

# D M L I F E

DESERT MOUNTAIN CLUB MEMBER PUBLICATION | SPRING ISSUE 2020

## FIND YOUR A-GAME

*A New Start  
in 2020*



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## A LETTER FROM OUR LEADERSHIP TEAM

DAMON DIORIO CCM, CCE, CEO Desert Mountain Club

### Welcome to DM Life!

Often, we speak about the many reasons why we treasure Desert Mountain and call this beautiful Club and community home. A philanthropic spirit consumes all of us, and this core value of giving and care is what creates **DM Life**. From the world's finest collection of Jack Nicklaus championship golf courses, to our award-winning Sonoran Clubhouse, 10 distinct dining destinations, incredible hiking trails and an outdoor playground unlike any other on the planet. We are truly blessed.

As we begin an exciting new decade, **DM Life**, our Club magazine, has been refreshed to reflect the dedicated pursuit of our vision; to be the finest private golf and recreational community in North America. We believe we can achieve this vision by working together with our membership, by listening and learning more about you and what inspires your family. Then, and only then, by applying what we learn, we are well-positioned to deliver on creating personalized experiences that forge lasting memories for you and your family for generations to come.

Our Long-Range Facilities Plan has been conceptualized as a true collaboration, with our members' feedback, active participation and support guiding every step of the way. This comprehensive planning process has led to the development of Phase 1 plans that are now ready for formal presentations and a member vote. More than 900 members have participated in this process through behind the scenes tours, coffee talk meetings on this topic, focus groups, design team presentations and exit surveys over the past 13 months. This engagement by our members has been vital to identify the elements in Phase 1 and refine the plans for what we propose in February for your consideration and vote.

As you have read in the Mountain Minute, Phase 1 of the Long-Range Facilities Plan consists of three components. It is critically important to understand that we need a 50% quorum and a favorable majority of support for the vote to pass. Our continued prosperity, realizing operating efficiencies and vastly improving the facilities that your family deserves, depends on your vote. We respectfully ask that you please participate and tell a friend. Our Club is on solid financial ground and the Phase 1 enhancements will be paid for with cash, without the need for any new debt or assessment. Not only will this work be paid in cash, but we will vastly improve our enjoyment of Renegade and realize many economic efficiencies in the process.

The three components of Phase 1 are as follows:

- First, we will relocate purchasing and receiving from the basement of C/G to an appropriately sized facility outside the

gates adjacent to the Fairways Office building. This will eliminate the need for dozens of very large tractor trailer delivery trucks navigating their way up and down the parkway each day to C/G. It will afford us with a new recycling plant for paper, cardboard and plastic; a new laundry facility and bulk buying potential that does not exist today due to the limited facility in the basement of C/G.

- Second, we will build a pastry kitchen in the lower level of C/G. A club our size should have a dedicated space for fresh bread, pastry and dessert preparations. Without these facilities, our culinary team must work odd hours in awkward spaces at Constantino's to complete the limited pastry and baking offerings we want to expand upon for your enjoyment.
- Third, we will re-configure the Renegade facilities to include a new clubhouse, convenient member parking, and an improved golf practice area. The enhancements will vastly improve the Renegade dining experience and add a cozy and enjoyable bar/lounge and casual restaurant.

The merits of the plans are substantial, and we can vastly improve our facilities while realizing cost savings in all three elements of this phase. Please turn to pages 2 and 3 to learn more about Phase 1 of the Long-Range Facilities Plan.

We look forward to sharing the final proposed details for Phase 1 in the member presentations scheduled for February 20 and 21 at Sonoran. Please RSVP, attend, bring your neighbor and vote! As we have done from the very beginning of this process, we welcome your attendance, questions and thoughts. For further details, all the presentations and videos over the past year are also loaded on our member website under My Club, 2020 Election/Vote.

Desert Mountain is unlike any other club and community in the world. We are deeply dedicated to providing a safe, healthy and positive club experience that forges a meaningful impact on your life. Thoughtful communication and collaboration are at the heart of how we connect and grow stronger as one, thriving community.

We hope you enjoy **DM Life** as just one of many communication touchpoints in our ongoing quest to inform, serve and inspire our exceptional membership. On behalf of our entire team, we wish you and your family a safe, healthy and enjoyable year at the Club.



*This letter will be written by our various team members throughout the year.*



# FINDING YOUR A-GAME

## IN 2020

By Traci Williams,  
Communications Manager

Welcome to 2020, the beginning of a new year, and a new decade! Before diving too far into this inaugural issue of DM Life, we invite you to pause for a few minutes to reflect on the past year. Maybe you already did this at the turn of the new year, in which case you're already ahead; however, if you prefer to focus more on the present or future, this quick (or long) reflective pause can hopefully lead to a positive jumping point into 2020. As philosopher, John Dewey said, "We do not learn from experience, we learn from reflecting on experience."

If there is one tie that binds all facets of Desert Mountain, it is one of creating exceptional experiences for all our members. However, those experiences cannot be created successfully without reflecting on what works, what fails and how you, our members, feel about it. This is why we conduct regular surveys and truly listen to the feedback; we step outside our gates (and oftentimes the state) to see what other clubs are doing to ensure we are always evolving and improving our A-game.

Finding our A-game translates to you finding yours. Now would be good time to take that pause and decide what skills and interests you want to hone this year. Within these pages, you will find ways to help get you started.

### IN THIS ISSUE

- PG 7** **Learning to Play**  
*Learn how our teaching professionals at the Performance Center can take your golf game to the next level.*
- PG 11** **How to Get Results from your Workouts**  
*Top three common mistakes and fixes for getting the most from your fitness routine.*
- PG 13** **Self-Improvement in 2020**  
*Eva Maurice is here monthly to take you on a meditative and spiritual journey through the Self-Transformation and Balancing the Chakras series.*
- PG 16-17** **Get Social**  
*New and popular experiences for creative minds, outdoor enthusiasts, bocce ballers, families and more!*
- PG 22-23** **A Word from the HOA**  
*Owner Services Business and Safety & Access*





# BUILDING OUR FUTURE

## LONG-RANGE FACILITIES PLAN — PHASE 1

# WE NEED YOUR VOTE

### THE REVEAL:

- Final member presentations on Phase 1 February 20-21
- No debt or assessment for Phase 1
- Voting period February 24-March 27
- 50% quorum required



## WHAT WILL PHASE 1 ADDRESS?



1

### RENEGADE CART FLEET

We spend more than \$50,000 a year (every year) on a fleet of additional golf carts just for the purpose of shuttling members to the Performance Center, the Hideout and top range. Our goal is to eliminate this wasteful spending and the overabundance of carts everywhere when you view the beautiful land at Renegade. Our members deserve to have vehicle parking close to facilities they love to use (see #4).



3

### DRIVING BALLS INTO THE WASH

#### INTO THE WASH

The Renegade range is our busiest on the Mountain. As a 30-year-old complex, it is getting short in distance in relation to today's club technology. The new Renegade practice area design will add some length; eliminate hitting range balls into the wash, which is not a premier experience, and costly for the club to pick up and replace "sand blasted" range balls. In addition, we need more teeing area so the turf can rejuvenate quicker for a better golf practice experience.



6

### RENEGADE HIDEOUT

Members love the Hideout for the staff who make it special; but, an inferior kitchen, sewer gasses from broken pipes, lack of storage and member parking are ongoing issues.



2

### RENEGADE FIRST IMPRESSION

The entry corridor into Renegade is short, it provides no views of the beautiful course or practice facility and is underwhelming for a premier golf facility - one that hosts the only Jack Nicklaus course in the world with multiple greens per hole. Members and guests currently walk from the parking lot to the golf shop past the dumpster area, range ball washing station, and cart barn. The first impression of Renegade isn't great when our members host guests.



4

### IMPROVED ACCESSIBILITY

The updated plan provides additional parking near the new clubhouse and the Performance Center, aiding our senior members with not having to walk far and allowing us to reduce the fleet and save money while vastly improving the service and convenience for our members. In addition, the new design hides golf carts under the new clubhouse and out of sight.



5

### PASTRY KITCHEN

We currently produce \$6.3M in food sales each year with no dedicated pastry/dessert kitchen. Having this space in the lower level of Cochise/Geronimo will allow us to produce our own breads, pastries and more dessert offerings.



