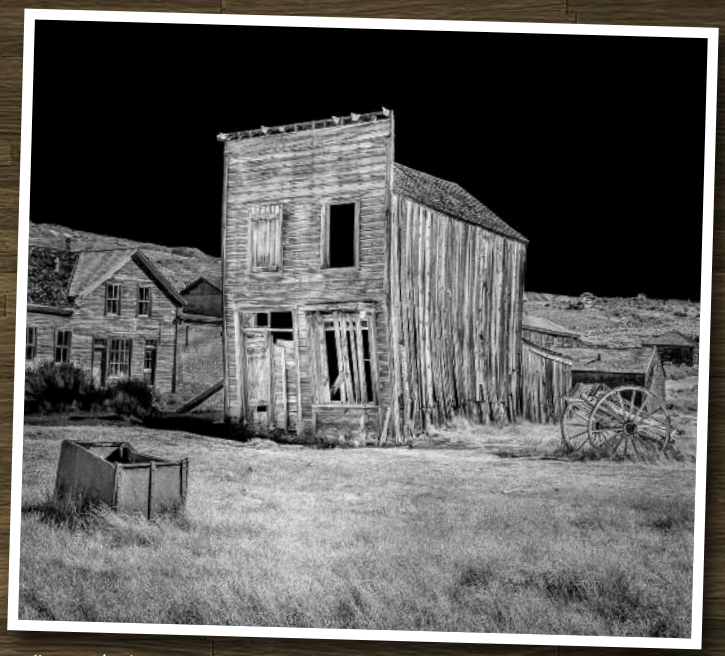
The View

Sun City Shadow Hills® by Del Webb®

May 2019

"Get Grandpa" by Diane Anderson
1st Place, Photojournalism-Color



"Boarded Up" by Paul Priebe
Judge's Award of Excellence, Best of Division-B&W
And 1st Place, Objects & Architecture-B&W

SCSH Photographers Sweep Top Awards at the Riverside County Fair & National Date Festival

Story on Page 10

"Brown Eyes of Galapagos" by Glenn Jones
2nd Place, Nature & Animal Studies-Color

CONTACT INFORMATION

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***www.scshca.com* · 760-345-4349**

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Montecito Clubhouse Fax 760-772-9891
Montecito Clubhouse . . . . . Ext. 2120
Montecito Fitness Center . . . . . Ext. 2111
Santa Rosa Clubhouse Fax 760-342-5976
Santa Rosa Clubhouse . . . . . Ext. 2201
Shadow Hills Golf Club South . . . . . Ext. 2305
Shadow Hills Golf Club North . . . . . Ext. 2211
Shadows Restaurant . . . . . Ext. 2311
Jefferson Front Gate (Phases 1 & 2) 760-345-4458
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SCSH Community Association Board of Directors

Kim Fuller, *President* . . . . . president@scshca.com
Fera Mostow, *Vice President* . . . vicepresident@scshca.com
Bruce Marley, *Treasurer* . . . . . treasurer@scshca.com
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For warranty or customer service needs concerning your home, please email: socalservice@delwebb.com

SUN CITY SHADOW HILLS COMMUNITY ASSOCIATION

Hours of Operation

Association Office
Monday – Friday · 9 AM – 12 PM, 1 – 4 PM
First Saturday of the Month · 8 AM – 12 PM

Lifestyle Desk
Daily · 8 AM – 5 PM

Montecito Clubhouse
Daily · 6 AM – 10 PM

Montecito Fitness Center
Daily · 5 AM – 8 PM

Santa Rosa Clubhouse
Daily · 6 AM – 9 PM

Shadows Restaurant
Monday – Sunday · 8 AM – 8 PM
Breakfast · 8 – 11 AM
Lunch · 11 AM – 5 PM
Dinner · 5 PM – 8 PM
Happy Hour · 3 – 6 PM

Golf Snack Bar
Daily · 6 AM – 3 PM

Santa Rosa Bistro
Daily · 6 AM – 3 PM

Montecito Café
Closed

All hours are subject to change.
Visit www.scshca.com for the latest hours.

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Mission Statement
To promote the community and recognize the individuals who contribute to the identity of the community, and to impart information relevant to the community as a whole.

