

96th Issue

September 2025

Westbrook Village

# LIVING™

*Your Guide to the Good Life™*

Labor Day History - Page 6

## **Celebrating Diligence, Then & Now**

Happy Times - Pages 9, 21 & 37

## **Memories and Fantastic Neighbors**

Featured Guest Writer - Page 10

## **Faith for Navigating Tragedy**

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## Real Estate Market News

*“While prices are moderating some, the massive appreciation between mid 2020 and 2022 is mostly holding and projected to continue holding. It's a great time to sell your home! Call for a Complimentary Real Estate Review of your Property.”*

~ Lori Reiland



### Westbrook Village Market Activity through August 2025

(In MLS from January 1 - August 15, 2025; includes all Single Family, Condos & Casitas)

NOW FOR SALE	PENDING CLOSING	TOTAL SOLD & CLOSED Since Jan. 1	MOST RECENT SOLD & CLOSED \$\$ (% of original list price)	DATE CLOSED APPROX DAYS ON MARKET	SUBDIVISION BEDRMS/BATH	HOUSE CASITA CONDO	MODEL SQ FT PARKING	POOL/SPA GOLF LOT (MLS #)
\$190,000 To \$649,500	\$325,00 To \$600,000	\$245,000 To \$775,000	\$245,000 (100%)	8/07/2025 59	Brookside Gardens 2/2	Casita	No model given 1,001 1-Car Carport	No (6878075)
Active 51	Last Month 20	As of Aug 15 124	\$290,000 (79%)	8/15/2025 101	Village Terrace 2/2	House	No model given 1,351 2-Car Garage	No (6846242)
Year-to-Date Summary January 1–Aug 15 (# Sold & Closed)	Sgl Fam Detached (77)	Condo/ Casita (47)	\$555,000 (98%)	8/06/2025 169	Monterey Greens 2/2	House	No model given 2,147 2-Car Garage	Golf (6806092)
Highest Sold Price	\$775,000	\$455,000	\$615,000 (98%)	8/05/2025 66	Fairway Views 3/2.5	House	Monterey 2,149 3-Car Garage	Pool & Spa (6871225)
Average Sold Price	\$484,999	\$360,370	\$650,000 (98%)	8/7/2025 14	Eagle Ridge 3/2	House	Pinnacle Peak 2,276 3-Car Garage	Pool & Spa (6893089)
Average \$\$ Sq Ft	\$261.00	\$264.00						
Average Days on Mkt	79	80						

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# September 2025

## CONTENTS and FEATURES



*Sushi dish designed and crafted by Debbie Kelly -now in use*



*One WV neighbor helped another WV neighbor in a big way*

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**Deadline for submissions**  
for the October issue is  
**September 1st.**

Call Judy Carrucciu at **623-321-2209**  
(this number does NOT receive texts)  
for advertising rates or send an email to:  
**[admin@westbrookvillageLIVING.com](mailto:admin@westbrookvillageLIVING.com)**.  
Please also send all ideas, articles, club  
news and memories to Judy.

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each month via U.S. Mail in Westbrook Village  
and surrounding area. Check us out online at  
**[www.westbrookvillageliving.com](http://www.westbrookvillageliving.com)**.



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## Editor's Message

*"The old summer's-end melancholy nips at my heels. There's no school to go back to; no detail of my life will change the onset of September; yet still I feel the old trepidation."*  
~ Sara Baume



Lori Reiland

Growing up in Pennsylvania, September often meant cooler temperatures, back to school, garden harvests and leaves changing colors. Here in Arizona, I think we just want cooler temperatures, which usually do not come until October. I find September to be the best month to travel. It is less crowded than the summer months in most places, while escaping the end of the heat here. I will be visiting Greece and Croatia when this magazine is delivered, and I am so excited for another chance to explore a different culture and land.

In this month's issue, read about the origins of Labor Day and the struggles that led to a more manageable work week. (pg.6). Nostalgia tugs at the heart strings on page 6 and page 37 with memories of the good old days. I think most of us feel lucky to have been raised in the generations before cell phones and social media, when life was much simpler. However, our modern conveniences certainly assisted one

WV neighbor in helping another WV neighbor, so don't miss the short story about it (pg 21).

In this month's Inspirational Corner, guest writer Ed Hinkley offers thoughts on tragedy and loss and turning to God (pg.10). If you are a caregiver, read about the support offered right here in Westbrook Village (pg. 38). You do not have to do this alone!

Congratulations to Robin Krapfl for qualifying to play in the U.S. Senior's Women's Open! Robin can be seen quite often practicing her skills at Westbrook Village Golf Club's Championship courses. She is one of the top-ranked senior women golfers in the world (pg.28).

As always, the activities schedule is included so that you can plan your days and find new and fun things to do in Westbrook Village (pgs.16 & 17). There is always something going on in this vibrant and active neighborhood. Try something new today!

*Lori*



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BESTSELLERS

# WV BESTSELLER BOOKSHELF

by Sandra W. Evans

## BESTSELLER NON-FICTION



**In her New York Times bestseller,** Shirley Maclaine chronicles her life in photographs that depict her long life and career. Now ninety years old, Maclaine says that she has seen it all, done it all, and been everywhere. She shares her early childhood with brother, Warren Beatty, her legendary film roles and all the figures that she met along the way: Frank Sinatra, Dean Martin, Jack Nicholson, Elvis Presley and her close friend, Elizabeth Taylor. **In the 150+ images, Shirley Maclaine gives readers an unprecedented glance into her long life!**

## THE WALL OF LIFE - PICTURES OF A LIFETIME



## BESTSELLER FICTION



**In his New York Times bestseller,** James Patterson offers number 25 of his Women's Murder Club thriller series. When Sergeant Lindsay Boxer is called to a crime scene in San Francisco Golden Gate Park, she is shocked to see that the murder victim is her retired former partner, Warren Jacobi. The only clue is a matchbook with "I Said. You Dead" written inside. When Lindsay goes to a second crime scene, once again, on the victim's laptop is "I Said. You Dead." **The women in the Murder Club pledge to catch the killer before there are any other victims!**



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**6 PM KARAOKE**

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**6 PM Live Music**

### SATURDAY

**Prime Rib Dinner**  
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# Labor Day: A History

## The Industrial Revolution

produced huge economic growth in both our land and abroad, starting in the 18th century and continuing into the 19th century. Factories created large-scale urbanization, due to large cities drawing workers from rural communities. However, laborers were subject to grueling conditions for minimal pay. Many worked a minimum of 12-hour days, 7 days a week.

Labor movements erupted in the U.S. and soon were fighting for an eight-hour workday in the form of strikes and protests. Life balance became a goal as folks realized economic betterment in our industrial society.

Before it was a federal holiday, Labor Day was recognized by labor activists and some of the states. New York was the first state to introduce a bill, but Oregon was the first to pass a law recognizing Labor Day in 1887. That year, four more states – Colorado, Massachusetts, New Jersey and New York – passed laws instituting a Labor Day holiday. By the end of the decade Connecticut, Nebraska and Pennsylvania had done the same. By 1894, 23 more states had adopted the holiday.