7

### PURCHASING & RECEIVING OUTSIDE THE GATES

Purchasing/Receiving needs more space and needs to be relocated to a more central location - outside the gates. Cochise/Geronimo was never planned to receive goods for seven clubhouses, or accommodate multiple 18-wheel truck deliveries every day. Eliminating these trucks on the Parkway will also improve aesthetics.





# THE MOUNTAIN DRIVE

# TURF TALK

## LOOKING FORWARD TO SPRING SEASON

### GREEN GRASS YEAR-ROUND

For the first time in Desert Mountain's spring season history, there will be seven golf courses with the new 4-3 turf plan. We are the only property in Arizona with this variety of different playing surfaces. With the diversity of different grasses at Desert Mountain, it's important to recognize the different species and varieties of turfgrass. The species indicates whether its perennial ryegrass, tall fescue, fine fescue, creeping bentgrass, or warm-season bermudagrass. The variety designates the genetic makeup of a certain species. For example, creeping bentgrass is the species and 007, Mackenzie, or Pennncross are the varieties.



#### PERENNIAL RYEGRASS

Dark green color, thinner leaf blades, performs well at fairway height of cut, struggles during summer, very quick establishment (60 days), ideal grass for overseeding. Perennial Ryegrass is the grass of choice that we overseed annually on Cochise, Geronimo, and Outlaw.



#### TALL FESCUE

Lime green color, thicker leaf blades, performs well at rough height of cut, higher tolerance to heat, slow establishment (6-12 months).



#### FINE FESCUE

Lime green color, very thin leaf blades, performs well at rough and fairway height, higher tolerance to heat, slow establishment (1+ year) but germinates in colder temperatures. This grass is used in the divot mix at Renegade, No. 7, and Chiricahua because of the germination response and it blends with the bentgrass.



#### CREEPING BENTGRASS

Dark green color, thin leaf blades, performs well at greens and fairway height, grows well in colder temperatures, tolerant to heat, quick establishment (90+ days). All the putting greens at Desert Mountain are bentgrass.



#### BERMUDA-GRASS

Light green color, thicker leaf blades, performs well at fairway height, struggles in colder temperatures, thrives in warmer temperatures, requires less water, very quick establishment (45-60 days). This grass is only on the warm-season golf courses (Cochise/Geronimo/Outlaw).



## COOL-SEASON COURSES

The four cool-season golf courses include Renegade, No. 7, Chiricahua, and Apache. With colder temperatures, our staff has reduced mowing due to the lack of growth, and our standard mowing practices will resume when temperatures increase in February. With this small amount of growth, expect to have faster and firmer playing conditions. Last summer, both Chiricahua and Apache were converted to cool-season grasses and the plan is to continue interseeding fescues on Apache and ryegrass on Chiricahua. This process will take 18-24 months to have full establishment. Please keep in mind cool-season golf courses are very vulnerable to traffic, so we advise all golfers to use the 90-degree rule. In addition, please replace your divots to promote quicker recovery.

## WARM-SEASON COURSES

The three warm-season golf courses include Cochise, Geronimo, and Outlaw. These golf courses are still following the standard grassing systems that Desert Mountain has had since the inception of the Club. Cochise and Geronimo overseeded their warm-season bermudagrass with cool-season perennial ryegrass this past fall. Outlaw only overseeded their tees and short game practice area so summer conditions are ideal. On Outlaw this spring, please enter and exit the golf hole at the green posts and avoid driving in the rough. The grassing plan moving forward is to have Outlaw as a partial overseed. On all the warm-season golf courses, please replace divots with the provided sand/seed mix.

## MORE AVAILABLE GOLF THROUGHOUT THE YEAR

With the new grassing plan, the membership will have more available golf days throughout the year. The cool-season golf courses will close between the middle of July or beginning of August and reopen at the end of September. This allows our Agronomy staff to thoroughly maintain these courses during the hottest part of the year. The warm-season golf courses will close at the end of September for overseed when the cool-season courses open. For the 2020 timeline, please see the below calendar. Timeline is subject to change. In 2020 we will have three Championship courses open in July. In October, we will have four Championship courses, including No. 7, open with no cart restrictions.

### 2020 GOLF COURSE TIMELINE

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<b>CHIRICAHUA</b>												
<b>APACHE</b>												
<b>RENEGADE</b>												
<b>NO. 7</b>												
<b>COCHISE</b>												
<b>GERONIMO</b>												
<b>OUTLAW</b>												

## SMART WATER USAGE

Desert Mountain Agronomy assisted in the development of the Arizona Golf Industry Best Management Practices Guide this past year with the Arizona Golf Course Superintendents Association (GCSA). We currently use recycled water containing 33% effluent, 33% Central Arizona Project (CAP), and 33% reverse osmosis (RO) water. With recent changes in Arizona's use agreement, there is talk about reductions in CAP water. We will continue to advocate and communicate any changes that take place in the future. The Agronomy team is looking forward to providing you with excellent course conditions throughout 2020!



# JIM FLICK GOLF PERFORMANCE CENTER



## MINDING THE GAP

During a Gap Analysis session, using the TrackMan Radar, the member hits each club numerous times until we get a handful of good data shots. Once we find those benchmarking shots for data analysis, we then adjust the specs of each club, as necessary, to proportionately gap how far each club goes.

Top performing TOUR Players tend to mention being “pin high” or knowing their yardages. We advocate being as informed as possible when it comes to knowing how far you hit each club.

A predictable outcome is a low-scoring outcome.

.....  
**GAP ANALYSIS SESSION | \$150/90 MIN.**

**Contact: Chris Heasley at [cheasley@desertmt.com](mailto:cheasley@desertmt.com)**  
.....



## GET INVOLVED WITH THE SOUTHWESTERN AMATEUR

In 2012, Desert Mountain Club became the host of the Southwestern Amateur, a men's tournament played at various venues in the southwest for 97 years. In June the following year, JT Poston was the Southwestern Amateur champion. JT is currently a PGA Tour player and recorded his first PGA Tour win last year, ultimately finishing 45th in the 2019 FedEx standings.

Over the last seven years, more than 75 Desert Mountain members have been involved as housing hosts and/or on-course volunteers. Nearly 900 top amateur golfers and their families, from all over the world, have experienced the Desert Mountain lifestyle.

Desert Mountain and the Southwestern Golf Association (SWGA) have entered into a new 5-year agreement, which includes an exciting new format. Starting this year, we will be recognizing a men's and women's mixed-team champion, as well as a men's and women's individual champion. The 144-person field will include 72 men and 72 women who will be competing on the Cochise and Chiricahua courses. We believe this exciting and unique format will raise the reputation of both Desert Mountain and the tournament.

The Southwestern Amateur is reaching out to Desert Mountain members for donations to help ensure the tournament will reflect the high-quality golfing experience we pride ourselves on here in our community.

The SWGA is a 501(c)3 nonprofit and all donations are tax deductible. Donations can be made directly by going to the [www.swga.net](http://www.swga.net) website and using the DONATION button located on the “Get Involved” page. Another option is to make a check payable to the SWGA and mail to our Treasurer, John Gusky, at 417 Chantilly Dr, Sierra Vista, AZ 85635; or, you can give your check to Tanner Marlatt or his staff at the C/G Golf Shop.

To further encourage your participation, we will also be holding a raffle in February/March at the C/G Golf Shop, with the net proceeds going to the Southwestern Amateur. More details will be coming in a future issue of the Mountain Minute.

Current Desert Mountain members Rich Grant, Allen Eaker and Diane Thomas are SWGA Board Directors.

Thank you for your ongoing support of the Southwestern Amateur and the new format with the inclusion of collegiate women's golf.

**John Ranslem, Executive Director SWGA**



# LEARNING to PLAY

By Paxton O'Connor  
Director of Golf  
Instruction

One of the challenges with getting started with game of golf is defining your purpose. Ask yourself a few questions. First, why do you want to play? Is it for social reasons or work? Second, how much are you willing to put into it? That goes for money and time. Start to develop your plan and invite us to be part of that process.

Our team at Jim Flick Golf Performance Center is excited to explore all possibilities with you. Below you will explore our roots, inspiration, and the why behind our craft of instruction and coaching.



PAXTON  
O'CONNOR

LONNIE  
LOPEZ

DK  
KIM

JENNIFER  
TUCKER

## Where did you first learn to play?

**LONNIE:** Santa Fe Country Club - my father would take me out and teach me what he knew; instantly, I fell in love. The club worked out a deal which allowed non-members to use the course after 3 p.m. due to water issues. From humble beginnings, walking the course with my dad gave me special memories.