SCSHCA Communications Advisory Committee
Tom Hutson, *Chair*; Arnold Choy; Julie Harris; Aggie Jordan; Lee Powell; Dennis Sheehan

Staff
Editor-in-Chief: Rich Smetana, *General Manager*
Production Manager: Gus Ramirez, *Communications Manager*

To inquire about articles, content, and advertising – or to submit stories for publication – please email view@scshca.com or contact Gus Ramirez, Communications Manager, at 760-345-4349, ext. 2204.

President's Report

By Kim Fuller
President

The Board election is now over, and a new Board begins with so much about to unfold. But some constants remain, constants that remind us we live in a beautiful place with wonderful people. Combine that with the first light that breaks across the horizon and casts a red glow on the mountains, and you can't help but think how lucky we are to live in this paradise called Shadow Hills. A feeling that warms your heart knowing we are all working together for another beautiful day. It just makes you smile and be thankful.

We are about to start on some different projects that have been approved: tennis and pickleball court improvements, tiling of the indoor spa, seal coating of Sun City Boulevard in Phases 1 and 2, and of course the Montecito Clubhouse remodel.

The clubhouse remodel will complete the work done by the volunteer residents that served on the Interior Design Committee over the past two years. There will be new carpet, painted walls, wallpaper, lighting, furniture, and accessories. Work is scheduled to begin May 14, so hopefully there will be a little less disruption given that many will have left the area.

Many residents have inquired what will happen with the furniture, paintings, and accessories that will no longer be used. Some have inquired if they could purchase some of these items scheduled for replacement. All the furniture and accessories that will be replaced will be up for sale on May 13, a one-day sale. Residents will be able to place bids on the items they want from 9 am – 3 pm. Winners will be notified no later than 3:30 pm and must have the items out of the clubhouse no later than 6 pm that evening.

We realize it isn't a very long time for folks to get their stuff out, but we need to start the demolition work on Tuesday, May 14. Any furniture and/or accessories not taken by the residents will be donated. So, if you want to participate in this one-day sale, be sure to plan on having people to help you remove any items you purchase. Feel free to talk with staff about the items that will be up for sale.

I wish to thank all the committed homeowners who volunteer their time to participate on the many committees who keep our community operating smoothly. In the last two years, many new committees have begun, and this helps all of us enjoy this paradise even more. Many hands make for little work and a more positive outcome. Without all these dedicated individuals, our community would not operate so well. As you see them, step up and say, "thank you"; they can never hear it enough because the sacrifice of their time enhances our lives.

I am grateful for the opportunity to serve alongside these many volunteers, including the Board.

So, when the sun sets on this day, also reflect on the beautiful sunrise, the "good morning" greetings from your neighbors, and all of the kind people who have gathered in this community. No doubt about it, ***"It doesn't get any better than this."***

Kim

Contact the author at president@scshca.com.

Meet a Board Member

Thursday, May 9, 2019 at 3:00 PM
Montecito Clubhouse • Capistrano Room

Come by and introduce yourself to Bruce Marley, Treasurer of your HOA Board. He wants to hear what you like about our community and if you have any concerns.

Next Board Meeting:

Date: Monday, May 29, 2019
Time: 2:00 pm
Location: Ballroom
Please join us!

People Who Make Our Lives Better

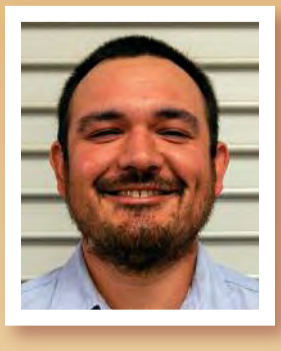


Photo by Gus Ramirez

Aaron Darroch

Troon Golf Employee of the Month

April 2019

We are pleased to announce that the Employee of the Month for April is Aaron Darroch. Aaron was first hired as a guest service attendant in February 2018. As the busy season came to an end, his hours were going to be significantly reduced. At the same time, the Golf Course Maintenance team needed additional help. Aaron was offered the opportunity to work a few days a week with the Golf Course Maintenance team, and he accepted. Through the heat of the summer, Aaron was always working hard and ultimately transferred to the department full-time.

