

March / April 2013

The Vision

Las Sendas Community Association



Member Mixer

Neighborfest

Landscape Update

Las Sendas Lifestyle

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 Valhalla Community Magazines
www.Valhalla360.com



The Official Magazine of Las Sendas Community Association

This magazine is delivered to all homeowners and businesses in the Las Sendas Community bi-monthly. You have received this publication because your HOA 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.





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A YEAR IN THE LIFE

12 MONTHS OF LAS SENDAS REAL ESTATE



2012 was a year of many changes in the real estate market in Las Sendas, as the following facts illustrate:

231 homes sold in 2012, up from 221 in 2011.

The average price per square foot **increased 2.4% year over year.**

Selling a home took only 110 days in 2012, too, compared with 154 days in 2011.

Remember when there was a huge chance your property would not sell? 2011 produced a total of 38 expired listings, while only 13 properties expired in 2012.

The **signs of recovery** are everywhere, and unmistakable. **Yet prices are still well below the historic highs of 2005.**

Signs ahead for 2013:

- Increased new construction starts
- Projected gradual price increases

QUESTIONS? CALL ANN TODAY FOR A PERSONAL CONSULTATION. 480-789-9584

Meet Your HOA

Las Sendas 2013 Board of Directors

President
 Jeff Brugos jeffbrugos@aol.com

Vice-President
 Joe Ballway jhballways@cox.net

Secretary
 Kevin Roberg lscabod.roberg@gmail.com

Treasurer
 Dave DePietro daviddipietro@live.com

Director
 Nick Camillone PACNAC@aol.com

Director
 David Camp davidcamp50@gmail.com

Director
 Jim Travis lshoaboard@yahoo.com

Las Sendas Community Association Staff Directory

Community Manager
 Doug Austin daustin@thetrailhead.org

Community Asst. Manager
 Anthony Martin amartin@thetrailhead.org

Compliance Coordinator
 Calee Burch cburch@thetrailhead.org

Administrative Assistant
 Rita McDannald rmcdannald@thetrailhead.org

Administrative Assistant
 Pam Pratt ppratt@thetrailhead.org

Patrol Director
 Charlie Ralls cralls@thetrailhead.org

Maintenance Director
 Marc Sparling msparling@thetrailhead.org

Lifestyle Director
 Jennifer Graffice jgraffice@thetrailhead.org

Assistant Lifestyle Director
 Kristha Lima klima@thetrailhead.org



Association Contact Information

Trailhead Members Club
 7900 East Eagle Crest Drive
 Mesa, AZ 85207

Community Association Office
 480.357.8780

Community Association Fax
 480.357.7687

Lifestyle
 480.832.6900

Trailhead Athletic Club & Spa
 480.832.6900

Community Patrol
 480.220.1794

Rossmar Customer Care Center
 480-551-4300

info@thetrailhead.org
 banquets@thetrailhead.org
 www.thetrailhead.org
 www.RossmarConnect.com/LasSendas

Association Office Hours
 Monday – Friday
 8:00am-5:00pm

Trailhead Members Club Lobby Hours
 Monday – Friday
 8:00am-8:00pm
 Saturday & Sunday
 10:00am-4:00pm

Trailhead Athletic Club Hours
 Monday – Thursday
 5:00am-8:00pm
 Friday
 5:00am-7:00pm
 Saturday
 6:00am-5:00pm
 Sunday
 7:00am-5:00pm

Pool Hours
 Daily
 6:00am-10:00pm

Neighborhood Watch Program

The residents of Stonecliff hosted a tailgating party to celebrate the "Getting Arizona Involved in Neighbors" (G.A.I.N.) event on November 3, 2012. The annual event is supported by the Stonecliff Neighborhood Watch Program (NWP), which was initiated in 2010, and has continued to grow with each block watch party. Neighbors enjoyed pizza and wings provided by their NWP committee, and everyone in attendance supplied a potluck dish fit for a tailgate party! Great food, fun, and games with amazing raffle prizes all contributed to a wonderful evening. Speakers at the event were Councilwoman Dina Higgins, officers and detectives from the Mesa Police Department and our regional police department liaison, Karen Stegenga. It was a terrific evening spent visiting with and meeting our neighbors as well as learning how we all benefit from participation in the NWP.

For more information on Neighborhood Watch Programs, please contact the Mesa Crime Prevention Officer, Karen Stegenger on (480) 644-5014. Or follow this link to the City of Mesa Neighborhood Watch Site: <http://www.mesaaz.gov/police/NeighborhoodWatch/Default.aspx>.

Emergency Mesa Police # 911
 Non-emergency Mesa Police # 480-644-2211
 LSCA Patrol # 480-220-1794

If you would like us to promote a neighborhood gathering in your community or need help putting something together, email Kristha at klima@thetrailhead.org.



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Las Sendas Board Bits

By Jim Travis

A well-known national service organization has the motto: "Service before Self". While that organization's goals are much loftier than those of most service efforts, they do confirm the value and need our general society holds for service. As with all society endeavors, your Homeowners Association also values and needs the service of all of us living in Las Sendas.

Recent changes in the membership of the Board of Directors have brought talent and ability to the work of the Board. No doubt, the prior Board can document many benefits and achievements it accomplished over the last two years at a vital time in the life of the Las Sendas HOA and the new Board Members bring a potential to continue in a pattern of achievement and value added. I am confident that potential will be realized, but as with the past Boards, the current Board cannot be as successful as its potential warrants without the support, participation and service of HOA Members.

Standing Committees established by the HOA controlling documents are functioning well only due to the talented homeowner volunteers who devote more than a few hours and much wisdom and talent to their tasks. The Finance, Audit, and Architectural Review (Regular and Custom Homes) Committees are currently fully staffed. However, all homeowners are welcome and encouraged to attend these committee meetings to learn of their work and demands on time with an eye on future service on these respective committee. Certainly, all homeowners are also welcome to attend Las Sendas Board of Directors meetings. All meetings are posted on the Las Sendas Website, www.thetrailhead.org.

As a testimony to the need of the Board of Directors for all homeowner expertise, views, and service, the Board has also currently formed two "Advisory Groups" to sharpen direction for specific policy needs. The first advisory group is beginning work on the landscape policy, guidelines and direction. This advisory group will address safety, cost and vista preservation. The second advisory group is the Long Range Planning Advisory Group which will look ahead to HOA needs from three years to the foreseeable future. The Landscaping Advisory Group is currently fully staffed, however slots remain open on the Long Range Planning Advisory Group. The meetings of these groups will also be posted and open.