After the devastating Pullman Strike in 1894, Congress, along

with President Grover Cleveland declared Labor Day a national holiday in response to the growing support among the individual states. It was also chosen to be celebrated each year on the first weekend in September, providing a long weekend between Independence Day and Thanksgiving. Since then, Labor Day has evolved into a national celebration that honors the achievements of all American workers.



**Above:** Engineers pulling train engine  
-year unknown

**Below:** Workers assembling condensers at the Atwater Kent Factory in North Philadelphia, 1925. The largest manufacturer of radios in the U.S. employed over 12,000 in the 1920s  
– stock photo



Ref: <https://www.usahistorytimeline.com/> | <https://www.dol.gov/general/laborday/history>

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***Special Dates:***

**Patriot Day - Sept 11**

**Rosh Hashanah - Sept 22 - 24**

**National Daughters Day - Sept 25**

**Gold Star Mothers Day - Sept 28**



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# WV Veterans Club NEWS

## Community \* Patriotism \* Camaraderie

### Veterans Club Calendar of Events:

**Monthly Meeting** – Wednesday, September 10 -  
6:00 pm - 7:00pm

**Location:** Westbrook Village Lakes Recreation Center 19251  
N. Westbrook Pkwy, Peoria, AZ 85382

**Guest Speaker:** Mike Wold, Institute for Healing of Memories

Join us for a powerful and inspiring evening with Mike  
Wold from the Institute for Healing of Memories.

The Institute's mission is to be a leading agent of hope,  
transformation, and peace—empowering individuals and  
communities by helping them heal from painful memories.

Veterans often face challenges that leave lasting emotional  
and psychological wounds. These memories can linger for

a lifetime. Mike will share how the Institute helps veterans  
confront, process, and begin healing from these deep-  
rooted experiences.

All are welcome

**Coffee with a Veteran** – (Resumes) Friday, September 26,  
10:00 am at the Lakes Ballroom.

If you are a veteran or veteran family member who would like  
to have their story published in these pages, please contact  
Carl Ulbrich at [carl@jirehcom.com](mailto:carl@jirehcom.com)

On behalf of the Veterans and their families  
who will benefit from your generosity,

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SAVE THE DATE

## Westbrook Village Veterans Club Annual Ball

This year, we are  
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## The Military Family *They also Serve*

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and Tickets  
can be purchased  
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Meeting

November 6, 2025  
5:00 pm

Lakes Recreation Center  
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[westbrookvets.org/ball](https://westbrookvets.org/ball)



# BACK IN '86: A Villager Remembers



**Above:** Neighbors enjoyed getting to know each other at one of the now-legendary Lakeside Terrace potlucks many years ago

My husband and I first saw Westbrook Village in the spring of 1985, when we were visiting our son and his family in Phoenix. We wanted to find a place where we could winter when my husband retired. Going through the models, my husband announced, "We are moving here!" He loved playing a lot of tennis when he was younger and seeing the courts in WV, he knew he would be playing again. We also liked to golf, so WV would be the perfect choice.

We selected one of the patio home models to buy, which would be built soon in Lakeside Terrace. We moved to Arizona in the fall of 1986 and met so many wonderful new friends and neighbors at the pool and at our potluck get-togethers at each end of W. McRae Way.

I now live in a house but am still in Westbrook Village and love being here.

Sincerely,  
Maxine Chatelain



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# INSPIRATIONAL CORNER:

## Featured Guest Writer, Ed Hinckley

### Why, God?

Just days after the Newtown school shootings in December 2012, Maureen Dowd entitled her December 25 *New York Times* column "Why God?" and printed a Catholic priest's response to the massacre. Here we are (again), struggling to understand the death and devastation that occurred in July the Texas flash flood, when more than 100 souls lost their lives.

How can we respond to these tragedies? How can we make sense of this suffering? It seems obvious even to the casual onlooker that contemporary Western culture is one of the weakest and worst at equipping its people for the battles of living in this world. Our culture gives people almost no tools for dealing with tragedy – or even *some understanding* of the causes of pain as well as the proper responses to it.

Many in my circle have looked to the Eastern religions where the cause of suffering is given as *Illusion* or *Destiny*; and the suggest response is *Detachment* or *Endurance* (respectively); and the resolution is *Enlightenment* or *Glory and honor*.

### What does the Book of Wisdom (the Bible) tell us?

The first set of Christian teachings that not only give light to our minds and hearts, but are also existentially comforting or satisfying, are the doctrines of creation and fall. Genesis 1 and 2 show us put by God into a world without death and suffering. The evil we see today was not part of God's original design. It was not God's intent for human life. That means that ultimately, even a peaceful death at the age of ninety years old is not the way things were meant to be. Those of us who sense the "wrongness" of death – in any



form – are correct. The "rage at the dying of the light" is our intuition that we were not meant for mortality, for the loss of love, or for the triumph of darkness.

Genesis 3 confirms this intuition in great detail, showing us the origin of the world's darkness and how it unfolded out of our refusal to let God be our Lord and King. When we *turned from God* and lost that relationship, all other relationships fell apart. Because we *rejected His authority* everything about the world – our hearts, emotions, bodies, our relationships to other people, and our relationship to nature itself – stopped working as they should.

Together, let's *repent* (*turnaround* and go in the opposite direction) and humbly acknowledge our Creator- God's authority, and give Him first place in each of our lives... me included.

Looking to Him,  
Chaplain Ed

---

**\*\*For further study** – Genesis 3:17-19; Job 5:7; 1 Peter 4:12; Romans 8:18-22  
Email: [ehinckleys1@gmail.com](mailto:ehinckleys1@gmail.com)

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## Advertisers' Corner –with John Lovesee



**High water bill got you puzzled?** Suspect a hidden leak in your irrigation system? Sundowner Irrigation, a trusted family-owned business in the WV community, is here to help.

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"Opening frustration" or "Wrap Rage." These can lead to emergency room visits for injuries sustained when *opening difficult-to-open packages*. It applies to many things you want to open RIGHT NOW! Cans with lift tabs, lids with safety seals, vacuum-packed products with LIFT UP corners too small to pull, and then there are blister packs! Please consider the following suggestions:

- To open a jar with one hand, sit with the jar between your legs and squeeze as hard as you can, then twist the lid off. NO! **A safe method** would be to use a tool made for this purpose – **a gripper, a jar opener, or a pocket "6-in-1 multi-opener tool,"** for a variety of packages.
- For condiment jars and medicine bottles with foil or plastic sealers: The easiest way to open is to use a box cutter and close your eyes, so blood doesn't splash into them. Just kidding! NO! **The safe method** is to keep a **craft size pair of pliers** in the kitchen drawer to lift off the tab.
- Cans with pull tabs are fun. A butter knife can do the trick. NO! **The safe method** is a **tab lifter** made especially for this job.
- Blister packs for very small pills are a special kind of torture. A few suggestions known to work are a can opener, wire snips (don't we all have those in our junk drawer?), a sharp knife, box cutter (blood may be involved here also). NO! **The safe method: small scissors.**

These are some of my frustrations. I've been writing about these in my mind for years, and now they're on paper. You're Welcome. (Content not cleared by management – blame Roz if you have a problem, but not if it includes blood).

