

November/December 2019

# The Vision

The Official Magazine of the Las Sendas Community



Prevention and Care for Plant Frost Damage

Las Sendas Lifestyle

Las Sendas Classic Car Show

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It's All About The Journey

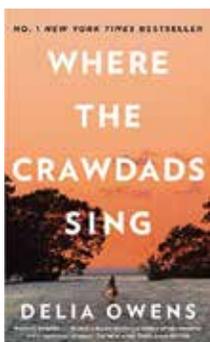
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The Official Magazine of Las Sendas Community Association

This magazine is delivered to homeowners and businesses in the Las Sendas Community bi-monthly. You have received this publication because your Association believes you take pride in your home, environment and community.

We are always interested in your comments or suggestions.

While efforts to ensure accuracy are exercised, the publisher assumes no liability for the information contained in editorial content.



### Board and Management Contact Information

Professionally managed by



#### Las Sendas 2019 Board of Directors

- President  
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- Vice President  
Alicia Goforth .....alicia4lassendas@gmail.com
- Treasurer  
Mike Peckham .....peckham19@gmail.com
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- Director  
Tina Reed .....tina.lassendas@gmail.com

#### Las Sendas Community Association Team Directory

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- Community Manager  
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- Compliance Supervisor  
Calee Burch.....cburch@thetrailhead.org
- Patrol Director  
Charlie Ralls..... cralls@thetrailhead.org
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Gina Gluvna ..... ggluvna@thetrailhead.org
- Lifestyle Director  
Morgan Collins .....mcollins@thetrailhead.org
- Communications Coordinator  
Vance Johnson ..... vajohnson@thetrailhead.org



## Las Sendas

### Community Contact Information

#### Trailhead Members Club Community Association Office

7900 East Eagle Crest Drive  
Mesa, AZ 85207  
480.357.8780  
info@thetrailhead.org  
www.thetrailhead.org

#### Las Sendas Spa & Fitness Center

480.832.6900

#### Community Patrol

480.220.1794

#### CCMC Customer Service Support

1.833.301.4538  
480.921.7500

#### Community Association and Trailhead Members Club

##### Lobby Hours

Monday – Friday  
8:00am-5:00pm

#### Las Sendas Spa & Fitness Center

Monday – Thursday  
5:00am-8:00pm  
Friday  
5:00am-7:00pm  
Saturday  
7:00am-5:00pm  
Sunday  
8:00am-5:00pm

#### Pool Hours Daily

5:00am-10:00pm

## 'Tis The Season To Be Thankful

By Kristine Nau, Executive Director

As we move into the holiday season and can start to “feel” fall in the Arizona air, it brings me joy, especially as I start to reflect on the good in my life as well as what I am thankful for. Late last year, CCMC provided the Las Sendas Board of Directors more than 80 recommendations that would improve internal business processes, increase resident communication and enhance long range planning. The implementation of just a few of those recommendations not only impacted the workload of the on-site management team, but resident volunteers, as well. The volunteers who accepted the responsibility to be part of the Community’s evolution, through some of the recommendations, embody ownership, commitment and pride in their community, which reflected in the number of hours they dedicated to Las Sendas. This year, I am thankful for the 85 volunteers and management team members who assisted in fulfilling the Board-approved recommendations.

Knowing the many hours these community volunteers and team members spent to contribute to the betterment of Las Sendas makes these contributions even more meaningful. As a working wife, mother and new grandmother I completely understand the importance in balancing and prioritizing work and family commitments. I am thankful to the loved ones of each volunteer and team member for the support you gave to them throughout the year.

As we move into the new year, we will continue to implement more of the Board’s and our company’s recommendations to further enhance Las Sendas’ reputation as a desired place to live. To help tip the scales a bit in the favor of work-life balance, I am warmly encouraging other residents within the community to step forward and volunteer. Please consider providing your expertise to the Community for just a couple hours per month, so that we can strengthen committee membership with new, fresh and exciting ideas and perhaps free up some time for current volunteers who serve on multiple committees.

My sincerest thanks extends to my family for their love and support during this very busy year at Las Sendas, I would also like to extend my appreciation to the Las Sendas Board of Directors, Committee and Working Group members for their passion and commitment to enhance the Community, as well as to the support system of our volunteers; thank you for encouraging your loved ones to positively contribute to the growth and development of this beautiful community. May you and your family be welcomed with a joyous holiday season.

Cheers to a fabulous New Year!

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## BOARD BITS - Las Sendas Community Association Reserve Study

By Mike Peckham,  
Treasurer, Las Sendas Community Association

Las Sendas has a Reserve Fund that is currently valued at approximately \$12.0 million, of which approximately \$10.4 million is invested in accordance with our Investment Policy and managed by Wells Fargo Bank.

In 2010, LSCA had its first Reserve Study prepared by Association Reserves, a third party professional firm whose business is to perform reserve studies for community associations like ours. We have studies prepared for Las Sendas Mountain and Windsong, which have their own reserve funds. There are two types of studies: on-site and off-site. On-site studies have Association Reserves professionals come to Las Sendas to visually examine the Association's assets to determine the status of each individual asset. Off-site studies rely solely on updates provided by our Management Company and the existing assumptions used in previous studies. LSCA has a Reserve Study performed every second year. We had on-site studies performed in 2010 when we first engaged Association Reserves and again in 2019. All Reserve Studies in between were off-site studies.

