

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



Senior Moments

June, 2020

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

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



The Governor is slowly allowing things to open up in the State. As some of you know, our pool & spa opened a couple of weeks ago for residents only. We now allow guests of residents to use pool. Please use a towel or blanket on chairs. It is recommended you wipe chair down before sitting in it.

The exercise room should be opened by the time you read this. As of today, Thursday, May 28, we're waiting to have exercise room completely cleaned.

Some machines may be moved to maintain social distancing. Sanitizing wipes will be furnished, as available, to wipe all equipment after use. This is very important for your own and others' safety. The golf course has never been closed. All golfers have followed the required restrictions. I thank every golfer for that. Looks as if we will allow guests of the residents to play with a resident. Unfortunately, one person in cart will continue. Couples living together will be the exception. They may ride together. We're not sure when the clubhouse activities will resume. Everyone will be notified by email with all information on activities. If we don't have your email, come to clubhouse and add it to the list. Be sure to read Stu's Activities report this month.

Double doors will be installed at card room beginning June 8. The job should only take 3 or 4 days. If you are in clubhouse, please avoid the area.

I regret that we couldn't hold a board meeting in May as thought. We will have a regular board meeting in June, with the social distancing relaxing. Not sure when a Community Meeting will be. Everyone will be notified by email and postings on bulletin board of all meetings.

We are continually trying to clean out the ponds. I am working with a biologist with new chemicals. So far #7 looks better. We do have filter and valve problems on the ponds. Bear with us while we work to improve. Because of the heat, the crew will be starting earlier. Mowers may wake some of you up a little earlier than normal. We are sorry for this inconvenience.

As a side note; Jerry Holmes has made several Senior Moment boxes. If you're interested in one, contact Jerry at 775-537-7830.

**Thank You for Your Support
Buzz and the HOA Board**

Activities Committee - June

Hello all from Quarantineville. As of now, there is nothing scheduled for June, but with the Governor starting to open things up, maybe we can begin some of our activities again. If we are able to have a meeting, it will be on Wednesday, June 24th. As usual, I will send out emails to keep everyone updated.

We have had some informal discussions about maybe having a cart parade on the July 4 (just like the good old days – last year). If the circumstances warranted, we could even follow up with a cookout at some location where we could still practice “social distancing” and not be exposed to too much sun. Any ideas? Feel free to share.

There won't be a calendar this month either, but as usual, I will keep everyone posted if there are changes. If you wish to be kept in the loop, please send me an email at: stu1942egerton@gmail.com so I can add you to the Desert Greens address book. Thanks. See ya around.

Stu Egerton - Co-chair of Activities Committee

To Contact the ACC Committee

The Architectural Committee will not be holding their regular meetings. If you need something approved, you may contact a committee member, and they will make arrangements for the ACC Committee to review your request. Members are:

- Bill Swab 775-751-8930
- Judy Haas 775-537-0558
- Joan Fullmer 775-751-1572
- MJ Hendrie 605-271-0724
- Michael Caristo
- Joy Ashcraft 702-219-1417
- Stan Beal 805-208-0975
- Carol McGovern 775-727-7384

CORONAVIRUS POEM 2020

Corona, I used to love you with a lime.
Now I'm plagued with you all the time.

My days are long and I'm not strong.
I only wish that you were gone.

We cope with soap and a lot of hope.

The mask reminds me of the past.
When friends were close, not six feet past.

We pray for those who struggle on
and morn for those so wrongly gone.

I say virus, you've got us all.
For sure, we'd rather be at a mall.

Submitted by Ken Booth

Splinters from the Bench – June, 2020

JUNE SCHEDULES:

All League Golf Starting Times 7:00 A.M.

Women's League Golf - (Mon & Thur)

Men's League Golf - (Tues & Fri)

Mixed Scrambles - (Saturday)

Mixed League Golf - (Sunday)

Mixed League Golf - (2nd Friday of the month) – **NOTE:** Individual golf.



Next Golf Committee meeting will be Friday, June 19th, immediately following men's golf. Everyone is welcome to attend.

We are resuming league golf under the directives of Governor Sisolak's Phase 2 reopening plan. "All businesses opened in Phase 1 must maintain all the same restrictions and guidelines as we had in Phase 1".