Aaron has always maintained a great attitude and demonstrated willingness to learn various assignments as a greenskeeper. Because of some staff turnover and Aaron's detail-oriented work ethic, he became the logical choice for a promotion from greenskeeper to irrigation technician. Since Aaron has been in this new role, he has been instrumental in helping solve various irrigation issues on the South Course. Golfers have most likely seen Aaron making repairs to the irrigation system, digging large holes and becoming wet and muddy (both hazards that come with the job).

Aaron proved his value as a team player several months ago when a major rain event occurred on February 14. He worked tirelessly to move water around the golf course, going waist deep in waders at times with the trash pump hoses. Because of Aaron's efforts, we were able to open the golf course as quickly as possible, allowing operations to generate much-needed revenue after the course was closed because of the flooding.

Troon's mission is to create extraordinary guest and member experiences by delivering superior service, amenities, and playing surfaces. Because of team members like Aaron Darroch, we can accomplish this mission – and that is why he was chosen Employee of the Month.

Advisory Committees

City Development Coordinating Committee
citydevelopment@scshca.com
Chair: Tom Hutson

Communications Advisory Committee
communications@scshca.com
Chair: Tom Hutson

Covenants Committee
covenants@scshca.com
Co-Chairs: Traci Barnett Hone & Lee Powell

Design Review Committee
designreview@scshca.com
Chair: Vicki L Berg · Vice Chair: Ted Shettler

Emergency Preparedness Subcommittee
epsc@scshca.com
Chair: Jeff Kirkpatrick

Facilities & Services Advisory Committee
facilities.services@scshca.com
Chair: John Petersen

Finance Advisory Committee
finance@scshca.com
Chair: Bill Wethe

Food & Beverage Committee
foodbeverage@scshca.com
Chair: Jurgen Gross

Golf Advisory Committee
golf@scshca.com
Chair: Dave Bakshy

Health & Fitness Advisory Committee
healthfitness@scshca.com
Chair: Rick Halla

Information Advisory Committee
information@scshca.com
Chair: Erin Smith

Landscape Advisory Committee
landscape@scshca.com
Chair: Chris Stevens

Safety Advisory Committee
safety@scshca.com
Chair: Ed Chavez

Interested in joining a Committee?

Stop by the HOA office and fill out an Advisory Committee Interest Form.

VOLUNTEER OPPORTUNITY

Seeking new members for the Information Advisory Committee (IAC)

Would you like to get more involved with our Community, meet new people, and go behind the scenes of Sun City Shadow Hills? We're looking for a few good residents ...is this YOU?

ARE YOU:

INQUISITIVE | FRIENDLY | TRUTH SEEKER

YOU JUST MIGHT BE WHO WE ARE LOOKING FOR!

- **CAN YOU WRITE SHORT, FACTUAL ARTICLES ABOUT OUR COMMUNITY?**
- **DO YOU HAVE TIME TO COMMIT TO (1) ONE MEETING A MONTH (WE MEET THE 2ND WEDNESDAY OF THE MONTH FROM 2-4 PM)?**

If you answered yes to ANY of the above statements, then the Information Advisory Committee is LOOKING for YOU!!! We currently have several openings we would like to fill, please fill out the Volunteer Committee Application at your earliest convenience!

Finance Advisory Committee (FAC)

By Bill Wethe, Chair

Work completed

The FAC continues its work with the Board, as well as with DRM and Troon management on behalf of the Association including:

- Review and recommend Board approval of the unaudited March 2019 HOA financial statements including the:
  - financial statements prepared by DRM and Troon.
  - combining and combined HOA financial statements prepared by the Controller.
  - summary financial information on financial position and results of operations included in the Controller's report to the Board.
  - condensed HOA financial information to be published in *The View*.
- Review of the variance analysis prepared by DRM on the 2019 Operating Fund revenues and expenses to assess impact, if any, of the 2019 Forecast.
- Review of variance analysis prepared by DRM on the 2019 Replacement Fund expenses and inter-fund transfers to the Operating Fund to assess impact, if any, on the:
  - 2019 Replacement Fund annual cash flow forecast.
  - 2020 Reserve Study.
- Review of the 2019 Forecast (3+9) on the Operating Fund and Replacement Fund as compared to the 2019 Budget prepared by the Controller.
- Review and written recommendations to the Board on draft contracts for a landscape maintenance contractor and a security services contractor.
- Preparation of Request for Proposal (RFP) for legal representation services.
- Review and written recommendation to Board on insurance renewal effective April 22, 2019.
- Preparation of written materials and presentation for the Board Symposium on April 10, 2019.
- Preparation of the FAC monthly written report to the Board for its meeting on April 29, 2019.

