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PULSE 

IronOaks

# Lifestyle

Vol 4 | 2023



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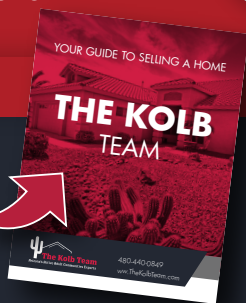
- How to determine price
- The best times to sell
- How to list
- How to market your home
- And much more



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# A Message from the Board President:

IronOaks homeowners had an exciting winter and continue to participate in the many amenities available including the many concerts, bus trips, and weekly entertainment events. The outdoor concerts have been a big hit! We are so lucky to live in IronOaks because there are so many things to do and enjoy. The sun shines just about every day.

One exciting renovation project, GRILL ON THE GREEN, was completed and offers our homeowners another great place to relax, eat, socialize, and play cornhole. Grill on the Green restaurant has become a popular place for our homeowners to enjoy within our community and offers a different menu than Stone & Barrel.

The pickleball courts will be seeing more play at night. Contractors have been hired to install lights for the eight courts. Installation should start late June and be completed by the end of July.

At the April Board meeting, the Board of Directors approved the Committee Chairs, Members, and Liaisons for 2023-24. I would like to thank the homeowners who continue to step-up and dedicate their time and expertise to our committees. We need other homeowners to become involved by attending Board and Committee meetings to find out how they can help make this community a better place to live. Homeowners need to get informed and educated about the operations of IronOaks. They can attend in person, by Zoom or listen to the recordings to find out what is true or false concerning the happenings of IronOaks.

In the upcoming months, the Board, Management, and Committees will be working together to provide direction for Phase 2 of the Master Plan. Improvement and development of this plan are necessary, and we will continue to have input from homeowners. Stay cool, stay safe, and let us make 2023 a great year for IronOaks!

*-Paula Ferguson*



# A Message from the General Manager



I wish to take this opportunity to thank all our homeowners for another great season here at IronOaks. Although the weather was a bit cold and rainy in the early months of 2023, it finally warmed up and the activity levels on the golf courses, dining venues, sports courts, and everywhere else were outstanding. It's always nice to end on a high note.

Financially, for the first quarter of 2023, we are ahead of plan and, of course, our goal is to maintain this surplus through the end of the year.

As Paula Ferguson stated as our newly appointed President of the Board, we need to update our Strategic Planning Process for our Community. Along with that will come several strategic initiatives which will require proper funding. We are already working on a financial plan that will accompany the strategic plan. Providing adequate funding for newer facilities is paramount for the future of our community. We need quality services and facilities for our existing Homeowners, as well as for the next generation of IronOaks Residents. Keeping our community relevant and well-maintained will perpetuate an active and healthy lifestyle, along with increasing home values.

Aside from updating the Strategic Plan, we are also working on resolving current issues such as improving our security, resolving the parking issues on busy nights at Grill On The Green, continuing to advance the master plan endeavors, installing the long-awaited pickleball lights, wrapping up the shade sail installation at the Ironwood patio area, working on the sand bunkers that require new lining and drainage, and working towards the Lakes Golf Course mainline irrigation replacement in 2024, along with the turf reduction and landscape mitigation where the unnecessary grass will be eradicated.

As summer approaches, I remind our Homeowners to get out early while it is cool and stay hydrated. The golf course and community flower beds have all been changed to their summer plants as we prepare for the hot summer conditions.

Stay well and enjoy your summer.

*-John Reyhens* C.C.M., C.C.E., C.A.A.M.

# A Message from Lynelle Glysson, the Executive Director of Community Services



IronOaks is the place to be! I have not seen a more active community in all my years of Community Management. This community knows how to work hard and play just as hard. I love it!

We continue to move the needle on the Safety Plan. This was developed by the Safety Task Force and continues to be moved forward by committees and the Board. We have partnered with the AZ Rangers successfully and they are instrumental in supporting our Patrol Staff. We have redirected traffic to Grill on Green down Halley. Committees are currently reviewing our soon-to-be-implemented Traffic Calming Study and gate access control software. If you want to see where we are at with other initiatives, please visit the website at Safety Plan 4.22.23.pdf ([ironoaksaz.com](http://ironoaksaz.com))

We are working on some exciting Reserve Projects including a refresh of the Clubhouse and painting of facility buildings. The Clubhouse project will include new floors, wall coverings, lighting, and furniture, and will be brought to committees and the board over the next couple of months. Painting the buildings will be brought to the Board in May for approval and then back to committees for color selection and execution this Fall. Some less exciting but equally important equipment will be replaced in accordance with the Reserve Spending Plan.