On-site reviews are more expensive than off-site reviews but provide more useful information, gathered by Association Reserves, on which to update various estimates for each and every asset. Assets include: buildings, furniture and fixtures, vehicles, swimming pools and spas, pickle ball, bocce ball and tennis courts, asphalt and pavement, irrigation controllers, restrooms, playground equipment and shade structures, and many more assets. This year's Reserve Report for LSCA is hundreds of pages in length and includes component pictures and descriptions of every asset valued over \$1,000.

The types of information tracked for each asset includes: estimated replacement value and average cost, useful life, and remaining useful life. Estimates of the annual inflation rate over the period of the Reserve Study (usually 30 years) along with the 'after-tax' interest earnings on our investments are also factored into the Study. The Reserve Study projects the current Reserves Percent Funded, and when assets are projected to be replaced or repaired over the next thirty years. Finally, the degree of risk of requiring a Special Assessment is calculated.

*Special Assessment* Risk is categorized in ranges:

- 0% - 30% HIGH risk of a special assessment being required
- 31% - 69% MEDIUM risk of a special assessment being required
- 70% - 100% LOW risk of a special assessment being required

A *Special Assessment* is a one-time assessment levied on all homeowners, which is required to provide the Association with sufficient funds to meet its specific needs for asset replacement.

While our Reserve Fund includes all assets that are subject to wear & tear and replacement, by far the largest category is asphalt. Our asphalt includes: roads behind enclave gates, walkways and paths, parking lots for the Trailhead Club and various parks on our property. It does not include the major roads throughout Las Sendas,

which are the responsibility of the City of Mesa. Asphalt represents approximately 54% of the Las Sendas Reserve Fund. Association Reserves on-site observation of the condition of our asphalt in general, has concluded that the asphalt in a number of areas has deteriorated faster than anticipated and therefore has shortened its useful life. Combined with increasing prices for asphalt work in the valley, Association Reserves has recommended a large increase in next years and subsequent years contributions to ensure we have sufficient reserves to allow us to carryout replacements and repairs as necessary.

We are still reviewing all the assumptions included in this Report. The Reserve Study should be finalized by the end of October as the recommended annual contributions to the Reserve Fund are utilized in our Annual Budget and our 5-year planning process.

Our annual contribution to the LSCA Reserve Fund represents between 35% to 40% of our annual assessment which is a significant percentage and therefore it is important that we have a current Reserve Report prepared every second year and that we ensure to the best of our ability that the assumptions and estimates used in the Report are reasonable and reflective of our community.

I trust this helps explain the need for Reserve Funds to maintain our beautiful community for current homeowners and continue to attract new homeowners, which can directly impact the value of our properties.

If you are interested in even more information about our Reserve Funds and the Reserve Study process and reports, please contact me through the Trailhead staff or my contact information on the Las Sendas Community Association website.



## Manager's Missive

By Christal Bromley,  
Community Manager

### While you were out...

Many Las Sendas residents enjoy the summers abroad or retreat to cooler climates while the rest of us enjoyed the higher temperatures here in the Valley. The temporary reduction in community population doesn't slow things down, though. Your Las Sendas Community Association, with help from all of its Board, Committee and working group members, and residents faithful to share their suggestions, accomplished a lot these past few months. Below is a quick review of some of the highlights, as well as some things you may want to know as you return to your home.

### Sticky Mailbox Locks

The mailbox locks tend to stick if they aren't used for long periods of time. Residents can request replacement or repair by contacting the Trailhead.

### Dry Drains

Residents returning to a home after several months often find an unpleasant odor. Most often, this isn't the result of an issue with the sewer system, but simply because the water in the drains evaporated allowing gases to enter the home. Be sure to flush all your toilets and run water down all your drains when you first arrive to fill them back up with water.

### Mailbox Replacement

The mailboxes in five enclaves have reached the end of their useful life and were due for replacement this year. The Board approved the replacement of mailboxes in Boulder Mountain, Shadow Canyon and The Preserve in September; those will be replaced around the New Year. Ironwood Pass and Desert Vista boxes were replaced during the summer; you can contact us at the Trailhead if you haven't received your new keys yet.

### Tennis and Pickleball Court Locks

In addition to adding locks to the pickleball courts, we also replaced the locks at the tennis courts. The intent was to "key" the new locks to match the existing keys; however, just like new wine can't be stored in old wineskins, we're finding that the old keys don't work well in the new locks. Owners can obtain replacement keys from The Trailhead.

### New Court Lighting

Lights on the remaining sports courts were converted to LED this summer.

### Spa & Fitness Center Renovation

In addition to a beautiful facelift and new equipment, the Spa & Fitness Center now offers an expanded scheduled of classes, nutrition counseling, Infrared Saunas plus a new pricing schedule that offers short-term options for part-time residents.

### New Faces

At the beginning of October, we introduced Morgan Collins as Las Sendas' new Lifestyle Director and said a thankful farewell to Kristha Lima who transferred to another CCMC communi-

ty after service Las Sendas for over 11 years. We also introduced two new Maintenance technicians this summer, Gonzalo Gonzales and George "Skip" Kiser. Also, Emilio Aguilar joined our team as Community Coordinator. He will be assisting at the front desk and helping to administer the architectural review process.

