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Home of the
FREE
because of the
BRAVE!

Soldier Journals - Page 10-11

**Freedom Fighter
Memories**

Gratitude Wins - Page 19

**Great Gifts of
Donated Time**

Neighbors Help Celebrate - Page 20

A Golden Parade

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July 2020

CONTENTS and FEATURES



WV celebrates Independence Day and Korean War Veterans who served



WV Computer Club reveals ways to make your home smarter

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Honoring Westbrook Posse Women

Deadline for submissions

for the August issue is **July 1st.**

Call Judy Carrucciu at **623-321-2209** for advertising rates or send an email to: **admin@westbrookvillageLIVING.com.** Please also send all ideas, articles, club news and memories to Judy.

This publication is delivered at the end of each month via U.S. Mail in Westbrook Village and surrounding area.

Editor's Message

This month is a big reminder of our great history as a nation, and it is an opportunity to celebrate the liberty we enjoy. There are many WV residents who served sacrificially to maintain our freedom, and it is with gratitude that we tell a small portion of their stories in our pages. On pages 10-11 read about four WV Korean War veterans and how they contributed to that effort, and make sure to thank each veteran you meet along the way.

During these months of staying home more, WV resident creativity has known no bounds. For example, on page 20, read about the Golden Anniversary parade organized in honor of a The Tichauer's. They had to cancel their celebratory travel plans, but their anniversary was not forgotten. Also, Needle Arts Club members engineered masks to fit several needs and raised money to replace old club studio machinery, as told on page 15.

Westbrook Village continues to be a highly-prized and noteworthy community, offering the best of everything



Lori Reiland

to its residents. On page 24, read about the women in the WV Posse, and their contributions to make this a safe place to live. Also, read about ways you can make your home "smarter" by updating it with available technology, courtesy of the Computer Club on page 33.

Please do not forget to support our advertisers. Without them this magazine would not be possible. If you know of a company that provides great service, please let us know and we will see if they can benefit by being part of our magazine.

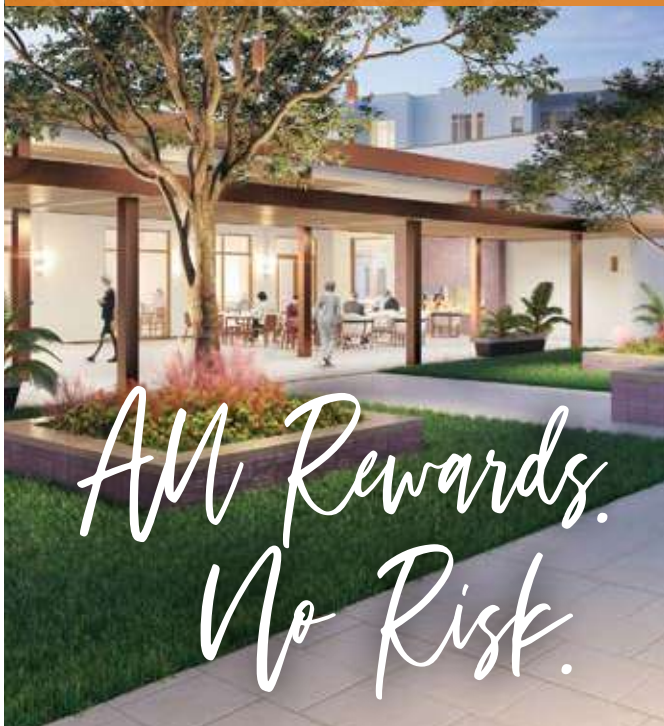
Stay healthy Westbrook Village, and enjoy family and friends.

Happy 4th of July to you and yours!

Lori

*Do you have a good Westbrook idea, memory or club event? If so, we want to hear from you! Please direct emails as well as all letters to **Admin@WestbrookVillageLiving.com**.*

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EASY Eats! by Sharon Arthur Moore

Even with Shortages

During early days of our COVID-19 pandemic, grocery shopping became even more of an adventure than ever. Food shortage made it challenging to make my staple recipes. Even eggs and 1% milk were sometimes hard to find.

And then I remembered a cake from the 1960's, that I made during my poor-student college years. Remember Crazy Cake (sometimes called Wacky Cake) that used no eggs or milk? Turns out that the recipe is a Depression-Era Classic. The coffee in the recipe enhances the chocolate flavor.

With July 4th approaching, neighbors are gathering in our cul-de-sac with each family bringing its own table with their own food—none to share! But, we'll be together, albeit, six feet apart, having our holiday gathering in a different format. There is still so much to be grateful for in our wonderful country, and we and our neighbors intend to recognize that.

We will have cheese and mushroom stuffed burgers with all the trimmings, tater tots, fruit salad, and baked beans. And, of course, Depression Chocolate Cake. Not being a poor student any longer, I will dress it up a bit by adding chocolate chips, pecans, and I'll dust it with powdered sugar. Not too sweet that way, but still a bit fancy to celebrate the 4th!

Depression Chocolate Cake

1½ cups all-purpose flour	1 cup cooled coffee (or water)
1 cup sugar	1 tablespoon white or apple cider vinegar
1/4 cup black cocoa (or unsweetened cocoa powder)	1 teaspoon vanilla
1 teaspoon baking soda	6 tablespoons vegetable oil
1 teaspoon salt	



*****Optional: ½ cup chocolate chips, ½ cup nuts, and ¼ cup powdered sugar on top**

Preheat to 375°F. Grease an 8-inch round or square pan.

Mix the flour, cocoa, baking soda, salt and the sugar.

Add the coffee and stir the ingredients until well blended.

Pour in the vanilla, vinegar, and oil. Mix thoroughly then fold in chocolate chips and nuts, if using. Pour into prepared pan

Bake for 35 minutes, or until the top is set but springy.

Cool the cake in the pan, then eat plain or topped with a dusting of powdered sugar.

Our Community Reads as Summer Heats Up

I've lost count of how many excessive heat warnings we've received this summer so far. But really, who's counting when every day is just as hot as the last? Despite the scorching temperatures, our community remains vibrant and engaged; Peoria services continue without skipping a beat, and residents are beginning what I like to call the "summer hibernation".

If you're a long timer like me, you know what to expect in the summer. Long days inside away from the heat, early morning walks with the dog, and a newfound hatred for the leather seats in your car. While I may consider myself well versed in the Phoenix heat, not everyone is so well equipped. In 2019, the number of heat-related deaths in Maricopa County reached nearly 130, many of whom were homebound adults. Peoria aims to help reduce this number throughout the region by providing hydration and refuge locations throughout the Valley. You can help by donating bottled water to one of these relief stations. To find a nearby station, visit azmag.gov/heat-relief.

In addition to the heat, Arizona summers bring us breathtaking Monsoon storms. This weather phenomenon can be a nice break from the heat, but they can also be dangerous. If you get caught driving during a storm, remember to pull as far over as you can and turn off your headlights and taillights until it is safe to return to driving. Did you know that most vehicles will begin to float in 2 feet of water? Please use caution when entering flooded roadways and never drive around barricades.

