

THE MIRABEL POST

MARCH 2014

VOL. 6 NO. 3

25¢

FROM THE BOARD

Over the last few months your Board has introduced several new initiatives to enhance the Membership's experience at the Club. These have included new procedures to improve the efficiency in the dining room, revised guest guidelines to improve access to the course and the introduction of the Turtle Club to improve the pace of play. Other initiatives have included a revised tennis policy and most recently a reminder of our policies regarding appropriate attire in the Clubhouse, the use of cell phones and guidelines for enjoying our complimentary food offerings. The Board would like to thank everyone for their cooperation in supporting these initiatives. They have been offered to make your time at the Club more enjoyable. As always we look forward to your comments and suggestions.

The Board is in the process of considering two major capital improvement projects. One is the expansion of the dining room and the relocation of the bar. The other has to do with the renovation of our bunkers and tees. The most immediate need is for the expansion of our dining area and bar. The plan is to complete the changes in the dining area this summer. The golf course renovation is tentatively scheduled for 2017. The Board is expected to give final approval for the dining room project at its March meeting. As we have committed to you in the past, all major capital plans will be submitted to the Membership for your approval. That vote is expected to take place in late April and will be preceded by a full review of the project with the Membership in one or two Town Hall meetings in April. The Finance Committee is currently considering various financing options.



The search for the new General Manager is proceeding on schedule. The Search Committee has interviewed five candidates and selected two to return for a second interview. One interview was conducted on February 24th and the next one will take place on March 3rd. The entire Board will have an opportunity to meet each candidate at a cocktail reception after the interviews. The plan is to have a new General Manager hired by late March-early April.

Over the next three months our Club will experience its highest use by the Membership. Our senior management and their staff have carefully planned for this time and are eager to provide everyone with an outstanding experience. They are fully committed to making this season the "best ever".

Dennis Evans
President, Board of Directors

BROKER'S CORNER

2014 Property sales in Mirabel have started off strong with approximately \$10,000,000 worth of real estate closing escrow in the first two months and another \$2,500,000 already set to close in March. This is over half of the sales volume for all of 2013 when \$22,000,000 closed escrow. The question now is...Can this brisk pace continue? Of the 11 houses currently listed for sale, almost half are priced over \$2 million. This upper-end segment of the market accounted for only 20% of the sales last year so that percentage is going to need to increase in order for our early momentum to continue. Take a look at the recent activity in Mirabel:

Available Homes for Sale in Mirabel

as of 3/1/14

Lot #	SQFT	List Price
Lot 38	4,046	\$1,274,000
Lot 72	4,480	\$1,395,000
Lot 192	3,248	\$1,399,000
Lot 173	5,030	\$1,595,000
Lot 26	4,353	\$1,799,000
Lot 312	6,068	\$1,995,000
Lot 306	6,135	\$2,195,000
Lot 122	5,972	\$2,450,000
Lot 89	5,135	\$2,490,000
Lot 110	6,117	\$2,795,000
Lot 164	5,301	\$2,995,000

Recent Home Sales in Mirabel

as of 3/1/14

Lot #	SQFT	Status	Sales Price
Lot 49	7,426	Closed	\$3,700,000
Lot 217	5,648	Closed	\$1,800,000
Lot 190	3,931	Closed	\$1,185,000
Lot 188	3,340	Pending	\$1,138,500
Lot 152	6,286	Pending	\$1,524,900
Lot 333	4,728	Pending	\$1,595,000
Lot 173	5,030	Pending	\$1,595,000

Recent Homesite Sales in Mirabel

as of 3/1/14

Lot #	Acreage	Status	Sales Price
339	0.86	Closed	\$325,000
50	0.64	Pending	\$550,000
252	1.0	Pending	\$300,000
9	1.24	Pending	\$214,000

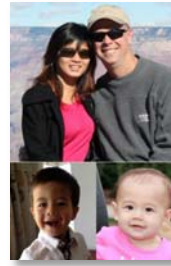
Although we have a limited number of available homes (listed above) in Mirabel, homesite inventory is quite strong at the moment with 39 active listings. And one third are priced over \$500,000 which is exciting. Buyers looking to build are starting to realize that the total number of really premium homesites left in the premiere north Scottsdale golf communities is rapidly dwindling. With no new large scale development even in the planning stages, the writing is on the wall that upward pressure on homesite pricing is likely to continue for the next several years. Prices are still well below the peak, so if you, or anyone you know, are considering acquiring a home or custom homesite in Mirabel, now is a great time to be in the market.

As always, I am at your service to discuss any of your real estate needs or questions so don't hesitate to contact me. Until next time...

Bob Lomax
Owner/Designated Broker
Mirabel Properties

MEMBERSHIP UPDATE

Please welcome our newest Members who activated in February:



Steve and Rita Gyde met in China 10 years ago and have been happily married for 5 years. They have 2 beautiful children and split their time between Arizona, Rhode Island and China. Steve is still active in his international business and Rita keeps busy with their two youngsters. They are looking forward to meeting new people and being a part of the Mirabel family.

Thanks to *Horns and Jones (Alton/Tammy)* for introducing this great family to Mirabel!

While we did not have new applications or sales come in for February we have had quite a bit of prospect traffic. With a limited number of Memberships available and the increase in Real Estate activity (see *Broker's Corner on this page*)—it won't be long before we are full! Be sure to remind any of your friends that now is the time to act on a Membership. This time next year we could see a dramatic bump up in price so taking advantage of the current Market pricing now will also be to the benefit of someone who wants to join Mirabel.

Be sure to welcome those new Members who have already joined our Club family by coming to our **Thirsty Thursday & New Member Mixer on March 20th** from 5pm-7pm. This month's celebration is sure to be the best attended yet as we also have not one, but TWO Hole-In-One Club Celebrations. If you're in the Hole-In-One Club that means you have TWO FREE drinks awaiting you that night!

Keep the News Coming!

Every month I like to bring in feature stories or highlights on Members of the Club, Community Outreach Projects/Events, or other newsworthy information on our Members and Community. If you would like to share your story, please let me know! THE MIRABEL POST is meant to inform Members of upcoming events, Club Governance, Department Updates and most importantly to bring Members together! So keep the stories and information on community outreach projects coming!



Fighting Hunger Giving Hope

Learn about the recent Ladies' Luncheon that benefitted our local Foothills Foodbank on page 2.



See what's happening with Hope for the Cause on page 8 & 9!

Speaking of news...did you know that Jenny Hill teamed up with the HOA to put together an amazing trail system?! Look for an update soon! There will be trail maps available. Also, check out the *March Fitness Calendar on page 5* to see when you can join a group class out on the trail to get acquainted with the various fitness stations and get a great workout!



As always, please let me know if you have any comments or suggestions for our Communications, Websites, or have an interested friend who'd be a perfect fit to be a Member at Mirabel. Thank you for your continued support!

At your service,

Sally Brown
Communications Manager
Contact for Membership Sales
480-437-1512 / sally.brown@mirabel.com



MIRABEL.

TOM FAZIO MADE THE GOLF COURSE - OUR MEMBERS MAKE THE COMMUNITY

www.mirabel.com

HOLE-IN-ONE CHAMPION

Keeping the momentum going for the Hole-In-One Club this past month was Jerry Glover! A BIG congratulations to him on his perfect shot on Hole #14! Hole-In-One Club Members are in for double duty this month as they will receive 2 FREE drinks from Vic Springer's ace in January and Mr. Glovers February ace. Be sure to come celebrate with them during our **Thirsty Thursday on March 20th!**



Hole #14

Also bringing in aces for the month of February, were Barbara Klegar and Gordon Weber—both on Hole #8—GREAT JOB!

THE DESERT LODGE

FOOD & BEVERAGE

I don't think we could have asked for better weather in the month of February! The patio was definitely hopping! Let's hope March is just as great!!! With such a busy month ahead of us, I would like to point out a few of our key events in March. Friday, March 7, we are featuring our classic French Country Buffet. Experience Old World French Country favorites like Coq au Vin, Beef Bourguignon and Grilled Boudin paired with a little French Vino and we'll have you saying Oui Oui! Please note, on Saturday, March 8, we will not have regular dinner service due to Hope for the Cause Wine Reception and Auction.

Tuesday, March 11, we are having our Yappy Hour. This is a great opportunity to bring up your four legged friends and let them play while you enjoy happy hour. We will also have Toni – the owner of Dog On It Training (<http://dogonittraining.com/>) – come up and demonstrate what can be achieved through obedience training. She'll put on about a 20 minute show where the dog will follow commands and do some agility work. Members will be able to ask questions & Toni offers private training sessions with a free in-home consultation.

Thursday, March 13, come enjoy the finer things in life as Mirabel presents the Connoisseur's Dinner. Indulge in an evening with fellow Members while Chef Josh conjures a menu of gastronomic proportions paired with the finest selection of domestic and imported wines. Partake afterwards in the choicest top shelf brandy, cognacs and ports while taking in the city lights, fireside.