Work in process and upcoming work

The FAC has several initiatives in process or upcoming including:

- Review of responses received from issuance of RFP, evaluation, interviews, and written recommendation to the Board for legal counsel for the Association.
- Reserve Study for 2020.

FAC Continues to Seek Additional Members!

Our Committee is seeking additional members to be of service to our HOA. FAC is authorized to have up to nine members, and we have five of these positions filled now with very talented and dedicated members. We would like to add additional resources to our team to ensure we maintain the necessary experience and expertise for carrying out the mission and charter of the Committee. The Committee has several recurring and non-recurring assignments it will undertake in 2019. For more details about those assignments, please read on.

To volunteer, please complete an Advisory Committee Interest Form available at the HOA Office, or online at **scshca.com/committee interest**. Please return the form to the HOA Office, and I will then follow up with you.

Further information

Please review minutes of our monthly meetings and our written reports to the Board included in Board meeting packages on the HOA website.

FAC Members: Larry Anderson, John Deshaw, Steve Proia, Joe Lupica, and Carey Thompson.

Contact the author at finance@scshca.com.

Health & Fitness Advisory Committee

By Heidi Worcester

Welcome to the Health & Fitness page! Our HOA Board created an advisory committee to assist them in decision-making for our residents. This page is where you'll find regular features related to health and fitness opportunities in SCSH. What is the committee doing for you, our residents? We meet monthly to discuss community suggestions, classes offered, and improvements we can make to our recreational facilities. Over 35 fitness classes are offered each month, providing something for everyone.

Activity Highlight

Several ***free classes*** are offered each month. Check the fitness schedule in the gym (and online); the freebies are in a yellow box! Finding a new routine will help keep you fit. Try something novel and come visit your fitness center; meet some new friends and get out this springtime!

Fitness Website

From the homepage, select *Lifestyle*, then *Fitness*. Classes and schedules are online at www.scshca.com.

Resident Spotlight:
Jackie & Terry Gabrielson

We've lived in Phase 2 for almost five years and are full-time residents. Our fitness efforts include a long walk every morning before breakfast, and the gym (usually Santa Rosa) every afternoon for about an hour. We try to divide our gym time evenly between resistance training and aerobic activity. For the resistance part, we do upper body one day, lower body the second, and core on the third. We also attend 3 - 4 group classes per week. We feel so fortunate to have two well equipped gyms and such good instructors for the group classes!

We Want Your Feedback

We want to hear from you! Suggestions and feedback from residents drive many of our decisions. Leave a note in the gym suggestion box or feel free to contact us through email healthfitness@scshca.com. Messages are read weekly and discussed at our monthly meetings.

Thanks for helping us make SCSH a better place to blossom!

SUN CITY SHADOW HILLS EPC

Emergency Preparedness Sub-Committee (EPSC)

By Jeff Kirkpatrick, Chair

Emergency Drinking Water

Many emergency management agencies recommend having a supply of safe, emergency drinking water on hand to use after an emergency or other disaster strikes because public drinking water infrastructures may be damaged and contaminated. These include the FEMA (Federal Emergency Management Agency), the ARC (American Red Cross), the CDC (Centers for Disease Control), the CalOES (California Office of Emergency Services), and the RivCoEMD (Riverside County Emergency Management).

How do you accomplish this? It is not as easy as you'd think at first blush! Here's some advice about how to get started. You can spend a small fortune on commercially available drinking water, water systems, and storage containers; or you can do it yourself. Either way, keep these tips in mind.

