

Desert Greens HOA Office: 775-751-9006 (M-Th 9-1) Email: [desertgreenshoa@gmail.com](mailto:desertgreenshoa@gmail.com)  
Desert Greens Website: <http://www.desertgreenscommunity.org>



## Senior Moments

January, 2020

Please have all articles to me for next month's newsletter by Thursday, January 23.

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



We're hoping everyone had a Merry Christmas and a safe & Happy New Year.

The 2019 HOA Board thanks all of our residents for their support this past year. It was a good, but stressful, year. Many new homes and residents have come to Desert Greens. We are very happy to have all of you in our Family. As I have always said, when you see someone you haven't met, introduce yourself and hopefully make a new friend.



As I do every month, I must mention safety. We all need to remember to lock things up. There is no need to give thieves an opening. Speed is still a problem. Please remember our speed limit is 15 MPH. Stop signs are very important. Watch your speed and stop at the stop signs. Let's have a safe 2020.

I feel many changes & improvements will be coming in 2020. There are many items to be discussed by the new HOA Board. I look forward to working with them all. The next Executive Board meeting is January 9 at 10am in the conference room. This is when the board elects its officers. Residents may attend.

We are still having a problem with people NOT following the rules.

The rules state that only 2 dogs are allowed per residence. No dogs are allowed on the golf course (including cart path), any landscaped Association property or someone's private property.

We strongly urge that you never allow your dogs on your deck or porch unattended. Several dog owners are not picking up after their dogs. PLEASE have respect for your neighbors and community and be responsible pet owners. Weeds will be popping up again soon. Before the ACC issues a letter, if you can't remove weeds yourself, you can contact me (Buzz) or the office. We will get a crew member or a willing resident to assist you for a small negotiated cost.



Last but not least, I want thank Jerry Holmes for his 10 years on the HOA Board. He plans on keeping busy doing projects around the house. The 4 years we have served together have been very pleasurable. He will be missed by us all in the office.

Thanks for your support

**Buzz and the HOA Board**

## Activities Committee

We managed to ease our way through the very busy holiday season and now it's time to catch our collective breaths and start looking forward to 2020. There are some interesting events planned for the coming year as well as some of the "tried and true." Check the calendar for dates and times of all the usual daily activities. Looking forward to a lot of fun this year.

A big thanks to everyone that used a Christmas can to donate to the Nye County Coalition for the homeless children. Close to \$450.00 was realized from this effort. Great job everyone!!

Entertainment Night was a huge success again. A very large thanks to all the great performers and a special thanks to Dick Pfeifer for organizing and hosting.

The clubhouse will be closed all day on Friday, January 3<sup>rd</sup> for carpet cleaning. Please observe this. Thank you in advance.

Tuesday, January 7<sup>th</sup> will be the annual "Un-decorate the Clubhouse" event. This starts at 10:00 am, and everyone is welcome and appreciated.



Since we all enjoy eating, there will be a "Souपालicious" potluck on Saturday, January 11<sup>th</sup> and a Biscuits and Gravy breakfast on Saturday, January 25<sup>th</sup>. Sign-up sheets will be posted in the clubhouse.



On Thursday, January 16<sup>th</sup>, a representative from Nathan Adelson Hospice will here to give a presentation at 10:00. There will also be a sign-up sheet for this.

The Coffee Hour and Activities meeting will be held on Wednesday, January 22<sup>nd</sup> this month.

The January highlights are:

- January 3<sup>rd</sup> ~ Clubhouse closed all day for carpet cleaning.
- January 7<sup>th</sup> ~ Take down Christmas decorations from the clubhouse.
- January 11<sup>th</sup> ~ "Souपालicious" potluck hosted by Marietta Rio and Nancy Suter.
- January 16<sup>th</sup> ~ Presentation at 10:00 by representative of Nathan Adelson Hospice.
- January 22<sup>nd</sup> ~ Coffee Time at 9:00 hosted by Marietta and Arlene, followed by Activities meeting.
- January 25<sup>th</sup> ~ Biscuits and Gravy breakfast at 9:00 hosted by Janell.

