



## Senior Moments

February, 2020

Please have all articles to me for next month's newsletter by **Thursday, Feb. 27.**

Dee Clarke [DeeClarke11@gmail.com](mailto:DeeClarke11@gmail.com) 702-870-8702



As we all know, water conservation is of major importance here in Southern Nevada. We all need to do our part. This month, included in the Senior Moments is some information and test dye tablets to check your toilets for leaks. This is just the start of our water conservation effort. More to come at later date.

Looks as if warmer weather has arrived. With this comes more outside activities. More walkers, bicycles, and tricycles will be on our streets. This makes it even more important to obey speed limit and stop signs. **PLEASE SLOW DOWN & BE SAFE.**

We have many newer residents here in our community. We would love for each and every one to get more involved in the community. There are many weekly events, special events and committees needing and wanting your participation. Don't be shy, come and join the fun. Even meet new friends.

We would like to remind everyone of several rules:

1. Any change in landscaping must be approved prior to starting.
  2. Any exterior painting must be approved prior (with color swatch provided.)
  3. Unplated vehicles are not allowed.
  4. Parking on empty lots is not allowed.
  5. You **MUST** pick up after your dogs.
- Please reread our "Rules & Regulations"



It has been noticed that some people are tossing cigarette butts out of car windows. This is not acceptable. Please dispose of your cigarettes properly.

Thank You for Your Support

**HOA Board**

## Maintenance Committee Established

At the January 9 HOA Board meeting, the new Board voted to establish a new committee. This committee would focus on maintenance throughout the Desert Greens Community. The goal and objective of this committee is to ensure assets and property are properly maintained to reduce the likelihood of large future expenses. Preventative maintenance is always less expensive than emergency repairs or rehabilitation.

To accommodate this increase in management attention, an additional HOA Board meeting (focusing on maintenance issues) is now scheduled on the fourth Thursday of each month at 2 pm. A three-person board has been formed with MJ Hendrie, Michael Caristo, and Bradlyn Kelley serving on this committee. Board member Darren Proulx has accepted the assignment to oversee the maintenance committee and liaison representing the HOA Board.

The first item of business was to establish a regular cleaning schedule with specific duties and cleaning assignments. The cleaning crew that has been providing services in the clubhouse met with the committee to establish a new and expanded scope of work for a nominal cost increase. The Board voted on January 23rd to accept this cleaning contract. We expect, over the coming months, that the clubhouse and surrounding area will have a noticeable improved appearance.

We would like to thank those volunteering on this committee for their service to the community.

**Darren Proulx, HOA Board Member**

## Water Saving – Check Your Toilets for Leaks

Water consumption in Desert Greens is a major expense to the association and our members.

In an effort to conserve water and thereby reduce this monthly expense, the 2020 HOA Board has attached to the February Senior Moments newsletter an educational flyer and two leak detection tablets that can be used to identify leaks in toilets.



There are approximately 500 toilets in Desert Greens. If each homeowner will test their toilets and fix any leaks detected, thousands of gallons of water (and Dollars) can be saved.

Simply follow the instructions on the flyer and help reduce wasted resources (water & money).

## Activities Committee

January was a pretty good month for us. The Soup-alcious Potluck hosted by Marietta and Nancy was a great success. There was a lot of delicious food. Desert Greens is blessed with some pretty darn good cooks.

Thanks to everyone that participated in the “*Un-decorate*” the clubhouse party. All the Christmas stuff has been stored away until next season.

February gets into the swing of things with a Meet and Greet at the clubhouse on Sunday, February 9 at 2:00. Stop by to get acquainted with your neighbors.

The fun continues with a new event, a *Memories Potluck* on Saturday, February 15, hosted by MJ Hendrie. Bring your favorite dish from your childhood (main dish, appetizer, dessert) to share. Also, bring a picture of yourself from those by-gone days in a plain envelope. This involves a guessing game, so don't have your name on it anywhere. And finally, if you wish, dress in something appropriate to your chosen era. There is a sign-up sheet in the clubhouse.

Saturday, February 22, is a "NO COOK" day: Sign-up sheets are in the clubhouse for both events.