*Helping Hands does Medical rides, grocery shopping, visiting, minor handyman, and simple requests, plus we have our Medical Equipment Lending Closet at the Vistas Rec Center.*

*We don't do lifting, bathing or personal care, but we have a Resource Directory for those services, including in-home caregivers, delivered meals, living locators, and more. The ads in the back of the Living Magazine are a great place to find resources. Call Roz for more information.*

**If someone falls, ALWAYS call 911!**

*"Laughter is the closest distance between two people."*  
– Victor Borge

**Other helpful numbers: 24/7 Senior Help Line -  
602.264.4357 Adult Protective Services - 877.767.2385  
Eldercare Locator - 800.677.1116**





## WVA Treasurer's Report

*For month ending June 30, 2025*

"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.)*

The general operating fund, which is designated for day-to-day operations, has a cash balance, including certificates of deposit, of \$2,786,558. The forecasted revenue for 2025 is \$3,482,865 with \$3,111,969 coming from member assessments. Total revenue for June was \$292,176. Total expenses for June were \$296,873. For the year to date we have a spending surplus of \$34,605.

### REPLACEMENT RESERVE FUND

*(Funds earmarked for major repairs, equipment replacement, and capital improvements)*

The reserve fund balance for the period ending June 30, 2025, stands at \$4,802,942 supported by home sales and the preservation fee associated with them. From June 1st through June 30th, there were, for the second straight month, 14 resales, with three preservation fees waived. From January 1st through June 30th there have been 93 resales in Westbrook Village with 17 of those as Waived Preservation Fees. Budget reserve fund expenditures for 2025 total \$1,219,050, including planned projects such as perimeter wall repair and painting, HVAC replacement, RV lot complex resurfacing, perimeter fencing for pickleball courts, long-range plan professional services, and all other normal infrastructure repairs and replacements.

These financials are on file at the WVA Administration office.  
**For questions or to schedule an appointment, please call 623.561.0099.**

***Submitted by Bruce Garrison – WVA Treasurer***

## General Manager's Report

Karen Jones

- Our summer "Funday Fridays" continue to be well attended, we had 116 residents in attendance. Ice Cream sundaes were a real hit in these warm summer months. Thank you to our sponsor for the event – Dentistry at Greenway, this allows our residents to enjoy these events with no charge.
- July 2025 Patriotic BINGO was attended by 158 people, great outfits everyone! Thank you to all of our fabulous volunteers and sponsors for making this possible.
- We have available RV spaces for lease, if you are interested, please email Admin@WestbrookVillage.org.
- Request for grant fund reimbursement on the Pickleball stadium court pads was submitted to the City of Peoria.
- Working with Facilities Manager on RFP's - Pickleball perimeter fencing and Painting project at the Vistas Recreation Center Complex.
- Met with Colby Accounting to review and discuss their new accounting software they are beginning to implement.
- Met with Westbrook Posse to discuss plans for the upcoming Posse Fest. Watch for future information.
- Working with a new engraving pavers company and hoping for a quicker turn-around.
- Partnering with the Golf Club on repair and maintenance of the Golf Course block walls in mid-August. If you live adjacent to the Golf Club, please trim all landscape off the low wall facing the golf course.
- Quarterly community drive with SDL Management, Arbor and Maintenance division. Planning for upcoming seasons and tasks.
- Continued work on improving the events and weddings portion of our website.
- We held our Annual Summertime Staff appreciation party thanking everyone for their continued hard work. We played ping pong, cornhole, backgammon, putting green, Plinko and a few other games. We all enjoyed a great meal from Famous Daves and enjoyed visiting with each other. Thank you to our AMAZING team at Westbrook Village, you are the best!
- Do not be a crime of opportunity. Get to know your neighbors and watch out for each other. Close your garage door, lock your cars, do not leave items visible in your vehicles.
- If you notice items throughout the community that need attention and the administration office is closed, please contact the Recreation Centers as we work as one team and they will be sure the correct department is contacted. Water leaks, maintenance etc. Thank you!

- Traveling this summer? Please stop by the Posse office and update your contact information in case of an emergency. **Remember if it does not look right or feel right call 911.** The Peoria Police Department are always ready to help! Peoria Police **non-emergency # 623-773-8311.**
- Friendly reminder - we welcome you to bring your guests to enjoy the facilities with you, be sure to check in at the front desk and obtain a guest wrist band. Thank you.
- Please have your WVA photo identification card with you at all times when going to the Recreation Centers as this is required to enter. You must be with any guests at check-in; staff will put on a guest wristband at the front desk.
- **PLEASE SLOW DOWN** and use caution when driving in the community, stay safe!
- Reminder – the right lanes are “Shared Lanes” per the City of Peoria, be courteous to walkers, bikers and golf carts. We are one community, be kind!
- Please continue to work with us on architectural applications, exterior improvements, maintenance questions etc. on your properties. We are always here to help! Administration office. 623-561-0099.
- If you come across maintenance needed at our facilities, please stop at any front desk, and ask staff to submit a

maintenance request. They will immediately submit to maintenance through the computer system and our maintenance team will be happy to assist!

- Visit us at [www.WestbrookVillage.org](http://www.WestbrookVillage.org) for all events, meetings, minutes, updates, agendas, and general information.

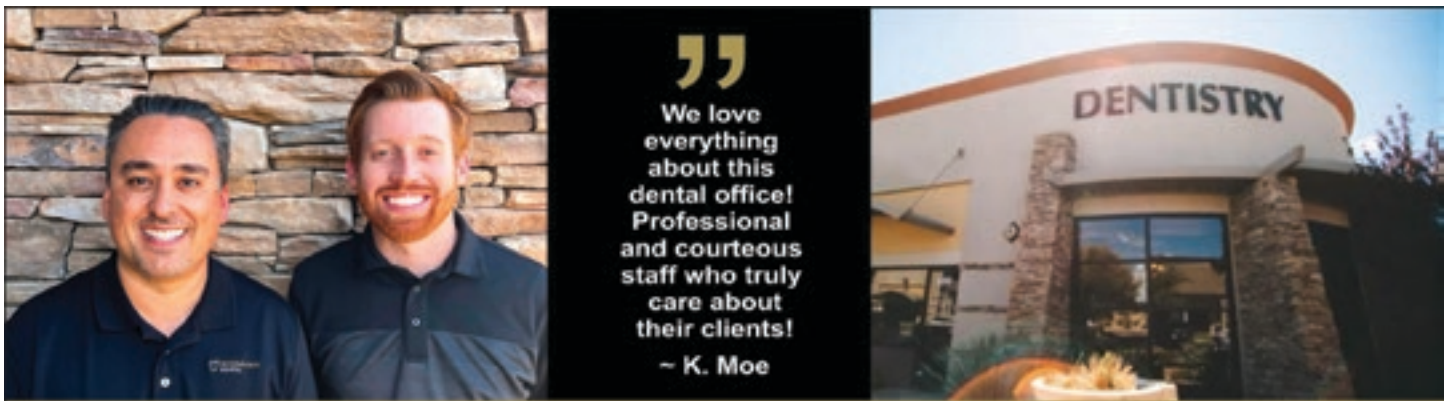
## ARCHITECTURAL CONTROL COMMITTEE

### Current Architectural Control Committee Discussion Items:

- Drafting standard for Permanent Generator Systems
- **ACC Submittals** (07/01/25 – 7/31/25)
  - Total received – 141
  - Approved within Standards –140
  - Denied – 1

