

Westbrook Village
LIVINGTM
*Your Guide to the Good Life*TM

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Enjoy Food and Music at the Lakes

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Honoring a Four-Time Commander

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565,000

free meals served to children from March - May



9,400

produce boxes

3,680

gallons of milk

2,412

milk and cheese boxes distributed to families

5,400

mask ear guards created for first responders and health care workers by district Technical Life Careers and MET Professional Academy teachers

5,000+

masks created by district nurses.

19,000

laptops for students

Student Support Line

for students in need to call for social and emotional help

PROUD OF OUR STUDENTS

96%

graduation rate

\$66

million

in scholarships to post-secondary institutions secured by 2020 graduates

National Merit Scholar

received by a 2020 graduate

1st Place

Centennial High School Spiritline at USA Nationals Competition

20,000

books and chapters read by Sunset Heights Elementary School third graders

14

National Academy of Television Arts and Sciences Student Production Award nominations for Sunrise Mountain High School

3rd Time

Liberty High School state wrestling champions



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October 2020

CONTENTS and FEATURES



Sgt. Jack Swanson made sure supplies went where needed near the Inchon battleground during the Korean War



Sightings of Peach-faced Lovebirds delight residents

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Deadline for submissions

for the November issue is **October 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

Autumn is finally here! I think many of us look forward to the cooler mornings and evenings that we enjoy this time of the year. With many of us still sheltering in place much of the time, the patio in our own backyard can be so enjoyable. Keep your eye out for the lovebirds that are flitting about Westbrook Village. I saw them the other day, and what a delight to see such a magnificent bird in our area. (see page 32).

Many of our residents are getting out and using precaution with face masks and social distancing. The Sunset Bistro at the Lakes has live music, which is always a good time. Check out their schedule and specials on page 14. We all love to eat out occasionally, but you can also call for pick up or delivery.

I love a soothing and relaxing facial, and Ashley Wiley, Esthetician, does a great job of determining your skin care



Lori Reiland

needs and coming up with a solution. She is conveniently located at 8715 W Union Hills Drive and is reasonably priced, as well as good at what she does. Pampering is a necessity with all the negativity in our world today.

The Westbrook Village Golf Club has a huge well project going on and they need your support. See the article on page 24 and please consider donating to the cause. Keeping the golf courses lush and green helps all of the property values in Westbrook Village.

There are still so many activities to take part in whether it be biking, hiking, walking, birdwatching, crafts, cooking or just getting pampered. As the weather cools down, I hope you can get out and enjoy the beauty of our community.

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.

EASY Eats! by Sharon Arthur Moore



Bread Heaven

Admission—I LOVE carbs. Give me a big plate of pasta and garlic bread, and I can eat until spaghetti is coming out my ears. And who doesn't love good bread. Friends who

have gone low-carb tell me that it's bread they miss the most.

Back in the day, I used to regularly make yeast breads and three-flour braided bread, which were very beautiful and dramatic. Nowadays I make a lot of quick breads. Mostly they are banana, pumpkin, cranberry, or some other sweet loaf. The thing about quick breads is how fast they come together, requiring no yeast or rising time.

But Hubs' favorite quick bread is my Beer Bread! Hearty and richly flavored, this bread goes great with soups and stews. Any beer works, but why would you use a pale ale when Guinness Extra Stout is so richly flavored? A dark beer does enhance the flavor!

Sharon's Guinness Stout Beer Bread (makes one loaf)

3 cups self-rising flour, sifted (very important—see NOTE)

¼ cup sugar

12 ounces Guinness Extra Stout

½ cup butter, melted

[Alternate recipe if you have no self-rising flour: 3 cups flour, 3 teaspoons baking powder, and 1 teaspoon salt + sugar, beer, and butter. By the way, to cut calories and fat, I sometimes use only ¼ cup melted butter. But more is better!]

Preheat oven to 375 degrees and prepare a loaf pan with non-stick cooking spray.

Mix all dry ingredients thoroughly then pour in beer. Mix until all dry ingredients are blended in well.

Pour thick batter into loaf pan, smooth out, and pour melted butter evenly over the top.

Bake for one hour. Let sit in pan for a few minutes then turn out onto a cookie rack to cool for at least 15 minutes.

Slice, bread turned on the side, with a serrated knife since the top will be very crusty.

NOTE: This bread can get very dense if the flour is packed tightly and you'll end up with a brick and not a loaf. If you don't have a sifter, then "fluff up" the flour in your cannister and then spoon it into the measuring cup rather than dipping into the cannister with the measuring cup. Trust me. This makes a difference.

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City of Peoria Update: Peoria's Community Parks



Work to build beautiful Paloma Park is nearing completion.

Paloma Community Park.

Located east of Lake Pleasant Parkway, just south of the Loop 303, Paloma Community Park is a long time in the making. Situated on land owned by Maricopa County Flood Control, the park has gone through a comprehensive, multi-jurisdictional and community-centric process; a process that resulted in the development and offering of the amenities we heard are most important to Peoria families.

