

NAGONIE

DESERT MOUNTAIN CLUB MEMBER PUBLICATION | OCTOBER—NOVEMBER—DECEMBER 2019

THE NEW RENEGADE

Beyond Versatility

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the EVOLUTION of RENEGADE

“Everything – including the game of golf – evolves, and when the game changes, you’ve got to adapt with it,” said Nicklaus. “We opened up the renovated golf course a little bit by flattening the mounds and broadening the fairways, but it’s still the same golf course with two pins on every hole – just with a modernized playing strategy.”

When Renegade opened in 1987, it was touted by *Golf Magazine* as the most versatile course in the world. It is an appropriate claim, one we even still share today.

Jack Nicklaus has described Renegade as his easiest and most difficult design in one. Working alongside his senior design associate, Chris Cochran, and construction company, Heritage Links, the one year renovation project flipped the level of versatility from 13 holes with one green and five with two greens to six holes with one large green, 11 holes with two greens and one hole with three greens.

While Renegade is still the same course, when you step up to the tee boxes, your views and strategies are different. This isn’t the old Renegade. Either pin placement can be played on any given day, providing endless options and distance variety. Overall course distances now range from 4,500 to 8,000 yards. The tenth hole can now play as a par four or five and the twelfth can be played as either a par three or four.



Your Capital Dollars at Work

- Internal drainage system was successful through the first major rainstorm, delaying tee times in hours, versus days, and incurring significantly fewer labor hours due to the improved bunkers and washes.
- New design allows for the use of larger mowers in high-profile areas, requiring less hand mowing and fewer man hours.
- Year-round, cool-season bentgrass reduces water usage and puts us at an advantage should Arizona declare a state-wide drought.
- Four courses open next October with no lengthy overseed closures or cart restrictions.

The 2019 Renegade Goes Beyond Versatility

In addition to the increase in playing options, the recent overhaul included new state-of-the-art internal drainage and irrigation systems and, of course, wall-to-wall year-round, cool-season bentgrass. Opening in May, Renegade's new turf was tested through its first dry, hot summer, and came out with only mere blemishes, much to the delight of our turf professionals. Playing conditions have never been better, especially as Renegade approaches its first fall months as an open course that no longer requires an overseed window. Golfers have been overheard praising the conditions, saying "It's like playing on carpet," and "I'm scared to take a divot." Even our turf professionals, who live and breathe grass, are in awe of this beautiful course. If you have not yet had the pleasure of playing the new Renegade, you are in for an unparalleled golf experience - now with more golf days in September and October! Yes, we are bragging, but for good reason.

What's Next?

Renegade has already earned a place on Golf Digest's list of "America's 100 Greatest Golf Courses" three times, and has been named among the best courses in Arizona by the publication. However, we have set our sights higher and believe Renegade is ready to be revealed as a Top 100 ranked course in the world. Get ready as we set the vision in action. Your new Renegade is here!



Seven Reasons to Call Desert Mountain Home

Who better to showcase what Desert Mountain is all about, than those who already call Desert Mountain home?

For those following along, we have been producing and releasing video testimonials from some of our members, speaking to exactly what they love about Desert Mountain. *Special thanks to the following members for participating in our testimonial campaign:*



Reason #1
GREAT GOLF
Russell Thornton & Kristi Leskinen



Reason #2
LOCATION
Tim Miles



Reason #3
SOCIAL
Nick & Vicki Visel



Reason #4
DINING
Travis Okamoto & Alexis Valerio



Reason #5
SONORAN
Ted & Lisa Cohen



Reason #6
GREAT OUTDOORS
Bob & Anne Borsch



Reason #7
SEVEN
Paul & Deb Ravetti



WELCOME NEW MEMBERS

Harvey & Joni Selman | New York
Jim & Debbie Andrews | Minnesota
Gavin & Melanie James | Utah
Andy & Susana Skillen | California
Carl & Pam Koupal | Kansas
Kyle Koupal | Kansas
Tom & Pam Skinner | North Carolina
Mike & Kathy Luchtenburg | California
Brian & Maria Henricks | California
Dr. Joseph & Valerie Kowalski | Louisiana
John & Dawn Meyer | Illinois
Mark & Lisa Reed | Oregon
Austin Dales | Michigan
Rick & Dina White | California
David & Barbara Ciavarella | New Jersey
Bill & Ellen Joens | South Dakota
Bob & Sheila Press | Connecticut
Van & Patti Dukeman | Illinois
Aaron & Deborah Losleben | Washington
Jim Rogers | Ohio
Jim & Cathy Lysinger | Missouri
Jason & Lauren Maines | Colorado
Dave & Kim Coons | California
Matt & Jodie Grundy | Iowa
Brett & Stephanie Williams | Washington
Richard & Amy Lieberman | Illinois
Don & Debbie Heeman | Minnesota
Jeff & Sharon Jonas | Utah
Jeff & Jeanne Smith | Oklahoma
Matt & Christine Udoni | Illinois
Wayne & Bonnie Considine | Rhode Island
Greg & Carrie Larson | Minnesota
Dennis & Leslie Carda | Washington
Neil & Angela Wilson | Iowa
George & Heidi Good | Illinois
Harris & Enid Jacobs | British Columbia
Returning Members
Bill & Jan Gooden | Colorado



MEMBER HIGHLIGHTS

HAPPY 75TH

In May, **George and Sondra Juetten** celebrated Sondra's 75th birthday doing what they love – traveling. They went on a cruise from Barcelona, Spain to Lisbon, Portugal with a stop in Morocco, Africa. The Juetten's also love to donate to charities, particularly with education and scholarships. They recently established a community foundation in George's hometown, Rhinelander, Wisconsin.



DOUBLE EAGLE + ANNIVERSARY

Jim Boeh recorded his 2nd Double Eagle at his home course, Hallbrook Country Club in Leawood, Kansas. He and his wife, **Lisa**, celebrated their 28th wedding anniversary on October 5.



