



March 2023

Upcoming Events

Join in for the Spring Fling Dance and Dinner

Spring is coming and the desert will be blooming soon. Join your neighbors and friends to celebrate with our Spring Fling Dance and Dinner on Thursday, March 23 at 5 p.m. at the Pioneer Center. Sun City Mesquite's homeowner band called Mesquite Café Blues Band starring Linda and Paul Villanueva will share their unique blues and rock for your dancing and enjoyment. Sign-up at the front desk for this event which costs only \$30.



This dinner and dance event is sponsored by the Intermountain Health-care group and is being catered by the 1880 Grille. Dinner will feature Italian cuisine including pasta primavera, Caesar salad, grilled chicken and garlic bread. For dessert, finish with chocolate cake. A cash bar will be available as well.



March 2 and 16
ARC Meeting Dates

March 1
Medicare 101
Physicans Mutual
Todd Walker

March 5
Golden Knights vs
Montreal Canadians
Las Vegas

March 6
Cookies and Cream Day

March 9
Morris Columbus Travel
2024 Best of Italy Trip

March 11
Bruce in the USA
Tuacahn

March 13
Blood Drive
Pioneer Center

March 17
St. Patricks Day Lunch
Music by Mike Rye
Pioneer Center

March 18
Three Dog Night
Tuacahn

March 23
Spring Fling Dinner and
Dance
Pioneer Center

March 27
Bingo

March 29
Elvis Night

***Submittals for ARC must
be received by 4 p.m. on
the Friday prior to the date.

A message from your
Lifestyle Director
Deborah Demos

March is a month of warming up and month to clean your closets, garage, and cabinets for unwanted or no longer needed items. Clean, price and place items in your driveways or garage for our annual Spring Community Garage Sale on Saturday, March 18, 7 a.m. – 3 p.m. or while your items last. Whether you are selling or buying treasures, enjoy the day, but be cautious of our busy streets with pedestrians, golf carts and drivers. Place directional signage around and HOA will place ads in local paper.

Monday, March 6 is National Cookies and Cream Day. Celebrate with Cookies and Cream Ice Cream and Oreos.

We have a couple more tickets to Bruce Springsteen Tribute Band at Tuacahn on March 11.

Be a hero and donate blood on March 13 at the Pioneer Center.

Get dressed up in your green, or you may be pinched. On Friday, March 17, we will celebrate with a delicious Irish inspired lunch while Mike Rye plays your favorite tunes.

On Thursday, March 23 get your dancing shoes on as we have our Spring Fling Dinner and Dance with Mesquite Café Blues Band.

Be hungry on Thursday, April 13 as Mesquite Corn Dog Truck will be here on a pre-order basis. Sign up for your regular or epic-sized lunch at the front desk. Dessert, side of kettle chips, cheese bomb and a drink is included.

Thursday, April 27 we will have Hot Lava here from Las Vegas for our Spring Hawaiian Luau. If you haven't attended one of our luaus, it's not to be missed.

"Beautiful" is a musical about Carole King. It is literally a beautiful production and story. I give it 2 thumbs up and is one of my all-time favorites. You too, will love it as much as I did.

The Mesquite-Toes Tap Team shuffle steps into its 20th year presenting its Spring Spectacular 2023 on Friday, April 14 at 7 p.m. and Saturday, April 15 at 1 p.m., at its studio location, 190 E. Mesquite Blvd, Unit C.

"The Toes have come a long way since its founding in December 2003", reflected Marge Westwood, the Mesquite-Toes Director, who has been with the troupe since the beginning. 15 people were then the core performers in the group, which had started as an offshoot of an exercise-to-music class at the Mesquite Rec Center.

The Toes' first show was performed at a Welcome Back Snowbirds barbeque held behind the Rec Center. As the team grew, they moved their dance studio to the Jimmy Hughes building, where they were able to start offering tap, jazz, and clogging classes to anyone interested in learning. In 2017, the Toes moved it to its current location at the intersection of Mesquite Boulevard and Hafen Lane, still offering classes open to the public and creating and delivering several performances each year including their popular holiday and fashion show performances.