Similar to Rio Vista and Pioneer, Paloma will offer all Peoria residents a broad range of active and passive recreational amenities. The 85 acres of initial park development include multipurpose fields, a fishing lake, multi-generational inclusive playgrounds and splash pad, dog parks, and lighted pickle ball courts. Paloma also includes numerous hard and soft surface walking loops, and a trailhead for access to the Westwing Mountain trail system. Future trail connectivity into the larger New River open space is already in the planning stages.

Much has changed since we broke ground on this long-awaited park. While many of us have learned to experience our community in new and different ways in the past several months, Peoria remains committed to developing exceptional public services and amenities for all residents to enjoy. To learn more about Peoria's Parks, Recreation and Community Facilities, visit www.peoriaaz.gov/parks.

I want to hear your ideas on how to make our city an even better place to live. Share your ideas at mayor@peoriaaz.gov, or stay connected with me on Facebook, Twitter, and Instagram.

– Mayor Cathy Carlat



Mayor
Cathy Carlat

There are many reasons to call Peoria home, but a common factor for everyone is access to more than 740 acres of public open spaces and parks, 27 miles of trails, and the natural beauty of the hills and valleys of the Sonoran Desert. This is the backdrop of our community, contributing to the unique character and landscape of our vibrant city.

We define a community park as one that serves as a destination for residents beyond the surrounding neighborhood. We have seen these amenities elevate the exceptional quality of life that we know and love, and we are proud to offer three outstanding community parks that contribute to our robust parks and trails system.

Pioneer Community Park is an 83-acre park, located at the southern end of our city at 83rd and Olive Avenues. The urban lake attracts anglers near and far, while the six lighted ball fields, playgrounds, splash pads, and dog parks are favored among residents.



Enjoy Pioneer Community Park at sundown

Five miles north, at 88th Avenue and Thunderbird Road, is the Rio Vista Community Park. The 52-acre park offers a variety of amenities such as an urban lake, lighted ball fields, volleyball courts, skate park, splash pad, access to our widespread trail system, and the recreation center.

As more and more families are calling north Peoria home, we are proud to unveil the opening of our third community park:

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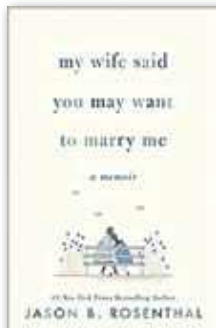


FALL READING

by Sandra W. Evans

Christina Clancy's debut novel is set in Cape Cod at "The Second Home" of Ann, Poppy and adopted brother, Michael, after losing their parents in a car accident. The story is told in chapters about each of them and their different views about family. All of them are dealing with past conflicts.

In the end, they come to realize that life is really about second chances in life and love.



Jason B. Rosenthal wrote his memoir to honor his late wife. After Amy Krouse Rosenthal wrote an extraordinary essay in the New York Times titled, "You May Want to Marry My Husband," just ten days before her death, Jason knew that he had to share their love story. **His journey is an inspiration to all of us as he realizes the importance of family and moving forward with life, his wife's dying wish.**

Senior Rollers Bowling Club

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Chaplain's Corner Column

CLEAN PIPES

I've been reading a book lately called *Possessing Joy*. The author, Steve Backlund talks about cleaning out our pipes.

I grew up in the midwest where, in some areas, the water would come out of the faucet rusty—an orange tinted color. That's because often the old pipes were covered with rust. So even if it started out as good water, that water was being tainted by the pipes that it flowed through. By the time that good water flowed through those rusty pipes, it looked and tasted terrible.

Hmm. Along that same line we might ask, "What flows out of me? And how clean are my pipes?"

It stands to reason that if our lives are full of anger, fear, hopelessness, or any number of other negative emotions that stomp out joy, what comes out of us will be tainted by those things. No matter how positive we try to be, what we speak is colored by our inner terrain and self-talk.

One of the ways to combat this is to choose what we listen to instead of listening to all the negative news that makes us discouraged and unhappy. We don't always have a choice about what happens to us or what happens around us, and right now some of those things are pretty discouraging. But we do have a choice about how we filter them, and what things we choose to filter out.

And since we all wish to be a pipeline for hope, encouragement and life, let's keep our inner pipes clean and flowing so that what comes out of us will be healthy and sweet for others to drink.

– 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.

Veterans Club News

Fellow Veterans,

We live in an interesting time in our nation's history. The last few months have been like none any of us have previously experienced.

Due to the COVID-19 pandemic, the Veterans Club Board of Directors in coordination with Westbrook Village Staff has made the decision to cancel the annual Veteran's Appreciation Dinner scheduled for November 2020.

In addition, until we are able to fully utilize the meeting rooms, our monthly meetings are suspended until further notice.

If you have already purchased tickets for the 2020 Veteran's Dinner, a board member will be in contact with you to make refund arrangements.

