

THE HIGHLANDS FLING

www.thehighlandsmhp.com

July 2024

520-297-2722



JULY EVENTS

Thur. July 4th
Burgers or Brats
Noon
Sold out

Mon. – July 8th
Book Club
10 am

Wed.- July 10th
Men's Breakfast
8 am

NO SOCIAL HOUR IN JULY

NO POTLUCK IN JULY

MEN'S BREAKFAST

The next men's breakfast will be on July 10th, 2024, at the Ole Mexican Grill located at 2080 W Orange Grove Rd. The sign-up sheet is located in the Clubhouse. Please sign up by July 8th, so that I may give the restaurant an accurate head count. See you on the 10th!

JULY BIRTHDAYS

7/2 Bob Beck
7/2 Louise Freker
7/6 Randy Shouse
7/13 Ken Reinking
7/17 Kelly Gelhaus
7/18 Lori Tendler
7/20 Kathy Ahlberg
7/20 Kathy Reagan
7/21 Sharon Dennis
7/21 Deanna Lederer
7/27 Dan Wallace
7/28 Linda Wilcoxson

THANK YOU, COMMUNITY

Larry Clow passed away peacefully in his home early on Memorial Day, May 27th. Most people knew Larry as riding around on his scooter with his small dog, Buffy.

The memorial service for Larry is set for Saturday, December 7th at 1:30 pm. We welcome all in this community. This gives his grandchildren their chance to come, also one grandson will be back from his Air Force Tour of Duty in England. We thank the community for your overwhelming support of love with your visits, cards, phone calls and food. We are blessed. - Joan Clow and Family.

HIGHLANDS BOOK CLUB

The Highlands Book Club is "chilling out" this month a light-hearted book of humor. Choose a funny book and come share it with your friends on Monday July 8, 10 a.m. in the clubhouse. From "The Essential Calvin and Hobbes" to a Janet Evanovich novel, there's plenty to laugh about.

The August book club selection is "The Lilac Girls" by Martha Hall Kelly. If you need a copy of the book, contact Val through the office.

GASLIGHT THEATRE

The Highlands Social Committee has scheduled a night at The Gaslight Theatre to see "**SHRIEK**" (A Parody of True Love & Ogre-Acting) on October 24th. There will **NOT** be a sign-up sheet in the poker room, so if you're interested in going please email me (jah1705@gmail.com) or call me (309-230-0233) if you want to purchase a ticket. I only have (52) tickets, so I know they'll go fast as we haven't been there in a number of years. The cost is \$22/person and if you're interested in doing dinner at Grandma Tony's (located next door to the theatre) you can let me know that as well. This restaurant has a full menu and is an excellent way to get a 'good' parking place prior to the crowd coming in and for a quick exit after the show. I'll be back in the Highlands in September to collect your money, so no need to send a check to me or take one to Lynne. If you have any questions or concerns please let me know, Jamie

NEW COMMUNITY MEMBERS

John and Elena Forester
109 W Matterhorn

POTLUCK

There will be NO potluck in July.

SOCIAL HOUR

There will be NO social hour in July.

CARDS SENT

Bernie Lee - sympathy - Loss of his brother Ed
Craig Bennett - Thinking of You
Elizabeth Hinds - Thinking of You
Barbara Scantlan - Get Well
Bob Nolan - Get Well



LAST PAGE

This section is a communication between the board and our residents, plus a Marketplace to list sale/rent/trade/services in the neighborhood.

the booted foot, only six bit the leg. The rest tried to get away, froze in place, or wriggled in surprise but didn't react aggressively. It's actually really hard to get bitten by a rattlesnake. They just want to be left alone.

Then continues: Rattlesnakes also don't rattle before striking. A rattle doesn't mean aggression, it's an "excuse me, I'm down here." They rattle to tell you, or other large animals, that you are about to step on them, since they blend in very well with their surroundings and they'd rather you didn't smush them accidentally. Strikes are generally noise-free acts of last ditch desperation.

Only about 1% of rattlesnake bites are deadly, and those that are generally happen in situations where medical care was delayed. A quarter of rattlesnake bites don't actually involve any venom at all, they are "dry bites" intended as a warning only. As long as you get to a hospital in a reasonable amount of time, you will probably be fine. This is not a situation where minutes count, just move promptly towards medical care. The deadly bites generally happen in very remote areas, when people are hiking alone, or when drugs and alcohol are involved, since all of these can increase the amount of time it takes someone to get to help or result in poor decision-making.

