriate for young and old alike, featuring five of the Dutton's seven adult children and many of their young grandchildren. The music ranges from patriotic, bluegrass, rock-n-roll, to classical. The family performs vocals, dance routines and uses a variety of string instruments, including a little comedy routine by Julio, aka Benjamin Dutton. During a break in the performance Timothy Dutton asked who in the audience had been married over 50 years and proceeded to increase in longevity until one couple claimed the distinction of being together 77 years. Now that is commitment!

It was truly an enjoyable evening. If you do not have an opportunity to attend a performance in Mesa, you may consider stopping in Branson, MO and catch a show at the Dutton Theater.



Hi! I'm Karen Majur, Co-Owner and Agent of Sunshine Home Sales. I've been serving home sale and listing needs of Desert Harbor residents and the East Valley for nearly a decade. As your Desert Harbor neighbor at Lot 173, I have your best interest at heart. Please feel free to call me anytime with questions or concerns regarding the listing and sale of your home. With over 29 years of combined experience in the industry, we know the local market and will find you a new home, or sell your present home at the best possible market price. We offer free consultations!

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California Here We Come



On Wednesday, February 15th, we held a going away party for Miles & Bobbie Lowery. They have lived in our park for many years and Miles has been quite the handyman for repairs in our homes and Bobbie has most recently served as a board member for our Activity Assn. They will truly be missed but we wish them all the best in their new adventures in California.

Coyote Coupon Book Sales

by Connie Riter

During this sale we sold 43 books, so our activities committee received \$430 in cash. The remaining books, 7 of them, were purchased by the committee to use as prizes for various events.

Thanks to everyone who bought a book and we hope you are continuing to use the coupons throughout the year. They really can save you a lot of money.



BUNCO RESULTS *by Becky Gardner*

February came and went and March will be here soon. There was no Bunco on [February 2nd](#) due to water shut off.

[February 9th](#) winners were Lavonne Lindholm for MOST BUNCOS and 3rd MOST WINS.

Sid Gardner for MOST WINS followed by Judy Childers for 2nd MOST WINS.

I took MOST LOSSES and Jackie Hatfield took LAST BUNCO prize.

[February 16th](#) winners - Cheryl Sunderman for MOST BUNCOS. Wanda Tucker had MOST WINS followed by Judy Childers for 2nd and myself for 3rd MOST WINS.

Arlene Wicken had MOST LOSSES. No last Bunco prize given- we played with one dummy!

There will be 3 dates for BUNCO in March- the 2nd, 16th and 30th!

Come and enjoy the fun!

Thank you everyone for the help of setting up and taking down- much appreciated.

TAI CHI CLASS *by M. Drouin*

Classes are held every Monday and Thursday from 9AM till 9:45AM in the clubhouse. Come do your body and brain a favor at stretching-balancing and remembering to help improve your mind. If you're planning on joining us wear comfortable clothing and shoes, don't forget to bring water to keep your body hydrated.



CHURCH NEWS *by M. Drouin*

On Sunday mornings we hold worship services here at the Desert Harbor clubhouse from 10:30 - 11:30 AM. We're a non-denominational church. Giving the word, is Pastor Penny Newby, a resident in our community.

Our gospel jams for the season are over for this year but will start up again in November, 2017 and run through February, 2018, every second Saturday from 1PM till 3PM in our clubhouse.

Evening of Karaoke *by M. Drouin*

On Friday evening, January the 13th, around 24 residents gathered at our clubhouse for a fun evening of Karaoke from 6PM till 9PM. Don Eddy from our sister park (Rancho Mirage) gave us the background music for the songs that we sung. It was a fun night for a small group of residents who enjoyed each other's company singing and visiting.



Hi, I'm Pat Pedersen, my husband Ed and I are new to Desert Harbor (#69) but not new to the business of getting informed buyers and sellers together for successful home closings. Come by, or invite us over to talk about your plans to get your friends down here, or your plans to get your present home ready to go on the market.

Pat Pedersen
845-548-3037
patwle@aol.com

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845-248-8156
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L-R Standing: Doug, Jim Gabel, Guy Nagy, Sheryl Nagy, Tom Freeland, Arlie Klabunde, Deb, Oscar, Jerry Murphy, Cynthia, Jim Harrison, Dave Borchardt, Don Walker.
Seated L-R: Linda, Bonnie Harrison, Cyndy Schauer.