As we come into the summer months, it is a reminder that we are in a desert experiencing a drought. Although we get high marks for our water conservation efforts, we want to continue improving. Committees, Management, and the Board of Directors are looking to reduce our water usage on the golf course and the common areas. This gives us an opportunity to improve the aesthetics of our community with drought tolerant landscape while reducing our water usage. Conservation programs from SRP, Trees Matter, and others will be introduced to homeowners soon.

I count myself lucky to be a part of such a well-run organization. I have not worked with a more collaborative, professional, and dedicated community including committees, homeowners, staff, and the Board of Directors. I look forward to many more successful years here at IronOaks.

*Lynelle Glysson*

## Get Involved!

Each committee is comprised of volunteer Homeowners, who provide important services that make our community special. Log into your IronOaksAz.com account and navigate to the HOA menu tab at the top. Click on the committees' tab that appears, and that will take you to a list of all the committees available for you to join.

### Architecture & Landscape Committee

Assures that standards for construction, modification, or improvements preserve the aesthetic value of the community.

### Buildings & Grounds Committee

Advises the Senior management and the Board regarding maintenance, repair, alteration, acquisition, and disposition of any HOA property.

### Finance Committee

Reviews and provides oversight of the financial and business operations of the Association, reviews the proposed annual Operating Budget, and makes recommendations as deemed appropriate in concert with a review of the three-year Business Plan and the Reserve Study Report.

### Election Committee

Oversees all voting processes for the HOA. They are responsible for all steps from the first request for Board candidates through the announcement of the winners.

### Rules & Regulations Committee

Collects data, provides information, and recommendations to the Board regarding all rules development or enforcement matters related to the Board's administration of the affairs of the Association.

### Master Planning Committee

Purpose includes developing the long-term vision for the community while working with the Board to achieve the vision.

### Technology

Provides oversight of Technological initiatives.

# IronOaks At a Glance

You have chosen one of the best active adult communities to live in the U.S. Our homeowners enjoy a superb resort lifestyle in one of the most desirable locations in the Phoenix metro area. Sun Lakes is an unincorporated area of Maricopa County except for Ironwood Estates. The IronOaks community includes two neighborhoods: Ironwood and Oakwood. Each clubhouse has a golf shop and restaurant with full bar service, as well as pools and tennis courts amongst other amenities.

## CONCIERGE

Our concierge, Linda, & Dedra, assist our residents with activity information, Billboard concert tickets, directions, and so much more.

**Hours of Operation: Monday - Friday 9am - 5pm | Saturday 9am-12pm | 480.317.3600**

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## ACCOUNTING

Processes all Financials for IronOaks

**Hours of Operation: Monday - Friday 8am - 5pm | 480.895.3126**

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## GOLF

Both courses are professionally managed and maintained. Our Golf Shops make sure you are never too far from new equipment or gear. There are professional golf instructors on site with lessons and clinics available regularly to improve your game.

**Hours of Operation: Monday - Friday 6am - 3pm | Oakwood 480.895.1159 | Ironwood 480.895.0614**

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## COMMUNITY SERVICES DEPARTMENT

Community Services Department (CSD) is responsible for: Gate Operations | Permit Requests | Ensuring Guidelines are followed | Guest Passes | Vehicle and Pet Registration | Entrance Decals and Devices | Plus much, much more!

**Hours of Operation: Monday - Friday 8am - 5pm | 480.317.3669 | CSD@slhoa3.com**

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## COMMUNICATIONS

Provides residents with up-to-date information on all activities and events happening around IronOaks. Stop by our office to subscribe to our digital email newsletters.

