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Lots of Fun Stuff!



Welcome Autumn!

September 2023



Harrisburg Views

Board Members:

Jerry Bryant (President); Barb Campbell (Vice President & Acting Secretary); Chuck McDowell (Treasurer); Dave Comerzan, John Gansereit, Carol Pendleton & Virginia Bell (Board Members).

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Greetings, friends and neighbors!

I saw this quote on Facebook the other day:

"The best portion of your life will be the small nameless moments you spend smiling with someone who matters to you."

I had just had a visit from a good friend that I hadn't seen for almost two years, and this quote sent me on a trip down memory lane, recalling the names and faces of people who have made a difference in my life.

So often, we tend to rush through life. We all have many acquaintances; the people we meet and spend a short amount of time with, then either they move on or we do, and those relationships fade away and we get new ones. Maybe we have fond or funny (and sometimes sad or annoying) memories. Some people are extroverts and make many meaningful and lasting friendships as they go through life. Some are introverts, to whom meaningful connections are few and far between. Neither is more valid than the other; they're just different.

Upon reflecting on the above quote, I started making a list of the people with whom I have spent "smiling with someone who matters to me" – the people who have made an impact on my life and have helped me along the path I've been on. I thought of everyone from my earliest childhood friend to my sister and many others. The list was a lot longer than I thought it would be, and I have a deep love and gratitude to every one of them.

Have you ever sat quietly and thought about the people who have been important in your life's journey? Try it! You may even remember someone and you will decide to write them a letter or give them a call (if they're still around). I hope you have a very long list.

Maria Allan
Editor

Don't forget to mention to all of our advertisers when you visit or contact them, that we appreciate them and are happy to support their business. We LOVE the support from these amazing businesses! Show them how much we support them in return!

PS...

(If you know anyone who might like to advertise here, let us know)

Happy Birthday

September Birthdays

Happy Birthday to all our friends and neighbors born in September!

- 1st - Diane Chapman
- 2nd - Dave Goering
- 3rd - Debra McDowell
- 3rd - Claudia Pack
- 5th - Elizabeth Nuttal
- 5th - Dave Comerzan
- 10th - David Caldwell
- 11th - Linda Bingham
- 11th - Mike Jorgensen
- 11th - Jerry Bryant
- 15th - Colleen Liechty
- 17th - Ron Finch
- 17th - Scott Harding
- 18th - Sandi Jorgensen
- 19th - Virginia Bell
- 24th - MaryAnn Roberts
- 24th - Skyler Monteur
- 25th - Sheramy Jonsson
- 30th - Lee Wegner
- 30th - Thomasina Cushing
- 30th - Shirley Dixon

Did we miss your birthday? Please give the month and date to the office or contact the editor.



Friendly Reminder:

Please, please remember to be courteous and pick up after your dogs! We would like this to be a clean and friendly neighborhood. Everyone must contribute. Thank you!



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HIC Chronicles

During the month of August, the Improvement Committee raked and weeded the cemetery, and also cut up and hauled away a big limb that had fallen from a tree in Memorial Park.

We are still working on the area around the stairs that go down to the KOA.

We also extend a big thank you to the volunteers who have been putting in time putting in some nice touches at Roadrunner Park, around the flag pole and also around the Pioneer House. Your efforts are noticed and appreciated.



News from the Board

By Jerry Bryant, President

Hi everyone--this will be short, for I was traveling most of August seeing family and friends. I did get a few concerns or issues handled as always, being in contact with the office, board and Luis.

Thank you to Luis for his quick response and handling of the water breaks on several roads within our park! Guess when it rains it does pour! Dang! With our cold winter and high heat it did play havoc on our old water pipes! You probably heard that even the city of Hurricane was having the same issues! Once again due to Luis, under my supervision, everything was quickly handled!

The spa was reopened after the draining, re-plastering and curing time! Once again thanks to Luis for getting our bids and staying on top of the work and curing!

Thanks,
JB



The Bargaindales table brought in \$8.50 for the month of August!!

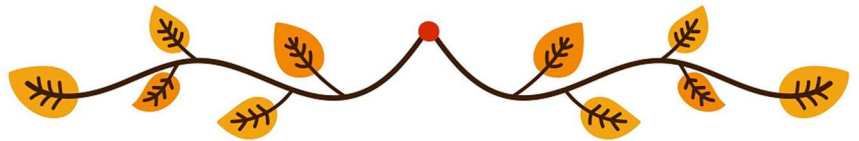
It was a slow month. Please remember that items are not free—put your donations in the box.