Create and Store an Emergency Water Supply

- Given our extreme desert heat, store at least 3 gallons of water per day for each person. Don't forget your pets. You should consider storing more water than this for persons who are sick.
- Store at least a 7- to 14-day supply of water for each person and each pet.
- Observe the expiration date for store-bought water. Replace non-store-bought water every 6 months.

- Store a bottle of unscented liquid household chlorine bleach (the label should say it contains between 5 – 6 percent and 8.25 percent of sodium hypochlorite) to disinfect your water, if necessary, and to use for general cleaning and sanitizing.

Choosing a Container

When preparing safe water, it is best to use food grade water storage containers, such as those found at surplus or camping supply stores. If you are not able to use a food grade water storage container, be sure the container you choose:

- has a top that can be closed tightly.
- is made of durable, unbreakable materials (i.e. not glass).

Do Not Use containers that previously have been used to hold liquid or solid toxic chemicals (bleach pesticides, etc.).

- A food-grade water storage container is one that will not transfer noxious or toxic substances into the water it is holding. If you are uncertain whether a package type is food-grade, you can contact the manufacturer. Ask if that particular container is (US) FDA approved, meaning that it is safe for food use.

- Do not use common garden hoses, as they may contain harmful lead. Instead use a white, freshwater hose commonly found in RV supply stores, hardware stores, or online.

Cleaning a Water Storage Container Before Use

Before filling with safe water, use these steps to clean and sanitize water storage containers:

1. Wash the storage container with dishwashing soap and water and rinse completely with clean water.
2. Sanitize the container with a solution made by mixing 1 teaspoon of unscented liquid household chlorine bleach in 1 quart of water.
3. Cover the container and shake it well, so that the sanitizing bleach solution touches all inside surfaces of the container.
4. Wait at least 30 seconds and then pour the sanitizing solution out of the container.
5. Let the empty sanitized container air-dry before use OR rinse the empty container with clean, safe water that is available already.

Storing Safe Water in a Container

- Label container as "drinking water" and include storage date.
- Replace stored water every six months.
- Keep stored water in a place with a fairly constant, cool temperature (50 - 70° F).
- Do not store water containers in direct sunlight.
- Do not store water containers in areas where toxic substances, such as gasoline or pesticides, are present.

Sources for Safe Drinking Water

- The Internet. Use search words such as emergency drinking water, water storage systems, or drinking water supplies. The information can be intimidating, but don't let it be!
- Online outlets for all the major big box and hardware stores.

Please join us and become prepared!
It really is quite easy!

From The Library

By Cindy Degraf

Are you planning a trip away from our triple-digit temps this summer? If you are heading to a cooler place to beat the heat, grab a few books for the road. We have puzzles, too. Before you head over to the beach or that cabin in the woods, stop in and see what we have.

If you have books to donate, please review the list below to see what we are looking for. We have very limited space available to shelve and to store books, so please do not leave items we cannot use. Donated books must be in excellent condition, and do not leave more than 10 per month, per household.

We Accept as Donations:

- ✓ Hardcover and paperback fiction, historical/political, biographies/ autobiographies
- ✓ Audio books and DVDs
- ✓ Recent magazines

We Do Not Accept:

- ✗ Cooking, sports, self-help or "how to" books
- ✗ Coffee table or picture books
- ✗ Religious or travel books
- ✗ VCR tapes or music CDs

Please contact Barbara Perler at 760-772-4484 or baramp@verizon.net if you have any questions or comments about the library.

As always, thank you for supporting our library.

