



Senior Moments

April, 2019

Please have all articles to me for next month's newsletter by Thursday, April 25.

Dee Clarke DeeClarke11@gmail.com 702-870-8702



Spring is here. The golf course is looking great. Grass has turned green again and weeds are springing up everywhere. We all need to check our property and try to keep it weed free as possible.

Something we all have noticed is all the dogs in our community. Seems as if everyone moving in has a dog. Having a dog comes with some responsibilities. #1 You MUST pick up after your dog everywhere!!! #2 You do not allow your dog to do 'their business' on someone else's property. #3 You must have the dog on leash when walking them. #4 Dogs are not to be left out unattended on a deck/porch. Unfortunately, Desert Greens is NOT dog friendly.



It has been noted that there have been many water heaters failing and leaking. Water leaks can cause major damage. It is recommended that you have a pan under the heater to catch water and also that you check it regularly. A little time spent inspecting could save you a lot of trouble.

Our librarian requests that you do not place magazine on the book rack. If you want to donate magazines, contact anyone in the HOA office. Thank you to everyone who donates books to our library.

Our annual Yard Sale is Saturday, April 13th, 8am to 2pm. This event draws a huge crowd. We will be setting up on Friday. We ask that all residents DO NOT come on Friday to shop. It is quite difficult to set up & price items while people are trying to browse. If you have items to donate, please let me know. If you have large items to donate, we can pick them up the week before the sale.



Thanks for your support
Buzz and the HOA Board

Activities Committee

Last month the Mardi Gras potluck and the St. Paddy's dinner were excellent and well attended. Thanks to everyone that organized and participated. This month's big event will be the community-wide Yard Sale on Saturday, April 13th. Hours will be from 8:00 am to 2:00 pm. Judy Becker still has a few tables available for anyone that wants one. The fee to participate is \$10.00, whether or not you need a table. This helps defray the cost of advertising and insurance. Please get your money to Judy by Wednesday, April 10th. Tables will be delivered on Friday, April 12th.



If you have items to donate to the community table, bring them to the office or contact Buzz. We are also asking for donations of plastic bags (like the Wal Mart grocery bags) so we can pack items purchased from the community table.

Set-up of the community tables will be starting Friday April 12th at 10:00 am. Any help will be appreciated. There won't be any "early bird" browsing, Desert Greens residents will have to wait until Saturday to go through the tables.

All the usual events, card games, etc., will still be going on. Wanda Posey will still lead Bunco through the summer, even if the participation dwindles due to "Snowbirds" bailing out. Consult the calendar for dates and times. Ken Booth is offering pinochle lessons to anyone wishing to learn the game. He has a write-up separately from the Activities report.

The pool is scheduled to re-open mid-April. The Activities Committee approved purchase of a new net and volley ball for the pool. Volleyball is open for everyone that wishes to participate, and holding your competitor underwater is discouraged.

The Coffee Hour will be held on Wednesday, April 24th this month. Representatives from Comfort Hospice will be here to do blood pressure tests and offer any relevant advice. This is a free service to us.

The April highlights are:

- Sat., April 13th ~ Desert Greens Community Yard Sale from 8:00 am to 2:00 pm.
- Wed., April 24th ~ Coffee Time at 9:00 followed by Activities meeting.



Looking ahead to May, Saturday, May 4th will be Derby Day. Join us to watch the 145th running of the Kentucky Derby, followed by the Desert Greens Derby. Sunday, May 5th, we observe Cinco de Mayo day in the clubhouse. The annual Desert Greens Memorial Day golf tournament and BBQ will be held over the Memorial Day weekend.

As usual, consult the Senior Moments calendar to keep updated on the various activities. We are always looking for exciting things (or maybe not so exciting) to do here, so please come to meetings and offer your suggestions. The committee is really everyone here at Desert Greens, so come on down and join the fun!!

Finally, from time-to-time, we send out emails to Desert Greens residents alerting them of some activity or event. If you wish to have your e-mail address added to the list, there is a sheet in the clubhouse, or email Stu at stu1942egerton@gmail.com.

