

# THE COMMUNICATOR

*SaddleBrooke One*

*March 2025*

## Kelly's Corner

*Kelly Evans, Food & Beverage Director*

We are in the peak of season and Food & Beverage is keeping up. We hope you have felt the impact in The Vistas and Agave Lounge, as February was our first month in which we had two service points, also known as wells, in the Agave Bar allowing two bartenders to produce drinks and serve everyone their first, second, and third rounds quickly. We thank the Maintenance Team for making our vision come to life and helping improve efficiency. We also made updates to the shelving and organization in the RoadRunner Grill bar for our Team to navigate the products easily and again, improve efficiency.

March is a vibrant month full of exciting events, and your SaddleBrooke One restaurants are the perfect place to celebrate. Here are some highlights for the month. On March 5<sup>th</sup>, join us for Country Western night and another fun evening of entertainment from Wild Ride! The very popular St. Patrick's Day Celebration will feature entertainment from Steve Bragg, doors open at 4:00 pm. Say hi to our Chef Team at the House-Brined Corned Beef Brisket Carving Station and don't forget to wear green! We end the month with another fun-filled competition during Trivia Night on March 24<sup>th</sup>. Gather your friends, create a team, and put your knowledge to the test! Enjoy a night filled with fun, food, and friendly competition.

This is also the last month to enjoy our current menus before we spring into our next quarterly menu change in April! Our menu changes with the seasons, allowing us to use abundant and affordable ingredients, at different times of the year. This approach ensures we can offer exciting dishes at the best possible prices. We have also been making efforts to source products at a lower cost, without sacrificing quality. We have found new cheaper takeout boxes to use in both restaurants that are recyclable, microwavable, with venting, and hold up better, especially for our Good to Go Curbside meals.

As the weather warms up, the RoadRunner Grill patio is the perfect spot to enjoy the evening, and Sunday, Monday, and Tuesday Happy Hour continues to grow from 3:00 pm to 7:00 pm for drinks, pizzas, handhelds, and apps! We have some lovely Wednesday night menus planned as well for the month of March, before April hits and we move back to Grillin' and Chillin' in the RoadRunner Grill. Thank you for all of your support and feedback, as we commit to bringing new fun and exciting dining events to you all here at SaddleBrooke One.





# GOLF & GROUNDS

## SaddleBrooke One

### March Highlights

*Mike Roddy, Director of Golf*

#### **Congratulations Mike Phillips: Class A GC Superintendent**

It is with great pleasure to announce that Golf Course Superintendent Mike Phillips has achieved Class A membership with the Golf Course Superintendents Association of America (GCSAA). This is certainly a career milestone for Mike. He has demonstrated a strong commitment to professional development through a mix of competency-based continuing education, work experience, golf-centric services, and environmental stewardship.

This accomplishment is something both Mike and the community should be very proud of. I know he appreciates the community's support in continuing to add to his Superintendent toolbox, one he uses daily in his role as the Golf Course Superintendent here at SaddleBrooke One. Please don't hesitate to congratulate Mike when you see him on or around the courses!



#### **Warmer Weather = Increased Course Activity**

It has certainly been nice to feel some of the warmer weather the first few weeks in February, especially after the coldest January since 2013. This always means an increase in play levels which is great to see. Busier tee sheets and increased league activities should be expected this time of year. We are excited to be welcoming many of our club championships and member guest events over the next two (2) months. Warmer weather also opens the door for our maintenance staff to begin some spring cultural activities to improve current course conditions while simultaneously preparing the overseeded areas for the upcoming transition period. Look for updated activities in the weekly News From the Fairways emails.



**WHERE PACE MATTERS**  
**IN 2024**

#### **March Pace of Play Tips**

- Hit when ready and safe
- Take multiple clubs with you to your ball, have options
- Have your group watch where each shot goes

As always, the entire Golf Team looks forward to seeing everyone on and around the courses.

