



It's Hydrangea season!

NEW HORIZONS

WEEKLY NEWSLETTER

*The Official Publication
for the Board of Directors,
Residents and Owners*

June 6, 2014

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NOTES FROM THE NEWSLETTER OFFICE

- The article submitting deadline of Wednesday at noon, does not apply to men's and women's golf results.
- If submitting article via email attachment, please **only** send it to newhorizonsnews@yahoo.com. Please do not cc to anybody.
- We have room for additional articles, except on the last week of the month (because we need to publish next month's calendar). Please send us articles on your thoughts, and anything that is of interest for our community.

NOTICES

On Thursday, June 5, Area 4 will be sprayed to control weeds in the sidewalks, planters, and flower beds.

This spray dries quickly and, according to our suppliers, Target Chemicals, will not affect animals.

Thank you!

From Grounds Maintenance

A THANK YOU NOTE

A couple of weeks ago, we had strong winds, which caused my front yard wood fence to partially collapsed. I submitted a work request to have it fixed. Thanks to Tony and Jaime, they repaired the fence immediately. If they did not respond in a timely manner, the fence might have collapsed completely. I think these termite infested wood fences need to be inspected and fixed to prevent costly expenses later.

Submitted by Jacob Aslay

CHANGE IN STREET SWEEPING DAY AND HOURS

The City Council approved the implementation of Optimized Weekly Street Sweeping Program at the May 20th City Council Meeting. This program is the last of 3 phases in an effort to comply with the new environmental regulations.

Torrance, along with many other cities, (Carson, Lomita, Palos Verdes, etc.) must comply with the LA Regional Water Quality Control Board regulation for Total Maximum daily Loads (TMDL) of zero. The city will begin implementing Phase 3 the 2nd week of June to prevent pollution from entering our storm drain system (Machado Lake, Santa Monica Bay or the Dominguez Channel).

Street Sweeping is the most effective method for preventing trash, oils, grease, brake dust, plant debris and sediments from entering the storm drains. The sweepers must have access to the entire roadway from gutter-to-gutter for optimum sweeping. The city has approved the following changes for Phase 3:

- Street Sweeping will be changed from same day to 2 days for the entire neighborhood. **We will be swept on Tuesdays on one side and Wednesdays on the other side.**
- **Hours of restriction will be changed from 4 hours to 3 hours.**
- There will be a 3-week grace period where warning tickets will be placed on vehicles after the signs have been posted.

Please be on the lookout for sign changes. Public Works was unable to provide me when the new signs will go up on Nadine Circle.

Julie Dojiri
Civic Affairs Committee Chairperson



CONSERVATION CLUB CORNER HOUSEHOLD HAZARDOUS/E-WASTE ROUNDUP



Thursday, June 12th and Friday, June 13th
9:00 AM – 3:00 PM
Access #1

HWW is any product labeled **toxic, poisonous, corrosive, flammable, combustible, or irritant**. Electronic equipment and accessories are considered hazardous because they contain a number of toxic components including lead, mercury, and other heavy metals.

Recycling Paint

We are recommending residents to drop off leftover paint at designated retail stores for FREE. Sherwin Williams, Dunn-Edwards, and Orchard Supply Hardware are our closest locations. The amount of paint we can bring for disposal is very limited.

Please follow these safety guidelines before bringing item to Access 1.

- Package all HHW items carefully
- Tightly cap or tape down all items
- Place small containers containing liquid into baggies
- Remove or black out personal information from original medicine container
- Package fluorescent bulbs to avoid breakage

A list of collectable items is posted on the bulletin board in the Club House.

Julie Dojiri, Chair 310-544-3434



MEMORIAL DAY PICNIC

On Memorial Day we kicked off the summer with our Annual Picnic. The pool was full of grandchildren, the Volunteer cooks BBQ'd 320 Farmer John 1/4 pounder hot dogs. "Taps" was performed by a scout from Troop 416. Larry Neville was the MC and he provided the sound system and played great music throughout the afternoon. The New Horizons Yacht Club sponsored the boat races. The Futura Race paid \$1.75.