Monsoon storm or not, it'll be hard to find me outside in the middle of a summer day. Instead, my wife and I have been nestled in our living room, reading our favorite books. I try to get her to read one with me sometimes, but it seems she's not interested in the events leading to the Fall of Saigon. Fiction to

non-fiction, I know I can always count on the Peoria Libraries to have a great read on the shelf.

Peoria libraries are also hosting summer reading programs once again for everyone to enjoy. With a focus on the little ones, Mayor Carlat's Peoria Reads program is underway now through August 1. This free program was created to encourage Peoria's future leaders to read 20 minutes a day throughout the summer. You can participate by downloading bookmarks to track reading times at peoriaaz.gov/library, or by visiting the Peoria Main and Sunrise Mountain Libraries. The bookmarks can be turned for a chance to win numerous prizes, including Barnes and Noble gift cards, digital reading tablets, and one of three complete book sets. No matter your age, reading is a fun and engaging way to stay cool in the summertime. What are you and your family reading this summer? Send me an email or share a post to the Ironwood Facebook page!

Be sure to stay connected with me through the weekly Ironwood District e-newsletter. Every week I send out news about city events, programs and more! To sign up visit peoriaaz.gov/council and click on the Ironwood District link.

I love hearing from you! Contact me at **623-773-7306** or email bill.patena@peoriaaz.gov.



*Councilmember
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WESTBROOK VILLAGE LIBRARY



Convenience Added for WV Community

When the library re-opened on Monday, June 1, there was something new for our library patrons. During the shutdown, an outdoor Library Book Drop box was installed in the Vista's USPS mailbox island right outside the FALC. The drop box provides our busy patrons a convenient way to quickly drop off items and make new donations without going into the library. It also allows patrons to return and donate items after hours.

This was the culmination of many pair of hands in the Village including a project proposal by the WV Library Committee members and approval to move forward by Karen Jones, General Manager, and Susan Fabian, Assistant General Manager. This resulted in project approval by Tom Canepa, Committee Chair, and all members of the Architectural Control Committee and funding approval by Amy Miller, Committee Chair, and all members of the Cornerstone Committee. Many thanks go to all of those involved in making this new library amenity available for our patron's use for many years to come!

Right: Library Drop Box ready to serve



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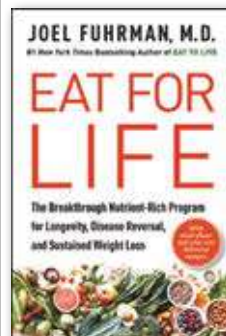
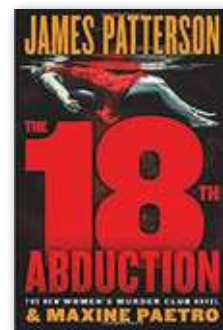
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SUMMER READING

by Sandra W. Evans

James Patterson teams up SFPD detective Lindsay Boxer and her new husband, Joe, a FBI agent. While Lindsay is investigating three missing teachers, Joe meets a mysterious Eastern European woman, Anna, who reports seeing a notorious war criminal, long presumed dead. When Anna goes missing, Lindsay and Joe **work together to unravel the connection and solve the crime.**



After his bestselling book, **Eat to Live**, Joel Fuhrman, MD, now offers the next stage of the evolution with his life-changing, nutrition-based program called the **Nutritarian Diet**. Nutritarians eat a nutrient-dense, plant-rich diet that results in sustained weight loss by reducing hunger and food cravings. **This unique program also helps you feel stronger and healthier, reverse most medical problems and add years to your life!**



Chaplain's *Corner Column*

I CHOOSE...

To live by choice, not by chance;

To make changes, not excuses;

To be motivated, not manipulated;

To be useful, not used;

To excel, not compete.

My wife and I have had this tidbit of wisdom around our house for many years. Occasionally it makes its way onto the refrigerator door until something more important--like Christmas pictures from far-away relatives--bumps it off. Every time I read it I am reminded that we have a choice in how we live.

Whether it is over an insignificant thing or something life-changing, choosing how we respond is a day-to-day decision on our part. Each of those seemingly small choices form and shape our character.

Pastor and author, Charles Swindoll, said it well: "The longer I live, the more I realize the impact of attitude on life. The remarkable thing is, we have a choice everyday regarding the attitude we will embrace for that day."

Oh, the power of choices we have. Make sure they're good ones!

– Chaplain Greg

Greg Olson is a Board Certified Chaplain and Grief Recovery Specialist. He is the Pastor and Director of Life Discovery Ministries in Glendale, AZ, a non-profit organization dedicated to helping those in grief or loss. You can reach Greg at gr.olson@cox.net or 602-622-1488.

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HOW TO CREATE HAIR VOLUME

- One easy way to give some umph to the hair shaft is to use a volumizing building shampoo.
- Products such as root boost can be applied prior to blow drying hair and adding either hot rollers or velcro rollers prior to final styling.
- Changing the side hair is parted on can create lift and volume at the crown.
- Tossing hair opposite of your natural part will result in hair fullness.
- Try blow drying upside down, hold and scrunch while you dry.
- Sleep in a bun and in the morning let the hair fall. Use a medium to soft hairspray to hold hair fullness in place.

HAVE A GREAT HAIR DAY! - YOLIE

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WV VETERAN TREASURES



JOE BACHIK

Joe Bachik joined the U.S. Air Force in 1950 as a cadet, and immediately began aviation training. During his career, he served in Texas, Louisiana, Arizona, Labrador, and Colorado.

In Labrador, Joe was part of the renowned Fighter Interceptor Squadron for the Northeast Air Command commissioned to defend air bases. Joe would later work with the Atomic Energy Commission, Electronics & Warfare Counter Measures, and USAF Academy Admissions.

An ongoing challenge for Joe was his security classification. Looking back, he is proud of his commendations, such as the Distinguished Cadet Award for Aviation (F89 Scorpion), Good Conduct Award, and Outstanding Instructor Award.

JOE BACHIK Photo credit: Tanju Bayramoglu



MIKE BARNETT

Upon entering service with the U.S. Marine Corp at the end of the Korean War, Mike Barnett participated in stringent training and quickly became a Sergeant of the Guard. During his military career, Mike was stationed in both Hawaii and California (Alameda Naval Air Station). He is proud of his training and the discipline he acquired, which included sharp shooter training and M224 60 mm Lightweight Mortar training.

Mike found that he is rewarded by the life-long qualities he gained in the military, such as teamwork skills and staying neat at all times. He enjoyed participating in an Honor Flight in October 2017.