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*The Vision*  
Las Sendas Community Association

Activities to Do - Events to Discover... Page 6

PLUS...  
Spring Training Winners  
First Annual Ladybug Release on Earth Day  
LSCA Management Briefs

Summer Activities for Everyone  
Sign Up for Classes, Special Events and More

Advertise in "The Vision" ...  
the official magazine of the Las Sendas community.

**Call Today! 480.634.1708**

## FOUR PEAKS LANDSCAPE

### Prevention and Care for Plant Frost Damage

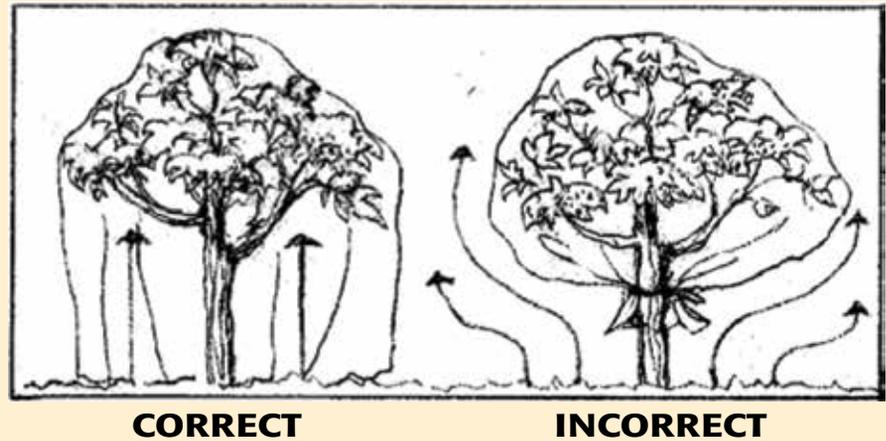
Frost can typically occur in the valley anytime between the end of November through February. A common sign of frost damage is darkening of leaves and death of stems or shoots. Winter annuals are sensitive to frost but as with all plant material there are ways to help protect them.

#### Preventing Frost Damage:

1. Plant selection is a good step in preventing frost damage. Most of the native desert plants are tolerant to frost damage.
2. Plant frost sensitive plants in more sheltered areas.
3. Items like walls, boulders and homes give off heat that they have collected during the day to help give warmth at night.

#### Reducing Heat Loss:

1. Cover plants at night with a frost cloth or fabric sheet. Make sure the cloth goes completely to the ground to allow the heat from the ground to exit up into the plant.



2. Make sure to remove the frost cloth every morning after the temperatures get above 36 degrees to allow the plant to warm up with the sun light.

Frost damaged plants should not be trimmed back until later February or into March when the potential threat of frost is minimal. By leaving the frost damaged material on the plant it will help protect from further die-back.



## COMPLIANCE CORNER

### Leashing and Cleaning Up After Your Pets

Residents are reminded that Las Sendas Guidelines require all domestic pets to be on a leash in common areas at all times. Further, Maricopa County's leash law prohibits pet owners from allowing their dogs to run at-large outside their property at any time. For the safety of your pet, your neighbors, and visitors to Las Sendas, your dog must be confined to your home or property. When you take your dog outside of its confined area, it must be restrained on a leash that is no longer than six feet in length, accompanied by you and under control at all times.

As many of you are outside enjoying this wonderful Arizona weather with your pets, please remember to clean up after them so your friends and neighbors can enjoy a clean and aesthetically pleasing environment while spending time outdoors.



# 62nd Annual Christmas Idea House

## Holiday Charity Event to Aid Valley Students and Families

### Preview Gala

Thursday, December 5, 5:30 pm

Friday, December 6, 4 pm-8 pm

Saturday, December 7, 9 am-4 pm

*Parking is located at  
3818 East Brown Road, Mesa*

From ready-made gifts to over-the-top holiday decorating ideas, you will find it all at the 62nd Annual Christmas Idea House, presented by Desert Club. Each year the event is held at a different East Valley luxury home; this year the event will take place at the 9,300 square foot home of Billy Johnson, president and owner of Amberwood Homes, and is located in the Northeast Mesa citrus corridor.

The Christmas Idea House is a three-day event that begins on Thursday, Dec. 5 at 5:30 p.m. with the "Preview Gala," which includes a gourmet dinner followed by an exclusive home tour and shopping (reservations required; tickets are \$80 per person). Friday, Dec. 6, guests may attend one of two seating times for the "Sneak Preview Brunch" (9 a.m. or noon) where guests enjoy a lavish brunch, followed by the home tour and early-bird shopping (tickets are \$50). For more information and to purchase tickets, visit [www.christmas-ideahouse.org](http://www.christmas-ideahouse.org).

The home is open for Public Tours and shopping on Friday, Dec. 6 from 4 -8:00 p.m., and on Saturday, Dec. 7, from 9 a.m. - 4:00 p.m. Tickets are \$10 each and can be purchased at the door or online. Parking is located at 3818 East Brown Road, Mesa.



