



## Senior Moments

December, 2019

Please have all articles to me for next month's newsletter by Friday, December 26.

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We all hope everyone had a happy Thanksgiving. The holiday season has arrived. Our clubhouse is beautifully decorated. Come down and see how great it looks. Thank you to all you that helped.



As a community, we always do several charitable events this time of year. This year, we have the tin cans that you put any spare change (or bills) in. They need to be turned in to the office by Wed., December 4th. The Marines have placed a box for "TOYS for TOTS" in the clubhouse to collect new unopened toys. Also this year, there will be an ANGEL TREE placed by the Salvation Army. If you're not sure how this works, stop by office, and we can explain.



There were only four applications for the four open spots on the HOA Board. Your 2020 HOA Board will be Michael (Buzz) Heldt, Arlene Chandler, Michael Mouer, Louie Decanio, and Darren Proulx. The Board will meet in early January to elect required board positions.



December 18th at 10am, we will hold the Quarterly Community meeting. At this meeting, a vote will be held on the 2020 budget, and the 2020 HOA Board will be introduced. The meeting will be preceded by Coffee Time and the Activities Meeting. Come early, 9am, and see what is discussed at our Activity meetings.

Everyone have a safe and joyous holiday, and we hope to see you all at the Community Meeting on Wednesday, December 18th.

Almost forgot. don't forget the "Annual Christmas Cart Parade" followed by singing carols in the clubhouse on Saturday, December 21st. Also, on Saturday, December 14th is our Entertainment Night. Come and enjoy some of our local talent. Tickets are limited, so get yours soon. Tickets are available in office.

Thanks for your support  
**Buzz and the HOA Board**

## Activities Committee

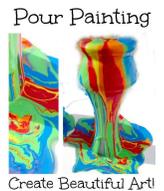
Our big November event was the annual Craft Fair organized by Judy Mouer. Judy reported that it went very well. The vendors were very pleased with the participation and enjoyed the good turnout. The Activities Committee was able to turn a profit, but not as much as when we were able to provide soup and baked goods. Judy reported that she and other crafters are negotiating with the Health Department to see what can be done in the future. We are keeping our fingers crossed. Stay tuned!!



We are now getting into the holiday season and a lot of us will be traveling to spend time with friends and relatives or hosting them. This is always a busy time for everyone, and there will some events here to occupy all of us.

**Entertainment Night** The annual Desert Greens Entertainment Night featuring our residents will be Saturday, December 14<sup>th</sup>. Dick Pfeifer is organizing the event. Tickets are \$5.00 and are available in the office. Please note that the doors open at 6:00, and the program starts at 7:00. There will be snacks on the tables and music for your dancing pleasure when the entertainment portion of the night is done. The intermission treat will be brownies ala mode.

Carol McGovern is once again offering a "Pour Paint" event on Tuesday, December 10<sup>th</sup>. This is a different approach to art and the results have been stunning. The cost is \$10.00. Contact Carol (775-727-7384) for more information. Participation is limited and there have already been several sign-ups, so don't wait too long.



The Christmas cart parade will be Saturday, December 21<sup>st</sup>. Everyone is invited to decorate their carts (or not) and join the fun. Participants should plan to meet at the clubhouse at 4:30. The parade will start around 5:00 followed by caroling and Sloppy Joes in the clubhouse. Everyone is invited even if you don't join the parade. This is always a great time.

As of this writing, there won't be a New Year's Eve party this year unless someone wants to host it. If anyone is interested, please contact either Buzz or me.

The monthly Coffee Hour will be Wednesday, August 18<sup>th</sup> at 9:00 followed by the Activities meeting. The meeting will start earlier because the HOA quarterly meeting is at 10:00. Everyone is encouraged to attend and see what's happening.

- Dec 10<sup>th</sup> ~ "Pour Paint" art at 1:00 pm led by Carol McGovern. Cost is \$10.00.
- Dec 14<sup>th</sup> ~ Entertainment Night. Doors open at 6:30. Entertainment starts at 7:00.
- Dec 18<sup>th</sup> ~ Coffee hour at 9:00 am hosted by Judy Becker followed by Activities meeting
- Dec 18<sup>th</sup> ~ HOA Quarterly meeting at 10:00 am
- Dec 21<sup>st</sup> ~ Cart parade followed by caroling and Sloppy Joes in the clubhouse. Carts meet at 4:30.