The Desert Harbor Golf League has seen another fun season come to a close, this the 2016-17 season. As usual we invited current and former golfers still in the area to our “End of Season Golf Party”. The picture reflects this year’s attendees less a few who were either were sick with the flu or had other commitments. Desert Harbor is a wonderful retirement community with a variety of activities to keep everyone busy and golf is only one that is offered through our Activities Organization. Through the years, beginning in 1998, golf has shared an active role in a list of activities in our community with Al Pein serving as one of the original founders. Although Al was not the first to head up our golf league, he was a thoughtful and enthusiastic promoter who encouraged many to play and have fun...it is true our skill levels are not the best, that didn’t matter to Al. He just wanted everyone to come out to play and have fun.

Al Pein developed health issues and was forced to give up the game he loved and passed the reins to Don Walker who carried on the traditions set but added a few new ones that including incorporating crazy contests whereby anyone could win a weekly tournament no matter what your skill level. Prizes included such things as golf balls, pocket warmers, a bag of tees, etc...it was all in good fun. Good golfers as well as not so good golfers were welcomed and each felt comfortable playing alongside the other. A clever handicap system made everyone equal. The object was to make golf fun and the benefit was to increase the friends quotient. Often times, after our round of golf, we all would meet at a nearby restaurant for lunch or in the last few years many would gather at the American Legion Post to play BINGO.

We always had fun and I hope the Golf League will continue for many years to come. But now as the current coordinator for Desert Harbor Golf, I am stepping aside but encourage anyone interested to take over this activity for the next season, 2017-18 and beyond. I offer any assistance I can as needed to the new coordinator if needed.

Thank you all, it has been fun.
Don Walker.

BERNIE & RED



For those of you that missed this show, you missed without a doubt one of the best entertainment programs we have had here at Desert Harbor. Bernie & Red are billed as a comedy team and they were all of that and so much more with their singing and story telling that kept us all entertained for the 2 hour show. Bernie & Red are originally from Liverpool, England (yes, the home of The Beatles) and they attended many of their shows before The Beatles hit the big time. As Red explained to us, it was a wonderful time for them to be in Liverpool.

Their show has been voted “Best Comedy Show” in 2012, 2013, 2014 and 2016 by the Valley Star Awards. Everyone thoroughly enjoyed this program and maybe sometime in the future we can get them back.

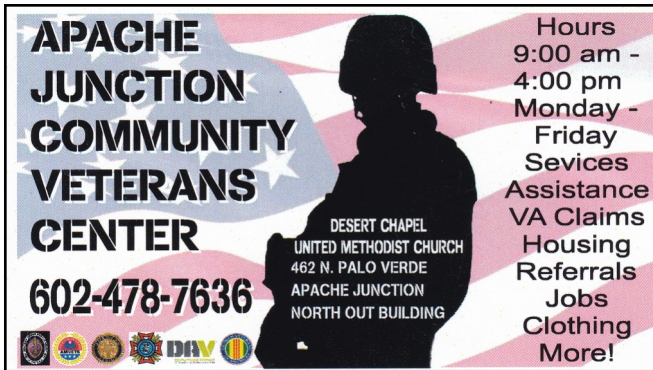
An interesting side note, after a brief intermission about 8:00, Bernie asked the audience if they noticed that he had changed his pants and most of us had noticed. He went on to say that while they were at a thrift shop in Indio CA he found a pair of pants that he liked but couldn't find a label so he showed them to Red and of course she found the label right away. After finding the label they saw that the pants were custom made by a tailor on Rodeo Drive in Beverly Hills, serial number 5922, in 1963 for none other than Red Skelton. I've attached a photo of the label. He thinks they paid \$5.00 or \$6.00 for the pants.

This was a great show. Thank you so much to the Activity Board for booking them for us!



AEROBIC EXERCISE CLASS

Don't forget we have our Aerobic Exercise classes every Monday, Wednesday and Friday mornings at 8:00 am in the clubhouse. It is a 45 minute to one hour work-out and is a very good program to follow. We use the "Walking with Leslie" DVD's and usually will do a 3 mile exercise walk.




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Our Day at the Races

by Connie Riter

On February 11, seven people from our Park went on a bus trip to Turf Paradise for the Gold Cup Races. As we arrived, we each received a special t-shirt made for the day. We studied the program of races to decide which horses we wanted to place our wagers on, as we ate our delicious prime rib lunch. We had our own private terrace to view the races, as well as our own private bar and wagering booth.