**JENNIFER:** I would go to the park with my golf balls in an Easter basket, hit the balls out and have just as much fun picking them up. When I was six we moved into a house that backed up to the prairie and my parents joined a club. During the days, I would hit balls from the backyard out into the prairie, and most evenings, when my dad came home from work, the family would go play 6-9 holes.

**DK:** I was 10 years old when I was first introduced to the game of golf at a small driving range in Seoul, South Korea. I started practicing there six days a week after school. After seven months of hard work, I had the opportunity to play my first 18-hole round tournament. I shot 94 and ever since then I did not want to stop playing golf competitively.

**PAXTON:** Sneaking out on a local golf course in northwest Iowa. I earned enough money for junior clubs and would ride my bike to the course, managing to get in 36 holes daily; eventually, working under the course superintendent in exchange for golf privileges. Fortunately, child labor laws were not enforced where the corn grows tall and cattle wander.

## Who introduced you to the game of golf?

**LONNIE:** My dad introduced me to the game at a very young age. Although he had limited knowledge of the game,

I developed inconsistent habits that led me on a journey to discover, by trial and error, the basics to become a better golfer.

**JENNIFER:** My grandfather cut down one of his old clubs for me when I was three years old. A family activity that brought us together outside ignited the interest.

**DK:** I was a very hyperactive boy. I wasn't able to take on extracurricular activities for too long; I would just lose interest in them so quickly. One day, my father, who was a scratch golfer, took me to a driving range. The original plan was for him to hit balls, but out of nowhere he decided to show me how to swing the club and then asked me to hit a ball. He was really surprised at how fast I got the hang of it, and ever since then golf became my passion.

**PAXTON:** Under the direction of my mom and grandparents, the game of golf was introduced to me. The exposure to all activities competing in soccer, basketball, and football benefited me greatly. My love for the game of golf grew stronger with age and exhausted all other activities.

## Why golf instruction & coaching?

**LONNIE:** Inspired by a family of educators, I enjoy the challenges that present itself in teaching and coaching. I love the game and know what it is like to struggle through all the bad lies, shots, and frustrations, taking up the game of golf seriously in my twenties. When you go through so much adversity, it makes you more conscious and sympathetic towards your students.

**JENNIFER:** For me, instruction and coaching has the closest link to my love of playing golf. I can immerse myself in the nuances of the game each day, all while getting to help others experience the joy and satisfaction of meeting the challenges that golf offers.

**DK:** Growing up, I learned how to play golf competitively; I had the opportunity to meet many golfers and coaches. I started learning that everyone has their own style. The strategies that work for one person don't necessarily work for another. Everyone has to find their individual style of playing. I love learning new ways to improve my game; it fills me with satisfaction. I want to help others see that they, too, have what it takes to become a better golfer.

**PAXTON:** Through all my experiences, I have formed my ever-evolving teaching philosophy: "Golf mirrors life. Both invite continuous improvement, requiring the application of movement, mental, and emotional skills to boost one's performance and allow for higher and higher levels of achievement. The ultimate rewards are a sense of fulfillment and satisfaction, and, most importantly, an ascending self-image."

.....  
Begin the game with some positive direction. Allow our team at the performance center to establish your plan and navigate it with you. We invite you to participate in our clinics which are beneficial for the new player and reestablishing fundamentals for the intermediate player. A full list of clinics can be found on the member website.  
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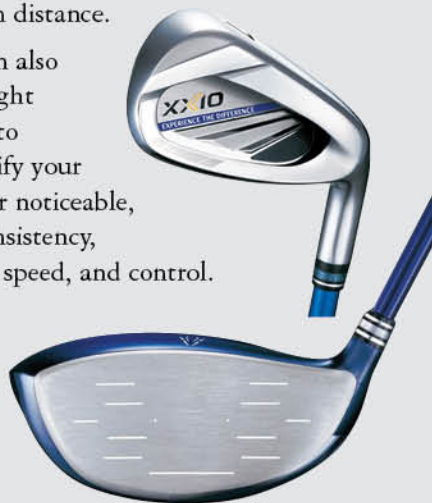
# 2020 XXIO PRODUCT IS HERE!

Fast, Forgiving, and Easy to Swing.

If you swing at or below 90 mph, added ball speed can transform how you play golf. With a wholly redesigned cup face structure and profoundly lightweight shaft, XXIO Eleven does this in spades.

A remarkable sole design is how we've added forgiveness, improving MOI (moment of inertia) and raising your launch angle for maximum distance.

XXIO Eleven also uses our Weight Plus System to actively modify your golf swing for noticeable, improved consistency, ball striking, speed, and control.



## PING Hoofer Craz-e-Lite Golf Bags



New for 2020 is the lightest stand bag ever created by PING, the Hoofer Craz-e-Lite! These exciting new bags are a fantastic addition to the PING bag lineup, and are made with the same quality and craftsmanship that PING is known for. Weighing in at just 3 lbs., and coming with an industry-best 2-year warranty, the Hoofer Craz-e-Lite bag is perfect for those looking for an ultra-lightweight carry bag that will stand the test of time. As with all 2020 PING carry bags, the convertible strap system allows for a seamless conversion to a single strap. The new Hoofer Craz-e-Lite will be available in all Desert Mountain golf shops, and is offered in three colors.



# SPRING DEMO DAY

SATURDAY, MARCH 28 | 9 A.M. - 4 P.M.

Please join us at the Cochise/Geronimo practice facility for our annual Spring Demo Day, featuring over 70 vendors on hand with incentive pricing on hundreds of items. As always, we'll be offering an incredible selection of "cash & carry" items you can take home with you that day! Take advantage of outstanding savings on all the newest products from Ecco, Skechers and Sun Mountain, as well as unbeatable pricing on Titleist ProV1 and ProV1x, Bridgestone and Callaway golf balls. Once again, we'll be featuring Demo Day "Buy 5, Get 1 Free" glove specials on FootJoy and Titleist gloves. Additionally, shop from a great "cash & carry" selection of our most popular items from top vendors like Peter Millar, Polo Ralph Lauren, and many more.



# TOMMY BAHAMA AT THE SHOP AT SONORAN



It's a place without deadlines or demands; where you have the space to reconnect with simple pleasures. It's where you can breathe freely, live spontaneously and relax in style. We call this living the island life, and Tommy Bahama offers the best of what you need to do just that; whether you find yourself lounging on the beach, golfing in the desert or just enjoying the peace of your own home. The new ladies' collection at our Shop at Sonoran is perfect at the pool with beautiful bathing suits and cover-ups; and, for those dreamy, sunny days, we have brought in long breezy dresses, as well as casual shorter dresses, that are perfect with flip flops and a hat. So without further ado, let's get away. Let's feel - and look - our very best! Let's experience the island life at its finest.



## SParms

Cochise/Geronimo is pleased to be offering the latest in sun safety with SParms. SParms designs high-tech athletic apparel for sports and leisure. Both comfortable and sustainable, SParms provides a

maximum UPF rating of 50+. Undergoing rigorous testing and quality control procedures ensures optimal fabric performance under extreme conditions. What sets SParms apart from other sun protective apparel is their high-tech fabric that is soft to the touch and highly breathable. Select from men's and ladies' sun sleeves, designed to move with you without slipping. Also available are ladies' sun shawls that are worn under the garment to provide flexibility and comfort. A proud sponsor of the LPGA, SParms is passionate about ethical and responsible business.



## DESERT MOUNTAIN TRAVEL GUIDE

As spring continues to blossom, the enticement to travel is high. We are here to help you with your travel needs! When it comes to luggage, equipment, and gift ideas for the places and people you'll be visiting, we are your travel experts!

Visit the Performance Center before your next trip or contact Jacob Dolby with inquiries at 480-595-4280 or [jdolby@desertmt.com](mailto:jdolby@desertmt.com).



**SUN MOUNTAIN CLUB GLIDER** has made navigating airports and hotels comfortable and easy. No tipping over, no more broken clubs, only traveling in style!

**SUN MOUNTAIN GLIDER DUFFEL** pairs well with the Club Glider for added travel ease. Acts as a functional carry-on while protecting its interior as a checked bag.



## OAKLEY EYEWEAR

has produced a polarized lens that not only protects your eyes, but enhances everything a golfer needs to see on the course. Great styling with awesome function, Oakley has you covered!



