

WHAT'S INSIDE?

Let's Get Physical

New Zumba Instructor2

Fall Bocce Ball2

King & Queen Round-Robin.....3

Getting To Know You

Shalom Club.....3

Women's Business Network.....4

Sound of Music

Jazz Club Mim Concert.....4

Upcoming Jazz Concerts.....4

A Band with No Name.....5

Resident Profile - Gary Parks6

Community Association6

Big Fun

Up! Up! And... Away.....7

Article Submission Guide.....8

Village Center Information.....8

Lifestyle Corner8

Activities & Events.....8

CANTAMIA MAKES THE SHORT LIST

By Stephanie Palmer



Pat Straka



Photo by Mary Monique



Evening Pickleball Perks- Carolina Ybanez



Allan & Tobi Miller, Jeff & Sue Cook. The two couples have been friends since 1974, both now reside in CantaMia.



White Crane - Ritch Fuhrer

The July/August edition of Where To Retire magazine interviewed our very own Pat Straka as part of their evaluation process that named CantaMia as one of "The 50 Best Master-Planned Communities in the United States".

Pat and Don Straka have lived in Arizona and Estrella Mountain Ranch for years. They toured CM back in 2010, but decided to stay put in their lovely home. Fast forward to 2015... they just finished a major remodel on their home with the intent to live there forever. BUT... during a CM Open House weekend, they decided to browse CantaMia. Well, the rest is history as they say. After finding a Crescendo model they adored, they put their house on the market and two months later were happy residents of CantaMia.

As Pat told the magazine interviewer, she and Don found everyone to be so very friendly, and the age specific amenities and active adult aspect were a huge draw. Living in CantaMia was a "meant to be" experience as the first showing of their old home resulted in a sale. Pat says – "This Is The Best Move We've Ever Made!"

They've made many new friends and their dogs love the dog park. Pat was proud to be asked to share her CantaMia experience with the magazine, and now with her fellow homeowners.

Check out Where to Retire at wheretoretire.com

COMMUNICATIONS COMMITTEE

Teresa Fuhrer
Stephanie Palmer
Pat Straka

CANTAMIA RHYTHMS AUGUST EDITOR

Stephanie Palmer

COMMUNITY MANAGER

Pat Pentz-Young

LET'S GET PHYSICAL by Olivia Newton-John

CANTAMIA HAS A NEW ZUMBA INSTRUCTOR

By Sherry Bernar, Instructor

I am excited to introduce myself as the new Zumba instructor at CantaMia. I just got certified to teach Zumba, which is a fun and energetic workout. What I love most about Zumba is the Latin inspired music that plays while you move your body to the beat of each song. I didn't know Zumba until I moved to CantaMia. I found it to be a fun workout that I could do at my own intensity level and still benefit from. The last CantaMia instructor recently left teaching Zumba to go into the restaurant business and I wish her well. I spent 15 years in the restaurant business in the Chicago area where my former husband and I owned and operated a number of small family restaurants. It was the hardest and most demanding job that I could ever imagine doing.

I have always been active but did not start working out in a gym until I was almost 40 years old. I was the second oldest of 9 kids and I had five younger brothers who were all involved in sports. Watching them, I learned how to spiral a football, punch like a guy and swing a bat with my whole body, not just my arms. My older sister Debbie and I helped raise our seven younger siblings. We are all blessed to this day to still have great relationships! Any time we get together there is high energy and people want to be a part of what we have. I am hoping to duplicate that high energy in my Zumba classes.

I have lived in CantaMia for almost three years with my husband Tom. We love everything about CantaMia. We feel so blessed to have the freedom to do whatever we want. We retired from the furniture business three months ago after

28 years of sales on the road in Illinois and Wisconsin. I met Tom as I interviewed for a sales job in a furniture store in the Chicago area after I left the restaurant business. He was the general manager of a five chain store in Chicago and he hired me to work in one of the stores. We started dating and a year later Tom got the opportunity to leave retail and move into the wholesale end of the furniture business. He hired me a second time to work with him on the road and shortly after that we married. Tom has been my best friend ever since. We always knew we loved Arizona and would end up here. Five years ago, when I was diagnosed with Parkinson's I was told by my doctors that the climate in Arizona would be beneficial for keeping my symptoms to a minimum. My disease also benefits from exercise, music and motion. Along with teaching Zumba, I am a vocalist with the CantaMia Band With No Name; I'm on the CantaMia bowling league; bocce ball team and I can be found practicing in the billiards room any day of the week that I work out. I am looking forward to getting to know many of you in the near future.



