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# RINCON COUNTRY MESSENGER

**\*\*MONTHLY NEWSLETTER\*\***

volume 11 - issue 8

RINCON COUNTRY MOBILE HOME PARK  
3411 S. Camino Seco Tucson, AZ 85730  
~ A 55+ COMMUNITY~

**RESIDENT MANAGERS:  
DALE & BETSY POTTS**

**NON-  
EMERGENCY**

**Office Numbers:  
520-885-5251**

**Office Hours:  
Monday - Friday 8 - 4**  
After-hour appointments,  
please call the office.

**OFFICE STAFF:**  
Jo Amado  
Joy Eustice  
Pat Lord

***OFFICE EMAIL:  
[rinconpark@gmail.com](mailto:rinconpark@gmail.com)***



Never be afraid to try something new.  
Remember, amateurs built the Ark;  
professionals built the Titanic.....

~ ~ ~ ~ ~

When you are dissatisfied & would  
like to go back to youth, think of  
Algebra...

The older we get, the fewer things  
seem worth waiting in line for...

**EMERGENCY  
CALL 911 or  
SECURITY  
GUARD  
at 520-886-1177**

**Maintenance:  
520-955-3137**

**EYEGLASSES**

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**HEARING AIDS**

If you have used  
eyeglasses or  
hearing aids, please donate them  
to the "LIONS CLUB". There is a  
box in the office for them.



***NEWSLETTER & ACTIVITY EMAIL:***

***[rinconactivity@gmail.com](mailto:rinconactivity@gmail.com)***

or call **Betty Perkins** at 777-4008

[ALL club house scheduling &  
ANYTHING for the newsletter] lot#38



## NOTES FROM THE MANAGERS

Summer is upon us, and with it comes the various challenges of the weather, the heat, winds, rains. All of these phenomena can impact the operation of the park and your household. Some of the things that may occur will be electrical problems. The power outages occur when there is more draw on the systems from the increased usage of constantly running air conditioning units and refrigeration. This is not just a park problem, but also impacts Tucson Electric Power. Sometimes when these outages occur it is necessary to bring in electricians to assist with the solutions to the problems. We have more than one electrical company that we work with to address issues that happen within the park. You should know that when we have a power outage, immediate action is taken to verify the cause of the problem and determine a course of action. Our concern is for the health and safety of the park and it's residents as well as their comfort. In the last electric outage, it came to our attention that the phone at the guard building was an electric phone. We have replaced it with a non-electric phone so that it will work even in an electrical outage. If the electric goes out, and the office is not open, call the guards and they can take the information and give you an update and/or take action as needed.

The other problem that can occur in the monsoon season is that the chemicals of the pool can become unbalanced due to rain water and debris from plant material entering into the pool water. There may be occasions when our pool maintenance person determines that the pool needs to be shocked with a higher level of chlorine to bring the levels to where the water is safe for public use. During this process the pools need to be closed.

### The Food Pantry

An anonymous call was placed to Code Enforcement to complain about the food pantry. An inspector met with the managers and went over the requirements to run a food pantry in the park. The inspector stated that the refrigeration was at safe levels, the pantry was clean, the storage well organized and that there were no major issues with the operation. The county code treats food pantries in the same manner as restaurants and grocery stores in the need for health and safety regulations as well as parking issues, and refrigeration equipment requirements. It is clear that licensing would not be possible.

There are still many ways that we can help those in need in the park, and we are certain that the good caring people of the community will join in to find solutions. The groups of volunteers have become good friends as well, and perhaps some gatherings and sharing of meals at the community building will become another avenue to join together and share food.

Speaking of gathering together...we have created a cozy meeting room in the atrium area of the community building where residents can socialize, play some cards and watch television. There is no need to sit at home feeling lonely or bored. There are more and more things to do happening in the park every day!

### Driving Safety

Is it our imagination or are people driving in the park at excessive speed being more common? The speed limit is posted at 10 miles per hour, and is there for your safety!! SLOW DOWN and ask your guests to

be aware that we are a special place where people and pets, and grandchildren, and older folks take walks at all hours of the day, and that's the way we like to live in our community. Golf cart drivers, remember to follow the same road rules as cars; stay on your side of the road, and observe safety requirements.

### Community Gardens

Work is underway on the planning and implementation of the community gardens. Pat Sorenson has accepted the position as the liaison between the master gardeners, the Rincon Country Gardeners and the managers. We hope to break ground this month and be ready for our first plantings in September. Watch for more news coming up.

### Phone Numbers

Thank you everyone for filling out and bringing in your new updated resident information sheets. All of this information will help us to help you. Some of the sheets did not have a space to enter your phone numbers. Please get us your current phone numbers by putting them on your rent checks, a slip of paper, or calling them in to us.

### Security

This is a private community and that is one of the reasons that you live here. You also want and expect an additional level of security by instituting guard presence at the gate and within the park 24/7. The only way that we can provide for you in this capacity is by having policies and procedures that are enforced *without exception* in the park. If you do not want to wear your wrist band in the common areas, carry it with you where it is readily visible and ask your guests to do that as well.

Get your sticker(s) for your vehicle and your family's vehicles and put them on your windshield. Comply with the policies regarding the people who you are bringing into the park by calling them in to the guards. In the "real world" we are required to identify ourselves with driver's licenses, photo I.D.'s, social security cards, license plates, passports. *This is about the privileges that we have been given, or earned.* It is not a game, and neither are the policies of the park. The managers are here to help you do what you want to do, live in the kind of community that you came here to live in, and to facilitate the things that are important to you.

Do your part to keep this park a safe, private community where your needs and interests come first.

### 4th of July Party

We had a wonderful turn out, lots of help and enthusiasm, and a wonderful time. Parties require planning, shopping, set-up/break-down and then everything in between. Thank you for those who came, for those who helped, and for those who kept up your cheerful sides when the lights dimmed and the temperatures rose.