For those of you who are new, The Bargaindales table is located in the southeast corner of the clubhouse, near the pool table. This is where residents can donate items in good condition that are no longer being used. You can also purchase anything on the table that you want to have for a price that you think is reasonable. Put your payment in the locked box on the wall next to the table. Your donations go to the Activity Committee, the Improvement Committee, and the Newsletter to pay for all the fun activities we have and putting in new flowers, etc. Contact MaryAnn if you have something to donate.

**You are
not too
old and
it is not
too late.**

In a gentle way,
you can shake
the world.

Mahatma Gandhi



Crabby Road

8-27-08

*Getting over
body issues is like
getting over a
fear of heights ...
the trick is
not to look down.*



John Wagner

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Around the Neighborhood!

Just a reminder that the clubhouse and the pool are closed and locked up at 9:00 PM. Please manage your time so that you are out of the pool (and the showers) before that time. We don't want to make you walk home in your birthday suit!

It's getting to be the time of year when our snowbirds return to the nest...we welcome them back and look forward to hearing of their adventures. It's been a fairly mild summer with relatively few days of blistering heat, and with Hurricane Hillary, the fall temperatures have been very pleasant. We welcome the cooler temperatures and the extra rain we've had this year!

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Friends enjoying a game of Pinochle. It's a fun game every Thursday afternoon. We'd love to teach you, if you don't know how to play. Sign up in the clubhouse. On Wednesdays we play Hand & Foot. Come join us!

They Said It

"I never feel more alone than when I'm trying to put sunscreen on my back."—Jimmy Kimmel

☆ ☆ ☆

"Being a mom means never buying the right amount of produce. Either everyone suddenly loves grapes and a week's worth are eaten in one afternoon, or fruit flies are congregating around my rotting bananas."—Lessons from the Minivan

☆ ☆ ☆

"I saw a study that said speaking in front of a crowd is considered the number one fear of the average person. Number two was death. This means to the average person, if you have to be at a funeral, you would rather be in the casket than doing the eulogy."—Jerry Seinfeld

☆ ☆ ☆

"Common sense is like deodorant. The people who need it most never use it."—

Anonymous

☆ ☆ ☆

"There's nothing simpler than avoiding people you don't like. Avoiding one's friends, that's the real test."—Dowager Countess Violet Crawley (Maggie Smith), *Downton Abbey*

Puzzle with a Prize!

Congratulations to last month's winner!!! Steve & Kathy Hart won the \$15 gift certificate to Dairy Queen. We had 7 entries (some were pretty creative), so your chances of winning are still really good. A big thank you to all who participated—it was a lot of fun. The solution to the puzzle was:

1-For once in my life (four ones in my life), 2-Forget it, 3-Try to understand, 4-Travel overseas or overseas travel, 5-Breakfast, 6-Downtown, 7-Eyeshadow, 8-Stepfather, 9-Once upon a time, 10-Potatoes (pot 8 O's), 11-3D movie, 12-Top secret.

☆ ☆ ☆

Let's do another rebus! Identify the word or phrase depicted in each of the rebus pictures on the right. Example:

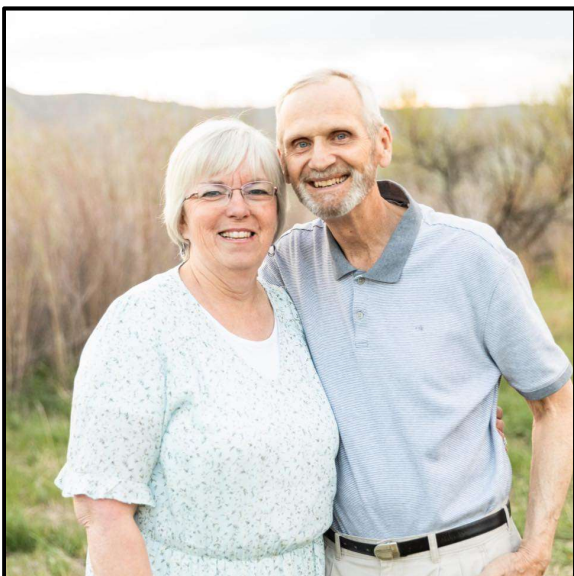
STORM
TH = Thunder storm (TH under STORM = "thunder storm")

This month's prize is a \$15 gift card to Costa Vida.

The rules & fine print: Write your entry on a 4 X 5 piece of paper and drop it in the yellow contest box inside the clubhouse. Be sure to include your name, Harrisburg address, phone number and the solution to the puzzle on your entry. It's okay to consult with your friends or use the internet. The more people who enter, the more fun it is. Good luck! (If you're out of town, you can email your entry to marvelousmom2@yahoo.com, and I'll put it in for you.)