**Hours of Operation: Monday - Friday 8am - 4pm | 480.317.3620 | communications@slhoa3.com**

**www.IronoaksAZ.com | Facebook: @IronOaksAtSun Lakes | Find us on your smart phone's App store: search for IronOaks**

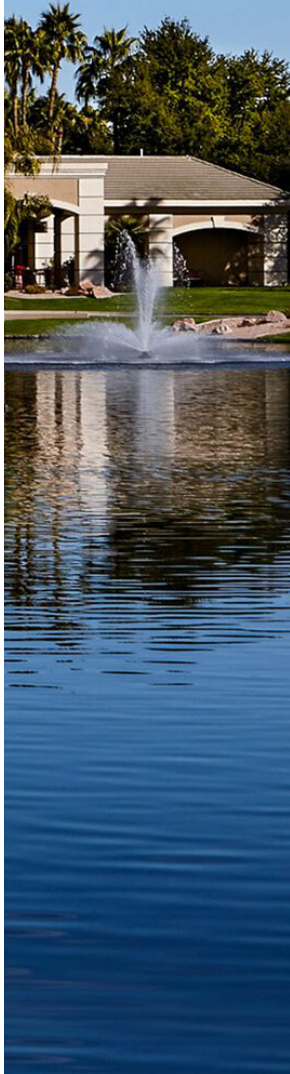
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## FITNESS CENTER

Our staff of fitness and health professionals provide different paths to help achieve and maintain overall health, fitness, balance and well-being.

**Hours of Operation:**

**Monday - Friday 6am - 7pm | Saturday & Sunday - 7am - 4pm | 480.802.6853**





## TRULY INSPIRING SENIOR LIVING

At Robson Reserve at Sun Lakes, an award-winning Independent, Assisted, and Memory Care community, you'll discover the joys of truly inspiring senior living. Our engaging environment provides a social and enriching lifestyle to make our residents lives richer, fuller, happier, and healthier.

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- Wine Wednesday
- Creative Arts
- Offsite Events

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- Line Dancing
- Yoga
- Water Aerobics

### Genuine Hospitality

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- Transportation
- Meal Plans
- Personalized Care/Services

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- Piano Lounge
- Game Room



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All residences must be occupied by at least one resident 55 years of age or older. Services provided are limited to those described in the Lease or Residency Agreement. The community is not a hospital or nursing home. Terms are subject to change without notice. 20RC070 8/21



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# *Fitness is finally FUN!*

Fitness isn't just about getting in shape, it's about improving your overall well-being. Whether you prefer yoga, running, weightlifting, or intramural sports, there's always a fun, active, fitness-inspirate activity to participate in!

Excerpts from [realbuzz.com](http://realbuzz.com)

The fitness team has been joining forces with various clubs and the trainers getting creative and offering some new options to stay fit. Keeping in mind the heat will soon top 100 degrees, our fitness team has figured out some of the tricks to stay active and fit.

1. Start Early or Start Late. Don't sleep in and think you can safely work out at 11 am before lunch or early in the afternoon. The temperature is at its hottest around 3 pm, but Arizona brings new meaning to the word HOT and temperatures can be well over 110 as late as 6 pm.
2. Get Social. Join some friends and attend a new class or plan an activity you have never done before. Doing something you enjoy with people you enjoy means you are more likely to keep doing the activity.
3. Change Your Scenery. Working out doesn't have to be in the gym. Pick up some hand weights and venture out. Swing those arms and burn some extra calories. Visit a new place. When it is hot here, venture out to Sedona. Cool off. Do some shopping. Have some lunch. Exploring new areas increases your curiosity and may extend your exercise time.
4. Have you considered Walking Poles? These are excellent additions to your low-intensity exercise routine. They help to improve your posture and balance and decrease joint pain. Some benefits of walking with Poles are:
  - a. Promote good posture and balance
  - b. Increase core strength
  - c. Reduce impact on knee and hip joints
  - d. Prevents falls
  - e. Burn up to 47% more calories
5. Look the part. If you wear an old T-shirt and "comfy" shorts, you may not notice how you are improving and your body is transforming. Consider a new workout outfit. Look Good...Feel Good.
6. Get a playlist of your favorite music. Listening to music while you exercise is a wonderful distraction from the work you are putting in. A study from Brunel University says "Listening to music can boost exercise endurance and perceived enjoyment of it."



# A Taste of Something New



## STONE & BARRELS NEW EXECUTIVE CHEF, DAN PAYMAR

Chef Dan Paymar's first five years in his culinary career began when he was fifteen in Durango Colorado. He discovered that he enjoyed cooking and it felt like a natural extension of himself right from the start. Beginning in a restaurant and then moving on to the historic Strater Hotel, which had just hit its 100 year anniversary. It was after this time he felt he was ready to take it further. He relocated to Hyde Park, New York attending The Culinary Institute of America where he did his externship in Boston at the Top of the Hub Restaurant. After graduating in 1989 he moved to California and accepted an Executive Sous Chef position at the Court House Restaurant and within a few months was promoted to the Executive Chef Position.