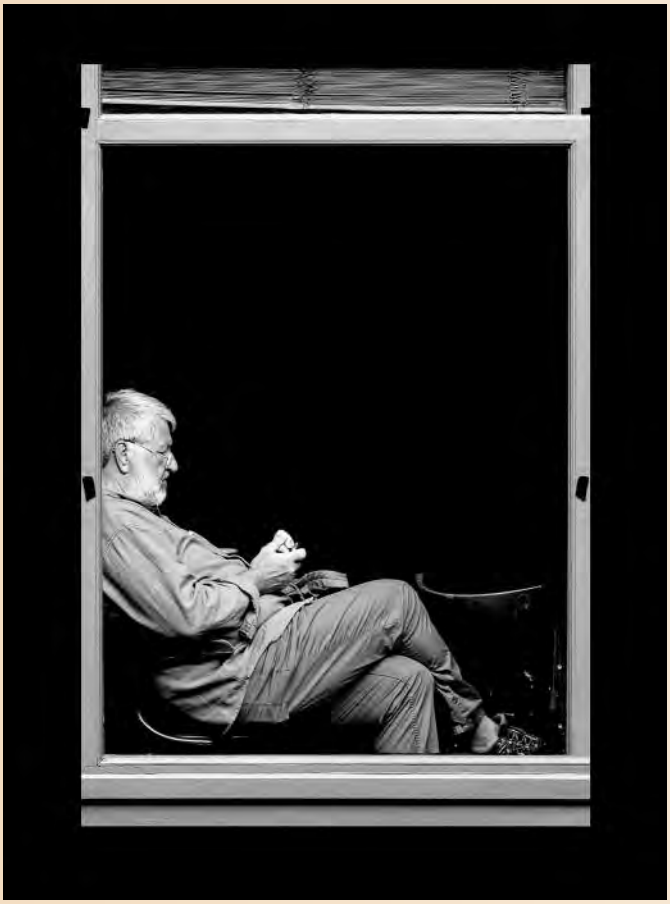
SCSH Photographers Win Big — Again! — at 2019 Date Festival

By Beth Bolduc

Warm congratulations go out to our talented SCSH Camera Club photographers for capturing 43 awards (over half!) at the Riverside County Date Festival this year, besting even their phenomenal success in 2018. Not only did Paul Priebe win the coveted "Judge's Award of Excellence" and "Best of Division" for "Boarded Up" (shown on the cover); he also took three of the thirteen 1st Place wins as well.

Thirteen club photographers participated this year, some for the first time. The club also walked away with six 2nd Place awards, six 3rd Place prizes, and a whopping eighteen Honorable Mentions!

The May and June issues of *The View* will feature 1st, 2nd, and 3rd Place winners. Our apologies to the Honorable Mention winners: unfortunately, we are unable to display their work because of space constraints.

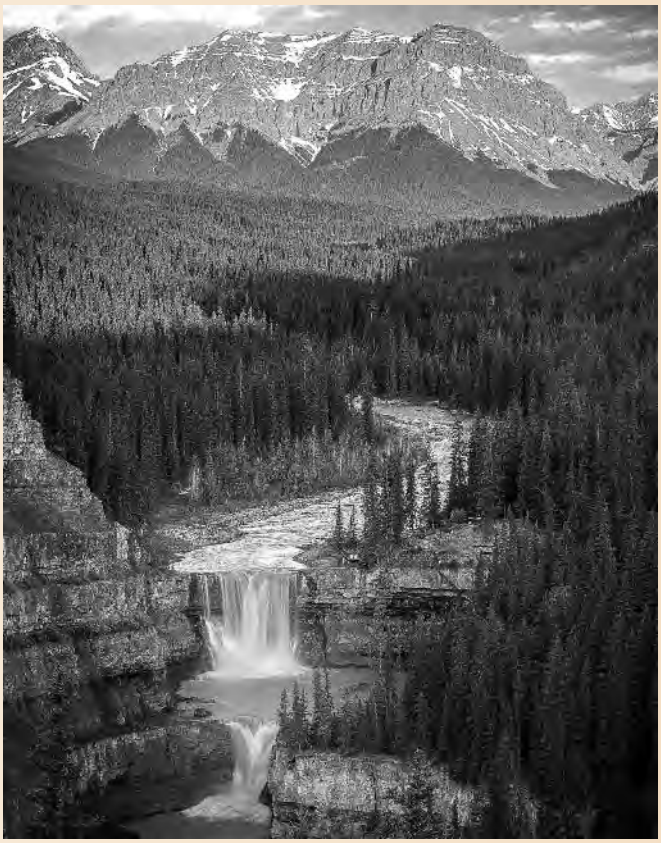


"Man in a Window" by Ernest Wallerstein
1st Place, Computer Open-B&W

"Fetching Water" by Paul Priebe
1st Place, People-B&W

"The Organist" by Graham Jones
1st Place, People-Color

"Affectionate Time" by Diane Anderson
1st Place, Nature & Animal Studies-B&W



"Crescent Falls" by Neil Miller
1st Place, Scenic & Landscapes–B&W

"Princeville Flower a 'la Andy" by Don Paskewitz
1st Place, Computer Open-Color

"Ladies on a Bench" by Jim Schacht
2nd Place, People-Color

"Stormy Day in the Dolomites" by Gail Stewart
1st Place, Theme (Clouds)-Color

"Guggenheim Museum Blue Hour"
by Jeff Fier
2nd Place, Objects & Architecture-Color