I occasionally put out email to the residents regarding Desert Greens events, activities or updates. If you wish to be included in these mailings, you can put your name and email on the clipboard in the clubhouse, or you can email me at [stu1942egerton@gmail.com](mailto:stu1942egerton@gmail.com).

We are always looking for exciting things 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!!

And finally, **MERRY CHRISTMAS** and **HAPPY NEW YEAR** to all!!!

**Stu Egerton - Co-chair of Activities Committee**

## Splinters from the Bench – December, 2019

### DECEMBER SCHEDULES:

- All League Golf Starting Times 11:00 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

Congratulations to Ken Mather who had a hole-in-one Saturday, November 16.

Next Golf Committee Meeting – Friday, December 20th at 1:30pm (after golf).

**NOTE:** Ralph Roque retired at the end of November as Golf Committee Chairman. We want to thank you Ralph for all the time and effort you put in the past 2 years revising the rules etc. you did a great job. With that being said, the committee elected new officers as follows: effective December 1, 2019 Butch Walters, Chairman and Mike Bonomi, Treasurer.

### Listed below are the current members of the golf committee:

Butch Walters, Chairman; Mike Bonomi, Treasurer; Mike Nelson and Barb Villa as Co-Tournament Directors, Diane Swab, Women's Rep.; Bob Braga, at large. Non-member Pat Walters, Secretary.

Please turn in all golf tournament monies (Maintenance fee \$1.00) to Mike Bonomi at hole number #4.

We will be looking for volunteers on the adopt-a-hole program to help maintain tee boxes and greens.

Fall and winter are upon us. We are in that time of year, please stay off the course when the **course closed** signs are up. The signs are typically posted on the first tee and on holes that are entered from the street, such as #4, #6 and #8. This also includes the practice green.

### TIPS FROM THE TEE:

#### **Golf Etiquette: What you need to know.**

- Don't talk or move around when someone is taking a stroke
- Be ready to play when it's your turn, it's your turn when your ball is farthest from the hole.
- On this course we play ready golf unless someone gets a birdie or hole-in-one that person goes first on the next hole.
- Don't step in your playing partners putting lines.
- Make sure everyone is behind you when you're ready to hit the ball.
- Help the greens keepers out, repair divots on tee box and ball marks on the greens and rake bunkers after hitting your ball out of the bunker.

That's it for this month. Let one of our golf committee members know if you have any suggestions or questions for the next golf meeting or future newsletters.

**Butch Walters**



## Ladies' Gathering at Desert Greens



Note there will be only 1 event in December, and it will be on the 3<sup>rd</sup> Wednesday...mark your calendars!

Wednesday, Dec. 18th  
10:30 am @ Clubhouse

Come join us for a chat & to celebrate the Season of Giving & word for the day.... "others!"

Bring a non-perishable food item for our local food bank to share!

Then, carpool for a Dutch Lunch at Carmelo's Bistro @11:15 at 1640 E. 372nd, Pahrump

Any questions? Suzanne Hill (253-653-0684)

Email: [Suzehill77@gmail.Com](mailto:Suzehill77@gmail.Com)

## Nine Hole Golf League

Attention -- All golfers, the 9 Hole Golf League is alive and well.

Come and join us on Wednesday mornings.

We will tee off at 11:00 am for the month of December.

Practice your game or play a match.

Both men and women are welcome.



## POC Ken Booth

## November Pinochle Tournament Results

### November 1 Results:

- 1st Place - Jerome Labiak 559
- 2nd Place - Zona McCracken 558
- 3rd Place - Chuck Clark 549
- 4th Place - Marian Doy 521

Ten Double Pinochle's

### November 15 Results:

- 1st Place Tom Wermager 727
- 2nd Place Ken Booth 685
- 3rd Place Anna Turner 547
- 4th Place Wille Borsellino 539

Ten Double Pinochle's



Note: Tom Wermager and Ken Booth had a rare Double Run for 150 points.

## POC: Ken Booth

## Fitness Room – December, 2019

Variety can help you continue exercising. Here are suggestions for a variety of exercises.

**For aerobic exercise:** Walking, dancing (when's the last time you took a ballroom-dancing class?), biking, and swimming are all good options. You can also try exercise videos. The website, **Collage Video**, is a good resource. They have lots of videos for individuals of all ages (search their site for "Seniors"). Also check out your local senior center, rec center, Y, or local fitness center for classes that are appropriate for you. Many centers offer exercise classes for seniors. They're out there if you look.