Garry Horton, President
Westbrook Village Veterans Club
Cell 928-219-1557
gehorton@aol.com



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WV Golf News *and the* WV 18 Hole Ladies

The 18 Hole Ladies are very proud of new member Robin Krapfl, who took First Place in the first flight of the Arizona Women's Stroke Play Championship held at Grayhawk Talon Golf Club. Her scores were 75, 75, 76 for a total of 226. This is a great accomplishment at any time, but it also happened to be a very hot week that peaked out at 115 degrees. Huge congratulations go out to Robin for this winning milestone!



A large group of WV residents got away to Montrose, Colorado for the Mullin Invitational this past summer. The group played and greatly

enjoyed the weather and scenery. John Mullin and Betty Ashby hosted the invitational, and great fun was had by all.



ABOVE: Mullin Invitational in Montrose, CO

LEFT: Robin Krapfl took 1st place in first flight at the Arizona Womens Stroke Play Championship.

RIGHT: John Mullin and Betty Ashby hosted many WVers for the July Mullin Invitational in Montrose CO





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WV VETERAN TREASURES

KOREAN WAR MEMORIES

ALWAYS REMEMBERED – JACK SWANSON



JACK SWANSON 2019 Photo credit:
Tanju Bayramoglu

Jack Swanson served our country in the U.S. Army from 1951 to 1953 as a Supply Sergeant. In the day before bar codes, it was up to supply staff to maintain correct inventories by hand in the middle of rough conditions near the Inchon battle ground. Jack oversaw the operations to make sure each soldier had uniform and supplies to function in their position. He was sent home on the day armistice was reached, and teased that it was he who won the war. Ten days after his return stateside, Ray married his sweetheart, Martha.



Jack Swanson Army Supply Sergeant

Sadly, WV and the nation lost this soldier on June 21, 2020. He is survived by his widow, Martha, to whom he was married for almost 67 years. The couple have lived at WV since 1995. A memorial service was held for him on June 26 at the National Memorial Cemetery of Arizona. Family gathered again on Labor Day weekend to honor him alongside the newly laid plaque at his gravesite.

We honor Jack Swanson with gratitude for his service to our country.



RAY MITCHELL

Ray Mitchell signed up for the U.S. Army at the beginning of 1953. He went through 16 weeks of basic training and then trained as an infantry rifleman at Camp Roberts in Northern California. He then received equipment training in Japan, which equipped him to work with MOS as an equipment operator and builder in Korea.

Ray found it challenging to “hurry up and wait” alongside military schedules, but thoroughly enjoyed forming friendships with fellow soldiers of all types of personalities and attitudes. He also found it very interesting to witness how other cultures live in both Korea and Japan.

Thank you for your service to our country, Ray!

RAY MITCHELL Photo credit: Tanju Bayramoglu

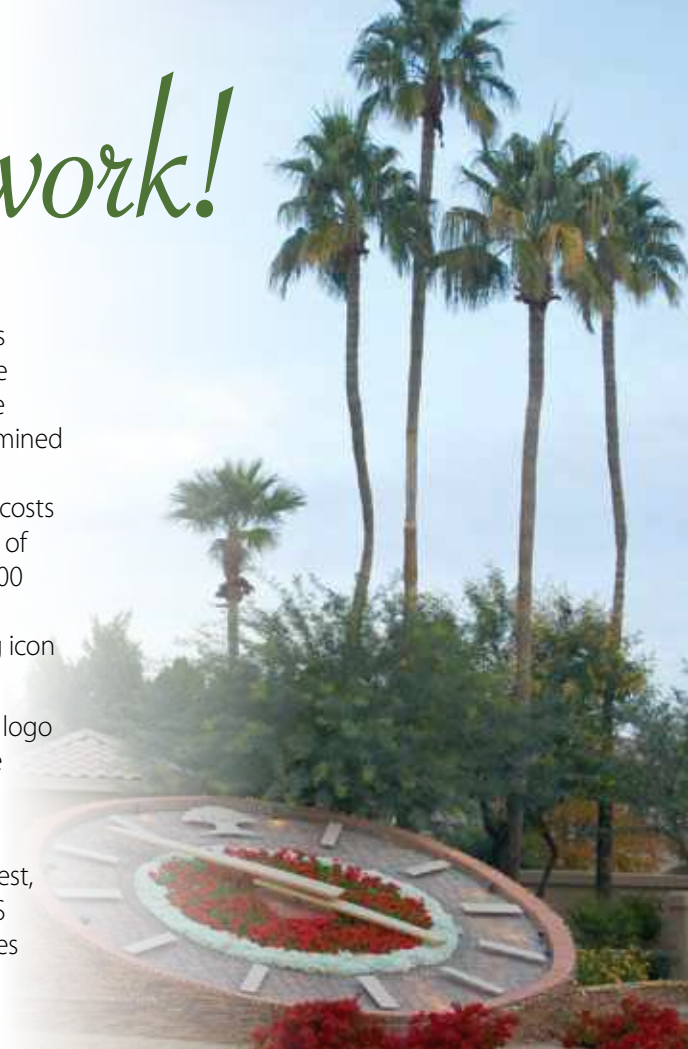
Just Like Clockwork!