His next position was as a banquet chef at the Renaissance Hotel in Long Beach California followed by opening the Hilton Waterfront Beach Resort in Huntington Beach, starting as the Executive Sous Chef and 5 years later was promoted to the Executive Chef position where he remained for another 6 years. He then took the Executive Chef position at the Sequoia Conference Center which was an extensive operation that could serve up to 5,000 meals in one sitting with about 33 different banquet rooms. Moving then to Virginia to work at the Boar's Head Inn Resort and then assisted in opening a family restaurant with his brother-in-law, who's also an Executive Chef. His last position in Virginia was at the Colonnades where he remained for 10 years prior to moving to Arizona to be closer to family where he now lives in Maricopa.

Chef Paymar's style revolves around a wide variety of culinary flavors and ethnic cuisines were he strives to combine the best elements starting with a foundational basis and developing delectable flavor profiles. Ultimately, he believes flavor and proper texture are the most important aspects of the culinary experience and the enjoyment one receives from the food they are eating is at its core why we enjoy going out to try new foods. During his long culinary career, he has remained focused on one thing, the satisfaction someone receives from eating a delicious meal. His team must take pride in the food they serve every day. His goals are based on long term training for his team to excel and find that they too can create an exceptional experience for those they are serving.



## NEW EXECUTIVE ASSISTANT, KELLIE PENCE

Kellie Pence joined IronOaks in April 2023 as Executive Assistant to the Board of Directors and the Senior Management Team. Prior to joining the IronOaks team, Kellie spent 13 years as an Executive Assistant for an industry-leading medical technology organization. The 5 years before that she supported the CEO of a successful software development company. During these years, Kellie developed the skill and passion for administrative organization. Prior to moving in this direction, she began her workforce training in human resources and employment staffing.

Born and raised in the Detroit area, Kellie learned early on the importance of rock-n-roll, a good hockey fight, and always keeping a solid plan in their pocket for the inevitable snow day. Colorado set the stage for her teen years with ski trips, scenic hiking, and concert-going taking center stage. Kellie earned her Bachelor of Arts in Liberal Studies from CSU, Chico where she thoroughly enjoyed all that California has to offer. A few fun years in Austin, TX introduced her to the city that celebrates everything including swarming bats and Eeyore's birthday. In 2020, Kellie decided to purchase her forever home in the beautiful Sun Lakes community. This decision finally led her to her position with IronOaks where she looks forward to providing service to the team and community for many years to come.

When Kellie is not at work happily assisting others, she enjoys home improvement projects, raised-bed gardening and sprouting, practicing the medicinal benefits of essential oils, making her own household products, restorative yoga, reading books, and whatever else piques her interest at any given time. Fur and feather mom to a crazy dog and a silly lovebird, Kellie joins her team of Sun Lakes pals for daily dog walks, with Skittles the bird garnering lots of attention tagging along in a special backpack designed for the spirit of the adventuring bird.

# Billboard Concerts

Due to circumstances beyond our control, event times, locations, and dates are subject to change.

Please verify all information with the Oakwood Concierge.

Outdoor concerts: IronOaks is not responsible for weather-related cancellations or delays in Billboard Concerts.

You are not entitled to a refund or credit to another concert.

**2023 Tickets \$32 Per Show unless otherwise stated | Verify Prices at [Oakwoodtickets.com](https://oakwoodtickets.com)**