# 2019 | SAVE THE DATE!

## NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Pickleball Drop In Advanced 9-11am Communications Committee Meeting 12:30pm Pickleball Drop In Beginner 2-4pm Food Truck Night 5-9pm Meet the Candidates 6-7pm	2
3	4 Pickleball Drop In Advanced 9-11am Bridge Club 1-4pm Pickleball Drop In Beginner 2-4pm	5 Landscape Committee Meeting 10-11:30am Every Journey Needs a Roadmap 6pm	6 Pickleball Drop In Advanced 9-11am Mah Jongg 1pm Pickleball Drop In Beginner 2-4pm	7 Custom ARC Meeting 8-10am Retirees Tennis 9-11am Annual Meeting 6-9pm	8 Pickleball Drop In Advanced 9-11am Pickleball Drop In Beginner 2-4pm	9
10	11 Pickleball Drop In Advanced 9-11am Bridge Club 1-4pm Pickleball Drop In Beginner 2-4pm	12 Retirees Meeting 9-11am Book Club 6:30-8:30pm	13 Pickleball Drop In Advanced 9-11am Mah Jongg 1pm Pickleball Drop In Beginner 2-4pm	14 Regular ARC Meeting 8-11am Retirees Tennis 9-11am Board Meeting (Tentative) 6-9pm	15 Pickleball Drop In Advanced 9-11am Communications Committee Meeting 12:30pm Pickleball Drop In Beginner 2-4pm	16 Car Show 10am-1pm
17	18 Pickleball Drop In Advanced 9-11am Bridge Club 1-4pm Pickleball Drop In Beginner 2-4pm	19 Landscape Committee Meeting 10-11:30am	20 Pickleball Drop In Advanced 9-11am Mah Jongg 1pm Pickleball Drop In Beginner 2-4pm	21 Custom ARC Meeting 8-10am Retirees Tennis 9-11am Ladies of Las Sendas 5:30-7:30pm	22 Pickleball Drop In Advanced 9-11am Pickleball Drop In Beginner 2-4pm New Member Mixer 6-8pm	23
24	25 Pickleball Drop In Advanced 9-11am Bridge Club 1-4pm Pickleball Drop In Beginner 2-4pm	26 Retirees Meeting 9-11am	27 Pickleball Drop In Advanced 9-11am Mah Jongg 1pm Pickleball Drop In Beginner 2-4pm OFFICE CLOSED AT 3PM	28 OFFICE CLOSED	29 OFFICE CLOSED	30

# Las Sendas

## DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Pickleball Drop In Advanced 9-11am Bridge Club 1-4pm Pickleball Drop In Beginner 2-4pm	3 Landscape Committee Meeting 10-11:30am	4 Pickleball Drop In Advanced 9-11am Pickleball Drop In Regular 2-4pm Mah Jongg 1pm	5 Custom ARC Meeting 8-10am Retirees Tennis 9-11am	6 Pickleball Drop In Advanced 9-11am Pickleball Drop In Beginner 2-4pm OFFICE CLOSED AT 3PM	7 Breakfast with Santa
8	9 Pickleball Drop In Advanced 9-11am Bridge Club 1-4pm Pickleball Drop In Beginner 2-4pm	10 Retirees Meeting 9-11am Book Club 6:30-8:30pm	11 Pickleball Drop In Advanced 9-11am Pickleball Drop In Regular 2-4pm Mah Jongg 1pm	12 Regular ARC Meeting 8-11am Retirees Tennis 9-11am	13 Pickleball Drop In Advanced 9-11am Communications Committee Meeting 12:30pm Pickleball Drop In Regular 2-4pm Trolley Rides 6-9pm	14
15	16 Pickleball Drop In Advanced 9-11am Bridge Club 1-4pm Pickleball Drop In Beginner 2-4pm	17 Landscape Committee Meeting 10-11:30am	18 Pickleball Drop In Advanced 9-11am Pickleball Drop In Regular 2-4pm Mah Jongg 1pm	19 Custom ARC Meeting 8-10am Retirees Tennis 9-11am Ladies of Las Sendas 5:30-7:30pm	20 Pickleball Drop In Advanced 9-11am Pickleball Drop In Beginner 2-4pm	21
22	23 Pickleball Drop In Advanced 9-11am Bridge Club 1-4pm Pickleball Drop In Beginner 2-4pm OFFICE CLOSED AT 3PM	24 Retirees Meeting 9-11am Pickleball Drop In 7pm OFFICE CLOSED	25 Pickleball Drop In Advanced 9-11am Pickleball Drop In Regular 2-4pm Mah Jongg 1pm OFFICE CLOSED	26 Retirees Tennis 9-11am	27 Pickleball Drop In Advanced 9-11am Communications Committee Meeting 12:30pm Pickleball Drop In Beginner 2-4pm	28
29	30 Pickleball Drop In Advanced 9-11am Bridge Club 1-4pm Pickleball Drop In Beginner 2-4pm OFFICE CLOSED AT 3PM	31 OFFICE CLOSED				

# Las Sendas Lifestyle

Activities to Do – Events to Discover

**PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES AND EVENTS.**

You can register and pay at the Trailhead Members Club or call 480.357.8780. For detailed information, go to [www.thetrailhead.org](http://www.thetrailhead.org).

\*Please note: some classes may be cancelled due to a lack of registrations. Please pre-register early to avoid cancellations.\*

## FOOD TRUCK FRIDAYS— NOVEMBER 1- NEW LOCATION!

In November we will be featuring: Bonzai Boyz, Curbside Crepes, The Corndog Company, The Cheesesteak Joint, East Coast Joes, Eur Haus Truck, White Mountain Food Co, Drive Wood Fired Grill, Zpotes, Iceberg Shake Truck, Waffle Love, Soda Rush, Frosted Frenzy Cupcakes, Bites Donuts! We'll have live music from At Wit's End and family fun! So bring the family out, buy some delicious food and spend your evening with us!