# WELCOME

Please help us welcome our new SaddleBrooke One homeowners

NAME	UNIT	NAME	UNIT
Jeffrey Cassler	16	Kimberly Spire-Porco & David Kaplan	3
William Snyder & Catherine Carmody	4	Peter & Jean Aimonetti	8A
Richard & Patricia Wands	3	Robert & Margaret Garrison	9
Susan Harden	5	Gregory & Denise Radford	5
Alfred LaPeter	3	Jeffrey & Ann Thuot	10
Karsten Betd	8	Robert & Micehlle Lennox	1
Dale & Camille Raber	4	Ann Sega	21
Lisa Gates	4	Robert & Madelaine Kleinman	11
Craig Cholvin & Stacy Olson	21	Robert & Diane Vaughn	16
Wendy & August Savarese	11	Michael & Brooks Wall	18
Gary & Janet Tupy	5	John MacKellar	2
Allen Buchanan	3	Arnold Whedbee & Kimberley Prochnau	1
Frederick & Juanita Leonard	4	Penny Hogan	21
Daniel & Nanette Kotke	14	Steven Brakey	5



The weather is beautiful...  
Wish you were here



The RoadRunner Grill

Happy Hour with Limited Menu

Sunday - Monday - Tuesday  
3pm to 7pm





# FINANCIALS

**SaddleBrooke HOA #1**  
**Monthly Balance Sheet**  
**As of 1/31/2025**

	<u>Current Year</u>	<u>1/31/2024</u>	<u>12/31/2024 DRAFT</u>
<b>ASSETS</b>			
<b>Cash, Cash Equivalents &amp; CDs</b>			
Operating Fund	\$ 4,895,263	\$ 4,585,383	\$ 4,966,157
Replacement Reserve Fund	3,902,732	4,627,235	3,925,492
Capital Improvement Fund	1,596,439	1,427,359	1,621,149
<b>Total Cash</b>	<u>10,394,434</u>	<u>10,639,977</u>	<u>10,512,798</u>
<b>Accounts Receivable, Net</b>	677,266	628,417	1,261,407
<b>Inventory &amp; Prepaids</b>	584,235	619,800	585,598
<b>Property &amp; Equipment, Net</b>	19,291,283	19,483,621	19,381,423
<b>Operating Lease Assets</b>	592,398	130,004	592,398
<b>Total Assets</b>	<u><b>\$ 31,539,616</b></u>	<u><b>\$ 31,501,819</b></u>	<u><b>\$ 32,333,623</b></u>
<b>LIABILITIES &amp; MEMBERS' EQUITY</b>			
<b>Accounts Payable &amp; Accrued Expenses</b>	\$ 362,077	\$ 400,490	\$ 685,380
<b>Deferred Revenue</b>	3,356,692	3,154,855	3,875,356
<b>Operating Lease Liabilities</b>	582,798	131,141	582,798
<b>Total Liabilities</b>	<u>4,301,567</u>	<u>3,686,485</u>	<u>5,143,533</u>
<b>Undesignated Members' Equity</b>	21,690,919	21,719,446	22,172,310
<b>Designated for Capital Reserves</b>	5,499,172	6,054,594	5,546,641
<b>Current Operations</b>	47,959	41,293	(528,861)
<b>Total Members' Equity</b>	<u>27,238,049</u>	<u>27,815,333</u>	<u>27,190,090</u>
<b>Total Liabilities &amp; Members' Equity</b>	<u><b>\$ 31,539,616</b></u>	<u><b>\$ 31,501,819</b></u>	<u><b>\$ 32,333,623</b></u>

**Capital & Reserve Funds**  
**As of 01/31/2025**

	<u>Replacement Reserve Fund</u>	<u>Capital Improvement Fund</u>	<u>Total Capital Reserves</u>
Beginning Balance - 01/01/2025	\$ 3,925,492	\$ 1,621,149	\$ 5,546,641
Fund Contributions	-	-	-
Interest Income	11,009	3,756	14,765
Capital Expenditures - Operations & Amenities	(27,479)	(28,466)	(55,945)
Capital Expenditures - Golf	-	-	-
Capital Expenditures - F&B	(6,290)	-	(6,290)
Ending Balance - 01/31/2025	<u><b>\$ 3,902,732</b></u>	<u><b>\$ 1,596,439</b></u>	<u><b>\$ 5,499,172</b></u>