Colleen Kitzman was selected from our group to view a special race named after Sue Sinclair Travel from ground level and to have her picture taken with the winning horse. It was a fun day spent with friends.

Other trips still available for the season are: a day trip on March 1 to tour Phoenix, Las Vegas at the Golden Nugget on March 1 – 3, March 7 – 9 Grand Canyon South Rim and Bearizona. On March 15 is another day trip to Wickenburg to see all the exciting things there. On March 22 there is a day trip to Kartchner Caverns, another trip to Turf Paradise on March 25 for camel day – including another prime rib lunch, a trip to Rocky Point, Mexico on March 28 – 30, and a 3 day trip to Monument Valley and Navajo Nation on April 4 – 6. Other larger trips are March 31 – April 8 to Big Bend and Carlsbad Caverns National Parks, April 9 a 16 day trip to see the Wonders of China with a Yangtze River Cruise, Sept 4 – 11 an Alpine Lakes and Scenic Trains Tour, Thanksgiving In New York City November 20 – 24, including air fare, and Albuquerque and Santa Fe Oct. 17 – 21st.

Prices and what is seen on these tours are in the book in the clubhouse, or call me for more information. Remember that the Activities Committee gets a commission on all the trips sold.

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CHIT CHAT AROUND THE PARK



Ladies Soup n Salad Luncheon *by Connie Riter*

Our ladies soup n salad luncheon for February 2017 was held at noon on Feb. 7th with 13 people attending. We had several types of soup. We also had a variety of salads and desserts, especially a delicious chocolate cake. Several people who normally come to these luncheons were home sick. Sorry they missed it. Grace was said by Carol Rysavy who had a special grace to remember her daughter who is fighting cancer. The 50/50 was won by Barb Nienkark who won \$16. We invite all ladies in the park to attend these luncheons which only last about an hour and are a good way to visit and meet new people. Our next luncheon will be March 7 at noon. A sign up sheet will be available to indicate what you will bring. Please join us!

LADIES LUNCHEON AT JJ MADISON'S

by Cami Weiss

On February 21, 2017 eight residents and 2 guests met for lunch at JJ Madison's in Mesa. This was a smaller than usual group. The signup sheet indicated around 20.

The Pork Tenderloin was huge and the rest of the food was prepared for our taste buds. Great time was had by all.

We discussed where to hold the next ladies luncheon out of the park and decided on Thirsty Lion Pub and Grill which is located at 2000 E. Rio Salado Pkwy., Suite 1041 in Tempe Marketplace, Tempe, AZ. Good reviews have been heard.

Sherry Weinert will call and make those reservations when we get the signup sheet completed. The menu looks delicious: Appetizers, soups, sliders, flatbread, grill food and Brick oven pizza to name a few.

We invite all the ladies of Desert Harbor to join us for one or both monthly luncheons. The In-Park luncheon is the first Tuesday of the month and the Out-of-Park is the third Tuesday of the month.

Please join us for a fun time and meet new neighbors....



MARY JO RETURNS

By Dave Borchardt

On Thursday February 16th, Mary Jo returned to Desert Harbor for another performance with her singing many popular songs that everyone enjoyed. She also gave us an Acapella rendition of Ave Maria that was wonderful. She has quite the range with her voice and was able to sing many different kinds of songs. She appears frequently over at the Mesa Swap Meet so you might run into her sometime there. We had around 70 or 80 people in attendance for her show and it seemed like every single person was very well entertained.

February Pot Luck *by M. Drouin*

On Saturday, February the 18th, our pot luck got underway with a happy hour beginning at 4:30 till 5PM with our Italian themed pot luck and dinner starting at 5PM. We had approximately 60 people in attendance. There were quite a few Italian pasta dishes, salads, bread, mac and cheese, corn soufflé, chicken, and pasta salad with plenty of food for all. The dessert table was full with mouth-watering home-made pies, cookies, cakes, and a beautifully decorated cherry cheese cake and might I add, it was delicious.

Our 50/50 raffle was won by Cyndi Smith. Sun Communities donated 2 gift cards and our activities board 4 bottles of wine that were won by various people. We would like to thank our hosts and hostesses for doing a great job. They were Clark Kroechel, Bob and Bev Hert and a big thank you to all that helped set up and clean up.

That evening we were entertained by Bill Rasmussen and his partner. Bill is a cousin of one of our residents here (Agnes Miller). Bill was imitating crooner Frank Sinatra while his partner did some Hawaiian dancing. A big thank you goes out to Dave Borchardt for operating the music control system. It was a very enjoyable evening.



