

## March E-Newsletter



## RHCA MONTHLY NEWSLETTER

Stay updated on upcoming events, RHCA news from the Association, gate info, maintenance updates and meetings.



On the evening of February 25<sup>th</sup>, there was a severe rain

**and windstorm moving through Southern California. Overall, Rolling Hills held up well in the storm, but there were some events that the RHCA and City wanted residents to be aware of. Around 9pm, a large pine tree was uprooted and blocked Crest Road West, pulling up buried utility conduit. The RHCA called in a tree crew and the road was cleared within a couple of hours.**

**Later that same evening, eucalyptus trees fell into the power lines and blocked the entrance to Johns Canyon Road. The Fire Department closed the road until Edison could clear the power lines so the fallen tree could be removed safely. With the severity of the storm and the sheer number of emergency calls, Edison arrived on the site a few hours after the trees fell. While the road was blocked, people could not enter or exit the street and the power was out to the homes on Johns Canyon Road. Once Edison cleared the lines, the RHCA had a tree company come in to clear the trees and re-open the road. The road was cleared by 8am and power was restored to the Johns Canyon residents later that afternoon.**

**Due to the blocked road and downed power lines, residents who were outside the city and lived on Johns Canyon Road were not able to return to their home. Alternatively, the people who were home had to shelter in place and did not have power unless they had a generator. Notification of the blocked road was sent out to the community via email through RHCA's DwellingLive system and follow up was sent out by text through South Bay Alerts.**

**While much of the recent emergency preparation effort has focused on wildfire and evacuation, this most recent storm has shown us that there are other emergency situations we need to consider. This includes having to shelter in place (stay where you are) with limited access to utilities.**

**As we continue to have rainstorms over the next few weeks, we will need to contend with the possibility of trees coming down due to saturated soil and windy conditions. We encourage residents to look at their emergency plans and assess if you:**

- Are ready for an extended power outage?**
- Are ready to shelter in place for hours or a day particularly if you are on a dead-end street?**
- Do you have supplies including water, medicine, power sources and cell batteries?**
- Do you have a family plan for what you will do if a road is blocked while you or a family member is out and cannot return home. Who will care for your pets? Is there a trusted friend or neighbor you can call. Do you know who your block captain is?**

**In an emergency, the emergency responders, utilities, RHCA and City are all working together to address any problems and get them resolved as quickly as possible, but it is important to remember there are things you can do in an emergency situation:**

**Prepare: Stock supplies, sign up for text and email alerts through South Bay Alerts. Make a family plan (for everyone, including pets and livestock).**

**In an emergency: Call 911 first – this will notify the appropriate responder of the emergency.**

**Report the problem to the utility directly or, if appropriate, the RHCA. Issues with the roads can be reported to the gates which will notify RHCA's maintenance staff. Most of the utilities have apps or websites where outages and other problems can be reported.**

**You can find a full of utility contact information (phone numbers and websites) on the City's website: [https://www.rolling-hills.org/residents/utility\\_companies\\_and\\_trash\\_service](https://www.rolling-hills.org/residents/utility_companies_and_trash_service)**

## **The Rolling Hills Hillfillies – 48 Years of Horsing Around & Still Kickin'**



**The Hillfillies of Rolling Hills have a long and fun tradition in Rolling Hills. The riding group was formed in 1975 for the purpose of having a monthly trail ride and lunch. Each month a member takes a turn being “head honcho” to plan the trail ride which is usually followed by lunch. The group has shared many memorable rides and enjoyable times on our beautiful trails throughout the years. We welcome Caballeros “Horsey Ladies” to join the Hillfillies. Please contact Sue Breiholz ([sbreiholz@aol.com](mailto:sbreiholz@aol.com) – (310) 377-6767) if you would like to ride with the group.**

**Women's Club RHCA Staff Appreciation**



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**Thank you to the Rolling Hills Women's Club for a beautiful and delicious staff appreciation lunch!**

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## **The Needs for Seniors Committee is Looking for New Committee Members**

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**The Needs for Seniors Committee is a committee comprised of residents looking for beneficial ways to identify and meet the needs of seniors in Rolling Hills. Every 2nd Wednesday of the month at 3:30pm the Committee meets up at the RHCA office to think of programs to stay connected and plan social events within the community. If you would like to attend a meeting, feel free to contact [ron@rhca.net](mailto:ron@rhca.net).**

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## **Nordic Patrol Behind the Gates**



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**The RHCA has contracted with Nordic Patrol Services to drive a patrol vehicle behind the RHCA gates on Thursday, Friday, and Saturday nights. The patrol will report any unusual or suspicious activity to the Sheriff.**

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## **Women's Club Announcement to New Residents 2020 – 2022**

**Dear New Rolling Hills Residents: The Women's Community Club of Rolling Hills (WCCRH) welcomes you to our beautiful community! It is customary for the Women's Club to provide you with a Welcome Package and greet you personally. Due to previous Covid guidelines, we have been extra careful and respectful of the wishes of our residents and have not been able to contact many of you over the last two years. Thankfully, we are now able to move forward, and welcome you properly to our city. If you are a new resident (within the last year) or have never been contacted by the Women's Club, please let us know by contacting the RHCA Administrator Ariel Lakey at 310-544-6222 or [info@rhca.net](mailto:info@rhca.net) We will keep your contact information secured and confidential unless otherwise noted. We look forward to seeing you soon!**