Sherry Bernar

FREE Zumba classes August 18, 19, 25 & 26
Limit 10 per class
Sign up day of class at the Front Desk

CANTAMIA FALL BOCCE 2017

By Dart Smith

August 1 is the deadline for forming your bocce team!

If you're reading this on August 2 or later, you may email cmboacce@gmail.com to place your team on a waiting list in the event a team drops out prior to the start of the season. Please include the team name, captain, team member names along with current contact telephone and email address.

Remember to put Thursday, August 31 at 6 p.m. on your calendar for the MANDATORY Captains Meeting. All captains or a member of their team must be present – without exception. Teams will receive their schedule at the meeting

2 including any rule changes, playoff and championship information.

We will be starting off the meeting at the main bocce courts C and D for a captain's bocce battle! Team captains will be notified (more than some of you would like me to remind you) of the meeting and the activities prior to August 31.

A reminder to - Get out and play! Bocce balls are located at all the bocce courts for use at any time the doors are open. Please be considerate of the equipment and return all after you are finished playing. If you open the umbrellas, please close them when you have finished as heavy winds will cause damage. Thank you!

For more information, please email cmboacce@gmail.com

KING & QUEEN ROUND-ROBIN KICKS OFF

By Ritch Fuhrer

July 13 kicked off the first CantaMia Pickleball Club “King or Queen of the Court” event.

A popular friendly play format around the country, our King or Queen of the Court tournament utilized 16 players divided into eight doubles teams placed onto Courts 1 through 4. Each game was exactly ten minutes, and the team with the most points when the whistle blew was the winner. On Court 1, the two players from the winning team stay on that court, but had to split up. The losing team from that court then moved to Court 2 and split up. Meanwhile, the losing team players from Court 4 stay on that court, but split up. The winning team players from Court 4 move to Court 3 and split up. Team players from Courts 2 and 3 move similarly. This rotation continues as six total games are played. The sixth game on Court 1 becomes the championship game, with the winning team becoming the “King” or “Queen” of the Courts.

The winning team for our first King or Queen round robin was Terry Webber and Allan Miller.

UPCOMING PICKLEBALL TOURNAMENTS

The CantaMia Pickleball Club will host their annual Fall



Terry Webber and Allan Miller

Invitational Tournament in November or December of 2017. Our autumn tournament will include CantaMia players as well as players from several invited West Valley clubs. The highest finishing CantaMia team last year was a Silver Medal by Terry Webber and Dennis Johnson.

Also this coming fall, look for the first annual CantaMia in-club singles tournament. Singles rules are very similar to doubles rules, but game strategy can be quite different. Exact dates for both tournaments should be available shortly.

GETTING TO KNOW YOU

from “The King & I” musical

SHALOM CLUB

By Renee Brotman

SHALOM, commonly translated as “peace” and used as both a greeting and farewell, has rich meaning in Hebrew. “Peace” is an accurate translation of the term, but shalom implies more than lack of conflict. It is about culture, common welfare, and community.

CantaMia’s Shalom Club has emerged over the past year as an opportunity for Jewish and non-Jewish residents to gather for celebration of Jewish life, learning and relaxation. Of course food is an essential part of our heritage that is honored as often as possible.

Join the Club and enjoy celebrating holidays with your CantaMia family, attend movie nights, dinner and theater events. The possibilities of different activities are endless. It only takes membership, attendance and enjoyment.

Last spring we had about 35 friends and family join in our Passover celebration. We had a short service and a lovely catered traditional meal. This Fall look for our Rosh Hashonah (Jewish New Year) and Yom Kippur (Day of Atonement) festivities.