- Floyd's pancake breakfast will be in the morning. The breakfast is \$3.50 and always goes over well.



- And Trivia makes its return in the evening. Trivia is free and Sloppy Joes will be served before the competition. Participation is limited to 19 teams of 3 people each, so sign up early. Singles will be grouped with others. Prizes are being offered. Ken Booth is organizing the trivia again, and we expect it will be as great this time as it was last year.

Tuesday, February 25, is the annual *Mardi Gras* potluck party hosted by Linda Hogan and Arlene Chandler. As always, Buzz will be providing Hurricanes.



Line dancing started last month on Thursday afternoons, 2:00 to 3:30. Couples dancing is also included in this activity. There's been a lot of interest, and more participation is welcome.

A suggestion was made to see if there was enough interest to start playing Bingo on Saturday evenings when the clubhouse is not being used. There is a sign-up sheet in the clubhouse to determine interest.

Lastly the Bunco organizers are tentatively scheduling a second Bunco for Friday, February 14, to see if there is enough interest to do this twice a month.



The Coffee Hour and Activities meeting will be held on Wednesday, February 26, this month.

The February highlights are:

- February 9<sup>th</sup> ~ Meet and Greet at 2:00
- February 14<sup>th</sup> ~ Tentatively Bunco
- February 15<sup>th</sup> ~ Memories potluck hosted by MJ Hendrie
- February 22<sup>nd</sup> ~ Floyd's Pancake breakfast at 9:00 am
- February 22<sup>nd</sup> ~ Trivia hosted by Ken Booth
- February 25<sup>th</sup> ~ Mardi Gras potluck hosted by Linda Hogan and Arlene Chandler
- February 26<sup>th</sup> ~ Coffee Time at 9:00 hosted by Bradlyn Kelley, followed by Activities meeting.

Looking ahead to March, Floyd will be doing another breakfast on Saturday, March 14<sup>h</sup>, and March Madness makes its return on Saturday, March 28. Vic and Judy are looking for someone to take over the St. Patrick's festivities. Judy has all the information on the past several events if anyone is willing to step up.

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 the Activities meetings and offer your suggestions. The committee is really everyone here at Desert Greens, so come on down and join the fun!!

Lastly, I often send out emails to the community advising of significant events or happenings. If you wish to be added to the Desert Greens group mailings, please sign up in the clubhouse or send me an email at: [stu1942egerton@gmail.com](mailto:stu1942egerton@gmail.com). Thanks. See ya around.

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

## Memories Potluck

*Memories . . .*

Mark your calendar for Saturday, February 15, for the “Memories Potluck”. This is the time to share your childhood favorite casserole, appetizer or dessert with your Desert Green family. A sign-up sheet is at the clubhouse. Please bring a photo (no larger than 5 x 7) of you between the first grade and/or college graduation (ages 5 to 25) to share with everyone. Photo should be in a plain envelope. Do not put your name on the photo or the envelope, as we will be using the photos in a game. Cocktail hour will start at 5pm. BYOB but coffee/water will be furnished. Hope to see you there.

**POC: MJ Hendrie**



## Country Line Dance & Couples Dance

Thursday afternoons – 2 PM to 3:30 PM - Desert Greens Clubhouse

- **Singles dances include:** Electric slide, blackjack, cotton eyed Joe, ten step, cupid shuffle, straight eight, shotgun, cowboy cha-cha.
- **Singles and Couples:** Ten step, cowboy cha-cha etc.
- **Couples:** Polka, waltz, two step and more.

All residents are welcome!

**Any questions contact: Butch Walters, 240 Montecito Dr.**



## Trivia Night

**TRIVIA**  
*Night*

Back by popular Demand! Fun for All!

Dinner ... Dessert ... Door Prizes Free!! It doesn't get any better!

When: Saturday, February 22, 6 pm

Entries are limited – 19 teams of three people. Dual and single entries will be matched up. Walk-ins may play if there are spots available, but those

signed up will have priority. Sign up in the clubhouse – sign up now to insure your entry!

