

CAREFREE KICKS OFF GENERAL PLAN WITH COMMUNITY WORKSHOP

The Town of Carefree is kicking off its General Plan Update on February 1st at 5:00 PM in Council Chambers, located at 33 Easy Street. Carefree is updating the community General Plan to guide the future development of the Town. The February 1st workshop invites citizens to learn more about the project and give input on the plan. The community Workshop will start with a formal presentation followed by smaller breakout activities to be completed at your leisure.

(story continued on next page)



JOIN THE CONVERSATION: FIRE & EMERGENCY SERVICES IN CAREFREE

Over the past two years, the Town has been engaged in discussion with local emergency service providers, citizens, and financial experts regarding the fire & emergency service within the Town of Carefree. Scan the QR code or click on the icon to access these learning materials:



[WATCH THE VIDEO](#)

Hear direct from the experts



[READ THE REPORT](#)

Expert analysis & citizen input



[VIEW THE FAQ SHEET](#)

(Carefree General Plan continued)**WHAT IS THE GENERAL PLAN?**

The General Plan is the foundational document that guides the Town through the next 10-20 years of community planning and growth management. The document establishes a vision for the desired future of Carefree and then utilizes a series of goals, policies, actions and maps to achieve implementation. It is a conceptual plan for evaluating existing development conditions, making forecasts, and outlining broad policies that the Town will use to implement its vision through other more specific plans and measures.

Some of the more specific measures include the [Zoning Ordinance \(PDF\)](#), [Proposed Capital Improvements](#), Transportation Plan, and development guidelines.

Cities and towns in Arizona are required to establish a General Plan and update it every 10 to 15 years. The previous update, Town of Carefree General Plan 2030, was ratified by voters recently on November 6, 2012.

A hard copy of the [General Plan 2030 \(PDF\)](#) may be viewed at Town Hall for free or purchased for \$30 to recoup copy fees. If you have any questions, you may call the Planning and Zoning Staff at 480-488-3686 or visit the Carefree Administrative Offices, located at 8 Sundial Circle.



The following list identifies elements that are required based on the population of Carefree:

- Land Use
- Circulation
- Growth
- Open Space
- Environmental Planning
- Cost of Development
- Water Resources
- Additional elective elements may also be included at the discretion of each community. Based on relevance to Carefree, the following elements may also be addressed:
- Public Services
- Economic Development
- Conservation

For information on the approved Major General Plan Amendment at the northwest corner of Tom Darlington and Carefree Hwy, click here: [General Plan Amendment 12.07.2021](#) | [Map: Excerpt](#)

WHY UPDATE THE GENERAL PLAN NOW?

State Law requires General Plans to be updated every 10 years. Since the existing Carefree General Plan was last ratified on November 6, 2012, and due to delays as a result of the COVID-19 pandemic, we are now at the next 10-year planning horizon. State Law also requires the General Plan to be adopted by Town Council and ultimately ratified by voters of Carefree. The General Plan Update is scheduled to be placed on the November 2024 ballot for final voter ratification.

WHAT TOPICS DOES THE GENERAL PLAN ADDRESS?

State Law requires certain topics or 'elements' to be addressed based on the population of the community.

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(Carefree General Plan continued)**WHAT IS THE SCHEDULE AND PROCESS?****Phase I (November 2022-February 2023): Recognize**

The beginning stage of the project focuses on the existing conditions of the Town as it stands today. It culminates with the development of the Community Assessment Report.

Phase II (Continuous): Engage

An integral component of the General Plan is public engagement. Consequently, this phase is continuous throughout the project process. To engage as many residents as possible, there will be multiple opportunities for the public to get involved and give input. Two Community Workshops and two Discussion Hubs will occur over the course of the project, along with several informal pop-up or mobile workshops. See the “Participate” section below to view upcoming events.

Phase III (February 2023-November 2023): Enrich

Taking in all the input received from the public, Town Staff, and community stakeholders, an updated draft of the General Plan is written. This draft undergoes a formal 60-Day review process where the document is open to be reviewed by the public, state and local government agencies, and other community organizations to give final feedback before the adoption process.