# BALANCE SHEET

# FINANCIALS



**SaddleBrooke HOA #1**  
**Operations Income Statement**  
**As of 1/31/2025**

-----Current Month-----				-----Year to Date-----			
Actual	Budget	Better / (Worse)		Actual	Budget	Better / (Worse)	
\$ 521,051	\$ 536,878	\$ (15,826)	CSF & Other HOA Revenues	\$ 521,051	\$ 536,878	\$ (15,826)	
23,660	29,800	(6,140)	HRF Revenue	23,660	29,800	(6,140)	
164,405	168,986	4,582	General & Administrative Expenses	164,405	168,986	4,582	
235,653	252,054	16,402	Services & Amenities Expenses	235,653	252,054	16,402	
400,057	421,041	20,983	Total HOA Expenses (Excluding Depreciation)	400,057	421,041	20,983	
<b>144,654</b>	<b>145,637</b>	<b>(983)</b>	<b>HOA Net Income</b>	<b>144,654</b>	<b>145,637</b>	<b>(983)</b>	
323,675	328,140	(4,465)	Golf Revenues	323,675	328,140	(4,465)	
260,455	262,897	2,442	Golf Expenses (Excluding Depreciation)	260,455	262,897	2,442	
<b>63,219</b>	<b>65,243</b>	<b>(2,023)</b>	<b>Golf Net Income (Loss)</b>	<b>63,219</b>	<b>65,243</b>	<b>(2,023)</b>	
292,367	313,192	(20,825)	Food & Beverage Revenue	292,367	313,192	(20,825)	
321,343	355,588	34,245	Food & Beverage Expenses (Excluding Depreciation)	321,343	355,588	34,245	
<b>(28,976)</b>	<b>(42,396)</b>	<b>13,420</b>	<b>F&amp;B Net Income (Loss)</b>	<b>(28,976)</b>	<b>(42,396)</b>	<b>13,420</b>	
<b>178,897</b>	<b>168,483</b>	<b>10,414</b>	<b>Total Net Income (excluding Roads Expenses)</b>	<b>178,897</b>	<b>168,483</b>	<b>10,414</b>	
0	42,522	42,522	Roads Expenses	0	42,522	42,522	
<b>178,897</b>	<b>125,962</b>	<b>52,935</b>	<b>Total Net Income (excluding depreciation)</b>	<b>178,897</b>	<b>125,962</b>	<b>52,935</b>	
72,436	72,571	135	HOA Depreciation	72,436	72,571	135	
59,495	59,497	2	Golf Depreciation	59,495	59,497	2	
23,280	23,177	(104)	F&B Depreciation	23,280	23,177	(104)	
155,211	155,244	33	Total Depreciation	155,211	155,244	33	
24,273	21,071	3,202	Interest Income	24,273	21,071	3,202	
-	5,833	5,833	Income Taxes	-	5,833	5,833	
<b>\$ 47,959</b>	<b>\$ (14,045)</b>	<b>\$ 62,003</b>	<b>Total Net Income</b>	<b>\$ 47,959</b>	<b>\$ (14,045)</b>	<b>\$ 62,003</b>	

# INCOME STATEMENT



# Fitness Center SaddleBrooke One

## Pre & Post Workout Nutrition

*Bry Deter, Fitness Coordinator*

Exercise is vital to maintaining both physical and mental well-being. However, getting up and moving is only part of the equation to sustaining good health. Think of your body as a vehicle that requires premium quality fuel. Without proper fuel, the vessel does not perform at top sufficiency. It is crucial to maintain a diet that is high in nutrients. And, of course, proper hydration is a must. However, what most people do not take into consideration is planning when and what to eat before and after exercise. Keep in mind that not everyone's biological make up is the same. What works for most may not work for you, and there are always alternatives. However, a vast majority of people are able to adhere to a lush diet composed of the appropriate ratios of protein, fats, and complex carbohydrates. Here are some tips to ensure that you are filling your gas tanks for optimum performance and recovery.