Sunday, March 16 celebrate an early St. Patrick's Day with us! We will bring you the finer aspects of Irish hospitality. The traditional soul nourishing fare and the relaxing merriment of customary libations are bound to bestow luck upon you. Cheers!

Wednesday, March 26, the dining room will be transformed into a piano bar. During the Salad Bar and Tapas Menu, you will be able to sing along and dance to the dazzling talents of Wesley Ringel and his dueling piano partner Randy Keith! This is perfect night to enjoy a fun, casual environment while requesting all your favorite songs!

Please stay tuned to all our announcements and the calendar, as these are just a few of the happenings this month! See you soon!

Amanda Burt
Food and Beverage Manager

CLUB HOURS OF OPERATION

Golf Course	Monday Tuesday-Sunday	10am-12pm Tee Times 8am Tee Times
Practice Facility	Monday Tuesday-Sunday	9:30am-2pm 7:30am-5pm
Members' Shop	Monday Tuesday-Sunday	9am-3pm 7am-6pm
Fitness Center	Monday-Sunday	6am-7pm
Pool	Monday-Sunday	7am-Dusk
Spa	Monday-Sunday	By appointment
Hair Services	Wednesday-Friday	By appointment
Food & Beverage	Monday	Closed
Breakfast	Tuesday-Sunday	7am-11am
Lunch/Bar	Tuesday-Sunday	11am-6pm
Dinner	Wednesday, Friday-Sunday	5:30pm - 9pm

See page 10 for special golf and dining events during March!

Contact Information

Reservations	480-437-1500
Dining Room	480-437-1522
Members' Shop	480-437-1520
Member Services/Spa Appointments	480-437-1526
Fitness Desk	480-437-1535
Tennis	480-294-2008
Membership Sales	480-437-1512
Accounting	480-437-1503
The Sales Center	480-595-2545
Security	480-595-9967

TAKE & BAKE PIZZAS



As a special service bridge on non dinner nights for Members, Chef Josh and the culinary team have created Take & Bake Pizzas. Select one of our gourmet specialty pizzas or design your own masterpiece from a list of quality ingredients.

All pizzas are sized to fit our 14" perforated stainless steel (loaner) baking trays.

Pizza Mirabel
Boursin Cheese, Olives, Caramelized Onions, Arugula, Cherry Tomatoes, Whole Milk Mozzarella & Parmesan
\$16.00

Pizza Bianca
Olive Oil (instead of red sauce), Whole Milk Mozzarella, Roasted Garlic, Basil, Artichoke Hearts, Bacon & Parmesan
\$18.00

Cheese Pizza
Red Sauce & Whole Milk Mozzarella
\$15.00

Pizza Meatza
Red Sauce, Whole Milk Mozzarella, Sausage, Pepperoni & Bacon
\$18.00

ORDER LINE:
480-437-1522

PIZZA AVAILABLE
TUES-SUN - PICK UP BY 5PM

FOOTHILLS FOOD BANK LUNCHEON

A very successful fund raising luncheon was held Friday, February 7 in the Mirabel Dining Room. Fifty three ladies attended the luncheon, raffle and silent auction. Over \$15,000 was raised to help stock the shelves of the FFB located right here in Cave Creek. The current committee is so very thankful to all of those who attended and/or donated funds to make this such a successful event.



Current committee Members are: Angie Dietrick, Terry Krivoruchka, Amber Buckman, Peggy Cisar, Kathie McCabe, Tricia Heston and Sandy Skoog.

The Foothills Food Bank serves those in need from 15 zip codes and 180 square miles. They currently have 400 active volunteers on their roster that keep the food bank running smoothly during November through March. However, due to the seasonality of our community, there is still a need for volunteers from April through October. Unfortunately, the average number of clients served (350 families per month) does not go down during the summer months. That makes our additional commitment to Mirabel Community food drives ever so important.

The Feb. 15 food drive yielded over 360 pounds of food thanks to the generosity of many Mirabel Community Members. The next food drive will be in May giving many of you the perfect opportunity to clean out your pantry before leaving for the summer. Grocery bags with a drop off date will be handed out at the May 15 Thirsty Thursday event. Please feel free to contact Amber Buckman or Terry Krivoruchka for more information about this collection and if you are interested in volunteering during the summer months.



Do you have a story or community outreach project you would like to share? Contact Sally Brown at 480-437-1512 or sally.brown@mirabel.com to learn more about being featured in an issue of THE MIRABEL POST! A BIG THANKS to all who submit their news and events so that we can share with Mirabel Members!

CHEF'S RECIPE

Baked Ziti with Pea & Arugula Pesto

Ingredients:

2 Cloves	Garlic
2 Cups	Arugula
1 Cup	Frozen Peas – Thawed
¼ Cup	Pine Nuts
¼ Cup	Grated Parmesan
1 teaspoon	Kosher Salt
½ teaspoon	Black Pepper
1/3 Cup	Extra-Virgin Olive Oil
1 Pound	Uncooked Ziti or Penne Pasta
8 Ounces	Thinly Sliced Fresh Mozzarella
1 Whole	Diced Tomato
1 Cup	Asparagus Tips



Method:

Preheat the oven to 350°. To make the pesto, pulse the garlic, arugula, peas, pine nuts, Parmesan, Salt & Pepper in a food processor until combined – this takes about 15 seconds. With the processor running slowly add olive oil and process until pureed, adding water if necessary to thin out pesto.

In a large bowl, toss together pesto, ziti, tomatoes, asparagus tips & ½ cup of water. Spread half the ziti mixture in a 9-by-13-inch casserole dish and top with half the mozzarella. Pour ½ cup water over casserole, add remaining ziti mixture and top with remaining mozzarella. Pour 1 cup water over casserole, cover tightly with aluminum foil and bake for 1 hour.

Remove foil and turn on the broiler. Sprinkle 2 Tablespoons of Parmesan over casserole and broil 5 minutes or until cheese is brown and bubbling.

Serve and enjoy!

Joshua Fuehr
Executive Chef

Picking your Pasta Side Note:

Pasta is a complex carb that provides long-lasting fuel for your body and helps your brain produce mood-boosting serotonin! Plus – a single serving has more protein than an egg. All pastas have about 200 calories per serving. By choosing a different variety – you could be benefiting other nutritional needs as well.



Whole Wheat: Counts towards three or more servings of whole grains you should eat daily and contains 6 grams of fiber per serving.
Quinoa: Packs about 4 grams of fiber per serving and a great Gluten-Free alternative.
Spinach: This kind has more nutritional value due to added calcium, fiber, protein and sometimes even omega-3s.

Preparing it al dente doesn't just taste better; it's also better for you. When you eat pasta that has been cooked only until it's barely tender, it takes longer for your body to break it down, which means your blood sugar rises slowly rather than spiking. Go for the minimum amount of time recommended on the back of the box for a more satisfying bite AND a steadier energy level.

GOLF

THE GREENS REPORT

As the rest of the country deals with more than its fair share of snow, ice, and rain, the southwest continues to be extremely dry. It has been ideal golf conditions with no rain days in recent memory. In fact our year to date rain total is a whopping 0.01". Our last measurable rain event of any significance was November 23rd. So, needless to say, the golf course and my irrigation budget needs some much needed rain.

Despite the lack of rain the golf course continues to be in superior condition. We have received numerous compliments from Members, guests, and golf course raters on the condition of the course. Our team takes great pride in Mirabel and this positive feedback inspires and motivates our staff to pursue excellence, and as always, they deserve all the credit.

Our greens have been extremely consistent this season and with warmer temperatures we have seen much better growth and recovery; in particular on ballmarks. We have initiated our cultivation program of v-cutting and sand topdressing. This will continue around our busy event schedule to ensure the trueness of greens continue. We have also initiated our plant growth regulation program on greens.



It is also that time of year when *Poa annua* emerges its ugly self and undesired seed head. We have had a *Poa annua* prevention program since 2001 and this program has evolved and grown. Fortunately, due to these efforts, our *Poa annua* population is minimal and we will continue to strive to keep it that way.

The *Poa annua* plant is a prolific seed producer and it can be trans located very easily. These methods include our Ryegrass seed, wind, birds, and yes it is true your shoes, balls and clubs. So, as another layer of preventative measures, we have installed a shoe cleaner at cart staging. If you have visited another club or have guests at Mirabel, please clean your shoes prior to your round so we can continue to keep our greens *Poa annua* free.

This year we have expanded our *Poa annua* program and are utilizing new genetic strains of Ryegrass, recently registered herbicides, along with introducing older more aggressive herbicides.

The key to keeping our greens *Poa annua* free is keeping the *Poa* out of the surrounding areas. Last year we started to see a population of *Poa annua* on a few collars. This was very concerning as our greens are only inches away. Therefore this year we made 2 applications of Prograss in December. Prograss has been proven to be very effective on *Poa annua*, but can be devastating to the underlying Bermudagrass. Fortunately, our collars are pure Ryegrass as Bermudagrass is not a desirable turf for them. Early indications are that we have been successful and areas which were populated with *Poa* last year are *Poa* free this year.



