



Senior Moments

May, 2019

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

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



There are somethings we need to get out to all residents. There have been several vehicles gotten into by thieves. Two were in driveways, and one in the parking lot at clubhouse. These vehicles were not locked. Everyone needs to lock up everything. Also, I have been told young people have been seen walking through our community. Don't be afraid to ask anyone you don't recognize where they live; or if they're young, ask who they are visiting. Be nice and polite. If you receive an attitude from them, call me or the Nye County Sheriff Dept. This is why we need Neighborhood Watch Volunteers. Neighborhood Watch is just that - "WATCH." Contact the office if you would like to volunteer.

Dogs are still being a problem. As I wrote last month, there is really no good place to walk them or to do their business. Everyone should know dogs are not allowed on the golf course. This includes the decorative rock at the end of several holes. It is your responsibility to pick up after your dogs. Please respect the community.



This is the time of year when weeds take over our yards. All residents need to check yards regularly and pull or kill weeds. If you need someone to do it for you, contact Jerry Holmes or me, and we can notify the crew. They will weed yards after work for a low price.

We do have many new residents that you may not recognize. If you see them walking or anywhere in community, introduce yourself. We welcome everyone to all activities.



It has been noticed that the sidewalk in front of clubhouse is looking nasty. Instead of parking golf carts there, just drop off the person and then move to a parking area.

This will probably be the last "Senior Moments" delivered to your home. We ask residents to visit our website [desertgreenscommunity.org](http://www.desertgreenscommunity.org) for everything about Desert Greens and to read the Activities calendar and "Senior Moments" newsletter. Some printed copies of the Senior Moments will also be available in the clubhouse, but take advantage of the convenience of the website.

The pool should be open by the time you receive this. It will be a little cool for a while. The spa will be open soon also. Water volleyball starts May 14 at 11 am. Check your calendar.

Looking forward to seeing everyone at our May events.

Thanks,

Buzz and the HOA Board

Activities Committee

Last month the weather cooperated for the Desert Greens yard sale, and by all accounts, most folks were pleased with the turnout. Many thanks to everyone who donated to the community table.



KENTUCKY DERBY

This month features back-to-back events. Saturday, May 4, sees the return of the Desert Greens Kentucky Derby watch party, followed by the Cinco de Mayo potluck on Sunday, May 5. This is the 145th running of the Derby. It is the longest continuously-running sporting event in the US. Our activities will start at 2:00 with the Desert Greens Derby. Post time for the Kentucky Derby is 3:50 our time. Just bring an appetizer to share. There is a sign-up sheet in the clubhouse. The Cinco de Mayo potluck will begin with happy hour at 5:00 followed by the meal at 6:00. Again, there is a sign-up sheet in the clubhouse.



The annual Memorial Day golf tournament and potluck will again be held on May 25 and 27.

All the usual events, card games, etc, will still be going on. Wanda Posey will still lead Bunco through the summer, even if the participation dwindles due to "Snowbirds" bailing out. Consult the calendar for dates and times.

Water volleyball will begin Tuesday, May 14, at 11:00 am, and will continue every Tuesday and Thursday through the summer. Volleyball is open for everyone that wishes to participate, and holding your competitor underwater is discouraged.



The Coffee Hour will be held on Wed., May 22 this month with Activities Meeting following.

The May highlights are:

- Saturday, May 4 ~ Kentucky Derby watch party starting at 2:00pm.
- Sunday, May 5 ~ Cinco de Mayo potluck. Cocktail hour at 5:00. Meal at 6:00.
- Wednesday, May 22 ~ Coffee Time at 9:00 followed by Activities meeting.
- Saturday, May 25 and Monday, May 27 - Memorial Day golf tournament and BBQ potluck



Suzanne Hill is starting a drive to collect new towels and washcloths for the homeless children of Nye County. She is working with Linda Fitzgibbons of the Nye County Coalition to coordinate this effort. NOTE: It was decided that we (the Desert Greens community) should restart the food donations for our Pahrump homeless veterans. The donation barrel will be set up next to the HOA office again. Please drop by and donate non-perishable food items. If cans, ideally ones with pull-tab tops, so they can be opened without a can opener.

Arlene volunteered Ernie to deliver collected food items to the VFW every week.

A suggestion was made to start a 9-hole golf tournament, and it is being considered. There will be a sign-up sheet in the clubhouse to gauge how much interest there might be.