MIKE BARNETT Photo credit: Tanju Bayramoglu

KOREAN WAR MEMORIES

FRANKLIN W. BOWDOIN

Frank enlisted in the U.S. Air Force in 1951 as a high school drop-out. Following his training, Frank was assigned to train as a combat crew member on a B-26 Bomber, a military aircraft developed as a low-flying high-speed heavily armed bomber. After completing his engineer/gunner training, he was sent to Korea and flew 57 air combat missions. He was stationed in Korea, Japan, Germany, and Guam.

"I was immature and with little hope for a rewarding future. While in Korea, a transformation took place, and I came home a mature young man with high hopes for the time yet to come." Upon his return stateside, Frank became a full-time college student and earned a master's degree at ASU."

Frank is proud of his Distinguished Flying Cross medal and other Air Force medals earned for his valuable service to this nation.



FRANK BOWDOIN Photo credit: Tanju Bayramoglu



WAYNE D. NELSON

Wayne started his military career with basic training at Fort Bliss, Texas in 1954. He would later be dispatched to serve at Ladd Air Force Base in Fairbanks, Alaska. He moved up in the ranks and joined Special Operations as a Crew Chief. Wayne was responsible to provide early warnings for AAA threats to detachments based on radar readings as he worked alongside Air Force personnel.

One of the challenges Wayne remembers about being stationed in Alaska was enduring the long winters. He is proud of his Good Conduct medal and has fond memories of failing to qualify on the bazooka in basic training but later being a specialist with the bazooka on permanent duty.



WAYNE D. NELSON Photo credit: Tanju Bayramoglu

Crossword Puzzle #34

ACROSS

- 1 Abridged (abbr.)
- 4 Alaska Hawaii Std. Time (abbr.)
- 8 Wound crust
- 12 Bikini top
- 13 Servant of Adriana
- 14 Canine animal
- 15 Cistern
- 16 Fruit
- 17 Bowfin
- 18 Bulky
- 20 Electric unit
- 21 Sharpshooter
- 22 Hang
- 25 Sergeant fish
- 28 Garden pond fish
- 29 To (Scot.)
- 30 Ungula
- 31 Male person
- 32 Gr. community
- 33 Diminutive (suf.)
- 34 Body of water
- 35 Same (Lat.)
- 36 Sweet potato
- 38 Loose woman
- 39 Tread softly
- 40 Rimu (2 words)
- 44 Scent
- 46 Goodbye (Ital.)
- 47 Amateur Athletic Assn (abbr.)
- 48 P.I. knife
- 49 Enclosed (abbr.)
- 50 Soldiers
- 51 Earthly paradise
- 52 Turk. title
- 53 Hymn

DOWN

- 1 Eastern bishop's title
- 2 Finely dressed (Scot.)
- 3 Afflict
- 4 Paco
- 5 Hour (Fr.)

ANSWER TO PREVIOUS PUZZLE

M	A	R	S		R	O	C		T	A	A	L
A	N	O	A		U	C	A		I	D	A	E
I	C	O	N		D	A	R		E	A	R	N
L	E	S	S	E	E		G	A	R	R	E	T
				E	A	R		O	E	C		
V	I	M	I	N	A	L		T	E	N	O	N
A	S	A			L	A	B		A	B	E	
N	E	W	E	L		C	R	E	S	S	E	T
			S	E	P		E	N	A			
A	V	O	C	E	T		V	A	L	I	S	E
B	E	L	A		E	L	I		I	D	E	A
E	G	E	R		R	E	E		N	E	C	R
L	A	A	P		O	A	R		A	M	Y	L

- 6 Jackfish
- 7 Three (pref.)
- 8 Marsh
- 9 Ran
- 10 Caliph
- 11 Bachelor of Fine Arts (abbr.)
- 19 Stray child
- 20 Male friend (Fr.)
- 22 Iodine (pref.)
- 23 Nominate
- 24 Consider
- 25 Bait fish
- 26 Girlfriend of Alley Oop
- 27 Mast (2 words)
- 28 "The Jungle Book" python

- 31 Pasture
- 32 Dank
- 34 Standard (abbr.)
- 35 Phantoms
- 37 Brother of Moses
- 38 Shore
- 40 Circle
- 41 False friend
- 42 Freshwater worm
- 43 Repose
- 44 Laconian clan group
- 45 Department of Defense (abbr.)
- 46 Council for Econ. Advisors (abbr.)

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Sudoku

		5			7		8	
			6			7	2	9
			1	9			6	5
7								
8				5	9			
		1						
	9							
3				7			5	
2			9	3	6	1		

9	3	6	4	5	7	8	1	2
2	1	7	3	8	6	9	4	5
4	5	8	2	9	1	6	7	3
8	7	9	5	2	4	3	6	1
1	2	5	9	6	3	4	8	7
3	6	4	1	7	8	2	5	9
5	4	1	8	3	2	7	9	6
6	9	2	7	4	5	1	3	8
7	8	3	6	1	9	5	2	4

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

Answers to Last Month's Puzzle.

Phone Pals Program

Live alone? Phone Pals pairs up callers to give each other a "welfare check" call. You determine the length and frequency of the calls with your Phone Pal. It's a great way to make a friend and ensure you both are up and about! For more information, contact Amy Miller at 623-455-3537.

Freedom Plaza Residents Are Saying....

Alone and lonely in my former Sun City home?
No thanks!

We didn't miss a beat here — lovely meals every day, swimming & exercise classes.

I can't imagine being anywhere else during the pandemic!



Now more than ever it is clear the importance of having a plan for the future. A plan that is **affordable for today** and **secure for tomorrow.**



My friends in Westbrook Village, PebbleCreek and Ventana Lakes couldn't use their Rec. Centers. Not us! We were on the Pickleball courts 3 times a week.



Pick your preference on how to find out more:

- ✓ Come visit our active independent community – *by advance appointment only.*
- ✓ Schedule a personal presentation in the privacy of your home.
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Cooking at WV with Chuy and Jan

Summer Recipes to Try



Chile Relleno Casserole.

Rich's Mom's Favorite Chile Rellenos Casserole

I absolutely love chile rellenos, but they can be time-consuming with many steps of preparation. I came across this recipe at an outdoor market in San Diego. A booth vendor there, Rich, was roasting chilis, and told me his mom's Chile Relleno recipe was the best. I found that adding the tomato sauce on top adds both sweetness and acidity that definitely compliment the other ingredients.

Rich was right... it was DELICIOUS!! And it has remained one of our favorite recipes. Serves 4 - 6

Ingredients:

12 eggs
1 cup $\frac{1}{2}$ & $\frac{1}{2}$
1/3-cup flour
 $\frac{1}{2}$ pound Jack cheese, grated
 $\frac{1}{2}$ pound Sharp cheddar cheese, grated
8 – 10 roasted chilies sliced into strips w/seeds removed or you can use canned Ortega chili if you don't have fresh (remove the seeds)
1 8 oz. can tomato sauce

Preheat oven 350 degrees. Spray casserole dish w/nonstick spray.

Procedure:

Mix half and half w/flour and eggs till smooth.