2013



2014

We have also mapped populations of *Poa annua* on our fairways and have made spot treatment applications of Xonerate in a percentage of these areas. Xonerate received its EPA registration in late 2012. We ran some trials in 2013 and have expanded these in 2014. We are working closely with the manufacturer on how this product may be used in the southwest market. Currently large scale applications of Xonerate are not affordable, but due to sharing of our results we are receiving free product for experimental use.

Perhaps the most promising outlook for *Poa annua* control in the future may be a new genetic strain of Ryegrass which has been dubbed Gly-Rye. This strain of Ryegrass is glyphosate resistant. One can simply spray Round-up and selectively eliminate any existing *Poa annua* while not damaging the Ryegrass. We experimented with this last season on a few tees and were very successful. This year we expanded this to all of our tees and #14 approach and rough. Applications have been made, and again it appears very promising and is very affordable in large scales. We are seeing some minor injuries to the Ryegrass but expect recovery.

We will continue to monitor these programs thru transition to fully understand our successes or failures. Ultimately, the goal is to maintain *Poa annua* free greens and to reduce our small percentage of *Poa annua* even further, without injuring other desirable turf species.

But keep in mind, per Dr. Danneberger, "If every chemical that was labeled to control *Poa annua* worked, *Poa annua* would be an endangered species."

Rest assured we will continue the fight.

Jeff Goren, CGCS
Director of Golf Course Operations



GOLF TALK

The weather has been amazing, the golf course is in fantastic shape and March is another great month to be at Mirabel!

Some Friendly Reminders: As we get into the meat of the season, I've noticed a couple things occurring on the golf course that need to be mentioned:

1. Our PRO VI Practice balls are to be left at the Practice Facility. Please do not play golf with them, and please don't take your Sharpie and put your personal marks on them (pictured right).
2. We've also had an increase number of Turtle Club rounds in the month of February. All should remember that a great pace of play is paramount and it is the responsibility of the Members in the group to play briskly.



Demo Day on March 22: Please mark your calendar for our annual *Demo Day* on Saturday, March 22 from 12pm - 5pm. We will have many vendors here with their latest and greatest in golf technology. Please look out for upcoming flyers on this great event. Also, please know that the Members' Shop offers very competitive pricing, and we match the Big Box stores prices.

Club Championship: The Club Championship is March 14 - 16. This is a match play championship where the Championship flight plays gross (no strokes) and the remaining men's and ladies' flights will play net. There are three divisions with the gentlemen (Championship, Mirabel Tee and Silver Tee). The Ladies Division will feature two divisions (Championship and Net). If you were to lose a match prior to Sunday, please know we have reserved tee times for you on Sunday, March 16 starting at 9:00am. These will be reserved exclusively for Members who lost a match that do not have a Club Championship match on Sunday.

I look forward to seeing you out on the course!

David Engram, PGA
Head Golf Professional

LOCAL WILDLIFE REMINDER

The amazing weather we've had has made all kinds of critters come out and about! As we continue into March we anticipate seeing more and more wildlife on the course and on the trails here at Mirabel. Here are a couple of helpful hints on what to do when you do encounter some of our animals friends:

Rattlesnakes: With the unseasonably warm February we had—many may have noticed that the Rattlesnakes are out and about. So be aware, in particular when walking through the desert. Snakes, being cold blooded, will come out in the middle of the day to "sun" and warm up. They tend to be much less active and hence they often don't warn you with their rattle until you are very near. So be aware and keep your shots in the fairways. Unless a snake is cornered or threatened by humans in close proximity, they are pretty much "just passing through" and will only continue on their way. If you are outside and you see a snake, just keep your distance and let them mosey on. **DO NOT TRY TO PICK THEM UP!** Trapped in a confined outdoor space or indoors, a snake can be hard to deal with safely. Upon those occasions, call in an expert to help with your unwelcome guests.



Feline Predators: Bobcats are commonly sighted around the golf course and in the Mirabel neighborhoods. Mountain Lions are rarely encountered nocturnal hunters. Small dogs, cats, birds and other domestic pets can become impromptu meals for feline predators. Please don't leave small pets unaccompanied in your yard. These cats, though predators, shy away from human contact. Just being loud and obnoxious is usually enough to shoo them away. Cornered felines can react swiftly and most unpredictably, inflicting serious scratches and bites. Always leave them a wide escape path in order to remain safe whenever you ask them to leave.



Javelina: The *collared peccary*, which looks like a cross between a pig and a rodent, is an indigenous pack animal that roams the desert in search of food and water. Abundant native prickly pear cactus makes up most of their diet. These critters also dig up plant roots and will even tip over landscape pottery and garbage cans to find a succulent meal. As with most other wild animals who become unwelcome guests, the main thing to avoid is accidental entrapment while in your role as most ungracious host.



Bees: As we head into the end of March and through the summer months, be sure to also keep your eye out for bee swarms that can be aloft, looking for a place to nest. Sometimes they will colonize on a tree limb or in a boulder outcropping. Bees generally do not pose a threat unless they become agitated. Your best defense is to steer clear of hives and swarms. A swarm of bees aloft can represent a serious danger and swatting at them could make matters worse. The best thing to do out in the open is to crouch or lay face-down on the ground and cover your head until the swarm is gone. Bee stings and snake bites should be treated based on severity like any other accident or emergency. And in the event that any serious life-threatening symptoms, such as trouble breathing, irregular heartbeat, loss of consciousness, nausea or vomiting occur after a bite or sting, do not hesitate to call 911.

We rarely have incident at Mirabel, but we want to keep our Members aware of the possible threats when enjoying the great outdoors here.

Bottom Line: Be aware and respectful of the critters around you.

GOLF

MANAGE YOUR GAME

The Game is Golf, NOT Golf Swing!

The "Team Coaching" Program has been a big success since being introduced in January. If you are not familiar with it, you can get 2-4 people and create a "team" in which you will have 3 one hour practice sessions plus a two hour on-course session in a 4 week period. This can be set up with ANY of our Golf Professional Staff. See more details below. The premise behind the program is to put everyone in quality practice situations on a regular basis while also creating a fun atmosphere to learn with their peers.

This got me thinking about the many different ways there are to improve your game. If I were to create a "Hierarchy" of the Game Improvement process it would go something like this:

1. Short Game Technique
 - A. Putting
 - B. Pitching
 - C. Chipping
 - D. Bunker
2. On-Course Management
 - A. Strategies
 - B. Distance Control
3. Creating "Quality" Practice Situations
 - A. Goal Oriented Sessions
 - B. Practicing with a Purpose
4. Full Swing Faults and Technique
 - A. Driving
 - B. Mid-Irons
 - C. Hybrids and Fairway Woods
5. Mental Strategies and Focus
 - A. Playing One Shot at a time/Staying in the Present
 - B. Playing with Confidence



Getting better is not about building a picture perfect swing. Now, this is a fairly broad Hierarchy and is ever-changing as your game evolves. Obviously the fundamentals of the golf swing in regards to the grip and posture would be at the top. However, when you focus on the short game and short shots, it makes it an easier transition to make these changes and learn them appropriately.

Also, depending on the level of the player, the importance and levels may change. The Mental Strategies become much more vital for better players and lower handicappers. For beginners, the Full Swing may take precedence over On-Course Management for now because they have little control over their ball. However, it is important to analyze your game and assess what your strengths and weaknesses may be. That doesn't mean assessing your game by what you feel or think needs work. It means analyzing by figuring out how many shots you hit from certain distances, or how many putts you average a round, etc. If you truly want to improve, there needs to be a game plan in place to do so. Not just time spent trying to hit the ball better or eliminate that slice. (This game plan is often more successful with the help of a professional.) If you want to improve, begin developing your plan NOW with one of the great professionals we have on staff here.

Jason Reddington, PGA
Director of Instruction



Team Golf Instruction

Team Golf ... 4 week programs with any of the professionals

- *For golfers of all levels (Beginner to Experienced) looking to improve their game
- *Includes 3 One hour (once a week) "clinics/group sessions" + one 2 Hour Playing Lesson
- *Week 1 - 2 Hour Playing Lesson
- *Weeks 2-4 - One hour Team Sessions
- *2-4 people in a group
- *2 people = \$200 per person
- *3 people = \$150 per person
- *4 people = \$125 per person



Team Golf Plus ... 10 week program with Jason Reddington

- *For the serious and committed golfer looking to take their game to the next level
- *Includes 10 One hour (once a week) "Group Practice Sessions"
- *3 One Hour Private Lessons (one on one lessons)
- *2 Two Hour On Course Sessions
- *Statistical Analysis, Goal Setting, In Depth Coaching, Competitive Challenges, & more!
- *See Jason for details/must have 4 people to a group

Talk to a Member of the Golf Staff to sign-up!

IN THE MEMBERS' SHOP

Looking for a great housewarming gift, or want to add a little Mirabel to your home? Stop by the Members' Shop and check out some of our fabulous logoed home goods.