The names of Committee and Advisory Group volunteers, appear in other parts of the Vision. Talk to them, give them the benefit of your opinions and thank them for their service. Also, call Community Manager Doug Austin or his staff at (480) 357-8780 and let them know of your willingness to serve--now or in the future. We've got a good thing going in Las Sendas, let's keep it that way!

Management Briefs

Landscape Advisory Group

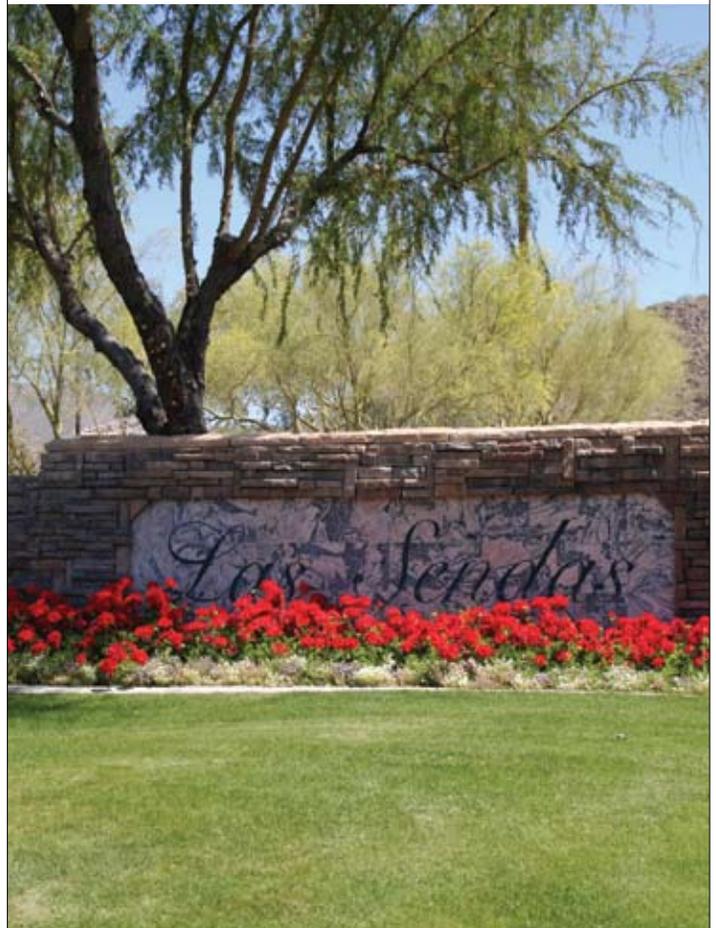
The Board of Directors appointed eight homeowner volunteers to serve on the newly created Landscape Advisory Group (LAG).

LAG's recommendations are limited to landscape plants, trees, or other vegetation in Las Sendas common areas. The Group will not make recommendations on walls, fences, or other hardscape in Las Sendas common areas. The recommendations will include safety, drainage and flooding, invasive weeds, the Las Sendas "persona", and vistas maintenance and enhancements. All recommendations will have costs/budget associated with the recommendation and capital projects, specific to landscaping, where appropriate.

The objectives of the Landscape Advisory Group is primarily to develop a plan to control landscaping costs, develop a plan to maintain and/or enhance vistas unique to Las Sendas, address other "landscaping" issues, such as "dangerous" plants and invasive weeds all while abiding by Mesa Ordinances, LSCA CC&Rs and other governing documents.

All meetings are open to members and will be posted on the bulletin boards at each enclave.

On behalf of the Association, we would like to thank Jenny Nedergaard (chairperson), Don Pike, John Duclos, John Gosik, Lynn Zmistowki, Paul Hruska, Rod Lochmann, and Herb Mattson for volunteering their time!



IT'S A DOGS LIFE (at Las Sendas)...

1. Walk your dog on a leash.

Dog owners are required per City of Mesa ordinance Section 6-4-17(B)1.(2314) and as required in the LSCA CC&R's section 3.13 to keep their dog on a leash at all times when in the community including the parks.

2. Teach your dog five basic commands: sit, stay, down, heel and come.

If he knows these, he'll be easier to control on a walk. An obedience class can help you and your pet with these skills. Practice the commands at home then work up to exposing your dog to public situations to be sure he won't become distracted.

3. Clean up after your dog.

The Las Sendas community has many "doggy pick up" stations throughout the property. Please use these amenities provided to clean up after your pet. It shows respect for your neighbors and prevents the spread of diseases and parasites. This is common courtesy and leaves others with a good impression of dogs and dog owners.

4. Socialize your dog.

Exposing your dog to other people, animals and places on a regular basis helps him become a less anxious and

happier companion. Schedule play dates, look into doggie-daycare opportunities or attend obedience classes to maintain contact with other dogs. If your dog is used to seeing people and other animals, he'll be calmer and less likely to bark on walks.



5. Take time to rest.

Dogs are especially susceptible to heatstroke. To make sure your pup keeps his cool on hot Mesa days, bring water and a portable, collapsible bowl with you on your walk and allow him to take breaks in shady spots. When you get back from your stroll, spray your dog with a hose or let him jump in a kiddie pool.

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Committee Corner

The Audit, Custom and Regular Architectural Committees are seeking new members. For an application visit the Committees page at www.thetrailhead.org under Community or stop by the Association Office. For additional information on the Audit Committee contact Jeff Brugos at jeffbrugos@aol.com; for Regular or Custom Architectural Committees contact Anthony Martin at amartin@thetrailhead.org.

LSCA WEBSITE AND VISION EXPRESS-

We Need Your Email Address!

As part of the management services offered by Rossmar and Graham, the Association has taken advantage of a new community website to assist homeowners in getting access to important information regarding the community. We encourage you to visit: www.rossmarconnect.com/lasendas. If you have any questions regarding the website or issues registering you may contact our Customer Care Center at 480-551-4300. Don't miss out- register today!