The Toes' popularity grew not only in its number of dancers, but in their performance demand. Over its 20 years history, the team performed in Tennessee, Missouri, Las Vegas, New York, and New Orleans. A travel highlight was when the team danced in front of a standing-room only crowd on a Royal Caribbe cruise. Today, the team consists of 25 dancers, including ten members who live in SCM. The team is proud to have been honored with an official city designation as the "Good Will Ambassador of the magic of Mesquite".

This year's Spectacular, No Tune Like A Show Tune, highlights this magic. The event includes dance numbers performed to popular tunes from TV shows, movies, and plays. Several other artists will perform at the event including SCM ballroom dancing residents Marcia Swider and John Norwig.

Tickets for the Spectacular are \$15 and may be purchased at the Mesquite Fine Arts Gallery, 15 W. Mesquite Blvd. For more information check out their website: mesquitetoestapteam.org



In the Spotlight: Mark Hill and Kim DiNovi

The Best Chicken Marinade Recipe

Well, the theme of this couple and their story is: “What comes around ... goes around”!

Mark was born in Paarl, South Africa, and in his 20’s, he came to the United States on a student visa to Boise, ID. He then moved to Corvallis, OR. Kim was born in Eugene, OR.

They both worked for Hewlett-Packard where they met in 2005. Kim was a Production Planner, and Mark was a Software Engineer and later progressed into Project Management for the IT Department.

Mark’s parents lived in Mesquite 20 years ago (you’ll see the relevance of this later on).

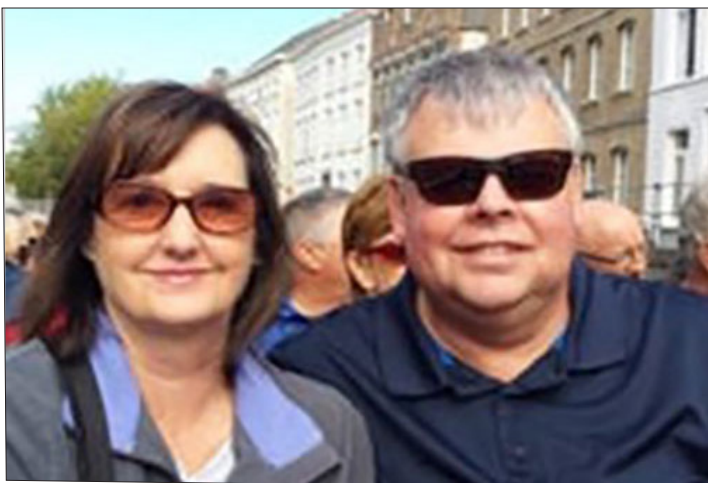
They married in 2009. When HP transferred the IT Department to Austin, TX, they sold their houses and moved to Georgetown, TX, where they continued to work and live for 10 years. In November, 2019, Mark received a job interview in Silicon Valley, CA, wherein he worked for four months. Then the Pandemic of 2020 hit, and fortunately, neither lost their jobs but were allowed to work remotely with Mark at HP and Kim for Caregivers, Inc.

Driving from TX to CA, they decided to take a different route and headed through Mesquite since Mark’s parents had lived here a while back. They couldn’t look extensively as they were on a schedule, and it was late in the day. The sales office was closed but they liked what they saw, eventually buying a resale home Fourth of July weekend, 2020. About a year later, the two sets of their in-laws moved to Del Webb Sun City as well. The in-laws (both sets) live across the street from one another in Frontier Pass. See ... what comes around, eventually goes around! It’s a multi-generational place!

Their hobbies and/or activities include walking, Pilates, Bocce Ball, and traveling. They have traveled to 18 countries thus far but their goal domestically is to visit every National Park.

Kim and Mark are new grandparents, having a one-month old baby boy by Kim’s daughter.

They said they love the community of Mesquite and feel very safe living here.