**This event is brought to you by Las Sendas Community Association, KOR Properties and the new Fat Cats in Mesa. For more information and upcoming dates:**  
[www.facebook.com/MesaFoodieFridays](http://www.facebook.com/MesaFoodieFridays)

Location: **Boulder Mountain Parke**  
Date: Friday, November 1  
Time: **5-9pm**  
Fee: Depends on individual truck menu prices

## NEW MEMBER MIXER

Mingle with fellow residents, meet and greet the community association team. All residents are encouraged to take part in this event, but we especially encourage new residents to come and meet staff in an informal setting! There will be live entertainment, appetizers and you get to bring your own "BOC" – beverage of choice...

Location: Trailhead Parke  
Date: Friday, November 22  
Time: 6-8:30pm

## BREAKFAST WITH SANTA - SATURDAY, DECEMBER 7

One of Las Sendas' most popular events is coming soon! Registration opens Friday, November 1 and closes Monday, December 2. Please do not wait to register for this event; space is limited to 110 guests per serving. Enjoy a delicious catered breakfast from the Las Sendas Golf Course and engage in some fun family time. The jolly man in the red suit will visit each child who attends. Make sure you bring your cameras!



Time: 8:30am & 11am  
Cost: \$5 for children, \$10 for adults

## COMMUNITY CHRISTMAS LIGHTS - FRIDAY, DECEMBER 13

Light up the holidays by decking your house out with Christmas lights or luminaries. Get your neighborhood involved and make it a street party! Tell us about your street or neighborhood and we'll drive the trolley by!

Register for "Ollie the Trolley" starting on Friday, November 1 – Wednesday, December 11. Be sure to select your departure time. Advance registration required.

## COMMUNITY CHRISTMAS LIGHTS - CONT.

Time: Trolley Rides run every 30 minutes starting from 6-9pm  
Cost: \$5 per person; fee includes hot cocoa and cookies!

## Save the Date for the following exciting events...

**Snow Day – Saturday, January 26**  
**Valentine's Dance – Saturday, February 9**

## For the 2019 | Save The Date calendar section, please add the following fall/winter Pickleball Drop-In schedule for November and December:

Pickleball Drop-In  
Monday, Wednesday, Friday  
Advanced Group 9-11am  
&  
Monday, Wednesday, Friday  
Intermediate & Beginner Group 2- 4pm

## FUN DROP-IN PICKLEBALL

This fun group has been organized as a player-managed social group for Las Sendas residents, designed for you to drop-in without any prior sign-up or cost. Just come and have fun playing the fastest growing sport in the country while making incredible new friends!

Players split into advanced, intermediate and beginner categories and choose a level of play based on their ability and where they feel most comfortable. Players form groups of four, determine partners and begin playing on one of the reserved courts. A paddle rotation system ensures players have an opportunity to play with different partners and in different groups of four during the drop-in times.

We play on the Pickleball courts at Boulder Mountain Parke. The advanced Pickleball players play on Monday, Wednesday and Friday from 9-11am. The intermediate and beginner players play on Monday, Wednesday and Friday from 2-4pm. All ability levels are welcome to play during the drop-in sessions.

If you are interested in joining us for some fun social interaction, want some exercise or develop your Pickleball skills, just drop-in and give us a try!

Contact [dorisbrashear@cox.net](mailto:dorisbrashear@cox.net) to have your name added to the drop-in email distribution list or contact Doris via email if you have any additional questions.

## RETIRES PLUS TENNIS

The winter season with comfortable temperatures has arrived and we are looking forward to welcoming back our regular winter visitors as well as any newcomers with an interest in playing tennis.

If you like to give our group a try, please join us for a fun and relaxed interaction on Thursday mornings 9-11am on the Sonoran Hills courts (lower courts). All skill levels are welcome, no fees or sign-ups required, just drop in.

**For more information, call Ulla Kukora at 215-920-1788**

# Las Sendas



## Classic Car Show

FOOD MUSIC COMMEMORATIVE T SHIRTS



SATURDAY NOV 16, 2019  
10:00AM-1:00PM  
Boulder Mtn Parke

### TROPHIES & AWARDS

BEST IN SHOW - 2ND  
PLACE - 3RD PLACE -  
BEST TRUCK - BEST  
MUSCLE - BEST FOREIGN -  
BEST DOMESTIC



**Pre Registration Required!**

Limited to 75 Cars  
\$20 Registration fee includes  
commemorative tshirt & dash plaque  
Car registrants may arrive at 8am and  
park in assigned spot  
For more information email Kristha at  
[klima@thetrailhead.org](mailto:klima@thetrailhead.org)

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## Gentle Movement Class for Kids



Have you experienced your child having a hard time recognizing and sorting emotional, social interactions and cues that affect learning in and out of the classroom?

Has unwanted behaviors occur? This because some children's brains are unable to transform the stimulation received into meaningful information.

### How Can Gentle Movement Class Help Your Child?

Gentle movement class focuses on helping the brain do its job better. This happens through slow and gentle movements that calm down the nervous system and wakes up the brain.