Phase IV (November 2022-February 2023): Achieve

This stage works to address all the comments received from the various stakeholders from the 60-Day review period before formal presentation to the Planning & Zoning Commission and Town Council. Following adoption via a Town Council Vote, the plan is placed on the ballot to be ratified by Carefree voters. Currently, the General Plan Update is scheduled to be placed on the November 2024 ballot.

**PARTICIPATE IN THE GENERAL PLAN UPDATE**

There will be multiple opportunities for the public to get engaged in the project. Learn more about how to get involved and give your input today!

[Carefree Public Engagement Plan \(PDF\)](#).

You can follow along with the process on our dedicated webpage:

<https://carefree.org/carefree-general-plan-update>

GET TO KNOW YOUR CAREFREE COMMUNITY

Meet Connect Couples Therapy:

George and Faith are the husband-and-wife team behind Connect Couples Counseling, located at Sundance Plaza in Carefree. Their Carefree, Arizona office is their second practice location, with another located on the East Coast in Charlotte, North Carolina.

Connect Couples Counseling first opened in 2009 in North Carolina where Faith and George set themselves apart in the industry by specializing in couples' therapy. George emphasized their science-backed approach, "Working with couples requires a specialized set of training and skills so we are continuously working to remain on the cutting-edge of scientific developments and research in the area. As part of staying on the cutting-edge, we have advanced training in both Gottman Method Therapy and Emotionally Focused Therapy, two specialized and scientifically based models that help people better connect."

Both Faith and George are native Arizonans. Faith explained their decision for relocating to the Valley of the Sun, "Having gone through the recent pandemic, the experience really changed our perspective on how we wanted to raise our daughter. This spurred our move back to Arizona to be closer to our family."

Married for nearly two decades, Faith and George attribute their marital success to regularly practicing the skills they are teaching. We asked them a few tips we can use in our own relationships:

- Have regular date nights – carve out dedicated time to spend with your partner away from work, children, and other obligations.
- Have regular check-ins with your partner – keep open communication and talk about the stressors you are facing.
- "Small things of connection, often" - as simple as a compliment, a hug, or a shared laugh, these tiny touchpoints leave a lasting impact in showing you care.



Business: Connect Couples Therapy

Location: 7301 E. Sundance Trail, #B201

Hours: Monday-Saturday (in-person & virtual appts.)

Owners: George W. Bitar, Ph.D. & Faith Drew, Ph.D.

Products/Services: Couples reconnection, infidelity recovery, premarital counseling, discernment counseling, couples intensive counseling, workshops, and courses.

Years in business: 14 years (est. 2009)

Contact: (480) 581-9435

<https://connectcouplestherapy.com/>

Connect Couples Counseling is a place where you can be comfortable working through everyday issues that we all suffer from. Once established as a patient, you aren't just working with a therapist, you're gaining a relationship advisor who is there for you when the relationship changes.

You can find more information and plenty of relationship resources on their website: <https://connectcouplestherapy.com/>

7 WAYS TO GET INVOLVED IN YOUR COMMUNITY

The most valuable gift we can offer of ourselves is the gift of time. Whether you are an individual looking to connect with other like-minded folks, a business looking to make new connections, or just simply want to give back to your community, time spent in service of others is a benefit to all involved.

There are plenty of opportunities right here in Town where YOU can get involved and make a difference:

1. Attend local events and workshops

Take in the local art scene at Third Thursday Art Nights, celebrate our veterans at recognition events, learn about desert plants and wildlife at a Garden Seminar; these are just some of the events you can attend right here in Town.

Check out the Town Event Calendar online:

<https://carefree.org/calendar-events-and-activities>

2. Volunteer

Local non-profit organizations are always in need of your time and talent to help support their mission. Whether you have 10 minutes or a full day, you can make an impact.

