



## Senior Moments

September, 2019

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

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Just a few things I want to mention this month:

1. Dumpsters: Please break down all big boxes before placing in dumpster. Do not place any trash in front or behind the dumpsters.

2. Speeding & stop signs: Still too many people speeding and not even slowing down at stop signs. We see many close calls at front gate and along Brentwood. I have had reports of cars speeding through back gate while someone is waiting to go out. An accident is going to happen. It is time for everyone to wake up and realize safety is important.



3. Rules: Our rules are for everyone. Neither the HOA Board nor the ACC enjoy sending letters out. You need to read rules and understand them. Desert Greens is still a very desirable community. Let's keep that way.

4. Golf Carts: Golf carts are to be operated by licensed drivers only. At night you need to have lights or a flash light on.

5. Walkers & Bicycles: Watch for cars backing out of drives. At night you need to wear a light color or reflective clothing. Bicycles need to have lights at night. Be responsible for your own safety.

6. Parking: We have allowed residents to park in guest parking areas. As we fill the community, these spots are getting sparse. Please limit your time in guest's spots. There is to be no parking on empty lots except by contractors and Pedley Family LLC employees and their customers.



Applications for upcoming Board positions will be available at the end of September.

I (Buzz) will be out of town from Sept 10th till Sept 18th. Please contact the office, during office hours; or in case of emergency, contact any Board member.

Thank you for the Support

## Buzz and the HOA Board

## October...Month of Champions



**OCTOBER is your chance to be a ..... DESERT GREEN CHAMPION!!!**

The Activity Committee is sponsoring a month-long Tournament of Champions. It will be held throughout October in a wide range of events.

We will test your skills to determine ONE CHAMPION in each DISCIPLINE.

How are you at ..... **CHECKERS, HORSESHOES, BUNCO, PINOCHLE, NINE-BALL POOL, MEXICAN TRAIN, HEARTS,** and WHO KNOWS WHAT ELSE? The month may never end.

Test your skills again the BEST and the WORST, but most of all, have FUN!

More information will be available in September. This will include events, date, times and signup sheets. Check the Clubhouse and Email for further updates.

Join in...make new friends...and enjoy our Community.

**Tri-Chairs – Nancy Suter, Marlene Hargis, and Ken Booth**



## Activities Committee

As always, in summer not many residents participate in our activities. The Activity committee is working on several new activities for October. We need more volunteers. ALL residents are encouraged to participate and volunteer. Check calendar for meetings and all events. Come down and make new friends and have fun.

### Special Events for September

- Sept 2 BBQ potluck 4pm Happy hour Eat 5pm sign up required
- Sept 7 Texas Hold'em Tournament 6pm sign up is required
- Sept 18 Carol's Painting class sign up is limited
- Sept 24 Quarterly Community Meeting 10am
- Sept 25 Coffee time and sweets followed by Activities Meeting
- Sept 28 Texas Hold'em Tournament 6pm sign up required



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](mailto:stu1942egerton@gmail.com).

**Buzz Heldt - Co-chair of Activities Committee**

## Splinters from the Bench – September, 2019

### SEPTEMBER SCHEDULES:

All League Golf Starting Times 8:00 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, September 20th at 10:30am (after golf).



Hope everyone enjoys the Labor Day tournament and barbeque.

We are adding an additional drop area on hole # 4/13. If your ball ends up on the hill in front of the green, you may either play it where it lies or use the drop area located just short left of the green (marked by green wooden blocks) with no penalty. If your ball hits the bank in front of the green and ends up in the pond, you may use the drop area (marked by green wooden blocks) incurring a one stroke penalty meaning you would be hitting three. This has been added to our website under local rules.

Having trouble getting out of the bunker? I will be holding clinics to help you get out of them. No, I'm not a professional or an instructor nor am I charging for the clinic. If you are interested, look for a sign-up sheet in the clubhouse.

Congratulations to Dan Opperman who had a hole-in-one on #1 hole on August 10th.

### TIPS AND TALES FROM THE TEE:

In one of the most amazing feats in golf history, four players aced the same hole during the same round of the 1989 U. S. Open. Mark Wiebe, Jerry Pate, Nick Price and Doug Weaver all used 7-irons to knock their tee shots into the cup on the 167-yard 6th hole at Oak Hill Country Club in Rochester, New York. The odds against such a feat? 8,675,083 to 1.

A friend who had a powerful telescope, invited Old Tom Morris to make use of it for a view of the moon. Tom looked at the magnified moon attentively. "Faith, sir," he said, "she's terrible full o' bunkers."

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

**Ralph Roque**

## Women's Gathering at Desert Greens

FALL KICK-OFF - Wednesdays - September 11 & 25



Yes, back to twice a month on Wednesdays (2<sup>nd</sup> & 4<sup>th</sup> Wed of each month)  
From 10:30 am to 11:30 am in the Desert Greens clubhouse card room

All women invited to join us for coffee & treats, a short program or a planned lunch out!

Mark your calendars!!!

