



Meet Our Newly Appointed Resident Board Member Renee Mona

As an innovator, community minded, and collaborative leader at business and non-profit organizations, Renee has always loved growing through new opportunities. Her diverse career included working at AT&T as the National Account Manager for Nordstrom, Western Washington Campus Director and Faculty member at the University of Phoenix, Director positions at the University of Washington Foster School of Business, Pima Medical Institute Seattle, Community In Schools of Washington, and Jet City Improv. In addition, Renee and her husband, Ron, owned a small business called BoozeClooz where they were a Washington State approved provider to conduct state required Mandatory Alcohol Server Training.

Renee studied and lived in Israel multiple times, and still speaks Hebrew. She has a BA in Community Service and Public Affairs, and MA in Business and Labor Law from the University of Oregon. She served on multiple boards in Seattle because she is dedicated to giving back and making a difference. Also, she owned a llama farm for ten years, and on the weekends she would take one of her llamas to different community events because she loved educating people on how amazing llamas are.

Renee and Ron moved to the Tucson area in 2017, and have lived in DWDM since 2018. They love the community here, along with the natural beauty and the diverse places to explore. Renee is a published writer, an artist, and has a great sense of humor. She began organizing our DWDM Community Arts & Crafts Fair in 2018, but due to COVID-19 there was no Fair this year...hopefully next year. She has a strong interest in serving our Community to help ensure we continue to be fiscally responsible, preserve the lifestyle we all enjoy, and have fun!



2020 Holiday Home Decorations



Save the Dates

Community Conversation with Karen
Tuesday, January 26, 2021 • 2pm

Social Events Committee
Tuesday, January 19 • 1pm

ARC Submittal Deadline
Friday, January 22, 2021

New! Center Hours:

6am to 7pm Monday, Wednesday, Friday • Tuesday & Thursday 7am to 8pm
7am to 5pm Saturday & Sunday

Del Webb Book Group January Meeting

Educated: A Memoir by Tara Westover
Tuesday, January 12, 2021 at 2:00pm

The Del Webb Book Group is open to all residents in our community. If you would like to attend our virtual meeting in January please contact:

Evie Belzer at eibelzer@gmail.com for the link.

Food Truck Fun

In Saguaro Center Parking Lot
Maui Wowi & Meatball Madness Food Truck
Monday, January 4, 11 - 2pm

Quesadillas & More Saturday, January 16, 3 - 6pm
Check Weekly Blasts for more food truck events



FITNESS NEWS

Fitness Trends for 2021

According to ACSM'S Health & Fitness Journal, the Top 5 Fitness Trends for 2021 are:

1. Online Training

If stepping back in to an indoor class makes you uncomfortable, there are millions of programs to follow online through specific fitness apps or Facebook.

2. Wearable Technology

Fitness Trackers and smart watches are an easy way to monitor your workouts and keep track of them. If the treadmill stops in the middle of your workout? No worries, the tracker keeps up with your complete workout, steps and more no matter what the machine is doing.

3. Body Weight Training

Many people do not take seriously enough this inexpensive and functional way of working out. It is an excellent way to work on your flexibility and to figure out your physical imbalances from either working out too much, or not enough.

4. Outdoor Activities

You all know how important getting outdoors is and adding a little more to your walk or a hike just makes you feel better too and less like, well, working out.

5. High Intensity Interval Training (HIIT)

Studies have shown that short bursts of exercise followed by a short period of active recovery can be more productive for those who do not have a lot of time or need help getting started exercising. It is equally good for those of us who need to change up our training to get a more productive and actively engaged workout.



Photo submittal by resident Lloyd Kirsch



Community Fun and Fitness Hike

Starting on Friday
January 8, 2021!



Join your neighbors for a weekly hiking activity focused on general cardio, balance, and overall health and wellness. The Tortollita Preserve provides a very convenient and beautiful location for this fun and functional activity.

Please use the online registration system at: ourdovemountain.net. Dress for the weather and wear appropriate footwear for hiking and water.

When: Every Friday 8 AM - 10 AM

Where: Tortollita Preserve Trailhead

Price: \$25pp

Other group activities like Mountain-biking are coming! Please let us know if you are interested.

See the back for private offerings.

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Professional Athletes, and
Mountain-Biking Instructors.