## RESALE DEPARTMENT

- **Number of Resales** (07/01/25 – 7/31/25)
  - Opened – 23      - Closed – 11
  - Cancelled – 2      - Foreclosed – 0



**“**  
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**”**  
~ K. Moe

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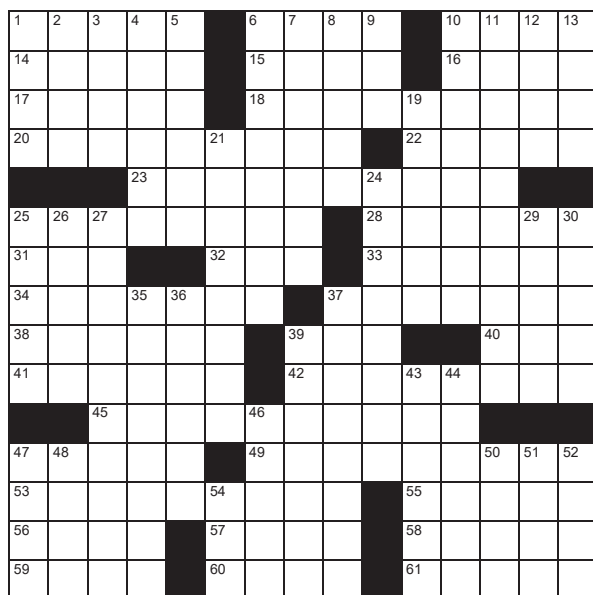
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# Crossword Puzzle #96

## ACROSS

- 1 Biblical tower  
6 Lost traction  
10 Farmiga of film  
14 Smart speaker voice  
15 Sushi staple  
16 Apt anagram of vile  
17 Exorbitant  
18 List  
20 Bully  
22 Strike zones?  
23 Doing a wall job  
25 Vulnerability  
28 "\_\_\_ Game" (classic sci-fi novel)  
31 Depression-era agcy.  
32 A quarter of four  
33 Masked man with a stick  
34 Skateboarding tricks  
37 Handwriting style  
38 Farm cooperative  
39 Mineo of movies  
40 Nancy Drew's guy  
41 Quixote pal Panza  
42 Bounty hunters, e.g.  
45 Rat Pack member  
47 Some chessmen  
49 Drove away  
53 Pupil of Plato  
55 Skirt



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- 56 Word with arm or dish  
57 Change direction  
58 Use the on-ramp  
59 Tribute poems  
60 Tosses in  
61 September bloom  
8 Accustom  
9 Flow stopper  
10 Open-air porches  
11 Epic Longfellow poem  
12 Bar mitzvah, for one  
13 Pub potables  
19 "Sense and Sensibility" sister  
21 2023 Joaquin Phoenix title role  
24 Manage  
25 Drooping drapes  
26 Puccini work  
27 Just about everywhere  
29 Amazon, e.g.  
30 Sows a field  
35 Infuriates  
36 Shocked  
37 Airlines, for instance  
39 At a standstill  
43 The film industry  
44 Jacks in a deck  
46 Paired up  
47 El \_\_\_, Tex.  
48 Parched  
50 Pucker-producing  
51 Place for a fringe  
52 Big game  
54 Eggs, in biology

## DOWN

- 1 Strong fiber  
2 Choir voice  
3 Keg contents  
4 Not subject to, as taxes  
5 Jacket parts  
6 Western hats  
7 Semicircular window

## Sudoku

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

### HOW TO SOLVE:

Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

Solution to last month's puzzle to the right →

### Solution to previous puzzle:

S	H	O	T		E	D	I	C	T		A	R	C	O
L	O	B	E		P	A	S	H	A		N	E	E	D
A	P	E	X		I	L	L	A	D	V	I	S	E	D
M	U	S	T	A	C	H	E	S		A	M	I	S	S
S	P	E	R	M		O	S	M	O	S	I	S		
					O	A	H	U		V	E	S	T	A
O	P	E	N	S	E	S	A	M	E		M	A	L	E
B	O	X		S	A	I	L	O	R	S		N	O	N
E	K	E	S		R	E	P	U	D	I	A	T	E	D
Y	E	R	K	E	S		S	O	N	G				
					C	E	L	E	S	T	E	A	I	D
S	P	I	E	S		P	I	T	U	I	T	A	R	Y
P	O	S	T	E	R	I	O	R	S		A	C	R	E
A	L	E	E		A	L	G	A	E		T	H	O	R
T	L	D	R		F	L	A	P	S		E	A	R	S

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

## SEPTEMBER 2025 WVA Meetings

**All Meetings Begin at 9:00am**

Wednesday, Sept. 3 – **FALC**  
**Board of Directors Meeting**

Tuesday, Sept. 9 – **FALC**  
**Recreation Committee Meeting**

Wednesday, Sept. 10 – **FALC**  
**Landscape and Facilities Meeting**

Friday, Sept. 12 – **FALC**  
**Cornerstone Committee Meeting**

Tuesday, Sept. 16 – **FALC**  
**Architectural Control Meeting**

Wednesday, Sept. 17 – **FALC**  
**Long Range Planning Meeting**

Wednesday, Sept. 24 – **Admin. Bldg.**  
**Ways and Means Meeting**

**HAPPY  
LABOR  
DAY**

In observance of  
Labor Day,  
our Administration Office will  
**BE CLOSED**  
on Monday, September 1st.  
Regular office hours will  
resume Tuesday, September 2nd.

**Please Note: Recreation Centers  
will remain open during normal  
business hours during Holiday.**

# Fine Arts Featured Member Artist – Diane Sudbury

Painting, to me, is a great way to creatively express myself. I love everything about it. From the choice of what to paint to the creation of the artwork. It is a total immersion in color and creation where time and place sometimes disappear once brush is put to canvas. It is a journey of constant surprises.

My painting journey began many years ago when I became a photographer. I started with a small Brownie camera at age 6, and once I discovered I could take a photo of my nose, I was hooked! Later, I graduated to larger Minolta and Canon cameras. Landscape photography was my favorite. I have taken thousands of photos of animals, trees, sky and flowers.

I always said that I would paint what I captured in photos, and so, a few years ago, I began painting. I have tried several mediums before settling on acrylics as my medium of choice. Through the guidance of many fine instructors, I have grown as a painter and as a person. Here at Westbrook I was fortunate to learn many painting techniques from classes and workshops offered by the Fine Arts Club. One of my favorite instructors is Nancy Troupe, a member of the club. Through her guidance and encouragement I have produced some works that I am extremely proud of. Painting brings an opportunity for learning and exploring and seeing the world in many different ways. I am a lifelong learner, and painting is my vehicle for continuing that exciting endeavor.