Recent Sales

See www.TheLasSendasPage.com, for Complete List

Price	Sq. Ft.	Community	Price	Sq. Ft.	Community
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230,000	1571	Rolling Hills	395,000	2732	Granite Ridge
250,000	1756	Tapestry Mtn.	429,000	2309	Stonecliff
289,000	1756	Mountain Gate	675,000	3487	Legacy Hills
303,000	2226	Desert Vistas	825,000	3829	Black Rock
325,000	2451	Rolling Hills	1,020,000	5538	Black Rock
329,995	1926	Stoneledge	1,400,000	6007	Hidden Canyon
335,000	2369	Highlands	1,500,000	7332	Copper Canyon

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Landscape Update

Plant Management

“Spring Cut Back” and “Selective Pruning”

Plant management is one of the most important concepts to maintaining your landscape. A natural pruning technique promotes the natural beauty of the shrubs and ground covers in the landscape. We have created this information sheet to hopefully help our clients better understand the “Spring Cut Back” and “Selective Pruning” management techniques that we will be using on your property.

Our general definition of a “Spring Cut Back” is removing the bulk of the plant material from the shrub and ground covers so that the shrubs are left approximately 18”-24” tall or the main core of the ground cover. Each plant may be treated slightly different as to its condition, but in essence this practice is a severe pruning of the plant that is typically performed in the spring months. It is not always necessary to cut back all of the plants every year. After evaluating the plants on the property, only certain species or areas may need to be cut back from year to year.

Why perform a “Spring Cut Back”?

1. To revitalize a sheared shrub. When shrubs are continually sheared the plant becomes very woody and bare looking. Also, flowers are continually being removed.

2. Keep the plants contained within their intended space without having to continually shear them. Replacing plants in this situation with plants that will fit the intended space is another solution.



3. Rejuvenating old shrubs by removing older wood and leaving younger healthier wood. This helps to promote flowering since most flowering shrubs will bloom either on 1-year old growth or on new growth.

What can you expect to see from the “Spring Cut Back”?

The first step is cutting back the plant material to an appropriate height. This will also remove any frost damage from the plants that may have occurred during the winter. Typically within the first 30 days you will see new growth appear. As we start into summer you will begin to see more and more flowers on several of the different shrubs and ground covers. Summer is the growing season for a majority of the plants, so this is the time that we want to help control the growth through the use of “Selective Pruning.”



“Selective Pruning” is a method of only pruning the unwanted growth from the plant. This would include awkward growth, crossing branches and deadwood. The goal is to keep the natural look of the shrub and help promote flowering.



Please remember that Pruning is an invigorating process and one of the most important parts of managing your landscape...

Compliance

Parking

In the last few months we have had more inquiries than usual regarding parking in driveways and/or streets. Using your driveway for parking is only permitted for overflow parking when all bays of the garage are occupied with other vehicles, or for vehicles that are too large to fit in the garage. The garage may be used for storage only if vehicles are not displaced. On street parking is only for the temporary parking of guests. Residents are not permitted to park in the street at any time as per the CC&R’s page 16, section 3.17.4. Consider cleaning out unwanted items from your garage. This may free up space for parking.

If you have any questions regarding driveway parking or street parking please call the Community office at 480-357-8780.



Architectural

The purpose of the Architectural Committee is to review and analyze requests to make improvements to the visible exterior of a home and make sure the improvements stay within the guidelines set forth in our CC&R's.

In an effort to provide and protect each individual homeowner's rights and property values, it is required that any Las Sendas Homeowner that is considering improvements to their home which modify the exterior of the home submit an application to the Architectural Committee prior to starting work on any planned improvements. Work may begin as soon as the homeowner receives written confirmation that their planned improvement has been approved.

It is the purpose of the Architectural Committee and the Guidelines to promote those qualities in Las Sendas that enhance the attractiveness and functionality of the community. Those qualities include a harmonious relationship among structures, vegetation (weeds not included), topography and overall design of the community. Some examples of improvements are landscaping (plants, grass, hardscape), painting, security screen doors, sun screens, lighting, just to name a few.

The Custom Architectural Review Committee meets the first and third Thursday of the month while the Regular Architectural Review Committee meets the second and fourth Wednesday of the month and is comprised of Las Sendas homeowner volunteers and reviews all architectural applications submitted.

Guidelines and applications may be obtained from the Association office or online at www.thetrailhead.org.

Put your trust in a neighbor and resident of Las Sendas!

If you are looking to sell your Las Sendas home, please contact us for a no obligation comparative market analysis report and consultation. And YES, we have Las Sendas short sale experience!



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Las Sendas Lifestyle

Activities to Do – Events to Discover

Pre-registration is required for ALL classes and events.

You can register and pay ONLINE or if you are heading over to the Trailhead Members Club and wish to register in person, we accept Visa, MasterCard and personal checks only – NO CASH please. For detailed information, go to www.thetrailhead.org under **Activities & Banquets**. You can find upcoming and future event information and never have to leave your home!

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

NEW Member Mixer!

Enjoy an evening out on our terrace at the Trailhead Members Club! Mingle with fellow residents and meet and greet the HOA staff. Start your weekend off right at this event with live entertainment, appetizers and you get to bring your own “BOC” – beverage of choice...

Location: Terrace at Trailhead Members Club
Date: Friday, March 8th
Time: 6:00-8:00pm
Fee: FREE

Concerts In the Parke with – Fifty Six

Bring your picnic lunch, your favorite beverage, lawn chairs and blankets, and your family and friends to the Trailhead Parke to enjoy some great music. Please make sure to bring plastic containers for your beverages ...



'56 brings back to life one of the purest forms of American Roots music and lays it down with style. From blues-tinged, hip-shakin' rockers like “Johnny B. Goode” and “Shake, Rattle & Roll” to the sultry, starlight ballads of “Fever” or “Love Me”, Bret's silky-smooth, powerful vocals make every female swoon and the fellas want to run out and race with their buddies for pinks! The ethereal twang of Tom's Gretsch Falcon on tunes like “Sleepwalk” and “Honey Don't” are reminiscent of Carl Perkins/Brian Setzer/Duane Eddy while Austins' wing-tipped acrobatics on the stand-up bass have to be seen to be believed! And with Jeff laying down the beat on “Mystery Train” – unbelievable!

Location: Trailhead Parke
Dates: Sunday, March 17th
Time: 2:00pm-4:00pm
Fee: FREE

Easter Egg Hunt

Put on your Easter outfits and bring your baskets to the Las Sendas Easter Egg Hunt and Pancake Breakfast. There will be egg hunts, a bounce house, pony rides, a petting zoo and much more! Boys and girls will be grouped according to age for the hunts. Admission is \$6 per child which includes the hunt and all activities. Las Sendas Boy Scout Troop 487 will be hosting the breakfast and accepting donations. Come into the Association office or go online to register. Registration will be open until Wednesday, March 20th.