Layer egg mixture, cheese and chilies into the 1 $\frac{1}{2}$ qt. casserole dish.

When assembled, top with tomato sauce. Be careful to drop the sauce on all around the top and do not spread the sauce because it will blend with the eggs and turn pink. Pink is not an appetizing color for savory foods. (Although it's great for pastries!)

Cook 1 hour or until firm and 180 degrees in the center.

NOTE: I have experimented and found that baking this in a glass or ceramic dish will result in a fluffy and moist casserole. Avoid baking in a metal pan because the edges will be dark and it will have a metallic taste due to the tomato sauce on top.

Mexican Corn & Black Bean Salad

This is an easy to prepare, no cooking chilled salad for our hot summer days here in Arizona! The roasted flavor of the corn not only tastes fantastic but looks like you grilled it yourself. I have only found roasted corn from Trader Joe's.



Mexican Corn and Black Bean Salad

Dressing:

1 bag of frozen Roasted Corn from Trader Joes
2 cans black beans, drained
1 red bell pepper, diced into small pieces
2 avocados, cut into small pieces

1 bunch green onions, thinly sliced
 $\frac{1}{4}$ bunch cilantro, chopped

Salad:

$\frac{1}{2}$ - $\frac{3}{4}$ cup lime juice
Olive oil
Garlic salt to taste

Procedure:

Mix all the ingredients together and chill. Make the dressing a day ahead to allow the flavors to marry.

When ready to serve toss with the dressing and wow your guests!

Needle Arts Club

Being cooped up inside did not prevent ideas from generating inside the heads of two Needle Arts Club members recently. "It started with my son calling from California, asking if I knew how to make masks, and how soon I could send some," explained club treasurer, Linda Wright. Next, Linda called WV resident and Needle Arts Club VP Sandy Strother, and the two sewing queens quickly churned out 100 masks in three days.

With that project complete, they noticed they were still making masks for family and friends, and Linda suggested that maybe taking donations for masks could help replace beleaguered old sewing machines that members use at the Needle Arts Studio. "Our machines are so old and servicing is expensive," reported Linda. "It was not surprising that WV residents thought nothing of donating in return for a mask," Sandy recalled. The raised



Above: Sandy Strother and Linda Wright sport their mask designs that raised money to replace old club machines.

Left: The pair came up with several mask designs for different face size needs

money went toward the purchase of a machine that makes quilting a snap, since it has a wide throat with more room for fabric and a handy needle threader.

In the meantime they came up with several mask designs, perfecting them all the time to arrive at the best model. When asked if they are still making masks now, Linda and Sandy said a resounding "No," adding "We have other projects ahead!"

New projects include table runners and pot scrubbers for the club store, and they are continually collecting 7x9 crochet or knitted squares for the Warm Up America blankets the club is famous for giving to Veterans during winter months.

For info call Sandy at 253-230-5043.



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WVA Treasurer's Report

For the month ended April 30, 2020

The following figures are subject to audit. However they fairly represent the approximate financial condition of the Association at month end.

GENERAL OPERATING FUND

(Funds designated for day-to-day operations.)

Cash and CD's on hand at the end of April was \$2.31 million. At the end of April 2020 our Operating Fund remains in line with 2020 full year forecasts. Total Revenue for 2020 is forecast at \$2.89 million. Our actual revenue year to date is \$958,000 which projects very close to our full year forecast revenue. Expenses forecast for 2020 are \$2.65 million. Actual expense through April was \$823,000, This is an annualized amount of \$2.47 million, which is less than the total year forecast. Major expense categories for our Operating Fund include landscaping, staff payroll and benefits, rec center and pool maintenance, utilities and other administrative expense. In addition, the 2020 Operating Fund requires a transfer of \$235,000 into our Reserve Fund..

REPLACEMENT RESERVE FUND

(Funds for major repairs / replacements / improvements)

Cash and CD's on hand at the end of April was \$2.89 million. Revenue forecast to come into our Reserve fund in 2020 is \$989,000. Revenue comes primarily from new homeowner preservation fees and \$235,000 transferred from the Operating Fund. Reserve fund expenditures budgeted for 2020 is \$786,000. As of April 30, we have recorded \$403,000 of revenue year to date. As of April 30 we have spent \$70,000 year to date. Expenditures budgeted include upgrade of our administration software system, repair of Lakes Trellis, perimeter wall repairs and miscellaneous other projects.

These financial will be on file at the WVA Administration Office after noon on Thursday June 4, 2020 and may be reviewed by Association members. Please call 623.561.0099 for an appointment.

Submitted by Sil Maiorana, Treasurer.

General Manager's Report

Karen Jones

OPERATIONS

- Westbrook Village buildings continued to be closed for the month of April due to the Covid-19 pandemic.
- Extensive meetings and planning for re-opening phases of the community.
- Monday May 18, 2020 the pools and spas were re-opened with limited quantities of residents only for 2 hour blocks with 1 hour cleaning and resetting in between. These use blocks are by reservation only.
- Recreation Center and Maintenance staff returned with Covid-19 training and cautionary measures.
- Administration Staff continued to work remotely and rotate days in the offices allowing no more than two (2) people at a time, while following CDC safe guidelines.
- Maintenance staff continues with repairs, sanitizing and deep cleaning projects throughout while following CDC safe guidelines on a limited schedule.
- Posse office drop box was purchased and installed on the front of the FALC building.
- All standing committee meetings were cancelled in May due to Covid-19, except Ways & Means, and it was held via Zoom meeting.
- Re-opening plans, guidelines and procedures are being drafted considering CDC, federal, state, county and city guidelines for our facilities.
- Bingo in May was cancelled for the safety of our residents due to Covid-19.
- Ongoing community wall repair/painting continues with this nice weather. Please use caution when traveling through the community.
- Landscape Maintenance contract renewal interviews and other community inspections were put on hold due to Covid-19.
- North Lakes entry roof repairs was completed.
- All walkway trip hazards for WVA common areas and sidewalks were completed in May.
- New HOA database work continues with rollout very close.
- New website rolled out last week and doing very well..
- RFP and demo, engineering and re-install of the Lakes ballroom walkways underway.
- Preparations for 2019 association audit continues.


Architectural Control Committee

Current Architectural Control Committee Discussion Items:

- Roof Repairs & Replacement standard review for amending
- ACC Submittals (4/29 – 5/26/2020)
 - Total received – 114
 - Approved within Standards –112
 - Denied – 2

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NEW WEBSITE AT**


www.westbrookvillage.org



The Performing Arts Council Corner

The Westbrook Village Performing Arts Council (PAC) hopes you are well and staying safe during the COVID-19 pandemic. Please visit our new website at www.westbrookvillagepac.com

Cactus Charlie says: "Stay Safe Everybody"



The Westbrook Village Association 2020 - 2021 Board of Directors



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Westbrook Village Resident, Carla Cericola

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and/or to order your hand sanitizer bottle

Big Heart at WV: Resident Spotlight

No one is surprised to learn of all the precious gems residing in this wonderful community, making it a better place. One of those gems lives to give, and her name is Joan Reed. Originally from Flint, Michigan and a Mercy College Nursing graduate, Joan moved to WV after dear friends discovered this oasis in the Arizona desert. She found work in her nursing profession, and loved taking organized day trips with WV neighbors, relishing the camaraderie with all.