**Above:** Diane Sudbury loves experiencing the color and the discoveries with her paintbrush **Top Row- Left:** *Trees* by Diane Sudbury **Middle:** *Flowers in Vase* by Diane Sudbury **Right:** *Cactus Bloom* by Diane Sudbury **Bottom Row- Left:** *Colorful Flowers in Vase* by Diane Sudbury **Right:** *Lemons* by Diane Sudbury





# Happy Labor Day! Westbrook Village Clubs

Clubs and Groups		Day(s) of Week	Time	Place	Contact Person
Arts and Crafts	Ceramics	Please call for details			Bernice Lever 602-373-6008
	Fine Arts	Please call for details			Kim Mraz 623-377-6520
	Glass Art Studio	Please call for details			Marcia Ulbrich 602-312-5901
	Lapidary/Jewelry Art Studio	M-F 10:00 a.m.-1:00p.m.; W, 1:00-3:30pm Class by Barb; Th, Rock Cutting 10:00a.m.-1:00p.m.		Lakes, \$30/yr	Cheryl Glennon 928-814-8269 Barb Bosworth 314-712-6225
	Needle Arts and Crafts	T-Th	T-Th: 1-3pm	Vistas	Linda Gierescher 623.271.5541
	Photography	1st Tue; Oct-Mar	7:00pm	FALC	Mary Barany 623-680-5091
	Pottery/Claymates	M-T-W-Th-F			Marilyn Reed 602-432-4024
	Woodshop Club	M-T-W-Th-F	8:30-12:00 p.m. 1:00-4:00 p.m.		Tom Canepa 513-477-2207
Bridge	Duplicate Bridge	M	12:30 p.m.	Vistas	Eileen Medansky 623-566-3634
	Monday Social Bridge	M - partner not req'd	1:00 p.m.	Lakes	Ralph Doner 480-410-7786
	Bridge Lessons	T	9:30 a.m.	Vistas	Ted Cooper 425-233-1960
	Ladies' Bridge	T	12:15 p.m.	Vistas	Dovie Templin 623-680-3369
	Ladies' Bridge	Th	9:15 a.m.	Vistas	Gerry Simpson 623-694-4918
	Really Fun Bridge	W	9:30 a.m.	Vistas	Ted Cooper 425-233-1960
	Saturday Night Bridge	1st & 3rd Saturday	6:00 p.m.	Vistas	John Schoop 623-215-6978
Card and Tabletop Games	Bunco Vistas 2	Please call for details			Barb Marsteen 602-819-2439
	Chess Club	W	1:00p.m.-3:00pm	Lakes Multi	Ralph Doner 480-410-7786
	Euchre Card	1st & 3rd Wed	6:00 - 9:00 p.m.	Lakes Multi	Rich Mizner 253-370-7086
	Cribbage	T	7:00 p.m.	Lakes	Gloria Pawluk 623-202-7767
	Hearts	T	6:30 p.m.	Vistas	Ron Bachara 623-640-8978
	Mah Jongg	W	1:00 p.m.	Vistas	Cindy Michlin 480-619-0188
	Mah Jongg, Wright-Patterson	M	12:00-4:00p.m.	FALC	Mary Maccracken 623-566-3312
	National Mah Jongg	F	1:00-4:00 p.m.	Vistas	Janet Leach 623-566-6682 Mary Phipps 623-248-3542
	Pan	W	12:00 p.m.	FALC	Mary Ann Bolyog 623-203-4469
	Pinochle	M	6:00pm	Vistas	Marlene Kiep 707-529-0441
	Progressive Hand & Foot	T-Th	12:00 p.m.	Lakes Multi	Loree Crabb 623-203-8649
	Progressive Hand & Foot	Th	5:30 p.m.	Lakes	Sharon Witthuhn 623-640-7631
	Samba	M	5:30 p.m.	Lakes	Sandra Sullivan 623-271-7149
	Shanghai	W	6:00 p.m.	Vistas	Judith Devenney 623-203-9458
	Sheepshead	F	1:00 p.m.	FALC	Al Boeck 602-999-3743
	Tuesday Night Mah Jongg	1st & 3rd Tuesdays	6:30 p.m.	Vistas	Carol Holtorf 602-999-8101
	Winner's Poker	M	6:30-8:30p.m.	FALC	Ron Goodman 623-444-0092
Dance & Entertainmen	Desert Dancers	Please call for details			Sharon Corcoran 623-670-6114
	Line Dancing	Resumes in Oct.			Cheryl Grampp 623-687-4435
	Performing Arts Council	Please call for details			Norma Apodaca 623-377-8500
	Village Players	Please call for details			Max Allen, 623-523-3997
	Village Voices	W	1:30-3:30 p.m.	VistasBallrm	Nancy Connolly 602-380-9315
	Westbrook Musicians	Please call			Steve Thorne 602-427-7616
Fitness	Low Impact Aerobics	M-W	6:00 p.m.	Lakes	Pat Brown 623-293-8037
	General Conditioning Class	T-Th	8:00 a.m.	Vistas	Steve Rommel 602-471-9232
	Lakes Pool Noodle Fitness	W	8:00 a.m. only	Lakes	Sally Cline 319-331-0270
	Lakes Water Aerobics	Tues thru Sat: 7:00am & 8:00am only		Lakes	Sally Cline 319-331-0270
	Lakes Water Walking	T-Th-Sa	8:00 a.m. only	Lakes	Sally Cline 319-331-0270
	Personalized Fitness Training	Please call for details		Vistas	Steve Rommel 602-471-9232
	Gi Gong and Tai Ji	T, F	10:00am-11:00am	Lakes	Becky Boosalis 650-868-4385
	Vistas Water Aerobics	M-W-Th-F-Sat 7:15a.m. & 8:15a.m.		Vistas	Kay Neighbors 602-568-1925
	Water Zumba	T-Th	10:15-11:00a.m.	Lakes	Kathy Margolis 612-201-0167
	Yoga - Mat	Sat	9:00 a.m.	Lakes	Karen Berg, 480-390-9041
	Yoga - Restorative	W	9:00 a.m.	Lakes	Karen Berg, 480-390-9041
	Zumba Gold/Toning for Seniors	M - 9:00 a.m., W - 9:00 a.m., F - 9:00 a.m.		Vistas	Veronica Lowe 623-800-9373
Misc	Blood Pressure Screenings	1st & 3rd Thursdays	9:00-11:00 a.m.	Vistas	
	Library	Open every day except major holidays		FALC	Kay McCaughey 623-217-4161

Please submit all club and activity changes to [admin@westbrookvillageliving.com](mailto:admin@westbrookvillageliving.com).