**POC: Ken Booth**

## Bingo Anyone?

We are considering having a Bingo night on one Saturday night of the month, tentatively from 6 to 8 pm. This would be a fun activity on the weekend for those who do not play cards. Details are currently being worked out. We will be putting a sig- up sheet at the clubhouse to see how many would be interested. Contact MJ Hendrie at [mary.jean.hendrie@gmail.com](mailto:mary.jean.hendrie@gmail.com) if you have questions or would like to provide input. Hopefully we will be able to get started in the March timeframe.



**POC: MJ Hendrie**

## Ladies' Gathering at Desert Greens - All women welcome



**Wednesday, February 12** – Mark your calendars! 10:30 -11:30 am at the clubhouse. Come join us for a chat & to celebrate the **"What's love got to do with it!"** Hot beverages & homemade goodies!

**Wednesday, February 26** - Meet at clubhouse at 10:30 am. Come join us for a chat & celebration of **"Mardi Gras!"** Then, let's go to lunch at our local El Jefe's restaurant at 1560 E. Calvada Blvd @ 11:15 am Bring a friend...

**Any questions?** Suzanne hill (253-653-0684)

## 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 11:30 am for the month of February.  
Practice your game or play a match.  
Both men and women are welcome.

**POC Ken Booth**



## January Pinochle Tournament Results

### January 3 Results:

- 1st Place – Mike Bonomi 697
- 2nd Place – Louise Allen 536
- 3rd Place – Martha Pavlak 520
- 4th Place - Zona McCracken 498

### January 17 Results:

- 1st Place Jerome Labiak 607
- 2nd Place Anna Turner 606
- 3rd Place Ken Booth 569
- 4th Place Zona McCracken 550

**PINOCHLE  
A TEST OF  
MY SKILL  
VERSUS  
YOUR LUCK**

February Tournaments are on Friday, February 7 and 21.

**POC: Ken Booth**

## SPLINTERS FROM THE BENCH – FEBRUARY, 2020

### FEBRUARY SCHEDULES:

All League Golf Starting Times 11:30 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) – **NOTE:** New format, Individual golf.



All League golfers, please park your golf carts diagonally for league golf, this will allow more room for other golfers to park their carts.

Next Golf Committee meeting will be Friday, February 21, at 10 A.M. (**BEFORE GOLF**) everyone is welcome to attend.

**WINTER IS UPON US.** It's that time of year, be aware of **ice** on the golf cart paths and **ice** while walking on the golf course. Please be careful, and do not risk falling.

### **PLAYERS RESPONSIBILITIES**

New resident golfers and even some long-time resident golfers need to pay attention to signs on the golf course. Please stay off the golf course when the **GOLF COURSE CLOSED** signs are up, maintenance has these signs up for a reason.

It is the player's responsibility to repair divots on the tee box, sand bottles are provided on each tee box for this purpose. Also, please fix your ball marks on the greens.

HOA Committee is asking all golfers to help keep the patio area clean; this includes straightening up and wiping down refrigerator and tables.

### **GOLF FACTS, PENALTIES AND RULES:**

- Don January set the unofficial record for loitering on a green at the final hole on the 1963 Phoenix Open when he waited a full 7 minutes, hoping his teetering ball would drop into the cup. The ball never fell. Instead, the January rule arose, stating a player has 10 seconds to tap his ball in or face a penalty stroke.
- Golfer Denis Watson in the 1985 Open at Oakland Hills near Detroit, was in contention when he waited too long for a putt to drop after what official, Monford T. Johnson, thought was a reasonable time, Watson was assessed a penalty stroke. He finished one shot behind Andy North, the eventual winner.

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**Butch (Don) Walters, Chairman**

## Fitness Room – February, 2020

### How much exercise do I need to do for health and fitness?

The American College of Sports Medicine and American Heart Association recently published guidelines for physical activity in older adults. Here is a summary of the recommendations.

**Aerobic exercise** (walking, jogging, dancing, biking, swimming, etc.): To promote and maintain health, older adults need moderate-intensity aerobic physical activity for a minimum of 30 minutes five days each week or vigorous intensity aerobic activity for a minimum of 20 minutes three days each week. (Moderate intensity is when you feel "warm and slightly out of breath," and vigorous is when you feel "out of breath and sweaty.")