With Amy Miller

Many in the community are unaware of the history of the botanical clock. It was installed in 2015 as a replacement for a waterfall feature that needed a complete renovation, including downsizing to fit drainage plans the city required to abate flooding across Union Hills Drive. Several landscape plans for the area were examined and bid upon, reviewed by standing committees, with the clock garnering final board approval. Besides being an iconic image, the clock reduced the waterfall costs from \$27,000 annually to operate to \$4,000 annually. The clock expense portion of the original drainage project was \$44,000; because the clock saves about \$23,000 annually, it paid for itself in less than two years. Since it was installed, we have received inquiries from other communities seeking such a remarkable branding icon from as far away as Washington, Georgia and France!

The new "halo" clock lighting scheme illuminates the numerical tick marks, tree logo and hands. Because the clock features efficient LED lighting, operating costs are reduced even more.

The WVA Cornerstone Committee also works to identify and raise funds for projects to enhance the community. In addition to writing the clock grant request, it recently raised funds and installed the library drop box next to the Vistas USPS mail receptacle. This upcoming year, the committee will be working on the Lakes Reflection Garden, seeking to transform it into a social and ceremonial space.



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Crossword Puzzle #37

ACROSS

- 1 Silver (Sp.)
- 6 List-ending abbreviation
- 9 Health resort
- 12 King of Judea
- 13 Rhine tributary
- 14 Stripling
- 15 P.I. ancestral spirit
- 16 Compass direction
- 17 Diminutive (suf.)
- 18 Lead ore
- 20 Bombastic
- 22 Foist
- 24 Dutch commune
- 27 You (Ger.)
- 28 Proverb
- 32 Numerous (pref.)
- 34 Mountain peak
- 36 Two-man fight
- 37 Music sign
- 39 Evil (Fr.)
- 41 As written in

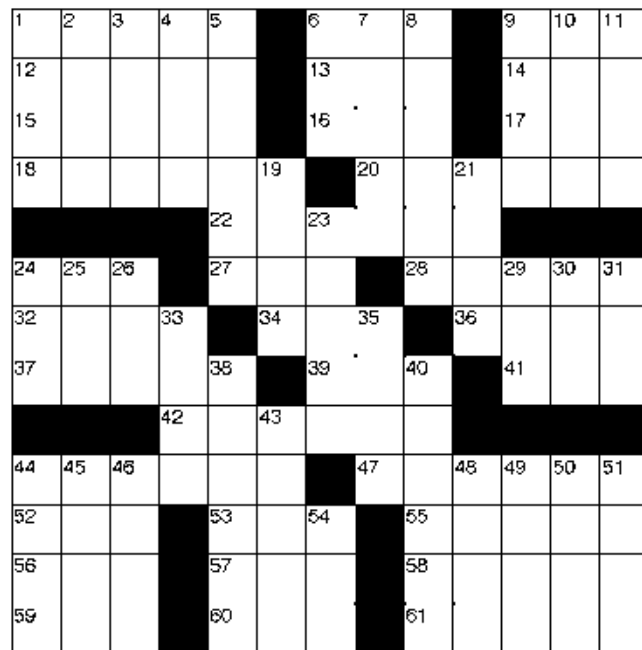
music

- 42 Gr. author
- 44 Nearsightedness
- 47 Land of King Arthur
- 52 Narrower than AA
- 53 Naut. rope
- 55 Fallacies
- 56 Amyotrophic lateral sclerosis (abbr.)
- 57 Son of Apollo
- 58 Opposite of zenith
- 59 Encountered
- 60 Snow (Scot.)
- 61 Yellow

ANSWER TO PREVIOUS PUZZLE

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

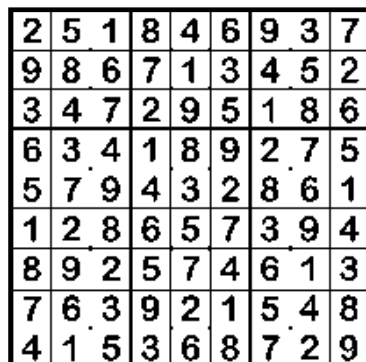
- 4 Carry
- 5 Youth loved by Venus
- 6 Belonging to (suf.)
- 7 So much: music
- 8 Second wife of Jason
- 9 Small drink
- 10 Buddhist liturgical language
- 11 Irish exclamation
- 19 Mudfish
- 21 Spawning ground
- 23 Sole
- 24 Prussian spa site
- 25 Change color
- 26 Unit of work
- 29 Out (Ger.)
- 30 Gain
- 31 Guido's note (2 words)
- 33 Inspector (abbr.)
- 35 Para-aminobenzoic acid
- 38 Ear inflammation
- 40 Fond
- 43 Fabric
- 44 Lady's title
- 45 Rockies peak
- 46 Kiln
- 48 Jewish month
- 49 Mineral deposit
- 50 Few (pref.)
- 51 Son of Loki
- 54 Last Queen of Spain



Sudoku



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



Answers to Last Month's Puzzle.