### **Before: Fuel your body for the activity that you are engaging**

- Hydrate
- Ideally eat two hours before exercise
- Consume healthy carbohydrates such as fruits, vegetables, brown rice, oats, or quinoa
- Avoid saturated fats and proteins, as these digest slower

### **During: Hydrate and eat a snack if necessary**

- Drink plenty of water during exercise
- Replenish with electrolytes and be cautious of sugary sports drinks
- If you are participating in activities that last longer than an hour such cycling or hiking, you should consume 30-90 grams of carbohydrates every hour. Good examples of these snacks are bananas, raisins, low fat yogurt, or trail mix.

### **After: Rebuild and refuel**

- It is important to consume a combination of protein and carbohydrates within 60 minutes post workout. However, the optimal time frame for muscle repair and recovery is 30 minutes.
- If you can not eat a meal right away, try to have a portable, high protein snack on hand such as a protein bar, protein shake, yogurt, or hard-boiled eggs.
- Don't forget your healthy fats. Healthy fats not only store in your body to help boost energy but they also support cell function and help the body absorb essential vitamins. Examples of healthy fats are avocados, nuts, coconut butter, or tuna.





## GM COFFEE

**Friday, March 14<sup>th</sup>  
9:00am-10:00am**

Please join us in The Vistas  
for the next coffee hour with

**Vivian Timian  
General Manager**

**Tom Swikoski  
Board President**

**Kelly Evans  
Food & Beverage Director**

The coffee hours are a great  
opportunity for residents to ask  
questions & discuss community  
concerns.



**Our Volunteers are the Heart of SaddleBrooke!**

Are you interested in volunteering for one of the many SaddleBrooke One  
Committees? Committee Interest Forms are accepted all year.



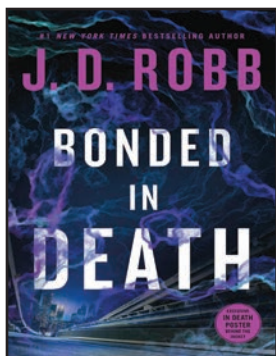
**Two Committees currently looking for members are  
the Architectural and Landscaping Committee  
(ALC) and the Finance Committee.**

**If you have interest in serving on either of these  
committees, you can complete the Committee  
Interest Form on the SaddleBrooke One Website or  
pick up the form at the Administration Office today!**

# What's New at the Library?

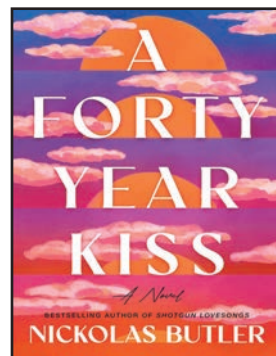


## Margaret Betanzos

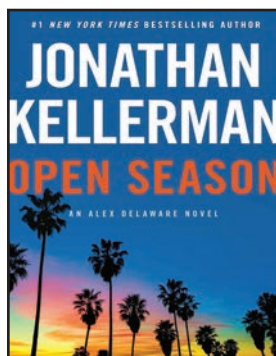


J.D. Robb has written another of her In Death novels. This one is called **Bonded in Death**. It is interesting how she can write these and also her books under her name Nora Roberts. These are very different styles of writing.

Are you from the Midwest or Wisconsin? If so, this book is for you. It is called **A Forty Year Kiss** by Nicholas Butler. Actually, it just might be for any one of us who married and divorced many years ago. This book says you can go back again.



Let's switch back again to murder mysteries. Jonathan Kellerman is good at these and his psychologist hero, Alex Delaware, and homicide detective, Miles Sturgis, are on the trail of one or several killers. This story starts out baffling! Maybe it stays baffling. The title is **Open Season**.

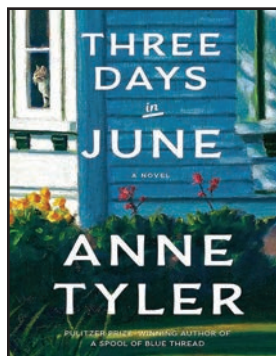


James Patterson and James O. Born have written another new book together. This one is **Paranoia**. This is in the Michael Bennett series and is #17. Need I say more?