Entries must be submitted by 9/18. The winner will be drawn from the entries with 8 or more correct answers, so if you don't know one or two, give it your best guess and enter anyway! The solution and winner will be announced next month. The contest is limited to Harrisburg residents. Limit one entry per household. Limit one winner per household per year (to give everyone a chance). For future puzzles, if you've already won, you can still enter for the fun of it; you just won't be eligible for another prize for one year (unless nobody else enters).

1 	2 	3
4 	5 	6
7 	8 	9
10 	11 	12



August's winners - Steve & Kathy Hart!

Don't cry because
it's over.
SMILE
because it happened!
- Dr. Seuss



Friends enjoying visiting at the Ice Cream Social

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Activity Committee Report

By Cindy Bryant

My husband Jerry and I had a very blessed vacation/road trip in August, helping our grandson move, visiting our daughter and family in Phoenix and getting to see our first great-grandchild (she had just turned one), house sitting for friends in Colorado so they could go to their granddaughter's wedding (we cared for cats, dogs, and chickens - LOL). Then we were off to see a longtime family friend in Nebraska who's soon to be 88 years old! From there up to South Dakota to visit longtime Arizona friends who took us to see Mount Rushmore, the Black hills and Deadwood! Didn't know Sturgis was going on, so lots and lots of motorcycles, which added to the adventure! Back down to Colorado to visit Jerry's sister then to my sister's to visit and have a family reunion with my 3 brothers and sister! Enjoyed a huge BBQ with nieces, nephews and their family! A well needed vacation and great time seeing everyone!

With summer and many neighbors gone on vacations or to their summer homes our activities have been down to the minimum, though the few who participate have enjoyed our once a month movie night, potluck, ice cream social, BBQ and Monday night 8 ball Pool games, pinochle, hand and foot card games!

September Calendar:

- Saturday, September 9 at 6:30pm is movie night "August Rush," a heart-warming story of an orphan!
- Tuesday, September 12 at 5:30 pm is the monthly potluck dinner.
- Sunday, September 17 at 6:00 pm is the ice cream social.
- Friday, September 22 at 5:30 pm will be our last Community BBQ for the summer. Sloppy Joes and buns will be provided, or bring your own meat to grill and a side dish to share! Come enjoy good nibbles and time visiting with your neighbors!

Looking ahead:

- Wednesday, October 4 at 6:00 pm Amy Twigg, the Medicare broker who advertises in our newsletter, will have an open house where you can come and find out what's new for Medicare coverage for next year.

Hopefully the rains have passed and many will be out and about enjoying our neighborhood or surrounding area taking in hikes! Take care-look forward to seeing everyone!

Cindy Bryant

Activity Committee Chairperson



This family loves playing in the pool when the weather is warm!

Copycat Panera Chicken Wild Rice Soup

From sweetandsavorymeals.com

Ingredients:

- 2 boneless chicken breasts
- 6 cup chicken broth low sodium
- 1 6-oz package long grain and wild rice
- 2 tablespoons olive oil
- 1 medium onion diced
- 1 medium carrot cut into thin rounds
- 1 cup celery diced
- 1/2 cup all-purpose flour
- 1 teaspoon ground black pepper
- 1 teaspoon kosher salt
- 3 cup light or heavy cream



Instructions:

1. In a large pot, over medium heat, combine broth and chicken. Bring to a boil, then stir in rice. Cover and remove from heat. Set aside.
2. In a medium saucepan or large, deep skillet over medium heat, add olive oil.
3. Add diced onion, carrots and celery. Season with salt and pepper and sauté for about 5 minutes. If the rice contained a seasoning packet, stir it in now and cook the veggies for another 5 minutes.
4. Gradually add the flour to the veggies, while constantly stirring to form a roux.
5. Sauté roux for 3-4 minutes and gradually, over low-medium heat, start whisking in the cream, until fully incorporated and smooth. Cook until thickened, about 5 minutes.
6. Bring back the pot with chicken and rice, place it over low-medium heat and stir cream mixture into the broth and rice. Cook over medium heat until heated through and the rice is done, 15-20 minutes.
7. If you want the soup to be creamier, blend half of it using an immersion blender. Or add 1/2 to a large blender and puree soup until there are no large chunks left.