# THE MOUNTAIN PALATE



## CAFÉ VERDE

*the natural choice*

### 5 REASONS TO TRY THE NEW CAFÉ VERDE MENU

The new menu is built to bring fresh and vibrant flavors back to the Sonoran Clubhouse. We wanted to find new ways to enjoy classic recipes and flavor combinations without overloading the plate or your stomach. Our goal at Café Verde is to provide healthy and delicious options for our membership that complement and synergize with the health and wellness environment of the Sonoran. We think these five dishes are the big stars of the new menu and we look forward to sharing them with you.



**HUMMUS TRIO** is a perfect plate to snack on between meals or to share as an appetizer for the table. We crafted three hummus flavors that work well together - Butternut, Olive and Roasted Bell Pepper – served with grilled pita bread.

#### GRILLED VEGETABLE PLATE

epitomizes what the new menu represents. It includes a variety of grilled vegetables; heirloom carrots, red onions, asparagus, bell peppers, zucchini and yellow squash, all garnished with extra virgin olive oil, balsamic reduction and fresh basil.



**CAPRESE BRUSCHETTA** is Chef David's favorite dish on the new menu! Grilled bread topped with a burrata cheese spread, tomatoes, basil, extra virgin olive oil and balsamic reduction. It is accompanied by a light salad composed of avocados, cucumbers, chives, walnuts and fresh lemon juice.



**ISLAND POKE BOWL** is a much needed addition to the sushi options. With a presentation and flavor profile that will have your mouth watering, it will also fill you up and give you energy for the day. Enjoy a scoop of sushi rice topped with ahi tuna, salmon, mangoes, avocados, jalapeños, carrots, radishes, sesame seeds, scallions and pickled fresno.

#### MINI STACK PANCAKE PLATE

changed from two big pancakes to a five-stack of mini pancakes. We added a citrus, radish and arugula salad, as well as mascarpone whip and fresh berries.







# SONORAN

## HOW TO GET RESULTS FROM YOUR WORKOUTS

By Kelly Montana,  
NASM  
Master Trainer

The human body is such a great adapter and its success is greatly contributed to figuring out the path of least resistance, often times succumbing to gravity. As a result, improvement is slow, if any, and improper movement patterns can make joints and muscles weaker and more prone to injury. Ask a professional for help if you find yourself in a rut.

### COMMON MISTAKES

- 1 Going through the motion: Just swinging without mindful muscle work using momentum and gravity.
- 2 Doing the same move for more than 4-6 weeks and just adding weight.
- 3 Going as fast as you can to get your predetermined number of reps and then stopping.

### FIXES

1

We want our muscles to control our movement so slow and control is our goal, especially at first. Every exercise should have a purpose and be done only with proper form. Focus on holding the full end of the range of motion for two seconds, then four seconds on the eccentric ( $\frac{1}{2}$  the move). For example, bicep curl holding dumb bells in close to the body for two seconds feeling the bicep engage, then four count when the arms are going away from the body during a bicep curl (half the move). Of course, core engaged, tall spine, proper posture with shoulders away from the ears. You get what you train for. Monitor your posture always.

2

Some movement is better than none; however, if the muscles are not challenged, then there is no repair needed or adaptation to the additional load. Going to fatigue with good form is how muscles develop. Continuing to add weight until it is really hard is a recipe for bad form and soft tissue issues. Ego is the number one cause of injury.

3

Unless your focus is speed (only done with an established fitness base), for the same reasons, the muscles should feel like they are challenged. Some don't know what that feels like so ask if you are not sure. Rule of thumb: targeted muscle should be under tension for at least 30 seconds. Typically that is about 15 reps; however, for more endurance, more reps less weight; for muscle growth, fatigue should set in at 6-10 rep range. Try to squeeze out two more reps than what feels comfortable and be okay with uncomfortable for results. It's addicting!





## IT'S THE PERFECT PARTNER



By Amy Dolinky,  
Certified Pilates Instructor

Many members are already familiar with the benefits of this amazing practice. For those who are not, maybe you've seen the equipment and wondered what exactly it is we do in the studio, amid all those machines that look like medieval torture devices! The Pilates Method and all the equipment was created by a German immigrant named Joseph Pilates, who originally used it to rehabilitate wounded soldiers during World War I. When he came to New York in 1926, his method, which he called Contrology, caught on with dancers, socialites and exercise aficionados. It is a mind body discipline requiring concentration, centering, control, breathing, precision and flow. Most of the machines use springs to create resistance, thus working the body uniformly to improve flexibility, increase strength and address muscular and postural imbalances. But, perhaps the best thing about Pilates is it beautifully complements just about every other form of exercise.

Take ELDOA, for example. This method was created by a world-renowned French osteopath named Guy Voyer. ELDOA is an acronym for the full French name, but in English translates to stretching in the longitudinal axis to create separation of the osteo-articular joints. ELDOA postures are focused and intense, but easy on the body. In addition, there are specific myofascial stretches also developed by Dr. Voyer that, when used in combination with the ELDOAs, can help to normalize disc bulges, reduce degrees of scoliosis, improve muscle tone, performance and flexibility, normalize visceral function and reduce stress.

We are so fortunate at the Sonoran Fitness Center to have two instructors who have been studying the ELDOA method for several years. Both Denise Herrera and Devon Smith offer private and small group sessions and alternate teaching an ELDOA class at 10 a.m. on Mondays. For more information please feel free to reach out to them: [dherrera@desertmt.com](mailto:dherrera@desertmt.com) and [dsmith@desertmt.com](mailto:dsmith@desertmt.com). So whether you're looking to improve your golf game, ease back pain, regain balance or just stand up straighter, ELDOA...and Pilates...are excellent ways to accomplish your goals.



# Research Reveals TENNIS Can Lead to a LONGER LIFE



BY JONATHAN DAVIS, DIRECTOR OF RACKET SPORTS

How often have you made a New Year's resolution to get back in shape, or to learn something new, only to not have enough time or motivation to see it through? I know I am guilty of both. It is so difficult to commit to something new if you do not have the proper motivation. I recently came across a study that I think would be motivating for anyone wanting to become more active—how to have a longer life.

This study was done in Denmark to see what type of physical activity best benefited health and life longevity. For 25 years researchers followed 8,500 participants to see if being physically active in at least one activity would increase life expectancy compared to people who were not physically active. They looked at cycling, swimming, jogging, soccer, tennis, badminton, calisthenics, and health club activities (treadmill, weightlifting, etc.) to see which activities were most beneficial.

Amazingly, the study showed that active tennis players live an average of 9.7 years longer than people who do not exercise. In fact, both tennis and badminton players had the longest life expectancy out of all the other activities: badminton (6.2 years), soccer (4.7 years), cycling (3.7 years), swimming (3.4 years), jogging (3.2 years), calisthenics (3.1 years), and health club activities (1.5 years). The researchers found that the "interval bursts of exercise using large muscle groups and full body movements" and the social interaction of tennis and badminton players were the keys to the life expectancy gains. The best part is that, on average, the tennis players were only playing 1.7 hours per week.

Although the study did not have a pickleball component, it is safe to say the sport closely compares to badminton. The combined physical and social aspects of pickleball make it a perfect form of exercise. Our Drop-In and Open Play schedules make it extremely convenient to find a game. If you are looking for a reason to take up tennis or pickleball, I cannot think of anything better than a longer life expectancy.

I highly encourage anyone who is on the fence to try either sport to contact me at [jdavis@desertmt.com](mailto:jdavis@desertmt.com) so that I can help you get started. I hope everyone has a safe and healthy 2020 and I look forward to seeing you out on the courts.



theSpa  
AT DESERT MOUNTAIN

## SPA SPECIALS

### FEBRUARY

Intracutaneous Oxygen with Stem Cell Facial  
90 minutes — \$240

Hot Stone Massage  
60 or 90 minutes — \$100/\$140

### MARCH

Organic Oxygen Glow Treatment  
60 minutes — \$140

Magnesium Wellness Treatment  
60 or 90 minutes — \$110/\$115

### APRIL

Complimentary eyebrow wax with  
any 60 or 90 minute facial

Body Firming Detox with Cupping  
60 or 90 minutes — \$105/\$140

### MAY

ANDA Vital Facial | 60 minutes — \$115

Hydrating Aloe Wrap | 60 minutes — \$105

## UPCOMING EVENTS

### FEBRUARY 29 - Turning on Your Intuition

Let your inner wisdom lead the way, the journey can be gentle and kind if you trust it.