HAPPY 80TH

Sylvia Owens rang in her 80th year in March with a big Tiffany-style champagne celebration with over 80 friends at Desert Mountain! Sylvia is front and center, with the hat.



25TH ANNIVERSARY

Sal & Nancy Abeyta celebrating 25 years of happiness at their 2nd home in Ko Olina, Hawaii!



2ND PLACE

In August, **Jim Perez** finished 2nd in his age group in the 1-mile swim race in Lake Tahoe. He finished 46th out of 136 entries, beating out many swimmers in their 30's, 40's, and 50's. Jim is pictured with grandson, Easton.

ALL AMERICAN

When he was just 10 years old, **William Bansberg** (son of **Dr. Stephen & Julie Bansberg**) broke two state swimming records. Now at 16, William is still swimming and just became a High School Scholastic All American.



FOUR GENERATIONS

25 years ago, **Katherine Helm** and her two daughters spent many summers visiting her parents here. Fast forward to now, Katherine and her husband, **Ron**, call Desert Mountain their home, and her daughters and grandchildren visit often, keeping their love of Desert Mountain alive.



THE MOUNTAIN DRIVE

course schedule

RENEGADE

OPEN

(closed on Mondays)

NO. 7

OPEN

(closed on Mondays)

OUTLAW

OPEN

*(closed Wednesdays &
Thursdays in Dec. & Jan.)*

COCHISE

OPENS OCT. 21

GERONIMO

OPENS OCT. 26

APACHE

OPENS OCT. 29

CHIRICAHUA

OPENS NOV. 1

TURF TALK

What an exciting time to be a part of Desert Mountain! The Agronomy team is currently in the middle of overseeding Cochise and Geronimo and are excited for the winter season. The ongoing projects on Renegade, No. 7, Chiricahua, and Apache have all been a great success. We now have four of our seven golf courses on cool-season, year-round turf!

The 2020 schedule has each cool-season golf course open 10 months out of the year, with no restrictions, which creates more opportunity for golf play. Cool-season grasses also allow us to conserve water by reallocating from course to course during the warmer summer months. It's a win-win for the Club!

It goes deeper than surface level

Desert Mountain is proud to have the largest variety of playing surfaces in Arizona. With the combination of both cool-season and warm-season golf courses, members are now able to play on actively growing turf 12 months out of the year.

PLAYING AT DESERT MOUNTAIN

We are proud to offer our members four different turfgrass playing surfaces:

Renegade and No. 7

Bentgrass is a fine textured cool-season grass that provides a high-quality playing surface. The small leaf texture allows very close mowing and a high-density turf that provides a clean and close lie.

Chiricahua and Apache

Ryegrass is a bunch-type cool-season turf that is established by seeding at high rates (700 – 800 pounds per acre). The ryegrass plants produce tillers (vertical stems) that give the turfgrass the density to provide a quality playing surface.

Cochise and Geronimo

Bermudagrass overseeded with ryegrass. Bermudagrass is a warm-season turfgrass that grows laterally by above and below ground stems. It goes dormant in the winter and is overseeded with ryegrass. This playing surface will be similar to Chiricahua and Apache but will have the bermudagrass mat underneath the ryegrass. This will produce a softer playing surface with close lies once the ryegrass is established.

Outlaw

Bermudagrass non-overseeded will provide a brown, firm and fast surface in the winter once the bermudagrass is dormant. In the spring, the bermudagrass will begin to green up and the playability and ball roll will slow down.



No. 7 at Desert Mountain™ will host a 9-hole skins game every Thursday afternoon with tee times beginning at 3 p.m. These events are open to all members, guests, and professional staff.

Skins & Pins participants will compete in an individual skins game with gross and net divisions along with one Closest-to-the-Hole competition based on field size. The weekly fee is \$20 (cash) with all money paid out each week (normal cart fees apply).

Continue the fun at the clubhouse for Thursday night football! Enjoy appetizers, drinks and dinner while watching the game with other Skins & Pins participants.

For more information or to sign up, access ForeTees or contact the No. 7 Golf Shop at 480-437-2950.



JIM FLICK GOLF PERFORMANCE CENTER



MASTERING YOUR APPROACH

*"We don't rise to the level
of our expectations; we fall
to the level of our training."
— Archilochus*

You are standing on a short par 3 with the flagstick tucked back right and water greenside right, what is your approach? We asked ourselves, as playing and teaching professionals at the Performance Center, this question. Our team has categorized that to master your approach, you must have known numbers and manage expectations.

In order to calibrate your known numbers, you need tools to measure. At your Performance Center, Trackman⁴ radar technology is available in our sessions to guide you in identifying yardages and best approach with confidence. Trackman is the world's first and only dual radar technology. One radar system tracks everything the club does before, during, and after impact – commonly known parameters like Club Path and Face Angle to Swing Direction and Spin Loft. The other radar system tracks the full ball flight – from launch to landing and everything in between; including Launch Angle, Spin Rate and curvature.

Establishing your Short Game Matrix, gives your brain added context and feel to the point a player can lower their scores. This is very simple and fun to calibrate! We desire a gap between clubs in full swing 15-20 yards for effectiveness. Fill in the blanks and discover your known numbers.

In managing expectations, we must first understand how close elite-level players hit it. How close from 100 – 125 yards would you expect yourself to be from the hole in feet? Would that number be 10 feet? The 100th ranked player in proximity from 100 – 125 yards in 2019 was Xander Schauffele at 20 feet. Oh, and Phil Mickelson edged him by 1" average for the year!

These elite players are aware of their strengths and weaknesses and known numbers, often aiming away from flagsticks and focusing on the center of the green. Tiger Woods mentions when approaching his shot, "I play aggressively to a spot that others would find conservative." When approaching a green have your known number and play to center of green. This practice will keep you engaged and shooting lower scores.