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A Life Plan Community

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Following CDC guidelines, we have taken extraordinary steps to protect the health & well-being of our community and guests.

Sunset Bistro at the Lakes

Mouthwatering Menu and Memorable Music

Where else can you sit down at a local eatery and listen to acclaimed bands without leaving the neighborhood? Whether you stop in for the all-you-can-eat fish fry and some live tunes on Friday, or for some Jager Schnitzel with extra sauce on the side during Tuesdays' German Food Fest, the Sunset Bistro at the Lakes is the place to be.

The folks at Sunset Bistro know how to do it right, and have made WV residents happy. Manager Lisa Oplinger is proud of overseeing the restaurant's success. "We have the best wait staff here at Sunset Bistro at the Lakes. Many of them have been here many years," says Lisa. "And of course, we love our customers!"

Another reason the restaurant has enjoyed success is its intimate ambience and **elevated 180-degree view** of the Lakes finishing holes. The **large covered patio** is a popular gathering place to enjoy lunch, dinner



Enjoy a delicious Chicken Caesar Salad on the patio

Sunset Bistro
at the Lakes
19260 N. Westbrook Parkway
623-566-1132
Open Daily - 11:00am to 8:00am
RESERVATIONS HIGHLY RECOMMENDED

or a favorite beverage. Eclectic comfort food and gorgeous surroundings help make the Bistro a perfect place to meet friends for dinner, or to enjoy after a round of golf.

"The **live bands** who entertain our diners are top-notch, and bring down the house over and over," adds Lisa. "And WV residents are minutes from home, so no need to go far for the perfect evening out!"

The Sunset Bistro loves to make your stop a memorable one, so call for reservations today!

Sundays: Breakfast from 9:00am to 1:00pm

Mondays: Pasta Special, starts at 4:00pm

Tuesdays: German Food Fest starts at 4:00pm
Jazz with Gordon, 6:00pm

Wednesdays: Live Music starts at 6:30pm

Thursdays: Karaoke - TBA

Fridays: Live Music starts at 6:30pm

Saturdays: Live Music starts at 6:30pm



Westbrook Village -
Sunset Bistro at the Lakes

Attention. Residents of Westbrook Village.

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Dear Westbrook Village Residents,

2020 has been a year of great challenges as the Covid-19 pandemic, its restrictions and dislocations, have affected all of us. Our travel plans, visits from family and even our daily routines have been totally altered.

Your HOA has been equally affected. Providing a safe environment for our residents has been our primary goal which has unfortunately resulted in limiting access to our facilities. We continue to closely monitor the State and Local regulations as well as guidance from the CDC to determine future increased opening of our facilities. Stay tuned to our Eblast for upcoming changes.

There's also been an economic factor to this pandemic. We've experienced a shortfall of approximately \$83,000 in rental from outside events. Short falls in other Covid-19 affected areas produce another \$18,000 deficit. Additionally, we've experienced increased expenses for additional staff requirements, sanitizing materials, outside sanitation services and legal consultations. All in all, we estimate that we've incurred added costs of around \$36,000 thus far in 2020. It must be remembered that our other fixed expenses like landscaping, insurance, utilities, payroll and benefits remain despite Covid-19.

Why is this important to us? Well, we're now entering the period of creation of our 2021 budget. How do we project rental income or future pandemic related costs? And how do we make up for the losses of this current year? These are tough concerns facing our Treasurer, Sil Maiorana, and our General Manager, Karen Jones, along with our volunteer Budget Committee.

Somehow we'll emerge into 2021 stronger, well-funded and well able to face our future. This extraordinary community will continue to be our personal paradise which provides so much contentment and joy for all its residents. Stay safe, stay connected and stay happy!

Mike Greene
President, WVA HOA

Sil Maiorana
Treasurer, WVA HOA

Westbrook Village Association
19281 N. Westbrook Parkway, Peoria, AZ 85382
623-561-0099/Fax 623-566-6186
www.WestbrookVillage.org

October WV Association Calendar of EVENTS

Wednesday October 7 – 8:00 a.m. **Lakes Ballroom**
Board of Directors Meeting

Sunday October 11 – 9:00 a.m. **Lakes Parking Lot**
Second Sunday Marketplace

Tuesday October 13 – 8:30 a.m. **Vistas Ballroom**
Recreation Committee Meeting

Tuesday October 13 – 11:00 a.m. Links Grill **No Meeting**
Cornerstone Committee Meeting

Wednesday October 14 – 9:00 a.m. **Lakes Ballroom**
Landscape and Facilities Meeting

Thursday October 15 – 2:00 p.m. **TBD**
Long Range Planning Committee

Tuesday October 20 – 1:00 p.m. **Lakes Ballroom**
ACC Meeting

Tuesday October 27 – 8:30 a.m. **Lakes Ballroom**
Coffee Talk with the GM

Wednesday October 28 – 8:00 a.m. **Lakes Ballroom**
Ways & Means Meeting



**Second
Sundays
Marketplace**
11th Season Opener!

Sunday, October 11th 2020
9:00AM – 1:00PM

The Lakes Recreation Center
Outdoor Only
Social Distancing
Required

Amy Miller 623-297-1002

The poster features a red background with a geometric pattern. It includes images of a greyhound, a white duck, a black chicken, and a brown chicken.