### MARCH 18 - Balancing the Chakra: Ajna "Third Eye Chakra"

When balanced, we are charismatic, highly intuitive and seekers of experiences versus material belongings.

### APRIL 4 - Unleashing Creativity

Creativity is the fountain of youth. Ignite the creative process through exploration.

### APRIL 15 - Balancing the Chakra: Sahasrara "Crown Chakra"

When balanced, we have the ability of a magnetic personality and are able to transcend earthly issues and be at peace with ourselves.

### FULL MOON CEREMONIES - at the Kiva

The Snow Moon | February 9, 5:45 p.m.

The Crow Moon | March 8, 6:15 p.m.

The Pink Moon | April 7, 6:30 p.m.



# FEET-NESS: The Workout You Didn't Know You Needed

By Denise Herrera, Pilates Coordinator and FEET-NESS Expert



All types of full body workouts exist today; however, the feet are often neglected.

Why are the feet so important? The feet, together with the jaw, ears, and eyes are receptors that communicate with our brain. They are responsible for setting up proper posture. If the placement of our feet is incorrect, bad information is sent to the brain and that translates to poor posture. The feet reflect our general health. If anything goes wrong in the body we feel it in our feet. Likewise, issues in our feet will show up in other parts of our body.

Common foot problems in older adults range from bony deformities such as bunions, hammer (claw and mallet toes), Morton's neuroma, arthritis and flat feet, to name a

few. Any of these present a change to the posture and compensations begin to occur.

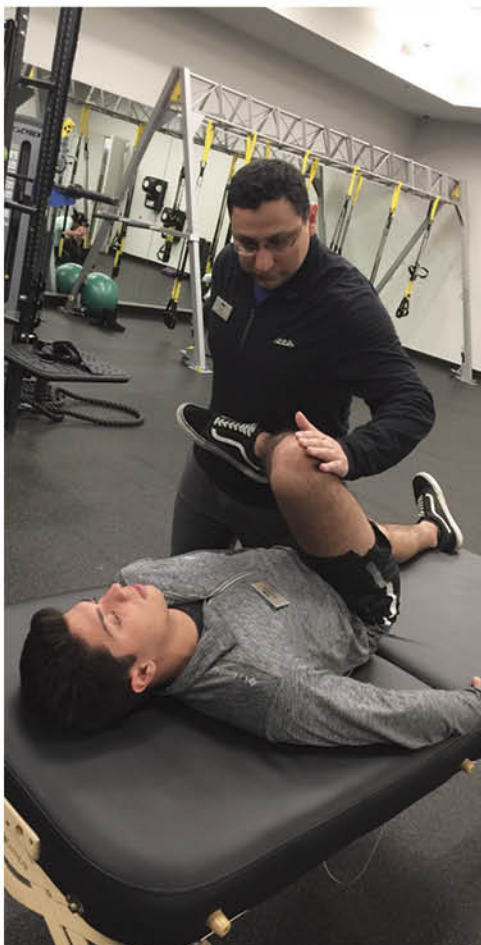
FEET-NESS addresses your postural needs from the ground up with exercises and stretches utilizing the Rescue Loop to help normalize the soft tissue and structure of the foot and ankle complex. In so doing, the postural system is reset by correcting the information from the ground up to the brain. Yoga and Pilates also address the feet, as both work barefoot and bring awareness to foot positioning throughout the workout.

To learn more about FEET-NESS, please contact one of our below experts at Sonoran.

Denise Herrera – [dherrera@desertmt.com](mailto:dherrera@desertmt.com)  
Amy Dolinky – [adolinky@desertmt.com](mailto:adolinky@desertmt.com)

Devon Smith-Breidel – [dsmith@desertmt.com](mailto:dsmith@desertmt.com)  
Lisa Schroeder – [lschroeder@desertmt.com](mailto:lschroeder@desertmt.com)

Kelly Montana – [kmontana@desertmt.com](mailto:kmontana@desertmt.com)



## A Comparison of Traditional Stretching and FST (Fascial Stretch Therapy)

By Matt Trujillo, Personal Trainer and FST Expert

Traditional stretching is based on a joint-by-joint approach only focusing on one muscle group at a time. People are generally told to stretch a muscle to the point of tension, then hold for at least 30 seconds. During this 30 seconds, the golgi tendon starts to relax, to allow a deeper stretch. It's great for a slow progression or to maintain our flexibility.

However, fascial stretching is focused on stretching the fascia (connective tissue), as well as, stretching multiple muscle groups at a time. This is done in such a way it can help increase our flexibility in less time. Fascial Stretch Therapy is a form of assisted stretching that cannot be reproduced by the individual because the therapist applies traction to the joint while taking the joint through a passive range of motion. Fascial Stretch Therapy takes the research by Thomas Myers, Anatomy Trains, and puts it into a series of stretches that can aid in improving range of motion for any sport or just for daily activity. For the best results, Fascial Stretch Therapy can be added to a traditional training protocol that incorporates traditional stretching to help prevent injuries, improve muscle recovery and performance.

The Sonoran has three certified Fascial Stretch Therapists available who are happy to help you improve your flexibility and performance.

Emily Grout – [egrout@desertmt.com](mailto:egrout@desertmt.com)  
Lisa Schroeder – [lschroeder@desertmt.com](mailto:lschroeder@desertmt.com)  
Matt Trujillo – [mtrujillo@desertmt.com](mailto:mtrujillo@desertmt.com)





# Quiet the Mind and Heal Your Soul:

## EQUINE MEDITATION

**ABOUT VICKI DRYER:** This is Vicki's third year partnering with Desert Mountain to offer premier horseback riding. Vicki has 40 years of experience in the equine field, with a special interest in equine therapy and sharing her love of horses, as she herself was helped through a personal tragedy using equine therapy.

**ABOUT EVA MAURICE:** Eva has over 25 years of experience in the Wellness Industry and as a Spiritual Teacher. She inspires people to evolve, find their truth, and live their dreams through self-discovery.

**EQUINE MEDITATION EXPERIENCE**  
Wednesday, March 18 | 2-3:30 p.m.  
The Ranch

Limited to 5 people max for a safe and intimate experience.

It is within our hearts the deepest healing can occur. Our hearts speak in quiet whispers, yet our brains process anywhere from 60,000 to 70,000 thoughts per day. How can we quiet our minds to heal our hearts? Meditation can calm the mind, regulate one's nervous system, and boost the immune system. Now imagine having the support of horses, who are naturally mindful and always seek peace, to help you be present.

Equine therapy and meditation are becoming increasingly popular in a variety of fields, from veterans with PTSD, special needs children and adults, and those going through physical or emotional stress, such as battling cancer or coping with grief. Research has shown that horses increase the benefits of meditation. Horses can hear a person's heartbeat if that person is within three feet. At that distance, the heart rate of the horse and human start to synchronize with each other, initiating a relaxation response.

Explore the benefits of equine meditation right here at Desert Mountain with Vicki Dryer and Eva Maurice, who will be joining forces to provide this magical experience.

Experience the integrating of meditation techniques and the power of horses to quiet your mind and heal your soul.

## A YOGIS RETREAT

The 2nd Annual Yoga Retreat and Luxury Camping experiences will be held on March 21-22 and April 4-5. Transform your mind, body, and spirit with a combination of hiking, yoga, meditation, star gazing, and delicious food. A few spots are still available each weekend, but they are filling up fast! Book through the Club Calendar on the member website, or contact Ali Royer with questions at [aroyer@desertmt.com](mailto:aroyer@desertmt.com).

### MEMBER TESTIMONIALS FROM LAST YEAR'S RETREATS

Nothing but raves from us; perfection start to finish. Emily and Mike worked so hard and were so great to be with. We loved it all and will sign up again. Food and lodging were 5-star.

Muffy and Andy  
DiSabatino

It was awesome!  
Food was fabulous,  
as were the  
accommodations.  
Still smiling.

Julie Appert

It was amazing.  
Emily was fantastic.  
Food was good.  
Accommodations  
super. Service by Mike  
was fantastic. The  
meditation by Lisa  
was so special!

Lisa Cohen

A+++++ Experience.  
I would definitely  
sign up again.

Nancy Hawk

It was fantastic! I was so happy to be a part of the inaugural retreat. I would definitely sign up again. I LOVED the restorative Sound Yoga late on Saturday. That was a treat to have Lisa come up with all the acoustics. Loved that! Food was good. Lodging was AMAZING! Love glamping!