Stu Egerton - Co-chair of Activities Committee

WANTED: Card Players to learn PINOCHLE!

Ken Booth will teach 3 or 4 interested beginners to play Pinochle. Join many of our friends in this not- difficult, friendly card game. We have games twice a week and tournaments once or twice a month.

Call Ken at 1-763-559-2315 to talk about it or to reserve a spot in this upcoming class.

It's never too late to LEARN and have some FUN. Give me a call.



Pinochle Tournament Results

February 1st - There were 12 players and 6 double pinochles

- 1st place - Linda Feliciano - 507
- 2nd place - Mike Bonami - 459
- 3rd place - Louise Allen - 456
- 4th place - Jerry Labiak - 417

February 15th - There were 16 players and 12 double pinochles

- 1st place - Nancy Suter - 540
- 2nd place - Sharon Ankrum - 534
- 3rd place - Ken Booth - 524
- 4th place - Zona McCracken - 507

March 1st - There were 12 players and 10 double pinochles

- 1st place - Jerry Labiak - 544
- 2nd place - Nancy Suter - 528
- 3rd place - Marion Doy - 511
- 4th place - Ed Davis - 502

March 15th - There were 16 players and 6 double pinochles

- 1st place - Tom Wermager - 571
- 2nd place - Zona McCracken - 566
- 3rd place - Jerry Labiak - 545
- 4th place - Chuck Clark - 508

Next tournament is Friday, April 5th.

POC: Ken Booth

Women's Gathering at Desert Greens

Women's gathering at Desert Greens continues two times a month

- Wednesdays – April 10 and 24 - from 10:30 am - 11:30 am.

Join in the fun & laughter as we continue to explore fascinating women, world travel insights, share ideas & learn from each other! All women & friends invited! Contact (253) 653-0684....if questions



Splinters from the Bench – April, 2019

APRIL SCHEDULES:

All League Golf Starting Times 9:00 AM

- Men's League Golf - (Tues & Fri)
- Women's League Golf - (Mon & Thur)
- Mixed Scrambles - (Saturday)
- Mixed League Golf - (Sunday)
- Mixed League Golf - (2nd Friday of the month) - alternate format

Next Golf Committee Meeting – Friday, April 19th at 12:00pm (after golf).

We just completed our three-day stroke play Men's Club Championship.

- Ralph Roque with a net score of 177 with a handicap of 3 - Club Champion
- Mike Nelson with a net score of 178 with a handicap of 11 - Runner-up

Play was suspended on day two of the tournament due to rain which required the golfers to play extra holes in a grueling, third and final day of play. It was a close contest with half the field, nine players with handicaps from single digits to 16, still in contention during the final round. Thank you to all who participated in the tournament and to Tony Texeira for coordinating.

Sadly, the ladies portion of the championship was cancelled due to lack of participation. Next year, the golf committee will publish the dates for this tournament earlier and, hopefully, get more women entered.

TIPS AND TALES FROM THE TEE:

- You're not the only one to lose your golf ball in the water. In fact, just at the 17th hole at the Stadium Course at Sawgrass, more than 125,000 golf balls a year are hit into the water.
- Mike Austin holds the world record for the longest drive in professional play, driving 515 yards at the Winterwood Golf Course in Las Vegas, Nevada in 1974, blasting it 65 yards past the flag on the par-4 fifth. If you are wondering which course this is, Winterwood was opened in 1964, and then the new owners renamed it to Desert Rose Golf Club. It's had a major upgrade and is now called The Club at Sunrise. There is more to the story about the upgrade, check it out if you're interested. <https://www.reviewjournal.com/local/local-columns/john-asay/the-club-at-sunrise-offers-new-golf-on-an-old-course/>

That's all for this month. Let me know if you have any suggestions for the next golf meeting or future newsletters.

Ralph Roque



Fitness Room – April, 2019

Breathing Correctly when Weight Training

The following information came from the web site below, and it's mostly for those of us that do weight training exercises, however, needless to say, correct breathing is important all the time.