Date: Saturday, March 23rd
Time: 7:00am- Pancake Breakfast
8:00am- Easter Activities
9:00am- Egg Hunt

Location: Trailhead Parke
Fee: \$6.00 per child

Ladybug Release

The fifth annual Ladybug Release Party will take place at the Trailhead Members Club. Children will learn easy ways they can help the earth by making changes around the house and within the community and what role ladybugs have in helping gardens stay healthy in a natural way. Please pre-register online well in advance so that we have enough ladybugs for all to release. Registration will be open until Monday, April 15th.



Date: Tuesday, April 16th
Time: 3:00pm-5:00pm
Location: Trailhead Members Club
Fee: \$3.00 per child

NEW Neighborfest

Join us at the Trailhead Parke for one of the biggest parties of the year! The whole community is invited! We'll be serving up some delicious Bar B Que, have plenty of fun family activities and live bands performing throughout the day. Come one, come all! And don't forget to tell your neighbor!

Date: Sunday, April 28th
Time: 1:00pm-5:00pm
Location: Trailhead Parke
Fee: \$5 per person/\$20 per family

Family Chess Nights

We are calling all children and adults who enjoy a good game of chess to join us for an evening of chess action. All ages are welcome, if under 13, please be accompanied by an adult. An experienced chess coach will be available to help with those learning the game; chess sets and clocks provided.

Dates: Thursday, March 7th
Time: 6:30pm-8:30pm
Cost: FREE

TBall- Register NOW!

The season starts with the first team meeting on Wednesday, March 20th. Pick up a jersey and get your schedule for the season. Practices will be held on Tuesdays and games on Thursdays. Parents who are seriously interested in coaching and are able to make the time commitment will receive a discount on their child's registration fees. Email Kristha at klima@thetrailhead.org if interested in coaching by March 18th.

Ages: 3-6 years old
1st Team Meeting: Wednesday, March 20th (Trailhead Members Club)
Time: 5:00pm
Practice Dates: Tuesdays, March 26th – May 7th
Practice Times: between 4:00pm-6:00pm
Game Dates: Thursdays, April 4th – May 9th
Game Times: between 4:00pm-6:00pm
Location: Boulder Mountain Baseball Field
Fee: \$60 per child (includes a jersey & trophy)

Babysitters Training Plus CPR/AED – American Safety and Health Institute *During Spring Break*

This two-day class equips students with the knowledge, skills and confidence to care for infant and school age children. The comprehensive class will teach students how to respond to emergencies and illness with first aid skills, rescue breathing and other appropriate care. Students will earn two certifications one as a certified Babysitter and the other as a certified lay responder CPR/AED child and infant.

Ages: 10-15
Dates: Monday, March 11th & Tuesday, March 12th
Time: 9:00am-2:00pm
Fee: \$94.00 supply fee/instructor fee
All participants must bring a sack lunch

Infant Swim Resource

Give your child the lifesaving water survival and self-rescue skills they need in the water. Infant Swimming Resources teach Water Survival and Self Rescue skills for infants and young children from 6 months to 6 years of age. Having the ability to roll to a float, rest and breath, are essential and vital skills with summer coming. Registering now for classes starting in April. For class information and registration contact Becky Harris at 480-216-8905 or by email at becky@israz.com. Please visit the National website at www.infantswim.com for program information.



LAS SENDAS COMMUNITY TENNIS

THE LAS SENDAS COMMUNITY 2013 WINTER/SPRING TENNIS PROGRAM (January 7th - May 17th)

Contact Lori Thornton at 480-717-7208 or email at lori.trailhead@gmail.com if you have any questions regarding the winter/spring program.

SAVE THE DATE FOR THE FOLLOWING EXCITING EVENTS...

5/3 Cinco De Mayo Member Mixer 6pm
5/18 TAC Member Appreciation Party
5/23 Radio Disney School's Out Bash

PRIVATE AND GROUP LESSONS

One hour private lesson Tennis Pro - \$ 45.00 hour
 One hour semi-private lesson Rate/2
 One hour private group lesson (3 or more) Rate/group
 Lesson package rate Pay for 4 lessons get 5th free

JUNIOR PROGRAM SCHEDULE AND FEES

Level	Day(s)	Time	Cost
Tots I (ages 4-5)	Thur or Fri	4:00 - 4:30 pm	\$ 20.00
Tots II (ages 6-7)	Thur or Fri	4:30 - 5:30 pm	\$ 40.00
Junior Beginners	Mon	4:00 - 5:00 pm	\$ 40.00
Jr. Adv. Beg. & Inter.	Mon & Wed	5:00 - 6:00 pm	\$ 80.00
Junior Competitive***	Mon/Wed/Fri	6:00 - 7:00 pm	\$ 100.00

ADULT PROGRAM SCHEDULE AND FEES

Level	Day(s)	Time	Cost
Ladies up/down league	Mon	7:00 - 9:00 pm	\$ 25.00
Men's up/down league	Wedn	7:00 - 9:00 pm	\$ 25.00
Men's up/down Singles league	Thur	7:00 - 9:00 pm	\$ 25.00
Ladies up/down league	Fri	8:00 - 10:00 am	\$ 25.00

CLINICS

Adult beginners (Co-ed)*	Tues	9:30-10:30 am	\$45.00
Adult Advanced beginners	Fri	9:30-10:30 am	\$45.00
Adult Intermediate Co-ed (3.0)*	Thur	6:00-7:00 pm	\$40.00
Cardio Clinic*	Tues	5:00-6:00 pm	\$40.00
Adult Adv. Co-ed (3.5 & above)*	Tues	7:00 - 8:00 pm	\$45.00
Team Clinics**	M-F	8:00-11:00am	Clinic

RETIRES' TENNIS

Enjoy mixed doubles every Thursday morning at 9:00am with the Retirees Tennis Group. For more information, call Duane Kragness at 602-870-7000.

8 Count Dance

Contact: Andrea T. Polyak
 480-234-3952 or tapdancerdiva@yahoo.com
 www.8countdancestudio.com



Class fee is due to Las Sendas,
 Supply Fee due the 1st day of class to 8*Count Dance
Wednesday Classes: June 5th - June 26th
4 week class

Lil' Tots Class

Does your little one want their own class this summer? This class is great for toddler boys & girls who would like to feel like a big kid & have their own class. This is a busy class with creative movement, free play, tunnel, sport balls, balance beam, hula-hoops & it is so much fun!! Lil' Tots Class is perfect for kids who are experiencing their first class & parents are welcome join us in class.