Looking ahead to February, there will be a "Meet and Greet" at the clubhouse on Sunday, February 9<sup>th</sup>. MJ Hendries will host a Memories potluck on Saturday, February 15<sup>th</sup>, and a French Toast breakfast will be held on Saturday, February 22<sup>nd</sup>. Of course there will be a Mardi Gras celebration on Tuesday, February 25<sup>th</sup>. More information on these events will be forthcoming. Stay tuned.

A suggestion was made that an event be held where all former military residents can gather in the clubhouse. When a decision is made as to when the event will be held, a sign-up sheet will be available in the clubhouse.

A shredder truck will be coming sometime soon. The HOA Board will discuss a date and all will be notified.

As usual, consult the Senior Moments calendar to keep up-dated 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!!

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

“HAPPY NEW YEAR”

## SPLINTERS FROM THE BENCH – JANUARY, 2020

### JANUARY 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.**



Congratulations to Ron Laster for a Hole-in-One on hole 16 on December 21<sup>st</sup>.

We are pleased to announce that Ken Mather was voted in as the newest member of the golf committee. Welcome Ken, were looking forward to your input.

Next Golf Committee Meeting – Friday, January 17<sup>th</sup> immediately following golf, (approx. 2:00 pm)

Thanks to all the volunteers that signed up on the Adopt-A-Hole program to help maintain tee boxes and greens.

**WINTER IS UPON US.** It’s that time of year, please be aware of **ice** on the golf cart paths and **ice** while walking on the golf course. Also stay off the course when the **course closed** signs are up.

**Players Responsibility** - Please be courteous to homeowners if you hit their house with a golf ball and do any damage to their property, try to contact the homeowner and if they’re not home leave a note with your name and phone number. There was an incident a week ago where a golfer was also rude to a homeowner. Show respect and at least apologize for hitting their home, even if you didn’t do damage.

### **TIPS FROM THE TEE:**

#### ***It’s all in your head***

In putting visualization is everything, you can visualize in two ways, either you see the hole as very small or so big that anyone can drop the ball in. The former, of course, is infinitely more damaging to your psyche than the latter. When you imagine that the hole shrinks, the ball doesn’t seem to fit. You can tell yourself that the ball is 1.68” in diameter and the hole is 4.25” across all you want, but the fact remains that the ball is too big. I know, I’ve been there, it won’t fit. No matter what I do. About this time, I usually seek psychiatric care and surround myself with pastel colors.

And on other days, happily, the hole is so big that putting is like stroking a marble into a wine barrel. Simply hit the ball, and boom, it goes in; when this happens to you savor every moment. Drink in the feeling and bathe in it so that you don’t forget it-because you may not take another bath for a long time. The crazy thing is that the 2 scenarios can occur on consecutive days, in consecutive rounds, and on consecutive holes. Why? I’ve no idea. Figuring out why is way beyond my feeble intellect. Try not to think too deeply about putting...

*Excerpt from: Golf for Dummies, By Gary McCord, copyright © 1999 Wiley Publishing, Inc*

**Butch (Don) Walters, Chairman**

## Contacting Mike Mouer

At the December board meeting Buzz introduced the new Board Members for 2020. I mentioned I would publish my contact information in Senior Moments, as sometimes I can't understand people on the telephone...it sounds like they're mumbling, so here's my email, which is the best way to contact me: [mouermichael1@gmail.com](mailto:mouermichael1@gmail.com)

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

### January 8th – Wednesday

Mark your calendars! 10:30 -11:30 am @ clubhouse. Come join us for a chat & to celebrate the New year with hope, hot beverages & homemade goodies!



### January 22nd - Wednesday

Meet at club house at 10:30 am. Come join us for a chat & to celebrate the joys of winter!?!? Followed by lunch at our local Ohjah steak house @ 11:30 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 January.

Practice your game or play a match.

Both men and women are welcome.



## POC Ken Booth

## December Pinochle Tournament Results

### December 6 Results:

- 1st Place – Ken Booth 642
- 2nd Place – Chuck Clark 602
- 3rd Place – Mike Nelson 600
- 4th Place - Martha Pavlik 538

### December 20 Results:

- 1st Place Virginia Larson 621
- 2nd Place Dennis Larson 613
- 3rd Place Willie Borsellino 535
- 4th Place Ken Booth 520



January Tournaments are on January 3<sup>rd</sup> and 17<sup>th</sup>.