Andrea Mandel







# SOCIAL



## FALL BOCCE LEAGUE

The Fall Bocce League was played at the Seven Clubhouse and had more than 380 players! The league was two days a week with four time slots each day. We had many returning teams but also many new teams joined the league. The Bocce League here at Desert Mountain has become an extremely popular activity that gives members an easy and fun way to get involved and meet their neighbors. The leagues run six weeks with the seventh week being the playoffs and championship. We conduct leagues in the fall, spring and summer.



## FALL BOCCE WINNERS

Team RedZin, led by Mr. Robert Clark and Mr. Eric Burdon, was the 2019 Fall Bocce League champion. They played a great season and were seeded first overall going into the playoffs and championship with 14 overall wins. Moving into the championship match, RedZin was up against The Rolling Stones. The Rolling Stones played a great game and had tons of fun moving through the playoffs. RedZin came out ahead and claimed the Fall Championship spot. Congratulations to team RedZin, and thank you to everyone who participated in the Fall Bocce League!

## LET'S GET



## SOCIAL

Desert Mountain has added many new activities over the last few years and it is only continuing to grow!

**BOCCE BALL** has exploded and will be having nearly 630 players for the Spring League being played at both Seven & Sonoran.

**GOLF CROQUET** has many Croquet 101 classes taking place each month, along with a visiting Croquet Pro who was here in November and will be back in March to give complimentary private lessons, clinics, and socials.

We have added a **SONORAN OLYMPICS** taking place throughout the spring season to get families, friends, and neighbors involved in four main activities we have at Sonoran - golf croquet, bocce ball, pickleball, and cornhole!

*To learn more about the social activities happening this spring, check out the new Social Booklet or contact Haven Lewis at [hlewis@desertmt.com](mailto:hlewis@desertmt.com) or 480-595-4364.*



# NEW 2020 EXPERIENCES

With a new year comes exciting new experiences and social activities! Let the Club be your resource for seeking new opportunities and helping you reach new goals. Whether it's trying something new or getting involved, our Concierge is here to help!

## POUR YOUR ART OUT - Acrylic Pouring Class

Want to meet new people and have some artistic fun? Bring out the artist in you and learn the art of acrylic paint pouring. Our instructor will provide everything you need to create your very own masterpiece. Sign up for one or all classes! Visit the member website for complete details.

## ARIZONA MUSICFEST - Dinner/Brunch Bus Trips

SUNDAY, FEBRUARY 23 - Festival Orchestra - Enigma Variations & Ellis Island, Dream of America

FRIDAY, MARCH 13 - Arizona MusicFest — The Official Blues Brothers Revue

## MOSAIC GLASS CLASSES

Includes all supplies, instruction and light refreshments. Classes in February, March, and April. Visit the member website for complete details.

## TEXTILE COLLAGE ART CLASSES

Includes all supplies, instruction and light refreshments. Classes in February, March, and April. Visit the member website for complete details.

## Our CONCIERGE

### DINING & EVENT RESERVATION TRAINING SESSIONS

Based on member feedback from the recent Dining & Events survey, our Concierge team will be hosting training sessions for the online dining reservation and event registration system to enhance member awareness and experience. Watch the Mountain Minute for upcoming training sessions. If you are experiencing difficulty making online reservations, please contact the Concierge for assistance at 480-488-1363.

### UNACCOMPANIED FAMILY GUEST PASSES

We love entertaining you and your guests, and we need your assistance. If you are submitting a guest pass request online for your family, we ask for passes to be submitted at least **24-48 hours prior to your guests' arrival**. This lead time allows us to prepare all areas of the Club for their arrival and provide them with our high standard of service from beginning to end.

To complete the form, please visit the member website and go to Membership/Unaccompanied Guest Use Form. For questions, please send an email to [memberguestpass@desertmt.com](mailto:memberguestpass@desertmt.com)



CORNHOLE TOURNAMENT



VINO & CANVAS



DOUBLE NICKELS



GOLF CROQUET



PICKLEBALL TOURNAMENT

SAVE THE DATE



### ALL THINGS OUTDOORS FARMER'S MARKET & BAZAAR

Thursday, April 9 | 11 a.m.-4 p.m. | The Ranch  
An outdoor social experience for the entire family

- Shop at a Farmers Market for fresh produce and much more!
- Demonstrations by PFC Equine
- Western photo opportunities
- Entertainment for all ages, petting zoo, roping, lead line horseback rides in the round corral and gold panning.
- Lunch will be available for purchase by the DM Food Truck.
- Vendors include The City Creamery, Hot Air Expeditions, Carefree Adventures and A Divine Bakery, just to name a few.

Admission is \$15 per person. All other purchases are by credit card only. Please call our Concierge to register at 480-488-1363. Shopping bags will be provided.





## DESERT MOUNTAIN MEMBERS' **CARE** is HELPING OUR MEMBERS

Often times, tremendously successful enterprises begin with modest intentions that blossom beyond the founder's initial humble vision. Such is the case with **CARE** (Cancer Awareness through Research and Education), a 501c(3) organization founded 22 years ago by three Desert Mountain breast cancer survivors.

Fast forward 22 years and a total of \$7.4 million donated for cancer research to HonorHealth Research Institute and Mayo Clinic in AZ through **CARE**. This coming March, more than 500 Desert Mountain members and corporate sponsors are expected to participate in the **CARE** Extravaganza...an effort of gratitude for the cutting-edge innovation and dedication of research scientists devoting their lives to gaining the upper hand in managing and controlling cancers.

But the impact of **CARE** can be seen every day on the Mountain, in our cancer support group led by an HonorHealth social worker that meets within our community, and in the stories of **CARE** Desert Mountain members that have accessed world class treatment right here in the Valley. Just ask Kathy Marston...

Kathy Marston is alive today thanks to Michael Gordon MD at HonorHealth and the amazing support of the Desert Mountain Community. The funding that Desert Mountain Members' **CARE** provides to HonorHealth for innovative cancer research is the foundation that makes Kathy's story possible. The **CARE** STAR donor program at Desert Mountain gives our members VIP benefits at both HonorHealth and Mayo allowing them to choose the organization they want and get concierge service,

if ever needed. Kathy and Dave have been Desert Mountain Members since 1993 and **CARE** supporters since the year 2000.

This month Kathy is celebrating the one-year anniversary of the surgery that removed the malignant tumor from her right arm. It's been a tough year and she is celebrating by playing golf and bocce, and having dinner with her friends at Desert Mountain.

16 months ago, Kathy was diagnosed with a rare tumor in her right arm. At the same time, she lost her best friend, and husband Dave to a long battle with kidney disease. HonorHealth's support for our Desert Mountain **CARE** STAR donors began during the tumultuous weeks of diagnosis and finding the best resources. They were invaluable in leading Kathy to Michael Gordon MD, the Director of the Virginia C. Piper Cancer Research Center. Dr. Gordon rallied all of the best clinicians for Kathy's care and led her and her close friends through the entire process of pre-surgical chemo, surgery to remove the tumor, and post-surgical chemo to ensure the cancer was eliminated.

The **CARE** embodied by Desert Mountain showed up in myriad ways which are not unique to Kathy. She had rides and support for each chemo session, and people to help with everything she needed. Bernie and her staff at Renegade Hideout delivered tasty meals directly to the car sitting in the circle with hugs and tears and smiles. Christophe Hermine helped Kathy to arrange a celebration at Apache for her closest supporters to celebrate the completion of active treatment last March.

**It takes a village — in this case, a Desert Mountain village — to help someone going through something that is so physically and emotionally draining, and not to do it alone, and for that she is THANKFUL.**



# CARE Extravaganza 2020

Celebrating our 23<sup>rd</sup> year  
of raising money for  
innovative cancer research.

Desert Mountain Members' CARE annual event is **BIGGER** this year  
with **TWO DAYS OF FUN** and something for **EVERYONE!**

NEW  
THIS  
YEAR

MARCH 8

## Sunday Funday...CARE Game Day



Pick your game – **Bridge**, **Canasta**, or **Mahjong** at Cochise/Geronimo. Browse the Boutique for **FUN** gift ideas. Buffet lunch included.



**Bocce Ball**, **Cornhole** and **Lawn Games** at Seven Clubhouse. An afternoon of **BIG FUN**. Win prizes and test your skills. Appetizers included.