Our team has created a challenging and fun experience for all skill levels playing our Signature courses and No. 7 at a shorter length. Short Course a la Carte is a great opportunity to manage the course and develop the required skills to play your best. Once a score of 36 or better is achieved for 9 holes, you advance to next level. Who will advance and be on the leaderboard?

LEVEL 1: 50 YARDS
October 30 – 3 p.m. Tee Time
November 6 – 3 p.m. Tee Time

LEVEL 2: 100 YARDS
November 13
3 p.m. Tee Time

LEVEL 3: 150 YARDS
December 4
3 p.m. Tee Time



BENEFITS INCLUDE:

- Reducing inflammation caused by exercise
- Minimizing pain and damage caused by an injury
- Management of everyday stress
- Providing a calm and focused mental state
- Inducing healthy sleep cycles

Products carried at the Jim Flick Golf Performance Center include Functional Remedies EndoSport Full-Spectrum Hemp Oil in the form of drops, capsules, and a topical salve.

If you have any questions or would like to learn more about Full-Spectrum Hemp Oil, visit or contact us at 480-595-4280.

Functional Remedies Full-Spectrum Hemp Oil

Functional Remedies EndoSport Hemp Oil is used by over 100 players on the men's professional tours, including brand ambassador, Scott McCarron, on the PGA Tour Champions. McCarron measured results with a WHOOP® strap and found within the first week his recovery had more than doubled while using the hemp oil. With a suddenly strong presence on the PGA Tour, many are wondering how CBD and/or hemp oil works and what benefits it may provide.

The endocannabinoid system (ECS) is a regulatory system in the body that affects other systems such as nervous, digestive, immune, endocrine, and the respiratory system. Endocannabinoids and receptors can be found throughout the body in the brain, organs, connective tissue, glands, and immune cells. These cannabinoids allow communication and coordination between different cell types, maintaining a balanced internal environment.

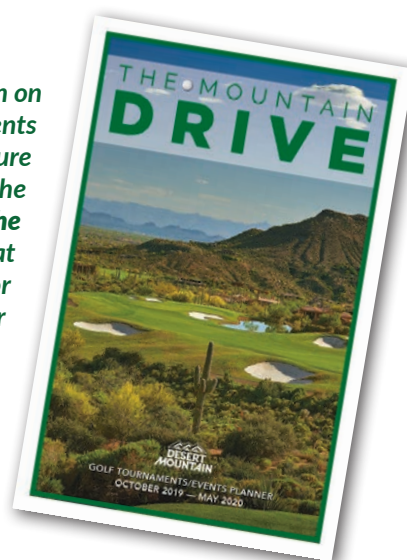
Research has shown that introducing these external phytocannabinoids found in hemp oil to the ECS can benefit the body and mind in many ways as it binds to receptors and controls the cells. Hemp-derived products containing .3% or less THC are legal in all 50 states. It is 100% legal to purchase, use, and travel with hemp products throughout the country. These products are also safe for pets and children (adult supervision advised).



Fall Demo Day | C/G Driving Range Saturday, November 9 | 9 a.m.-4 p.m.

Fall Demo Day returns to the Cochise/Geronimo Driving Range with over 70 vendors featuring their newest and top-selling products. The Range will be filled with the latest and greatest in golf clubs, men's and women's apparel and everything in between. Most of the products will be available at incredible discounts – but this day only! Demo Day is a unique and exclusive event with great prices, no-obligation raffle prizes and terrific discounts in all the shops!

For information on golf tournaments and events, be sure to pick up the latest copy of *The Mountain Drive* at the clubhouses, or visit the member website.





**SHOP
PING**

AT DESERT MOUNTAIN



**BAREFOOT
DREAMS
APPAREL**

Barefoot Dreams is one of the coziest and most luxurious knitwear lines on the market. Their fall collection features a variety of sumptuously, soft ladies items. Featuring V-neck tops, palazzo pants, cardigans, and more, Barefoot Dreams is made for style and comfort. Perfect for cool desert evenings, travel, shopping, or lounging, this assortment is offered in a soft desert palette of blue, cream, and green. Barefoot Dreams also features a children's assortment, as well as blankets and throws. Featured in 5-Star Resorts and Spas, Barefoot Dreams defines stylish loungewear. Come to Sonoran to see the latest offerings.

CHERVO FOR LADIES

Cochise/Geronimo, Apache, and Chiricahua Golf Shops are pleased to be offering Ladies' Chervo Apparel for fall. For 35 years Chervo has been making Italian sportswear with innovative fabrics and contemporary styling. All of Chervo's clothing is designed in Costermano, Italy and made in Europe. Featuring unmatched quality and attention to detail, Chervo's garments are carefully crafted in the same manufacturing locations as several of the top luxury brands in the world. Not only are Chervo's fabrics beautiful, but their performance is exceptional. Desert Mountain will be featuring mocks, vests, fleece, jackets and more! This refined collection is a luxurious medley of embellished zippers, silky fabrics, and functional fashion. Select from a basic color palette as well as some luminous metallics, perfect for holiday time. Add some luxury to your wardrobe with Chervo's elegant styling.



FLEXFIT DELTA HATS Lighter. Sleeker. Smarter.

The new Flexfit Delta hats feature the most advanced technology story of any headwear we've ever carried. These unique hats have a seamless construction that utilizes Flexfit's patented bond taping that reduces stitch construction, and makes the hat significantly lighter. The inner construction of the hat is thermal regulating, anti-bacterial, and is odor resistant. The Cloud Cushion sweatband inside each hat absorbs moisture faster, and uses the highest grade stain-block technology to keep the crown of the hat looking and feeling fresh. Simply put, the Flexfit Delta is the lightest, sleekest, and most comfortable hat we've ever had!