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

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.

Stu Egerton - Co-chair of Activities Committee

Splinters from the Bench – May, 2019

MAY SCHEDULES:

All League Golf Starting Times 9:00 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, May 17th at 12:00pm
(after golf).



The Memorial Day Tournament will be on Saturday, May 25 and Monday, May 27. Like last year, it will be two-person teams, so please sign up early to ensure your spot. Last person signed up might be left out if we end up with an odd number of players. The first day will be a scramble, and the second day will be best ball. Look for the fliers for details. We'll also be hosting a barbeque on Monday evening. For accurate planning, please sign up on the sheet in the club house.

Starting Wednesday, May 1, there will be a change to the KP payouts with a maximum payout of \$3.00.

TIPS AND TALES FROM THE TEE:

- Though it is nearly impossible to accomplish, an Oakland University student named Cassandra Komma recently scored two hole-in-ones during one nine-hole game. The chances of that happening are one in 64 million.
- The Honorable Guy Butler, a 12 handicapper, played the Kingswood course in Surrey, England, in 1973 with a croquet mallet. It took him 151 shots, including only 33 putts. Butler easily won a bet that he would finish the round in fewer than 250 strokes.

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

Ralph Roque

Kids in Transition Need of Towels and Washcloths



Suzanne Hill is spearheading a project here in Desert Greens to gather new towels and washcloths during the month of May. Recently, the Director, Linda Fitzgibbons, said that there is a need for new towels and washcloths for the children at Nye County Schools.

We have many children in transition (homeless) in our Nye County.....a fresh towel would be a blessing to them this spring. All donations will be dropped off by our team in June, and a total count of towels gathered will be reported to Desert Greens. It is a simple thing we can all do to make a big difference.

Look for the white laundry basket in the Clubhouse, and please donate.

Any questions??? Contact **Suzanne Hill 253-653-0684**

Women's Gathering at Desert Greens

Women's gathering at Desert Greens continues two times a month.

Here are the May plans:

- May 8 - A regular gathering at the Club house with the topic, "May Day." Please bring new bath towels & wash cloths all month for the Nye County Schools program "Kids in Transition." All women in Desert Greens are asked to help! Contact Suzanne at 721 Montecito Drive's back door to drop off donations.....or watch for a basket at the club house.
- May 22 - Gather at the card room at 10:30 for a summer schedule update, where we will continue to gather towel donations and discuss our plans for summer monthly activities. Then at 11:15, we will car pool to lunch at the Stagestop (home of the \$5, \$10, & \$15 menu- drinks & tax included- tip extra-Dutch lunch)...where we can have dessert & coffee, an appetizer, or a lunch (large portions) at 100 W. Stagecoach Road and Blagg, Pahrump.



Any questions??? Contact **Suzanne at 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!

Pinochle Tournament Results

April 5th - There were 16 players and 14 double pinochles

- 1st place - Mike Nelson - 549
- 2nd place - Chuck Clark - 528
- 3rd place - Mary Costa - 500
- 4th place - Jerry Labiak - 499



April 19th - There were 16 players and 8 double pinochles.

- 1st place - Linda Feliciano - 604
- 2nd place - Marion Doy - 542
- 3rd place - Nancy Suter - 538
- 4th place - Willie Borsellino - 518

Next Tournament is May 3rd. Come and have a good time!

POC: **Ken Booth**

Notes from the Architectural Committee

With all the winter moisture and a warming trend the past few weeks, we've seen quite an outbreak of weeds, weeds, and more weeds. Now we know that there could be some more moisture, and no one wants to pull weeds twice, so we find ourselves just waiting a while to see when the growing season ends...and the weeds continue to grow and multiply...



We all know that weed killer can get pretty expensive. I did a price check at Home Depot and saw that Roundup, the premier weed killer, can run from \$25.98 for the weak stuff all the way to \$109 for the real killer. It not only will kill weeds but just about anything else it comes into contact with. If you use it, wear proper protection. Gloves, long sleeve shirt, long pants, eye protection, enclosed shoes (no flip flops) and breathing protection (mask). This stuff is really bad. Do not breathe the vapors. It is carcinogenic.

Doing some more checking, I went to Walmart to compare the cost of a DIY recipe that really works and is not harmful to anyone except weeds.