Sterling Cut Glass offers a line of custom etched glassware, crystal and metal specialties. Browse their website, or stop by the shop to see some wonderful items etched with the Mirabel logo including wine glasses, carafes, picture frames, flasks and more!
www.sterlingcutglass.com/golfawards/



Tervis Tumblers keep drinks hot or cold without sweating. Tervis Tumblers are made in the USA, are dishwasher and microwave safe, and come with a lifetime warranty for defects or material workmanship. Browse their website and I am sure you will find one to fit every member of your family. Mirabel Tumblers are available in the Members' Shop in many styles and sizes.
www.tervis.com/



An Alora Ambiance diffuser is as effective as a centerpiece as it is an air freshener. It's exquisite design is attractive and effective. Alora offers a wonderful variety of fragrances and I am sure you will find one that suits you.
www.aloraambiance.com/



Many of these items are also available for personalization to make a unique gift or memento. Feel free to ask us for help finding and/or designing a custom gift for you, your company, or your next event. We can even arrange to have these items shipped directly to the recipient(s).

See you in the Members' Shop!

Kiersten Cole
Members' Shop Merchandiser



Analyze

Your Game & Accelerate Your Improvement!

Learn what areas of your game are your strengths and which are your weaknesses by tracking your stats through ShotByShot.com.

Find your "Target" numbers for success at your handicap level and what numbers you should see in order to improve.

\$49* per Mirabel Member - \$59 RETAIL

*Special rate for becoming a Member of Jason's ShotByShot Group

Call or email Jason to sign-up: 812-499-7322 or jason.reddington@mirabel.com

Other Golf Opportunities

Ladies' Cactus League @ Mirabel vs. Boulders

Wednesday, March 19, 2014 ♦ 12pm shotgun

Men's Golf Day

Wednesday, March 12, 19 & 26—9am-10am Tee Times

NO MEN'S DAY ON MARCH 5TH DUE TO HOPE FOR THE CAUSE EVENT

Ladies' Golf Day

Thursday, March 13, 20 & 27—9am-10am Tee Times

NO LADIES' DAY ON MARCH 6TH DUE TO HOPE FOR THE CAUSE EVENT

Ladies' Niners

Tuesday, March 4, 11, 18 & 25—12pm Complimentary Clinic; 12:30pm Tee Times

Men's Thursday Filet

Thursday, March 27—3pm

Join for 9 holes of golf at 3pm then head to the Men's Grille for a no-host A la Carte Filet Dinner! Can't join the game of golf? Still come after for no-host dinner and drinks!

FITNESS

IN THE GYM

What is a BMI?

BMI stands for Body Mass Index. It is a measurement that can be done by using height and weight to calculate how much body fat you have. Men, women and children can use BMI to assess ideal weight. The goal is to have a BMI between 18.5-24.9. Although it is a good measurement for the general public, it does not take into account your fitness levels.

How to measure your BMI by height and weight:

1. Measure current height in feet and inches. Measure height while barefoot (convert your height into inches). For example a 5 foot person is 60 inches tall.
2. Weigh yourself on a accurate scale with no shoes and light clothing.
3. Calculate your BMI. Take your weight in pounds X 703. Take that answer and divide by your height in inches. Divide that amount by height in inches again for final number. This is your BMI.
4. Compare your BMI number to suggested range. According to National Heart Lung and Blood Institute, a BMI normal range would be between 18.5-24.9
5. Understand what your BMI calculations mean. The higher the BMI, the greater your risks of weight related issues like diabetes and high blood pressure. Reducing the amount of body fat you carry through exercise and diet is recommended. However, if you work out all the time and have developed significant muscle mass, this BMI number might be somewhat misleading.

We are now offering BMI Testing in the Mirabel Fitness Center. Please contact me at 480-437-1535 or jenny.hill@mirabel.com to make an appointment.

Together in motion.
Jenny Hill
Fitness & Spa Manager

Motivational Quote of the Month
“There will be a day when I can no longer do this, that day is NOT today.”

Note from our February Featured Fitness Members

“I have always been committed to exercise...running was my passion. It was a great way to see the sights; I could do it on my own (I tried tennis but found it very hard to play both sides of the net!) and all I had to do was carry a pair of sneakers.



“Together in Motion”

Somewhere along the line, it became harder for me to find the time to run and sneakers can take up a lot of critical baggage space when all you do is carry-on! So, it happened...I got out of shape.

Mirabel helped me get back into the swing of things...in more ways than golf...With the help of Jenny Hill and her team, I not only have several ways to keep in shape (I have several programs I use) but I’m able to adapt the workouts when I travel. I’ve learned a lot about fitness and actually enjoy my daily workouts!” —See her whole story in the gym! -Tammy Ramirez, Mirabel Member

Ask the Fitness Team:

Q: “With what kind of pains or injuries should I rest, and which will heal faster with exercise?”

A: If you have swelling that lasts for more than two days, or if the pain is so severe that you can’t bear any weight on that body part, stop using it and see a doctor. Those are signs of possible fracture or tear, both of which could be made worse by exercise. With most other injuries, however, keep the area active. Exercise prevents weakness and stiffness and improves circulation, which relieves inflammation. But don’t over do it. Scale back to about 25% to 50% of your regular intensity and duration. -Jenny Hill

Get your questions answered by submitting them to jenny.hill@mirabel.com!



PLEASE NOTE

JENNY’S CONTACT INFO HAS BEEN UPDATED



Jenny Hill
Spa & Fitness Manager
480-437-1535 / jenny.hill@mirabel.com

Mirabel Fitness Schedule

March 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		8am Base (T) @TC w Kristin 9am Zumba w Michele 10:15am Tone & Tighten w Maris 11:30am Stretch w Marissa 3pm Flow/Stretch/Restore w Julie 4:15pm Vinyasa II w Julie	9am Tabata (T) w Trish 10:15am Rest. Stretch w Shaw. 11:30am Aqua Mtn (T) w DD 2pm Golf Fitness w Jenny	9am RIPPED (T) w Michele 10:15am Core & Balance w Jenny 11am Foam Roller w Jenny	1 8am Pilates Pwr Walk w TR 9am Zumba (T) with Mich
3 9am Interval Sculpt (T) w Maris 10:15am Yoga Basic Flow w Juli 1pm Mat Pilates w Trish 2pm Power House w Trish 4pm Restorative Stretch w Trish	4 9am Bar Sculpt w Trish 10:15am Mirabel Trail w DD 11:30am Aqua Mtn (T) w DD 2pm Tactical Strength w Jen 2:30pm Golf Fitness w Jenny	5 9am Zumba w Michele 10:15am Tone & Tighten w Maris 11:15am 10/10/10 w Marissa 3pm Flow/Stretch/Restore w Julie 4:15pm Vinyasa II (T) w Julie	6 9am Tabata (T) w Trish 10:15am Rest. Stretch w Shaw. 11:30am Aqua Mtn (T) w DD 2pm Tactical Strength w Jenny 2:30pm Golf Fitness w Jenny	7 9am RIPPED (T) w Michele 10:15am Core Synergies w Jen 11am Foam Roller w Jenny	8 9am Zumba (T) with Mich
10 9am Interval Sculpt (T) w Maris 10:15am Yoga Basic Flow w Juli 1pm Mat Pilates w Trish 2pm Power House w Trish 4pm Restorative Stretch w Trish	11 9am Bar Sculpt w Trish 10:15am Mirabel Trail w DD 11:30am Aqua Mtn (T) w DD 2pm Tactical Strength w Jen 2:30pm Golf Fitness w Jenny	12 9am Zumba w Michele 10:15am Tone & Tighten w Maris 11:15am 10/10/10 w Marissa 3pm Flow/Stretch/Restore w Julie 4:15pm Vinyasa II (T) w Julie	13 9am Tabata (T) w Trish 10:15am Rest. Stretch w Shaw. 11:30am Aqua Mtn (T) w DD 2pm Tactical Strength w Jenny 2:30pm Golf Fitness w Jenny	14 9am RIPPED (T) w Michele 10:15am Core Synergies w Jen 11am Foam Roller w Jenny	15 9am Zumba (T) with Mich 9:30am Yoga Hike at Brown’s Ranch (9am Fitness Center Check in)
17 9am Interval Sculpt (T) w Maris 10:15am Yoga Basic Flow w Juli 1pm Mat Pilates w Trish 2pm Power House w Trish 4pm Restorative Stretch w Trish	18 9am Bar Sculpt w Trish 10:15am Mirabel Trail w DD 11:30am Aqua Mtn (T) w DD 2pm Tactical Strength w Jen 2:30pm Golf Fitness w Jenny	19 9am Zumba w Michele 10:15am Tone & Tighten w Maris 11:15am 10/10/10 w Marissa 3pm Flow/Stretch/Restore w Julie 4:15pm Vinyasa II (T) w Julie	20 9am Tabata (T) w Trish 10:15am Rest. Stretch w Shaw. 11:30am Aqua Mtn (T) w DD 2pm Tactical Strength w Jenny 2:30pm Golf Fitness w Jenny	21 9am RIPPED (T) w Michele 10:15am Core Synergies w Jen 11am Foam Roller w Jenny MIRABEL SPA DAY: 11am-4pm Tropical Paradise Theme	22 9am Zumba (T) with Mich
24 9am Interval Sculpt (T) w Maris 10:15am Yoga Basic Flow w Juli 1pm Mat Pilates w Trish 2pm Power House w Trish 4pm Restorative Stretch w Trish	25 9am Bar Sculpt w Trish 10:15am Mirabel Trail w DD 11:30am Aqua Mtn (T) w DD 2pm Tactical Strength w Jen 2:30pm Golf Fitness w Jenny	26 9am Zumba w Michele 10:15am Tone & Tighten w Maris 11:15am 10/10/10 w Marissa 3pm Flow/Stretch/Restore w Julie 4:15pm Vinyasa II (T) w Julie	27 9am Tabata (T) w Trish 10:15am Rest. Stretch w Shaw. 11:30am Aqua Mtn (T) w DD 2pm Tactical Strength w Jenny 2:30pm Golf Fitness w Jenny	28 9am RIPPED (T) w Michele 10:15am Core Synergies w Jen 11am Foam Roller w Jenny	