Check out this list of local non-profits:

<https://carefree.org/non-profits-and-resources>

3. Donate your resources

When you donate to a local charitable organization, your money stays in the community; helping our neighbors better their lives.

4. Shop Locally

We're proud to share that the vast majority of shops and boutiques in Carefree are locally owned and operated by our community members. When you shop small business, more of your money stays in the community.

Visit our interactive map of Carefree Businesses to see what's available right here:

<https://carefree.org/e-map-visit-carefree>

5. Join a class or group

Social connectedness provides a sense of belonging and shared purpose. Get your heart pumping at a [fitness class](#) in Sanderson Lincoln Pavilion, go for a bike ride with the Friday Night Flyers at [Grind & Gears](#), join a retreat at the [CIVANA Wellness Resort](#) or [Spirit in the Desert Retreat Center](#). Take up a new hobby with a class at [Sonoran Arts League](#).

6. Organize your own event

The beautiful Sanderson Lincoln Pavilion is available to rent for community events. Host a performance, concert, awards ceremony, seminars, and more!

Learn more: <https://carefree.org/facility-rental>

7. Serve on a Board, Commission, or Committee

Lend your expertise and support a deserving organization by serving on a governing board or committee.

Get involved, make a difference, and find where YOU belong - you won't regret it!

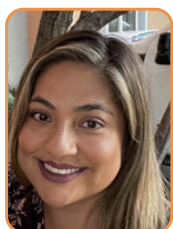


'CAREFREE CARES' EXCELLENCE AWARDS

The Town of Carefree is honored to recognize one outstanding Cave Creek Unified School District (CCUSD) staff member from each school in the district. Mayor John Crane, Vice Mayor Cheryl Kroyer, and Councilman Vince D'Aliesio, will be at the CCUSD Board meeting February 13 to present pins and gift certificates and acknowledge each recipient. Each award recipient must meet the following criteria for selection:

- Volunteer substantial time & expertise to CCUSD, the School and/or community
- Be a positive role model for students, staff and community
- Serve as an inspiration to others
- Always represents CCUSD and the community in a positive and professional manner.

This great privilege occurs each semester during the school year. Please join us in congratulating:



Miriam Fowler

Kitchen Manager, Black Mountain Elementary School

"As a kitchen manager at BMES, Miriam Fowler does a great job making sure that our kids are taken care of every day, with both food and personal connections. However, Miriam has shown that her connections go well beyond the cafeteria walls. Night time and evening events are a fairly regular thing at BMES, and Miriam somehow attends them all.

An Art show without a treat is just an Art show, a luminary walk without hot cocoa is a stroll through lights, and a theatrical show without dinner is poor timing for many families. A school without Miriam, might still have the food, but they don't have the connections. Miriam shows us all that we can make a difference and lead no matter our role. BMES is a better place because of her."

-Matt Owsley, Principal, BMES



Karen Galvin

Teacher Aide, Desert Willow Elementary School

"Ms. Karen is one of our amazing lunch aides. Every day she comes to work with a smile, even when the temperatures are sweltering or freezing. She has two grandchildren that attend Desert Willow, but she treats every student as if they are her grandchild. One day during lunch, a student was unable to speak or breathe. Ms. Karen knew exactly what to do and performed the Heimlich maneuver. We will be forever grateful for her quick actions and attention to our students. Ms. Karen is deserving of the Carefree Cares award for the care she shows towards our students every day."

-Brandie Baca-Dunlap, Principal, DWES



Jamie Hixon

Teacher Aide, Horseshoe Trails Elementary School

"Jamie Hixon has done an outstanding job serving as our 4th, 5th and 6th grade Coding and STEM facilitator at Horseshoe Trails Elementary. In her short time working with our oldest students on campus, she has fostered meaningful learning opportunities that encourage students to further their learning outside of school. Projects that include computer programming, sequencing code, robotics and stop motion animation. Mrs. Hixon is a quick learner, very organized and builds great rapport with our leaders on campus- kids LOVE Mrs. Hixon and her class! Most recently, Mrs. Hixon helped us plan and organize our first STEM Night in three school years and even ran a station that taught students how to operate a Dot and Dash robot. Without a doubt, our STEM program would not be what it is without the leadership of Jamie Hixon. We're very blessed and lucky to have her as part of our Stallion family."