MARCH 9

## 23rd Annual CARE Golf Tournament



**CHOOSE YOUR GAME!** Three fun formats to enjoy, including **Men's**, **Women's** and **Mixed divisions** on Chiricahua, Cochise, and Geronimo.

**FUN ON-COURSE CONTESTS!** Win up to \$25k cash prizes or a car.

**HOLE-IN-ONE OPPORTUNITY TO WIN A BMW!** Join us on the C/G driving range for a fun contest! \$20 for five balls. 8:00 a.m. – 10:15 a.m. to qualify. Open to all, even if you are not playing in the tournament.



## Dinner Under the BIG TOP

Join us as we gather in a **climate-controlled tent** for an evening of delicious food, live music by The Hamptons, auctions, and raffle. This spectacular event under the **BIG TOP** will be on the C/G driving range.

**3 Easy Ways to Register:** Log onto the **DM Members website**, go to DM Gives Back, go to CARE, click on the Event Registration Link – **OR** – type this link into your browser **aesaz.co/ELP/CARE2020** – **OR** – call **480-488-1363** (The Club Concierge Team).



## DESERT MOUNTAIN FOUNDATION HOSTS SUCCESSFUL HOME & LIFESTYLE PARTY!



The Desert Mountain Foundation (DMF), Desert Mountain Club, Desert Mountain Community (DMC) and Russ Lyon Sotheby's International Realty at Desert Mountain presented the Home & Lifestyle Party for Desert Mountain members on Friday, November 1, 2019.

The purpose of the DMF event was to raise money for the DMF Scholarship Fund. The DMF Scholarship Fund was established in 2013 to raise money for Desert Mountain and Desert Mountain Community employees' and their family members' educational goals. For seven academic years, the DMF has awarded \$266,250. This year,

34 sponsors and 230 DM members attended and \$62,000 was raised for the Scholarship Fund. They were entertained by Robert Seaton on guitar and feasted on delicious food from our esteemed chefs. Members and sponsors were able to meet and talk to many of the 2019 scholarship recipients. This was a highlight for everyone, seeing who is benefiting from the dollars raised and hearing their stories and dreams. The NEW Demonstration Den was a resounding success. Five, seven-minute presentations covering outdoor activities, wellness, and interior design trends were well attended. Everyone was pleased by how much information could be imparted in seven minutes! Each DM attendee who visited 15 sponsors was entered into a drawing for a dinner for eight at Apache or Constantino's, plus a case of wine. Congratulations to the winner, Chad Carpenter!



**2020/21 SCHOLARSHIP APPLICATIONS ARE NOW BEING ACCEPTED.** Do you have a favorite employee that you know is attending college or professional development? Remind them that the application process is now online. We have extended the criteria this year and scholarships are now open to full-time and regular part-time employees, working at DM for a minimum of two years and working a minimum of 1,000 hours over the two years. Deadline for applications is March 15, 2020. 2019 Scholarship awards ranged from \$2,000 to \$4,500 per scholarship. The amount is based on traditional 4-year university, community college, or technical schools. Part-time student status is pro-rated. Professional development, continuing education or certificate programs are considered each year. Four awards were made in 2019 ranging from \$500 to \$1,500, based on the cost of the program.



## THE DMF 2019 RAFFLE SELLS OUT AGAIN!

Thank you to everyone who participated — 350 tickets were sold for 40 prizes! The drawing event was held on December 11, 2019 and was attended by 50 raffle purchasers. The event raised \$25,000 for the Scholarship Fund. Tickets for the 2020 Raffle will be increased to 500, but the odds of winning will remain 1 in 10. Congratulations to Jeffrey Ziegler who won the grand prize - free cart pass for one year! For a full list of prizes and winners please visit the DMF page on the member website.

## PLEASE CONTRIBUTE TO HELPING HANDS



Since its launch in mid-September, the Helping Hands employee hardship fund has received 12 requests for aid from our employees. The review committee, using IRS guidelines for hardships and related expenses, was able to provide monetary assistance to 10 of those individuals. In one of the unfunded cases, we ensured a car's expensive repairs were fully covered under warranty. We are especially grateful the program is in place since we were able to aid three victims of the tragic vanpool accident, which killed the driver and hospitalized two others. Please consider contributing to Helping Hands at this direct link: <https://dmcf.kimbia.com/helpinghands>.

## CACTUS CLASSIC TOURNAMENT AT RENEGADE

February 17, 2020 — The Pinnacle Aviation Putting Challenge will be part of this Member Staff Pro/Am event for the second year. Come out for fun and a great cause. Funds for this event go to the Golf Staff Education Fund and the DMF. Sign up via the member website or call any golf shop.



## WELCOME NEW MEMBERS

Tom Glenn | Florida  
Jackson & Kathleen Spidell | Missouri  
Dr. Ed & Valerie Banner | Colorado  
John Hillen & JoAnn Spert-Hillen | Minnesota  
Don & Becky Kuntz | Illinois  
John & Nancy Kirtley | Wisconsin  
Greg & Jen Holmes | California  
Dr. Paul & Cynthia Schneider | California  
Chris & Katie Rafferty | Illinois  
Don & Sue Powell | Montana  
Steve & Megan Lightman | Oregon  
Noah & Francesca DiPasquale | Arizona  
Dave and Sheila Brown | Ohio  
Joan Eichler | California  
Jak Keenan & Lori Bagby | Oklahoma  
Brian Hodson & Sharon Romank | BC, Canada  
Tim & Linda Keefe | Colorado  
Skip & Lynn Heizer | Illinois  
Carl & Jill Pennington | California  
Dan & Cathie Harding | Massachusetts  
Tom & Dr. Lauri Gosnell | Pennsylvania  
Kim Kacyn | Illinois  
Larry & Rhonda Dubin | Florida  
Bob & Bunny Reed | Pennsylvania  
Ted & Janice Cecala | Delaware  
Terry & Seanna Metzger | Massachusetts  
Tom & Jane Heiden | Illinois  
Dr. Mitch Silverman & Jodi Ladge | California  
Rick & Janet Orrison | Wyoming  
Chris & Diane Peck | California  
Jerry & Dr. Coral Weinberg | Arizona  
Tim Preston | New Hampshire  
Bill & Nancy Knapp | Minnesota  
Terry & Lynne Bradley | Alberta, Canada  
John & Suzi Heap | Colorado  
Daniel & Christina Slager | Illinois  
Anne Phillips | Montana  
Bev Burroughs & Jeff Jakus | California  
Frank & Suzanne Welton | Washington





# A WORD FROM THE HOME OWNERS ASSOCIATION

By Jacque Pickering, DMMA Administrative Coordinator

## HANDYMAN & HOME CARETAKING SERVICES

There are two main aspects of the Owner Services Business; Light Handyman and Home Caretaker Services:

- Light handyman services consist of, but are not limited to, replacing light bulbs and batteries in smoke alarms, small drywall patching and painting, hanging of artwork and pictures, and even receiving deliveries.
- Cost is only \$60/hour.
- Home Caretaker Services consist of taking care of your home while you are away, or even while you're here. A detailed checklist is completed at each visit, along with a report sent out within 24 hours of each check.

They can also arrange and coordinate any vendor visits that need to take place while you are away.

Cost is between \$60-\$100/check depending on frequency and size of the house.



This small list will make coming home a little easier, and is just a small portion of what the Home Caretaker Services provides to its clients.

**CALL TODAY TO SCHEDULE YOUR OSB APPOINTMENT AT 480-635-5610.**

### BEEN AWAY?

The OSB wants to give you a couple tips to help make the return easier on you and your home:

- Turn your air conditioners down from what it was left at upon your departure.
- Turn on the water to the house and the water heaters from "vacation mode" to "on". Once the water is back on, flush all toilets and run all faucets.
- Get pest treatments before your return, just to make sure there are no unwanted guests staying in your home.
- Make sure all electronics are plugged in and check the smoke detector batteries to see if they need to be replaced.





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# SAFETY & ACCESS

By Bill Fultz, DMMA Director of Security

With more than 1.3 million vehicles entering Desert Mountain every year it is important that the guards are up-to-date on who should be allowed on property. We have listed a few of the most important pieces of information we need to do our job correctly.

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## PROPERTY MANAGER?

If you utilize a property manager please go to our website, [desertmtcommunity.com](http://desertmtcommunity.com) and complete the Property Manager/Rental Agent Form. This form will allow your property manager to alter your guest list should there be an emergency repair needed.