MEN'S FITNESS CUP

“MFC”

Our 3-Month Men's Fitness Challenge has been extended to April 15th! Look for an announcement for a special event to recognize the winners and the whole group for their participation. We are so proud of the amazing response of 56 Mirabel Men Participants. We are able to share our progress and support with so many more. We have 7 teams of 8 Mirabel Men and are they are doing a great job! With counting their steps each day, attending Group Classes (Zumba, anyone?) and to lively Friday Happy Hour, the support throughout the program has been unbelievable. Success isn't just the effort of a single individual, but a community of GREAT people that believe in bringing motivation to each other. To all of you I can't thank you enough! I hope this challenge goes a long way and shows how much we believe in the power of positive lifestyle. *—Jenny Hill, Fitness & Spa Manager*



MEET SOME OF THE TEAMS!

“IN MOTION”



“MANATEES”

“THE GRINDERS”



“THE DREAM TEAM”

“MILLION MILERS”



“GET THE LEAD OUT”

Healthy Living

Make it a lifestyle, not a duty.



Mirabel Fitness Cup—Season I

MFC

March 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Daily Steps—5X Week AA) 12,000 Steps A) 10,000 Steps B) 5,000 Steps C) 3,000 Steps *RESERVATIONS REQUIRED</p>	<p>Daily Challenge AA) 2X A) 2X B) 1X C) 1X</p>				<p>1 Calve Raises: 10 Slow & 10 Fast Each (Toe Forward-In-Out) Plank - 3X 20 Seconds 50 Oblique's</p>
<p>3 30 Push Ups 30 Sit to Stands 50 Crunches 2pm—Power House 3pm—Balance, Core Stretch</p>	<p>4 Calve Raises: 10 S. & 10 F. 50 Oblique's Plank - 3X 20 Seconds 2pm Tact. Strength 2:30pm—Golf Fitness* 3pm—Bal, Core, Stretch</p>	<p>5 30 Push Ups 30 Sit to Stands 50 Crunches HFTC Men's Golf Event</p>	<p>6 Calve Raises: 10 S. & 10 F. 50 Oblique's Plank - 3X 20 Seconds 2pm Tact. Strength 2:30pm—Golf Fitness* 3pm—Bal, Core, Stretch</p>	<p>7 30 Push Ups 30 Sit to Stands 50 Crunches 4:30pm—Happy Hour*</p>	<p>8 Calve Raises: 10 Slow & 10 Fast Each (Toe Forward-In-Out) Plank - 3X 20 Seconds 50 Oblique's HFTC Wine Reception</p>
<p>10 30 Push Ups 30 Sit to Stands 50 Crunches 2pm—Power House 3pm—Balance, Core Stretch</p>	<p>11 Calve Raises: 10 S. & 10 F. 50 Oblique's Plank - 3X 20 Seconds 2pm Tact. Strength 2:30pm—Golf Fitness* 3pm—Bal, Core, Stretch</p>	<p>12 30 Push Ups 30 Sit to Stands 50 Crunches</p>	<p>13 Calve Raises: 10 S. & 10 F. 50 Oblique's Plank - 3X 20 Seconds 2pm Tact. Strength 2:30pm—Golf Fitness* 3pm—Bal, Core, Stretch</p>	<p>14 30 Push Ups 30 Sit to Stands 50 Crunches 4:30pm—Happy Hour*</p>	<p>15 Calve Raises: 10 Slow & 10 Fast Each (Toe Forward-In-Out) Plank - 3X 20 Seconds 50 Oblique's 9am Brown's Ranch Hike</p>
<p>17 30 Push Ups 30 Sit to Stands 50 Crunches 2pm—Power House 3pm—Balance, Core Stretch</p>	<p>18 Calve Raises: 10 S. & 10 F. 50 Oblique's Plank - 3X 20 Seconds 2pm Tact. Strength 2:30pm—Golf Fitness* 3pm—Bal, Core, Stretch</p>	<p>19 30 Push Ups 30 Sit to Stands 50 Crunches</p>	<p>20 Calve Raises: 10 S. & 10 F. 50 Oblique's Plank - 3X 20 Seconds 2pm Tact. Strength 2:30pm—Golf Fitness* 3pm—Bal, Core, Stretch</p>	<p>21 30 Push Ups 30 Sit to Stands 50 Crunches 4:30pm—Happy Hour*</p>	<p>22 Calve Raises: 10 Slow & 10 Fast Each (Toe Forward-In-Out) Plank - 3X 20 Seconds 50 Oblique's</p>
<p>24 30 Push Ups 30 Sit to Stands 50 Crunches 2pm—Power House 3pm—Balance, Core Stretch</p>	<p>25 Calve Raises: 10 S. & 10 F. 50 Oblique's Plank - 3X 20 Seconds 2pm Tact. Strength 2:30pm—Golf Fitness* 3pm—Bal, Core, Stretch</p>	<p>26 30 Push Ups 30 Sit to Stands 50 Crunches</p>	<p>27 Calve Raises: 10 S. & 10 F. 50 Oblique's Plank - 3X 20 Seconds 2pm Tact. Strength 2:30pm—Golf Fitness* 3pm—Bal, Core, Stretch</p>	<p>28 30 Push Ups 30 Sit to Stands 50 Crunches 4:30pm—Happy Hour*</p>	

HEALTHY LIFESTYLE

TAME YOUR MANE

With makeup brushes, having at least 10 basic brushes is recommended. But with hairbrushes, you probably only need 2 or 3 brushes tops. Choosing the right hairbrush has everything to do with your hair type and how you style your tresses on a regular basis. The curly haired girl is not going to need a paddle brush most of the time, and if you have a pixie cut there's no need for a detangling comb.

So, without further ado, here are the brush basics...

Paddle Brush: A multitasking brush great for detangling hair, ensuring that you get a smooth blowout, or adding volume to your crown.

Bristled Round Brush: Another multitasking hairbrush great for adding waves, bounce, and shine to your blowout.

Ceramic or Metal Round Brush: A vented brush, which allows air to pass through and dry your strands from every angle. The metal barrel heats up under your hairdryer, acting as a curling iron during your blowout.

Boar- and Nylon- Bristled Metal Brush: A versatile brush that has a use on both curly and straight hair. Boar bristles are great for creating tension, so if you have curly hair, this is a good brush for a blowout. If you have thick straight hair, this is also a good brush for adding curl.

Small Boar-Bristled Brush: A small brush ideal for taming unruly bangs.

Boar-Bristled Oval-Cushioned Brush: A multitasking brush good for just about anything other than a blowout. This brush can be used to smooth down flyaways, brush out curls, and softly tease the hair.

Detangling Hairbrush or Comb: A hair tool designed to detangle wet hair.

Parting or "Rat Tail" Comb: A basic styling comb with a tapered handle. The head can be used for finishing and styling, while the pointed handle can be used for parting or separating sections of hair with ease.

Wanting added shine? Ask me about my Matrix Conditioning Gloss that will take your dry & thirsty winter hair and will replenish the follicles to the core while adding an intense shine. Treatments are an additional \$40 and include a blow dry and style! Book your next appointment today by calling Mirabel Member Services at 480-437-1526.

Gina Ralston
Mirabel Hair Stylist & Professional



MARCH 2014



Spa & Salon Specials

Body Scrub & Mini-Facial

Treat your body to this invigorating, tropical body scrub and finish with a healthy mini-facial! — **90 Minutes for \$120, Regularly \$150**

Cooling Peppermint Massage

The perfect way to cool down after a round of golf or fitness class! Rejuvenate your body and soul with a 60 Minute cooling peppermint aroma therapy massage. **\$90, Regularly \$110**

Pampering for those on the Go!

Enjoy an Express Duo Manicure/Pedicure for **\$50** and receive a complimentary Lavender Paraffin Treatment!

