

ABEVA BRIEF

Published for Arizona Biltmore Residents Only

August 2011

ABEVA Mission Statement

ABEVA pledges aggressive leadership to nourish and enhance our Biltmore Lifestyle by preserving and protecting the ambience and environment, and by maintaining standards which benefit all members of ABEVA.

From the ABEVA Office

From ABEVA's New Landscaper

ValleyCrest Landscape Maintenance is pleased to begin a partnership with ABEVA as their new landscape maintenance provider. ValleyCrest has been in the Valley since 1973 and our familiar poppy red trucks with the Plumiera flower are seen all over. Our East Valley management team has nearly 120 years of experience in local landscape design, construction, and maintenance and has extensive experience with the special challenges of high-end resort community landscapes. Our technical resources and in-house capabilities are the most comprehensive in the industry, providing your unique landscape with educated solutions on a daily basis.

Our long-term goal is to build trust through a proactive relationship with your community, high quality work, and unmatched responsiveness. We understand how a well-maintained landscape attracts new homeowners, adds to your property value, and contributes to the pride and happiness of your residents. We judge our success by the complete satisfaction of our customers and are grateful for the opportunity to serve ABEVA. ■

ABEVA Board of Directors Meeting

The next meeting of the Board of Directors is scheduled for September 12th at 5:30 p.m. in the ABEVA office. ■

24th Street & Arizona Biltmore Circle

If you enter the community via 24th St. and Arizona Biltmore Circle you will note that the owners of the building at 2400 ABC have cleaned up the landscape area and it looks so much nicer now. ■

Be Careful in the Heat

It has been a pretty brutal July, and we want you to be safe in the heat. The following information is from the Center for Disease Control & Prevention:

Heat Exhaustion

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. It is the body's response to an excessive loss of the water and salt contained in sweat. Those most prone to heat exhaustion are elderly people, people with high blood pressure, and people working or exercising in a hot environment.

Recognizing Heat Exhaustion

Warning signs of heat exhaustion include the following:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting

The skin may be cool and moist. The victim's pulse rate will be fast and weak, and breathing will be fast and shallow. If heat exhaustion is untreated, it may progress to heat stroke. Seek medical attention immediately if any of the following occurs:

- Symptoms are severe
 - The victim has heart problems or high blood pressure
- Otherwise, help the victim to cool off, and seek medical attention if symptoms worsen or last longer than one hour.

What to Do

Cooling measures that may be effective include the following:

- Cool, nonalcoholic beverages
- Rest
- Cool shower, bath, or sponge bath
- An air-conditioned environment
- Lightweight clothing

Heat Stroke

Heat stroke occurs when the body is unable to regulate its temperature. The body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Recognizing Heat Stroke

Warning signs of heat stroke vary but may include the following:

- An extremely high body temperature (above 103°F, orally)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness





What to Do

If you see any of these signs, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim. Do the following:

- Get the victim to a shady area.
- Cool the victim rapidly using whatever methods you can. For example, immerse the victim in a tub of cool water; place the person in a cool shower; spray the victim with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature, and continue cooling efforts until the body temperature drops to 101-102°F.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the victim fluids to drink.
- Get medical assistance as soon as possible.

Sometimes a victim's muscles will begin to twitch uncontrollably as a result of heat stroke. If this happens, keep the victim from injuring himself, but do not place any object in the mouth and do not give fluids. If there is vomiting, make sure the airway remains open by turning the victim on their side. ■

It's Summer – Remember Your Pets

Here are a few helpful tips from the Arizona Humane Society:

- Keep pets inside
- Provide water at all times
- If you do have a pet outside, provide water in a non-metal, spill-proof container. Make sure your pet has ventilated shelter. A wading pool in the shade would be nice.
- Walk pet at daybreak or at night when pavement won't scorch the skin.
- Avoid strenuous exercise since pets can suffer from heat exhaustion too (this is especially important for those that ride bikes while dogs trot along).
- NEVER leave animals in a parked car. ■

Change Your A/C Filter

Changing your air filter is a simple and an important preventative maintenance task a homeowner can perform.

There are many different types of furnace filters and air conditioning filters available. Changing your air filter regularly will save you money on heating and air conditioning electric bills plus it will save you money on repairs. A clean filter will prevent some major expenses down the road; your compressor and motor will work more efficiently and last longer.

Important things to consider when comparing furnace filters:

- There is no difference between a furnace filter and an air conditioning filter.
- When selecting a filter type, the brand name is not important.
- Choose characteristics you like about a filter and then compare filters of that type to make your final choice.
- When replacing filters, it is never a good idea to (stack) use more than one media air filter in your

HVAC equipment. It has a negative impact on air flow. An example would be installing two one inch filters together instead of a two inch filter.

