



Senior Moments

August, 2019

Please have all articles to me for next month's newsletter by Thursday, August 29.

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It is that time of year again to start thinking of volunteering and running for the HOA Board. There will be 3 two-year terms and a one-year term up for election. Applications won't be available till the end of September, but start thinking about getting involved.

We have had many new residents join our community this last month. When you see a new face, introduce yourself. Maybe find out which home is theirs and make a new friend. We welcome ALL residents to join our activities.



Speeding and not stopping at stop signs continue to be a problem. 15 MPH is actually fast for a community with narrow streets. We have so many walkers and bicycles on our streets. The HOA Board worries that there will be a serious accident one day. Please slow down and stop at all stop signs, including when coming in the front gate.

August is always very hot. Take advantage of the pool to cool off. Always protect yourself from the sun.

Stay safe.

Thank you for the Support

Buzz and the HOA Board

Your Attention Please...

There are still too many residents not following our simple Rules & Regulations. All residents signed a document that you "received and read the governing documents." Read and reacquaint yourself with them.



In our rules, Article 7 - Home & Property Standards reads:

If a resident elects to improve, change, add or subtract from home site, the Owner/Lessee shall provide the ACC with a plan of work to be done PRIOR to the proposed date of commencement of work. The plan shall include a detailed description of the intended improvement, change, etc. The ACC shall have 45 DAYS to accept that plan, reject the plan, or accept the plan subject to certain conditions. Such conditions may include alterations to color, materials, or other aspects of plan. The ACC shall have the absolute discretion to determine whether a particular plan is in accordance with these Rules & Regulations. The determination of the ACC is final. WORK WILL NOT COMMENCE UNTIL A SIGNED APPROVAL IS RECEIVED.

ACC forms used to submit the details of your project are available at the HOA Office.

We must all follow the rules.

Buzz and the HOA Board

Activities Committee

Water volleyball has been canceled due to the lack of participation. Water aerobics is going strong Mondays Wednesdays and Fridays at 9:30am.

This time of year, participation is always low, but all daily activities will continue. Come down to clubhouse and join in.



Labor Day is around the corner. Monday September 2nd will be our BBQ. Sign-up sheet will be posted two weeks prior. If you plan on attending, it is very important that you sign up. We need an accurate count to have enough food.

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.

Buzz Heldt - Co-chair of Activities Committee

Splinters from the Bench – August, 2019

AUGUST SCHEDULES:

All League Golf Starting Times 7:00 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, August 23rd at 9:30am (after golf).

Desert Greens and its golf community say a fond and grateful farewell to their Tournament Coordinator, Tony Texeira. All of the golfers would like to extend their sincere thanks to Tony for all of his work coordinating the tournaments over the past few years. Good luck Tony, and hit 'em straight.

Congratulations to Bob Braga who had a hole-in-one on #6 hole on July 16th, his second in less than a month.

TIPS AND TALES FROM THE TEE:

Four old men went into the pro shop after playing 18 holes of golf.

The pro asked, "Did you guys have a good game today?"

The first old guy said, "Yes, I had three riders today."

The second old guy said, "I had the most riders ever. I had five."

The third old guy said, "I had seven riders, the same as last time."

The last old man said, "I beat my old record. I had 12 riders today."

After they went into the locker room, another golfer who had heard the old guys talking about their game went to the pro and said, "I've been playing golf for a long time and thought I knew all the terminology of the game, but what's a rider?"

The pro said, "A rider is when you hit the ball far enough to actually get in the golf cart and ride to it."

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

Ralph Roque

With Appreciation and Thanks



The family of Ta'afili Sagapolutele (Fili) would like to express our appreciation to all who attended his "Celebration of Life." Everyone has been so kind and giving through all of our sorrow. Ta'afili is greatly loved and missed. Thanks to all!

Judy Sagapolutele

Women's Gathering at Desert Greens

The next Desert Green's Ladies summer outing is on **Wednesday, August 14**. We will meet at the club house @ 10:00 am and carpool at 10:30 am to **Sanders Family Winery**, 3780 Kellogg Road, Pahrump for a winery tour & tasting & shopping.



Then let's head to lunch nearby at the new **Noodles & Crepe** restaurant, 1541 E. 372 Nevada Highway, Pahrump 89048 775-505-0880 Try a crepe or entree!

Feel like getting out ??? Just meet at the club house & join the fun! All women of Desert Greens invited!

We resume twice-a-month meetings at the club house in September.

Any questions? Contact Suz Hill- 253-653-0684

Talent Wanted for Entertainment Night in December

Entertainment Night Entertainment Night is scheduled for Saturday, December 14. Several residents have already expressed interest in participating, but we can always use more. If you can sing, dance, play an instrument, tell funny stories, or just want to show off, please contact Dick Pfeifer at 850-384-4272. We are really looking for a few female vocalists to sign up. Practice over the summer and join the fun in December!

July 17 Pinochle Tournament Results

12 Players and 4 Double Pinochles

- 1st Place Louise Allen 605
- 2nd Place Mary Costa 523
- 3rd Place Ken Booth 516
- 4th Place Nancy Suter 509

Next Tournament - August 16th (Just one in August)

POC: Ken Booth



Fitness Room – August, 2019

What happens to endurance as we age?