DIY Weed Killer

Mix 1 Gallon of white Vinegar, with 2 cups of Epsom salts, and two tablespoons of Blue Dawn dish liquid. Mix well in a sprayer or spray bottle, and spray liberally on your weeds. Give it a couple of days. Any that did not wilt and die with the first spraying, just re-spray. This solution will NOT harm pets.

- 1 Gallon white Vinegar \$2.64 (5% acidity - 6% or 8% slightly more cost)
- 8 lb Epsom Salts \$5.00
- 75 oz Dawn Ultra \$8.94 Smaller sizes available

Bill Swab, Chairman

Home Owners Association 102

Committees

Committees are of two types. One is of a permanent nature, like our Architectural, and the other is what's called an ad hoc or temporary committee.

Article 9 of our CCR's sets forth the operations of the Architectural and Landscaping Control. Because of its establishment within the CCR's, it is a required Committee. While its duties do include both Architectural and Landscaping, the title is shortened to just the Architectural Committee. The current chairman is Bill Swab.

We currently have two additional Committees, the Golf committee and the Activities committee. While both of these committees are temporary, they have evolved to meet the needs of the community and have become permanent in fact. Other committees in the past have been Rules & Regulations, Compliance, and Neighborhood Watch.

The Golf Committee oversees the operation and activities of the Golf Course. The current Chairman is Ralph Roque.

The Activities Committee oversees the utilization of the Clubhouse for Community Actives to include Socials, Parties, Events, and scheduling the use of the Clubhouse by various groups. The current Co-Chairmen are Stu Egerton and Buzz Heldt.

There used to be a fourth Committee for Neighborhood Watch. The Chairman of that Committee has moved on, and the committee just fell apart. There is a need for someone to pick up the Neighborhood Watch baton and carry on with those duties. Volunteers are solicited.

Next month, I'll discuss Rules & Regulations.

Jerry Nation, 408 Brentwood
Director at Large, HOA Board of Directors

Fitness Room – May, 2019

"Staying fit comes down to you and what you're comfortable with," says Carol Ewing Garber, PhD, associate professor of movement sciences at Columbia University and a registered clinical exercise physiologist who researches the role of exercise in senior health.

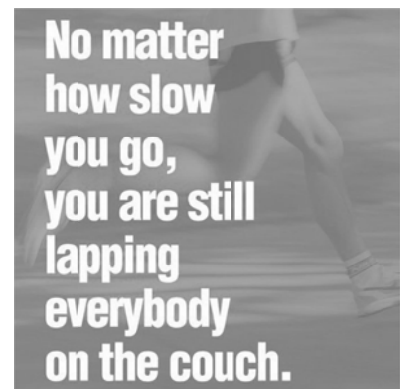
"In general, seniors should continue to do what they've always enjoyed doing," Ewing Garber says. "Really, the caveat is that there may need to be some modifications. If it feels comfortable to you, there's no reason to change. But if you start to feel insecure, it might be time for a change."

Adapting Your Fitness Activities

Senior health experts say that a sedentary lifestyle can rob seniors of much of their health and enjoyment of life. Still, many older adults might be concerned about the safety of activities like bicycling, jogging, swimming, dancing, or tennis.

The following health tips can help ease those concerns:

- **Pay attention to your body.** "Exercise at a level where you feel like you're working a bit, but it shouldn't feel extremely hard," Ewing Garber says.
- **Pay attention to your surroundings.** "The hard part as people are getting older is they don't notice that they don't see as well, react as quickly, or have the same balance," says Ewing Garber.
- **Warm up and cool down before exercise.** It's important that seniors warm up to help prepare the body for the workout to come, and they should also bring down their heart rate during a cool-down phase at the end of an exercise session.
- **Drink plenty of fluids.** Don't forget your fluids — even when you may not feel thirsty. Staying hydrated is always important, but especially on hot days.
- **Watch out for the weather.** Seniors can be more vulnerable than others to extreme cold or heat. Be sure to dress appropriately, and move inside to exercise when the weather isn't cooperating.
- **Use the proper equipment.** Wear a helmet when bicycling and comfortable shoes when running, for example. The right equipment can keep you safe and prevent injury.



- **Be prepared to change activities if you need to.** Runners may develop knee problems and have to switch to another sport, warns Ewing Garber, acknowledging "that can be pretty traumatic for some people." But if you can find something else you like quickly, you won't lose your fitness level.