That means no touching flag poles, no rakes in sand traps, no sand bottles to repair divots, one person per golf cart unless you reside together, social distancing, etc. We will continue to watch for updates from the Governor's office.

WOW, we still don't get to nag anyone to fix their divots on the tee box or rake the sand traps. We do get to say **"please remember to repair your ball marks on the greens"**.

One item mentioned at the golf meeting was that some holes are getting torn up because people are sticking their putter heads in the hole trying to retrieve their balls. Please try to find another way to pick up your golf balls without damaging the cup.

Players vs. Maintenance Responsibilities

Please stay off the golf course when the golf course closed signs are up, maintenance has these signs up for a reason. Wednesday is maintenance day to work without hindrance, if you see them working on a hole, go around (skip the hole) you can always go back to it later. If you see signs up for "course closed" and it's a normal golf day, you go to hole #1 and wait for the signs to come down. In that situation, everyone must start on hole #1. Maintenance will make every attempt to notify us even if the course will be closed only for a short time.

Tales From The Tee:

A golf club walks into a local bar and asks the barman for a pint of beer.

The barman refuses to serve him.

"Why not," asks the golf club.

"You'll be driving later," replies the bartender.

**Butch (Don) Walters,
Golf Committee Chairman**

Desert Greens Food Drive 2020 June-July- August

Just over a mile from our community, the Salvation Army Food Pantry continues to provide much-needed nutrition for local Pahrump families. They are in need of more non-perishable, protein-based items to supplement their shelves.

Due to the corona virus, those of us over 60 are now unable to participate on-site, but many would still like to help. If you are able to help, we are requesting items like: cans of non-perishable tuna, chicken, beef, Spam-(non pork ok), stew, or chili....or Vienna sausages!

Donations can be be dropped off here in Desert Greens at **721 Montecito Dr.**- a green house with white ramp near the back gate. Place your donations on the green table to the rear of our carport next to the shed. If you require extra help with food or need your donation picked up, please contact me!

Any donations will be taken weekly (Wednesdays) to the Salvation Army at 721 Buol.

This food drive is authorized by Desert Greens as well as Jon Watt & Diane Cox of the Salvation Army, Pahrump.

Thank you for any donations. If any questions, please contact me.

Suzanne Hill....(253-653-0684)

Change to 'Day Trip of the Month' Photos

Because of the costs of printing, pictures from Bob Jacob's "**Day Trip of the Month**" articles will not be included in the printed edition that's handed out in the park, but you can view colored photos that accompany his article in the Senior Moments PDF version that is on our website at <http://www.desertgreenscommunity.org>

You can also view colored pictures and past articles of his many trips at the Pahrump Library Reference Desk when they reopen. They have three notebooks of past day trips, with photos, under his pen name "Prospector Bob."



Fitness Room – June, 2020

The following information came from the following web site.

<https://www.healthline.com/health/flu/boost-immune-system-over-65#1>

6 ways to boost your immune system

1. Eat a healthy diet

Eating a healthy, nutrient-rich diet is a way to boost your immune system so that you can fight off viruses. This includes eating a diet rich in fruits and vegetables, which contain vitamins and antioxidants to promote good health. You should also reduce your intake of sugar, fat, and processed foods, and choose lean meats.



2. Get active

Strenuous physical activity can become harder with age, but that doesn't mean you should stop moving completely. Regular physical activity can strengthen your immune system and help your body fight off infections and viruses. Aim for at least 30 minutes of physical activity for three days a week. This can include walking, biking, yoga, swimming, or other low impact workouts. Exercise increases blood circulation and has an anti-inflammatory effect on the body.

3. Maintain a healthy weight

If you're overweight, increasing physical activity and adjusting your diet can also help you shed excess pounds. This is important because carrying too much weight has a negative impact on your immune system. Both physical activity and eating a healthy diet can reduce inflammation and keep your immune system healthy and strong.