## ARE YOUR GUESTS AND SERVICE PROVIDERS ON YOUR GUEST LIST?

Please make sure your guest list is current. This allows security to expedite arrivals to your home. One method is to use [gateaccess.net](http://gateaccess.net). About 35% of our owners use this mobile application to keep their guest list current. If you need assistance in getting set up for the mobile application, please email [HOA@desertmthoa.com](mailto:HOA@desertmthoa.com) and request to be set up with [gateaccess.net](http://gateaccess.net).

## DOES YOUR HOME HAVE AN ELEVATOR AND ALARM SYSTEM?

Some of our homes have elevators in them. You might place your service provider on your guest list and keep us informed on how to reach them. You do not want to be trapped in your home in the elevator. While Scottsdale Fire will respond along with security, sometimes it is a simple fix like an electrical breaker needs to be reset.

You can email us your elevator information at [HOA@desertmthoa.com](mailto:HOA@desertmthoa.com).

**Home Alarm System** — While most alarms will reset after a period of time, we have experienced a few that continue to make an audible noise for hours. Make sure your alarm company is listed and contact phone number is in your access control account. You can also request they modify the length of time an alarm will emit an audible sound.

## U.S. CENSUS BUREAU

Did you know we have estimated our community population at 6,000? Our community population has grown on average of 3.8% annually for the past 19 years. Maricopa County is the fastest growing county in the United States. The Phoenix Mayor reports growth at 200 people per day or 73,000 annually. Staff from the Department of Commerce, Census Bureau is currently mapping cities across the United States. Scottsdale and Desert Mountain are included. For the most part this is verification of new homes that were not present during the last Census. Staff will have I.D. Badges. Remember answering questions from the U.S. Census Bureau is required by law. The U.S. Census is used to allocate funds for various programs and to decide where infrastructure projects are needed.

## From the Desert Mountain Master Association Team



GLOBE CHAMOMILE (AKA STINKNET)

Be on the lookout for Globe Chamomile (aka Stinknet), the invasive weed that threatens to take over the desert with the next rain and becomes a fire danger when it dies. Join the Central Arizona Conservation Alliance (CAZCA) for a workshop focusing on Stinknet/Globe Chamomile and other invasive species on **Monday, February 24 from 4-5:30 p.m. at the Cave Creek Town Council Chambers**. Learn how to identify Stinknet, methods for eradicating it, and ask experts questions. Find out the most effective pesticides to eliminate non-native plants and the best methods for using them. If your property has been invaded by Globe Chamomile/Stinknet, and you're losing the extermination battle, then this workshop is for you.



# DID YOU KNOW?



## Passion Graham

Clubhouse Manager  
Seven at Desert Mountain  
Scottsdale, Ariz.

Passion Graham's life took a new direction in 2012 during the Democratic National Convention in Charlotte, N.C. Her event planning business was selected to plan the welcome party for the New Jersey and Maryland delegations.

Going through

the planning process, she realized how much she didn't know about the actual business of hospitality. She decided to return to college, where she earned a degree in hospitality.

Graham was food & beverage supervisor at Charlotte Country Club in North Carolina for four years before joining



**FUN FACT:** Graham worked on the singer Fantasia Barrino's VH1 reality television show when she was considering a career as a wardrobe stylist.

Our very own Passion Graham was featured in the November/December issue of Club Management. Congratulations, Passion!

Seven at Desert Mountain in 2018. The 39-year-old considers her mentor at Charlotte Country Club, Damon DiOrio, CCM, CCE, to be a living legend. She said the privilege of "tiptoeing in his footsteps is a deeply humbling honor" and enjoys living her dream daily.

Graham has been a volunteer for the Wine & Widgets Auction and a mentor at the World Conference. She speaks to college students and was education co-chair of the Carolinas Chapter.

A classically trained pianist, Graham enjoys all things musical.

## Golf Digest

AS RANKED BY THEIR PEERS November 26, 2019

### The Best Teachers In Your State (2019-20)

This is golf's most comprehensive nationwide ranking. We've identified 651 great instructors who fix swings near you

Share this story



**T**he teachers highlighted in **BOLD** are on the list of America's 50 Best Teachers.

#### ARIZONA

15.) Paxton O'Connor, Desert Mountain C., Scottsdale



Paxton O'Connor recognized as one of The Best Teachers in Arizona in the November issue of Golf Digest. Congratulations, Paxton!



## #19 IN THE U.S., #1 IN AZ

Desert Mountain has been recognized as a **Platinum Club of America** by the Club Leaders Forum for 2019-2020. For the first time in our Club history, Desert Mountain made the top 20 of just 150 clubs to be recognized with this honor from around the globe. And, at #19 in the nation, we are the only club in Arizona to make the top 20.



# CALENDAR

DESERT MOUNTAIN CLUB

## GOLF

Cupid's Classic | February 12-Cochise & Geronimo  
Cactus Classic | February 17-Renegade  
Sunshine Shootout  
February 20-22-Renegade & Geronimo  
Spring Demo Day | March 28-C/G Driving Range  
Ladies' Spring Member/Member  
March 31-April 2-Cochise & Geronimo  
Master's Par 3 Challenge | April 8-No. 7  
The Gunsmoke (Men's Spring Member/Member)  
April 17-18-Cochise & Geronimo  
Mountain Magic (Ladies' Member/Guest)  
April 22-25-Cochise/Geronimo/Chiricahua  
Mountain Mania (Men's Member/Guest)  
April 29-May 2-Cochise/Geronimo/Chiricahua

## FOOD & BEVERAGE

Alpha Omega Wine Dinner | February 11-C/G Clubhouse  
Rock-n-Roll Reunion Dinner Show  
March 6-C/G Clubhouse  
Food & Wine Fest | April 3-Chiricahua Courtyard  
Bourbon Trail | April 7-C/G Clubhouse  
Passover Seder Dinner & Service  
April 10-C/G Clubhouse  
Concert on the Lawn | April 11-Outlaw Clubhouse  
Easter Brunch | April 12-C/G Clubhouse  
French Wine Dinner | April 15-C/G Clubhouse  
Spring Bash | May 8-C/G Driving Range  
Apache Live Show Rhythm & Jazz with Khani Cole  
May 18-Apache Clubhouse

## YOUTH

Kid's Night Out Game Truck & Valentine's Day Party  
February 14-Sonoran Clubhouse  
Spring Break Camps | March & April (check exact  
dates on the Club Calendar)-Sonoran Clubhouse  
Kid's Sleepover at Sonoran  
March 27-Sonoran Clubhouse  
Breakfast with the Bunny & Spring Carnival  
April 11-Sonoran Clubhouse  
Kid's Night Out Pool Party | May 2-Sonoran Clubhouse

## SOCIAL

Pour Your Art Out  
February 5, March 4 & April 1-Various locations  
Mosaic Glass Classes | February 17, March 17 & April 21  
Musicfest Dinner/Brunch, Show & Bus Trip  
February 23 (Festival Orchestra)  
March 13 (Blues Brothers Revue)  
Vino & Canvas  
February 24, March 23, April 20 & May 18-Various Locations  
Golf Croquet Visiting Pro Week  
March 15-20-Sonoran Clubhouse  
Cornhole Tournament | March 20-Sonoran Clubhouse  
Sonoran Social | March 25-Sonoran Clubhouse  
Movie Night at Sonoran | April 4  
Sonoran Olympics | April 16 & May 22  
Bocce 101 | April 21  
Double Nickel Yoga Event | May 9

## TENNIS/PICKLEBALL

Pickleball Doubles Tournament  
February 14 - Sonoran Clubhouse  
Sonoran Cup Tennis Pro-Am & Pro-Pro Tournament  
March 22-Sonoran Clubhouse  
Pickleball Club Championships  
March 25-Sonoran Clubhouse  
Mystery Partner Pickleball Tournament  
April 16-Sonoran Clubhouse  
Tennis, Tacos & Tequila | May 5-Sonoran Clubhouse

## OUTDOOR ADVENTURES

Happy Hour with H2R | March 1 & April 26-The Ranch  
Hiking Social | March 14-The Ranch  
Dinner with H2R | March 17-The Ranch  
All Things Outdoors Farmer's Market & Bazaar  
April 9-The Ranch

For a full list of upcoming events, and to  
check availability, please visit the Club Calendar  
on the member website.



# The #1 Real Estate Company Sales Volume and Units Sold in Desert Mountain



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# DM LIFE

DM LIFE is the official publication  
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