### Movement Class has Helped Children With:

- ADD/ADHD
- Learning Disabilities
- Asperger's Disorder
- Autism
- Down's Syndrome
- Scoliosis

### Parents and Caregivers note that their child:

- Sleeps better
- Pays attention longer
- Has an improved mood
- Has better balance
- Shows better problem solving skills

## Philosophizing From a Strength Coach

By Mark Swartz

*"To a person with a hammer, everything looks like a nail."*  
— Twain/Maslow/Kaplan/Baruch/Buddha/Boyle/Unknown

This expression, also known as "the Law of the Instrument", refers to relying almost solely on one instrument or tool. This can also be an analogy for a person that hasn't been exposed to the multitude of strength exercises that can be utilized to create a comprehensive strength program. A common example, (yes, I'm calling out the male species right now) is a workout that consists of the chest press machine, barbell bench press, dumbbell bench press, and push-ups. They're all basically the same exercise!!!

What is missing is work addressing the posterior portion of the torso (the back), some type of knee dominant exercise (squats, etc.), and gluteal/hamstring strengthening. Not to mention other important components such as torso stability, rotational power, shoulder stability, etc.

One of our objectives is to help educate our members and residents on the science of exercise, in this case, strength program design. Individuals can choose whatever exercises they desire, but there is a structure to exercise selection in a strength program, to help avoid orthopedic issues caused by imbalances between various muscle groups.

If you'd like more in depth explanations, check out the videos on the Las Sendas Spa & Fitness Center Facebook page.

## It's All About The Journey - Tuesday, November 5, 6pm

Start off the fall by taking a short, but life-enhancing, trip inside of yourself to discover and reclaim personal resources and insights which may have gotten lost from life's stressors, such as the demands of family, work, aging, illness. This trip will focus on finding essential elements within yourself from which you can tap, grow and flourish.

Every journey needs a roadmap, and the best way to reach your destination is by having a clear plan. The journey of life is your greatest one of all, and by completing the attached Life Satisfaction Scale and joining a group of friendly like-minded trailblazers, you too can be part of a positive plan for a successful adventure.

Positive psychology research has opened up a myriad of opportunities for achieving personal growth and happiness by identifying your positive emotions and coping resources in order to experience overall life satisfaction.

Please join Susan Christensen, Ph.D., as we start to explore our highways, byways and dusty roads to guide arrival at your unique destination of personal happiness and life satisfaction. Additional explorations will occur over the next several months based on the travelers' specific interests and goals. Plan to be a part of this adventure, and remember, life is what you make it.

Dr. Christensen is retired from 35 years as a school psychologist, lives locally in Las Sendas, and is a licensed educational psychologist, therapist and certified cognitive behavioral therapeutic coach. She presently works part-time tutoring and advocating for special needs children and has a private coaching practice.

The Trailhead will be the location of this special event on **Tuesday, November 5 at 6 pm.**

Cookies and drink will be served while on your journey to make

your trip more comfortable! In preparation for this event please complete the following 5-question survey and bring your results with you when you come.

### Scale:

Instructions: Below are five statements that you may agree or disagree with. Using the 1 - 7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

- 7 - Strongly agree
- 6 - Agree
- 5 - Slightly agree
- 4 - Neither agree nor disagree
- 3 - Slightly disagree
- 2 - Disagree
- 1 - Strongly disagree

- \_\_\_\_ In most ways my life is close to my ideal.  
 \_\_\_\_ The conditions of my life are excellent.  
 \_\_\_\_ I am satisfied with my life.  
 \_\_\_\_ So far I have gotten the important things I want in life.  
 \_\_\_\_ If I could live my life over, I would change almost nothing.

### Scoring:

Though scoring should be kept continuous (sum up scores on each item), here are some cut-offs to be used as benchmarks.

- 31 - 35 Extremely satisfied
- 26 - 30 Satisfied
- 21 - 25 Slightly satisfied
- 20 Neutral
- 15 - 19 Slightly dissatisfied
- 10 - 14 Dissatisfied
- 5 - 9 Extremely dissatisfied





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# Relaxation

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(Cellulite reduction & Skin tightening)

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(Includes: Hydrofacial, radio frequency, derma planing, peel, O2, 75 Min.)

### Las Sendas Spa at The Trailhead

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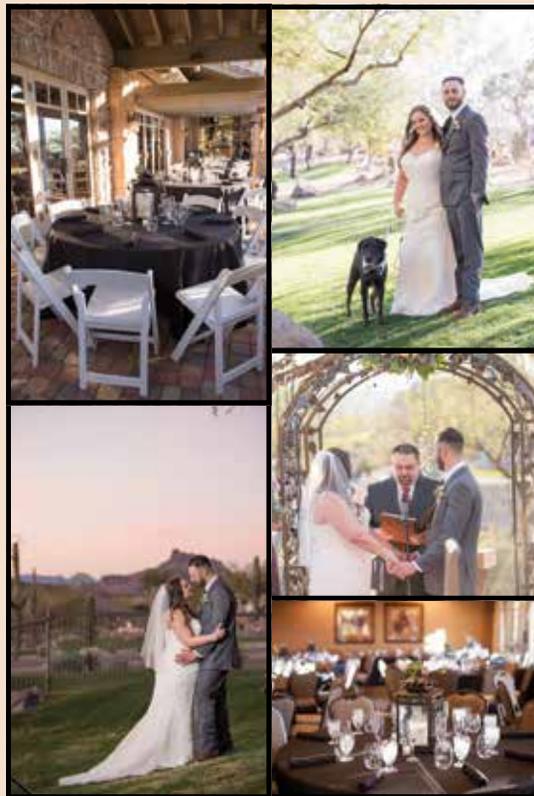
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to schedule a tour today!