Time: 2:15pm-2:45pm
 Ages: 18mos -2.5 yrs old
 Class Fee: \$12, Supply Fee: \$5

Summer Fairies

This is all about Ballet & Creative Movement. You will also receive a tutu to wear to class to keep. Ballet shoes are recommended.

Time: 3pm-3:55pm
 Ages: 2.5-4 yrs old
 Class Fee: \$32, Supply Fee: \$10

Summer Fairies

This is all about Ballet & Creative Movement. You will also receive a tutu to wear to class to keep. Ballet shoes are recommended.

Time: 4pm-4:55pm
 Ages: 4-6 yrs old
 Class Fee: \$32, Supply Fee: \$10

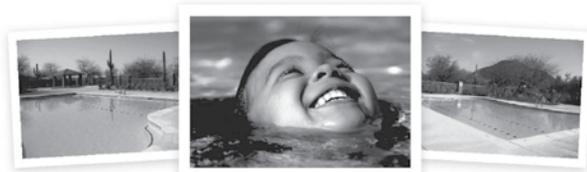
Jazzin' Jumpers-Jump Rope

Come ready to JUMP!!! This class is for students with a lot of energy!! Students will learn basic jumping & turning tricks with single rope, partner & long rope. This class will be exciting and a great way to stay activity inside out of the summer heat! Jumpers will need to come with a water bottle & wear tennis shoes. **Students will need to provide their jump rope.** This class is open for Boys & Girls!!

Time: 5pm-5:55pm
 Ages: 6yrs & up
 Class Fee: \$32, Supply Fee: \$5



Swim Lessons
 at the Las Sendas Community Pools



May through September

Class schedules and online pre-registration at:
www.evoswimschool.com/LasSendas

Swim Lessons

Swim Team

Small Class Sizes

Quality Instruction

480-539-2660

Boulder Mountain Pool - 3252 N. Red Mountain - Mesa, AZ 85207

LAS SENDAS COMMUNITY ASSOCIATION



INTRO TO SOCCER PROGRAM FOR AGES 3 - 6

Providing a controlled environment where kids can learn new soccer skills, develop their character traits and begin to think about the basics of competition.

Impacting Youth

Our goal is simple: To leave a lasting, positive impact on the youth we serve.

Creative Play

Our program offers a high energy, fun, age appropriate introduction to the wonderful game of soccer.

Building Confidence

Our innovative curriculum emphasizes both soccer skills and character development.

Each 50-minute session consists of instruction, skill activities and game play.

Location:	Boulder Mountain Soccer Field			Contact Information: Coach Jason jasonm@soccershots.org 480.415.1696 Kristha Lima klima@thetrailhead.org
Open Play:	March 29 from 4 - 5 pm and March 30 from 9 - 10 am Open field for kids to play, meet the coaches and late registration			
Friday League	April 5 - May 17	4 pm	3 & 4 year olds	
		5 pm	5 & 6 year olds	
Saturday League	April 6 - May 18	9 am	3 & 4 year olds	
		10 am	4 & 5 year olds	
		11 am	5 & 6 year olds	
Costs:	\$75 per player - includes weekly prizes and Soccer Shots t-shirt			

REGISTER ONLINE AT MESA.SOCCERSHOTS.ORG



2013 | SAVE THE DATE!

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Tree House 7:45am-11:30am Spring Training Begins at the TAC	2 Tree House 6:45am-11am
3	4 Retirees Event Tree House 7:45am-11:30am Bridge Club 1pm	5 Tree House 3pm-7:15pm	6 Tree House 7:45am-11:30am Dance	7 Tree House 3pm-7:15pm Custom ARC Committee 8am Family Chess Night 6:30pm	8 Tree House 7:45am-11:30am Member Mixer 6pm	9 Tree House 6:45am-11am Farmer's Market 8am-1pm
10	11 Tree House 7:45am-11:30am Bridge Club 1pm Babysitter Class 9am-2pm	12 Retirees Meeting 9am Tree House 3pm-7:15pm Babysitter Class 9am-2pm	13 Tree House 7:45am-11:30am Regular ARC Committee 8am	14 Tree House 3pm-7:15pm	15 Tree House 7:45am-11:30am Spa Chemical Peel Party 6pm	16 Tree House 6:45am-11am Run/Bike/Tri Club Poker Training Day
17 Quilt Show Concert in the Parke 2pm-4pm	18 Tree House 7:45am-11:30am Bridge Club 1pm	19 Tree House 3pm-7:15pm Book Club 6:30pm	20 Tree House 7:45am-11:30am Dance T-Ball Meeting 5pm	21 Tree House 3pm-7:15pm Custom ARC Committee 8am	22 Tree House 7:45am-11:30am	23 Tree House 6:45am-11am Easter Egg Hunt 8am Farmer's Market 8am-1pm
24	25 Tree House 7:45am-11:30am Bridge Club 1pm	26 Retirees Meeting 9am Tree House 3pm-7:15pm Green Healers Club 6pm	27 Tree House 7:45am-11:30am Regular ARC Committee 8am Dance LSCA Board Meeting 6pm	28 Tree House 3pm-7:15pm	29 Tree House 7:45am-11:30am	30 Tree House 6:45am-11am
31 Easter						

● HOA

● CLUBS

● ACTIVITIES

● ATHLETIC CLUB

Las Sendas

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Tree House 7:45am-11:30am Bridge Club 1pm	2 Tree House 3pm-7:15pm	3 Tree House 7:45am-11:30am Dance	4 Custom ARC Committee 8am Tree House 3pm-7:15pm	5 Tree House 7:45am-11:30am	6 Tree House 6:45am-11am Farmer's Market 8am-1pm
7	8 Tree House 7:45am-11:30am Bridge Club 1pm	9 Retiree's Meeting 9am Tree House 3pm-7:15pm	10 Tree House 7:45am-11:30am Regular ARC Committee 8am Dance	11 Tree House 3pm-7:15pm	12 Tree House 7:45am-11:30am	13 Tree House 6:45am-11am
14	15 Tree House 7:45am-11:30am Bridge Club 1pm	16 Ladybug Release 3pm-5pm Tree House 3pm-7:15pm Book Club 6:30pm	17 Tree House 7:45am-11:30am Dance	18 Custom ARC Committee 8am Tree House 3pm-7:15pm	19 Tree House 7:45am-11:30am	20 Tree House 6:45am-11am Farmer's Market 8am-1pm
21	22 Tree House 7:45am-11:30am Bridge Club 1pm	23 Retiree's Meeting 9am Tree House 3pm-7:15pm	24 Tree House 7:45am-11:30am Regular ARC Committee 8am Dance	25 Tree House 3pm-7:15pm LSCA Board Meeting 6pm	26 Tree House 7:45am-11:30am	27 Tree House 6:45am-11am
28 Neighborfest 1pm-5pm	29 Retirees Event Bridge Club 1pm Tree House 5pm-7:30pm (NEW!)	30 Tree House 3pm-7:15pm				



THE TRAILHEAD ATHLETIC CLUB
and Las Sendas Spa

For Trailhead Athletic Club (TAC) events and classes please contact the TAC front desk at 480-832-6900.