-Aaron Pettinato, Principal, HTES

Carefree Cares Awards continued...



Alexis Huss

Resource Teacher, Cactus Shadows High School

"Alexis Huss is an amazing teacher-leader at Cactus Shadows High School. She supports all CSHS students and wants them all to be successful. Her true passion in education is teaching our exceptional students. She works with kids who need behavioral support and others who need academic support. She is pro-active in everything she does for students, staff and the campus. She takes the time to form relationships with her department and all teachers. She is a great leader and advocate for what is right not only with her students but the staff as well. Her expertise in the classroom can be seen in her creative and meaningful lessons. Through her English class she taught the standards using supplemental material that was about the Granite Mountain Hot Shots. This learning opportunity is one that the students will talk about forever. Alexis advocates for all and helps ensure that all students are provided with the necessary tools and supports to find success at Cactus Shadows High School. She truly cares about each student and staff member and makes CSHS a great place to learn and work.."

-Sarah Barela, Principal, CSHS



Deanne Pipitone

Resource Teacher, Lone Mountain Elementary School

"Mrs. Pipitone has been such a blessing to our PALS program here at Lone Mountain. With her supportive and positive attitude she has welcomed and made our students and families feel included and a part of the Lone Mountain community. There have been a "few hiccups" in our PALS programing this year and she has met each challenge with a smile and the resolve to do what is best for her students. Mrs. Pipitone is patient, caring, and sets high expectations for her learners whether it be in the academic or social and emotional realm. We are so happy to have Mrs. Pipitone here at Lone Mountain!"

-Emily Hill, Principal, LMES



Alicia Valva

English Teacher, Sonoran Trails Middle School

"Alicia Valva is a true asset to our CCUSD community. Her willingness to tackle any task is not only admirable, but greatly advantageous to our campus and district. Alicia has been instrumental in the cultural change that has taken place at STMS, that ultimately will impact our community in teaching our students how to be STAR students (Safe, Trustworthy, Accountable, and Respectful). Her input in our school and district mission and vision has been invaluable. She leads by example and models great character to her students and colleagues alike. Students aspire to be like Ms. Valva. She is dedicated to her students and is passionate about doing what is best for our school, district and community. She is a positive influence and an amazing educator for our District and community. This award is very well deserved.."

-Jill Sarraino, Principal, STMS



Amanda Whitaker

Resource Teacher, Desert Sun Academy

"Amanda Whitaker is a positive and professional staff member at DSA. She continuously creates an environment in her classroom for all students to be successful. In meetings, she is professional and always makes sure families feel like they are part of our team. She is someone whom we can rely on and who will always go above as she advocates for her students."

-Kelly Zywczyk, Principal, DSA



RURAL METRO COMES TO AID DURING CAREFREE ART FESTIVAL

By, Shawn Gilleland, PIO, Rural Metro Fire

On January 22, 2023, during the Carefree Arts Festival, an attendee of the festival suffered a sudden and life threatening cardiac event. Bystanders immediately alerted the crew on duty at Rural Metro Fire station 821, located only yards from the Art Festival venue. Crews expediated an emergency response and found the patient being attended to by a Deputy from the Maricopa County Sherriff's Department.

Emergency Medical Personnel from Engine 821 and Rescue 821, consisting of EMT's and Paramedics, conducted a preliminary assessment and determined the patient was suffering a cardiac emergency. Crews from Engine 821 and Rescue 821, proceeded with life-saving emergency protocols and prepared the patient for emergency transport to definitive care. Crew members performed life-saving protocols including CPR, in route to the hospital. Because of the crews timely, skilled, and professional interventions, ROSC (Return of Spontaneous Circulation) was established, and the patient was breathing on their own on arrival at the hospital and transfer of care.