Express Bellinina Facelift Massage & 60-Minute Massage Special

Imagine an all natural, holistic approach to obtaining and maintaining younger, smoother and healthier looking skin at any age. Decreasing the appearance of fine lines and wrinkles this treatment tones facial muscles and unblocks stuck energy. This relaxing treatment is paired with a 60-minute massage and perfect for stressed mind, body & souls. — **\$125, Regularly \$135**

Introducing Rhonda Allison's
2014 UPLIFT SIGNATURE FACIAL



Rhonda Allison Uplift Facial

Lift away the years with Rhonda Allison's 2014 Signature Uplift Facial. Relax in soothing luxury as you turn back the clock on your skin. This treatment will exfoliate, polish, moisturize and plump up your skin leaving you energized and protected from the harsh AZ Sun. 1 Hour 30 Minute Treatment — **\$100, Regularly \$135**

Head to Toe Treatment

Come and have your total body pampered in this duo treatment with two therapists. You will receive a hydrating facial by our Lead Aesthetician, while simultaneously receiving a purifying reflexology treatment. 60 Minute Treatment — **\$150**

Appointments subject to room and therapist/technician availability.
Contact the Member Services at 480-437-1526 to book your next treatment!

MEMBER SERVICES

Spring Training baseball under the warm Arizona sun has been a tradition for devoted fans since 1947, when just two teams, the Cleveland Indians and the New York Giants, came here to prepare for the rigors of the long regular season. Today, 15 teams train in the Phoenix metropolitan area in the greatest concentration of professional baseball facilities found anywhere in the United States. For visitors, the Cactus League couldn't be more convenient, with short drive times between ballparks and a full range of hotel, dining and shopping amenities. Truly, the Cactus League is the premier destination for baseball lovers. Be sure to check out the Cactus League Baseball Schedule that goes from February 26th - March 29th. Contact Mirabel Member Services about more information regarding locations and tickets!

There are also many exciting Ladies' Events this month!

Fearless Painting Classes

Wednesday, March 5: Wild Life Painting Workshop: Zebra Study

You will be painting one of nature's most beautiful and intricate animals – the Zebra. Media will be in a 14'X18' Acrylic on Panel which is a larger scale than the previous classes. Lisa will guide you thru each step and you will be thrilled with your results! \$110 per person.

Wednesday, March 12: Paint Your Pet Art Class

Join this exciting workshop and paint a fun portrait of your 'best friend'. Please be sure to email a good head shot of your pup to Lisa at lbf14@yahoo.com by March 7th. There are only 10 spots available for this event so be sure to sign up right away! \$100 per person.

Ladies' Night In

For the March 27th Ladies' Night In, come mingle with friends amidst pearl treasures of the sea! We will be bringing in the company *Love the Pearls* and you can also shop the world's largest selection of quality pearl jewelry, including new designs, at direct-from-the-producer savings. A Global Pearl Producer will do a presentation on the process of discovering pearls and making beautiful jewelry. There will also be plenty of cocktails, hors d'oeuvres and good company available as well. *Love the Pearls* will gift the attendees with a beautiful pair of pearl stud earrings. Be sure to invite your friends and not miss out on this great event! See page 10 for more details.



Ladies' Book Club

Please note the following books that will be featured at the Mirabel Book Club for the rest of Season:

March 19 - DOC, Mary Doria Russell, Hosted by Kathie McCabe

April 16 - Lean In, Sheryl Sandberg, Hosted by Sunnie Richer

May 14 - Crossing to Safety, Wallace Stegner, Hosted by Kathie McCabe

Mrs. Patricia Martell has kindly stepped up and is compiling the list of books recommendations that she will bring to the March 19th discussion. During that time, the ladies' will be choosing the books during the Summer Months as well as thru the 2014-15 Season. Please be sure to email her any input that you may have!

Spa Day

We will be featuring a Classic Spa Day Format on Friday, March 21st. The "Tropical Paradise" day will be starting out with a lively Zumba Class, followed by a Healthy Mediterranean Style Lunch by Chef Josh and his team. We will have 6 Members of our Spa Team available for a series of 10minute Mini Treatments that each guest will enjoy and then following will be a quick Fitness Discussion lead by Jenny Hill. To round out this luxurious day will be a Yoga Nidre Class taught by Shawnee. Guests are welcome to this event and be sure to sign up soon because it is limited to the first 16 Members.



See you in the Hall!

Shannon Mikan
Member Services & Spa Coordinator

Experience the

HydraFacial™

TODAY!



- Standard Treatment \$150
- Deluxe Treatment \$205
- Body Treatment Add-on \$75
- Red/Blue Light Treatment \$45
- Deluxe Treatment Package \$900



Includes 5 Treatments—\$125 Savings! Must be used by April 30th.

HOPE FOR THE CAUSE

HOPE FOR THE CAUSE WEEK

It is March, and after months of planning and preparation, the 6th Annual Hope for the Cause (HFTC) Mirabel Charity Classic is underway! We opened last week with a fascinating discussion with the Physicians' Panel from the Scottsdale Healthcare Research Institute (SHRI) – the beneficiary of our efforts. Many of our Mirabel Ladies also enjoyed a fun day of Ladies' Cards and Other Games.

Events planned for this first week of March are sure to appeal to one and all – see the schedule in the next column. Of course, the Premier HFTC Event – the Reception and Live and Silent Auction – will be on Saturday, March 8. Once again, we have assembled what we believe to be an incredible offering of 8 Live Auction items. We're previewing them here to encourage you to organize your bidding teams now!

We hope you will carefully review these items and evaluate which one(s) you will be interested in bidding on!

Gourmet East Coast Clambake

This dining experience – for 16 people – features whole, 2 pound lobsters and Chef Josh's wonderful accompaniments and appropriate wine pairings. The dinner will be served on the Mirabel Terrace. Entertainment will include a steel drum player and "event lawn games."

Estimated Value: \$6000

Ben Avery/Lake Pleasant Outing

This experience, for 12 people, features an opportunity to spend one hour at each of 3 different Ben Avery shooting stations with an instructor (3 hours total). You will be able to test (or develop) your skills with archery, air rifles and handguns. Once you've honed your skills, you will be transported down the road on the Carefree Highway to beautiful Lake Pleasant for a pontoon cruise and picnic – with picnic baskets, including beverages, prepared by Tanner. You'll also have the opportunity to dip in the Lake should you choose; the pontoon has a platform for swimming! This experience includes round trip transportation from Mirabel.

Estimated Value: \$4500

Bucket List Golf: Sand Hills and Dismal River

Form your foursome of first-time Sand Hill golfers for this Bucket List Experience (Sand Hills requires returning golfers to play with a Member.) This 4 day, 3 night trip includes golf at Sand Hills – ranked number 12 in the world!

Heralded as an instant golf classic upon its completion, Sand Hills Golf Club is the most celebrated course in the Midwest. Utilizing the perfectly suited natural lay of the land, Bill Coore and Ben Crenshaw designed a links style course that draws Membership from around the globe. Eighteen ready-made holes emerged from the rolling sand hills during the design phase. Scattered prairies grass and natural sand traps or "blow outs" shape the holes. The holes vary in difficulty as the wind changes.

Your foursome will also enjoy a round of play at the Jack Nicklaus designed Dismal River Golf Course. The experience includes all accommodations at Sand Hills and Dismal River. It also includes Round Trip Air Transportation from Phoenix Sky Harbor Airport aboard a Pilates pc12 donated by Stella and Bob White. *Priceless! Estimated Value: \$15,000*

Bucket List Golf: Oakmont and Laurel Valley

Pittsburgh calls your 3-some for golf at Oakmont – rated 5th in the United States, Laurel Valley Golf Club – home of Arnold Palmer, and The Club at Nevillewood. As an added treat, you'll attend a Pittsburgh Pirates' game. The experience includes lodging arranged by Chuck and Angie Dietrick and all local transportation.

Estimated Value: Priceless!



Stay on the Mexican Riviera in Nuevo Vallarta

This premier auction begins with a 5 day, 4 night experience for 3 couples. It includes:

- ◆ Transportation aboard a luxurious Private **Citation X Jet** from the Scottsdale Airport to Puerto Vallarta
- ◆ Accommodations at Rod and Cherille O'Connor's beautiful private home with 3 ensuite bedrooms, swimming pool, live-in staff and much more!
- ◆ Private **driver** and **chef**.
- ◆ Use of the 52' Riviera **Yacht with Captain Polo**.
- ◆ Many activities to enjoy – golf at El Tigre Gold Course, sport fishing, moonlight cruising, snorkeling, zip lining in the jungle, exploring nearby towns accessible only by boat, and spa treatments.



The trip will be customized for you. Please contact the O'Connors or Swifts – who are generously covering all the expenses for the trip – for details. **Minimum bid will be \$24,000; organize your travel partners now!**

Get-Away to Las Vegas for 2 Couples

Enjoy beautiful accommodations at Caesars Palace for 4 days and 3 nights. This experience includes a dinner credit of \$500 for 4 people at the Caesars Palace steakhouse, Old Homestead, and 4 tickets to a Caesars Palace show depending on availability. *Estimated Value: \$3000*

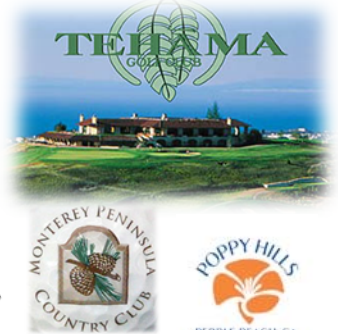
Bondurant Driving Experience

The Bondurant Driving Experience, back for 2014, includes 4 days of driving a high performance Corvette for one person as well as a half-day of driving shifter go-carts, whose speeds can exceed 100 mph, for two at the Bondurant Track. It also includes a three-night stay (for two) at the Wild Horse Pass and a \$200 dinner gift card. *Estimated Value: \$7000*

Continued from Hope for the Cause Week...

