



NEW HORIZONS WEEKLY NEWSLETTER

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

WEBSITE: www.nhsb.org

November 8, 2013

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AREA MONITORS ARE NEEDED

Grounds Maintenance group still has openings for Area Monitors in Areas 3, 4, 5, & 6.

The job is very easy! Less than an hour a week, and you can share it with a friend. As you walk around your unit, just keep an eye out for things needing work.

Just once a week or two weeks, check your area to see what needs to be done. Look for broken lights and other maintenance issues.

You are most welcome to come to the Grounds Maintenance Meeting and give your report, or put in Work Requests for our maintenance employees to do what you feel needs attention.

Our Meeting is once a month, the first Monday of the month. Please help the G. M. Committee keep New Horizons in good shape. **We really need your help.**

Call: Joyce Harrington, Chairperson 310-530-6414 Be sure to leave a message, and I will get back to you.

Thank you

* * * * *

Please do not take newsletters from the office window.

They are for the visitors and/or the realtors showing our compound to them.

Thank you for your co-operation.

From the editor.

VETERANS DAY CELEBRATION !

At the Club House Monday, November 11, 2013

PLEASE JOIN US

EVENT SCHEDULE

11:00am Boy Scouts Flag Ceremony, Taps and MC by Ed Reilly
Proceed to Town Hall for Veterans Day Ceremony
** If you are a Veteran and new to New Horizons, please call Rick St. Amant, Recreation Council Chairman at 310-989-7700, to add your name to our roster to honor you.

* * * * *

CIC NOTES

No meeting in November.

Happy Thanksgiving!

Watch for CIC members collecting information for the white pages of the new telephone directory. To be sure that the listings will be correct in the new book, we will ask you to provide our workers with your data and listing preferences directly. They'll come to your door.

If you are interested in the activities of the **C**ommunity Improvement **C**lub, (CIC for short-) please come to our Holiday Party and meet the friendly and committed folks that already belong. We are eager for new members, residents who want to see New Horizons an ever better place to live. Come and enjoy the festivities and find out more about the club on Wednesday, December 11, at 6 pm in the Clubhouse Lounge.

FORMER RESIDENT VISITS

Ginny Johnson, a long time resident of N.H., paid a rare visit recently. She came back to visit the Monday Bridge Club of which she was a member for many years. before leaving N.H. to live with her son in Palos Verdes. On October 5, she celebrated her **100th birthday**, so we planned a special celebration in her honor. She and other members of the club enjoyed a lunch time dessert and lots of conversation together.

Ginny said that she was thrilled to see her Bridge buddies again, and all the ladies agreed it was a wonderful visit reminiscent of past days.

Steve Bartok, a N.H. resident, took the photographs for us as a memento of the occasion. We hope she will return soon for another reunion.

Edith Garvey, Bridge Club Secretary.



(from the left) Ginny Johnson, Hilda Aslay, Betty Overpeck



Above: (from the left) Maggie Craner, Renee Chang
Below: Betty Stokes, Ruth Easley, Audrey Roberts



Above: (from the left) Betty Stokes, Ruth Easley
Below: Bobbi Schmidt, Dorothy Nowack, Edith Garvey



New Listing

23010 Nadine Circle #A. 3 bedroom and 2 baths, 1,117 sq. ft. This unit is located in the inner circle. All windows and doors have been replaced with vinyl dual pane. Not far from the sports center. Listed at \$370,000.

Sales Pending

22927 Maple Ave. Bungalow 1 Bedroom plus convertible den, 1.5 Ba, 967 sq. ft. This unit is in a super location with lushly landscaped grounds and located adjacent to the main club house. Showings are by appointment only. \$380,000.

23025 A Maple Ave. 2 Bedrooms, 1.5 Ba, 950 sq ft. This unit has upgraded kitchen with new counter tops and appliances. Freshly painted and new carpeting \$320,000.

Closed Sales Since Jan 1

23005 B, 22631 Maple, 22724 A, 22823 B, 22926, 22618, 22843, 22679 A, 23063A, 22943A, 22932 A Nadine Cir.

For Rent

22715 A Maple Ave. On the 9th Green of the Golf Course with views of the Water Fall. Lower 2 Bedroom, 1 bath Condo. Condo has been modified for handicap person with wheel chair. The doors have been widened and the bathroom modified so shower is accessible for a wheel chair. Hardwood flooring throughout \$1850

Condo's Wanted

2+Den Bungalow - DESPERATE-All Cash
Lower 2 bd + den

Richard St. Amant

DRE #01123646, Email: R.StAmant@hotmail.com

Web site: liveatNewHorizons.com

Prudential CA Realty

23530 Hawthorne Blvd #100

Torrance, CA 90505

310-989-7700

Nick Blaney

New Horizon's Resident Realtor

Tel: 310 386-5415

Email: nickblaney@yahoo.com

Ogawa Realty DRE # 01377354



In Escrow : 22911 Maple "B"

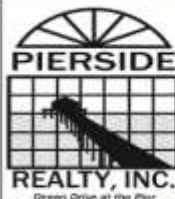
Closed Sales in 2013:

22711 Maple Ave B

23053 Nadine Cir A

22483 Nadine Cir A

22735 Nadine Cir B



In Escrow: 22911 B Maple Ave. 1117 sq.ft., completely upgraded.....\$350,000.