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## Las Sendas Run/Bike/Tri Group

Las Sendas Run/Bike/Tri Group was founded in 2001 by Beverly Crupi, to provide the opportunity for runners, cyclists and triathletes of all levels to train together. Our mission is to provide a supportive and motivating environment for athletes to train and compete together. In coming together, we are able to achieve far more than we can on our own.

We post a weekly core schedule on Facebook or contact Beverly Crupi at [bcrupi@cox.net](mailto:bcrupi@cox.net).

## Las Sendas Corvette Club

The Las Sendas Corvette Club was founded with the sole purpose of bringing community Corvette enthusiast together. The Corvette Club is open to all community residents who own and share a passion for these cars. We are a very informal club with no club fees or monthly meetings to attend. We normally have monthly social events that includes a cocktail social hour followed by a club dinner. We also plan monthly drive trips to points of interest around the southwest, participate in local car shows, and attend other Corvette related functions.

Our club owners Corvettes represent each of the seven generations of Corvettes from 1953 to 2019. The 2020 mid-engine (eighth generation) Corvette is not in production yet but as a club event this August, we traveled to the Corvettes at Carlisle (PA) car show to view several pre-production C8 Corvettes first hand and talk to key members of the Corvette design team. This is one of many events this club participates in.

For additional club information, please contact Gary McMartin at [gary.mcmartin@outlook.com](mailto:gary.mcmartin@outlook.com) or Mel Hahn at [mellone747@hotmail.com](mailto:mellone747@hotmail.com)



## Las Sendas "Adopt-a-Street"

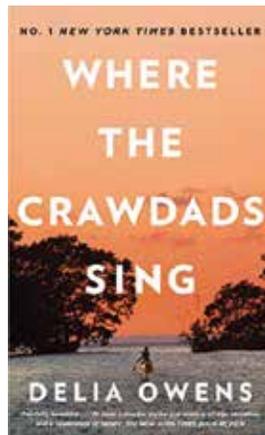
Neighbors & Friends - Las Sendas Community Association Volunteers have been participating in the City of Mesa's Adopt-a-Street program for the past 17 years (starting in 2002), and will continue doing so again for 2019. Over the years, many dedicated volunteers have collected tons of litter along Power Road, adjacent to Las Sendas' western-most boundary.

We're always looking for volunteers to join us with these clean-ups, which takes about 2 hours to complete.

Please contact John Oldham at [jhold62014@gmail.com](mailto:jhold62014@gmail.com) for more information.

## Las Sendas Book Club

The Las Sendas Book Club is open to everyone in the community. Meetings are held on the second Tuesday of every month from 6:30 – 8:00 pm at the Trailhead Members Club. This is a wonderful way to get to know your neighbors, read interesting books and enjoy lively conversation. New members are always welcome. For more information about the book club please contact Janet Bartelt at 480 206-5089 or [janet.k.bartelt@gmail.com](mailto:janet.k.bartelt@gmail.com). See you there!



**November 12**

**5:30 pm Book Selection for January-May, 2020**

**6:30 pm *Where the Crawdads Sing* by Delia Owens**

For years, rumors of the "Marsh Girl" have haunted Barkley Cove, a quiet town on the North Carolina coast. So in late 1969, when handsome Chase Andrews is found dead, the locals immediately suspect Kya Clark, the so-called Marsh Girl. But Kya is not what they say. Sensitive and intelligent, she has survived for years alone in the marsh that she calls home, finding friends in the gulls and lessons in the sand. Then the time comes when she yearns to be touched and loved. When two young men from town become intrigued by her wild beauty, Kya opens herself to a new life—until the unthinkable happens.

Perfect for fans of Barbara Kingsolver and Karen Russell, *Where the Crawdads Sing* is at once an exquisite ode to the natural world, a heartbreaking coming-of-age story, and a surprising tale of possible murder. Owens reminds us that we are forever shaped by the children we once were, and that we are all subject to the beautiful and violent secrets that nature keeps.

December 10: Holiday Celebration at The Patio! For more information, call Janet Bartelt at 480 206-5089 or email at [Janet.k.bartelt@gmail.com](mailto:Janet.k.bartelt@gmail.com).

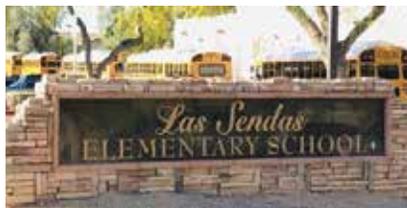


**Clean-up Dates/Times for 2019\*:  
December 14th - 8:00 AM**

\*(We meet in the Walgreens parking lot located at the corner of Power & Thomas Road)

## Las Sendas PTO Board

In 2016 Las Sendas Elementary School received the designation of an A+ School of Excellence. The A+ designation is kept for 3.5 years as long as eligibility requirements are met. With 2020 fast approaching, Las Sendas Elementary has begun the process to earn the A+ School of Excellence designation for a second time.



In existence since 1983, The A+ Schools of Excellence Program is a comprehensive school assessment initiative that encourages teams within schools to identify areas of excellence including teaching, learning, environment/climate, community building and leadership.



It recognizes and celebrates excellence and encourages school communities to work together in assessing performance against set criteria and improving where opportunities exist. Ideally the sharing of best practices occurs within the school itself and also with other schools within the district. The process to be awarded the A+ School of Excellence designation is a rigorous one and requires input, participation and support of all faculty and staff as well as parents and families of children attending the school.