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Cooking at WV with Chuy and Jan



Have fun making these delicious Pumpkin Squares

Sophie's Pumpkin Squares

I have a wonderful friend named Sophie in San Diego who is also an amazing cook! She and I have prepared food many times for the love of people and the love of food.

This is one of the easiest and tastiest autumn desserts Sophie has created. Now that the temperature in Arizona is dropping and the colors of autumn are soon to be upon us, this is the perfect recipe to enjoy with a cup of coffee and share with a neighbor.

INGREDIENTS:

1 large 28 oz. can pumpkin puree (*not pumpkin pie mix*)
3 eggs slightly beaten
1 cup sugar
1 tsp. cinnamon
1/2 tsp. allspice or pumpkin pie spice
1 small can evaporated milk
1 box spice or yellow cake mix
1-1/2 cups chopped pecans
1 cup melted butter

PROCEDURE:

- Combine and mix the first 6 ingredients.
- Pour into 9x13" lightly greased pan.
- Sprinkle the box of dry cake mix evenly on top of the mixture.
- Top with 1-1/2 cups chopped walnuts.
- Drizzle 1 cup melted butter over all.

Bake at 350 for 1 hour and chill. When ready to serve, top with a dollop of whipped cream.



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LET HAIR SHINE!

Do you look in the mirror and wish that your hair had the same shine it did years ago? The answer is in the shaft of the hair strands.



Hair products such as mousse or hair spray consist mainly of alcohol, and continual use of them causes dryness and dullness to the hair shaft.

There are ways to help the hair's shaft, and thus increase its shine. Try using a hydrating conditioner every time you shampoo your hair. Also, look for products that contain rich oils like avocado oil or olive oil.

Try placing a small drop of hair oil on the palm of your hands, and rubbing your hands fast to create heat just before patting your freshly-washed hair with the oil. This helps the oil penetrate deeper into the hair shaft. Finish with a quick blow-dry on a cool setting and enjoy the shine!

Color Trends and Hair Designs LLC. 602-809-0842.

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Bobbie Isom
Owner/Designer



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Ashley Wiley loves helping clients look their best

"My passion for helping people has always been the purpose for my career choice and continues to be the driving force behind the wheel," beams Ashley Wiley, owner and esthetician specialist at Clear Skin AZ. "Being able to help someone gain confidence is such a gift!"

Ashley entered the skincare field in 2001, promoting sun protection for vacationers in Hawaii. She began her career as an esthetician in 2005 here in Peoria, and the rest is history. Ashley is thrilled to work so close to Westbrook Village. "I am literally across the street from this great community, and have enjoyed treating many WV residents."

Although her specialty is Acne at any Age, Ashley's most requested services are micro-needling (collagen induction therapy) and micro-current (lunch time lift).

Micro-needling is mildly invasive and requires up to three days of downtime. Micro-current, aka "lunchtime lift," is very effective for facial muscle memory and reducing the appearance of lines and wrinkles (some health restrictions may apply). The treatment was originally developed for wounded war soldiers and used to rebuild injured muscles. The device Ashley uses increases ATP (life force of the dermal cells) by an average of 500 percent.

Her famous add-on services include treatment of skin tags, keratosis, facial veins, cherry angiomas, cystic acne in seconds—all with minimal downtime.

The treatment center is fresh and airy, and it just takes a quick walk or drive along Union Hills for a private session with Ashley.

Call Ashley D. Wiley, LE at Clear Skin AZ – 623-698-6671

WV Hiking Club FALL 2020 HIKE SCHEDULE

Due to COVID, masks will be required when traveling to hike destination and no more than four per vehicle.

In general, hikes are classified as follows:

- Easy – 2 to 4 miles with elevation gains up to 400 feet.
- Moderate – 4 to 7 miles with elevation gains up to 750 feet.
- Difficult – 7 or more miles with no limit on elevation gain.
- Total Ascent – adds all the up elevation changes together.