THE MARKET AT LAS SENDAS

Every other Saturday from
8:00am – 1:00pm
at the upper parking lot by the
Trailhead Parke
3/9, 3/23, 4/6, 4/20

Our market includes, Green Bee fresh produce – check out their website at www.greenbeeproduce.com, Paw Prints, Red Mountain Cattle Company, Go lb. Salt, Glorious Foods, Beary's Secret Treasures – Fresh Flowers, Davey Jones – fresh fish from Alaska, Dr. Hummus and Just Like Nanas Fresh Salsa!

Come on up to the market and sample some of their delicious treats!

**SPRING INTO ACTION 50/50 LAS SENDAS RBTC
POKER TRAINING DAY**

Las Sendas run bike tri club “Spring into Action Annual Poker” run is Saturday, March 16th. Pick your distance for your training run, hike or bike and come out and play/train with us.

The poker event is a once year meet and greet training day... in the past several were introduced to the club by coming out for this event. I want to start a new tradition this year of donating 50% of the profits to a charity. This year I picked ALS in honor of Randy Brooks. Dawn Brooks is a member of our club, Randy her husband was her biggest fan and encouraged her to participate in several triathlons, runs and bikes rides before he passed away on Dec 15th. Thank you all for continuing to support efforts to fight ALS. Maybe someday they will find a cure and another family won't have to go through what they did.

Participants: please read the course description it is your responsibility to know the course there will be signs on the trails and some markings on the 6 and 13 mile runs. Please bring your own water. We will have 1 refill water station on run. Please be there early for start time.

- Fee:** \$20 Cash is preferred.
No checks on poker run day
Please give Patti Dennis
or me the money
- Location:** Las Sendas Trailhead Park
- Start time:** 6:00am for all events.
It is a 2 hour event
- Breakfast start time:** 8:00am

I need volunteers for: trail leader, poker dealer at the end after breakfast, Patti is handling money, mountain bike leader. 1 person for Water station. Please sign up for food! Bring your lawn chairs.

Sign up between

March 1st—15th

8 week total body transformation
No TAC membership needed to
Participate.

Customize your contest:

1. **On Your own-**
Starting and ending measurements
Plus a t-shirt
\$25 for Members
\$75 for Non Members
2. **With a personal Trainer-**
8 or more PT sessions
Weekly measurements
Plus a t-shirt
(With this option the \$25 fee is waived)

Spring Training





New Class to begin
March 5th
Tuesdays and Thursdays
10:00 am
Group Training Price
\$100 for 8 sessions

Sign up required Limited space available



ROTATIONAL
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TRAINING™

CIRCUIT SENSE

Tone and build muscles! Burn calories! Enhance cardiovascular ability! Raise your metabolism! This 45 minute class is performed in a rotation with others and is perfect for supporting each other and staying in shape.

Dates: Mondays, Wednesdays & Fridays;
3/4 - 3/29 & 4/1 - 4/26
Time: 11:00am
Fee: \$90 per person/month
\$80 per person/month for TAC members

**TREE HOUSE CHILD WATCH
NEW HOURS!!**

Child care for TAC parents
Our goal at the Treehouse is to provide a safe and healthy environment for your children.

Our Treehouse hours are:
Monday-Wednesday-Friday
7:45am to 11:30am

Tuesday - Thursday
3:00pm to 7:00pm

Saturday
7:30am to 11:00am



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Las Sendas at the Summit
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Red Mountain views,
34,000 sf to build your dream home. Call us for details about the lot plus home. MLS# 4842018

Call us or visit our website to see all available listings throughout the Valley.

We are proud supporters of:

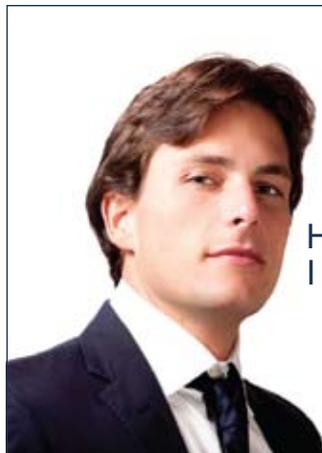
Gabriel's Angels



Pets Helping Kids



We would like to thank our preferred title company, American Title, for their continued support of valley charities.



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I am an Ad.

I am also a salesperson in print.

I talk to the 10,000 perspective customers in Las Sendas every issue. How many do you talk to?

The readers are here, where is your ad?



Valhalla Community Magazines
(480) 634-1708

Spa Specials

Chemical Peel Party at Las Sendas Spa!

We invite you to join us on Friday, March 15th to introduce P.C.A chemical peels to our menu of services. We will be discussing the many benefits of chemical exfoliation as well as performing treatments at a discounted "party" price. Come mingle with the community for an exciting evening with friends and refreshments.

Single treatment "party" price:
\$45.00

Series of 4 "party" price:
\$225.00

Please call 480-832-6900 to RSVP for this event – limited space available.