See you around the park...  
Betsy and Dale

If you don't learn to laugh at trouble, you won't have anything to laugh at when you're old.





# CLASSIFIEDS, ETC.

**MAN'S WESTERN OUTFIT** - old style (about 1800). It was worn in the "Tombstone" movie-includes canvas pants (36/30), button shirt (M), vest(M), jacket(M) -\$125.00 - Really authentic! = DENIM "LEVI" JACKET (44/46) \$2.00 = LEATHER, KNEE-HIGH BOOTS (10-1/2) brown-\$75 (also worn in the "Tombstone" movie) CALL GEORGIA HEAD at 885-6055



"Hammerhead Driver and 3-Wood "  
Used 2 times - changed to leftie

Paid \$138; will take \$60 - Call 881-1919

GOLF CART FOR SALE: 1991 Clubcar  
2 new tires; new batteries & upholstery  
Fold-down windshield. \$1300  
Call DONNA - 490-6210



ELECTRIC SCOOTER - LIKE NEW!! Was about \$3000; will sell for \$550 = CRAFTER'S RACKS, ETC; beads, jewelry findings - other items later. Call Georgia Head at 885-6055.

FOR SALE:  
MOTORCYCLE DOLLY  
Low Profile Space  
Saver...\$95.00  
Lot #543 or Call  
885-7189

FOR SALE:  
2 5-DRAWER CHESTS  
WHITE/NATURAL  
WOOD  
\$100 EACH....886-7442

Man's Cowboy Boots  
size 9 1/2  
reddish/brown color -  
good condition;  
\$15.00  
777-4008



## Estate Sale of Ed Boyles



Couches, chairs, end tables, bedside tables, computer desk, freezer, much miscellaneous. Call Sandi at 546-1455 to make an appointment.

WANT TO BUY:  
Ladies Bicycle  
Ira Godwin #517  
call 404-6537



WANT TO BUY:  
4-drawer file  
cabinet in decent  
condition.  
Betty - 777-4008

## HOW AGING AFFECTS BELT HEIGHT...



YOUTH ADULT MIDDLE-AGE OLD AGE

MOVING SALE  
...Moving August 2nd....Please call now...  
Two (2) Love Seats.....Three (3) Sofas.....TV.....  
Wall Pictures.....Dining Table & Chairs.....  
Exercise Equipment.....Kitchenaid Mixer.....  
CALL JAN EDWARDS @ 290-1069  
lot # 347



Beautiful 6 yr. old Calico cat;  
good health; spade female;  
declawed; affectionate.

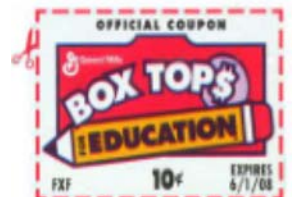
### GOT COMMENTS - GOOD OR BAD??

You've heard the saying that "you can please some of the people some of the time, but you'll never please all the people all the time"?? As the "new" editor/creator, I know that everyone will not appreciate what I'm trying to create, which is a fun, informative park newsletter. It is not meant to be professional. I'm not trying to win awards, just create a newsletter for our residents to enjoy & be informed. I've asked before that if you have comments, please call or email me. NOT your neighbor!! I am open to suggestions.

Betty #38 777-4008

"BOX TOPS FOR EDUCATION" raises money for local schools - over \$400 million has been raised & given to schools by this organization since 1996 just by people donating box tops. Knowing the state of our nation, county & town, let's help our children learn better - THEY are our future!! Pam McKellips, lot #194 is collecting "box tops for education". You can give yours to her at the RR Friday coffee or drop them off at her house. Following is a partial list of products where you can get the labels:

Betty Crocker = Yoplait  
General Mills cereal  
Welchs jams = Hefty =  
Scott = Ziploc = Cottonelle  
Land-o-Lakes = Pillsbury



# Living with Arthritis?

Our joints give us movement, health, and vitality. When they are damaged, the whole person suffers. What can you do for yourself if you have arthritis? What should you know about arthritis? And what practical steps can you take to keep your joints healthy? The American Arthritis Society provides reliable answers to these important questions. With the assistance of over 250 of the world's leading arthritis specialists we offer useful tips and recommendations such as "What is Arthritis?" and "Practical Tips" pertaining to osteoarthritis of the knee, hips, hands, spine, and more. Detailed information on all the joints in the body can be requested free of charge simply by writing to the address below and requesting it. Please print your name & address and enclose a 1st class stamp for return postage.

American Arthritis Society

P.O. Box 270 820

Minneapolis, MN 55427

\*The American Arthritis Society is a non-profit organization.

# NAME THE NEWSLETTER CONTEST

HERE ARE THE FIVE TOP NAMES FOR THE NEWSLETTER THAT WERE SUBMITTED BY THE RESIDENTS:

1. PARK HERALD \_\_\_\_\_
2. READ ABOUT RINCON \_\_\_\_\_
3. THE MONTHLY INFORMER \_\_\_\_\_
4. RINCON VIEWS \_\_\_\_\_
5. THE RINCON RUMOR \_\_\_\_\_

**PLEASE MARK YOUR BALLOT & DROP IT AT THE OFFICE, AT LOT #38 OR CALL BETTY AT 777-4008. PLEASE DO NOT CALL THE OFFICE WITH YOUR VOTE. August 15th is the FINAL day to vote.**

When you are dissatisfied & would like to go back to youth, think of Algebra...  
The older we get, the fewer things seem worth waiting in line for...

Community Food Bank  
3003 S. Country Club  
520-622-0525

The Lions' Club sponsors eye exams and glasses every Wednesday



Up your stamina with "ashwagandha"...This Indian plant contains 35 phytochemicals that heal and nourish the adrenal glands, which provide you with rejuvenating adrenaline. One study found taking 400mg. to 500mg. daily increases energy as much as 85%. You can find this at health food stores.