I wanted to especially thank Joyce Payne for supervising the purchase of food and supplies for the picnic and Joyce Higginbotham for supervising the Yacht Race. There were over 20 volunteers whose hard work made the picnic the great success it was. Thanks everyone, for joining in the fun. Next event is the July 4th picnic and then on August 23rd, the 50th Anniversary of the New Horizons H.O.A. Extravaganza.

Richard St. Amant

Chairperson, Recreation Committee

Please enjoy some of the pictures below and page 7.



TRAVEL CLUB NEWS June 6, 2014 By Ed Reilly,
Chairman, Club New Horizons Phone: 310-326-4710

On Saturday, June 21 we are slated to go to Malibu and spend an afternoon at the stunning Getty Villa, modeled after a Roman country house in Herculaneum buried by the eruption of Mount Vesuvius in A.D. 79. The J. Paul Getty Villa serves as an international educational center dedicated to the study of the arts and cultures of ancient Greece, Rome and Etruria.

The beautiful Villa houses the Getty's vast collection of approximately 44,000 Greek, Roman and Etruscan antiquities, with some objects dating from 6,500 B.C. to A.D. 400.

Many of the objects have never before been on view. The price will be \$68.00 with a deli picnic lunch to be eaten on the Villa's beautiful grounds. I have put this signup sheet on the board for your immediate attention. We need to know as soon as possible if this trip is viable. Come on, Travel Clubbers, let's make this trip a go. We need at least 27 folks to fill our bus. A visit to the Getty Villa should serve as an excellent introduction to our upcoming excursion in July.

On July 12, we are scheduled to take in a fascinating exhibit at the California Science Center entitled "Pompeii, The Exhibition." In the year 79 A.D., Pompeii vanished beneath thick layers of volcanic ash left by the eruption of Mount Vesuvius. But what nature destroyed, it also preserved. "Pompeii: The Exhibition" features over 150 precious artifacts on loan from the Naples National Archaeological Museum in Italy which offers a fascinating glimpse into the opulent lifestyle and tragic end of this ancient Roman society forgotten for centuries until its rediscovery over 250 years ago.

Through excavated artifacts, multimedia experiences, and hands-on science exhibits, we will learn the science of archaeology, volcanology, and Roman engineering while exploring the ancient civilization of Pompeii. The cost of this all-encompassing tour including round trip motor coach transportation, lunch at Philippe's the Original and driver gratuity is \$90.00. My wife and I actually visited Pompeii a few years ago and found it absolutely captivating. I am certain this exhibition will be every bit as interesting, even more so since we will see things that were not available to the public at that time.

Do these trips sound interesting? How about joining us? The Travel Club meets the first Thursday of every month at 7:00 PM in the Clubhouse. We always discuss new and upcoming trips, see a travel related film and enjoy a social hour with refreshments. It is a lot of fun. If you would like additional information, please call Ed Reilly at (310) 326-4710, or Sharon Rose at (310) 539-0811.

Wednesday Men's Golf Tournament - 5/28/14

Hole in one for "Lucky" Gene Aurand. Donuts!

Winners

A Flight **Low Gross** **Low Net**

R. Tominaga	52	
J. Thomson		48
G. Aurand		48

B Flight

J. Callahan	55	
B. Branning		42

Hole in One: Gene Aurand

By: John Thomson

5/26/2014 MEMORIAL DAY TOURNAMENT RESULT

We had a great turnout for another breezy perfect day of golf, comraderie, hot dogs, and goodies. The music, boat races and time with friends gave us all more for which to be grateful. Life is good at New Horizons!!