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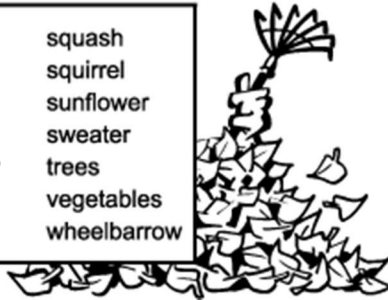


AUTUMN



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W X B D O J H A R V E S T P C I O Q Y S N L
L H Z M S I J F W O R C A Q Y N K B P U G X

apples	colorful	frost	pumpkin	squash
autumn	cozy	harvest	quilt	squirrel
birds	crow	hayride	rake	sunflower
blanket	deciduous	jacket	rustling	sweater
bonfire	equinox	leaves	scarecrow	trees
changing	flannel	migrate	season	vegetables
cider	foliage	orchards	spider	wheelbarrow



Strange BUT TRUE

Australia is wider than the moon. The moon sits at 2,113 miles in diameter, while Australia's diameter from east to west is almost 2,485 miles.



Headphones can increase the bacteria in your ears. Wearing headphones for just an hour could increase the bacteria in your ears by 700 times. (Ew!)



Scotland chose the unicorn as its national animal. In Celtic mythology, the fictional creature is connected with both chivalry and dominance as well as purity and innocence.



Avocados are not vegetables. Avocados are fruits because they are single-seeded berries.



The Eiffel Tower gets taller in the summer. When the iron heats up, the tower can be up to 6 inches taller due to thermal expansion.

Hurricane Peach Days

Don't forget to check out Peach Days in the Hurricane park August 31-September 2. Three days of fun for the whole family, including a parade, rides, food, games, displays, entertainment, a rodeo, and more!

Go to www.cityofhurricane.com/232/Peach-Days, scroll to the bottom of the page and click on "2023 Schedule of Events" for a complete listing of all the things to do!



MEDICARE PLANS CHANGE EVERY YEAR!

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Harrisburg Clubhouse

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Just for Laughs

My Doctor told me I was going deaf.
That news was hard to hear.



"Don't worry if you're a kleptomaniac;
you can always take something for it."--
Unknown



This chef on TV just said, "Where
there's fat, there's flavor." I know he was
talking about food, but I still took it as a
compliment.



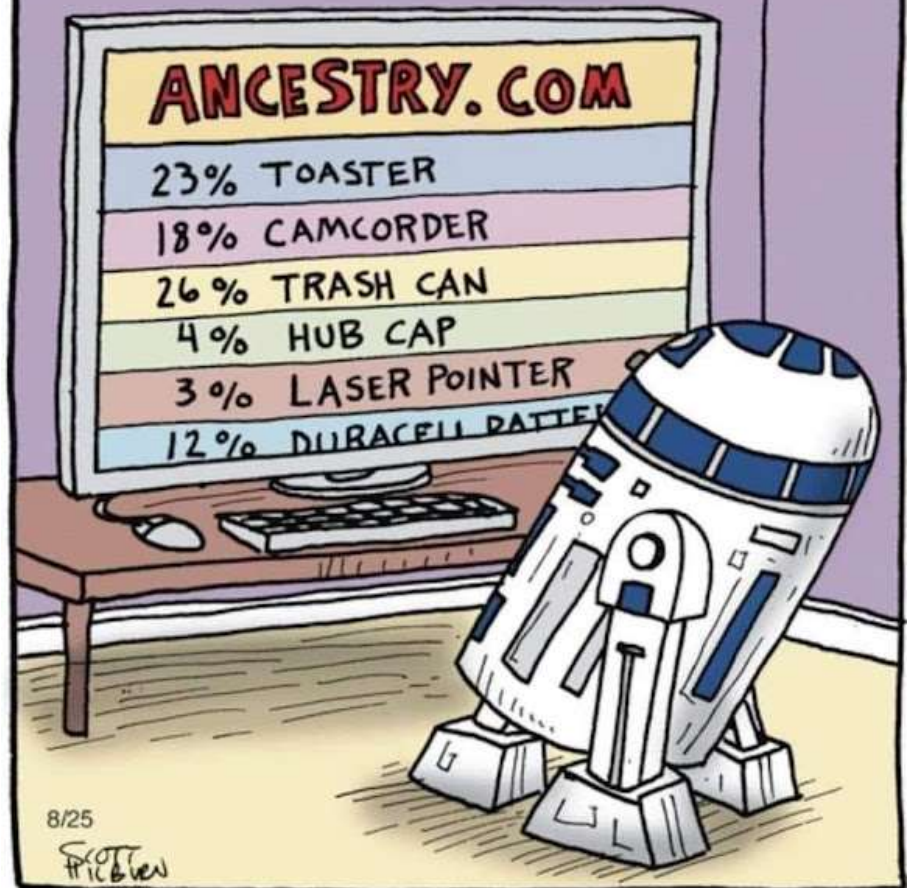
The fact that my entire body cracks like
a glow stick whenever I move, yet refuses to
actually glow is very disappointing.