Shalom Club Members

Look for Shalom Club activities posted on CantaMia’s ActiveNet and the Lifestyle Weekly Updates.

To get the latest news directly about membership or to be added to our distribution list please contact:

**Linda Visalli – lvisalli@gmail.com
or Renee Brotman – renee.brotman@verizon.net**

We look forward to meeting you. SHALOM

GETTING TO KNOW YOU

continued from page 3

WORKING NINE TO FIVE (DOLLY PARTON) – CANTAMIA BUSINESS WOMEN'S NETWORK

By Renee Brotman

Attention CantaMia WORKING Women!

Feeling isolated from community activities? Well, let us help! Join us.

The CantaMia Business Women's Network is looking for you. We are working women in the community who want to share in conversation with other women who are also working. It doesn't matter where you work or for whom. We are focused on camaraderie and building a new network of friends.

From time to time our group provides CantaMia with meaningful group presentations. Remember our presentations on retirement living and yearly tax filing preparation? Look for our fall presentation on security – identification, computer...



Mara Perkins, Phoebe Jones, Kathy Pagaduan

We typically meet the third Wednesday of each month at 6 p.m. The location always changes since we like to try different local restaurants. Contact Renee Brotman @ renee.brotman@verizon.net to get on our distribution list. We hope to see you soon!

SOUND OF MUSIC

from "The Sound of Music" musical

JAZZ CLUB TAKES IN MIM CONCERT

By Ritch Fuhrer

It was like a night in 1930's Paris, as members of the CantaMia Jazz Club attended a concert by the Paris Chansons at the Musical Instrument Museum (MIM) on Saturday, July 8.

The Los Angeles based group consists of international musicians and vocalists who perform both vintage and original French-language songs reminiscent of the pre-war night clubs of Paris. As well as members having French roots, this dynamic band includes musicians and singers hailing from Morocco, Ukraine, and Russia. The audience for the show was noticeably more international than the typical MIM jazz audiences.

The next Jazz Club outing will be announced shortly.



Max Cohen, a Moroccan born vocalist performs as part of the Paris Chansons at the Musical Instrument Museum

UPCOMING JAZZ CONCERTS AT CANTAMIA

By Ritch Fuhrer

Mark your calendars for CantaMia Jazz Club sponsored events coming up in later 2017 and spring of 2018.

On November 2, 2017, the Mary Petrich Quartet will perform at the Village Center. The MPQ is among the very top jazz groups in the Phoenix area and features the well-known Mary Petrich on saxophone. A vocalist will also be on hand to sing familiar American standard songs. The concert is planned as another "jazz-club style evening", taking place upstairs with dimmed overhead lighting, and candlelit tables. The band will be located on a one-step stage and professional lighting will be provided. The show is planned for 7 p.m. Imagine an evening similar to the Beth Lederman Quartet that performed here two years ago. Seating will be at tables, and will be limited. Tickets will go on sale at a later date on ActiveNet.

A BAND WITH NO NAME

By an Author with No Name

A Band with No Name under the direction of Nick Bogden, made its debut Friday, June 30, upstairs at the Village Center during Happy Hour. Downbeat began at 6 p.m. with the band's theme song, an original jam tune entitled, Lakey's Jump & Jive. Thirteen musicians played and sang a variety of songs from swing to rock to opera before an enthusiastic gathering of 250 to 300. The set lasted 90 minutes without a break.

An excited throng began filling the venue at five o'clock in anticipation of the event, which was billed as a rehearsal that coincided with Happy Hour. Band members were surprised and amazed at the size of the crowd. The only promotion had been word-of-mouth by residents, and a very effective email blast from the CantaMia Pickleball Club. Normal rehearsal sessions occur three to four times a month on Wednesdays at the same location often in front of curious onlookers—onlookers who report what they've seen and heard; and return.

The band was formed several months ago from a back-of-a-napkin conversation between Nick and Gene Myers. Nick Bogden has been involved in the music business most of his life owning a music store where the Tonight Show band rehearsed for years; and managing a recording studio that saw top recording groups like Chicago, Tom Petty, Stevie Nicks, Survivor, and Captain and Tennile. He is also the owner of Claude Lakey Woodwinds, LLC, a manufacturer of high-end mouthpieces for saxophones and clarinets. Since he moved to CantaMia five years ago, Nick has made several attempts to generate interest among resident musicians, but nothing took—until last April when Nick and Gene agreed to give it one more try.