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## BINGO NEWS

Yes, it's almost time for Bingo!! I know all of you are excited to start a new year. We will start on Thursday, September 8th. Paper sales start at 6 PM with Bingo starting at 7 PM. We have many new residents, so I hope all of our new friends will try our Bingo Nights. All of our new residents will receive a free 3-pack on their first night!! If you have any questions, call Sandy at 751-2999 or Kathy at 245-2023.

## GASLIGHT THEATER

TUESDAY, OCTOBER 4 - 7:00PM

"WIZARD OF THE RINGS"  
(A TAKE-OFF OF "LORD OF THE RINGS")



Feeling forgetful?  
Just one whiff of rosemary's delicious aroma has been proven to boost memory & sharpen your focus!!

## CAN REPORT



THANK YOU RESIDENTS!! Can pickup is running exactly at the same rate as last year. On the 2nd & 4th Wednesdays, place the cans in a plastic bag & place them curbside by 7:30am or use our 2 containers by the recycle bins any day. Also, you can call Don to pick them up any day of the week. The money goes to support the Roadrunner activities and allow all events to be self-sustaining. Thanks, Don Stivers, Chairman

# Why Use Sun Valley To Sell Your Home - SUCCESS

Higher priced homes are beginning to move as our first Snowbird from Canada purchased #536. Also a couple from Hawaii are hoping to become new residents soon. In the last few months Sun Valley has nearly reduced their inventory of homes in half.

**Our newer residents in Rincon sold properties are making remarkable headway in renovating their new homes. Welcome!**

**SUN VALLEY  
MOBILE HOMES  
881-1919**



Visit our website with **VIRTUAL TOUR** at [www.sunvalleymhs.com](http://www.sunvalleymhs.com)  
Jan Stivers - Broker, Don Stivers - Sales, Hap Forster - Sales

Eventually you will reach the point when you stop lying about your age & start bragging about it...

I don't know how I got over the hill without getting to the top...

Some people try to turn back their odometers. Not me; I want people to know 'why' I look this way. I've traveled a long way, and some of the roads weren't paved...

## LADIES LUNCHEON

AUGUST 29 - 12:00

VOYAGER RESTAURANT  
8701 S. KOLB

MORE INFORMATION?  
CALL **BARB OWENS** -  
885-2248



## GET READY FOR LAUGHLIN!!!

October 12-14, 2011 is our next trip. Sign-up sheet on the board by the office. \$120 per person for double occupancy; single is \$140. This includes a meal ticket. \*\*3 days/2 nights at the Edgewater Hotel/Casino\*\* You will be picked up & delivered at Rincon Country MHP. Call Barb Owens at 885-2248 for more information.



The ladies at the "Ladies Luncheon" on May 27th at Tohono Chul. Having a great time!! SEE YOU AT THE NEXT ONE???



**LOOKING TO BUY OR SELL A HOME??**  
**VALUE - SERVICE - RESULTS**  
**INTEGRITY - PEACE OF MIND**



CALL  
**GINNY DONTRICH**

AT **298 -4009**  
(IN-PARK SPECIALIST) for

**RINCON VALLEY MOBILE HOME SALES, INC.**  
**750-1594**

SEE OUR HOMES AT: [www.rinconvalley.net](http://www.rinconvalley.net)

**Come Help us Celebrate!**

**What?**

**The Grand Opening of our  
Pre-Paid Legal Business.**  
Come and enjoy some lunch  
on us & find out what we have  
to offer you and your family

**Tuesday, August 2, 2011 from  
11:00 AM until 2:00 PM**

We will be located in the  
**Community Building**

**Pre-Paid Legal offers 2  
Great Products**  
**\*\*The Life Events Legal Plan**  
**\*\*The Identity Theft Shield**

**Doug & Deanne Bond**  
**Pre-Paid Legal Associates**

**520-722-5290**

# BITS & PIECES

## FABRIC SOFTENER SHEET USES:

1. When outside, put a sheet in your pocket or belt loop to repel mosquitoes and bees. (Golfers, gardeners, anyone)
2. Got ants or mice? Place a sheet near them, around foundations, trailers, sitting vehicles.
3. Place a sheet in books or photo albums that aren't opened often to keep odors out of them.
4. For freshness, put a sheet in drawers or closets, under the front seat of your vehicle.
5. Loose cat hair? A sheet will magnetically attract it.
6. To eliminate static electricity from Venetian blinds, wipe blinds with a sheet to prevent dust from resettling.
7. Also eliminate static cling from your TV & computer screen by wiping them with a sheet.
8. Place a sheet in the bottom of the wastebasket, laundry bag, hamper to help them stay fresh.
9. A used sheet will collect sawdust from drilling or sandpapering like a tack cloth.
10. Place a sheet in your vacuum cleaner to freshen the air.



**You have greatness within you.**

**Think you're ordinary? You're not!! Inside you lies the power to reach for your dreams, and help others reach for theirs, too; the strength and wisdom to make smart choices for yourself and those you love. And the ability to bring people together and get things done. And there's nothing unremarkable about that!!**



**WALKING MAKES YOU SMARTER...** Whether you use an interval approach or not, taking a few strolls a week will improve your brain function, say University of Illinois researchers. In their study, folks who walked for 40 minutes, 3 times a week, showed significantly increased "brain connectivity," compared with a group who did stretching exercises. "The brain's networks can become less connected as we get older," explains the study author. "The higher the connectivity, the better it is at things like planning, remembering and multitasking."

**Melt fat with sweet peppers!** You've probably heard that hot peppers fuel your metabolism, helping you slim down. But what if you're not a fan of the spicy heat? Good news: Sweet peppers help you whittle your waistline, too, by prompting your body to burn up to 20% more fat during exercise. Credit goes to their rich supply of capsinoids, non-spicy compounds that also signal your body to convert fat into energy at a faster pace. For best results, aim to eat 1/4 cup to 1/2 cup of sweet peppers daily



**\*\*RETRIEVE TRINKETS FROM A DRAIN\*\***  
If you accidentally drop an earring down the sink drain, just grab your vacuum, put on the hose attachment and slip the foot of a pair of panty hose tightly over the end. Then hold the hose over the drain and turn on the vacuum. Sink drains often use U-bend pipes, so it's likely that the trinket is sitting in the bend below the basin. The vacuum will suck the earring out of the drain, while the panty hose will keep it from being inhaled into the vacuum.