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HEALTH ARTICLE *by Midge Drouin*

The Benefits Of Natural Antioxidants

The Best Antioxidants Are In the Foods We Eat

Natural antioxidants are essential for helping the body maintain its natural health. They are what help to prevent other molecules in the body from oxidizing, which means that they lose an electron. As a result, pollutants (otherwise known as “free radicals”) come into the body and attach to the molecules. This can be unhealthy for the body if there is not enough supply of antioxidants to balance them out or even get rid of the pollutants. Because they come from natural sources, natural antioxidants are the best antioxidants for your body and there are many ways to incorporate them into your diet and lifestyle.

Antioxidant Foods

Ideally, getting natural antioxidants from the foods you eat is the best thing for your body. There are several antioxidant foods that you can eat to get a full supply of this healthy substance. Some people refer to these types of foods as “super foods” because they are good for your body and they have also been known to stave off certain diseases, including cancer. When seeking the best antioxidant foods, find foods that are rich in fiber for the best results. All-natural oatmeal is a great source of antioxidant foods, but you can also eat a variety of vegetables and fruits to add variety to your diet.

Tomatoes are one of the best vegetables that you can eat for natural antioxidants. They have a large amount of lycopene which contains another substance that acts as an antioxidant for your body.

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

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.



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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). If one of the following holidays falls on a Monday or Thursday, the garbage will be picked up one day later:
Independence Day, Thanksgiving Day, Christmas Day, New Year's Day
- RECYCLE** We have dumpsters located on the west side of the clubhouse. There are two yellow color containers, one is 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.
- MEDICINE DISPOSAL** You can drop off your old prescription medications at the Apache Junction Police Dept. Monday through Thursday from 9:00 am to 5:00 pm

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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
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
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, Handyman	480-264-8354
Richard Nienkark	192	Painting, light landscaping, irrigation	480-288-0568
Karen Ayo	175	House cleaning, Elder care	480-383-9071
Jim Jackson	57	Computer help	480-625-1364
Pat Pederson-Ed Kelly	69	Hummingbird Homes, Inc.	480-832-6241
Elaine Granata	99	Hairdresser	860-922-3681
Bill Hightower	8	Handyman / Painting	480-372-7530

The newsletter committee neither endorses or approves any product or service

MARCH 2017

	SUN	MON	TUE	WED	THU	FRI	SAT
AM	10:30 Church	7:15 Water Aerobics 8:00 Exercise 9:00 Tai Chi 10:00 Ping Pong	7:15 Water Aerobics 10:00 Ping Pong	7:15 Water Aerobics 8:00 Exercise	7:15 Water Aerobics 9:00 Tai Chi	7:15 Water Aerobics 8:00 Exercise 10:00 Ping Pong	7:00 Coffee Donuts
PM	12:30 Poker	12:00 Golf 1:00 Mahjongg 2:00 Shuffleboard 6:30 Bingo 6:30 Billiards	6:00 NDQ Poker 6:30 Bible Study 6:30 Cards	1:00 Mexican Train	12:00 Golf 1:00 Cards 1-3 Quilting 6:30 Billiards	1:30-3:30 Genealogy 2:00 Bean Bag 4:00 Happy Hour 6:30 Cards	5:30 Poker

			1	2 10am BUNCO 6 pm Poker	3 5:30pm Poker	4 9 am Resident Meeting 4:30 pm Canadian Party
5	6	7 12pm Ladies In Park Soup-Salad Luncheon	8	9	10	11 7am—2pm Fun Day Sale
12	13	14	15 10am Zentangle 7pm Roadrunner Band	16 9am Casino Ft McDowell 10am BUNCO	17 2pm Angi Mgr Meeting 5:30pm Poker	18 Pot luck 4:30 HH 5:00 Food
19 6:30pm Tim Eggebraaten One Man Band	20	21 11am Ladies Out of Park Luncheon	22	23	24 7pm Laughing Birds	25
26	27	28	29	30	31	

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COVERAGE'S

Manufactured Home	\$40,000	\$50,000	\$60,000	\$80,000
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Additional Living Expenses	8,000	10,000	12,000	16,000
Personal Liability	100,000	100,000	100,000	100,000
Medical Payments	1,000	1,000	1,000	1,000
Flood	Included	Included	Included	Included
Premium Per Year	\$281	\$317	\$351	\$432

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