They decided to reach out to the entire Estrella community in their quest, which yielded excellent results. Including all neighborhoods, 17 musicians answered the call, many of whom formerly played in groups in various parts of the country, and others who wanted to give music one more shot.

The objectives of the band are twofold: 1) have fun, and 2) be inclusive. For information, contact any member: Nick Bogden, Gene Myers, Gary Grandfield, Roy Rabe, Dave Hedgecock, John Sherman, Sal Bono, Jan Polansky, Tony Crane, John Peters, Linda Murray, Mike Bresin, Sherry Bernar, Suzanne Kerpius, Laura Sigler, Alex Kohli, and/or Katy Ruane. The band has reached its limit for musicians and vocalists, but will consider additional horn players; especially, tenor saxophone and trombone.

In addition to the main band, a small combo has been rehearsing under Nick's direction to play Brazilian samba and soft jazz. They rehearse Thursdays at 1 p.m.



Mike Bresin, Nick Bogden, Tony Crane, Suzanne Kerpius, Linda Murray, Roy Rabe



Suzanne Kerpius, Nick Bogden, Katy Ruane, Roy Rabe, Sherry Bernar

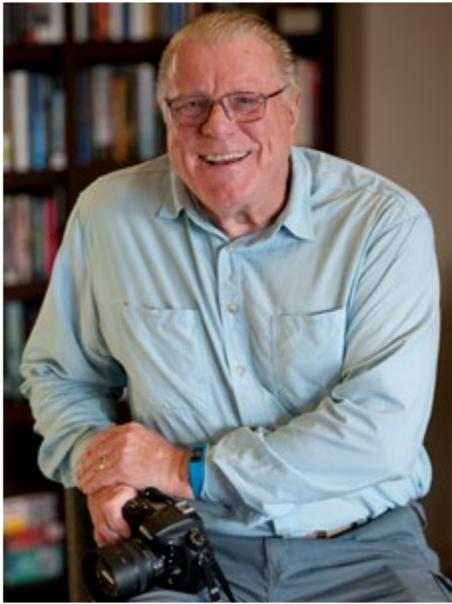


Mike Bresin, Nick Bogden, Roy Rabe, Dave Hedgecock

downstairs at the Village Center, and will play as a stand-alone act, and in conjunction with the main band. The goal is to provide variety of entertainment to enhance the experience of the audience.

The band will play gigs in the Goodyear area, and is presently booking dates. For dates outside CantaMia, the band will either have to rent or purchase sound equipment. Anyone who desires to help in this venture would be welcome. Contact either Nick or Gene.

RESIDENT PROFILE



GARY PARKS

By Teresa Fuhrer

How many lifetimes can a person live? Quite a few if you are Gary Parks, CantaMia resident and not a vampire.

Gary has been a high-rise steel worker, construction worker, teacher and physician's assistant. In his younger days as an adventure seeker, Gary was a merchant seaman who traveled the world, and an ambulance driver and fireman who survived a back-draft explosion. Gary also received a

Life Saving Commendation from the mayor of Auburn, CA after assisting and rescuing a heart attack victim.

His milder careers take in 20 years as a teacher with 10 of those years as a Special Education Teacher. In addition, he was a physician's assistant for 20 years.

Gary's working life did allow for some "down time" pursuing various interests such as scuba diving in the San Juan Islands, sailing in Alaska, climbing Mt. Humphreys twice (elevation, 12,800 ft.), boat camping in New Zealand, marlin fishing and snow camping on Castle Rock, CA accompanied by wife, Malinda.

Gary comes from Reno, Nevada known for six months a year of ice and snow. As with many residents, Gary and his wife Malinda came to Arizona in February of 2015 for the warm weather.

Once retired, Gary was able to indulge in his many interests: Navajo-style weaving, teaching and doing his own pottery projects, cactus and bonsai gardening, wine-making, reading, fishing, travel, writing, photography and reading philosophy and theology--a self-described "Life Long Learner".