as of 4/19/23

<b>Tribute Band</b>	<b>On Sale</b>	<b>Concert Date</b>
Jimmy Buffett - <b>OUTDOORS*</b>	NOW	MAY 10
Five Way Street- Crosby, Stills, Nash, & Young	NOW	MAY 24
REO Speedwagon	NOW	JUN 21
Teen Idols	NOW	JUL 5
Rock Me Gently	MAY 9	AUG 9
Chance Tindler as Elvis Presley	JUN 6	SEP 6
Mamas and the Papas	JUN 13	SEP 13
Turn the Page (Bob Segar + Silver Bullet Band)	JUN 20	SEP 20
Good Vibrations. Beach Boys Tribute	JUN 24	SEP 24
Journey- <b>OUTDOORS*</b>	JUL 4	OCT 4
Rolling Stones	JUL 11	OCT 11
Broadway Concert Series	JUL 18	OCT 18
Bruno Mars - <b>OUTDOORS*</b>	JUL 25	OCT 25
Britian's Finest; Tribute to the Beatles	AUG 1	NOV 1
America the Beautiful	AUG 8	NOV 8
Piano Men-Generations	AUG 19	NOV 19
Aretha - The Queen of Soul	AUG 29	NOV 29
Eagles - One of These Nights	SEP 6	DEC 6
Neil Diamond	SEP 13	DEC 13
International 3 Tenors Christmas	SEP 20	DEC 20

***Scan Me to Purchase Tickets***



**\*Ticket Priced at \$35**



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# FUN IN THE Sun

IronOaks Upcoming Summertime Activities

Paint & Sips!

Father's Day

Mother's Day

Movie Nights

Cool Bus Trips

4th of July Pool Party

Lecture Series  
JFK with Ken Sorenson

Trivia Night

Dinner Dance with  
Thaddeus Rose

Live Music  
Stone & Barrel Thurs & Sat  
Grill on the Green Wed & Fri



For more information visit [www.IronOaksAz.com](http://www.IronOaksAz.com)  
Facebook @IronOaks at Sun Lakes



# Community & Club Connection

Life at IronOaks has so much to offer. Our residents enjoy walking paths within the community, an arts and crafts center, heated pools, hot tubs, tennis, golf, pickleball and clubs. Clubs are plentiful throughout Sun Lakes so if you have an interest there is probably a club for you. Here are just a couple of clubs available to you:



## FLYFISHING CLUB

The fly-fishing community in Sun Lakes is more than just a hobby or passion; it's also about serving the greater good. Through sharing our experiences and knowledge, we not only get the thrill of the catch, but we also create connections and build stronger communities.

In this case, the calling is our Veterans, who benefit profoundly from the camaraderie and peace of mind that comes from outings and communing with nature. The Sun Lakes Fly Fishing Club (SLFFC) has worked with Project Healing Waters (Arizona Veterans Fly Fishing,) which is an organization that brings a high-quality, fly-fishing program to disabled veterans. Through the successful application of fly fishing as a rehabilitation tool, they have become recognized as an innovative leader and model in therapeutic outdoor recreation for veterans. Together, this team provides the human horsepower and financial resources to make it all happen.

We would like to extend our gratitude to a recent anonymous donor who has gone above and beyond to help with financing this program. Our donor is the First Mate of a now late and dedicated fisherman. He had accumulated a treasure trove of fishing equipment during a life devoted partly to his aquatic calling. Upon his passing, his First Mate generously donated the gear to the SLFFC to benefit the Veteran's cause. To date, over thirty-five hundred dollars have been raised from the sale of this equipment.

Our fishing details aside, this is also a feel-good story of dedicated groups and individuals coming together and helping others who have devoted their lives to our greater good. As Washington Irving wrote, we believe that for our Vets, "There is certainly something in fishing that tends to produce a gentleness of spirit, a pure serenity of mind" and we hope for many future moments of beauty.

If you have an interest in fly fishing please visit us at <https://sunlakesflyfishing.com/> or contact the club's founder, George Abernathy at [Apachescout@gmail.com](mailto:Apachescout@gmail.com). If you would like to donate used or new fly fishing or camping gear, please contact me at [cjberry1882@gmail.com](mailto:cjberry1882@gmail.com).

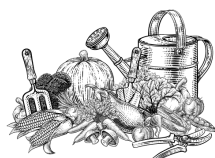
CJ Berry SLFFC Member  
\*Article Eddited for Space\*



**Sun Lakes Garden Club** began over 20 years ago and it continues to thrive and grow to over 125 members. The club tag line is "Cultivating Gardens and Friendships." Members from any town are welcome and no gardening experience is necessary.

A professional speaker is presented each month. Members also enjoy amazing field trips to places like The Biosphere, Saguaro Lake, Biltmore Garden Tour, private nursery and rose garden tours and an annual "Members' Garden Showcase Tour".

Meetings are held every month (including summer) on the 3rd Tuesday. Attendees gather at 9:30am to socialize and enjoy refreshments and coffee. During this first 1/2 hour, visitors are greeted and members check-out gardening books from the club lending library.