First aid for a bite? Just get the person to a hospital, promptly, but safely. There is nothing else you need to do, and anything you might think about doing is just wasting time getting the person to a hospital and potentially complicating things by rubbing germs into the wound or further stressing the currently stressed tissue in the area. Don't ice it, tourniquet it, or suck on it, just call 911 or start hiking back to the trailhead.

MARKETPLACE.....

Residents can buy/sell/items or services to other residents of the Highlands.

This section is for bartering or marketing from neighbor to neighbor in the Highlands.

If you want your listing continued or changed you must email me before our 3rd week of the month production. CROSEHIGHLANDS23@GMAIL.COM and put Marketplace in subject line.

HAND PAINTING GREETING CARDS: If anyone is in need of my watercolor cards, you don't need to wait for a craft show to purchase them. I always have a large selection of them available here at my home. Just call or text me: Patti Triplett at 520-887-4120.

DOES ANYONE DO UPHOLSTERY? Know an upholsterer? I have an upholstery project I want to have done. Connie - 520-343-5965

FACEBOOK:

Did you know? The Highlands has an active Facebook page (The Highlands of Oro Valley). In order to sign up for Facebook – if you are not a member – go to www.facebook.com. Take your time and learn about the settings and privacy to feel safe using Facebook. Once joined, search for *The Highlands of Oro Valley* and join that group (that's us!) There are interesting comments, photos, reviews of events attended, hints about the desert wildlife and fauna...There are 153 members signed up at this point.

Once you have joined you can contribute your own sage comments and photos. Oh - and remember your password! And what email address you registered under.

News from our Facebook group:

There's a very interesting segment one of our neighbors posted on research done with rattlesnakes and rattlesnake bites. Posted on May 21, 2024, it starts out:

In a study, scientists used a fake leg to simulate a person stepping on a rattlesnake. Out of 175 snakes that were physically "stepped on" by

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Aquafit 9:00 am Hand & Foot 1:00 pm	2 Coffee 8:00 am Aquafit 9:00 am Texas Hold'em 2:10 pm	3 Aquafit 9:00 am Hand & Foot 1:00 pm	4 Independence Day 4th of July Lunch	5 Aquafit 9:00 am	6 Aquafit 9:00 am Texas Hold'em 2:10 pm
7 Bingo 2:00 pm	8 Aquafit 9:00 am Book Club 10:00 am Hand & Foot 1:00 pm	9 Coffee 8:00 am Aquafit 9:00 am Texas Hold'em 2:10 pm	10 Men's Breakfast 8:00 am Aquafit 9:00 am Hand & Foot 1:00 pm	11 Aquafit 9:00 am Texas Hold'em 2:10 pm	12 Aquafit 9:00 am	13 Aquafit 9:00 am Texas Hold'em 2:10 pm
14 Bingo 2:00 pm	15 Aquafit 9:00 am Hand & Foot 1:00 pm	16 Coffee 8:00 am Aquafit 9:00 am Texas Hold'em 2:10 pm	17 Aquafit 9:00 am Hand & Foot 1:00 pm	18 Aquafit 9:00 am Texas Hold'em 2:10 pm	19 Aquafit 9:00 am	20 Aquafit 9:00 am Clubhouse Rented 2:00 Texas Hold'em 2:10 pm
21 Bingo 2:00 pm	22 Aquafit 9:00 am Hand & Foot 1:00 pm	23 Coffee 8:00 am Aquafit 9:00 am Texas Hold'em 2:10 pm	24 Aquafit 9:00 am Hand & Foot 1:00 pm	25 Aquafit 9:00 am Texas Hold'em 2:10 pm	26 Aquafit 9:00 am	27 Aquafit 9:00 am Texas Hold'em 2:10 pm
28 Parents' Day Bingo 2:00 pm	29 Aquafit 9:00 am Hand & Foot 1:00 pm	30 Coffee 8:00 am Aquafit 9:00 am Texas Hold'em 2:10 pm	31 Aquafit 9:00 am Hand & Foot 1:00 pm			
		NOTES			All Activities Held in the Clubhouse/Pool EXCEPT: Green= Resource Room Red= Off Site Activity	