Retired life with his wife Malinda is definitely a change of pace for Gary

but he uses his knowledge and skills to contribute to others in less spectacular but important ways. You will see Gary at the Art Studio many hours a week assisting and educating residents in the creation of pottery art. If not at the Art Studio, Gary is conducting a Writing Group at CantaMia on the first Saturday of the month guiding neophyte and experienced writers. Gary has over 30 years' experience in both endeavors.

Defining characteristic? "The desire to help others to achieve their personal goals whether it is writing or pottery or anything I have knowledge about. I enjoy sharing information and experience I have amassed in my life", he says. Gary is curious about everything yet centered enough with his art to appreciate its meditative qualities. He has been doing pottery for over 30 years and gives pottery lessons every Saturday from 10-12. He is also an organizer of a Writers and Storytellers Group in CantaMia. His interest in photography can be observed at his site, garyparks.zenfolio.com

Bucket list? "I want to catch and release a 1,000 pound Blue Marlin while fishing with my brother Peter so I can brag about being the better fisherman."

COMMUNITY ASSOCIATION

HOA CORNER

By Pat Pentz-Young, Community Mgr.

August is an exciting month for CantaMia as we are preparing for the closure of the Café. As many of you may know, the Café will be closed starting August 1st for renovations with plans to re-open on September 5th. This project is being coordinated and funded by AV Homes. Although the physical space of the Café will remain the same, the renovation will include the installation of a built in griddle top range, new sink, hoodless vent, sandwich station, etc. As a separate project AV Homes is also in the works of permitting and providing the Café with the option to provide food on the outside grill.

6 What happens to Happy Hour? Although the Café staff will not be able to serve food, we are setting

up a makeshift bar area and extending our Happy Hour pricing on beverages from Noon to closing for the month of August. Please plan to stop by.

Did you know, that our Café Staff offers service to our Homeowners for private parties at the Village Center? Just this past month, the Café provided service for two separate Birthday parties for our Homeowners. Both events were very successful and the residents were excited to have this option available from the Café. To book your private party, please contact our Café staff members.

With the use of our convection oven, the Café also offers some special baked goods that you may purchase and take home for your special events.



UP! ... UP! ... AND ... AWAY!

By *Cindy Tiedeman*

Did you know that . . . HOT AIR BALLOON flights are only offered in the early morning hours during the hot summer season? That meant our hot air balloon experience would begin at 5 a.m. at the Deer Valley Airport in northeast Phoenix. We were up at 3:30 a.m. and driving north on the S. Estrella Parkway by 4 a.m. Driving the valley freeway system at such an “ungodly” hour does have its benefits. ** We had NO traffic to contend with, whatsoever. Can you imagine that?

The company we were flying with had several balloons scheduled to take flight that morning. Shortly after arriving at the launch site the equipment was “prepped” for our flight. The basket (pictured below) is large enough to carry ten passengers and the captain.

We were in flight for a little over an hour when Captain Bill announced that we would be landing in an open field just ahead. We braced for the landing, which was a bit bumpy due to the rocks, shrubs and other debris that typically cover any open field. Captain Bill’s ground crew was at the landing site to assist.

After everyone was safely “out of the basket,” the ground crew began setting up tables and chairs as they prepared to serve us all a... Champagne Breakfast.

A memorable time was had by all!



Basket divided into five compartments. Captain Bill and three propane tanks in the middle; passengers evenly dispersed in the four remaining compartments.



Captain Bill has balloon inflated and ready



The Arizona Canal System



Champagne Breakfast



A beautiful Arizona sunrise greeted us as our balloon took flight!



Shadow of OUR balloon reflected on the distant hillside, 200 feet above the floor of the Sonoran Dessert.



We cruised at the maximum height of 2500 feet and winds were calm. The experience was both peaceful and relaxing.