THE MOUNTAIN PALATE

Let's Brunch

Call your family and friends and set a date for Sunday brunch! The team at Cochise/Geronimo will be your host throughout winter season, and we have a special guest coming in December just for the kids. Raise your mimosas!

Sunday Brunch

November 10 | 10 a.m.-1 p.m.

Brunch with Santa

December 15 | 10 a.m.-1 p.m.

See the Palate for more brunch dates.



HOST YOUR HOLIDAYS WITH EVENTS & CATERING AT YOUR SIDE

Are you planning a company Christmas party or another holiday party this year? Show your employees and guests your appreciation with an amazing holiday party. The Desert Mountain Events and Catering team would love to plan your holiday party from start to finish. We make it all happen with the perfect venue location, exquisite cuisine, festive decorations and the best live entertainment the area has to offer. Planning your corporate or personal holiday party has never been easier!

Contact us today to get started.

Kathleen Glenn

kglenn@desertmt.com

or 480-595-4198

*For information on food and beverage events, be sure to pick up the latest copy of **The Mountain Palate** at the clubhouses, or visit the member website.*





Do you eat for fuel or fun? How about eating foods that are healthful to both your body and environment? When you dine at Desert Mountain it is likely you will be checking off all three boxes in one order.

At your table, our service team strives to provide a relaxing and enjoyable experience from “welcome” to “see you again soon.” Check FUN! When you order, it is the goal of our culinary team to serve you quality menu items that taste good and leave you feeling satiated. Check FUEL! However, our vision to provide the best for our members keeps us reaching for more.



LA & SF SPECIALTY



In our restaurants, sustainable eating starts with evolving menu choices that use seasonal produce from nearby farming communities for the freshest ingredients with a minimal environmental footprint. Chef Bertrand recently partnered with LA Specialty to begin providing seasonally ripe, locally grown produce sourced from farmers right here in Phoenix (as well as Los Angeles and San Francisco). All our restaurants will begin using LA Specialty produce in our salads and accompaniments in October.

FROM LAND...

In 2018, Desert Mountain began working with Brandt Beef, a single family-owned farm in California, to supply the meat for Apache's Steaks, Constantino's Prime Filet and Seven's Roast Beef Dip, to name a few. Brandt Beef prides itself on raising their animals humanely and naturally without hormones or antibiotics. They are also committed to sustainable practices from their alfalfa crop rotations, to composting waste to enrich the land, to using flood irrigation to attract birds that act as a natural pesticide for unwanted insects, and housing burrowing owls to rid the fields of pests. To date, Brandt Beef is the only beef producer to

receive the Master Chefs' Seal of Excellence for its commitment to producing a superior culinary product.

TO SEA...

In 2019, we were thrilled to partner with Kanaloa Seafood based in Santa Barbara. Kanaloa is the first sustainable seafood company in the United States, with over 30 years of providing responsibly sourced, high quality products. Owners, Don and Randee Disraeli are passionate about fish and you can tell from the minute they begin talking about their business. They do the research and audits, they assess entire regions and the people who live there, as well as the surrounding ecosystems so they can source and partner with the fishing communities who are committed to protecting their waters and creating best practices with every fishing season. The proof is in the quality of taste, which you can experience for yourself in nearly every seafood dish at Constantino's, as well as Apache and Seven.

Chef Bertrand and our culinary team are guided by innovation and quality, and we are proud to have partners who lead with the same vision.



keep it or **toss** it?

Liquor has a long shelf life especially if the bottle has been kept in a cool, dark place and is fairly full (air weakens the flavor). But, if a bottle is less than half full or you cannot remember when you bought it, it's time to replace it.



1. THE GOOD STUFF - SPIRITS

- Gin for Martinis, Gin & Tonics, Gimlets and Collins
- Vodka for Screwdrivers, Salty Dogs, Bloody Marys and Vodka & Tonics
- Tequila for Margaritas, Tequila Sunrises and Palomas
- White Rum for Daiquiris and Mojitos
- Dark Rum for Piña Coladas
- Bourbon for Mint Juleps and Whiskey Sours
- Cognac for Sidecars, Brandy Milk Punches and Smashes

NICE TO HAVE

- Scotch & Brandy
- Champagne or Prosecco
- Cointreau for Margaritas, Long Island Iced Teas and Mai Tais
- Dry (white) Vermouth for Martinis and Gibsons
- Sweet (red) Vermouth for Campari Americanos and Manhattans

2. THE COMPANIONS - BASIC MIXERS

- Tonic/Soda water
- Dry ginger ale
- Sprite/Cola
- Fruit juices
- Angostura bitters, a mix of 40 herbs, roots and other botanicals, for blending flavors

QUICK TIP:

Never leave a guest empty handed. For cocktail parties, allow a pound of ice for each guest, as well as three drinks, three glasses and three napkins per person for a two hour party.



setting up a **HOME BAR**

Whether your home bar sits on a pretty console table or a chic bar cart, now is the perfect time to update it for fall and winter entertaining. Below is the ultimate home bar shopping checklist to get your bar stocked and ready for guests.

3. A LITTLE BEAUTY - BASIC GARNISHES

- Lemons/Limes/Oranges/Cherries
- Olives/Cocktail Onions

4. EXTRA PIZAZZ - BASIC SEASONINGS

- Coarse Kosher salt/Super fine sugar
- Pepper/Tabasco
- Worcestershire sauce



5. LET THE TOOLS DO THE WORK

- Bar spoon with a long handle for stirring mixed drinks
- Blender
- Bottle opener/Corkscrew
- Citrus squeezer for extracting fresh lemon, lime and orange juice
- Cocktail picks for garnishes
- Cocktail shaker/mixing glass
- Grater for citrus zest
- Strainer
- Jigger for measuring ingredients
- Paring knife and small cutting board
- Muddler for mashing fruit and herbs

CLAY COURT UPDATE

Desert Mountain did an extensive clay court project over the summer. We completely rebuilt courts 4 & 5 with new plumbing, foundation, and clay. The new courts are a great addition to our tennis facilities and will make your time on the courts even more enjoyable.