- Oct 16 **Easter Island/Bedrock City Loop** (New) – Prescott/Watson Lake – 6.3 mile loop. Moderate. Storm Trail system just east of Watson Lake, through Granite Dells. Start at Peavine Trail/Watson Woods Riparian Preserve parking area. Views of Watson Lake and surrounding mountains. Restrooms near TH. Driving distance approx. 180 miles roundtrip. \$3.00 vehicle fee.
- Oct 23 **Boulders Loop/Cypress** (New) – Payson – 5.8 mile loop with stem. Moderate. Start at Monument Peaks trailhead. Dips at wash and joins the trail on the other side; hike among many boulders and adjacent forest is mixed pines, oak, juniper, and cypress. No restrooms at TH. Driving distance approx. 215 miles roundtrip.
- Oct 30 **Chimney Rock/Thunder Mtn Loop** - Sedona. 6.3 -mi loop of several trails. Moderate. Figure-8 loop provides views of beautiful red rock formations (Thunder Mountain (Capitol Butte), Chimney Rock, Ship Rock, Sugarloaf Summit, Coffee Pot, etc.) from every angle. Starts at Lower Chimney Rock around Little Sugarloaf, Chimney Rock and Thunder Mountain. Take Teacup to overlook of Coffee Pot, Wilson Mountain, etc., take Sugarloaf to Sugarloaf Summit for 360-degree views of Sedona area, then return to Teacup and Thunder Mountain to Andante to Thunder Mountain and back to TH. No restrooms at TH. Driving distance approx. 220 miles roundtrip.

ABOVE: Trail views of Chimney Rock and Thunder Mountain near Sedona

For information call Allen Miller – 623.825.6447 or Terri Williams – 623.444.7577 Our website: <https://sites.google.com/site/wbv hiking/>



The Performing Arts Council Corner

The Westbrook Village Performing Arts Council (PAC) hopes you are well and staying safe during the COVID-19 pandemic. We regretfully inform you all performances for the remainder of this calendar year 2020 have been postponed. Please visit our website often at www.westbrookvillagepac.com for information on future upcoming events



Cactus Charlie says, "Stay safe everyone!"



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"I'd use the nine-iron, but I'm just passing through."

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 Jansen 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 602-427-7616
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 602-463-2903
	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	No meetings until further notice			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			Nita Lywandowsky 623-606-2144
	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 - Season start 9-21	3:00 p.m., Bowlero		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 kmcaraizona5@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

A Well is a Deep Subject

With Jill Reidel

Where will the Well be located?

The current well site is in the middle of the courtyard of Village Square. Village Square was built around the old Well. In the past, each time well repairs were made, big rigs had to enter through the courtyard where casings, liners, pipes, and pumps were placed on the adjacent ground area. In those days, Village Square residents endured both the noise and the mess. Therefore, all were aware that the new well site must be selected considering not only construction and future repair needs, but also the needs of the neighboring homes and the community at large during the project. The new well location, also needed to be within 660 feet from the existing well location (see area within yellow circle), as required by Arizona Department of Water Resources (ADWR).

What other factors determined the site location? Identifying the radius 660' from the existing well and pulling water from the aquifer, make this even more complex than what meets the eye. Much discussion and acquiring of state permits precede settling on an exact site that will provide water to the golf course and community for many years to come. The WV Board of Directors, the consultant, and the pump company zeroed in on the best alternative within all the restrictions and needs: right in the middle of the existing horseshoe pits!



How does the water get pumped from the well to the lake? Underground 12-inch discharge pipes will cross the parking lot entryways, down the sidewalk, across the cart path and into the lake. Conduit pipes go under the parking lot entryways in order to slide the 12-inch discharge pipes through and under the asphalt.

What will the well area in the new site look like when it is complete?

An 8-foot privacy wall will surround the well and well equipment. Two of the four sides will be masonry stuccoed walls and the remaining two sides will be 12-foot maintenance gates. The gates will face the parking lot and the tennis courts. The area between the tennis courts and the gate will be xeriscaped. At the parking lot gate, there will be a ramp curb for truck/rig access to the well. Corner pillars (like at Village Square) will be located at each corner. All sides and the top of the wall will be painted Stone Beige to match existing walls on Westbrook Parkway.

The 8-foot wall will provide the necessary height for hiding well equipment, security and noise abatement. The HOA and the Golf Club are working together to relocate the horseshoe pits. Once they are reinstalled and the wall complete, the use of trees, shrubs, bushes etc. will enhance the beauty of this area.

Clear Creek Associates is designing the water well that will meet all needs in the site selected. The new well will allow the Water Lease Program to continue with WV HOA's and will provide a consistent and uninterrupted water supply source for the Lakes Golf Course for years to come.

How is the well is funded?

Originating HOA documents prohibit financial support from WV HOA funds. However, if each home donated just \$100 a year, the Golf Club and WV Community would be partners in ensuring continued property value growth. Donations support the costs of the water features, trees, plants, xeriscape projects, and the well, just to name a few. **Checks may be mailed to Westbrook Village Golf Club, 19260 N. Westbrook Pkwy, Peoria, Arizona 85382.**

The Club thanks those residents who recently made donations!



Area identified at the Lakes for new well site

Check out www.marvinglotfelty.com for interesting info regarding the Lakes Well Project Manager and Hydrogeologist, Marvin Glotfelty.