**Any questions? Contact Suz Hill- 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!

## August 16 Pinochle Tournament Results

There were 12 players and 8 double pinochles.

- 1st Place - Marlene Hargis 531
- 2nd Place - Linda Feliciano 505
- 3rd Place - Sharon Ankrum 502
- 4th Place - Willie Borsellino 470

There will be two Tournaments in September, Fridays, the 6th and the 20th.

See you then.

**POC: Ken Booth**



## Fitness Room – September, 2019

### 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.



**EXERCISE YOUR**



**MOOD WALK**

**Bob Jacobs**

## Day Trip of the Month

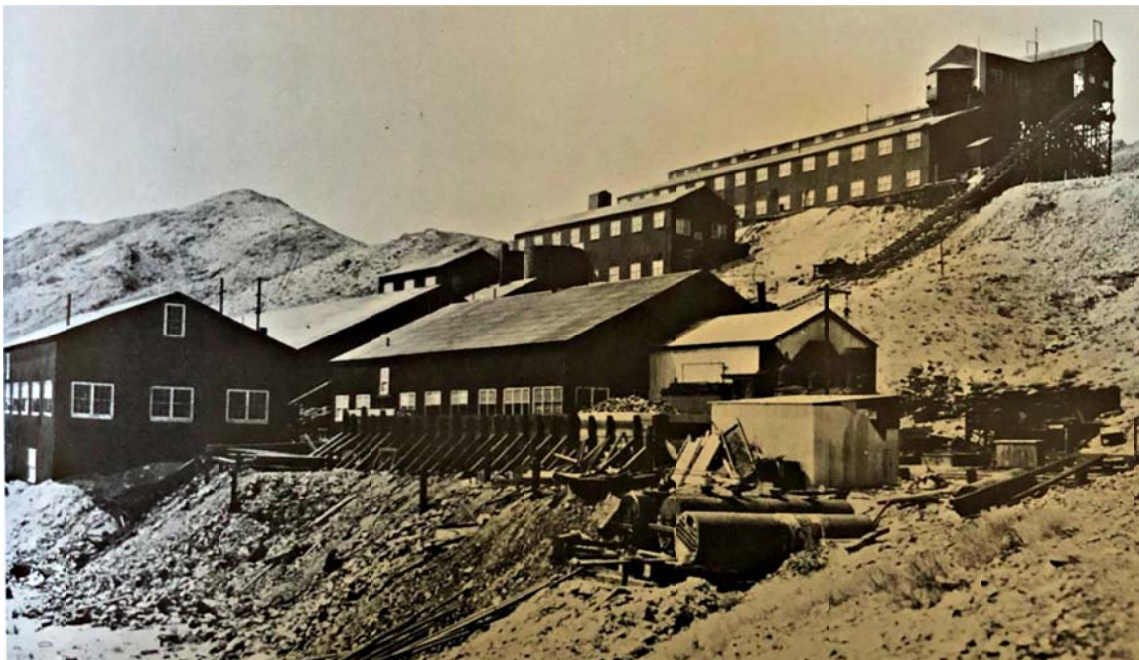
### Blair, Nevada

Blair came into being in 1906 when the “Pittsburgh Silver Peak Mining Company” refused to pay outrageous prices for land to put up their mill in Silver Peak, Nevada. In Silver Peak, land speculators were driving land prices artificially high so the mining company surveyed a site 3 miles north of Silver Peak near the company’s gold mines and named it Blair. They established a 100-stamp mill at this location (at the time it was Nevada’s largest such facility). They then constructed the 17-1/2 mile Silverpeak railroad from Blair to the “Tonopah & Goldfield” railroad mainline at Blair Junction. A post office ran from 1906 to 1915. There were also numerous saloons, a 2 story hotel, and Blair had a population of about 700 at its peak. The mill closed in 1915 when low grade ore could no longer be milled profitably. The town was completely dead by 1916.

Today a historical marker commemorates Blair along State Route 265 just north of the town of Silver Peak. Besides the historical marker, the only reminders of the town are the stone building and the foundations of the old mill. Fragments of fine china can be found in the cracked mud floors. An old wood-burning fireplace and chimney act as the optical centerpiece amongst the walls, which, remarkably, still hold strong after nearly a century of withstanding the elements. Atop the mill site stand several more stone structures, which provide a view of a peak in the distance with the intriguing name of Alcatraz Island. One strange, misplaced single-room building on top of the mill holds a different history. With almost every square inch of the wall covered in name and dates of visitors to the site, the building acts as a time capsule. The oldest account I can find scratched into the cement wall reads simply, “Donald Shirley, 1/25/42.”

To get there, go to Silver Peak and take State route 265 north for about 3 miles and look for the historical marker on the left (west) side of the road. From there it’s about a mile on a dirt road to get to the town.

### Bob Jacobs



**The 100 Stamp Mill in Blair, Nevada as it looked in 1907**



**The 100 Stamp Mill in Blair, Nevada as it looks today**



**One of the few buildings that are left in Blair, Nevada today**