Best Exercises for Senior Health

To stay fit in your senior years, focus on these three types of exercises:

- **Flexibility exercises.** "The very easiest exercises are stretching and flexing, and they tend to become more important as people get older," Ewing Garber says. "Seniors tend to have range-of-motion problems in their joints. These exercises maintain the ability to get around and enjoy your life." Practices such as yoga or Pilates can improve flexibility; many gyms also offer stretching exercise programs designed for seniors. Try to stretch every single day. If you have problems with balance, be sure to do your stretching while sitting or lying down.
- **Strength exercises.** "The next easiest may be strength exercises," Ewing Garber says. "Strong muscles are very important to daily living, whether you're getting out of a chair or carrying groceries. Strength training can reduce the rate at which your bones become weaker. If you have a little more muscle around the bone and you fall, it could help prevent a fracture." Try to perform strength exercises on all of your major muscle groups at least twice a week for 30-minute sessions, but don't exercise the same sets of muscles on back-to-back days. Start with lighter weights, and then move up as you gain in strength. And be sure to pay attention to your form to avoid injury. Especially when starting out, have an instructor spot you.
- **Aerobic exercises.** Getting your heart rate up can benefit your entire body and make it easier for you to walk or perform just about any everyday activity. You should try to perform at least 30 minutes of moderate-intensity exercise nearly every day of the week. "The main concern would be if individuals have problems with balance," Ewing Garber says. "For example, they might want to switch to a treadmill versus walking outside." This modification can make the exercise safer.

Getting older shouldn't mean surrendering to a sedentary lifestyle. Staying fit should remain a part of your daily routine.

Bob Jacobs

Trip of the Month

Giant Rock, Landers, California

Giant Rock is a large, freestanding boulder in the Mojave Desert near Landers, California. It covers 5,800 square feet of ground and is seven stories high. Giant Rock is believed to be the largest free-standing boulder in the world.

This granite rock and the surrounding area had been held as holy ground by Native Americans. For thousands of years, Native Americans tribes used this rock in their ceremonies and prophecy. In the 1930's and early 1940's, a prospector named Frank Critzer constructed a single large room beneath the rock, which he made his residence. He knew enough that if he could fashion a supported house under the giant rock that he would enjoy cooler temperatures in the summer and burn less fuel in the winter. He engineered a rainwater collection system and a tunnel for ventilation. The underground home was about 400 square feet in size and was reportedly never hotter than 80 degrees and never cooler than 55 degrees. Sadly, Critzer perished in a dynamite explosion in this

room on July 24th, 1942, while being investigated by local police under suspicion for being a German spy probably because of his short wave radio hobby and the array of antennas he had mounted on top of giant rock for better reception and the fact that he was German. Some stories claim that a tear gas canister was lobbed in which ignited Critzer's cache of dynamite. No one really knows the truth but the burned out room was closed and locked for years after that incident and subsequently has been filled in.

In the 1950's, this rock was a gathering point for UFO believers. It is located on land which was at that time leased by George Van Tassel, a friend of Critzer's, a flying saucer contactee, and organizer of UFO conventions. Van Tassel also built the nearby structure which he calls "Integratron". This is a building designed by Van Tassel which he claims is capable of rejuvenations, anti-gravity, and time travel but that is another story that I don't want to get into.

In the early hours of March 24th, 2000, a large rumbling sound was heard across the small town of Landers, California. A few days later it was discovered that Giant Rock had mysteriously fractured in two revealing an interior of white granite. Hopi shamans have suspected that the future of the 21st century would be foretold at the Giant Rock, based on how the rock cracked. Native American Spiritual leader Shri Naath Devi interpreted the break in a positive light, saying, "The Mother had opened her arms to us, cracking open her heart for the whole world to see."

Sadly the exterior surface of the rock is partially covered in graffiti.

Giant Rock can be reached by car on Hwy 247 in Lucerne Valley to Reche Road in Landers. Take Reche Road to Belfield Blvd, left on Belfield until the pavement ends. To your right will be the Integratron. Go past this building, turn right and then immediately bear left on the well-graded dirt road until you see Giant Rock.

Bob Jacobs

Photo shows Giant Rock with broken piece



There are 2 people in the photo for size comparison.