One might think this is a rare occurrence. However, this is the second time in less than a year that crews from Station 821 have responded to this event under these circumstances and because of their interventions the patient was delivered the definitive care with ROSC and breathing on their own.

From the time the crew was notified to initiating transport, only six minutes had passed. It is overwhelming to think that the balance of a life hung on six minutes. But, in those six minutes, these crew members were quite possibly the difference between life and death.

Rural Metro Fire is honored to provide the highest levels of skilled emergency medical and fire services to the Carefree community. We would like to commend the crew of Engine 821, Rescue 821, and MCSO for their rapid, skilled intervention, and out standing patient care.

Rural Metro Fire would remind the community about the signs and symptoms of a cardiac emergency.

Signs and Symptoms include:

- Chest pain, pain radiating down the arm or into the neck, jaw, or back. Complaint of a weight on the chest
- Difficulty breathing, sudden shortness or breath
- Diaphoretic- cold sweats clammy skin
- Rapid or slow heart rate
- Dizziness or fatigue
- Symptoms can come on suddenly or progress over time (Hours, Days)

If you are experiencing any of these signs or symptoms see your doctor or call 911.

Rural Metro Fire also encourages community members to learn CPR, as the application of quality CPR as soon as possible proceeding a cardiac arrest, increases the survivability for the patient by nearly 95%.

Incident # - 23016495

Knock at Station 821 - 1055

Arrived on scene - 1057

Transporting to hospital - 1101

On duty crew

E821: Captain Ojeda

Eng. Peters

Firefighter Espinoza

R821: Rhea, Browning



LOCAL PRESS

January 2023 press mentions and news articles are linked here for your reference (click title to read):

[Carefree Kicks off General Plan with Community Workshop](#) | [Sonoran News](#)

[Carefree Consignment Specializes in 'Great Quality, Great Prices'](#) | [City Sun Times](#)

[Things to do in Phoenix this weekend](#) | [Fox 10](#)

[Weekend Wellness Workshop at CIVANA](#)

[Carefree Desert Gardens 20th Annual Garden Seminar Series Reblooms Jan. 14](#) | [City Sun Times](#)

[Carefree Water Conservation: A New Year's Resolution](#) | [City Sun Times](#)

[Keeler's Neighborhood Steakhouse Presents Ehlers Estate Winemaker's Dinner](#) | [Patch.com](#)

[Dick Van Dyke Loves Being a Father to his Four Kids](#) | [Do You Remember](#)

[10 Quirkiest Streetnames in the US](#) | [The Travel](#)



Photo: Jubilate Conservatory of Music braves the cold to perform in Sanderson Lincoln Pavilion



MARK YOUR CALENDARS

[CLICK HERE FOR ONLINE EVENT CALENDAR](#)

Holiday Closures at Town Hall

Feb 20 | President's Day

General Plan Community Workshop #1

Feb 1 | Council Chambers

Town Council Retreat

Feb 3 | Council Chambers

Carefree Town Council Meeting

Feb 7 | Council Chambers

Desert Gardens Seminar:

Landscapes for Responsible Water Use

Feb 11 | Sanderson Lincoln Pavilion

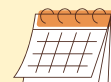
Carefree Planning & Zoning Meeting

Feb 13 | Council Chambers

Third Thursday Art Walk

Feb 16 | Carefree Art Galleries & Town Center

2023 TOWN COUNCIL MEETING DATES



- February 7, 2023
- March 7, 2023
- April 4, 2023
- May 2, 2023
- June 6, 2023
- July 11, 2023
- August 1, 2023
- September 5, 2023
- October 3, 2023
- November 7, 2023
- December 5, 2023

PUBLIC SERVICES:



Carefree Fire Station 1

(480) 488-0347

Non-Emergency & Snake Removal

(480) 945-6311



Carefree Water Co.