CLOSED SALES in 2013:

22711 B Maple Ave., 22827 B Nadine Cir.

23048 B Nadine Cir. 23037 Nadine Cir.

22919 B Maple Ave., 22953 A Maple Ave.

22735 B Nadine Cir **all Owner Occupied**

Call Gerry Johnson 310-387-4474

DRE #00524342 N.H. Resident Owner



LINDA FALZONE

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DRE # 01409533

New Horizons Resident Owner

Direct: (310) 748-9901

Email: Linda.Falzone@C21.com

Recently Sold

22815 B Nadine 1Bd + Den, 2Ba, 1117 sq ft \$357,000

22677 Nadine Bungalow 2 Bd, 2Ba + Den, 1117 sq ft \$350,000

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

Please call me to view all available properties



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LEASED

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MOST WANTED: Bungalow~For Rent or For Sale

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RESIDENTS REACHING OUT

Civic Affairs Committee is continuing their Outreach Program by collecting the following items for commu-
nity programs:

1. LABELS FOR EDUCATION for Hickory Element-
ary School on 227th St. These labels and coupons can
be found on many food and non-food items such as
Campbell soups, Hefty storage bags, stationery prod-
ucts, etc. It is necessary to check your purchases care-
fully as new companies join this program every month.
Other than the soup labels, most are very small pink
coupons. (The Campbell labels must include the bar
code.)

See Bulletin Board or collection baskets in Clubhouse
for examples.

The school must use labels for education purposes on-
ly. School personnel are very appreciative when we
deliver a packet of coupons.

2. AMERICAN FLAGS ready for retirement (ragged
and faded) are delivered to Lomita Boy Scout Troup
#388 for a proper ceremony.

3. PRESCRIPTION GLASSES are delivered to Kai-
ser Medical Center where they are repaired and distrib-
uted world wide to those in need.

Items can be placed in collection baskets located in the
alcove next to the Newsletter Office in the Clubhouse.

Many thanks to our present contributors and to those
residents who will join in our Outreach Program.

By Virginia Allen, Civic Affairs Committee



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The City of Torrance

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pinochle

Thursdays 12 noon to 4 pm: table games and
bridge

Coffee and cookies always just 30 cents!

Come, spend some time with us on Mondays and
Thursdays - you'll really like it! We have a friend-
ly group of Pinochle and Bridge players and you
can jump right into the game. Drop in any Mon-
day or Thursday afternoon.

* * * * *

BINGO GAMES FOR NOVEMBER

The change in date for bingo is working out well.
Each month we have more players. Bingo will be
held November 14, 2013 at 2 pm in the New Hori-
zons Town Hall. Bingo cards are \$2.00 each.

In October we almost had a full house. 10 games
plus were played so we had lots of winners. Even
those of us that did not win enjoyed being there and
meeting new people.

Come out and join the group. We welcome
new players.

Arlene Cofield (424-269-2093)
Barbara Helm (424-263-4788)

DID YOU KNOW?

Amazing frozen lemons

How can you use the whole lemon without waste? Here is the secret of frozen lemons. Rather than just using the lemon juice and wasting the rest of this nutrient-rich fruit, freeze it. Just wash the whole, unpeeled lemon and pop it into your freezer! Once frozen, grate the unpeeled lemon and add it to salads, soups, stews, ice cream, cookie dough, chicken and fish dishes, rice, and so many other dishes! All of the foods will have an unexpected, wonderful flavor, something that you may have never tasted before. What a great idea! But there's more!

We all know that lemons are chock full of Vitamin C, which helps to neutralize free radicals linked to aging and most types of disease, as well as fight colds and flu. But did you know that lemons contain more health benefitting nutrients than other citrus fruits like oranges or tangerines? They contain citric acid, flavonoids, B-complex vitamins, calcium, copper, iron, magnesium, phosphorus, potassium, and fiber. Surprisingly, the lemon peel contains as much as 5 to 10 times more vitamins than the lemon juice. Below is a list of some of the many benefits of this powerful and flavorful little fruit:

Lemons contain more potassium than apples or grapes.

Lemons help restore balance to the body's pH even though they are acidic.

Lemons help detoxify the liver and improve regularity. A large glass of water with fresh lemon juice is an important way to start the day.

The citric acid in lemon juice helps to dissolve gallstones, calcium deposits, and kidney stones.

The lemon peel contains the potent phytonutrient tangeretin, which has been proven to be effective for brain disorders like Parkinson's disease.

Lemons have powerful antibacterial properties; experiments have found the juice of lemons destroy the bacteria of malaria, cholera, diphtheria, typhoid and other deadly diseases. They can also destroy intestinal worms.

The Vitamin P (bioflavonoid) in lemons strengthens blood vessels and is useful in treating high blood pressure.

Lemons contain 22 anti-cancer compounds, including naturally occurring limonene, which studies have shown slows or halts the growth of cancer tumors in animals.

So place your washed lemon in your freezer, and grate it on your meals every day. It's a key to make your foods tastier and you get to live healthier and longer! That's the lemon secret!

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AH HICAP services are provided free of charge.

HICAP is a program of the Center for Health Care Rights. HICAP Volunteer Counselors are trained by the Center for Health Care Rights and are registered with the Calif. Dept. of Aging. HICAP is designated by the Centers for Medicare and Medicaid Services (CMS) as California's State Health Insurance Assistance Program (SHIP). HICAP is funded, in part, by the Los Angeles City and County Area Agencies on Aging, through the Older Californians Act.

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The Center for Health Care Rights is funded in part by the Health Insurance Counseling and Advocacy Program (HICAP), which is administered by the Los Angeles City and County Area Agencies on Aging, thorough the Older Californians Act.

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