Golf in Carmel and the Monterey Peninsula

Spend 4 days and 3 nights in beautiful Carmel, CA. This package – for FOUR – includes lodging in the guest suites at Tehama Golf Club, developed by Club Member, Clint Eastwood. Golf rounds are included at each of these wonderful courses: The Tehama Club designed by Jay Morrish, The Monterey Peninsula Golf Club, home of the AT&T this year, and Poppy Hills Club, recently renovated under the direction of Robert Trent Jones II. *Estimated Value: \$5000*



Additional information on all of these wonderful opportunities is available on the HFTC Table adjacent to the Pro Shop and on the HFTC page of the Mirabel Member Website.

We look forward to seeing all of our Mirabel friends throughout the week as we work hard to exceed last year's donation of \$205,000 to SHRI supporting their ground-breaking efforts in finding cures for cancer.

Your Hope for the Cause Committee

MARCH 2014

HFTC EVENTS

Sunday, March 2 – 5K Run/Walk/Relay

... and remember to get your Sponsors!

Tuesday, March 4 – Ladies' Tennis

Wednesday, March 5 – Men's Golf

Thursday, March 6 – Ladies' Golf and Luncheon

Saturday, March 8 – Reception and Auction

IF YOU HAVEN'T SIGNED-UP YET...

Please remember to turn your registration and check – payable to Hope for the Cause – to Nancy Holt.

She has extra registration forms too!



A SPECIAL NOTE ABOUT THE AUCTION NIGHT!

In addition to the wonderful Silent and Live Auction items, we will have **TWO** very special announcements:

1. During the Live Auction, we will have the drawing for the fabulous **15 Litre bottle of Chateau Leoville Barton 2000**. Raffle tickets are \$100 each, and only 60 tickets will be sold! If you haven't purchased your ticket yet, do it now! Tickets are available – while they last – in the Members' Shop. Checks only please payable to Hope for the Cause.



2. Also during the Live Auction, we will announce the **Winner of the Beard Dynasty!** Cast your ballots for the "Best" Beard ... the definition is totally up to you ... in the Pro Shop this week! At only \$5.00 per vote, don't vote just once, vote often!



SPECIAL EVENTS

Join us for a fun

YOGA HIKE

At Brown's Ranch Trail!

Enjoy a lovely, moderate hike over scenic Brown's Ranch. The Brown's Ranch is nicely settled in Scottsdale's McDowell Sonoran Preserve. We'll start with some simple yoga stretches at the trailhead, then pause for more yoga alongside our hike. Our excursion will last two hours -- approximately 90 minutes of hiking and 30 minutes of yoga total. The trails we'll be covering are very accessible, and hikers and yogis of all ages and all levels of ability are encouraged to attend. **Sign-up on FlexRez!**

SATURDAY, MARCH 15TH AT 9AM



See you on the trail!

\$12.00 per person
Includes: Instruction
Snacks and water will be available in gym prior to departure. Dress in comfy layers, carry water and wear supportive footwear. No yoga mats needed.

DUELING PIANO NIGHT

MARCH 26, 2014

Get ready!



AROUND TOWN

SPORTING EVENTS

- March 1-2 NASCAR at Phoenix International Raceway
- March 2 Phoenix Suns vs. Atlanta Hawks
- March 4 Phoenix Suns vs. LA Clippers
- March 6 Phoenix Suns vs. OKC Thunder
- March 12 Phoenix Suns vs. Cleveland Cavaliers
- March 18-23 LPGA Founders Cup at Wildfire Golf Club
- March 19 Phoenix Suns vs. Orlando Magic
- March 21 Phoenix Suns vs. Detroit Pistons
- March 28 Phoenix Suns vs. New York Knicks



THEATER & CONCERTS

- March 1 Glenn Miller Orchestra in Scottsdale
- March 5-8 Marvel Universe Live at US Airways Center
- March 14 MC Hammer at Wild Horse Pass and Casino
- March 16 Jim Belushi & the Chicago Board of Improv
- March 19 Kings of Leon at Ak-Chin Pavilion
- March 21 Magical History Tour at Wild Horse Pass & Casino
- March 22 Cher at US Airways Center
- March 22 Lady Antebellum at Ak-Chin Pavilion
- March 23 Kenny Rogers at Wild Horse Pass & Casino
- March 28 Julio Iglesias at Talking Stick Resort




LOCAL EVENTS & FESTIVALS

- March 1-30 Arizona Renaissance Festival in Apache Junction
- March 1 Great Arizona Beer Festival at Tempe Beach Park
- March 1-2 Devoured Food + Wine Classic-Phoenix Art Museum
- March 5-9 Cactus Reining Classic at WestWorld
- March 6 Sups & Sounds at Gainey Village in Scottsdale
- March 14-16 AZ Antique Market in Chandler
- March 14-16 Fountain Hills Fine Art & Wine Festival
- March 22 American Indian Art & Artifacts Appraisal Day at Heard Museum
- March 28-30 Fiesta Days Rodeo in Cave Creek



Have an outstanding restaurant, special museum, upcoming event or adventure you would like to recommend to the Club? Please let us know!

For more information or help getting tickets to games and shows, please contact Member Services at 480-437-1526 or reservations@mirabel.com.



Schedule of Events

Run for the Cause—5K Run/Walk/Relay ♦ Sunday, March 2, 2014
8:30am-9am Registration and Warm Up, Stretch; 9am 5K Begins; 9:30am-11am Healthy breakfast and Award Ceremony on the Patio
Members, Member Guests, Mirabel Staff and 4 legged friends are welcome to join the Fun! Run, Walk or Form a 4 person Relay Team.
Don't want the exercise? Come for breakfast after the race.
\$40 per person includes the Race, Prizes and a Healthy Breakfast
\$25 per person for Breakfast only
Prizes donated by Enchanted Garden Landscape
Questions: Contact Committee Chair, Suzi Baker at 248-787-1765

Ladies' Tennis Event ♦ Tuesday, March 4, 2014
10am-12pm At the Mirabel Tennis Garden
Come join the fun ladies! Don't miss out on this Ladies' Doubles Round-Robin Fun format (individual sign-ups) benefiting Scottsdale Healthcare Research Institute.
\$100 per player
Includes Tennis on Tuesday with refreshments and treats courtside and the luncheon with lady golfers on Thursday, March 6th at 1:30pm.
Questions: Contact Cathy Lucin at 480-361-4557 or cluc300@aim.com!

Men's Golf Event ♦ Wednesday, March 5th, 2014
10am Shotgun—Guests Welcome & Encouraged
Bring your guest out to Mirabel for a great Cause! There will be a trophy to Low Net Winner and an opportunity to win other exciting prizes!
\$100 per player for both Members and Guests

Ladies' "FUN" Golf Event & Luncheon ♦ Thursday, March 6th, 2014
7:30am Registration & Continental Breakfast
8:45am Shotgun · 1:30pm Luncheon
Join friends for a fantastic day of golf, camaraderie and fun! Our golfing participants will start the day off with a delicious continental breakfast followed by a fun day of golf. Afterwards they will join the rest of the group for a beautiful luncheon featuring a special speaker, who was successfully treated at Scottsdale Healthcare Research Institute (SHRI), gifts and more!
\$125 per person—Includes Golf & Luncheon
\$75 per person for Luncheon Only
Golf is limited to the First 100 Members & Guests.

Reception & Auction ♦ Saturday, March 8, 2014
4:30pm Men's Golf Closest-to-the-Pin Shoot-Out
4:30pm-7pm Reception and Silent Auction; 7pm Live Auction
Join us at our signature event to raise funds supporting the efforts of the Scottsdale Healthcare Research Institute (SHRI) to care for and cure cancer patients. Help make this a memorable evening as we gather together to support a wonderful cause while having the opportunity to bring home some truly unique treasures—see page 8 for the amazing Live Auction Items!
\$75 per person - Includes Wine & Hors d'oeuvres
The theme of this night will be "Fast Food - Mirabel Style"! Wine, beer and the unveiling of two signature Hope for the Cause cocktails will be poured throughout the evening!

**CASH/CHECK ONLY FOR HFTC EVENTS
NO BILLING MEMBER ACCOUNTS**
If you haven't signed up yet, please remember to turn your registration and check – payable to Hope for the Cause – to Nancy Holt. She has extra registration forms too! Payment and Registration form must be received by the Mirabel Office to confirm your Hope for the Cause Reservations.
The Giving Tree will be at the Members' Shop during all events should you or your guest wish to provide direct support to SHRI patients and families.