Clay courts are notorious for changing how they play throughout a season. Various factors like temperature, moisture, and amount of play affect the firmness and playability of the surface. The older the court is the more difficult it becomes to maintain the best playability for an entire season. Our court maintenance team works incredibly hard to keep our courts in great condition throughout the fall season before they can do heavy maintenance on them during the summer. Our two new clay courts are going to require far less maintenance to maintain their great playability.

Having the new courts allows us to have a great baseline for court firmness and playability to monitor the other three clay courts, and to adjust our maintenance procedures, to ensure they are always in the best playing shape. To measure ground firmness, our team has used a Specmeter on all the clay courts to get a detailed map of how firm the clay is around the playing area. We can continue testing the courts throughout the season and compare the data to the new courts to track the court conditions.

SONORAN



USTA Clay Court Champion,
Wilder Cooke of Tucson



USTA CLAY COURT TOURNAMENT

Desert Mountain recently hosted a clay court tournament and the players were asked after their matches how the courts played. The feedback was phenomenal and we received nothing but positive reviews. The most often heard phrase was ***"These are the nicest clay courts in the country!"***

Come out and play a game on the new courts this season. You won't be disappointed.



Live Well & Prosper

A WELLNESS SERIES

November 5, 2019 | 5-6 p.m. | Complimentary
"Improve Overall Health with Superfood Smoothies"
 Viviana Miza, SuperVital Foods

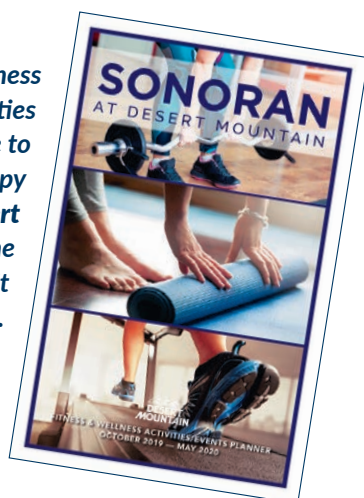
November 12, 2019 | 5-6 p.m. | Complimentary
"Wellness Retreat to Amorgos Island, Greece"
 Wendie Marlais, Desert Mountain

November 19, 2019 | 5-6 p.m. | Complimentary
"Vision Boards, Maximize Your Visualization Practice"
 Laura Goron, Desert Mountain

December 3, 2019 | 5-6 p.m. | Complimentary
"Unlock the Healing Power from Within"
 Dr. Steven Sorr, Source of Health, Natural Medical Center

December 17, 2019 | 5-6 p.m. | Complimentary
"BEMER Technology for Improved Life & Health"
 Ken Fleisch, BEMER Technologies

For information on fitness and wellness activities and events, be sure to pick up the latest copy of **Sonoran at Desert Mountain** at the clubhouses, or visit the member website.



AMORGOS

GREECE PILATES RETREAT

If you love travel and fitness, this trip has been designed just for you! Spots are limited and filling up quickly.

JULY 3-8, 2020

APHRODITE BASIC PACKAGE
 \$1,599 PP/SGL | \$1,099 PP/DBL

- Five nights at Aegialis Hotel & Spa
- Fresh, local breakfast and dinner daily
- One relaxing spa massage
- Rejuvenating movement classes daily
- Indoor/outdoor saltwater pool, spa & fitness
- Hotel transportation upon arrival and departure

OPTIONAL ACTIVITIES AVAILABLE:

Authentic Greek cooking class & wine tasting	\$85
Historic bus tour of Amorgos and Monastery	\$60
Exciting boat adventure in the Aegean Sea	\$120

For questions or to book your reservation, please contact instructors,
 Wendie Marlais at wmarlais@desertmt.com
 Emily Grout at egrout@desertmt.com.
 Registration deadline is December 6, 2019





SONORAN FITNESS IMPROVEMENTS & ORIENTATION

In an effort to create an impact on your workout experience, we have added or replaced several pieces of equipment on the fitness floor:

Cybex Arc Trainer	Dumbbells & Rack	Dual Stack Cable X-Over	Cybex Leg Press
Cybex Arm Curl	2 Precor Bikes	2 Espresso Bikes	2 Crank Cycles
2 Stages Bikes	2 Concept 2 Rowers	Concept 2 SkiErg	Matrix Climbmill
True Bike	TRX Package	2 NuStep Bikes	2 Stairmaster Free Climbers
			FLEX machines

Each year the Fitness team works together on selecting new equipment with cutting-edge technology, which could be potentially confusing to first-time users. If you would like to learn more, we invite you to attend an orientation geared to help you understand how to select, adjust and use the equipment that best suit your needs.

Every Thursday at noon. If you're unavailable at this time, contact Jim Franklin, Director of Fitness and Wellness, at jfranklin@desertmt.com.



FASCIAL STRETCH THERAPY (FST)

You might not be stretching regularly, or may have been stretching your muscles for years, but the science behind stretching has changed. Now, stretching the fascia (the fibrous connective tissue that wraps and supports muscles, bones, tendons and ligaments), has been found to improve athletic performance and recovery. FST was developed by Ann Frederick, who works with athletes at the Olympics, and it works by moving the joint along with the surrounding tissues to help the fascia and muscles relax at the same time. What are the benefits?

- **Zero pain:** Fascial stretching is incredibly gentle. You shouldn't feel any pain, just mild pressure.
- **Fast recovery:** Fascial stretching improves the blood flow to tired muscles.
- **Improved performance:** Scientific evidence says FST will help you run faster, lift heavier, boost endurance, improve coordination, and increase flexibility.
- **Injury rehab:** Stretching the fascia breaks up scar tissue and increases the range of motion in injured areas.