There is also a "Free stuff" table to review, where members donate citrus or herbs or plants for other members. The meeting is called to order at 10:00am. The meeting ends at approximately 11:45am and members and visitors oftentimes go out for lunch afterward.

Check out our web site, [SunLakesGardenClub.com](http://SunLakesGardenClub.com) for membership options to join the club. (Click on NEWSLETTERS tab to see the monthly activities. The meeting location is the Chapel Center (house next door to the Sun Lakes All Faiths Community Church), and across the street from the Sun Lakes Country Club). 9230 E. Sun Lakes Blvd. N. Sun Lakes AZ

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[cox.com/getfiber](https://cox.com/getfiber)



Uninterrupted or error-free internet service, or the speed of your service, is not guaranteed. Actual speeds vary and depend on equipment ([cox.com/modems](https://cox.com/modems)), end user devices and other factors. Internet delivered through Cox's hybrid fiber-coax network; learn more about our service and speed plans ([cox.com/dataspeedplans](https://cox.com/dataspeedplans)). See [cox.com/internetdisclosures](https://cox.com/internetdisclosures) for Cox Internet Disclosures. © 2022 Cox Communications, Inc. All rights reserved.

NONC\_GM\_AD\_MET\_1022



# Paws & Claws Corner

## Furry Feline Friends of IronOaks



Carmen's full name is Carmen Ohio which is the title of the song of her owners' alma mater. She is called Carmen or CarmenO. She is 11 and according to the vet has some Bengal in her but she is basically just a cat. She came from the Arizona Humane Society. Her favorite thing to do is each morning she and Sharon go out for a walk around the house. She makes sure all the bushes are still there and keeps track of any dog out for a morning walk, making sure they do not venture into the yard. She is not leashed and never leaves the yard. Once inside she sits in the middle of the floor waiting for her treat. A sweeter more loveable kitty you could not find.



Tibbi

Carmen

Tibbi is just 6 months old and came from Friends for Life in Gilbert. Tibbi is short for TBDBITL (pronounced Tabidel) which is the nickname for the Ohio State band. The band is called the Best Damn Band in the Land. Tibbi is a typical kitten. She has two speeds, fast and faster. She plays for hours with a little plastic coil and when she gets bored she hops onto anyone's shoulder that is nearby. We call her a parrot. She loves to make beds, is fascinated with the dishwasher, and really can have a ball shredding paper.

These kitties belong to Mary Middleton & Sharon Dankowski

## Easy DIY Treat Toy

### What you'll need:

- Toilet paper or paper towel roll
- Knife or Scissors
- Cat Treats

### Directions

1. Using a knife, cut holes on the side of the tube, making sure they are large enough for the kibble or treats to pass through.
2. Place kibbles or treats inside the tube, tape or fold the ends and place in front of your cat and watch the magic happen!



## Hot Paws

Know when the ground is TOO HOT for your dog!

Outside Temp	Asphalt Temp
77°	125°
86°	135°
87°	143°
102°	167°




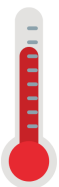
**TOO HOT TO TROT**

Summer is here, and while we are enjoying the warm weather, let's not forget about our furry friends! During hot summer days, it's important to take extra care of your pet's paw pads. Did you know that dog's paw pads are just as sensitive as our hands and feet? That's why it's crucial to avoid walking on hot asphalt or sidewalks during the day.

Try walking your pup in the early morning or late evening instead. If you have to go out during peak hours, investing in dog booties is also a great option to protect your pet's paws from burning on hot surfaces. Let's make sure our fur babies stay cool and comfortable this summer!

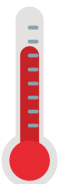
### ⚠️ 7 Second Rule! ⚠️

1. Place the back of your hand on the pavement
2. Wait 7 Seconds 
3. If it's too hot for you, then it's too hot for your pup!



**125°**

**Skin Damage** can occur in 1 Minute at this temperature!



**135°**

Hot enough to **FRY** an egg in 5 Minutes!



## MOVING? RENTING OUT A HOME? NEED DRYWALL, OR A FRESH COAT OF PAINT?

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Isaac Dawson is an independent tradesman that specializes in paint & drywall repairs.

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- Interior Spaces
- Ceillings

### Drywall

- Interior Spaces
- Small Holes
- Patchwork
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