I don't need a mood ring; I have a face.



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September 17 is National Apple Dumpling Day



Be a member of the Apple Dumpling Gang. We are celebrating a tasty fall treat. It's easy to make (and, even easier to buy!). Apple lovers can't resist this pastry, filled with sweet, delicious apples.

With the arrival of fall and cool weather, two things happen: the apple harvest begins, and people turn indoors to cooking and baking again. It's only natural that apples are a big part of the cooking scene. Among the most popular fall treats is apple dumplings. For those of you who enjoy ice cream, some recipes include a scoop of ice cream atop a generous piece of Apple Dumpling. Sounds yummy!

Enjoy some apple dumplings today. Chances are, you haven't had it since last Fall!

The saying "An apple a day keeps the doctor away" originated in the 1800s. It is believed the roots of this saying, recorded in 1866, came from the saying "Eat an apple on going to bed, and you'll keep the doctor from earning his bread."



More Fascinating Facts about Hummingbirds

Continued from the July issue, here are more fun facts about our hummingbird friends (from the Audobon Society). More to come!

1. Hummingbird feeders need frequent cleaning. Yes, there is some upkeep involved. Bird feeders should be cleaned thoroughly every week with a vinegar-water solution, a task that can become quite time-consuming.
2. They eat insects. Because of their quickness and the shape of their beaks — which act like "spring-loaded sets of chopsticks" -- hummingbirds can snatch insects right out of the air.
3. They love certain flowers. If you want to attract hummingbirds to your yard, plant different types of blooms that flower during the entire period when hummers may appear. Check online for native flowers that attract hummers.
4. They visit 1,000 flowers each day. And they consume five to eight doses of nectar per hour!
5. They prefer natural nectar to feeders. Natural nectar is the key to a healthy diet for these birds -- so they'll always prioritize a good flower over a feeder.
6. Their brains are pretty heavy compared to the rest of their bodies. A hummingbird's brain makes up around 4.2% of its body weight. This is the most in the entire wild bird group.
7. Despite their name, they don't necessarily "hum." Hummers don't produce musical sound. It's more of a chatter, experts say. Some species even make these sounds with their tail feathers.
8. Hummers can really sleep. Hummingbirds have an evolutionary adaptation that benefits them during cold nights. Torpor is a deep sleep similar to hibernation in which the metabolic rate drops as much as 95%. This lowers the body temperature so much that a torpid hummingbird maintains a hypothermic threshold that nears death. It takes them 20 minutes to an hour to wake up from this state.
9. That means they can survive freezing temps. People mistakenly worry about the cold when it comes to hummers, but it actually doesn't pose much of a risk. Some hummingbirds breed in the Andes, where temperatures drop well below freezing. Come fall or winter, the food supply is the limiting factor, not the temperature.
10. Hummers beat their wings thousands of times per minute. Averaging about 50 times per second, hummers redefine the laws of flight. They hover over their food instead of landing. In fact, 25 to 30% of a hummingbird's weight is in its pectoral muscles. Their near-invisible wings can propel them forward, backward, and upside down.





September 2023



Water Aerobics in the Pool Mon.-Fri. @ 9:00 AM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 2		
				Hurricane Peach Days		
3	4 Pool 5:30 PM 25¢ per game LABOR DAY	5	6 Hand & Foot 1:30 PM/\$1 	7 Pinochle 1:00 PM Texas Hold 'Em 6:30 PM 	8	9 Movie Night 6:30 PM "Autumn Rush"
10	11 Pool 5:30 PM 25¢ per game 	12 Potluck Dinner & Bingo 5:30 PM 	13 Hand & Foot 1:30 PM/\$1 	14 Pinochle 1:00 PM Texas Hold 'Em 6:30 PM 	15	16 Board Meeting 10:00 AM
17 Ice Cream Social 6:00 PM \$.75/scoop 	18 Pool 5:30 PM 25¢ per game 	19	20 Hand & Foot 1:30 PM/\$1 	21 Pinochle 1:00 PM Texas Hold 'Em 6:30 PM 	22 Neighborhood BBQ 5:30 PM @ the Pool 	23
24	25 Pool 5:30 PM 25¢ per game 	26	27 Hand & Foot 1:30 PM/\$1 	28 Pinochle 1:00 PM Texas Hold 'Em 6:30 PM 	29	30