**Resistance exercise** (weight lifting, calisthenics): To promote and maintain health and physical independence, older adults will benefit from performing activities that maintain or increase muscular strength and endurance for a minimum of two days each week. It is recommended that eight to 10 exercises be performed on two or more nonconsecutive days per week using the major muscle groups.

**Flexibility exercise:** To maintain the flexibility necessary for regular physical activity and daily life, older adults should perform activities that maintain or increase flexibility at least two days each week for at least 10 minutes each day.

**Balance exercise:** To reduce risk of injury from falls, older adults with substantial risk of falls (those with frequent falls or mobility problems) should perform exercises that maintain or improve balance.

### How do I get started?

There's no need to try and make up for years of inactivity overnight. In fact, you could get injured or quickly become burned out by doing that. Instead, start slowly and build up gradually. If that means starting with just five minutes of walking, then that's what you ought to do. In fact, one of my favorite plans to recommend for getting started is the five-minutes-out, five-minutes-back plan. Just like it sounds, you walk out for five minutes, turn around, and walk back. That's it...10 minutes of walking, and off you go about your day. If you feel ambitious, you can do seven and a half or even 10 minutes out and back, and add some stretching when you finish if you like.

One of the best ways to get motivated and stay that way is to set goals. I suggest that you set a weekly exercise plan, starting today for the week coming up. Write down what day(s) of the week, what time of day, minutes of activity, and the activity that you'll do. Be as specific and realistic as possible, and remember that it's not how much you do when you get started but that you simply get started. Keep setting and reviewing your goals weekly for at least three months. That way you'll be sure to stay on track and build exercise into your life as a habit.

**Bob Jacobs**

## Day Trip of the Month

### Twenty Mule Team Museum, Boron, California

**NOTE:** This trip should be made in conjunction with the Borax Visitors Center trip which is also in Boron, CA. because they are less than 4 miles apart and are both very interesting and relate to each other. That article will come in next month's issue.



This is a relatively small museum with a lot of history. The museum consists of three separate rooms. The first room introduces the visitors to the early days of mining in the area around Boron. This room also includes a nice little Gift Shop. Guests have the opportunity to see borax ore specimens mined from the open pit mine before they are crushed and processed.

In the second room visitors are familiarized with the early days of Boron. Here the history is personalized with focus placed on people, organizations, businesses, and the necessary steps people took to create normal lives in the middle of the unforgiving Mojave Desert.

The third room continues the story of mining at the Boron site. Visitors will see how mining progressed from dangerous underground tunneling to an open pit operation. Here, guests can watch videos about mining and the world famous 20 Mule Teams. There is an area in this room dedicated to train buffs with exhibits, plus there are displays outside of the museum showing old mining equipment and the actual old Boron Train Depot was moved here.

In the early years from 1883 until 1889, there was really no way to ship the ore from the recent borax discoveries in Death Valley to the nearest railway in Mojave, California except by mule train across 165 miles of desert. It took about 16 days, 18 mules, and 2 horses to carry each load of ore and water across the harsh desert. The wagon beds measured 16 feet long and were 6 feet deep. The wagons were constructed of solid oak and weighed 7,800 pounds empty. When the two wagons were loaded with ore and a 500-gallon water tank was added, the total weight of the mule train was 73,200 pounds or 36 1/2 tons. When the mules were added to the wagons the caravan stretched over 100 feet. In 1912, a larger borax deposit was discovered near Boron, California, but it was not until 1927 that underground mining began. In 1957, open pit mining began at the plant.

The museum is open seven days a week from 10 am to 4 pm and is closed Thanksgiving, Christmas and New Year's Day but always call first before visiting them at (760) 762-5810.

**Directions to the museum are from Barstow, California (I-40 and I-15):** Take highway 58 west for 38 miles to the Boron Avenue off ramp and exit the freeway and turn left onto Boron Avenue. Follow Boron Avenue approximately one mile to Twenty Mule Team Road and the museum is located on the Southwest corner at the intersection of Boron Avenue and Twenty Mule Team Road.

**NOTE:** I didn't include any photos of the inside of the museum because there were just too many things to see, you must go and look for yourself at all the interesting items on display.

**Bob Jacobs**