Endurance decreases as we age. In one study of more than 3,000 70-79-year-old men and women, researchers investigated the relationship between the speed at which these subjects walked 1/4 of a mile and their risk of premature mortality, cardiovascular disease, and mobility limitation. The results showed that those with the slowest walk times (less than 6 minutes) had a higher risk of death, cardiovascular disease, and mobility limitation than those who walked the distance in less than four and a half minutes. In fact, every additional minute of walking time was associated with higher and higher degrees of risk; approximately 13% of the participants could not even complete the distance due to fatigue or symptoms (breathlessness, cramping, etc.).

There's good news when it comes to fitness, walking endurance, and health. In a classic study of walking and mortality in 700 men enrolled in the Honolulu Heart Program, the mortality rate among the men who walked less than one mile per day was nearly twice that among those who walked more than two miles per day (studies of women show equally potent results).

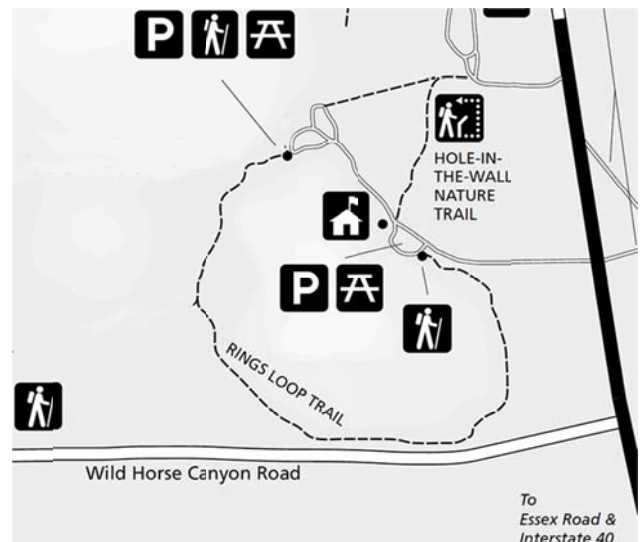
In another equally-impressive study, data collected on more than 41,000 men and women from 1990 to 2001 were analyzed to find the relationship between walking and mortality. It was reported that men and women who walked 30 minutes or more per day during the study period had fewer deaths than those who walked less than 30 minutes. Interestingly, even men and women who smoked or were overweight were protected from early death if they walked more than 30 minutes per day.

Bob Jacobs

Day Trip of the Month

Hole in the Wall Ring Hike, Mojave National Preserve, California

This hike is in the Mojave National Preserve in California, and this area is one of the most scenic places in the preserve. It's a little hard to describe how to get to this location without a map and you will be driving on at least 15 miles of dirt roads to get to the trail head, however the Park Service tries to keep the roads in good condition for the average vehicle;



but I would suggest that you visit the Mojave National Preserve Visitors Center in Kelso, California to obtain current road conditions, maps and information from the Park Rangers before heading out to this area.

NOTE: Also this hike is not for the very young or the elderly, as it is on the aggressive side. There is a point where there is a 12 foot cliff that is straight up and you have to use the metal rings that the Park Service has placed in the small cliff for hand and foot holds.

The start of this hike is off the Black Canyon Road in the Mojave National Preserve and the Hole-in-the-Wall Rings Trail is a must see and do! The namesake Ringbolts serves as hand holds and steps granting passage through a couple of steep and narrow sections on this 1.5 mile loop trail.

Before setting out on the trail, from the parking lot, take a quick detour to a fenced-in overlook with a view into one of Hole-in-the-Wall's unique canyons of pocketed rock walls. Leave the overlook and follow the Rings Trail down a few boulders into a narrow canyon. There are two dry falls on the descent into Banshee Canyon, the heart of the Hole-in-the-Wall which was named for the crying sound that the wind makes as it blows through the Swiss Cheese-like rock formations.

To make it safe for hikers to continue, there are two sets of rock-mounted ringbolts, which you can use as hand holds and steps to proceed down to the rocky amphitheater at the bottom of Banshee Canyon. Here you will be tempted to poke your head through porthole-sized gaps or climb inside larger pockets in the hundred-foot tall rock face. The first quarter mile stretch of the Rings Trail is the most exciting and hikers may wish to turn around at the bottom of the canyon and hike back up over the rings for a half mile round trip hike. Otherwise, follow the path out of the mouth of Banshee Canyon into a broader desert landscape. Reach a junction with Barbour Peak Loop Trail and turn left, continuing along the Rings Trail as it wraps around the south side of a rock wall on a gradual course to a trailhead next to the Hole-in-the-Wall Visitor Center.

The Hole-in-the-Wall area was created millions of years ago when a nearby volcano erupted, covering the area with a mixture of gas and ash. The ash cooled and the gas dissipated, leaving behind the porous holes in the walls.

There are bathrooms and picnic tables near the trailhead. No fee or permit is required to hike, so get out and enjoy!

Bob Jacobs



Canyon Walls in Banshee Canyon



Some of the rings that you will have to use to get through the narrow canyon walls that go straight up for about 10 feet.