# and Activities Information

# Happy Labor Day!

	Clubs and Groups	Day(s) of Week	Time	Place	Contact Person
Specialty Clubs	Baby Boomers	Please call for details			Maria Thorne 602-463-2903
	Caregiver Support Group	2nd & 4th Tues	1:30 p.m.	Vistas	Toni Stuart 602-799-0412
	Technology Club	Website: wvvtc.org	Email: wvcc@live.com		wvcc@live.com; 623-226-8120
	Heatherbrook Club	Subdivision coordinator			Marcy Reneau 425-319-8113
	Helping Hands	See article in this issue			Roz Farnsworth 623-533-8177 Judy Reisener 623-572-3017
	Hiking Club	Please call for details			Allen Miller 623-703-6447
	Italian-American	Please call for details			Maria Thorne 602-463-2903
	Nebraska Club	Monthly Dec-April		Vistas	Dan Geiger 303-885-8169
	Roadrunners RV Club	Back in October			Jack Lytle 623-256-1658
	Shalom Club	Please call for details			Rita Paper 701-371-1548; Illa Kallish 602-796-3138
	Veterans Club	W, Sept. 10	6:00 p.m.	Lakes Multi	Carl Ulbrich 602-312-5900 westbrookvets.org
	WV Book Club	Back in October			Jill Ferguson 509-939-8956
	WV Bookies	Back in October			Claudia Carr 206-954-4534
	Wine Club	Please call for details			Cindy Clark 602-363-8633 Fran DeWalt 623-512-3075
	Westbrook Cares!	Please call for details			Cindy Clark 602-363-8633; Marti Harper 989-640-1399
Sports	Bowling - Senior Rollers	T	2pm-Lakeview Lanes Sun City		Ellen Howells 623-825-4907
	Can-Am Golf	Please email for details			Loris Schuetzle Loris1@shaw.ca
	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	F mornings Nov-May			Lyle TenHaken 507-360-8124
	Golf 18-Hole Couples	Please call for details			Rick & Patti Leishman 541-941-6638
	Golf 18-Hole Women	Please call for details			Pam Sprosty 216-536-4710
	Golf 9-hole Ladies	T mornings Oct-May			Mary Murphy 440-479-0338
	Golf Mens Association (MGA)	W	Please call for details		Bruce Miller 602-524-1456
	Golf Weekend Men's Club	Sat	9:00a.m.	Lakes/Vistas	Michael Giroux 623-910-4269
	Pickleball	Please call for details			Lynette Jones 425-269-6590
	Table Tennis	W & F	1:00-2:00p.m.	Vistas	Bob Suda 847-249-1590
	Tennis	Please call for details			George Renner 623-937-1649 Randy Spontak 520-609-1662
	Water Volleyball	1st & 3rd Saturdays	9:30am-11:30am	Vistas Pool	Lynn Semall 623-512-1599 Lori Van Deventer 706-533-0775
	West Valley Ladies Tennis 50+	F, Oct-Mar	11:00am-Paseo Racquet Ctr		Pam Cavalier 480-276-8213 Linda Renner 602-550-0810
	Village Niner's Golf Group	Please call for details			Herb Greksa 224-406-5255 Dean Carlson 763-301-2138

## 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.  
Charley's at The Lakes: 623-399-8557  
Unks 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**





**Line Dancing at WV**

**LET'S DANCE!**

Starting Wed., Oct. 1, Lakes Aerobics Rm  
**Intro to Line Dancing 3:00 - 3:50 pm - \$5**  
**Novice Line Dancing 4:00 - 4:50 pm - \$5**

Starting Sunday, October 5, Vistas Ballroom  
**Intermediate Line Dancing 3:00 - 3:50 pm - \$5**

Contact: Cheryl Grampp, 623-687-4435

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## Claymates Pottery Club Featured Member – with DEBBIE KELLY



**Above:** Claymates Pottery artist Debbie Kelly

**Top Row-**

**Left:** Olive oil dipping dishes by Debbie Kelly

**Middle:** Oval dish by Debbie Kelly

**Center-**

**Left:** Ring dishes for bridal shower by Debbie Kelly

**Bottom Row-**

**Left:** Sweet redhead by Debbie Kelly

**Middle:** Blooming cactus by Debbie Kelly

**Right:** Sushi plates by Debbie Kelly



For club info, see info on page 16

Since my husband and I moved to Westbrook Village in 2017, my life has been enriched by the many activities and clubs here. My favorite is by far the ClayMates Pottery Club.

I had absolutely NO experience with pottery and have enjoyed every aspect of the process. The only thing I have not experienced is the wheel. All of my items are hand built.

Sue Celick was the best beginner teacher I could have asked for. She made it easy to fall in love with the craft!

I have since taken a summer college class and many workshops offered by the club. What an enjoyable activity for retirement life!



# WV NEIGHBORS ARE THE BEST!

I had just backed my car out of the garage, when I remembered that I had left my sun glasses in the house. I jumped out of the car and put my keys on top of the car; I did this as the car would beep very loudly if I walked away with the keys.

In my hurry I forgot to pick up the keys and only realized that they were missing when I stopped to go into the store. Luckily, I remembered just before I switched off the engine as I would have been unable to restart the car and I would be stranded. I rushed back to the house but there was no sign of the keys anywhere in the entire street.

The following morning at around 6:30am I answered the door and there stood Tim, holding my keys in his hand. I was amazed. How did he know they were my keys? I had seen Tim many times in the morning as he rode his bike around.

He rode up and down our subdivision pressing the fob until he heard a beep from a garage. Absolutely amazing. Thanks Tim.

BY JOHN PRESTON



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# City of Peoria News:

## Mayor Jason Beck

---

### The Importance of Driving Job Growth

Each day, Peoria families lose valuable time, money, and opportunities while sitting in traffic, commuting outside of our city to work. According to data <sup>1</sup> from the Chamber of Commerce, Peoria ranks 23rd across the nation for the most expensive commutes, with daily round-trip commute times averaging nearly one hour and costing residents up to \$7,723 annually. This once again re-emphasizes the fact that over 80% of residents leave the city every single day to work elsewhere. For many families, it's not just a daily frustration, but a significant burden.

In Peoria, this challenge is one of the driving forces behind our economic development strategy. We recognize that economic development is not just about driving new revenues, but also attracting new jobs. Jobs that not only provide opportunities for residents to work closer to home, but also create new opportunities for our city to attract even more high-quality restaurant and retail amenities.

That's why we remain laser-focused on building an economy that works for all residents and for the future of our city.

In February of 2024, council unanimously approved a development agreement with Amkor Technologies that represents a \$2 billion investment in our community and allows Peoria to be home to the state-of-the-art advanced packaging and test facility. The project, expected to create up to 2,000 high-quality jobs, further positions our city as a key player in the region's growing semiconductor and manufacturing ecosystem.

In December of 2024, the Peoria City Council approved a partnership with the Arizona State Land Department that allows the city to lead the land planning efforts on 6,700 acres of undeveloped State Trust land in the area referred to as the Peoria Innovation Core (PIC). Between the PIC, and the



*Mayor Jason Beck*

1,620-acre North Peoria Gateway (NPG), along Happy Valley and the Loop 303, Peoria is going to have shovel-ready land primed for future development across our city. These initiatives will drive future employment opportunities and allow our city to attract long-desired amenities.

One of the most important aspects of future economic development is striking the right balance. Peoria recognizes that many residents appreciate and value open spaces and recreational opportunities throughout the city. That is why, in tandem with the anticipation of future growth, we have also created the city's Mountains, Open Space, and River Ecosystems (M.O.R.E.) Division, newly formed and specifically intended towards enhancing and protecting our desert landscapes.