**\*JUMPSTART YOUR BRAIN WITH BREAKFAST\***  
Eating virtually any type of breakfast had been found to improve memory. However, high-fiber foods such as oatmeal provide a steady supply of glucose, the brain's main fuel.

**CHARGE UP WITH COFFEE....**  
It's the drink that contains the most caffeine - and caffeine blocks a brain chemical that causes drowsiness. Within 20 minutes, a strong cup of coffee improves memory and reaction time by acting on parts of the brain that are responsible for alertness and short-term recall, according to an Austrian study.



You're 50% more likely to live a long, healthy life if you spend time with good friends, loving family & upbeat co-workers, say researchers. In fact, staying connected with others improves your health as much as quitting smoking, exercising daily or losing 50 pounds!!

**PREVENT GARLIC BREATH!!**  
Garlic can lower your risk of heart attack and certain cancers, help the body absorb iron & zinc & even ward off colds! Unfortunately, it also leads to stinky breath that can drag on for hours. That is, until now! A new study in the "Journal of Food Sciences" reveals that simply drinking milk prior to or with a garlicky meal blocks the compounds that cause garlic breath!

**COYOTES PRESIDENT'S LETTER - AUGUST, 2011**

I am so excited!! All the hard work is paying off. People are seeing how much fun we are having and are now coming out to our events. Thank you!!!! The Coyotes is open to any park resident. Please come and check us out. Our meetings are the 2nd Monday of each month at 7:00PM. We have cake for the monthly birthdays and anniversaries. Happy Birthday this month to Jeanie Berger on August 12th, Vince Ferrari on August 25, Kay Cameron on August 18, and Glenda Clady on August 23rd. Happy Anniversary to John and Sylvia Holmes on August 11th. I hope we didn't miss anyone - if we did, Happy birthday/anniversary!



August 6th is our next dance. Sorry, no band this time, but will in October. Our D.J.s will be Sandy & Mike Brazelton. Please bring snack food and your drinks. We would like for you to bring a photo of yourself in your younger years so we can guess who is who. Sounds like fun, right? The sign up sheet will be posted on the bulletin board - please don't forget to sign up. The time for the dance is 6:30pm 'til 9:30pm. Hope to see you there. There will be a donation can out . 50/50 tickets will also be sold.

Our July 50/50 winner was Henry Wasielewski and he donated the money back to the club. A big "thank you" to Henry & family.

We are starting a Bunko Club; if you are interested in joining, please call Sandy Brazelton at 751-2999 for more information. The date for this will be Monday, August 15 at 6:30 pm. Game/Card night will be Monday, August 29th at 6:30pm. Everyone is welcome to come to game/card night. For more information, please call Donna Dreher at 731-3228. Volunteers are needed to help with game/card night. Please call Glenda at 885-1830 if you would like to help.

We would like to welcome all the new people to the park. Please come and check out your social clubs. There is no charge to join the Coyotes. Just have fun & meet happy people. Don't forget to check out the bulletin board outside the office for sing-up sheets and events. Other dates to mark on your calendar are the Pool Party on Monday, September 5th and the costume party on Saturday, October 29th. Last year's party was loads of fun, so get out your costume and plan to party.

To Barbara Owens and the family of Ed Boyles, we are so sorry about your loss. More bad news is that someone wasn't thinking one day when he/she made a phone call about the Food Pantry. They weren't thinking about all the people who were about to get hurt when the Food Pantry was closed down. Anyone that needs help, please call the Coyotes and we will try to get you help! Kay Cameron was the first person to start the Food Pantry. Fred, Lillian, Jeanne, Cindy and the other great volunteers - we give a BIG THANK YOU!! You all did a great job and I am so sorry a good thing has come to an end. I feel sorry for the person who made that call. You are so unhappy with your life that you feel you have to hurt others; I feel you won't ever know how much you have hurt a lot of people. If I could have one wish, it would be for the people here at Rincon Country MHP to stop all this and let's get along. Life is short. I don't feel that most of us are out to hurt anyone. I hope we can just have a great time getting older. But it takes only one bad apple - you and God know who you are. Glenda Clady, President

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**ROADRUNNER VICE-PRESIDENT'S LETTER - AUGUST, 2011**

I think first of all we should give a BIG "thank you" to Dale & Betsy for the 4th of July picnic they gave the residents of the park. I know there were some unfortunate circumstances surrounding the event, ie; lack of electrical power for lights and the air conditioning, but from all I have heard, the food was great, there was good entertainment and all in all a good time was had by all. Thanks again, Dale & Betsy, for all your efforts in putting this together. The Pot Luck on Tuesday the 12th was well attended; but we missed YOU, so plan to attend the next one. The food is always good and we have fun eating and socializing together. Thanks to Sharon Seekins for her work on putting this event on each month.

Please remember the ICE CREAM SOCIAL on Saturday evening, July 30th at 6pm. There is a sign-up sheet by the office. Roadrunners will be charged \$1.00 at the door and guests will be \$2.00.

Robert Selby, V. President

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First of all, I want everyone to know that I take full & complete responsibility for the contents of the following: Jeanne Varns

I wonder how many people in our little community went to bed hungry since July 7th, when someone with extra time on their hands was able to convince the Health Department that we at the Food Bank were the bad guys. If you had extra time on your hands, why didn't you come sit with us and see the joy we brought to those we've helped? Why didn't you stand up at the Friday coffee and tell your little tale of woe? Why did you do nothing to solve what you saw as a problem? "If you are not part of the solution, then you are part of the problem". Would you call the Health Department if you had a problem with something from a grocery store? NO - you would contact the store and find a solution. I would rather find a weevil in my pasta than know people like you are walking free. (I could step on the weevil).