- Disposable fiberglass air filters should be changed every 30 days, and pleated air filters should be changed every 3-4 months. Check manufacturers' recommendation. ■

E-Mail

Are you receiving the ABEVA Brief and important HOA bulletins via e-mail? Whether you are home or abroad, you can easily keep up if you have a computer and an e-mail address. Our website is www.abeva.com where the brief will be located. If you have not already done so, please provide the ABEVA office with your e-mail address. ■

SAFETY & SECURITY

THE RESPONSIBILITY FOR SECURITY BEGINS WITH EACH RESIDENT. MOST CRIMES ARE CRIMES OF OPPORTUNITY.



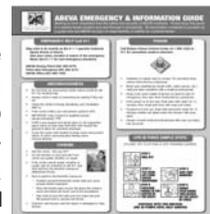
Security Systems

If you have a security system, please be sure to use it. We have been rather surprised over the years at the number of residents that say they have an alarm system but do not use it.

IF YOU HAVE A SECURITY SYSTEM AND DO NOT TURN IT ON, THEN YOU DO NOT HAVE A SECURITY SYSTEM. Should you see anything suspicious, call Roving Patrol at 602-369-4776, Phoenix Crime Stop at 602-262-6151 or 911. For your safety, please program both of these numbers in your home and cell phones. ■

ABEVA Emergency Guides

We still have a number of four-page laminated ABEVA Emergency Guides in the office that have not been picked up by homeowners who live in areas without a central drop-off location such as a guard house. ■



Coffee with a Cop

Would you like to feel more comfortable working with your local police? Would you like more information about Crime Stop or any of the other police activities?

Phoenix Police sponsors Coffee with a Cop on the first Wednesday of the month at 8:00 a.m. at Maizies Cafe and Bistro located at 750 North Central. You may speak with officers in an unstructured and relaxed environment. This is a great opportunity to get to know members of the police department that serve you. ■

MEETINGS & LUNCHEONS

Camelback East Village Planning Committee

The next meeting is scheduled for Tuesday, August 2nd at 6:00 p.m. at the Devonshire Senior Center, located at 2802 E. Devonshire (one block north of Indian School Road.) The meetings are open to the general public. For additional information or to confirm the meeting has not been cancelled or changed, please call Marc Thornton, Camelback East Village Planner at 602-261-8701 or visit the website at <http://www.phoenix.gov/PUBMEETC/indxhtml.html>. ■





Biltmore Ladies Lunch Club (BLLC)

For women who live or work in the Biltmore area, the BLLC meets for lunch at Frank and Albert's in the Arizona Biltmore Resort each month at 11:45 a.m. It is a time to come together in a casual atmosphere, and have a chance to meet other women from around the Biltmore.

In exchange for the privilege of being able to order off of the menu and have separate checks, as well as use ABEVA discount cards, meals may be delayed for up to an hour, depending upon how busy the restaurant is on that particular day. So, please, be patient if that happens!

You will need to RSVP by the night before if you're planning to attend. Days for lunch vary. To RSVP, contact La Rita Mason at lrmason@arn.net by Wednesday, August 17th if you plan to attending on Thursday, August 18th at 11:45 a.m. For future planning; the September 14th & October 12th lunches will be hosted by Renata Greico. ■

Biltmore Area Partnership Lunch

The Biltmore Area Partnership will not have an August luncheon. Lunch seminars will resume September 27th at Seasons 52. Information will be in the August newsletter. ■

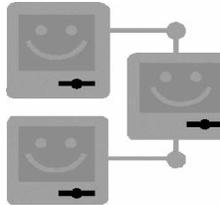


Biltmore Networking Group

The Biltmore Networking Group organizes a monthly happy hour for professionals, businesspeople, residents and anyone who enjoys the Biltmore area to meet and network. Professionals from a wide variety of industries attend including finance, fine arts, government, hospitality, law, marketing, medicine, real estate, technology and many more. There is usually a group of about 60-80 people attending. With the demographics of the Biltmore community, you are sure to make the contacts you desire.

This month's happy hour is planned for August 4th from 5:30 p.m. to 7:30 p.m. at the Omaha Steak House Garden Lounge at the Omaha SteakHouse Garden Lounge inside the Embassy Suites Phoenix Biltmore at 2630 East Camelback Road. You may reach the hotel by calling 602-955-3992. There is no need to RSVP, and there is never a charge to attend these events.

If you have any questions or would like to be added to the e-mail list for monthly announcements, please contact Shahpar Shahpar at Tiffany & Bosco, P.A. at ss@tblaw.com or call her at 602-255-6020. ■



NEWS FROM ABEVA NEIGHBORS

Wrigley Mansion

The Mansion remains closed during August while they spruce up the property and prepare for a wonderful new beginning on September 4th. Weddings, banquets and special events will continue throughout the summer. ■

Adobe

The Adobe Restaurant – 10% off for ABEVA Members – Through September 2011 - 2400 E. Missouri Ave. Phone: 602-468-9160.