Preparing Early Enough

Submittal by Rod Dunnett, USPTA, Elite Professional

If not, point at the ball with your racquet handle.

One of the most common mistakes for beginning and intermediate players is not starting the backswing early enough on groundstrokes. In the heat of the match, you may forget the basics of good stroking and wait for your opponent's shot to land in your court before taking your racquet back.

This late preparation forces you to rush your forward stroke and may cause your shot to fly out or straight into the net. Instead, start your back-swing early enough so that your racquet almost directly at the approaching ball before it bounces.

This way, you won't have to rush your shot, with your racquet already back, you can take a smooth, controlled forward swing that will help set your ground strokes straight.





Trellis what?

Oops, I mean, *tell us* what we need to know about trellises.

Trellises can make a stunning addition to a landscape and are essential in supporting many vining plants. In Del Webb Dove Mountain, they are an enhancement requiring ARC approval. Trellises must be made of metal (wood or plastic will not be considered), be natural rust, black, or natural earth tone in color, and stand no taller than perimeter walls. They must be anchored in concrete and be placed at least 18 inches from any perimeter wall – trellises cannot be attached to perimeter walls. This ensures stability, avoids encroachment of plants into other yards, helps maintain wall integrity, and allows for wall maintenance. A freestanding trellis can also provide privacy and may be considered by the ARC if it meets the above criteria. For detailed information on trellises and other landscaping topics, refer to the most recent DWDM Design Guidelines.

GLASS. Recycle. Upcycle. Trash. Oh My!

Submitted by Kathleen Summers, resident

For years we have been tossing empty glass jars and bottles into that convenient blue recycle can, thinking we were doing right by Mother Earth. Well...what a difference a pandemic can make! Did you know that GLASS is no longer accepted by most disposal companies, including those in Marana and Tucson?



That's right! Glass items must now be placed in the regular trash bin and then end up in the landfill along with all other trash. Why? Disposal companies have found that sorting and transporting glass for recycling is not cost effective. AND, in support, have cited studies that show glass has proven to be bio-degradable, eventually breaking down in the soil. (Author's note: Studies also show that this process takes about 40 years!)

Some eco-friendly residents have tried finding glass disposal bin locations in the community, and are collecting on their own for disposal at these sites. The challenge is that's a lot of work, and gas, with uncertain results...as these bins may not actually be taken to a recycle facility.

Happily, if you are looking for a proven way to contribute to planet health, you may find it in upcycling as opposed to recycling. What is upcycling? Webster says...

Upcycling: *to reuse (discarded objects or material) in such a way as to create a product of higher quality or value than the original.*

The opportunity to upcycle trash, or turn it into new products, is huge. For example, a wine bottle can become a candle holder or a drinking glass or a pendant light. For less than \$25 on amazon you can purchase a glass cutter that will get you started.

Not in the mood for cutting or crafting? Below are 3 ideas for repurposing glass jars – most require almost no effort at all and will keep your glass items out of the trash bin!

- 1. INGREDIENT STORAGE:** Jelly and pickle jars are perfect for storing baking ingredients like chocolate chips, nuts and even baking soda. The airtight jars will help keep the ingredients fresh. Just wash the jars and lids well, allow to dry completely then refill and apply a label for identification.
- 2. HERB GARDEN:** Pick 3 different sized/shaped jars to create visual interest. Clean and wash jars, then fill with potting soil. Pick up a basil, rosemary and oregano seedling at your local nursery, and plant inside. Keep on your kitchen counter for fresh pasta sauce seasoning at your fingertips!
- 3. GIFT PACKAGING:** When prepping holiday or hostess gifts, don't buy throwaway plastic containers. Use jars to hold homemade candies and cookies or hot cocoa and spice mixes. Apply a festive label, tie a ribbon around the neck and it's a perfectly adorable giftable!

Looking for more information on upcycling? Just "google" the term and you will be amazed at what you find! Have information or ideas to share? Think about joining **DWDM Team Green!** Visit <http://www.ourdovemountain.net> to add your name on the interest group list.



Staff Spotlight Barb Truman



I have put off my turn as the Staff Spotlight for as long as I could, but I have now run out of other staff members to beg for articles about themselves.