GO TAKE A HIKE



Join Instructor Bev
Friday mornings from 8am-10am
Meet @ the Trailhead Athletic Club
Free for TAC members
\$5 for non-TAC members

- Please wear shoes with good traction
- Bring water
- Sunscreen recommended



For details or to sign up
call the TAC 480-832-6900

MARCH/APRIL GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am BOOT CAMP Barb K	5:15am SPIN Tica 7:45am PILATES Meg	5:15am BODY PUMP Dawn	5:15am SPIN Dawn	5:15am SKILLS & DRILLS George	7:00am OUTDOOR SPIN Dawn
8:00am CARDIO CARVE Meg	9:00am WATER Brenda		7:45am PILATES Meg	8:00am-10:00am OUTDOOR TREK Bev	8:15am BODY PUMP Rachael
9:00am BODY PUMP Rachel	9:00am SPIN & STRENGTH Bev	8:00am JUST CARDIO WITH TABATA TRAINING Dawn	9:00am WATER Bev	*NEW 9:00am SPIN TICA	9:00am WATER Brenda
10:15am MEDITATION Jolanta	10:30am ZUMBA GOLD	10:15am YOGA Jolanta	9:00am TOTAL BODY George	10:15am YOGA Barb R.	9:30am YOGA Cynthia
5:15pm CYCLE Emily	5:15pm BODY PUMP Rachel	5:00pm SPIN EXPRESS Meg	5:15pm FIGHT FITNESS Dan		
6:30pm ZUMBA Kristin	6:15pm FIGHT FITNESS Dan	5:45pm PILATES CORE Meg	6:15pm BODY PUMP Karen		

*All classes are 1 hour in length unless noted otherwise. www.thetrailhead.org

Send Your Grandkids To Summer Camp!
Just Like You Remember! Just Right!



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- ★ Coed, 6-13
- ★ Well-Trained Staff
- ★ Carefully Screened Staff
- ★ Choice of 30+ Activities
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www.friendlypines.com
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2013 Camp Dates
June 16-29 • June 30-July 14 • July 15-28
8-Day Camps: July 15-21 & July 21-28

Now Enrolling For 2013!

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AZ LIC# 15588 B



For more information, please visit our website:
www.chandlerpestcontrol.com

The Groves Wedding Garden & Reception Center

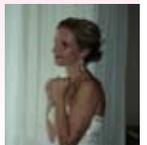
The Groves at Greenfield is a 2000 sq ft facility holding up to 150 guests. Its boasts a tropical outdoor wedding area for receptions and photos, and an indoor facility for receptions and we supply the facility, you are welcome to bring in your own vendors.

We specialize in weddings, receptions, rehearsal dinners, brunches, retirement parties, luncheons, showers, holiday parties, anniversaries and celebrations.

Plan your ceremony in green outdoor area. Relax on our benches or enjoy festivities at our outdoor grill, firepits, and cabana bar. Everything you need to plan your special day all in one place!



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www.thegrovesweddinggarden.com
480-962-0237



Want
success?

Advertise to the
Las Sendas Community.

Call 480.634.1708



Desert Rose Preschool

Desert Rose Preschool at Las Sendas, located at the Trailhead Members Club, is a private preschool for the children of Las Sendas residents only. It operates all year long, with classes for ages 3 to 5. The preschool offers half-day sessions, plus the Lunch Bunch, until 1p.m., and full-day sessions, which run until 3 p.m. We currently are full, with a waiting list. Registration for next fall will be held in March. If you have any questions, please call 480-654-4223, or send an e-mail to jbuttitta@cox.net



Quilt Group

Award Winning Quilts on Display

The Las Sendas Quilt Club will host its ninth annual quilt show on Sunday, March 17, from 1 until 4 p.m. at the Trailhead Members Club, 7900 E. Eagle Crest Drive, Mesa.

Back by popular demand is the award winning "Red Mountain" art quilt! This stunning beauty is a group effort by twelve members, each making a block interpreting a view of this Arizona landmark. Individual techniques vary from appliqué to thread painting to foundation piecing - and all combine for an unforgettable quilt. Prize-winning quilts from the 2012 Payson Quilt Show also will be on display.



With over 100 projects displayed, there will be something to enchant every viewer - art quilts, traditional quilts, purses, pillowcases, table runners - each one reflecting the personal color palette and style of the creator. (You'll even see several dog beds made from quilt scraps. Yes, quilters are a thrifty and resourceful group!)

An admission donation of \$1 is suggested. All monies collected will be given to Sunshine Acres Children's Home in Mesa. Free (and delicious) refreshments will be served all afternoon. The Club membership boasts several nationally published quilt designers as well as teachers and artists. Their designs, along with the imaginative offerings of all 31 club members, will be on exhibit.

Green Healers Club

Mission statement "Healing the earth one home at a time". The GREEN HEALERS are a group of Las Sendas healers, acupuncturists, therapists, aromatherapists, nutritionists, authors etc. who respect the earth and the environment. Most of our members offer or use natural healing in some form.

GREEN HEALERS will be offering education and inspiration to our community on all topics relating to natural living: environmental awareness, alternative healing practices, organic nutrition, and generally reducing our human impact on the beautiful Las Sendas landscape. They will offer monthly meetings combining special guests who are experts in some of these areas to

Do You Have a Copy Yet?



The first book depicting Las Sendas and its 100 year history is now available!

On December 6th, 2012 the Las Sendas History Project hosted a book launch at the Trailhead Members Club for the new publication entitled **Las Sendas: The Dreamers, The Builders, The Community Many residents and honored guests attended including Mesa Councilmember Dina Higgins.**



From Left to Right:
Co-authors: Katherine Karpinsky, Janet Patrick and Councilmember Higgins. 12/6/12.

The 6x9 paperback is still available for a limited time at a cost of only \$10.00 a copy.

Learn more about how the community came to be and special community features including the unique Carillon bell tower and the Spirit Collection of bronze statues.

Treasure information about this wonderful community we all call "Home"...Secure a copy of the new book while supplies last!

For more information:

See the display at the Las Sendas Golf Course's Golf Shop, the Trailhead Members Club's front desk or call Katherine Karpinsky @ 480-776-7972 (cell).



Proceeds from the sale of this book benefit the Mesa Historical Society and Museum.

speak and educate, and also invite all members of the community to share their contacts and ideas with one another. Las Sendas is filled with people who are environmentally aware and would like to be more conscious, and we hope that by forming this group we can strengthen that influence in our community and be recognized as a "Green", "earth-friendly" place. Come Meet and learn more about the GREEN HEALERS!

First meeting date: Tuesday, March 26th
Time: 6:00pm
Location: Trailhead Members Club Conference Room

Adopt a Street

The Las Sendas Community has adopted a section of street on Power Road just north of Las Sendas. We are looking for approximately 6 volunteers to help keep the community clean and beautiful. If you are interested in volunteering the next clean up is scheduled for **Saturday, April 13th, 2013** 8:00-10:00 am, please call the TAC at 480-832-6900. Post clean-up beverages and snacks available for volunteers. Thank you to Hensley Beverage Company and McDonalds on Power/McKellips for sponsoring these refreshments.