Instructors Emily Grout, Matt Trujillo and Lisa Schroeder have completed Fredrick's "Stretch to Win" certification and are available to help you improve your performance. They will be available for complimentary demos from 10 a.m. -12 p.m. in the Sonoran Lobby or Courtyard in October/November:

Oct. 15 Lisa	Oct. 29 Lisa	Nov. 12 Emily
Oct. 17 Matt	Oct. 31 Matt	Nov. 14 Matt
Oct. 22 Lisa	Nov. 5 Lisa	Nov. 19 Lisa



FEET + POSTURE = FEET-NESS™

Master Class with Ilaria Cavagna

Friday, December 6 | 4:30-5:30 p.m.
Complimentary class; registration required



Ilaria Cavagna is the founder of FEET-NESS™, and her mission is to bring the focus back to the feet and help fitness enthusiasts achieve the real

"full body workout". Her master class is designed to help those who suffer from foot pain or to prevent future issues, which include Morton's Neuroma, bunions, and plantar fasciitis. Ilaria's class will introduce you to exercises utilizing the Rescue Loop to help you keep golfing, playing tennis, hiking and enjoying life.

No matter where we are on our life path, there is always more road for learning, growth and self-discovery.

a year with 2020 vision

Tapping into and nurturing our physical, mental, emotional and spiritual pillars may even extend our journey as we gain clearer vision about ourselves and the world around us.



Spiritual Counselor,
Eva Maurice

BALANCING THE CHAKRAS

7-part Series with Eva Maurice

Studio 1 at Sonoran | 5-6:15 p.m. | \$20 per class

October 16 – Muladhara, the root chakra

November 20 – Svadhisthana, the sacral chakra

December 18 – Manipura, the solar plexus chakra

SELF-TRANSFORMATION SERIES

A guide through mindfulness with Eva Maurice

Studio 1 at Sonoran | 11 a.m.-12:15 p.m.

\$20 per class

November 2 – Meditation 101

December 7 – Daily Rituals for Optimal Living

Register online or call The Spa at 480-595-4350

BALANCING ENERGY

Let's start at the beginning by understanding our holistic nature. Throughout the winter season, Spiritual Counselor, Eva Maurice will guide us through the seven chakras that make up our natural energy centers - all of which serve us in different ways. We will take a closer look at each chakra, where it is in the body, what it represents, and what happens when it is blocked and when it is balanced. We will start with the muladhara, or root chakra, which is found at the base of the spine and is concerned with safety, security and basic human survival. When this chakra is balanced, we demonstrate self-mastery, physical energy and a healthy body - a great place to start on the path of self-discovery.

SELF-TRANSFORMATION

Self-care is not selfish. In fact, when we take care of ourselves first, we are better equipped to help others. The airline oxygen mask procedure is a perfect example of this basic theory. When we take the time to understand what is going on within us, we open ourselves to knowledge, healing, renewal and power. In a six-part "Self-Transformation Series", Eva will guide us through practical and invaluable insights on meditation practices, daily rituals, love, truth, intuition and creativity for living an optimal life.

Let 2020 be a year of clear vision and purpose. To find out more about these series, please reference the Sonoran guide or visit the member website.

Eva Maurice has over 25 years of professional speaking experience in the Wellness Industry and as a Spiritual Teacher. As a contemporary Spiritual Counselor, Eva inspires people to evolve through self-discovery. Her compassionate, yet candid approach, creates a safe space for clients to find their truth and live their dreams. Eva's insight, wit and easy-going nature make her a remarkable and effective counselor, speaker and meditation facilitator.



SPA SPECIALS

OCTOBER

Muscle
Recovery Massage
60 minutes \$130
90 minutes \$150

Pumpkin Latte
Hydration Facial
\$130

NOVEMBER

Stem Cell Facial
with Microcurrent
and LED Light Therapy
90 minutes \$215

Customized Organic
Aromatherapy with
Turkish Body Scrub
90 minutes \$160

DECEMBER

Organic Detox Peel
60 minutes \$130

Magnesium
Wellness Treatment
60 minutes \$105
90 minutes \$140

YOUTH CENTER

NOVEMBER 2019

Wild Turkey Days Camps

Each camp day will be filled with Thanksgiving and fall-themed indoor and outdoor games, arts & crafts, entertainers, horseback riding, lunch and more!

November 25, 26, 27, 29 | 9 a.m.-2 p.m.
Ages 5-12 | \$75 per child (pricing and registration on a per day basis)



Join the Thanksgiving Day tradition at the **Desert Mountain Annual Turkey Trot 5K Fun Run & 1 Mile Run/Walk!** This annual event is for the entire family. Continental breakfast will be served and prizes will be awarded to the 5K race winners. Sonoran will host additional games and activities afterwards so we invite you to stay and play for a bit while the turkey is in the oven. Register by Thursday, November 21 to ensure your shirt size is available. Go online or call the Sonoran Clubhouse at 480-595-4355.

NEW! KID'S CLUB DROP-IN HOURS

No need to schedule or register for Hourly Playtime during Kid's Club Drop-in Hours! Go to a last-minute fitness class, go out to dinner, catch a tee time or relax by the pool. Ages 3-12 (must be potty trained). Drop off and pick up can be anytime within the listed timeframes below. \$10/hour per child. Blackout dates and restrictions apply. Contact Ali Royer at aroyer@desertmt.com or pick up a copy of the Sonoran booklet for complete details.

Friday Kid's Club Drop-in | 5-9 p.m.

Saturday Kid's Club Drop-in | 9 a.m.- 2 p.m.

DECEMBER 2019

Family Gingerbread House Decorating & Visit with Santa!