"Do You Hear Me Tanner Boss?"
by Paul Priebe
3rd Place, People-Color

"Wave Runner" by Glenn Jones
3rd Place, People-B&W

Contact the author at bethbolduc7@gmail.com.

Feature Stories

The Double Doors

By Bob Firring

Provided they were conscious, everyone remembers the first time they went through the double doors. I'm referring to when they wheel you into the operating room for the first time. Everyone is friendly and somewhat sympathetic, but you are going in alone. Everyone goes through the double doors unsure of what will happen next. Some people pray, some people curse their luck. Everyone remembers how they felt.

My first time came when I was 48. I was diagnosed with a brain tumor. It was benign, but it had to come out. Otherwise, it would keep growing and interrupt brain functions. I was told I would lose my hearing on my right side and likely have balance issues for the rest of my life, but I should survive this operation. Oh, and the right side of my face would be paralyzed for an indefinite period of time.

In the old days, the surgery was brutal. People staggered when they walked because of balance issues and lost the eye that the tumor was on because they were unable to blink. I was told Joseph Stalin had the same type of tumor. Doctors were afraid to operate on him because they knew he would have them killed if he was not happy with the result. Doctors would say, "Let's postpone this a while so you can get a few more years of normal living in before we have to do this."

I was given a list of people to call who could tell me about their experiences. I called a few, but they only scared me worse. A lady in Houston told me the worst thing was waking up and being on a ventilator. She had a tube down her throat to make sure she would breathe. The thought of that terrified me. I still feel it when I think of it. She also had to go back for a second surgery because

The Double Doors

the doctors had not completely removed her tumor and it had started growing back. I saw a man in Glendale who, although he had a successful surgery, had facial problems and had to have a spring installed in his eyelid so he could blink. At least, I thought, he didn't lose his eye.

My insurance at the time had not approved this procedure, so it looked like I was going to have to cover the bulk of the cost myself. I was a successful salesman and partner at an investment banking firm, but incurring a $100,000 plus bill with a daughter headed off to college in the fall was a scary thought.

Despite the doctor's prediction, what if I died? People would say, "He had a great life. He had a good marriage, two wonderful children, and a successful business." Lots of people around the world would kill to be able to change places with the life I had.

Interestingly, I felt great. I played tennis two days before I went in for the operation. I had been experiencing a decline of hearing in my right ear for many years. When I'd bring it up at my annual physical, the doctor would say it was pretty normal for someone my age. I learned that more people have hearing issues than all other concerns put together.

After a few years of this, the doctor sent me to an audiologist. He measured my hearing and said to come back in a year. When I experienced even more hearing loss, the doctor sent me in for an MRI. That revealed the tumor which, by then, had grown to be about the size of a golf ball. I was sent to the House Ear Institute in LA the next morning. It was there that I learned all I have recounted.

The surgery was scheduled for 1 pm, but I was to report to the hospital at 7 am. After filling out that scary form about who would make the decision to pull the plug in case I didn't wake up and whether I wanted to donate my organs, my wife and I settled in for a quiet, but stressful morning. My mother wanted to be there, too; but my wife said no. Worrying about me was hard enough. She didn't want my mother complicating things.

The morning passed, and I was finally wheeled through the double doors. The anesthesiologist, who was a nice guy, asked me if I had stopped at McDonalds on the way to the hospital. I relayed my fear of the ventilator, and he said it probably wouldn't be necessary. It wouldn't be long before I was asleep.

