



*Spring at our Clubhouse
*Thank you Bill Collins!**

NEW HORIZONS

WEEKLY NEWSLETTER

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

WEBSITE: WWW.NEWHORIZONSSOUTHBAY.ORG

April 19, 2013

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Upcoming Events in the City of Torrance

Gail Standley, Civic Affairs

Friday thru Sunday, April 26-28, 2013 - EAA 2013 B-17 Bomber "Salute to Veterans" tour at Zamperini Field-Torrance Airport.

Saturday, April 20, 2013 – EARTH DAY – Recycling Event at the parking lot at the corner of Maple Ave and Civic Center Drive.

Saturday May 11, 2013 – 14th Annual Senior Fair from 9:30 am to 2:30 pm at the Ken Miller Recreation Center.

Information for these events is posted on the Bulletin Board.

Focal Point on Aging

Gail Standley, Civic Affairs

Senior citizens and their families have greater access to information through the community **Focal Point on Aging program**. The Focal Point on Aging is an information and referral program where older adults, caregivers, and their families can obtain ready access to a full range of available services, including: transportation, housing, Meals-On-Wheels, health care, companion care, Medicare, social and legal services, HMO's and more. The all-volunteer staff is trained to receive telephone or in-person inquiries, make an accurate initial assessment of a person's needs and refer that person to appropriate services. The Focal Point program is housed in the Russ Nolte Annex located at 1339 Post Ave., adjacent to the Bartlett Senior Citizens Center in downtown Torrance. The office is open Monday through Friday from 9-3 pm. No appointment is necessary and walk-ins are welcome. For more information please telephone the Focal Point at [\(310\) 320-1300](tel:3103201300). The Torrance Commission on Aging through the Torrance Community Services Dept. sponsors this program.

NEW HORIZONS SOUTH BAY ASSOCIATION

BOARD OF DIRECTORS

Minutes of Workshop Meeting

Wednesday, April 10, 2013

Chairman, Scott Munro, called the meeting to order at 1:30 pm.

Board Members in Attendance: Scott Munro, Kathy Lindbergh, Gary Smith, Bud Brown, Carl Aleccia, Gail Standley, Gerry Johnson, Joyce Harrington, Tom Kasterko, Jacob Aslay, Jim Kenny.

Board Members Absent: Dorothy Adland, Bob Lombardi, Arlo Creamer

Guest: Tony Rodriguez, New Horizons Property Superintendent, and (3) Representatives from Republic Services.

I. The minutes of the Board Workshop of February 13, 2013, were approved as written. (March, 2013 Workshop was cancelled due to the election; therefore no minutes).

II. Presentation of New Horizons Recycle program arranged by Joyce Harrington, Grounds Maintenance Chair. The program was introduced by Paul Cohen. (3) Representatives were present to explain the recycling program which has begun in New Horizons. This program is mandated by State Assembly Bill AB 341. By 2015, a certain percentage of recyclable items have to be met.

A trial period has been set up for recycle bins in Access 1, 7, and 9. More will be added in the near future. The representatives stressed that all recyclable items go in one bin and trash in the other. The recycle bins are white. This program Will Not take the place of the Conservation Club, which still picks up newspaper and CRV labeled containers the 1st Friday of the month.

The representatives stressed that 'comingling' recyclable trash is ok, but 'do not contaminate' recyclable trash with non-recyclable items. Information will be in the Clubhouse and in the New Horizons Newsletters.

MEN'S GOLF TOURNAMENT,

WED., 4-10-13

J.D. White

Gorgeous day! The greens are fantastic. Putts are rolling smoothly and straight. 18 players today. Jim White is on a hot streak with his second round in the forties.

WINNERS

A FLIGHT	LOW GROSS	LOW NET
Jim White	49	
Larry Neville		46
B FLIGHT		
Fred Koblizek	54	
Dale Bowman		47

Hole in One: None

The greens were aerated on Monday, 4-15. It is still important to continue repairing your ball marks. There has been some slippage in ball mark repairing in the last week. Don't be inconsiderate to your fellow golfers; please repair your ball marks and others that have not been repaired.

The May tournament is Derby Day. It is always a fun day. You can place wagers on your favorite horse(s) after playing and then watch the race in the lounge.

New Employee

New Horizons is pleased to announce a new employee to our staff. Maribel Moreno started April 8, and she will be working at the Sports Center facility from 7:00am to 11:00am daily. We welcome Maribel to our staff.

*Kathy Lindbergh
Vice Chairman, Chairman of Personnel*

Thanks to Judy Foster for tell us, in the Newsletter, about the free AARP tax service in the nearby Mall. We got our taxes done and received refunds within a couple of weeks.

Jean and Andy Bairden

LADIES THURSDAY GOLF RESULTS

Dottie Lott and Janet Weber

Welcome back to the nice weather, Margaret. We missed you.