To those we've helped, I can only say "I'm sorry". To those who helped the pantry in any way - thank you!! To you, who caused all this - I'm sorry your life is so empty you have to destroy others.

## **Soup Or Sumthin'**

One of the best parts of the food pantry was the group of volunteers who got together to help others and to socialize while doing that.

When the food pantry closed, another idea came forward; that is to get together, have fun, to prepare and serve a meal that will feed others - to take part in the "SOS" - soup or sumthin weekly meal. The meal will usually be a bowl of homemade soup, some bread, and something to drink. There will be a donation box for those who can afford to pitch in. If you cannot afford that, just come anyway. This is for you.

**THURSDAYS AT 12:00 NOON,**  
starting **August 9th**

If you are aware of someone that is shut in & would not be able to get to the SOS, **PLEASE** let the office know or call Betty at 777-4008. We'll make sure he/she gets a bite to eat.



### **CRAB-KISSED CUCUMBER SLICES**



- 1 Tbs. mayonnaise
- 1 Tbs. *each* chopped fresh chives & chopped fresh parsley
- 1/2 tsp. dry mustard
- 1/2 tsp. seafood seasoning, like Old Bay Seasoning
- 1 lime, zested & juiced
- 1 pkg. (8oz.) lump crabmeat, drained
- 1 seedless cucumber, sliced

1 - In bowl, blend first 5 ingredients, 2 Tbs. lime juice and 1/2 tsp. lime zest. Season with black pepper, if desired. Add mixture to crabmeat.

2 - Spoon 1 heaping tsp. crab mixture onto each cucumber slice.

3 - Pull up 2 edges slightly (like a "U") and press toothpick through cucumbers. Chill until ready to serve.

## **HOW DRY IS IT???**

A buddy said he killed a mosquito that was carrying a canteen...

I heard the chicken farmers were giving their chickens crushed ice to keep them from laying hardboiled eggs...

Just this week, a fire hydrant was seen bribing a dog...

### **KEEP SMILING**

If at times you feel you want to cry,  
And life seems such a trial;  
Above the clouds there's a bright blue sky,  
So make your tears a smile.

As you travel on life's way,  
With its many ups and downs;  
Remember it's quite true to say  
One smile is worth a dozen flowers.

Among the world's expensive things,  
A smile is very cheap;  
And when you give a smile away,  
You get one back to keep.

Happiness comes at times to all,  
But sadness comes unbidden;  
And sometimes a few tears must fall,  
Among the laughter hidden.

So when friends have sadness on their face  
And troubles round them piled;  
The world will seem a better place  
And all because you smiled!

### **SUMMER GREEN BEAN SALAD**

- 12 oz fresh green beans
- 1/3 cup red wine vinaigrette
- 2 Tbs. *each* chopped fresh parsley and chopped white onions
- 1 tsp. double-concentrated tomato paste, like Amore
- 1 cup halved red and/or yellow cherry tomatoes
- 2 hard-boiled eggs, chopped
- 1/4 cup sliced red peppers

1 - In saucepot of boiling salted water, cook beans 2 min., or until crisp-tender. Drain; rinse in cold water.

2 - In bowl, combine vinaigrette, parsley, onions and tomato paste.

3 - Add tomatoes, eggs, red peppers and green beans; toss to coat.



Just a few of the people enjoying good food, good music & neighbors.



"Back Porch Swing" , a band from Bisbee played at the party. Lead singer is Terri Wolf.



One bouquet of flowers at the party



"THE KELLY'S"  
DON & JAN  
looking all patriotic

There are 2 theories to arguing with a woman - neither one works.

Good judgment comes from experience, and a lot of that comes from bad judgment....



One of the July 2 party cakes

**THE DEADLINE FOR ALL ARTICLES FOR THE NEWSLETTER IS THE 15TH OF EACH MONTH. Bring to lot #38 or call Betty at 777-4008. THANKS!!!**



**ANY CLASSIFIED AD (except business ads) IS FREE, UP TO 15 WORDS. Over 15 words is \$2.00. USE THIS OPPORTUNITY TO BUY, SELL, TRADE, GIVE AWAY. CALL BETTY AT 777-4008 OR BRING TO lot#38.**

**"GOSPEL RESCUE MISSION"**  
FURNITURE, CLOTHING, HOUSEHOLD ITEMS, BOOKS - these are some of the things the Gospel Rescue Mission GIVES (not sells) to needy people. We are also in need of plastic grocery bags. My name is DONNA & am a member of the Board of Directors of GRM. Please leave donated items at lot #110A on the FRONT PORCH ONLY. You may also call me at 490-6210. PLEASE - NO recyclables... If an item is too large, you may call 740-1501 and ask them to pick it up. Thank you ahead of time!!

**\*\*MORE NOTES FROM THE MANAGERS\*\***

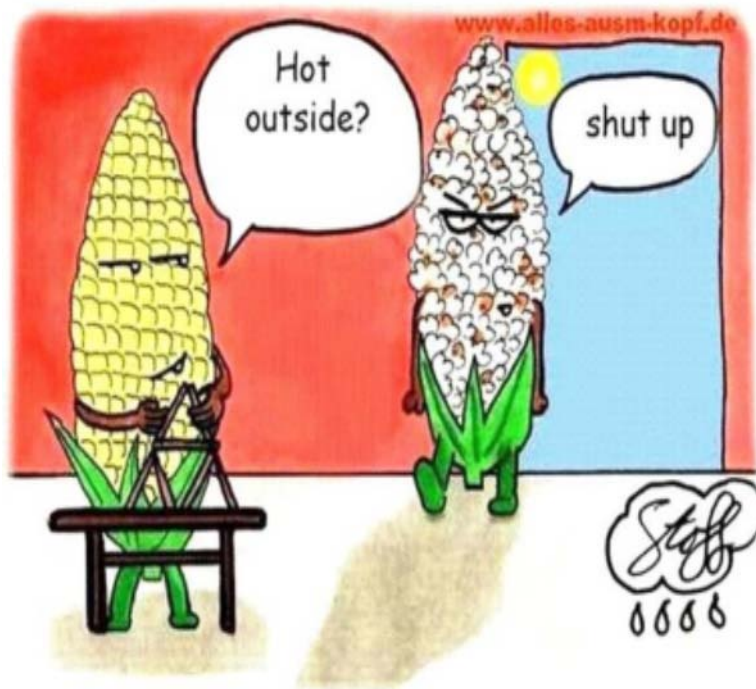
A set of Rules and Regulations, Policy and Procedures, Lease, The Crime Free Addendum and Summary of the Arizona Manufactured Tenant Landlord and Housing Act have been created and reviewed and will go into effect October 1st. Copies will be available for you to pick up at the office.