The Ingredients

2 lbs. Chicken Breasts Tenders
 1/3 - 1/2 cup Extra Virgin Olive Oil
 3 Tablespoons Fresh Lemon Juice
 3 Tablespoons Soy Sauce
 2 Tablespoons Balsamic Vinegar
 1/4 cup Brown Sugar
 1 Tablespoon Worcestershire Sauce
 3 Garlic Cloves minced or 1/2 teaspoon
 Garlic Powder
 1 1/2 teaspoon Salt
 1 teaspoon Pepper
 Garnish:

Fresh Parsley

Instructions

In a bowl, stir together oil, lemon juice, soy sauce, balsamic vinegar, brown sugar, Worcestershire sauce, garlic, salt, and pepper.

Pierce chicken breasts with a fork all over. Place in a large Ziploc bag. Pour marinade over chicken.

Let marinate for at least 30 minutes. 4 - 5 hours is ideal.

Preheat grill to medium heat. Brush grill with oil to prevent sticking.

Place chicken on the grill. Cook for approximately 5 - 6 minutes per side, depending on the thickness of chicken. The internal temperature of the chicken should reach 165 degrees.

Remove chicken from grill and let rest for 5 minutes.



Business of the Month: INTEGRATAX

Just a reminder, Tax Season filing deadline is right around the corner, with April 18th being the last date to file. The good news is the Integratax Office and owner Jennifer Elliott available on time to help you meet that deadline or file an extension if you require one.

Opening in August of 2020 (formerly Liberty Tax), Jennifer has 12 years of experience doing taxes. In addition to being a tax whiz, Jennifer offers bookkeeping and payroll services for some small businesses, and by the way, she offers free Notary Services to folks here in Mesquite.

Jennifer has two employees, Sun City Resident Julie Burns is the bookkeeper (with over 30 years of experience), and Emily Conklin is the receptionist (and learning to be a tax preparer herself.) Tax-time hours of operation are Monday – Friday 9:00 a.m. to 5:00 p.m., Saturday by appointment only, and the office is closed on Sunday.

The office is open year around; however, during off-season the times are normally Tuesday and Wednesday of each week 9:00 a.m. to 3:00 p.m. If your schedule keeps you from meeting the office hours, Jennifer is flexible and will try to work you in during non-business hours. The office is located at 312 W Mesquite Boulevard, Suite 11 in Mesquite. For more information and to schedule an appointment, call 702-346-2121, or email: integratax2020@gmail.com.



Sweetheart Dinner and Dance, Chili Cookoff



Sun City Mesquite Singles Social Club

The Sun City Mesquite Singles Social Club (SCMSSC) has been around since February, 2014 with Frank Allison as President and Eyline Cowart as Vice President. Their intention was to create interaction between people who had the commonality of being single and being alone, allowing them to go on activities with each other.

The current President is Barbara Schumacher, who can be contacted at 525-765-0404 or Barbaraschu@comcast.net. The Vice President is Ron Schroeder whose contact is R.Schroeder@comcast.net

Their current membership is approximately 98 people. Anyone who is single and lives in Sun City Mesquite is eligible to join. The SCMSSC is not a dating service but a club for the many singles of Sun City to get together for activities.

The SCMSSC currently has no fee to join. They meet every third Thursday of the month at 5 p.m. in the Arts and Crafts room in the Pioneer Center. The membership is filled with men and women of various ages and ethnicities. If anyone has a skill that can be created into an activity they are invited to make a suggestion for an interaction that will utilize their skill.

When the members get together for the meeting, they go over their previous agenda and discuss the activities done. Afterward, the new agenda is brought up. This allows members to suggest places to go, games to play, charity events etc.

Some of their previous events have been a 3-day/2-night tour of a winery in Pahrump, a tour of Ethel M chocolates in Las Vegas, a trip to the Shakespeare Festival in Cedar City, a boat trip to Catalina Island, as well as local game nights, movie nights, breakfasts, luncheons and dinners. As a volunteer event they assist at the Mesquite yearly Thanksgiving dinner.