(480) 488-9100

Emergency

(480) 252-7661

carefreewaterco.com/



Maricopa Sheriff's Office (MCSO)

(602) 876-1742

District 4:

37622 N. Cave Creek Rd.,
Cave Creek, AZ 85331



Code Enforcement

480)-488-3686

Building Inspections

(480)-488-1471

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Carefree Connection

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- Access Information
- View Latest Updates
- And more...

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One of the locals enjoying a Carefree morning



Desert Foothills LEADERSHIP ACADEMY

ACTION GETS REWARDED

Fun with the Fire Department



VIP Experiences



Pride in Graduation



LEADERSHIP PAYS DIVIDENDS

Every organization profits from people with strong leadership and savvy professional skills. But leadership skills training can be inconvenient, boring, and expensive for businesses and their employees. Therefore, the Desert Foothills Leadership Academy has created fun, interactive monthly sessions packed with exclusive behind-the-scenes experiences that help participants feel strongly connected to their community.

Academy Space Is Limited, Apply Today
DesertFoothillsLeaders.org

2023

Leadership Academy

SEMINAR SERIES

CAREFREE
DESERT
Gardens
2023



GARDEN INSECTS: FRIENDS & FOES

Sat., Jan. 14, 9:30 AM | Speaker: Carol Stuttard

Location*: Sanderson Lincoln Pavilion 101 Easy Street

Join popular gardening educator, Carol as she discusses the vital role insects play in our local ecology. She will introduce us to the wonderful and fascinating world of insects and help us discover who our gardens' allies and enemies are.



SENSIBLE LANDSCAPES FOR RESPONSIBLE WATER USE

Sat., Feb. 11, 9:30 AM | Speaker: Kirti Mathura

Location*: Sanderson Lincoln Pavilion 101 Easy Street

It's crucial we each do our part to conserve water. Kirti will show us that through water-efficiency, sensible planning, and proper all-around maintenance, we can still have beautiful landscapes in times of extreme drought and continue to enjoy thriving outdoor spaces.



YEAR-ROUND COLOR FROM YOUR LANDSCAPE

Sat., Mar. 11, 9:30 AM | Speaker: Dr. Jacqueline Soule

Location*: Sanderson Lincoln Pavilion 101 Easy Street

Local garden writer Dr. Jacqueline Soule will discuss low water plants that will help your landscape look colorful, lush, and inviting to you – especially in the cooler months of our winter when we want to use our yards.



BEAUTIFUL DESIGN FOR SMALL SPACES

Sat., Apr. 15, 9:30 AM | Speaker: Katie Coates

Location: Council Chambers 33 Easy Street

Explore ideas to help create your own oasis in smaller spaces whether a small yard, courtyard, balcony, patio, or several smaller areas within a larger space. Knowing the right plant for the right place is essential to creating the ideal space to bring more success and enjoyment to how you live outside.

Third Thursdays

CAREFREE
ARIZONA

ART WALK
4 PM - 7 PM



An evening of art and culture in Carefree!

ADELANTE GALLERY

7212 E. HO HUM DR. #14

LUCY DICKENS FINE ART

34820 WHILEAWAY RD

THUNDERBIRD ARTISTS GALLERY

99 EASY ST.

ARTISTIC DWELLINGS

36600 N. PIMA RD #402

M & E STOYANOV FINE ART

30 EASY ST.

VIRGINIA BROOKS ART

7402 E. SUNDANCE TRL.

CIOLIM

7275 EASY ST.

STEVE STENTO FINE ART

42 EASY ST.

WILD HOLLY GALLERY

22 EASY ST.

GALLERY MICHELE

100 EASY ST. #1

STUDIO WEST & RC GORMAN

37555 N. HUM RD.

ZUVA GALLERY

42 EASY ST.

GRACE RENEE GALLERY

7212 E HO RD.

SUE BICKERDYKE INTERIORS

36889 N. TOM DARLINGTON DR.

VisitCarefree.org | (480) 488-3686 | 8 Sundial Circle, Carefree AZ 85377