I moved to Tucson almost 7 years ago and this is the longest place I have lived in one place in all of my adult life. I was a military spouse for 25 years, moving approximately every 3 years back and forth over the southern part of this country. I still consider Rhode Island home despite all of that.

Thanks to all those moves, my career has also been all over the place. I have designed everything from belt buckles, to wallpaper to stage props, as well as worked at running a thrift store to becoming a YMCA/USA-Swim head coach. In my free time, I create handbags, run and I recently completed my ACE personal training certification and started on my next fitness certification a few weeks ago.

I have two wonderful adult sons, one who recently became engaged to his long-time love. My youngest attends the University of Arizona and plans to graduate in another year or so.

As the Lifestyle Coordinator here at Del Webb at Dove Mountain, this is one of the few career opportunities that allows me to use both my creative and fitness driven sides together. My goal here is to enable residents to create connections and be active as much as possible to stay healthy and feel young. COVID-19 has slowed down all the activities we had going on here at the Center, but I look forward to the day when we can have presentations, robust fitness classes and of course, social events safely for all!

Our DWDM Management Team

As you can imagine, it takes a team effort to manage the day-to-day operations at DWDM. Here is a brief description of our management team members' responsibilities so you can know who to contact with any questions or concerns:

Karen Matthews • Community Manager
Liaison to Board of Directors, Finance and Communications Committees. Common area and landscaping issues, governing document questions, enforcement and compliance concerns, questions regarding association budget and monthly financial reporting, operational procedures, liquor license compliance, staffing and employment opportunities.

karen.matthews@associatedasset.com
520-485-0200

Barb Truman • Lifestyle Coordinator
Social Events Committee liaison. Rentals and room reservations, interest groups, lifestyle events, food truck nights and guest speaker presentations. Sponsor advertising, community newsletter, website and reservation system development. Also, fitness class, personal training and fitness equipment oversight.

btruman@associatedasset.com
520-485-0202

Melinda Peabody • HOA Coordinator
Architectural Review Committee liaison. Architectural submittals, design guidelines and age verification.

mpeabody@associatedasset.com
520-485-3332

Randall Shaner • Maintenance Technician
Janitorial concerns and maintenance of the Saguaro Center, pool, spa, sport courts and water feature.

rshaner@associatedasset.com

Welcome Desk Staff

Resident check-in, new homeowner orientation, event assistance, website concerns, sales and building monitors. Also assists with questions for Community Manager when she is not available.

520-485-0201

AAM After Hours
1-866-553-8290



Classic Replay

The rock band is looking for musicians to play for personal enjoyment and at DWDM events.
Previous band experience preferred.
Contact Lloyd Kirsch at 520-329-8283 or kirschlloyd@gmail.com

 **Neighborhood Sales**
Updates • November
Dove Mountain - November Closings -

Total Lots at Build Out: 620
Total Homes Closed and Conveyed
as of 11/30/20: 544 Closed (87.7%)

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HomeownerResources.com/estatemnts



STEP 2: Fill In Form

Complete the form by entering your Account Number and Name as it appears on your statement.

If you receive a paper statement from your community, you can sign up to get statements by email. You may also use this page to update the email address where we email statements.

Note: only communities that send statements support electronic statements, if you receive a coupon book, statements are not available. If you are not sure, enter your account number and name as it appears on your statement to check the system.

Account:

Name as it appears on statement:

STEP 3: Submit

Click on "Update Preferences" to submit the form.

If you receive a paper statement from your community, you can sign up to get statements by email. You may also use this page to update the email address where we email statements.

Note: only communities that send statements support electronic statements, if you receive a coupon book, statements are not available. If you are not sure, enter your account number and name as it appears on your statement to check the system.

Account:

Name as it appears on statement:

Example Community Association
an AAMCSD
1400 W. Sullivan Rd, Suite 200
Tempe, AZ 85284-1110

Due Date	Due if amount other	Due \$	Priority Address
11/1/2011	0000000	0000000	1234 E Main St

TOTAL DUE: \$100.00

Example Community Association
PO Box 12345
Phoenix, AZ 85001-1234

*the above is an example, please enter the information as it appears on your statement.

If you have any questions, or need help signing up for eStatements, please contact our Customer Service department by phone at 800-354-0257 or by email at csr@associatedasset.com