Welcome New Sun City Residents

Barb and Grey MacIsaac	Sagle, ID	Becky Beagley	West Jordan, UT
Rich and Annie Brown	Olympia, WA	Kirk and Christie Smith	Enumclaw, WA
Doug and Sherri Felton	Nampa, ID	Don and Margie Vom Baur	Centennial, CO
Jack and Vicki McFadin	Oro Valley, AZ	T.K. and Rocky Koller	Murrietta, CA
Craig and Mary Allen	Heber, UT	Tom and UnJoo Braund	Monument, CO
Carl and Kay Carbon	Mapleton, UT	Rick and Mary Lou Bowman	West Jordan, UT
Parry and Joe Theriot	Reno, NV	Dave and Brooke Kendall	Twin Falls, ID
Kathy and Alan Wild	Reno, NV	Cary and Jayne Ralston	Ogden, UT
Jami Reynolds and Shelli Scariatta	Billings, MT		
Dennis McConnell and Peggy Quick	Sterling, AK		

Gardening - The Breadfruit Story

The story begins with Breadfruit originating in New Guinea and the Indo-Malay region. It was spread throughout the Pacific region by voyagers; such as Sir Joseph Banks, Captain Cook and Captain Bligh. It was Sir Joseph Banks who saw the potential of breadfruit as a food crop in other tropical areas. He convinced King George III to commission a special expedition to transport breadfruit plants from Tahiti to the Caribbean. Now centuries have passed and time has shown the value of breadfruit.



This ancient Polynesian crop was prized throughout the Hawaiian Islands. It makes sense that breadfruit was one of the top food crops (along with taro and sweet potatoes) for the Native Hawaiians.

Breadfruit is a member of the fig family and grows a round, oval or oblong fruit. The skin texture can be smooth, rough or spiny. The fruit and seeds are edible. The flesh is creamy white to pale yellow. The starchy fruit can be cooked or eaten raw. When baked it resembles freshly baked bread, hence the name breadfruit. The fruit is gluten free and energy-rich; as well as a good source of complex carbohydrates, fiber, minerals and vitamins essential to good health.



These “multipurpose” trees are beneficial to the environment. Trees can be grown with a wide range of plants, to improve soil conditions and provide food and shelter to plant pollinators. Breadfruit trees provide construction materials, medicine, fabric, glue, insect repellent and animal feed.

Your story can begin by visiting the Breadfruit Institute at the National Tropical Botanical Gardens in Kōloa, Hawaii. Plant scientists study the botany and ethnobotany of breadfruit trees. They have found these trees to be as diverse as the different cultures who survived on them for thousands of years.

Conestoga Golf Club and 1880 Grille

1880 Grille

There are no special activities for the 1880 Grille for March 2023. Remember that we are back to our peak hours of 6:30 a.m. – 8 p.m., or 9 p.m. as necessary!

We are excited to offer some new menu items such as Chili Verde Burrito, Potato Skins, Sun City Melt, and Blackened Shrimp Salad, to name a few. Don't forget to try our daily Breakfast, Lunch, and Dinner offerings, and please remember to ask your server about our weekly Mexican specials. Don't want to miss watching any golf or other favs on TV? We have a speedy and very tasty takeout menu for your convenience. We are not currently offering the monthly Prime Rib Buffet.

Conestoga Golf Club

Exciting news here, We will be back to regular tee times beginning in March – starting at 7 a.m. also note our twilight tee times will start at 1 p.m. on March 7th, and then at 2 p.m. beginning March 8th. New for 2023, we are offering Sun City 9-hole tee times and 9-hole rates two hours after twilight!!

The Pro Shop is open daily at 6 a.m. and will close at 4:00 p.m. Make your SCM resident rate tee times online at conestogagolf.com or call the pro shop at 702-346-4292.

Thank you for your continued support while we are making great things happen at the Conestoga to make it the best course in Mesquite and in Nevada overall!

Critter Corner: Kangaroo Rat – Heteromyidae Family

The kangaroo rat is not considered a rat or a mouse. Surprisingly, its closest relative is the pocket gopher. The chisel-toothed kangaroo rats living primarily in Nevada are either one of two types: the dark kangaroo rat or the pale kangaroo rat. They have no actual connection to a kangaroo but instead get their name from their exceptional jumping abilities.