Upon retiring, Joan has continued serving her community everywhere she can. Whether it is helping at WV Bingo games, ushering at WV productions, or offering time to help with AARP taxes, Joan can be found giving of her time. She

volunteers at Arrowhead (Abrazo) Hospital and has ushered at the Orpheum Theater alongside her WV pals. "I loved volunteering at the Bead Museum in Glendale when it was open, and it was fun to help decorate the WV recreation centers before Christmas," she adds. Joan even volunteered at the Heard Museum gift shop downtown for a time.

"I love to give back as much as I can for as long as I can," Joan insists. "I am most fortunate with the friends I have made here; and life is full, so I volunteer." At the center of her motivation is gratitude, proven by a beloved poem she keeps front and center in her home. It speaks of her core values aptly:

Be Thankful

**Be thankful that you don't already have everything you desire.
If you did, what would there be to look forward to?**

**Be thankful when you don't know something,
for it gives you the opportunity to learn.**

**Be thankful for the difficult times.
During those times you grow.**

**Be thankful for your limitations,
because they give you opportunities for improvement.**

**Be thankful for each new challenge,
because it will build your strength and character.**

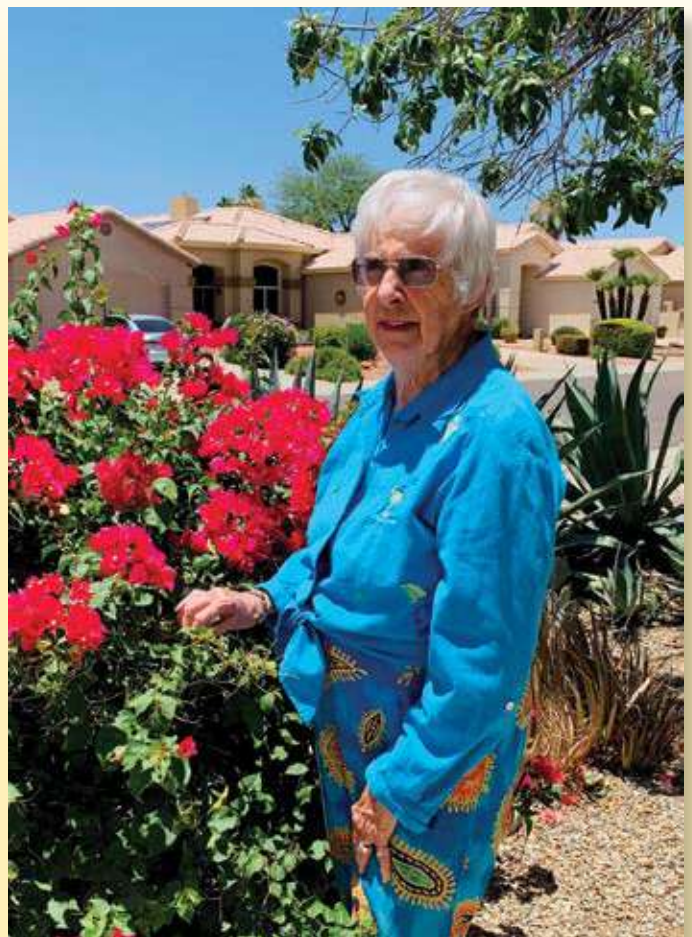
**Be thankful for your mistakes.
They will teach you valuable lessons.**

**Be thankful when you're tired and weary,
Because it means you've made a difference.**

**It's easy to be thankful for the good things.
A life of rich fulfillment comes to those who
are also thankful for the setbacks.**

**Gratitude can turn a negative into a positive.
Find a way to be thankful for your troubles,
And they can become your blessings.**

~Author Unknown



Joan Reed gratefully blooms where she is planted



A Golden Wedding Anniversary

Carl and Gayle moved to Westbrook Village many years ago from Nebraska to enjoy the Arizona climate. It was not long after that Phyllis and her husband, Mark, moved here also. "Gayle and I are sisters and 16 months apart in age, so we have always been extremely close," said Phyllis. In fact, Carl and Mark had been friends even before either couple married, so they always choose to live close to each other.

This year arrived, and Mark and Phyllis saw how crestfallen Phyllis' sister and brother-in-law were when it was apparent that they would not be taking the long-planned family cruise to celebrate their 50th Wedding Anniversary. The couple, Carl and Gayle Tichauer had carefully planned a family trip to celebrate the momentous occasion, and all was in place—until the quarantine situation made it clear that there would be no trip.

So Mark and Phyllis conspired with other WV friends to plan an "Anniversary Parade of Cars" to honor the couple, while socially distancing. When June 14 arrived, the parade of cars assembled at the Lakes Rec Center parking lot. Some cars sported handmade signs wishing the couple a "Happy 50th!" The caravan took off around the bend and arrived at the cul-de-sac where the Tichaurs reside. The happy couple appeared outside their front door, and the vehicles paraded by, dropping off greeting cards, gifts, and cheerful waves and shouts to the happy couple.

Above: Carl, Gayle, Mark and Phyllis pose for a photo as the wonderful parade comes to an end. **Top Right:** The happy couple fifty years ago. **Middle Right:** Carl, Gayle and their next door neighbors waved at the passing cars. **Bottom Right:** WV friends gathered in their cars for the celebratory parade. **Bottom:** The anniversary parade started down the street toward the Tichaurs home.



WV 18 Hole Ladies

18 Hole Ladies are on fire!! Congratulations ladies!!

The 18 Hole Ladies Charter Club plays every Tuesday morning at the designated course for that week. Details for signing up are available in both ladies' locker rooms.



Left: Robin Krapfl got her Hole-In-One at the Lakes Hole 3 with an 8 iron at 118 yards

Above: Barb Corn got her Hole-In-One at the Vistas, Hole 2 with a 7 iron at 89 yards

Log on to the club website www.westbrookvillagegolf.com.

Contact President Karen Crisp at 919-264-6394.