The pickle ball court is well under way and should be ready soon. We still need to stripe and seal the court and then put the nets up. By the time cool weather is here we'll be ready to go.

It's great to see residents enjoying the basketball hoop being tested out.

Angela Salmon, who is the coordinator for "Handmaker" dropped by the office this week to talk about the activities and outings for residents with early stages of dementia. It sounds like a wonderful program. More information can be obtained by checking their website, which is [www.handmaker.org](http://www.handmaker.org), or calling Angela at 520-547-6007 (office) or 520-730-7984 (cell). We also have some paperwork at the Rincon office.

Site-by-Site inspections will begin on August 1st, 2011. We are asking that all residents do a quick look around their property and put up all such items that should not be left stored outside. This includes behind your home, under the carport, behind the shed, under your steps or on top of your shed. Putting up a lattice petition so these items are not visible from the road will not work. Your neighbor does not want to look at these piled up items. Your outside work should include the pulling of all weeds and trimming of all trees and shrubs. The only items that may be stored outside as per our rules and regulations are patio type chairs, swings and tables, bar-b-que equipment and grills, operable bicycles, water hoses and plants. Please, no storing of building materials or tools, doors, lumber or windows, empty planting pots, metal, half-empty paint cans, broken furniture or appliances, and know that pet fencing is not allowed. However, many of you have pet fencing, we will tell you the pet fencing can stay as long as there are no complaints, and that you do not leave your animals outside unattended to run free and bark to disturb the quiet enjoyment of your neighbors. The minute we get a complaint, as per the rules, the pet fence must come down. Our desire is to have the best community possible; so let's all do what we can to improve the beauty of our home sites. We have the names of persons in the park who will work for a small fee to help you reach your goals if you are unable to do so yourself. Just call the office to receive the names and numbers list - 885-5251 (office phone).



You missed some very important information on "Alzheimer's & Dementia" disease if you did not attend the Alzheimer's presentation Friday, July 15. Debra Anderson, Program Manager of the Desert Southwest Chapter of the Alzheimer's Association, answered questions and talked about the "10 warning signs of Alzheimer's disease". She told about a variety of FREE programs, services and resource information that they offer to help one cope with all the aspects of the disease and it's progression. In one of the brochures, a phone number is given for their "Helpline/Information & Referral" program. That number is "1-800-272-3900"; it's available 24 hours a day, 7 days a week where you can talk confidentially to a trained Helpline specialist. They also offer FREE educational materials to assist you. Their Resource Library offers the loan of books & videos. Information is also available through their website at "[www.alz.org/dsw](http://www.alz.org/dsw)". To contact Debra, call 322-6601.

## The Country Garden Club

Soon we'll hear the sounds of the Bob-Cat humming away in the old tennis court area preparing the ground for our new vegetable patch that will be the envy of Old Mr. McGregor.



Presently, the plans are that the garden will be completed and ready for planting in early September. There are 24 plots, each 3' x 15'. At this time there are 19 people signed up for garden plots. You can call or stop by the office to reserve one of the remaining plots. The tools and soaker hoses are provided by the park and the monthly fee at this time is \$10 to cover the cost of the water usage. The walkways between the plots are planned out at 4' to give us ample room for working.

The date has not been set, but there will be a meeting in the clubhouse in August. Those who have signed up will be contacted about the time/date. There will be lots of information and hand-outs on plant companion gardening.

If you want, you can order a catalog from "Seeds of Change" which is an organic seed company. Their phone number is 1-888-762-7333 or go online at [www.seedschange.com](http://www.seedschange.com). It may take a week or two to get a catalog. There is also "Peaceful Valley Farm & Garden Supply": 1-888-784-1722 or their website at: [www.GrowOrganic.com](http://www.GrowOrganic.com).

Patricia Sorenson #208

## Cool Off At Our "Christmas in August" Arts, Crafts, & Antique Fair

SATURDAY, AUGUST 13

9:00am - 4:00pm

More information?? Call  
Susan Johnson 886-0675



Proceeds from \$15 Vendor Fees are being contributed to the Rincon Country Sharing Fund



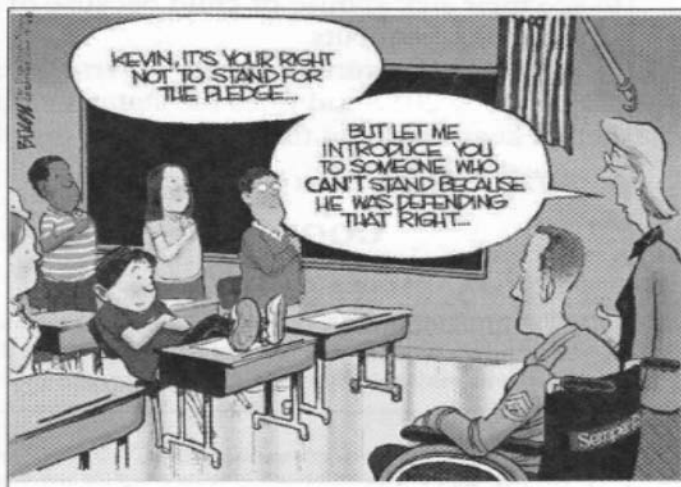
HOMELESS VETERANS have grown in great numbers, as shown on a recent TV presentation! Perhaps because of all the hardship in several areas of our economy. I have visited with our Tucson Veterans Administration Hospital and find they have taken on the administration and service of any donated materials that will help make our homeless veterans more comfortable. Interested donors may call me for more information on what is suitable and how you can deliver these items to the Veterans' Hospital or you can have me pickup and deliver such items free of charge or obligation. THANK YOU!!! LYMAN THREET (#543) or call me at 520-885-7189. "lymanthreet@q.com"