Kangaroo rats hop bipedally (on their hind legs) just like kangaroos move. They are only about six inches long but can jump up to nine feet and reach a speed of six miles per hour.

They prefer to live in desolate flatland habitats with dry desert heat and slight rainfall. Soft, sandy soil makes it easier for them to create their burrows. Kangaroo rats are tiny (weighing only about four ounces) and defenseless, so they are extremely careful when outside their burrows. They hide in their burrows during the day to escape intense heat and roaming predators, and only come out at night to hunt for food. Their cheek pouches are lined with fur where they store seeds and grains until they get back to their burrows to restock their food supply. Kangaroo rats almost never need water. They use water so efficiently they rarely drink. Too much water in their system can be deadly, since their body will flush out the excess liquid containing essential life nutrients.



Kangaroo rats live near each other, but they are territorial. They carefully guard their individual burrows and food supplies. Males and females may have territories that overlap, but they will only interact during breeding season. Mothers birth an average of five young which are quickly weaned.

Some zoos keep kangaroo rats that are under threat or in conservation programs, but private ownership is illegal.

Festivals and Events

March 6-7, 2023	WSGA Winter Championship	Oasis Golf Club	
March 4, 2023	Donkey Jamboree	Golden West Restaurant	11AM-3PM
March 10-12	Ely Film, Art and Music Festival	Ely, NV	
March 12, 2023	Daylight Savings Time	Spring forward	
March 17, 2023	St. Patrick's Day		
March 25 -26	Festival of Colors	Spanish Fork, UT	

Landscaping Committee - Reunion Valley - Analysis of Water Use and Runoff

Reunion Valley - Analysis of Water Use and Runoff

1. Based on water usage of same-sized green areas: Reunion Valley 0.37 acres, Water Barrel 0.36 acres and Wishing Well 0.37 acres, water use in Reunion Valley is approximately 12.8% per month more than Wishing Well, which has the lowest water use of those three comparable areas over a 32-month period ending December 2022. The cost of this extra water is approximately \$46/month. This is calculated using the monthly invoices for water use from the Virgin Valley Water District (VVWD).

Note that the Reunion Valley green area has a steep slope while Water Barrel and Wishing Well green areas are relatively flat. Reunion Valley also has low water pressure due to its elevation. Given that all three green areas are of equal size, but Water Barrel and Wishing Well do not have the slope and low-pressure issues, it is reasonable to conclude that the slope and pressure issues in Reunion Valley cause the excess water use over Wishing Well and Water Barrel, i.e., the water runoff.

2. According to the Virgin Valley Water District: Water Conservation Plan “Anything less than 10 percent loss in the water industry is considered excellent.”

3. Complete removal of the grass in Reunion Valley is not an option. Green areas are included in the community for the pleasure of the residents, who have few options for grass in their residential landscapes.

Note that the green areas are not dog parks.

4. One option under consideration to mitigate the water runoff is to aerate the soil to break up the hard clay beneath the top soil in order to increase water absorption. Dethatching is also an efficient method of removing the layer of debris, dead grass, and other organic matter that lies in between grass blades and the soil’s surface, so that nutrients, air, and water can reach the soil. The use of wetting agents such as “Rewet” will aid in water absorption into the soil decreasing runoff. Some adjustments to the existing sprinkler system are also part of the least costly methods to reduce water runoff.

5. Per homeowners, soggy areas exist to some extent in all common green areas. However, this will never be mitigated due to the high cost of turf removal, significant cost to realign irrigation lines to address water pressure issues, wind and replacement of plant material. These costs all factor into the analysis to address watering consistency of turf in the common green areas.

6. While water conservation is a high priority, the cost to eliminate or significantly reduce the estimated water runoff of \$46/month in Reunion Valley is materially greater than the financial benefits. Other than the options as described in # 4, no further action is required.

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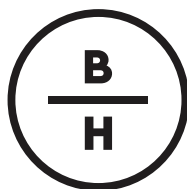
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