

Luke Enlisted Spouses Club Newsletter

July 2009

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IMPORTANT DATES

July 4
INDEPENDENCE DAY

July 7 – 11:30 am
Play Date
My Tee Paintworks
10160 W McDowell Rd
Ste 120

July 9 – 5:30 pm
Play Date
Thunderbolt Lanes

July 14 – 6:00 pm
Membership Meeting
BB Community Center

July 14 – 11:30 am
Play Date
Chuck E Cheese
6773 W Bell Rd

July 20 – 10:00 am
Play Date
Goodyear Splashpad
3151 N Litchfield Rd

July 23 – 6:00 pm
Play Date
BBC Playground
Luke AFB

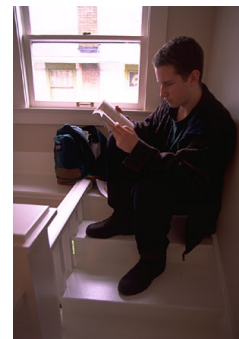
July 26 – 1:00 pm
Luncheon
TBD

July 28 – 6:30 pm
Board Meeting
TBD

July 29 – 3:30 pm
Pump It Up
19209 N 83rd Ave



Open to all spouses
of active duty and
deceased military
members!



Need money for college?

The *Luke Enlisted Spouses' Club*
is now accepting applications for
Two - \$500 scholarships

Pick up your application through the Education Center,
Airmen & Family Readiness Center, Base Library or
download online at www.lukeafbesc.com.
Applications must be postmarked by August 15, 2009.

E-mail questions to President@lukeafbesc.com.

“Special Thanks” to our Scholarship Sponsor

So much more than money.
Credit Union
WEST
www.cuwest.org

Refer-A-Friend

Everyone wins when you refer a friend the Enlisted Spouses Club! Here's how it works!

A Luke ESC member refers a friend to join the group. The friend then completes a membership application and pays dues (minimum 3 months).

Both the member and the friend get entered into drawings for great door prizes! See - everyone wins!

This program runs *now through September* and winners will be drawn at the October Membership Meeting.

CHECK US OUT!

If you're interested in finding out more about the Luke Enlisted Spouses' Club, visit us on the web at www.lukeafbesc.com.

All spouses are also invited to attend our monthly membership meeting every second Tuesday of the month at 6:00 p.m. at the BBC Community Center, Luke AFB.

On the Web...

Check out these awesome Web sites:

- www.vettix.org
- www.fightercountry.org
- www.militaryonesource.com

Great resources at your fingertips!

Day Trips from Phoenix, (1 of 6) by Jaime Hall-Bruzenak

If you thought Phoenix was surrounded by flat, sandy desert, you are in for a surprise. True, there is a desert here, but it is a lush desert where tall saguaro cacti tower over mesquite, ironwood, creosote, and many smaller cacti that bear vibrant blooms. Arizona's landscape is varied and beautiful, and you can see a lot of it in a series of day trips from Phoenix. This is the first of a series.

Under the Mogollon Rim (240 miles, 4.75 hours)

This all-day adventure takes you through gorgeous scenery up to Arizona's mountain country below the [Mogollon Rim](#). Travel via Arizona Highway 87 and return via Interstate 17 to avoid rush hour traffic. Be advised that there is only one rest stop on Highway 87.

Highway 87 climbs up and down a series of mountains, winding through rugged, rocky terrain. Giant saguaros grow on steep south-facing slopes. In [Payson](#), Highway 260 joins Highway 87. The rim looms above the towns of Payson, Pine and Strawberry. There are several good places to stop and explore.

- Zane Grey fans: Stop to see a replica of the [Zane Grey cabin](#) on Main Street in Payson; the original burned in the Dude fire in 1990. (The cabin is closed Tuesdays.)
- Stretch your legs at [Tonto Natural Bridge State Park](#), about 10 miles north of Payson. Turn left off Highway 87/260 onto Forest Road 583. Hike down the Gowan Trail underneath the bridge or take one of the shorter trails above. If you pick up a sandwich in Payson before you go, you can have a picnic in the park.
- Visit the [Pine-Strawberry Museum](#) in Pine; hours are limited.
- For an eat-in lunch, try either the Small Café in the Twin Pines Shopping Center in Payson or the Randall House on Highway 87 in Pine. HB's Place in Pine is good if you are in the mood for a hamburger, and the Strawberry Lodge in Strawberry has delicious desserts.

To return to Phoenix, continue following Highway 260 west to Camp Verde, then take I-17 south to the city. The rest area at Sunset Point has good views; as you approach, you might even see some pronghorn antelope.

Get out and explore Arizona!

Healthified Classic Potato Salad

Salad

6 medium red potatoes (2 lb), unpeeled
2 hard-cooked eggs, chopped
2 medium stalks celery, thinly sliced (1 cup)
1 medium onion, chopped (1/2 cup)

Dressing

3/4 cup reduced-fat mayonnaise
1/2 cup fat-free sour cream
1 tablespoon yellow mustard
1 teaspoon cider vinegar
1/2 teaspoon salt
1/4 teaspoon pepper

Place potatoes in 4-quart saucepan; add enough water just to cover potatoes. Heat to boiling. Reduce heat to low; cover and simmer 20 to 30 minutes or until tender. Drain; let stand until cool enough to handle. Cut potatoes into cubes. In large bowl, place potatoes, eggs, celery and onion; toss gently to mix. In small bowl, mix dressing ingredients until well blended. Add dressing to potato mixture; toss gently to coat. Cover; refrigerate at least 1 hour or until serving time.

Nutritional Information

1 Serving: Calories 200 (Calories from Fat 80); Total Fat 9g (Saturated Fat 1 1/2g, Trans Fat 0g); Cholesterol 60mg; Sodium 370mg; Total Carbohydrate 26g (Dietary Fiber 2g, Sugars 3g); Protein 4g % **Daily Value***: Vitamin A 4%; Vitamin C 15%; Calcium 4%; Iron 4%

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