Peoria is fortunate to have over 3,865 acres of open natural spaces, including mountain parks, scenic river corridors, and preserved desert ecosystems. With incoming community developments on the horizon, we anticipate adding an additional 3,800 acres of open space to this inventory in the coming years. It is vital that we prioritize good stewardship over these desert assets.

As a city, we are committed to driving future revenues and job growth through smart economic development. Between our incoming land availability, our close proximity to TSMC, and our ongoing strategic partnerships with companies like Amkor, Peoria will continue to be unapologetically and unequivocally open for business.

---

<sup>1</sup> **Cities With the Costliest Commutes**, <https://www.chamberofcommerce.org/costliest-commutes>





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# WV HAPPENINGS



**B**

**BINGO NIGHT**

Join us in September for a Patriotic Themed WVA Bingo Night!  
**Friday, September 12th**  
Doors Open | 4:30PM Games Begin | 6:00pm

Bring a non-perishable food item for St. Mary's Food Bank and Receive a Last Person Standing Card for Extra Prizes\*  
\$10=6 packs or \$15= 9 packs  
\*Refreshments Available for Purchase  
Wear Your Most Patriotic Garb!

**E**



**Thursday, September 19th | 4-6 PM**

Where | Vistas Ballroom  
What | Country Music, Dancing, & Dress-up Fun!  
Food | Hog Haven Food Truck (while supplies last)  
Country Line Dance Instruction | By Cheryl Grampp  
Cost | FREE for WVA Residents!

SIGN-UP EARLY | STARTS 9/1/25 AT THE VISTAS  
\*Come early, bring your boots & appetite!

**Westbrook Village Association**

**COME ON DOWN FOR A COUNTRY SOCIAL, Y'ALL!**



Sign-Up Early at the Lakes| Monday | Sept 1st

**WVA SEPTEMBER EARLY-BIRD TRIVIA LUNCHEON**

For those who love trivia and also an early bedtime!

Trivia Hosted by **TEAM TRIVIA**

Doors Open at 11AM

**Friday Sept 26th 12-2pm**

Lakes Recreation Center  
Trivia Begins at 12PM  
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PRIZES AVAILABLE FOR TOP 3 TEAMS!

Food Available for Purchase from 11AM-12:30PM  
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Karen Jones, General Manager of WVA, is back this month to give you the latest highlights of the Village!  
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**SEPTEMBER GM COFFEE TALK**

**TUESDAY, SEPTEMBER 23RD 9AM - LAKES REC CENTER**



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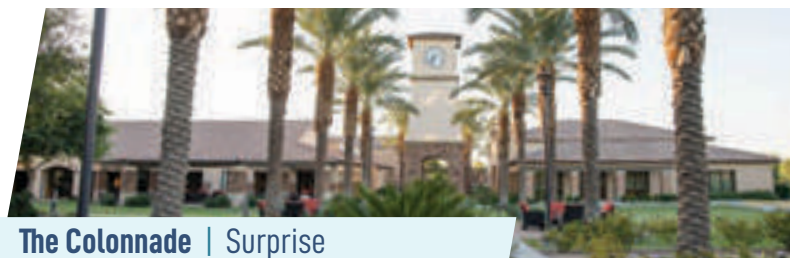
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## WV LIBRARY NEWS

- With Kay McCaughey



We hope that all our residents have survived the heat of July and August! Hopefully, the temperatures will begin to go down this September, at least a little.

Our library has been changed around a little, so stop by and look around and see the changes. We continue to add new ways to display our many different sections, with the goal of making it even more user friendly. We continue to receive many donations from our residents, and we are very grateful!

Please remember to swipe your Westbrook card when visiting the library.



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Desert Dancers of Westbrook Village

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September 8, 2025

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Tap	12:00 - 1:00
Jazz	1:00 - 2:00
Ballet	2:00 - 3:00

All are welcome  
\$5.00 per class

[www.desertdancersofwestbrookvillage.com](http://www.desertdancersofwestbrookvillage.com)

Call or Text Sharon (623) 670-6114

Made with Canva by michelle



# 18 Hole Women's Club News – with Ann Chapman

Many of us “staybirds” find ways to escape the heat by shorter sojourns to cooler climes – Pinetop, Flagstaff, the Oregon Coast, Colorado, Nebraska, California, Washington, just to mention a few of our destination points. Some of us seek one another out when we are on these sojourns and play a few rounds with our snowbirds in their summer spots.

Our very own Robin Krapfl achieved a high point in her amateur golf career – she qualified for the US Senior Women's Open! Congratulations, Robin!

Robin qualified to participate in the Open on June 23rd at Terravita Golf & Country Club in Scottsdale with a 74. The US Senior's Women's Open is being held at the San Diego Country Club in Chula Vista, California. This amazing milestone reflects years of Robin's hard work, a love of competition and raw talent. Here at Westbrook, she has won the club championship multiple times. Google Robin if you get a chance; her accomplishments are impressive and too lengthy to mention in this space.

***We salute you, Robin Krapfl!  
Your fellow 18 Hole Women are proud  
of all that you have accomplished!***

**Pam Sprosty – 216-536-4710**



**Above:** Robin took the AZ Womens Senior State Championship in 2020



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## WINDOW WASHERS



## WINDOW WASHERS



## WV Technology Club *Technology for Living Life*

Email: [wvcc@live.com](mailto:wvcc@live.com) Phone: 623-226-8120 Website: <https://wbvtc.org>

The Technology Club is on hiatus through October. No Tech Talks or Workshops until November; the Technology Lab is available to all Club Members. \*Please wear your badge and just check out room #2 key.

### What's in the Technology Lab?

Equipment for Club Members use:

TRANSFERRING VHS TO DVD

TRANSFERRING OLD FORMAT MUSIC  
TO CURRENT TECHNOLOGY

SCAN OLD PHOTOGRAPHS, 35 mm SLIDES, DOCUMENTS



You'll find these items in the Lab room #2:

- Virtual Reality (VR) area – by appointment only
- Extra Computers available for internet use
- Apple Computer
- Large Screen TV/Monitor for cable access in the Tech Corner

### WOULD YOU LIKE TO PROVIDE A VALUABLE SERVICE TO SUPPORT YOUR COMMUNITY?

The Technology Club sponsors AARP Tax Prep and we are looking for Volunteers for Tax Prep Work & IT assistance if you are experienced in these areas. Tax Season will be upon us before you know it!



### Technology Club Contact Information

(Website) [HTTPS://wbvtc.org](https://wbvtc.org)

(Phone) 623-266-8120 (leave message)

(Email) [wbcc@live.com](mailto:wbcc@live.com)

### Technology Club Tip of the Month!

For iPhone Users

1. Open the Phone App: Tap the Phone icon on your home screen.
2. Access Voicemail: Tap on the Voicemail tab at the bottom right of the screen.
3. Edit Messages: Tap Edit in the upper right corner.
4. Select Messages: Tap on the voicemails you wish to delete. You can select multiple messages.
5. Delete: Tap Delete in the lower right corner to remove the selected messages.