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Westbrook Village Clubs

Clubs and Groups		Day(s) of Week	Time	Place	Contact Person
Arts and Crafts	Ceramics	Please call for details			Bernice Lever 623-566-2222
	Fine Arts	Please call for details			Barb Hurley Peterson 623-566-0737
	Glass Art Studio	Please call for details			Shelley Riha 402-210-6644
	Lapidary/Jewelry Art Studio	M-T-W-Th-F		Lakes	Ella Owen 623-414-2925; Barb Bosworth 314-712-6225
	Needle Arts	M-T-W-Th	M-6:00-9:00pm; T-Th-1:00-3:30pm; W-10:30-3:30pm; at Vistas		Sandy Strother 253-230-5043
	Photography	Please call for details			Tom LaFleur 623-328-5612
	Pottery/Claymates	M-T-W-Th-F			Jane Beckman 623-271-6071
	Woodshop Club	M-T-W-Th-F	8:00-11:00 a.m. 1:00-4:00 p.m.		Ray Jensen 402-393-1802
Due to the COVID-19 situation, please check with WVA or the event organizers for any changes to event scheduling that may have occurred after the publication date of this magazine					
Card and Table top Games	Euchre Card	1st & 3rd Wed	6:00 - 9:00 p.m.	Lakes Multi	Rich Mizner 253-370-7086
	Chess Club	T-W	1:00-3:30 p.m..	Lakes	Ralph Doner 623-547-6553
	Couples Gin Rummy	T	6:30 p.m.	Vistas	Alex Brundage 623-566-2111
	Cribbage	T	7:00 p.m.	Lakes	Jack Heller 623-566-6092
	Duplicate Bridge	M	12:15 p.m.	Lakes	Eileen Madansky 623-566-3634
	Hearts	T	6:30 p.m.	Vistas	Ron Bachara 623-640-8978
	Ladies' Bridge	T	12:15pm	Vistas	Jo Hamilton 623-566-1149
	Ladies' Bridge	Th	9:00 a.m.	Lakes	Gerry Simpson 623-566-3209
	Ladies' Mah Jongg	W	1:00 p.m.	Vistas	Jo Ann Zondlo 602-826-1737
	Mah Jongg	Th	12:00 p.m.	FALC	Miriam 623-388-6407
	Mah Jongg, Wright-Patterson	M	12:00-4:00p.m.	Vistas	Mary Maccracken 623-566-3312
	Monday Social Bridge	M	12:15 p.m.	Lakes	Ralph Doner 623-547-6553
	National Mah Jongg	F	1:00-4:00 p.m.	FALC	Judy Pellish 623-362-1046 Janet Leach 623-566-6682
	Pan	W	12:00 p.m.	FALC	Terry Rulon 623-414-7292; Anna Molnar 713-454-3790
	Pan	W, 1:00 p.m.; Th, 12:00 p.m.		FALC	Marilynn Cohen 623-572-9131
	Pinochle	M	7:00 p.m.	Lakes	Brian DuFour 623-521-6146
	Progressive Hand & Foot	T-Th	12:00 p.m.	Lakes Ballrm	Susan McDonald 623-414-3697
	Progressive Hand & Foot	Th	6:00 p.m.	Lakes	Sharon Witthuhn 623-640-7631
	Really Fun Bridge	W	9:00 a.m.	Vistas	Ted Cooper 425-216-3773
	Samba	M	5:00 p.m.	Lakes	Sandra Sullivan 623-271-7149
	Shanghai	W	6:00 p.m.	Lakes	Terry Rulon 623-414-7292; Anna Molar 713-454-3790
	Sheepshead	F	1:00 p.m.	FALC	Al Boeck 602-999-3743
	TNT Poker	T-Th		FALC	Willie 623-698-6760
	Tuesday Night Mah Jongg	1st & 3rd Tuesdays	7:00 p.m	FALC	Carol Holtorf, llh.keh@cox.net
	Wednesday Night Mah Jongg	W	6:30-9:00pm	FALC RM 3	Ellen Shapiro 623-332-8016
Dance & Entertainment	Desert Dancers	Please call for details			Fae Ghormley 623-326-1664
	Line Dancing	T-Th	10:00-11:30am	Vistas	Audrey Fulcher 602-620-3294
	Performing Arts Council	1st Mondays	Please call for details		Debbie Gibson 773-502-4194
	Village Players	Please call for details			Max Allen 623-523-3997
	Village Voices	W	1:30-3:30 p.m.	VistasBallrm	Shelley Logan 425-330-2317
	Westbrook Musicians	Please call for details			Steve Thorne 623-312-3773
Fitness	Low Impact Aerobics	M-W-Th	6:30 p.m.	Lakes	Pat Brown 623-293-8037
	General Conditioning Class	T-Th	8:00 a.m.	Vistas	Steve Rommel 602-471-9232
	Lakes Water Aerobics	M-F: 7:00, 8:00 a.m.		Lakes	Nita Lywandowsky 623-561-6305
	Massage Therapy	Please call for details		Vistas	Julie Mirer 623-518-4335
	Personalized Fitness Training	Please call for details		Vistas	Steve Rommel 602-471-9232
	Tai Chi	T-9:30am; Fri-9:30am		Lakes Ballrm	Michael Leoni 623-561-0099
	Vistas Water Aerobics	M-F: 7:15,8:15,9:15 a.m.;Sa-8:15a.m.; Su: 8:15 a.m. by req.			Vicki Springer 623-566-3474
	Water Bootcamp	Sa	11:30 a.m.	Lakes	
	Water Zumba	T-Th	10:00-10:45a.m.	Lakes	
	Yoga	M-W-F	a.m. classes	LakesFitnessF	Call Emily 623-362-1583 for details
	Zumba Gold	M - 9:00 a.m., W - 10:00 a.m., F - 9:00 a.m.		Vistas	Cheri Umlauf 623-825-1085

Please submit all club and activity changes to admin@westbrookvillageliving.com.