The Adobe offers happy hour nightly from 4:00 p.m. to 7:00 p.m. They also offer BBQ Saturdays from 2:00 p.m. to 7:00 p.m. this summer. They offer a unique opportunity to enjoy comfort food at an incredible price. The cost is only \$19.95 for an authentic three course meal, that includes a variety of BBQ styles ranging from Texas classics to Memphis style.

Pick your price at the Arizona Biltmore Golf Club! Biltmore Golf Club is hosting another Play N' Pay event on August 20th where players are encouraged to play a round of golf and then determine what the experience is worth. Tee times are available at www.azbiltmoregc.com or by calling 602-955-9655. ■



ABEVA Board of Directors

James Bell, President
Mark Monserez, Vice President
Steve Goldston, Treasurer
Marcia Finberg, Secretary
Richard Arroyo
David Damron
Camille Ercolan
Steve Hoffman
Judith Shafkind
Harvey Shrednick
Jay Swart

ABEVA Office Information

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Hours Mon.-Fri. 8:30 am-5 pm
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602-955-1144 fax

Roberta Peterson - Exec. Dir.
email: rpeterson@abeva.com
Beryl Ross - Executive Assistant & Notary - bross@abeva.com
Roving Patrol: 602-369-4776
Police Dept. Non-Emergency: 602-262-6151
Resort Truck Parking on ABC Hotline 602-954-2573



Website Information

Sign on to visit the website by going to www.abeva.com. If you do not yet have a login name and password, from the menu on the left choose e-forms, then choose login request, fill out the required information and click submit. We will send your pre-assigned login name and password back by email. You may read board minutes and the *ABEVA Brief* online. ■

Ritz-Carlton

Special Discount Rate for ABEVA! The discounted rate through September 3rd is only \$109! The rate will include the \$27 daily valet parking fee. For reservations, you may call either central reservations at 800-542-8680 (24/7) or Randy Ichiuji at the hotel at 602-468-0110. ABEVA guests will have the option of upgrading to Club Level Access on the 11th floor for only \$30.00 if available. This level service comes with personal concierge staff, exclusive access to the Ritz Carlton Lounge with five daily food presentations and an elevator key for club lounge access. ■



Embassy Suites Hotel

 The Embassy Suites Phoenix Biltmore is pleased to offer you and your friends the following low rate from through September 10th, 2011. The rate is \$94.00 plus tax and includes a full cooked-to-order breakfast, two hour managers' reception daily, fitness center, outdoor oversize pool and there are no resort or parking fees. Rates based on availability. For reservations, visit www.phoenixbiltmore.embassysuites.com or call the hotel at 602-955-3992. Mention code ABEVA # 0002759628. Embassy Suites Phoenix Biltmore is located at 2630 East Camelback Road. ■



ABEVA MEMBER DISCOUNTS FOR AUGUST 2011

The following businesses and ABEVA partners have graciously offered to provide discounts to ABEVA members. **THERE IS NO ABEVA-ISSUED CARD. TO SHOW YOU ARE A MEMBER OF ABEVA, BRING THIS SECTION OF THE BRIEF WITH YOU.** If you forget, you can try showing your resort or Wrigley Mansion card. To view menus, log onto the ABEVA website at www.abeva.com and click onto Hot Links.

Restaurants

- **L'Amore Restaurant** - 32nd Street & Lincoln Drive - 10% - (bring your business card and enter a drawing to win a free dinner) - 602-381-3159. 
- **City Market Deli** - In the Esplanade - 2425 E. Camelback Road #103 - Just mention this ad when you purchase any specialty sandwich/wrap combo or gourmet salad and receive a free homemade cookie of your choice or free drink upgrade! Open for breakfast and lunch Monday through Friday 7:00 a.m. to 5:00 p.m. - Phone: 602-242-2300 Fax: 602-242-2301. 
- **Baby Kay's** - 2119 E. Camelback - Town & Country Shopping Center - 10% - 602-955-0011.
- **Maui Dog** - 3538 E. Indian School Road - 15% - 602-464-3063. 
- **Spasso** - 4743 North 20th Street - Town & Country Shopping Center - 15% - 602-441-0030.
- **Omaha Steak House** - 2630 E. Camelback - Embassy Suites - 10% food only - not valid holidays - 

602-553-8970.

- **The Adobe Restaurant** - 2400 E. Missouri Avenue - 10% off for ABEVA members - through September 2011 - 602-468-9160.

Partners & Businesses

- **Danny's Family Auto Wash** - There is still almost a half a year to enjoy discounted car washes. To sign up for the 25 year celebration special group program of 50% off Basic Washes and you will not need a card. Visit the website at www.Dannys25th.com. Complete the registration (click on Registration in the upper right corner) in full then input the ABEVA group number of 151062. (You must register each vehicle separately.) Begin visiting Danny's 7 days after your registration. You do not need to show anything as your group discount is linked to your license plate. Your discount will automatically be given at the checkout once your license plate is entered. 
- **UPS Store** - 3219 E. Camelback Road (next to Tomaso's) - 10% - 602-952-8830. 