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## **Tai Chi for Seniors**

**Tai chi is one of the more popular methods of movement for seniors. That's why both active seniors and those new to fitness can benefit from the low-impact moves taught in this gentle form of exercise.**

- **Increases Body Awareness - Known as slow-motion exercise, tai chi encourages slow and deliberate body movements accompanied by deep breathing. This combination helps seniors focus on the way their body moves and allows them to pay attention and address any discomfort they may be feeling.**

- **Improves Cognition** - A small 2018 study showed a connection between the practice of tai chi and improvements in cognition for seniors with mild cognitive impairment. This is promising news for older adults looking to improve their memory and executive functioning skills.

- **Reduces Risk and Fear of Falling** - Maintaining good balance, flexibility, and coordination become more important the older you get. While most physical activities, especially weight-bearing exercise, can help seniors maintain and even improve their mobility, activities such as tai chi also reduce the risk and fear of falling in older adults by improving balance and motor function.

- **Eases Arthritis Pain** - People with chronic pain from conditions like arthritis may experience a reduction in symptoms by following a regular practice of tai chi.

RHCA Tai Chi Classes are held every Tuesday at 11:30 a.m. in the yard by the RHCA office hitching post. Classes are \$10 per person and your first class is FREE! Please be sure to wear comfortable clothing and a hat if it is going to be a sunny day.

## Courts Club Cinco De Mayo Event Saturday May 6th



**Rolling Hills Courts Club invites you to save the date for the summer event Saturday May 6<sup>th</sup>!  
We look forward to seeing you all!**

## **Women's Club Easter Egg Hunt Party**



The Women's Community Club  
of Rolling Hills Presents

*Our Spring*

**EGG HUNT PARTY**

Peter Cottontail + Mopsy,  
Entertainment and Refreshments!

Month **04** Date **02** Year **23**

from **1 PM** to **3 PM**

THE OCCHIPINTIS'  
34 CREST ROAD EAST

FOR CHILDREN AND GRANDCHILDREN (under 10)  
OF ROLLING HILLS RESIDENTS

Please RSVP (w/ # of kids + ages) through  
Paperless Post or by phone 310-529-7501

BRING YOUR OWN BASKET  
AND REFILLABLE WATER BOTTLE

FIRST AGE GROUP EGG HUNT  
STARTS PROMPTLY AT 1:30 PM

**The Women's Community Club of Rolling Hills Presents the Spring Egg Hunt Party! Peter Cottontail + Mopsy, entertainment and refreshments!**

**April 2nd, 2023  
1:00pm - 3:00pm**

**34 Crest Road East For children and grandchildren (under 10) of Rolling Hills residents.**

**Please RSVP (with number of kids + ages) to (310) 529 - 7501**

**Bring your own basket and refillable water bottle.**

First age group egg hunt starts promptly at 1:30pm.

## March Events



# DATES TO REMEMBER

Date	Event	Where	Time
Thursday, March 9th	Moms and Tots Playdate	RHCA Lawn	9:30am
Tuesday, March 7th	Architectural Committee Meeting	RHCA Office	4:00pm
Saturday, March 11th	Pickleball Workshop	Court 1	11:00am
Sunday, March 12th	Daylight Savings ( <u>Spring Forward!</u> )		
Wednesday, March 15th	Bulky Item Services	Roadside	8:00am
Thursday, March 16th	Board of Directors Meeting	RHCA Office	7:30pm
Tuesday,	Architectural	RHCA Office	4:00pm



<b>March 21st</b>	<b>Committee Meeting</b>		
<b>Saturday, March 25th</b>	<b>Moms and Tots Playdate</b>	<b>RHCA Lawn</b>	<b>9:30am</b>
<b>Saturday, March 25th</b>	<b>Shred &amp; E-Waste Recycling</b>	<b>City Hall</b>	<b>10:00am</b>

### Weekly

<b>Tuesdays</b>	<b>Tai Chi</b>	<b>RHCA Lawn</b>	<b>11:30am</b>
<b>Tuesdays</b>	<b>Pickleball Tuesdays</b>	<b>Court 1</b>	<b>4:00pm</b>
<b>Tuesday</b>	<b>Tennis Tuesdays</b>	<b>Court 1</b>	<b>6:00pm</b>

### Save the Date

<b>Sunday, April 2nd</b>	<b>Women's Club Egg Hunt</b>	<b>34 Crest Road East</b>	<b>1:00pm</b>
<b>Saturday May 6th</b>	<b>Courts Club Cinco De Mayo Event</b>	<b>Court 1</b>	<b>4:00pm</b>



**Rolling Hills Community Association**  
**Website**

**DWELLING LIVE**

Rolling Hills Community | 1 Portuguese Bend Road, Rolling Hills, CA 90274  
<https://www.rhca.org/>

[Unsubscribe rhca1936@gmail.com](mailto:rhca1936@gmail.com)

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