For Android Users

1. Open the Voicemail App: Launch the Visual Voicemail app on your device.
2. Select Voicemails: Tap on the voicemail you want to delete. You can also tap and hold to select multiple messages.
3. Delete Messages: Tap the Trash icon or the options menu (3 dots) and select Delete. Confirm the deletion if prompted.
4. Using Carrier Service: Alternatively, you can call your voicemail by holding down the 1 key or dialing your carrier's voicemail number. Listen to the messages and press 7 to delete any unwanted voicemails.

NOTE\*\* We are NOT a Tech Support group and cannot provide specific tech support, setup assistance or in-home device support.

# Memories... By Kathy Wright

*I just turned 80, and what can I say...  
Things are changing in this world and not in a good way.  
As my age is creeping closer to the end of life here,  
My mind wanders back to a time that was dear.  
The time was the 50's, and how would I know,  
That I would look back and yearn for this time long ago.  
We played in the streets, till it was dark,  
Catching fireflies and hopscotching, Oh what a lark!  
Waiting each night for the Good Humor man,  
And filling up on ice cream, as fast as we can.  
We walked to school by ourselves, both in the rain and the snow.  
Sometimes it took us 30 minutes or so.  
We never gave a thought that someday, this could never be done.  
How could we have known then...we'd be the last ones?  
Doctor visits were house calls, from the doctor down the street.  
A friend to our family, it really was sweet.  
Instant medication ...then gone in a flash.  
Mom would pay for the visit with a smile and some cash.  
Dinner was always at six p.m.  
You see... We all ate together Mom, Dad, Sisters, and me.*

*Then came more playtime, and bedtime was at Nine.  
A fun-filled day was just left behind.  
We gathered with cousins on big holidays,  
All families came together to feast and to pray.  
Then us cousins would head outdoors to play,  
And see what adventures we could discover that day.  
Picking up old tickets stubs, from the train tracks near by...  
Waiting for passing trains, to wave them goodbye.  
Those days were a treasure, but at that time,  
I could not see what those "days gone by" would mean to me.  
It's sad to think that our kids today  
Have never known such a simple way.  
I grew up in the 50's, and I'm that glad I did...  
What a wonderful way...to just be a kid.*



## Learn to Country Swing Dance!

**No partner needed  
Rotate partners  
Easiest partner dancing  
there is - I promise!  
No rhythm needed!  
Everyone can do it!  
Don't miss out on the fun!**

**Sunday Oct. 5  
through Sunday, Oct. 26  
Four Consecutive Classes  
\$20  
Vistas Ballroom  
4:00pm to 5:00pm**

**Contact: Cheryl Grampp, 623-687-4435**



# Caregiver Support Club at WV

with Toni Stuart, Co-Facilitator

**Are you a caregiver heading toward burnout?**  
You don't have to do this all alone!

*"I have been a caregiver for my husband with Alzheimer's Disease for the past 10 years. I can't say enough positive things about the value of support groups. It takes a fellow caregiver to fully understand what the journey is all about. Since I moved to WV five years ago and joined the support group here, I've learned so much, felt supported and understood by the group, and made some great friends.*

**These are folks who understood my life and we've learned of local resources together, right here at WV!"**

## Getting help can make you a better caregiver!

Most caregivers regularly turn down help from others. They feel guilty that they can't 'handle it' themselves. They think they should be able to do it all. I tend to do this, **BUT** I've learned that people offering to help really do mean it and that learning to receive the help lowers my stress and renews me to be a better caregiver. Support groups will help you work through the guilt and fear by allowing someone else to help carry the load you're shouldering.

## Top 5 caregiving tips that work for me.

1. Attend a support group--you are not alone
2. Don't be too proud to ask for help when needed; we are all human and need a Plan B
3. Socialize with family, friends, neighbors- don't isolate yourself

4. Find some joy everyday: walk, read, TV, hobbies
5. Try to stay healthy- Good sleep and eat healthy

## Discover the power of attending an Alzheimer's support group:

### What to expect :

- Tips for getting through those tougher days
- Education on how to go through caregiving
- Lots of empathy!
- Learn about resources that are available to you that you might not know about yet.

### Meeting Dates and Times:

We meet the 2nd And 4th Tuesdays of the month from September through May.

We gather at the Vistas Multi-purpose room. When you check in at the front desk, you will be given directions of where to go.

**2025** September 9 & 23 | October 14 & 28  
November 11 & 25 | December 9 & 23

**2026** January 13 & 27 | February 10 & 24  
March 10 & 24 | April 14 & 28 | May 12 & 26

Contact: Toni Stuart 602-799-0412



## Do you have prose you have written that you have been wanting to share?

Is there a poem in your head that you'd like to see here? Do you have a story about living here that your neighbors would like to read? Pick up your pen or pull out the laptop and send it our way—these pages are ready to receive your writing!

Send via snail mail to: Westbrook Village Living LLC, 8715 W. Union Hills Dr, Ste 108, Peoria, AZ 85382

Send via email: [admin@westbrookvillageLIVING.com](mailto:admin@westbrookvillageLIVING.com)



## A Not For Profit Posse



The Mission of Westbrook Posse Inc. is to protect and support the residents of Westbrook Village. We accomplish this by effectively conducting Vacation Watch home security checks, community patrol, resident welfare checks, and acting as a liaison between Peoria Fire-Medical and the Peoria Police Department. Who pays for the services offered and the costs to implement them? Not taxpayers. Not the WV HOA. Not Federal or State grants. Westbrook Posse is a nonprofit organization completely funded by donations from residents of Westbrook Village and other individuals who choose to support us. The Posse's operating costs are sustained through the generous financial contributions of donors, and the Posse's services are provided by volunteers who give their time and talent without any monetary compensation.



**How are Posse donations used?** The Westbrook Posse reinvests all revenue into its mission-driven initiatives and its focus on safety and security. Donation money is tax deductible for donors and fuels the following:

**OPERATIONAL COSTS**- these include the purchase and maintenance of three squad cars, office equipment and supplies such as computers for data processing, scheduling and daily activity documentation, radios for communication between dispatchers, supervisors and field officers, uniforms, suspicious activity investigations, special events support, and volunteer recruitment, training and assignment needs.

**ADMINISTRATIVE COSTS**-this includes maintaining and updating a community wide database, maintaining and providing financial records and reports, budget oversight to ensure financial stability, donation processing and allocation through a secure system that is in compliance with financial regulations, insurance policies, use of secure financial transaction procedures, and background checks for all Posse volunteers.

While any monetary donations are crucial for the fulfillment of our mission, there are other ways to donate. In kind donations such as equipment



or services are greatly appreciated. Furthermore, volunteers are essential contributors to Westbrook Village community safety and the Posse is always looking for Patrol, Dispatch and Administrative volunteers to support our initiatives both in the field and in the office.

A donation to the Westbrook Posse is more than a financial transaction; your contribution directly impacts the community by supporting services affecting safety, security and positive change. Thank you to all who have donated in the past. As a nonprofit organization completely funded by the generous giving of others, we ask for your help. Please stop by the Posse office at 18827 N Country Club Pkwy, Peoria, AZ 85382 and donate or volunteer today.

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**Top Left:** Posse Squad Car Fleet **Left:** Posse Uniform for Official Events  
**Middle Right:** Radios in charging rack





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