Winners

A Flight - Women **Low Gross** **Low Net**

Kay Mori	51	
Renee Chang	1	54/47

A Flight - Men

Ray Tominaga	47	
Craig Conant		50/47

B Flight - Women

Joann McGill	64	
Maureen Dempsey		65/51

B Flight - Men

Don Teunon	51	
Gene Aurand		51/46

C Flight - Women

Marge Frye	66	
Joan Johnson		68/53

C Flight - Men

Jerry Callahan	58	
Bob Branning		70/49

Guest Flight - Women

Nancy Stoffer	64	
Gerald Fazis		56

Guest Flight - Men

Gerald Fazis	56	

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Next week's activities at New Horizons

11 am daily	Water Aerobics
Sunday, 6/8/2014	
1:00 pm	Getting to know you – Lounge
Monday, 6/9/2014	
10:30 am	Bridge
6:45 pm	Line dancing Birthday celebration
Tuesday, 6/10/2014	
9:00 am	Ceramics Workshop
1:00 pm	Scrabble
6:30 pm	Bunco – Lounge
Wednesday, 6/11/2014	
8:00 am	Men's Golf
Thursday, 6/12/2014	
8:30 am	Women's Golf
9:00 am to 3:00 pm	Hazardous Waste Roundup – Access 1
2:00 pm	Bingo – Town Hall
Friday, 6/13/2014	
9:00 am to 3:00 pm	Hazardous Waste Roundup – Access 1
1:00 pm	Sit 'n Knit – Lounge
Saturday, 6/14/2014	
9:00 am	Golf tournament Summer Fling



**MEALS
ON WHEELS**

- Unable to shop for food or prepare meals due to injury, poor health or disability?
- We can provide a hot lunch and light supper snack, delivered to you Mon-Fri between 11:30 am and 1:00 pm for \$ 6.00 per day.

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Thursday Women's Golf Tournament- 5/29/14

We had 15 players on a beautiful day. We are eager to host our Sea-Aire lady guests next Thursday, June 5th.

Winners

A Flight	Low Gross	Low Net
Renee Chang	56	
Ruth Blume		50
B Flight		
Barbara Bowman	63	
Margaret Rodman		49
C Flight		
Anna Min	66	
Virginia Van Houtte		47
Free Play: Ricki Decker		
Hole in One: None		

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HAPPY 50TH – PART ONE

Once you hit 50, you quickly realized that changes to your body and mind aren't coming – they're here. For better or worse, here's a look at the expected body shifts.

Food will taste different

If you find yourself reaching for the Mrs. Dash more often, you can blame your aging nose. The cells that decipher aromas are decreasing without being replenished at the same rate. Experiment with a variety of seasonings and use them to enhance your favorite dishes in new ways.

Your cravings will change

If you're starting to cheat on the love of your life — chocolate, of course — with a bag of potato chips (or vice versa) you're not alone. Many adults over 50 report being caught off guard by food cravings they'd never experienced. Shifting hormones are the likely culprit, as taste preferences are known to fluctuate with our hormones.

Your sweat won't smell the same

Everyone has a unique scent, but the underlying chemicals that determine one's body odor change with age due to changes in your sweat glands, hormones, and, in some cases, medications you might be taking. The good news? There is no such thing as "old people's smell" at the same rate.

Getting out of bed in the morning will be more difficult

A lifetime of wear and tear really starts to take over from 50 onward. That's because your muscles, ligaments and tendons are simply not as strong as they were 10 or 20 years ago. You can expect some stiffness when you get out of bed or go to stand after, say, a long car ride.

Your legs won't keep up with your will (or need) for speed

When people told you that life would slow down as you got older, perhaps what they really meant to warn you about was the fact that you'll literally become a slowpoke. Here, it's not your legs that are the problem, it's the signals your brain is sending to your muscles -- the brain cells that shoot motor-control commands to muscles started to slide.

Coming back from an injury will take longer

Muscle mass naturally declines because the protein rebuilding and repair mechanisms are slowing down and your bone density has dropped. The result is both a decrease in physical strength and a longer recovery time if you've been hurt.

Submitted by Judy Foster

(To be continued in the next issue of the newsletter)





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