## CELL PHONES FOR SOLDIERS

Cell Phone Recycling Program

OUR MISSION:

HELP OUR  
TROOPS  
CALL HOME



## HOT OFF THE PRESS!!

Tucson Chapter of MOAA (Military Officer's

Association of America) collects over 55 phones!!

The CELL PHONES FOR SOLDIERS PROGRAM, kicked off by MOAA national in February, is picking up speed. This program turns old cell phones into minutes of free air time for service members to use when calling home from overseas. A phone call from Afghanistan costs \$4.00 per minute!! Through this program that call is free.

SUPPORT OUR TROOPS. There's no better way to do it. Check with your friends, relatives, neighbors, even total strangers; ask if they have an old cell phone they would like to get rid of. Phones that are reusable will be recycled and given to charitable organizations. The rest will be taken apart to reclaim the precious metals that go into cell phones. Next time you make a phone call to a friend or loved one, keep track of the time. Then multiply that time by \$4.00. If you were calling from Afghanistan or another deployed site, that's what you'd pay. For more information at Rincon, call MARILYN SAVAGE (#406) at 298-1145.

She will pick up your phones or you may drop them off at her house.

# SERVICES



## AVON

MEN - WOMEN - CHILDREN  
SOMETHING FOR EVERYONE!!

*Call & I will bring you a catalog*

*New items added all the time*

*~SATISFACTION IS GUARANTEED~*

BETTY PERKINS - 777-4008 (lot 38)

## HEAVENSCENT

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IN TOWN. DEBIT/CREDIT  
CARDS OKAY. 10% SENIOR  
DISCOUNT AVAILABLE FOR CASH  
CALLS. CALL DALE at 870-9010



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CLIPPER & SCISSOR CUTS

PERMS ~ COLORS

SHAMPOO, SET & STYLES

\*\*BY APPOINTMENT ONLY\*\*

(Please call 24 hours in advance)



CANDACE - 395-7249

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~~HOME HELP SPECIALIST~~

SENIORS, HOUSEBOUND: NEED ORGANIZING?

20 YEARS EXPERIENCE..MATURE, DEPENDABLE~~

PROFESSIONAL ORGANIZER: CLOSETS, KITCHENS, ETC ~

WILL HELP WITH YOUR MOVE ~ WILL TAKE SHOPPING,

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ADVOCATE; WORD PROCESSING; CUSTOMIZED

SCHEDULING (WEEKLY/BIWEEKLY)

GRETCHEN GALBRAITH - 721-5806

\*\*EXCELLENT REFERENCES\*\*

LOW-COST PLUMBING

30 YEARS EXPERIENCE

SEMI-RETIRED PARK

RESIDENT

CALL DALE @ 885-3300(h)

OR 870-9010 (c)



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COOLER SHUTDOWN/STARTUP,

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NETWORKING (WIRELESS/CABLED). PARK RESIDENT;  
REASONABLE RATES; NUMEROUS PARK REFERENCES.  
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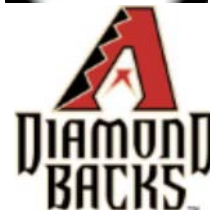
PEPPERS REV SMARTS\*\*\*

A compound in peppers  
known as *luteolin* sharpens  
thinking and improves learning  
ability. Researchers at the University  
of Illinois discovered that *luteolin* inhibits  
the production of inflammatory chemicals  
that harm brain cells. In fact, when older mice  
consumed the compound, they performed  
better on learning and memory tasks than  
young-adult mice.



**This is not an advertisement....**

Just good information for our  
residents....when the Arizona  
Diamondbacks baseball team  
gets 6 runs in a game, Taco Bell  
gives each person 3 FREE tacos  
with the purchase of a large  
drink between the hours of  
4 - 6 PM the following day.



# MEET YOUR NEIGHBOR

(This is the premiere of a new series in the newsletter. Each month I will interview an interesting resident and share his/her story. Please submit to me the name and a brief description of someone you know that has lived an interesting life so we can get to know our neighbors better.

## ~Frances Franklin~



Mrs. Frances Franklin has been a resident of RCMHP for about 30 years. She lives in lot #58 with her youngest son, Steve, who is NOT her caregiver, cause " she's just not old enough to need a caregiver". This precious lady tells me she will be 90 years young next March 1. She has a

very contagious laugh and sense of humor!! It was such a pleasure & honor to talk with her & get acquainted.

She was born to "Mom & Dad", Margaret & Russell Dunmire, in Coin, Iowa, a town of 300 (only 299 when she left, she tells me). Her sister, Alyce, 18 months younger, lives in Kansas City, Missouri. Following her schooling in Iowa, she studied nurses training in Council Bluff, Iowa. She realized after 1 1/2 years that she just was not wanting to be a nurse. Washington D.C. was where she worked next for the British Ministry of Supply Mission. She had the "privilege" of making hot tea for the workers there. Frances said there was a chart that showed how each one wanted their tea, how many lumps of sugar & how much cream. Usually by the time she got it to them, it was cold. "I wasn't very good at that", she says.