Saturday, December 21 | 12-2 p.m. | \$40/child with adult

Bring the whole family for this holiday event! Decorate gingerbread houses with the kids, drink hot chocolate, make s'mores and holiday crafts, and get into the holiday spirit. Bring your cameras as Santa will be making a special appearance for family photos! The Mountain Chef food truck menu and alcoholic beverages will be available for purchase for grown up fun. Advanced registration required.



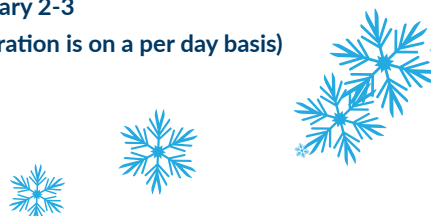
Winter Break Camps | 9 a.m.- 2 p.m., lunch included each day | Ages 5-12

Spend your winter break at Desert Mountain! Each day of camp will be a little bit different, so keep your eyes peeled for more details on outside vendors and off-property field trips! Meet friends, go on nature hikes, play sports, participate in horseback riding and more!

Week 1: December 23, 26, 27

Week 2: December 30, 31, January 2-3

\$75 per child (pricing and registration is on a per day basis)



the great OUTDOORS



YOGA RETREATS \$450/2-DAYS

MARCH 21-22
APRIL 4-5



FUN EVENTS WITH H2R EXPEDITIONS

HAPPY HOURS

\$45/person

Enjoy appetizers, campfire and a beer and wine bar.

NOVEMBER 21 | DECEMBER 8 | MARCH 1 | APRIL 26

DINNER

NOVEMBER 26 | \$80/person

Enjoy a nice dinner with visiting family without the dishes! Includes dinner, wine and beer.

CAMPING

MARCH 1-APRIL 30

\$350/adults | \$250 /kids

Open for private parties and overnight camping, includes camp set up and cleanup and chef-prepared food. For questions or to book, contact Ashley Hammer: 480-510-5365 or Ashley@h2rexpeditons.com.

*Please note these events do not apply to your F&B minimum.

SUNSET YOGA AT THE KIVA

Sunset Yoga is back for the winter season! Experience this outdoor yoga class at Desert Mountain's own Kiva at The Ranch. Instructor Emily Grout will lead a 75-minute all-levels class lit by the light of the Kiva fire. Bring your own mat and props or use the props provided. Essential oils will be used during class to facilitate relaxation.

NOVEMBER 21 - 4 p.m.

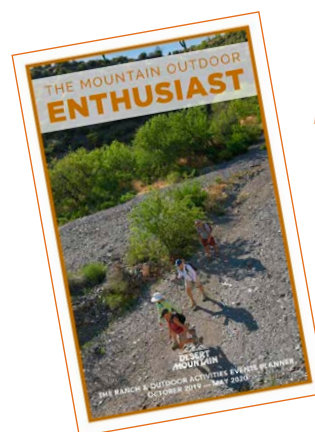
This session will be followed by a Happy Hour at the H2R Campsite.

DECEMBER 19 - 4 p.m.

HORSES RETURN IN NOVEMBER

Give yourself a different view on the trails - from the saddle! Our partner, PFC Equine and their beautiful horses return to The Ranch in November for 1 and 1.5-hour guided trail rides, sunset trail rides, horsemanship lessons and round pen sessions for those who love horses but are unable to ride. Trail rides are posted to the Club Calendar beginning November 1 and are open for registration.

For questions, please call our Concierge at 480-488-1363.



*For information on all outdoor activities, be sure to pick up the latest copy of **The Mountain Outdoor Enthusiast** at the clubhouses, or visit the member website.*

DOUBLE NICKEL CLUB



Beginning in October, we will be hosting monthly events designed for our 55 and under members - otherwise known as the Double Nickel Club. Whether you are a single professional, single couple or have young children, these monthly offerings will give you a chance to have some fun and meet other Double Nickel Club members. All are welcome.

NOVEMBER | Friday, November 8
\$10/person | 5-7 p.m.
Top Golf at the Performance Center

DECEMBER | Saturday, December 14
Complimentary | 2-4 p.m.
Putting social at the Seven Clubhouse



SONORAN OLYMPICS

Invite your friends for a day of competition and fun by competing in pickleball, golf croquet, bocce ball and cornhole.

DECEMBER | Friday, December 20
9 a.m.-12 p.m. | \$15/person



SOCIAL



CORNHOLE TOURNAMENT

Sonoran will be hosting a game day Cornhole Tournament where members will compete with a partner. Enjoy delicious grilled food, craft beer, and college football on the screens. Show your team spirit by dressing in your favorite collegiate gear.

OCTOBER | Saturday, October 26
11 a.m.-3 p.m. | \$50/person

GOLF CROQUET



Weekly open play is October 1-May 1

OCTOBER | Thursday, October 31
Costumes & Croquet | 1-4 p.m. | Pre-register: \$15, walk-up \$20
There will be a costume contest along with themed drinks and appetizers included.

NOVEMBER | Thursday, November 7
Croquet 101 | Complimentary | 2:30-5 p.m.
Learn different mallet grips, the order of shooting, and order of the wickets. Enjoy appetizers while playing.

November 13-16

Visiting Pro Croquet Week

Sonoran will be having a world-ranked, professional croquet player visiting for the week.

DECEMBER | Thursday, December 12
Croquet 101 | Complimentary | 2:30-5 p.m.
Learn different mallet grips, the order of shooting, and order of the wickets. Enjoy appetizers while playing.

December 13 & 14

Full Court Challenge Days | Complimentary | All day
The croquet lawn will be converted for members to experience playing on a full-size court.

MONTHLY THIS SEASON! DINNER & BUS TRIP

Enjoy dinner at Seven Clubhouse and then board the Mountain Coach to see the show! \$90 per person includes pre-fixe dinner, a glass of wine or beer, transportation and show. Register online or call our Concierge at 480-488-1363.