WINNERS

A Flight	Low Gross	Low Net
Renee Chang	55	
Janet Weber		47
B Flight		
Phyllis Mathis	63	
JoAnn Megill		53
C Flight		
Elisabeth McCue	68	
Mathilde Lax		50

FREE PLAY: Kay Mori

**MORE ON THE NEW HORIZONS
RECYCLING PROGRAM**

On April 10th, Republic Services gave an informative Presentation on Recycling.

New Horizons, under the Grounds Maintenance program, has 3 white recycling containers. They are located:

Access 1- near the golf course

Access 7- in the back

Access 9- by Garage J

This continues NH's awareness of ecology and the importance of being a good member of the community. We will be monitoring our efforts for future expansion.

The Program will be in addition to the long standing Conservation Club's first Friday of the month Recycle Program. The Club collects newspapers and CRV containers. Republic collects, weekly, all other recyclables. Thanks for your participation in making NH a better community. Remember, Earth Day is 4/22. Local areas have events that could be helpful.

*Submitted by Joyce Harrington, Grounds Maintenance(GM)
Chair and Paul Cohen, GM Committee Member*

Recycling Instructions



CONSOLIDATED DISPOSAL SERVICE

Place these items in your recycling cart

Recycling YES



Newspapers



Files & file folders



Bagged plastic bags, shrink & stretch wrap



Paper or frozen food boxes



Plastic bottles (all colors)



Round dairy tubs



Soy milk boxes



Mail, magazines, mixed paper & catalogs



Juice boxes



Pill bottles



Paper bags



Phone books



Shredded paper (in see-through bag)



Tin & aluminum cans



Aluminum foil & trays



Glass bottles & jars



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Cardboard

Do not put these items in your recycling cart

Recycling NO



Loose plastic bags



Frozen food bags



Plastic food bags & zip-locking bags



Plastic cups & utensils



Plastic food trays



Lids, caps & tops



CDs & CD covers



Plastic food boxes



Foam take-out containers



Styrofoam packing peanuts



Paper plates, cups & napkins (can go in Yard Waste Cart)



Clothing, textiles & shoes



Prescription vials



Alkaline batteries



Toxic product containers



Plant pots



Chip/snack bags



Light bulbs



Aerosol cans



Glassware



Ceramics

Recyclables should be empty, clean and unbagged (except for plastic bags).
NO FOOD OR SOILED MATERIALS

Sales Pending

Sold in 4 days

23063 A Nadine Circle: 2 Bedrooms + Den, 2Ba., 1117 sq. ft. lower unit. This Condo has had many improvements. Remodeled kitchen with newer cabinets and granite counter and tile floors. Fireplace redone with custom mantel. Bathrooms have new cabinets, granite counters and tile floors. All windows have been replaced with dual glaze vinyl. Priced at \$350,000.

Sold in 3 days

22843 A Nadine Circle: 1 Bd & Den, 1.5 baths. This unit has newer dual glazed vinyl windows and doors. Located next to the Sports Center. Lots of parking near by. Priced at \$299,000.

Sale Pending.

Listing Coming Soon

Lower 1 + Den. Updated kitchen with granite counters, new stainless sink, Updated baths Call for an appointment.

Condo's Wanted

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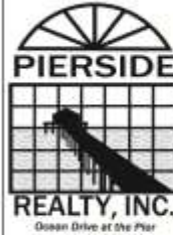
22953 B Nadine 2Bd, 2Ba + Den 1117 sqft

RECENTLY SOLD

22677 Nadine Circle, 2 Bd, 2Ba + Den Bungalow \$350,000

22919 A Maple 2Bd, 2Ba, 950 sq ft \$340,000

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**Whatever happened to...
The Keene Sisters?**



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ASK THE EXPERTS

Q My mother has spent all her savings and needs to get nursing home care through Medicaid. If she goes on Medicaid, could she lose her home?

A No. A primary residence does not count as an asset when gauging Medicaid eligibility. Each state sets its own rules on what you may keep and still qualify for Medicaid. But certain assets, including the primary residence, are exempt.

Also exempt: personal belongings, one motor vehicle, life insurance with a face value under \$1,500, and some burial arrangements. — *Marsha Mercer.*

Q Are there natural cures or techniques for dealing with my very painful migraines?

A Yes. The first 20 minutes are crucial. Treat a migraine then and you can prevent it from becoming debilitating.

A very low-fat diet can help, too. In one study, those who restricted their fat for 12 weeks had 40 percent fewer migraines and when they did get them, they were of shorter duration and less severe. Other options include vitamin B12 (400 mg daily) and Petadolex, a product made with the herb butterbur. In one study in the journal *Neurology*, subjects reported that it helped cut the number of migraines in half. — *Candy Sagon*

From Ask the Experts, AARP Bulletin.

Want to Play Bingo?

Remember how much fun we had playing Bingo? In the past, we did play Bingo each month. Due to illness, the games were discontinued.

We have a group that would like to start playing again on a regular basis.

The first game will be Thursday, May 16, 2013, at 2:00 pm in our Town Hall. Come and enjoy Bingo with us. Bring your friends and neighbors.

Arlene Cofield and Barbara Helm

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REQUEST FORM TO ADD OR CHANGE NEWSLETTER DELIVERY

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