Patriotism was very big at that time, so Frances joined the Army (WAC) in 1943 at the age of 21 and spent 4 1/2 years in the service. They didn't send her to school; instead they "put me behind a typewriter-I thought they gyped me". Her Basic training was at Ft. Des Moines, Iowa, then rode the train to what is now Ft. Campbell, Kentucky; she was there for about one year. She said she thought they had made a big mistake and 'shipped' her to the South Pacific - New Guinea where there were headhunters. She was there for 4 months when she was flown (her first airplane ride) to Leyte, in the southern Philippines where she stayed another 4 months. The military made Manila safe, so she was sent there, but there were no buildings left on the base, since they'd all been bombed. They lived in tents set-up on the cement floors where the buildings had been. The swimming pool was in good condition and it was used very often. After 4 months there, the war was over. By that time

she had "lots of points" (used to determine "getting out"). She was home for 6 months when she was asked to return to the military. "Since I wasn't doing anything exciting", she returned at her previous rank of Sergeant, this time going to Ft. Sheridan, Illinois. Tokyo, Japan was the next venture for two years for the occupation; she worked in the office of the Inspector General. While there, she had a personal maid, an experience for both of them (Frances & the maid). The maid starched and ironed Frances' underwear (ouch), etc.

In 1947, Frances went to China for R & R (rest & relaxation), and on the way there stopped at Okinawa. When going to the Club at night, the ladies needed to be accompanied by a man. One of the civilian girls introduced Frances to a very special man who eventually became her husband.

The occupation was beginning to be weeded out, as the Japanese were to take over their own land. Every morning, Frances got to salute *General Douglas MacArthur!!!* She said he was a "real ham". He was the commander of the General Headquarters there, so she worked for him.

Frances and her husband, James, got married in Shreveport, Louisiana in 1948. She did not reenlist in the Army, but her husband was still in.

Born to the Franklins were 5 sons: Jim, co-owner of "F & M Electrical Contractors Inc" here in Tucson; Raymond, who lived in Tucson, but was murdered a few years ago; Jeff, born in England, is a Hydrologist in Boise, Idaho; John, who died in September, 2010; Steve, a long-haul trucker who now lives with his mom.

For many years, Frances was employed at the office of Doctors Holbrook & Hill Medical Group in Tucson. Also worked at ERO Rental Office. Frances finally retired in 1962. She stays active with "WAC Vets", "Mid-America Club", attends the Rincon ladies luncheons, El Dorado Senior luncheons, reading magazines, talking on the telephone, traveling "when I have two nickels to put together", she bowled until last summer.

Her name and number are in the park directory if you'd like to talk to her. Thank You, Frances for allowing us to get to know you!!!

ARE YOU, OR DO YOU KNOW SOMEONE THAT HAS HAD A VERY INTERESTING LIFE??? PLEASE CALL ME IF YOU FEEL YOU HAVE A STORY TO TELL OR KNOW A PERSON WHO DOES. DO NOT BE EMBARRASSED TO TOOT YOUR OWN HORN!!



BETTY...  
777-4008



# August 2011



Sun

Mon

Tue

Wed

Thu

Fri

Sat

|                                                                                              |                                                                       |                                                                         |                                                                  |                                                                                                                 |                                                                                                         |                                                     |
|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|-------------------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------|
|              | <p>1</p> <p>9 aquacize<br/>10:15 exercise</p>                         | <p>2</p> <p>11-2 "Prepaid-Legal" presentation</p> <p>3:30 yoga</p>      | <p>3</p> <p>9 aquacize<br/>10:15 exercise</p>                    | <p>4</p> <p>3:30 yoga</p>                                                                                       | <p>5</p> <p>7:30 RR coffee</p>                                                                          | <p>6</p> <p>6:00-9 Dance</p>                        |
| <p>7</p> <p>2:30-9:30 Private Party</p>                                                      | <p>8</p> <p>9 aquacize<br/>10:15 exercise</p> <p>7 Coyotes mtg</p>    | <p>9</p> <p>11 V.A./S.S. Workshop</p> <p>3:30 yoga</p> <p>6 Potluck</p> | <p>10</p> <p>Can Pickup</p> <p>9 aquacize<br/>10:15 exercise</p> | <p>11</p> <p>3:30 yoga</p>                                                                                      | <p>12</p> <p>7:30 RR coffee</p> <p>10-2 Wood Carving</p> <p>3 - 6 set up for antique/craft festival</p> | <p>13</p> <p>9 - 4 Antique &amp; Craft Festival</p> |
| <p>14</p>                                                                                    | <p>15</p> <p>9 aquacize<br/>10:15 exercise</p> <p>6:30 Bunko Club</p> | <p>16</p> <p>3:30 yoga</p>                                              | <p>17</p> <p>9 aquacize<br/>10:15 exercise</p>                   | <p>18</p> <p>3:30 yoga</p>                                                                                      | <p>19</p> <p>7:30 RR coffee</p> <p>10-2 Wood Carving</p>                                                | <p>20</p> <p>3 - 9 Private Party</p>                |
| <p>21</p>  | <p>22</p> <p>9 aquacize<br/>10:15 exercise</p>                        | <p>23</p> <p>3:30 yoga</p>                                              | <p>24</p> <p>Can Pickup</p> <p>9 aquacize<br/>10:15 exercise</p> | <p>25</p> <p>4 months until Christmas.....</p> <p>3:30 yoga</p>                                                 | <p>26</p> <p>7:30 RR coffee</p> <p>10-2 Wood Carving</p>                                                | <p>27</p>                                           |
| <p>28</p>                                                                                    | <p>29</p> <p>9 aquacize<br/>10:15 exercise</p> <p>6:30 Games</p>      | <p>30</p> <p>3:30 yoga</p>                                              | <p>31</p> <p>9 aquacize<br/>10:15 exercise</p>                   |  <p>BYE - BYE AUGUST...</p> |                                                                                                         |                                                     |
| <p>4</p>                                                                                     | <p>5</p>                                                              | <p>6</p>                                                                | <p>7</p>                                                         |                                                                                                                 |                                                                                                         |                                                     |