## POC: Ken Booth

## Fitness Room – January, 2020

### What happens to our joints as we age?

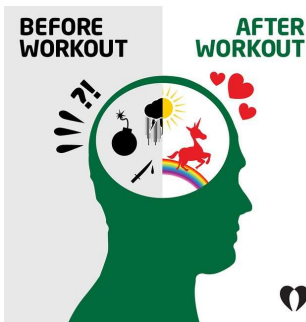
Many aging adults are susceptible to osteoarthritis (the type of arthritis that affects the bone by wearing down the cushion that pads the space between bones).



In a large study of 439 adults (aged 60 and older) with osteoarthritis who did either aerobic exercise (walking) or resistance exercise (weight lifting) for 18 months, participants in the aerobic exercise group had a 10% decrease on a physical disability questionnaire, a 12% lower score on a knee pain questionnaire, and outperformed non-exercising individuals in the study on the following tests: a six-minute walk test (they walked further); the time it took them to climb and descend stairs; the time it took them to lift and carry 10 pounds; and the time it took them to get in and out of a car. In the weight-lifting, group, there was an 8% lower score on the physical disability questionnaire, 8% lower pain score, greater distance on the six-minute walk, and faster times on the lifting and carrying task and the car task than in the individuals in the study who did not exercise.

Other studies confirm that exercise can improve function for people with arthritis. Make sure to check out the Arthritis Foundation Web site for more information on exercise and in particular, their PACE program (People with Arthritis Can Exercise). They offer exercise videos and water classes all over the country.

### Can exercise improve mood?



Research suggests that as many as 14% of males and 18% of females over age 55 are depressed. It has been documented, in younger adults, that exercise can alleviate symptoms of depression and even compete with the effects of antidepressant medication or psychotherapy in terms of effectiveness. Unfortunately, there is very little research on the effects of exercise and depression in older adults. What is fair to say is that exercise has a mood-elevating effect in most adults, whatever their age, even if it's not the cure for depression in the elderly. Talk to most anyone who exercises, no matter what their age, and they will report what used to be called a "feel-good" phenomenon after exercise. Whether it's from getting the heart beating or the blood pumping, from invigorating brain cells, or simply getting out in the fresh air, a good dose of exercise typically improves mood, and so I recommend it for virtually everyone.

### Bob Jacobs

## Day Trip of the Month

### Badwater, Death Valley National Park, California

**NOTE: As always when traveling in the Desert, TAKE PLENTY OF WATER.**

Badwater Basin is 18 miles South of Furnace Creek in Death Valley National Park. At 282 feet below sea level this place is the lowest point in North America, the Dead Sea, between Israel and Jordan, is the lowest place on Earth at 1371 feet below sea level.



The site itself consists of a small spring-fed pool of "bad water" next to the road in a sink; the accumulated salts of the surrounding basin make it undrinkable, thus giving it the name. The pool does have animal and plant life, including pickleweed, aquatic insects, and the Badwater snail. Several salt trails and shallow seasonal streams lead towards other pools out across the valley.

During occasional rainy periods, a large shallow lake forms, several miles across and is only a few inches deep, but most of the water soon evaporates or sinks below ground. Badwater never dries out completely, and even manages to support a unique species of fish, the Death Valley pupfish, a small bluish creature which has evolved to survive in the hot saline conditions. South of the salt pools, the seasonal Amargosa River meanders for 30 miles via several routes towards the mouth of the valley, before sinking into the sand.

Apart from the extreme temperatures that prevail most of the year at Badwater, one unusual feeling when walking around is the heaviness of the air, augmented by the localized humidity from evaporation of the salty water, all movement seems more labored and difficult than usual. The shade temperature is often above 120°F, yet at such times it is an unforgettable experience to wander a little way out onto the salt flats, and just stand for a while in the stifling heat.

There is not much else at the Badwater viewpoint apart from an orientation table, identifying many of the surrounding mountains. High in the rocky cliffs above the road, another sign reads 'SEA LEVEL' which is far up on a mountain to the East, giving a good indication of just how low the land is. Far above this, the overlook at Dante's Peak has imposing views over Badwater and the surrounding desert.

An enlarged parking area and other new facilities were constructed in fall 2003 to cope with the ever increasing visitor numbers at the site.

## **Bob Jacobs**