ARTICLE SUBMISSION

SUBMISSION DATE PUBLICATION DATE

August 15	September 1
September 15	October 1
October 15	November 1
November 15	December 1

Submit articles and photos to:
CantaMia.Rhythms@gmail.com

Please include (in subject line):
Club, group or individual name
and the name of your article

CANTAMIA®

VILLAGE CENTER (623) 327-1888
GUARD HOUSE (623) 256-6067
SALES CENTER (623) 474-6960

VILLAGE CENTER HOURS

Monday - Thursday	5:30 a.m. to 9 p.m.
Friday	5:30 a.m. to 10 p.m.
Saturday	7:30 a.m. to 10 p.m.
Sunday	7:30 a.m. to 7 p.m.

CAFÉ HOURS

Daily - 8 a.m. to 3 p.m.

CAFÉ CLOSED FOR RENOVATION
August 1 to September 5

POOL HOURS FOR CHILDREN (under 18)
Daily - 10 a.m. to 1 p.m.

COMMUNITY MANAGEMENT

Pat Pentz-Young, Community Manager
Merrilee Greathouse, Admin. Assistant
Tammy Dixon, Lifestyle Director

GUEST RELATIONS/FRONT DESK

Mary Reich, Lead	Norm Greene
Tom Hermann	w
Heather Parmeter	Nichole Strick

FACILITY MAINTENANCE

Doug Halfmann	Richard Paoff
---------------	---------------

CAFÉ

Jan Affalter	Renee Mercado
Ruby Noriega	Mike Studdard

CANTAMIA VILLAGE CENTER
17700 W. Star Point Drive
Goodyear, AZ 85338
CantaMiaEstrella.net

08
2017

SOCIAL COMMITTEE

LIFESTYLE CORNER

By *CantaMia Lifestyle Director and your Lifestyle Team*

When you were choosing CantaMia as your home, was one of the attractions the Social Events?

CantaMia Lifestyle activities and events are developed as an extension of your social life right here in your own community. As many of you know, at CantaMia, it's my job and the job of the Social Committee to keep the social activities going.

Let's start with, who is the Social Committee? The Social Committee is made up of five to seven CantaMia residents that have submitted applications and were interviewed by the former Social Committee to serve as a liaison between the residents of CantaMia and myself the Lifestyle Director. Essentially the Social Committee helps provide community input and feedback for planning and evaluating events meant to enhance lifestyle in our greater community. The Lifestyle Director is one person and wears many hats throughout the day but having the Social Committee bring feedback from events makes the event planning process more beneficial community-wide. The Lifestyle Director holds monthly meetings with the Social Committee to plan upcoming events. We have six months of events planned and often we can have an entire year laid out. Although the community doesn't see our six or twelve-month calendar it is always in the works.

How do events come to fruition? An idea comes to the table, either by the Lifestyle Director, a Social Committee member, a resident and sometimes the Developer. A day and date is chosen and sometimes that may need tweaking, depending on vendor availability. The Lifestyle Director works with all the vendors for each event, negotiating contracts, picking menus and getting them set up with our Accounts Payable as a vendor so they can be paid. The vendor must be able to provide Proof of Insurance and a W-9 Request for Taxpayer Identification Number and Certification. Once all the paperwork is complete, the event can then be announced to the community. The general rule of thumb is to put all events on sale to the community one month prior to the event. If an event has a food component then tickets will only be sold up until one week before the event, to allow the caterer to plan accordingly. If there is no food component, tickets can be sold up until one day before the event. Other factors in how long tickets will remain on sale are table and chair rentals, decorations, dance floor and any other misc. items that may come up. Think of an event or party you have had in your own home or a wedding you may have planned for a family member. Every event we develop at CantaMia is similar to the one you may have planned.

This article was just a brief look into how the Lifestyle component is organized here at CantaMia. The Social Committee will be filling two positions come March 2018. If you have a background in event planning or you think you may be a good fit this might just be the committee for you.

ACTIVITIES & EVENTS

Wine & Canvas

Monday, August 7 | 6 p.m.

Casino Night

Saturday, August 19 | 7 p.m.

Trivia

Tuesday, August 15 | 7 p.m.

Equipment Orientation

Thursday, August 10 | 3:30 p.m.
Monday, August 21 | 1 p.m.

Sign up on ActiveNet at apm.activecommunities.com/cantamia