and Activities Information



Clubs and Groups		Day(s) of Week		Place	
Specialty Clubs	Baby Boomers	1st & 3rd Friday	6:00 p.m.	FALC	Maria Thorne 623-312-3773; Marti Harper 989-640-1399
	Caregiver Support Group	T	1:30 p.m.	Vistas	Toni Stuart 602-799-0412; Lois Kumerow 602-350-0458
	Chess Club	W	12:00-3:30 p.m.	Lakes	Ralph Doner 623-547-6553
	Christian Fun & Fellowship	2nd & 4th Mondays	6:00 p.m.	FALC	Kate Tucker 623-703-3000 Bob Tucker 623-522-7586
	Computer Club	dprattski@cox.net	Email: wvcc@live.com		Dianne Doerschel 206-713-6129
	Heatherbrook Club	Please call for details			Marilyn Baker 602 790-9462
	Hiking Club	F	6:30 a.m.	Lakes	Allen Miller 623-825-6447
	Home & Garden Club	Please call for details			Amy Miller 623-297-1002
	Italian-American	2nd Mon.	7:00 p.m.	Vistas	Lee Arra 623-566-4578
	Nebraska Club	Please call for details			Pat Kirk 602-697-4023
	Photography	Please call for details			Tom LaFleur 623-328-5612
	Resident Day Trips	Please call for details			Sandy Rozzen 623-362-0693
	Roadrunners RV Club	4th Thursday	6:00p.m.	Vistas	Chuck Fowler 719-649-9026
	Shalom Club	Please call for details			Rita Paper 701-371-1548; Illa Kallish 602-796-3138
	Veterans Club	Please call for details			Garry Horton 928-219-1557
	WV Book Club	Please call for details		1:00 p.m.	Vistas Susan F 623-566-1982; Margi 623-566-1622
	WV Bookies	Please call for details		6:30 p.m.	Vistas Claudia Carr 623-322-7055
	Wine Club	Please call for details			Sharon Meeker 623-398-8441
	WOW - Women of Westbrook Charity Events				Winnie Heimke 248-939-6561
Due to the COVID-19 situation, please check with WVA or the event organizers for any changes to event scheduling that may have occurred after the publication date of this magazine					
Sports	Bowling - Senior Rollers	M	3:00 p.m., Brunswick Zone		Ellen Howells 623-825-4907
	D.C. Billiards	T-Th	6:30 p.m.	Lakes	Dave Bettner 623-866-8150
	Golf Heritage Cup	Please call for details			Norm Richter 623-566-0971
	Golf 9-Hole Couples	Please call for details			Ken Green 630-254-6946
	Golf 18-Hole Couples	Please call for details			Steve Jobe 217-972-8621
	Golf 18-Hole Ladies	Please call for details			Karen Crisp 919-264-6394
	Golf 9-hole Ladies	T mornings Oct-May			Holly Harmon-Morse 603-566-2360
	Golf Mens Association	W	Please call for details		Garry Horton 928-219-1557
	Golf Weekend Men	Please call for details			Phil Crisp 919-928-3408
	Horseshoe		Stake Pits across from Lakes Rec		
	Pickleball	Please call for details			Steve Merkovich 602-540-7412
	Table Tennis	M 10am; W-F at 1 pm		Vistas	Norm Miller 602-321-1244
	Tennis	Please call for details			Leslie Friedman 623-594-6636 Bill Naturkach 480-729-0431
	Tennis 4.0 Kactus Kickers	Please call for details			Renée Kitchen 623-566-5846
	WV Niner's Golf Group	Please call or email for details			Jim Schulz 623-341-8854; Kathi Carter kmcarizona5@gmail.com
	Misc	Blood Pressure Screenings	1st & 3rd Thursdays	9:00-11:00 a.m.	Vistas
	Library	Open every day except major holidays		FALC	Martha Swanson 623-566-4753

Important Numbers

Lakes Recreation Center
19251 N. Westbrook Parkway, Peoria, AZ 85382
623-566-6181 ~ 5:30 a.m.-10:00 p.m.

Vistas Recreation Center
18825 N. Country Club Parkway, Peoria, AZ 85382
623-566-6178 ~ 5:30 a.m.-10:00 p.m.

WV Administration Office
19281 N. Westbrook Parkway,
Peoria, AZ 85382
623-561-0099
Mon.-Thurs. 8:00 a.m.-4:30 p.m.
Sunset Bistro: 623-566-1132
Links Grill: 623-561-1681

Peoria Emergency: 911
Peoria Police, non-emergency: 623-773-8311
Peoria Fire, non-emergency: 623-773-7279
Westbrook Posse: 623-566-3133
Poison Control: 602-253-3334



Women in Uniform – Westbrook Posse

By Victoria Chamberlain, Duty Sergeant

Women in our USA have historically served in the military, medical, emergency, police and fire services. Today, women fight in combat, command airstrikes, pilot fighter jets, and oversee medical operations.

Westbrook Posse wishes to acknowledge the valuable contribution of our volunteer female members serving in both Dispatch and Patrol. They work as a team to provide our Westbrook residents many services: vacation checks, welfare checks, traffic control and responding to resident concerns. During the past (20) years, the Westbrook Posse has been led four times by female Commanders.

Let's honor all the women in our Posse who volunteer their time and dedication to help keep our community safe!

- **Active female Dispatchers:** Maxine Ross (serving over 16 years), Rita Pellish, Betty DeGregorio, Sherry Huff (Scheduler), Lana Smith, Anne Long, Sandra Prins, Rose Simpson, Ann Hill, Pat Spurrier, Jean Lay and Christa Jordan.

- **Female Patrol Officers:** Melinda Tyrrell (17 years of service/2019 Commander), Victoria Chamberlain, Duty Sergeant.

On Wednesday, May 13, 2020, Commander John Schiff performed the swearing in ceremony for three officers. Retired from the NYS County Deputy Director for Emergency



Standing left: Claudia Brooks **Center:** Fran Gustafson **Right:** Victoria Chamberlain
Sitting: John Schiff, Commander

Management and USAA, Victoria Chamberlain was promoted to Duty Sergeant. Fran Gustafson, retired EMS Ambulance Corp, CPR, EMT instructor and Claudia Brooks, retired Regional Business Director for rehabilitation hospitals, were sworn in as Patrol Officers. Welcome aboard!

Although our office location has temporarily closed, we are working diligently in our homes to provide a seamless operation. Since 2000 our Westbrook Posse has protected and serviced our residents of nearly 4,000 retirement homes, currently under the auspicious of the Peoria Police Department.

For more information on volunteering:

- **Website:** www.westbrookposse.com
- **Facebook:** facebook.com/westbrookvillageposse/
- **Email:** info@westbrookposse.com
- **Phone:** 623-566-3133



18 Hole Couples

While things are different in Westbrook and across the country right now, there is good news. WV residents are fortunate, as they are still able to golf! As places are opening and groups are allowed to get together, the 18 Hole Couples Club will come back stronger than ever, hopefully in the fall.

As of now, golfing is available on Fridays, so sign up online or at the pro shop. You will be paired with another couple and assigned a tee

time. There just will be no club game to participate in. Enjoy the summer, and look forward to fall club fun! Stay healthy!

The 18 Hole Couples is a golfing as well as a social organization that plays every Friday with monthly social events, which include luncheons or dinners after golf during the season. Meet new friends and fully enjoy the golf experience at Westbrook Village by joining.