Have you been waiting for another Ann Tyler novel? It is short (176 pages) and sweet or maybe not too sweet. Her fans are waiting and here it is. **Three Days in June** is the title.

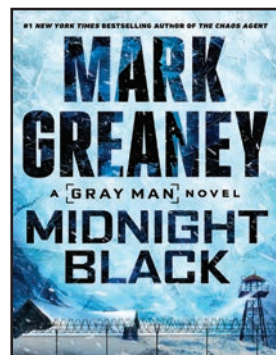


Mark Greaney brings us another Grey Man novel. This one is called **Midnight Black**. If you are a fan, this is the book for you! How about a chase through the subway of Moscow! The hero - Courtland (Court) Gentry - must rescue his lover from a Siberian prison. Others will be involved, of course, and the race goes on!



Last **Twilight in Paris** by Pam Jenoff takes place in 1953 London and Paris. The war is over but there are still threads to pull together. Is there a connection between Paris, a necklace, and the death of her friend Franny? Hmmm!

Since this is still early in 2025, wouldn't it be a good time to join or renew your membership to Friends of SaddleBrooke Libraries (FSL)? They are the source of the money for these and the rest of wonderful books you find every month in our libraries.



Until next month, Happy Reading!





# PATROL

## SaddleBrooke One

### Spring is Coming...

*Christopher Albers, SaddleBrooke One Patrol Manager*

Even though the weather is still beautiful here, many of our residents start leaving SaddleBrooke this month for extended periods over the summer. Please remember to fill out a **Resident Absence Form** to have your home exterior checked by Patrol while you are away. You can submit your request online at the SaddleBrooke One Resident Website under Patrol, or you can pick up a form in the Administration Office during business hours. If you plan to be away for an extended period of time, be sure to provide a local contact or your landscape contractor's name and phone number in the event your property needs attention while you are away. Remember, Patrol is not allowed to access your home to lock doors or windows, or to address issues with your property. If your plans change while you are away or when you return, please call Patrol One to let us know you are back at 520-861-7064.

If you are a seasonal resident or are planning to take a long trip, please be sure to check the following items as you are preparing to leave for the season:

- The door going into the house from the garage is locked
- The bar is in place on your sliding glass doors
- Stop any regular deliveries you may have scheduled
- Stop or forward your mail
- Make an arrangement with a friend, neighbor, or a house-checking professional to check your home while you are away
- Be sure that all windows and doors are locked and blinds are drawn
- If your house is alarmed, notify your alarm company that you will be away and make sure they have a local contact, if there are any alarm issues
- Unless someone needs to get into the house through the garage while you are gone, disable the garage door opener before you leave
- Don't block your mail tube. A blocked tube is a sure sign that someone is away for an extended period. Also, overflowing deliveries send the same message; we are not home.

2024/2025 Notice of Violations Issued		
Violations	December	January
Speeding	2	1
Stop Signs	3	10
Handicap Parking	0	0
RV Parking	0	0
Other Parking	0	0
Pets	0	0
<b>Total</b>	<b>5</b>	<b>11</b>

# Changing the Way You Look at Things

Tim Malone

*"Change your thoughts and you change your world."*

Norman Vincent Peale

Changing how you look at things means altering your perspective or the lens through which you view a situation, event, or experience. This shift in perspective can transform your emotional response, understanding, and overall experience of that situation. This involves consciously deciding to interpret or view a situation differently. Instead of focusing on the negative aspects, you look for positive elements, potential opportunities, or new angles that offer a more constructive or optimistic view of your retired life.

*"Your perspective is always limited by how much you know."*

*Expand your knowledge and you will transform your mind."*

Bruce H. Lipton

When you change the way you look at things, you essentially reframe your thoughts and attitudes toward a situation. This can have a significant and deep influence on your psychological and emotional health. This kind of impact can shape your thoughts, feelings, behaviors, and overall quality of retired life in powerful ways.