Las Sendas is an A+ School of Excellence because of the talented and dedicated team that work hard each day to provide the best learning environment possible for every student. One thing you will notice when spending time at the school is a strong sense of community. There is something special happening there and its palpable when you walk onto campus.

There is pride in being part of a flagship community and there is gratitude for the amount of support the school receives from this community. Participating in school events, volunteering time to help students, showing up every day to man cross walks, and generously donating to PTO fundraisers and ECA tax credit dollars, are just some of the ways Las Sendas residents have supported principal, Mr. Kaczmarek, and his incredible team of teachers. It takes a lot to create a school like Las Sendas and our community is a huge part of what makes it unique.

An important way the elementary school is supported by our community is through Extracurricular Activity (ECA) tax credit donations. Extracurricular activity means any optional, noncredit and nongraded educational activity that supplements the educational program of the school. Some specific examples of these at Las Sendas are intramural sports, clubs such as the Drama Club, performing arts such as the Suzuki violin program, and classroom enrichment programs. All can be funded through ECA donations. Thanks to AZ tax law, eligible taxpayers can actually qualify for a DOLLAR to DOLLAR credit on their Arizona state taxes equaling \$200 for individuals and \$400 for couples. Even those who don't live within the Las Sendas Elementary boundaries or don't have a child enrolled in the school can participate in the ECA Tax credit program. It is best to consult a tax adviser to see if you qualify and to find out when donations can be made. The best thing about ECA donations is EVERY DOLLAR goes toward activities and DIRECTLY impacts students. Don't miss your chance to support Las Sendas students by making an ECA tax credit donation this year. What an easy way to positively impact students' lives forever.



## Retirees

By Carolyn Suever

Hi everyone - hope you enjoyed a wonderful summer! It's time for the Las Sendas Retirees to welcome our friends from around the country back to our regular meetings and festivities. The group's regular schedule for meetings is the 2nd and 4th Tuesdays of the month beginning at 9:00 a.m. for the social hour, followed by a business meeting and a scheduled speaker and/or program. The meeting is followed by a lunch at a local restaurant and is a great time to reconnect with friends and enjoy a nice lunch out.

The Christmas party this year will be held at the Trailhead club - Red, White, and Brew will cater - more details will follow. Also, Dick Wilson has reserved our tables for The Rhythm Cats Christmas Show on December 10th. The tickets have increased this year to \$40.00 per person, but the show and buffet is well worth it!

A fall social is still being discussed and planned. Any ideas would be appreciated.

Bocce Ball is starting again on October 9th every Wednesday from 10-12 Noon. You may just 'drop-in' at the courts if interested or reach out to Rosina Lizzul who is organizing. The Las Sendas Retiree's Tennis mixed doubles is also continuing and the time is 9:00-11:00 for the winter months. We would love to see you on the courts. Pickle Ball has new courts and we encourage you to try out this entertaining sport.

There are several leadership positions becoming available this year in the group - a few of our long term volunteers are stepping down and it is now time for some of us to step forward to assume these responsibilities. Please let Rich Trumpfeller, our current president, know if you would be interested.

Looking forward to seeing our current members as well as anyone new who are interested in joining us! It is definitely a fun and educational group! Any questions regarding membership, please contact Rich Trumpfeller, president, at ybcold467@yahoo.com



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BY: Patty Jedike-Hopkins  
Incite Design Studio features handmade, one of a kind fashion jewelry, accessories and special occasion handbags  
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[rubyribbon.com/jenniferharman](http://rubyribbon.com/jenniferharman)

### Heather Dubrosse

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

\*Window to Design (pillows/fabrics)

### Linda Palm

[www.windowtodesign.com](http://www.windowtodesign.com) of body text

### ARTIST: Cathy Demko

Her art career spans forty years. Her vibrant paintings adorn homes, museums, offices, and studios worldwide.  
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I am Sylvia Lou, a native of Ecuador South America. I have been creating unique pieces using natural and semi natural stones, crystal, glass and acrylic beads, all types metal components to give my designs a life of their own. Nature and all of its colors, inspires my work [www.JewelryBySylviaLou](http://www.JewelryBySylviaLou)

### PAWSH PUP STUFF

By: Carrie Griffith  
I'm a full time teacher and part time maker. My first love is teaching and my second is loving all the dogs! Lilly is my co-creator, inspiration, and model. I enjoy making things for my little fluff, and I'd love to make Pawsh stuff for your puppy too!

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### STELLA & DOT

By: Jessica Stevenson  
Independent Stylist for Stella & Dot. Stella & Dot is a fashion and lifestyle brand lead by Independent Stylists. Every purchase supports an independent woman in business, her local community, and Stella & Dot's greater goal to create flexible income for women around the world  
[www.uniquelychic.net](http://www.uniquelychic.net)

### kegelbell

By: Stephanie Schull PhD  
The Inventor and Founder Stephanie Schull, PhD, aims to change the game for millions of women with radically effective products that are safe, natural and get to the heart of the matter. Her first product, Kegelbell, is the only externally weighted training system to strengthen the hard-to-reach pelvic floor muscle so essential to vibrant health. She designed it to help busy modern women do a super kegel in less time with incredible results. [www.kegelbell.com](http://www.kegelbell.com)

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