<https://www.livestrong.com/>

Whether you're lifting barbells in the gym or moving house furniture, it's probably your natural inclination to hold your breath. Improper breathing technique can quicken fatigue, cause dizziness and increase your blood pressure, which can lead to fainting. By breathing correctly when lifting, you will likely have a higher degree of control and alertness during your exercise. Breathing correctly can help you avoid weight-room-related injuries. Never start this or any new exercise regimen without consulting your doctor first.



- **Step 1** - Do some deep breathing exercises before you start your workout session. Close your eyes and take in a deep breath through your nose, hold it for one or two seconds and let it go through your mouth. Repeat this for a few minutes. Deep breathing before you exercise sets the stage for controlled breathing during your workout. It relaxes you and makes you more conscious of your breathing.
- **Step 2** - Breathe out as you lift the weight. Begin breathing out right as you pick up the weight. For example, on a bench press you fully exhale through your nose or mouth as you push the barbell away from your chest.
- **Step 3** - Breathe in through your nose in a controlled manner as you lower the weight. Lowering weight requires less exertion, which makes it an ideal time to inhale.
- **Step 4** - Avoid using the Valsalva maneuver during lifting. The Valsalva maneuver refers to holding one's breath during lifting. It is commonly used by professional power lifters but it runs the risk of increasing your high blood pressure, which can lead to fainting or a heart attack. According to the British Journal of Sports Medicine, using the Valsalva maneuver during either the single arm curl or double knee extension produced the highest blood pressure response in the beginner weightlifters used as subjects in the study.

Tip - Start lifting with light weights until breathing correctly becomes second nature. Heavy weights demand more concentration and strength, which makes it easier to break concentration and forget to breathe correctly. If you have to hold your breath to lift the weight, then it's too heavy.

Bob Jacobs

Trip of the Month

Wolf Mountain Sanctuary, Lucerne Valley, California

Of all the articles that I have researched, I believe that this is the most unique and interesting one that I have written or ever will write.

Wolf Mountain Sanctuary is a 501c3 (non-profit), all-volunteer educational organization dedicated to the preservation, protection, and proper management of wolves in the wild and in captivity.



Their purpose and ultimate goal is to save these great noble animals from extinction by teaching the public to advocate for wolves and participate in activities that help the wolves.

REMEMBER, EXTINCTION IS FOREVER!

The Sanctuary is located in the high desert of Southern California. They rescue wolves from the movie industry, private owners, and from breeders. They currently care for 11 wolves and are one of the few sanctuaries in Southern California where you can be very close to the wolves through viewing areas. They feel that as the wolves will be captive for their entire life, they need to have human contact from their caretakers and receive all the love that we can give them. The impression a 140-to-180-pound wolf leaves on you is everlasting. To look into their knowing, wise, amber colored eyes is a moving, spiritual experience. When you look into the eyes of a wolf, you see your soul.....

NOTE: You actually get to touch a wolf and will most likely get kissed by a wolf (if you want to!)



Tonya Littlewolf, an Apache lady, aka Mama Wolf, is the Founder, Leader and Teacher of Wolf Mountain Sanctuary with a lifelong passion for wolves. She takes in wolves that are about to be destroyed because they no longer can be cared for and desperately need a home. She gives them both food and love, and makes them available for the public to view. She has spent her entire life taking care of and fighting for the wolves. It is a very tough life to care for so many, but this is what she is on this Earth to do. Tonya is a very special person who loves everyone and has the biggest heart in the whole world. Tonya has been

with wolves since she was only two years old. The wolves trust her and allowed her to spend time with them in their den. As Tonya grew up, she spent all of her free time studying the wolves' behavior and learning their ways. Tonya has the wolf spirit in her. She will always have a special relationship with them.

For more information on the Sanctuary their contact information is listed below.

Web site: <http://www.wolfmountainsanctuary.net/home.html>
Mailing Address: Wolf Mountain Sanctuary
Post Office Box 385
Lucerne Valley, California 92356
Telephone Number: (760) 248-7818 (8am to 6pm, please, no calls on Monday)
Email: info@wolfmountain.com

Bob Jacobs

Bob Jacobs being kissed by a wolf.