Steve Jobe, President: 217-972-8621

WV Summer Album



Left: Grandkids enjoy visiting WV too Center: WV residences socially distancing at sundown Top Right: Mingling WV golf fun Right: Mr and Mrs Garry Horton pose beside the memorial wreath following a Memorial Day Ceremony at the Vistas



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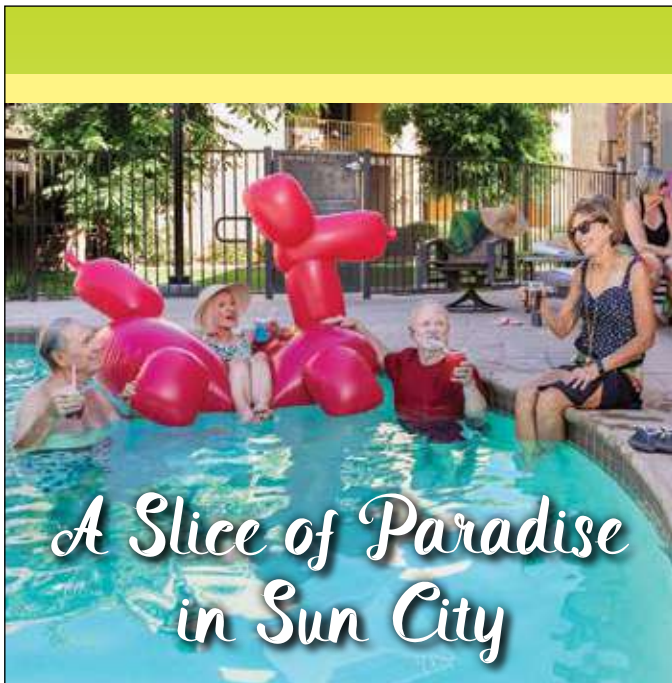
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We invite you to visit and ask Royal Oaks residents why they live here. If you'd like, we'll arrange a lunch or dinner after the tour with some residents who, like you, didn't believe that life could be so easy at Royal Oaks. We'll help you narrow down your choices between our 23 floor plans (homes and apartments in independent living) on our 50+ acre campus and also show you the social, dining, activity, and care spaces. When you visit, ask about Club Connect, where you can experience life at our community prior to residency.

But first, find out the benefits of lifeplan communities by downloading many informational pieces on our website (click on the "free download" button on the home page).

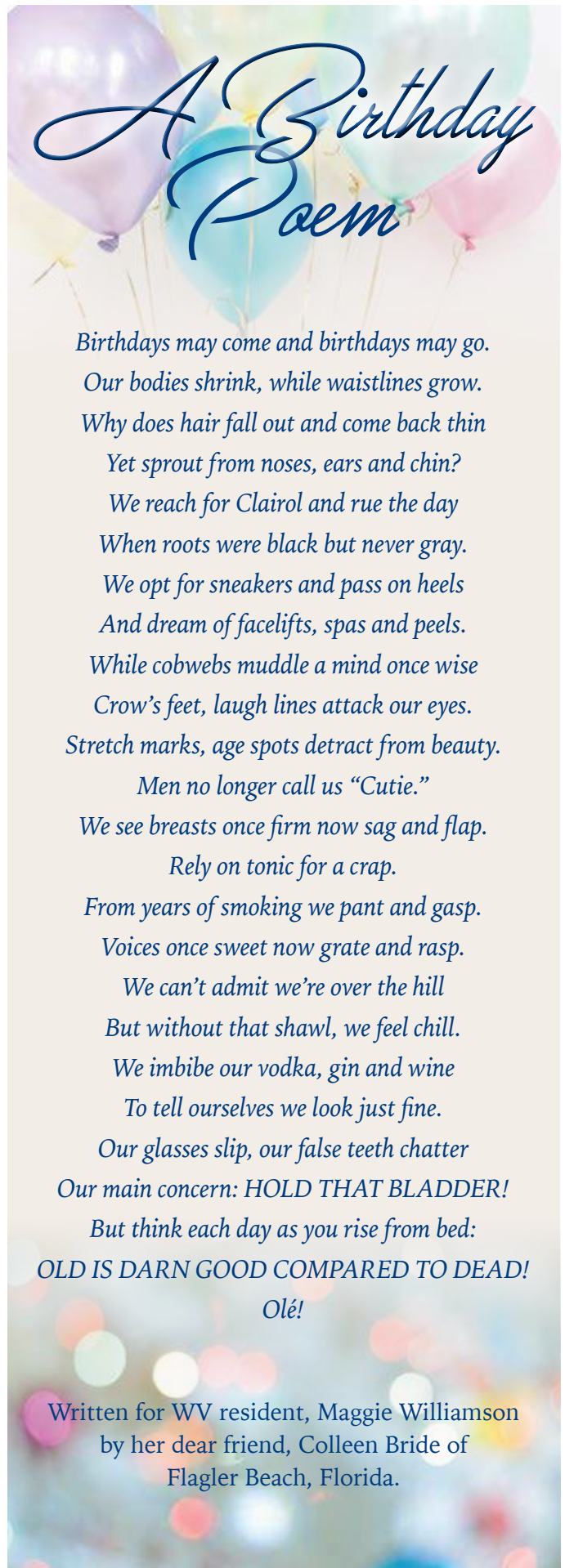
Call (623) 815-4132 to arrange your personal visit.

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We see breasts once firm now sag and flap.
Rely on tonic for a crap.
From years of smoking we pant and gasp.
Voices once sweet now grate and rasp.
We can't admit we're over the hill
But without that shawl, we feel chill.
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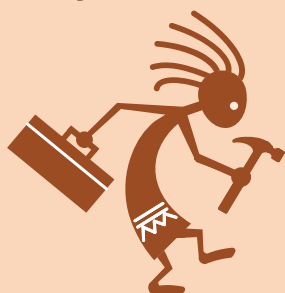
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Is My Home Smarter Than Me?



Smart homes are not just for the super, high tech nerds anymore.

You might have a smart home and not even know it.

Do you have an Alexa or Google speaker? How about an internet connected TV? Do you have a computer, tablet or smartphone?

If you are like the more than 90% of Americans that said yes, than you could have a smart home. Having a smart home means you have a personal internet connection which allows multiple wireless devices to communicate. The most common device people use to communicate with their home is a smart speaker like the Amazon Echo (Alexa), Google Nest or Apple Home Pod. You can speak to one of these speakers hands free or use your smartphone with compatible accessories to control and automate things like your home's security system, security cameras, door locks, thermostat, lights, music, TV, appliances, personal calendar, audio and video chat services, garage door opener, pool cleaning schedule, even your sprinkler system and more. There is very little you can't do when you decide to dive into the smart home world.

The best part is choice. You choose what you want to automate or control by simply purchasing a compatible device and connecting it to your home network. You can choose how much you want to spend so you don't end up spending money on services you may never use. Most people start with the speaker then add a smart plug or light bulb. Being able to walk in a room and say "turn on the lights" is very convenient and helpful for those with mobility concerns. Next, your old thermostat may need



an upgrade. A smart thermostat can regulate your home's temperature and help save hundreds of dollars a year in heating and cooling costs. It's also very convenient to manually control from your smartphone even when you're away from home. Smart cameras and doorbells add to the safety and security of your home; allowing you to see who's at your door or in your house even when you're not there.

Most devices are interchangeably compatible with both Alexa Home and Google Nest devices but make sure you choose what works with the systems you are considering.

As with all technology, safety and security should always be at the top of the list so do your research, update your software, and remember your passwords. There are a lot of options so you can start small and work your way up.

You can always reach out to your Computer Club for direction and our members have a great resource they can call on for help.

For more information about how to join the Westbrook Village Computer Club and attend our new, upcoming Virtual Workshops, drop us a line at wvcc@live.com and visit us at wvcc.us

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