*"The real voyage of discovery consists not in seeking new landscapes, but in having new eyes."*

Marcel Proust

Positive thinking refers to combining positive and realistic thinking which involves integrating an optimistic outlook with a practical and objective perspective. This approach helps you enjoy the present while being well-prepared for potential challenges. Focus on the good aspects of situations, expect positive outcomes, and maintain an optimistic outlook. Have a practical and objective view of situations, understand potential challenges, and prepare for them appropriately.

*"The joy of retirement is having the freedom to do what you want, when you want, where you want."*

Catherine Pulsifer

By combining positive and realistic thinking, you can create a balanced approach to retirement that maximizes joy and minimizes stress. This mindset allows you to fully embrace and enjoy this new chapter of life. Find joy and gratitude in the simple, everyday moments of retirement.

*"The key to retirement is to find joy in the little things."*

Susan Miller

Be realistic by understanding that growth takes time, effort, and sometimes setbacks, allowing for a more sustainable and patient approach. Recognize the effort required to maintain these connections and be open to seeking new social opportunities.

*"The only way to make sense out of change is to plunge into it, move with it, and join the dance."*

Alan Watts

Positive and realistic thinking in retirement involves maintaining an optimistic yet practical outlook on this new phase of life. It combines the benefits of positive thinking—such as increased happiness and reduced stress—with the practicality of realistic thinking, which helps manage expectations and plan effectively. Combining positive and realistic thinking allows you to fully enjoy and make the most of your retirement.

*"The greatest adventure is what lies ahead."*

J.R.R. Tolkien

Now is the time to look forward to the freedom and opportunities retirement offers. Experience the essence of changing the way you look at things, especially in the context of retirement at a Robson development.





## **NEWS**

### **New, Approved Guidelines For Electric Vehicle Charging Stations In SaddleBrooke One**



#### **Internal EV Charging Stations Installation Guidelines**

- o Level 1 Charging Stations – Basic 120 Volt Electrical Source Requirement From Existing Grounded Wall Socket, No Pinal County Permit Required
- o New Electrical Source Installation(s) Will Require Pinal County Permit.
- o Level 2 Charging Stations - Installation Of Any New, Residential 240 Volt Circuit Will Require A Pinal County Permit.
- o Charging Stations Will Be Situated In Residential Garage
- o No ALC Permit Required For Inside Charging Station Installations

#### **External EV Charging Station Installation Guidelines**

- o All Installations Must Comply With Pinal County Regulations
- o Installations Must be Situated On The Side Of The House, Shielded From View, And Painted The Color Of The House
- o Free Standing Pedestals Are Prohibited
- o Both ALC And Pinal County Permits Are Required For All Outside Installations

ALC Meetings Are Held The 1<sup>st</sup> And 3<sup>rd</sup> Thursdays Of The Month At 9:00 am. Signups Are Located In the Coyote South Room. If You Haven't Secured An Online Appointment, It Will Be On A First Come, First Served Basis. You Will Be Escorted To The Meeting.

#### **Upcoming Meetings**

**March 6<sup>th</sup> & March 20<sup>th</sup>  
April 3<sup>rd</sup> & April 17<sup>th</sup>  
May 1<sup>st</sup> & May 15<sup>th</sup>**

**Information Line: 520-917-3767**

Call the Information Line to report an issue to the ALC  
or if you have a question.

ALC Email: [alcaadmin@saddlebrooke.org](mailto:alcaadmin@saddlebrooke.org)

ALC Secretary: Sharyn Jupp

**FORGET ALL YOUR TROUBLES  
and join us for an epic buffet!**

# St. Patrick's Dinner

**\$32 ++ PER PERSON**

**MONDAY, MARCH 17, 2025**

**NO HOST BAR 4PM | DINNER BUFFET 5PM**

**music by Steve Bragg**



**Irish Pub Salad Bar**

with Stout Beer Vinaigrette  
and Creamy Tarragon Dressing

**Irish Potato Leek Soup**

**Herb Marinated Roasted Carrots**

**Butter Braised Cabbage**

**Colcannon Mashed Potatoes**

**CARVING STATION:**

**House Brined Corned Beef Brisket**

with Guinness Dijon Gravy

**Irish Bread Pudding**

with Jameson Caramel Sauce