SELECT CLUB EVENT DETAILS

Italian Dinner

Sunday, March 2, 2014 ♦ 5:30pm-9pm

Our spaghetti night social features salads, garlic bread, oodles of noodles and a delightful assortment of accoutrements prepared before your eyes.

\$21.95++ per person, \$10.95 ++ Children ages 4- 12, No-Host Bar

March Fearless Painting

Wednesday, March 5 & 12, 2014 ♦ 10am-2pm

Wednesday, March 5: Wild Life Painting Workshop: Zebra Study

You will be painting one of nature's most beautiful and intricate animals – the Zebra. Media will be in a 14'X18' Acrylic on Panel which is a larger scale than the previous classes.

Lisa will guide you thru each step and you will be thrilled with your results!
\$110 per person.

Wednesday, March 12: Paint Your Pet Art Class

Join this exciting workshop and paint a fun portrait of your 'best friend'.

Please be sure to email a good head shot of your pup to Lisa at lbf14@yahoo.com by March 7th.

There are only 10 spots available for this event so be sure to sign up right away!
\$100 per person.

Fish Fry Dinner

Wednesday, March 5, 2014 ♦ 5:30pm-9pm

We have your every wish when it comes to fish, and we would never Skimp on Shrimp. Come to the Club and enjoy delectable seafood prepared by our talented Culinaricians. No worries, if you don't like seafood, we will have plenty of vegetarian and non-seafood items.

\$21.95++ per person, \$10.95 ++ Children ages 4- 12, No-Host Bar

Happy Hour

Friday, March 7, 14, 21 & 28, 2014 ♦ 4:30pm-6pm

Did someone say happy hour?!

Get on up to the Club every Friday evening from 4:30pm-6pm and enjoy select specially priced libations. Be on the look out for emails announcing nights that we'll have complimentary wine tastings!

French Country Dinner

Friday, March 7, 2014 ♦ 5:30pm-9pm

Experience Old World French Country favorites like Coq au Vin, Beef Bourguignon and Grilled Boudin paired with a little French wine and we'll have you saying Oui Oui!

\$21.95++ Adults and \$10.95++ Children ages 4 – 12, No-Host Bar

Oaxaca Dinner

Sunday, March 9 & 30, 2014 ♦ 5:30pm-9pm

We have the finest, authentic Mexican cuisine right here at the Desert Lodge Clubhouse. Come and travel south of the border as we bring you the best of Mexico's regional dishes; from Carne Adovada to Puerco con Chile Verde you are sure to be satisfied.

Arriba!

\$21.95++ per person \$10.95 ++ Children ages 4- 12 No-Host Bar

Yappy Hour

Tuesday, March 11, 2014 ♦ 3pm-5pm

Bring your pooch and enjoy happy hour and doggie treats.

We will have a trainer teaching the ol' dogs new tricks!

A la Carte Pricing
\$10 per dog

Chef's Menu & Salad Bar

Wednesday, March 12, 19 & 26, 2014 ♦ 5:30pm-9pm

Come enjoy moonlit nights, city lights and something for everyone!

Join us for an a la carte Chef's Tapas Menu as well as two special entrée options from Chef Josh and his fantastic culinary team. Be sure to try our market fresh Garden Station featuring local produce and olive oils, and specialty dressings.

A la Carte Pricing - No-Host Bar

Connoisseur's Dinner

Thursday, March 13, 2014 ♦ 6pm

Enjoy the finer things in life as Mirabel presents the Connoisseurs Dinner. Indulge in an evening with fellow Members while Chef Josh conjures a menu of gastronomical proportions paired with the finest selection of domestic and imported wines. Partake afterwards in the choicest top shelf brandy, cognacs and ports while taking in the city lights, fireside.

\$250++ per person

Mirabel Club Championship – Men's and Ladies' Divisions

Friday, March 14, 2014 ♦ 8am Tee Time Start – Round 1 Matches

Saturday, March 15, 2014 ♦ 8am Tee Time Start – Semi Final Matches

Sunday, March 16, 2014 ♦ 8am Tee Times – Flight Championship Matches

Sunday, March 16, 2014 ♦ 12pm – Overall Club Championship Matches

Join this match play event to determine the Club Champion.

Handicaps as of March 1st will be used to determine the flights and seeding. Once you lose a match, you can enter the Consolation Tournament on Sunday, March 16 (entry included in the initial entry fee).

\$100 per player, plus golf car fee – includes golf and prizes

Be sure to sign-up for our Champions Dinner on Sunday, March 23rd.

Yoga Hike at Brown's Ranch Trail

Saturday, March 15, 2014 ♦ 9am—Meet at Gym!

Enjoy a lovely, moderate hike over scenic Brown's Ranch. The Brown's Ranch is nicely settled in Scottsdale's McDowell Sonoran Preserve. We'll start with some simple yoga stretches at the trailhead, then pause for more yoga alongside our hike.

Our excursion will last two hours -- approximately 90 minutes of hiking and 30 minutes of yoga total. The trails we'll be covering are very accessible, and hikers and yogis of all ages and all levels of ability are encouraged to attend. Dress in comfortable layers, carry water and wear supportive footwear. **No yoga mats needed.** Snacks and water will be available in gym prior to departure.

\$12.00 per person

Shamrock Sunday

Sunday, March 16, 2014 ♦ 5:30pm-9pm

Come join us as we bring you the finer aspects of Irish hospitality. The traditional soul nourishing fare and the relaxing merriment of customary libations are bound to bestow luck upon you. Cheers!

\$26.50++ Adults and \$12.50++ Children ages 4 - 12

Ladies' Book Club & Ladies' Mixer

Wednesday, March 19, 2014 ♦ 4pm

Join fellow ladies for our Book Club this month, along with a no-host Themed Drink Menu. After head down to the restaurant for a fun Ladies' Mixer.

Leader: Kathie McCabe

Book: DOC by Mary Doria Russell

No-Host Food & Beverage

Thirsty Thursday

Thursday, March 20, 2014 ♦ 5pm-7pm

Did someone say happy hour?! Get on up to the Club for our monthly no-host Thirsty Thursday from 5pm-7pm and enjoy select specially priced libations and welcome our newest Members of Mirabel! This month we will also be celebrating aces from Vic Springer and Jerry Glover! Hole-In-One Club Members will receive 2 Free Drinks thanks to these perfect shots!

Special Spa Day: Tropical Paradise

Friday, March 21, 2014 ♦ 11am-4pm

Treat yourself with a day of rejuvenation, pampering and relaxation!

Schedule of Events:

11am-12pm: Tropical Zumba

12pm-12:30pm: Caribbean Cuisine

12:30pm-2:30pm: Mini Spa Treatment Stations

2:30pm-3pm: Health Awareness Talk with Jenny Hill, Mirabel Fitness Manager

3pm-4pm: Yoga Nidre*

*Remember to bring comfy clothes & a blanket for this class in ultimate meditation & relaxation!

\$55 Member; \$65 Guest

Champions' Dinner

Sunday, March 23, 2014 ♦ 6pm

Our Men's and Ladies' Club Champions will 'set the menu' for this over-the-top Champions' Dinner. This is one evening every Member should have the chance to experience! Menu details to be released after champions have created them.

Pricing based on menu set.

Dueling Piano Night with Chef's Menu & Salad Bar

Wednesday, March 26, 2014 ♦ 5:30pm-9pm

The dining room will be transformed into a piano bar. During the Salad Bar and Tapas Menu, you will be able to sing along and dance to the dazzling talents of Wesley Ringel and his dueling piano partner Randy Keith! This is perfect night to enjoy a fun, casual environment while requesting all your favorite songs!

There will be a \$20 cover charge for all attendees.

A la Carte Pricing - No-Host Bar

Ladies' Night In—Love the Pearls Event

Thursday, March 27, 2014 ♦ 6pm

Come mingle with friends amidst pearl treasures of the sea!

We will be bringing in the company *Love the Pearls* and you can also shop the world's largest selection of quality pearl jewelry, including new designs, at direct-from-the-producer savings. A Global Pearl Producer will do a presentation on the process of discovering pearls and making beautiful jewelry.

There will also be plenty of cocktails, hors d'oeuvres and good company available as well. **Love the Pearls will gift the attendees with a beautiful pair of pearl stud earrings.** Be sure to invite your friends and not miss out on this great event!

\$20.00++ per lady, No-Host Bar

Spur Cross Horse Ride

Saturday, March 29, 2014 ♦ 8:30am

Meet at the Fitness Center at 8:30am or meet at Spur Cross Stables at 9am.

Join fellow Members for a 90 minute trail ride in Cave Creek.

Be sure to wear pants and closed toe shoes. Jeans and boots are preferable.

\$75 per person

Reservations Required ~ 24 Hour Cancellation Policy

Please sign up online using FlexRez or contact the Club at 480-437-1500 or reservations@mirabel.com to sign-up!

For full Calendar Events and details access FlexRez using the [Members' side of www.mirabel.com](http://www.mirabel.com).