ANNIE GET YOUR GUN

THURSDAY, NOVEMBER 7

Cactus Shadows Fine Art Center

5 p.m. Dinner at Seven Clubhouse

6:30 p.m. Load DM Coach | 7:30 p.m. Show

YES VIRGINIA, THERE IS A SANTA CLAUS

THURSDAY, DECEMBER 19

The Holland Community Center

5 p.m. Dinner at Seven Clubhouse

6 p.m. Load DM Coach | 7 p.m. Show



Third season winners "Wait, Wait, Please Tell Me" will add their names to the Brain Trophy. The trio of Andrew Shetter, Andrew Shaffer, and Ben Williams

Trivia Night Season 4 Starts in October!

Desert Mountain members and their guests are invited to show off how smart they are, as Trivia Night kicks off at 7 p.m. on October 24 at the Cochise/Geronimo Clubhouse (in the Men's Grill, but open to men and women).

The bar is open and Burger Night is available. Also, back by popular demand, we will be having a special Saturday Trivia Night on Thanksgiving Weekend at the Renegade Hideout (bartender only), so bring your family and out of town guests for an evening of fun!

UPCOMING DATES

October 24, November 7, 14, 30 (Saturday Trivia Night at Renegade Hideout for Thanksgiving weekend)

December 19

Contact Todd Rethemeier for additional questions at todd_rethemeier@hotmail.com.

NEW!

TEXTILE COLLAGE CLASS with Mimi Damrauer

Tuesday, November 5 | 5:30-8:30 p.m. | \$55

Cochise/Geronimo Upstairs Library

Includes fabrics, embroidery needle, embroidery thread.

For information on all the social activities, be sure to pick up the all new copy of Social on the Mountain at the clubhouses, or visit the member website.



DESERT MOUNTAIN THANKSGIVING FOOD DRIVE

Happy Thanksgiving! We have so much to be thankful for. Let's help those in need this Thanksgiving by donating some of your unopened, non-perishable food items to the needy in our community. We will be running a food drive to support the Foothills Food Bank during their busy Thanksgiving season.

The Desert Mountain Thanksgiving Food Drive over the last four years has been a great success, donating over 2,700 pounds of food to the Foothills Food Bank! This year we hope to build on our previous years success. Donation bags will be available on November 1 and we will be collecting the bags until November 10. Donation bags and collection boxes will be at the following locations:

- All Pro Shops
- Saguaro Forest Caretaker's Cottage
- The Concierge
- The Sonoran



Emmitt Macor lives in Desert Mountain and has volunteered his time to organize, pick up, and drop off donations to the Foothills Food Bank.



22 Years, \$7.4 Million Donated!

CARE and the Desert Mountain community are important contributors in the fight against cancer. Donated funds continue to fuel world-class research at HonorHealth Research Institute and Mayo Clinic of AZ.

WILL YOU JOIN US IN THE FIGHT AGAINST CANCER?

To donate, visit the Desert Mountain Members site, log in, click on DM Gives Back, and then click on **CARE**.

CARE is a 501c(3) organization.

2019 HOME & LIFESTYLE party

FRIDAY, NOVEMBER 1 | 4-6:30 P.M. | COCHISE/GERONIMO CLUBHOUSE

The Desert Mountain Foundation Home & Lifestyle Party is one of the first big events at Desert Mountain each winter season. The money raised from fees paid by the sponsors goes to support the DM Employee Scholarship Fund. Over \$266,000 has been awarded in seven years to employees and their families to attend college or professional development courses. The Party! is the largest fundraiser the Foundation holds each year and is organized by DM member volunteers, spearheaded by Nancy Abeyta and Sheila Seaton.

NEW

THE DEMONSTRATION DEN

Five sponsors will give 7-10 minute presentations in the Ladies' Library starting at 4:15 p.m. The demonstrations will showcase architectural, interior design and window treatment trends, as well as updates in skincare technology and an informative discussion about the outdoor opportunities here at DM and the Tonto National Forest area. Attendees are invited to any or all of these free presentations.

Food & Drinks, Friends, Sponsors, Prizes, Entertainment by Robert Seaton and more.
Raffle Tickets on sale, \$100 for 1/\$250 for 3 tickets. Limited quantity, they sell out fast!
\$35 per person | Register online or call the Concierge at 480-488-1363

Meet two of our 2019/2020 Scholarship Awardees



**KELLY
MONTANA**

Personal Trainer
at Sonoran. She
will be attending
the Titleist
Performance
Institute this year!



**ANNIE
HARRIS**

Server at Outlaw.
She is attending
ASU, studying
Criminal Justice/
Criminology

**DESERT
MOUNTAIN**
— FOUNDATION —
Benefiting our Employees & Community



Helping Hands, Employee Hardship Fund Launches!

If you are interested in donating or would like additional information, contact Frances Emerson at 309-912-1078 or visit the member website.

Some of our wonderful Desert Mountain employees are faced with sudden crises that cause financial hardship, often leaving them unable to meet their own or their family's basic needs. In an effort to support these valued employees, the Desert Mountain Foundation has introduced a new tax-advantaged employee hardship fund called "Helping Hands", which launched to all 700 employees in September 2019. The sole purpose of this 501(c)3 fund is to help Desert Mountain employees who face a significant, temporary financial hardship caused by a sudden, unexpected event beyond their

control. This is not a loan program, nor is it meant to assist employees who simply aren't managing their money carefully. Rather, it is for our employees who face hardships.

Desert Mountain Club, Inc. and the Desert Mountain Master Association have provided tax-deductible seed money to establish the fund. Many Desert Mountain members and homeowners have already contributed to Helping Hands to ensure adequate funds exist to meet our employees' needs. We hope you will join your friends and neighbors by supporting this important cause.

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DESERT MOUNTAIN CLUB

NAGONIE

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If you have comments, photos or story ideas that
you would like considered for publication, please contact us.
www.members.desertmountain.com

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