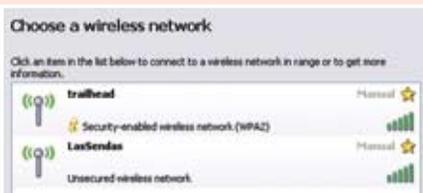
Wireless Access at The Trailhead

Las Sendas has two wireless networks; one is available for public use:

- Las Sendas – public access to the Internet.
No Access to office network.
No password required.
- Trailhead – Secured access to the Internet and office network. Password required.

Right click on the Wireless Icon.

1. Select “View Available Wireless Networks”
2. Select Las Sendas for open access to the Internet (guests)



Camelot Concrete

Camelot Concrete is unique, elegant and enduring concrete works, all original designs, created at our facility in Mesa. Choose from the historical and more ornate collection or from our contemporary pieces that have cleaner lines and less ornamentation. All designs are available in natural finish or one of our eight stain colors. A state of the art mixture allows Camelot Concrete to produce works of the utmost beauty, strength and durability with incomparably smooth surfaces and depth of detail.

Camelot Concrete is committed to quality, innovation and customer satisfaction. We look forward to furnishing your home with containers that are extraordinary in quality and design. When you choose a Camelot Concrete piece you have a work of art for life.

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- Concrete Fireplace Surrounds and Mantles
- Concrete Architectural Details
- Concrete Fire Pits



Pat Janis
480.227.2776

www.camelotconcrete.com



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Call Today! 480.634.1708



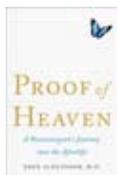
Las Sendas Book Club

The Las Sendas Book Club is open to everyone in the community. Meeting are held on the third 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 Tiphani Steinhoff-Wolkins at 425-765-2699 or tiphani@comcast.net

March

Proof of Heaven: A Neurosurgeon's Journey into the Afterlife

Author: Eben Alexander M.D.
Neurosurgeon, Dr. Alexander knew that NDEs feel real, but are simply fantasies produced by brains under extreme stress. Then, Dr. Alexander's own brain was attacked by a rare illness. For seven days he lay in a coma. Alexander's recovery is a medical miracle. But while his body lay in coma, Alexander journeyed beyond this world and encountered an angelic being who guided him into the deepest realms of super-physical existence. No scientist or person of faith will be able to ignore it.



April

The Story of a Beautiful Girl

Author: Rachel Simon
It is 1968. Linnie, a young white woman with a developmental disability, and Homan, an African American deaf man, are locked away in an institution and have been left to languish. In love, they escape, and find refuge in the farmhouse of Martha, a retired schoolteacher and widow. Linnie has just given birth to a baby girl. When the authorities catch up to them that same night, Homan escapes and Linnie is caught. Linnie whispers two words to Martha: "Hide her." And so begins the 40-year epic journey of lives divided yet drawn together by a secret pact and extraordinary love.



May

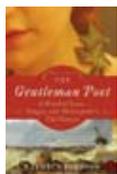
One Book AZ Choice

Since 2002, the Arizona State Library, Archives and Public Records Office has hosted One Book AZ, a statewide project aimed at promoting literacy and fostering a sense of community. This program encourages communities across the State of Arizona to read the same book at the same time and participate in discussions and programs centered around that book that will increase their knowledge and appreciation of Arizona's unique history and culture. We will announce the book title at our March meeting.

June

The Gentleman Poet: A Novel of Love, Danger and Shakespeare's Tempest

Author: Kathryn Johnson
Many scholars believe one of Shakespeare's most beloved plays, The Tempest, was inspired by a shipwreck and true tale of survival that captured the imagination of 17th-century London. But what if the greatest playwright of all time didn't simply read about the wreck of the Sea Venture off the Bermuda coast? What if Will was on board, fleeing powerful enemies, daring one last great adventure near the troubled end of his career?



Las Sendas Retirees Submitted by Judy Hanley

Hello from the Retirees Club!

Our year is well underway with meetings, programs, lunches and two social events coming up this spring.

Many of our winter visitors have returned and it is always fun to catch up with them. Programs have already included a return visit from Cindy Shank, aka "the sheep lady", and a wonderful presentation on Las Sendas, by the authors of "Las Sendas: The Dreamers, The Builders, The Community", Janet Patrick and Katherine Karpinski of the History Project. They, along with others, including several members of the Retirees' group, did all the research and work to produce this informative book.

The first social event of the season will be on Monday, March 4 from 7-9 p.m. at the Trailhead Members Club. Chairpersons Ron Kingma and Carolelynn Prusansky promise a lovely evening, showcasing music, art and photography, from many of our own members, complete with hors d'oeuvres and dessert.

In April there will be a group going to the Arizona Opry, coordinated by Dick Wilson. This popular annual event is sold out, but Dick is always looking for alternates in case of late cancellations.

Later, on April 29, Bill Hall and Lana Taylor are hosting our second social event, in the planning stages as this goes to press, and it will be a Country/Folk Karaoke Night. Sharpen up those vocal cords and join us!

Our trip this year will be to Tucson in October. More details coming at future meetings. Ongoing activities include hiking, moderate to difficult, on Fridays, contact person Don Pike, don.pike@cox.net. Easier, shorter hikes on Wednesdays, contact person Martha Harrison, artsmurf5@gmail.com. There is also a Bridge group and for information about that group you can contact Elaine Wiesner, elainewiesner@centurylink.net.

All Las Sendas residents are welcome to attend any meeting. Beginning at 9:00 am for coffee and socializing, the program starts around 9:30 am and ends about 10:30. After a short business meeting, many of the group heads to a local restaurant for lunch. Meetings are held on the 2nd and 4th Tuesday through May, with one meeting on the 4th Tuesday from June through September. We look forward to seeing you! For further information, contact Karen Jaskowski at 480-654-9977 or karenjas@cox.net.



Las Sendas Women's Group

Have you been out with the Las Sendas Women's Group lately?? If you've never joined us or haven't come in a while, we want to welcome you out for March and April! We'll take advantage of our beautiful weather and enjoy the outdoors. Feel free to send in suggestions for activities or speakers. We want this group to fit your needs and interests while still remaining fun and social!

If you're new to the area or a long-time resident, you just might find what you're looking for in the Women's Group. We have lots of new residents moving in our great community, so come on out, get to know some new friends and have fun in the process! To be added to the email mailing list, please contact Tina Reed (silversales247@msn.com).

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