**For resistance exercise:** You don't need to pump iron in a gym to do resistance exercise. Of course, if you want to go to the gym, I wouldn't discourage you. But if you prefer to do it at home, you can. I recommend exercise tubing if you're looking for a simple but effective way to do resistance exercise at home. Exercise tubing is inexpensive and versatile (you can do lots of very different exercises with them) and a great way to get started with resistance exercise. You can start with a set of four tubes for about \$20. They come in colors to denote the tension. If you order them, make sure to order the strap that allows you to attach the tube to a door, and if you want to work your legs, ask for leg straps. Here are some vendors that sell them:

<http://www.performbetter.com>

<http://www.power-systems.com>

If you don't get around very well and prefer to exercise sitting down, try exercise videos in a chair.

**Collage Video** and **Armchair Fitness** are two good resources.

**For flexibility exercise:** There are lots of good resources for stretching exercises.

Search by keyword "stretch" or "flexibility" at **Collage Video**, and you'll come up with a multitude of possibilities. I recommend yoga if you want to learn how to stretch. Check for yoga centers in your neighborhood or at your local recreation center or senior center. Check your local rec center or Y for stretching classes. Stretching classes are a great way to relax, improve your flexibility, and maybe even meet some new people!

Here are some excellent books:

*Stretching for Fitness, Health & Performance: The Complete Handbook for All Ages & Fitness Levels*

by Dr. Christopher Oswald and Dr. Stanley Bacso

*Stretching for Flexibility and Health* by Francine St. George

*Stretch and Strengthen* by Judith B. Alter

*Stretching* by Bob Anderson (This book is a classic, and I recommend it for beginners.)

Every Day for Life!

Be Active, Your Way,



## Bob Jacobs



Just a reminder that if you were kind enough to pick up one of the decorated cans from the clubhouse, they are scheduled to be turned in to the office by Wednesday, December 4th. Thank you for your generosity. Stu Egerton for the Desert Greens Activities

## Day Trip of the Month

### Hidden Forest Cabin Hike in the Desert National Wildlife Range, Corn Creek, Nevada

This area is located just northeast of Las Vegas in the Corn Creek area and is a fairly strenuous hike, and you will gain 2000 feet in altitude if you make it all the way to the cabin. And the one-way distance is a little over 5 miles to the cabin, so plan on spending a full day for this hike. If you make it all the way, there is a log book for people to sign inside the cabin. The cabin is believed to have been constructed in the 1880's or 1890's. There is a spring at the cabin; however, I wouldn't advise drinking the water. This area is a great place to sit in the shade, rest, relax, listen to the birds, and contemplate life during a simpler time when people lived in the log cabin and roamed these mountains guarding against poachers.

This hike follows a wash, which consists of loose gravel that is hard to walk in. The wash will enter Deadman's Canyon, and the environment starts to change to a forest. The trail is easy to follow as you just follow the wash the entire way. There are forks in the wash, but they all converge back to the same one. Try to always take the left fork, as there is a little less gravel in that direction. About 4 miles in, you will start to encounter the Ponderosa Pine Forest. Also, if you make this hike in the winter, there is a very good chance you will be hiking in snow, as I was, so be prepared. The altitude at the cabin is about 7,900 feet.

To get to the trailhead from Pahrump, take State Highway 160 North to State Route 95 and turn right (South). Travel State Highway 95 South and exit on the Corn Creek Station Road. Travel about 4 miles to the **Corn Creek Field Station**, which is a good place to stop and see their little museum and the Ranger there can provide additional information on this area. At the Field Station, turn left (North) on Alamo Road, from here, they are dirt roads that can be a little rough, so a 4-wheel-drive and HIGH CLEARANCE vehicle is recommended. Drive 15 miles on Alamo Road and turn right (East) on Hidden Forest Road and follow this for about 3.7 miles to a locked gate at the head of Deadman's Canyon and the trailhead for Hidden Forest.

**NOTE:** At the **Corn Creek Field Station**, there are a few short and easy hikes at that location for those that don't want to tackle the above hike. There are some really nice trails that take you over and along Corn creek, several ponds, some historic ranch buildings, and under shady trees. This is a pastoral area, which was inhabited in the 1700's by Paiute Indians, by Mormon settlers in the 1850's, pioneers and ranchers in the 1900's, as it was a wagon/stage stop. It was purchased by the Government in 1936.

**Bob Jacobs**



**Photos of the Hidden Forest Cabin.**