Great Benefits with WV LOW IMPACT AEROBICS

"Our sessions feature a nice range of activity," reported Low Impact Aerobics Club president, Pat Brown recently. "We are eager to resume classes and are just waiting to get the all clear." Pat remembers when she first began to attend classes fourteen years ago--the year after she moved to WV. "It is such a friendly group, and I love getting my blood flowing and feeling better with the exercise."

Researchers maintain that a minimum of 150 minutes per week of such exercise adds great benefit to overall health. And low-impact exercise minimizes the force placed on both the body and joints (think: knees, hips, and ankles).



The classes take place three days a week (M-W-Th), and have an instructor lead the class one of those sessions, with the remaining two are followed on DVD. With 40 minutes of

basic movement with some step exercises. The rest of the session includes a combination of resistance with small dumb bells, wall push-ups, crunches, and stretching.

With the recent re-opening of the WV Fitness Center, the exercise clubs are waiting to hear about dates for resuming classes.

Info: Pat Brown (Low Impact Aerobics President), 623-293-8037



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Samuel (Sam) Gordon McNutt "Flying the Flag"

By Victoria Chamberlain, Duty Sergeant



The term *"fly the flag"* is one of Sam McNutt's favorite expressions. It means, "To stand up for, support, or defend someone or something." Sam is very proud of supporting, defending and serving our country with his career in the U.S. Air Force and his volunteer career in the Westbrook Posse.

Early years: Sam was born March 5, 1935, in rural Clarion County, Pennsylvania and of Scottish heritage. Growing up in Grove City, Pa, Sam remembers attending one room school houses. He was the youngest of 5 siblings. Although he was the baby of the family, after growing to be 6 feet 5 inches, Sam towered over his family in height.

Air Force Career: Sam decided to leave his rural area at the age of 19 to seek adventure. An Air Force recruiter said to Sam, "Son, if you're thinking about which branch of service to join, remember, you will never have to sleep in a fox hole in the Air Force." After completing basic training at Sampson Air Base, NY, he was sent across the sea to Clark Field in the Philippines, where he worked as a communications specialist.

Subsequently, Sam was relocated to Washington, DC, Virginia, Minnesota, Illinois, and the frozen tundra of Greenland. In the 1950's Sam applied for special duty for American embassies. His first posting was in Karachi, Pakistan, and then London, England, which allowed him to see Europe.

Family and Career: While posted at Lisbon, Portugal, Sam met his wife of 53 years, Norma, who worked at the Embassy with the CIA. When asked what first caught Sam's affection for her, he replied with a grin, "It was her fun sense of humor, and she was interesting and very intelligent." While in Portugal, the couple fell in love, married and had their only child, Matthew in 1968.

In 1975, Sam and his family were transferred to Luke Air Force Base, where he retired after proudly serving 22 years, and for the next 30 years he enjoyed great success in the recreational vehicle sales industry, winning numerous awards in Arizona, California, and Montana.

Posse Days: The year after the Posse was formed. Sam came on board to assist Bill Sandvig and Barry Goodman. He is the only officer to have been selected as Posse Commander four times: 2005, 2010, 2015 and 2018.

Throughout the last 20 years Sam has dedicated over 15,000 volunteer hours making our WV community safe for. Sam is very grateful to work with the Posse and form friendships, and maintains it has been one of the joys in his life. The Posse thanks Sam for his past service "flying the flag," and may more residents follow his stellar example and volunteer today.

For more information on volunteering:

- Website: www.westbrookposse.com
- Facebook: facebook.com/westbrookvillageposse/
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Left: Sam McNutt Above: Sam and Norma McNutt

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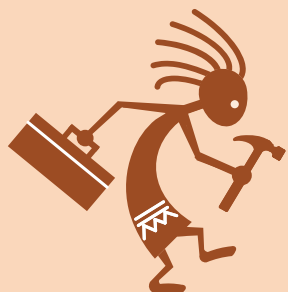
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WV *Creature Spotlight*



The peach-faced lovebird, also known by its official name feral rosy-faced lovebird, is becoming more visible around the Valley by the year. As of the beginning of 2020, local ornithologists report approximately 2,000 sightings in the Phoenix Metro area, even though their origins began in southwestern Africa and exported to North America as pets. As the birds escaped from their domestic home, they began to breed locally, leading to this growing population.

As more of these colorful flyers come in for a landing, WV residents might wonder what they can put in mesh bird feeders for these beauties. "They love to eat shelled peanuts, papaya, black-oil sunflower, and seed cylinders," explains Wild Birds Unlimited Nature Shop in Scottsdale on their website.

"We have had these darling Peach-faced Lovebirds at our feeder both morning and evening." Photo courtesy of WV resident, Cecily Einck

IMPORTANT: 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.



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- Lock Up Your Devices - Make sure you use password security on all electronic devices.

Your Westbrook Village Computer Club is continuing to honor the restriction guidelines set forth by the Westbrook Village Association. We will not be holding in-person Workshops or Tech Talks until notified it is safe to proceed.

For more information about how to join the [Westbrook Village Computer Club](#), drop us a line at wvcc@live.com and visit us at wvcc.us.



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