4. Lower your stress level

Chronic stress can affect your immune system, decreasing its effectiveness. When under stress, the body increases the production of cortisol. This is a hormone that helps the body deal with stressful situations. Short-term stress doesn't harm the body. Chronic stress, on the other hand, lowers your immune system response, making you susceptible to viruses and illnesses. To help reduce your stress level, set limitations and don't be afraid to say no. Engage in activities that you find enjoyable and relaxing, such as reading, gardening, golf or whatever makes you HAPPY.

5. Spend time outdoors

Vitamin D also helps strengthen the immune system. If your vitamin D level is low, your doctor may prescribe supplement or recommend an over-the-counter multivitamin. Spending additional time outdoors allows your body to naturally convert vitamin D from sun exposure. The amount of sun exposure to get the vitamin D you need will depend on your skin tone. Some people need as little as 15 minutes, whereas others may need up to two hours. Head outside when the sun isn't too strong to avoid a sunburn.

6. Get plenty of sleep

Sleep deprivation also reduces the effectiveness of the immune system. Sleep becomes more important with age because it also helps improve brain function, concentration, and memory. Older adults who don't get enough sleep are also susceptible to nighttime falls. Aim for at least seven and a half to nine hours of sleep per night. To improve the quality of your sleep, make sure your room is dark, and cool. Keep a regular bedtime routine and limit daytime naps to no more than 45 minutes. Don't consume caffeine late in the day and don't drink water and other beverages one and a half hours before bedtime.

Bob Jacobs

Day Trip of the Month

Lookout City, Panamint Valley Area, California

CAUTION: If you proceed with your vehicle beyond where I started this hike, which was more or less at the base of the mountain you will need a **VERY HIGH CLEARANCE** vehicle with four-wheel drive as the dirt road becomes **VERY ROUGH** and **VERY STEEP**.



Lookout City is located at the top of Lookout Mountain in the Argus Mountain Range at an elevation of 3579. The short-lived history of Lookout City all started in 1875 when rich deposits of silver-lead ore were discovered on top of Lookout Mountain. The discovery was named the Modoc Mining Company, and was sold to a group of investors which included George Hearst, the famous mining engineer, U.S. Senator, and father of William Randolph Hearst who was also the great grandfather of Patty Hearst.

By the end of 1875 the town was in full boomtown status and consisted of 2 general stores, 3 saloons, a slaughterhouse, a hotel, post office and company offices, and as many as 30 wood and stone structures. By 1876 two 6-ton furnaces and a 10 stamp mill were running full speed. By the end of 1876 some 4 million dollars of ore was taken from this area. To supply the furnaces with charcoal, 10 charcoal kilns were built in Wildrose Canyon 25 miles away and a steady stream of burros delivered charcoal in sacks to Lookout City via a pack trail on the east side of Lookout Mountain.

The summer of 1877 was a busy one, as 40 men alone were employed at Wildrose just to keep Lookout City stocked with charcoal for their furnaces. 1877 saw 140 voters registered at Lookout City, and 8 children from here were enrolled in the Darwin School District. In the fall of 1877, things began to take a turn for the worse. The first blow was both of the furnaces breaking down, and then the mining company changed managers, followed by a drop in the price of lead, and finally the company cutting the miners wages. In the end, the miners struck, and again changes were made in management. The furnaces began operation again, but never returned to the height previously seen.

The town of Lookout City was pretty much left of dead by the end of 1878.

Before the town's demise, Lookout City had over 50 dwellings, 5 saloons, a Blacksmith and stable, Modoc Mining Company offices, two General Stores, a post office, and a boarding house with a restaurant. Today there are about a dozen stone walls and foundations of the former town site as well as numerous mining ruins.

To get here, take State Route 190 west out of Death Valley National Park and turn left (south) on the Panamint Valley Road. Follow this road for 7.4 miles, then turn right on Minietta Road (dirt) and follow this road for 3.6 miles until you reach Nadeau Road (dirt). Turn left for about .4 miles, this is where I stopped, as the road gets really rough past this point. From here, walk the dirt road for a strenuous 4 mile hike up the mountain to Lookout city and have fun exploring.

Bob Jacobs



On the way up the mountain, you can see evidence of mining activities.



View from the top of Lookout City of the Panamint Valley down below.



Some of the old stone structures at Lookout City.





More stone structures at Lookout City.