About five hours later, I woke up with an extremely cold blast of air being forced in my nose. Yes!!! I wasn't on the ventilator. I got it away and I began the long recovery process. Thirty years later, my facial nerve is still healing; but I am alive and grateful every day to be here.

The author today

Everyone has their before-and-after moments when their life really changes. Wedding day, the birth of one's children, and retirement all make the list. While all of those things make my list, too, my most life-changing event happened when I was wheeled through the double doors.

Contact the author at rfirring@aol.com.

She Can Do It!

By Beth Bolduc
Photos Provided By Dorothy Dempsey

Born in Portsmouth, Ohio in 1924, she was a pretty little thing. How could she know what amazing adventures awaited her? When she won "Best Jitterbugger" her senior year in high school, she thought that was something! *Her mother thought she was home studying!*

Dorothy Dempsey, our SCSH "Rosie the Riveter," has led a very interesting life! In early 1941 her family moved to Baltimore for her father's new job. Dorothy was living on her own, working at a shoe company in Ohio. But soon she moved to Baltimore to be near her family.

Above: Dorothy in 1941.
Right: Dorothy today.
Photo by Beth Bolduc

Then Japan bombed Pearl Harbor on December 7, 1941, bringing the US into WW II. Of course, Dorothy's whole family wanted to help the war effort. Her father worked in the shipyards. Her brother joined the Army, and Dorothy became part of the workforce at Eastern Aircraft Division of General Motors.

The Navy had reorganized manufacturing plants across the country to build planes and bombers as fast as possible, and had quickly converted this former GM car manufacturing plant to an aircraft building facility. But first it was necessary to do extensive remodeling, retooling, and retraining of present employees, as well as to hire new ones like Dorothy. Many U.S. aircraft and engine plants ran 24 hours a day! Luckily Dorothy's plant had only two shifts, but the early hours and multiple streetcar changes to get to work were a hassle.

Unfortunately, Dorothy's brother had severe asthma flare-ups and had to return home. As soon as he was honorably discharged from the Army, he rejoined the war effort by welding in the shipyards.

Meanwhile Dorothy's Baltimore airplane plant, one of four in the area, assembled the Grumman F4F "Wildcat" fighter plane and the "Avenger" torpedo bomber with fold-up wings, two very successful fighters used in the war. Despite start-up challenges, these local plants delivered the first Wildcat on September 1, 1942, and the first Avenger on November 12, 1942.

Dorothy's first job was attaching molding around cockpits. But soon, she moved on to riveting plane fuselages. She recalls that vibrations along her arms from the riveting felt very much like she was handling a small jackhammer. Additionally, Dorothy says, areas where rivets were positioned were tight; and there was very little margin for rivet placement error. Not everyone was suited for the job. But Dorothy got very good at it and often acted as "troubleshooter" for her team. Troubleshooters corrected mistakes by others.

In Baltimore, 30 percent of the nearly 54,000 aircraft workers were women. Today it's hard to imagine but, in 1941, a woman working outside the home was unusual. A woman's job had been seen mostly as a stay-at-home housewife. The war's demands changed everything. However, not all of Baltimore's "Rosies" built planes. A considerable number worked at the nearby shipyard, the largest in the U.S.

Here are some interesting "riveting facts." Several hundred thousand rivets were needed for a single airplane. "Rosie" Bonavita set a record by driving 3,300 rivets into a Grumman Avenger in her six-hour shift! The iconic poster widely displayed after the war to depict the women who built these airplanes is actually a composite of many "Rosies."

Dorothy and her work crew at Eastern Aircraft. Dorothy is in the bottom row, third in from right.

Dorothy went out after her work shift to have fun. Usually her group consisted of single girls, some couples, and single men who got together to laugh, have a drink, and listen to music. It was casual with no pressure to "pair up." However, one of Dorothy's girlfriends knew someone she thought would be "perfect" for Dorothy. So, she asked him to join the group in hopes they might like each other. He was an Army interpreter at the nearby German POW camp. They did start dating. And after the war they married and had a son.

Dorothy always liked being around the public, so after the war she worked for a Baltimore furniture store using her sales skills and design talents. Sometimes she and her mother would take the train to New York to "catch a show." She remembers one very eventful Latin Quarter radio show. Not only did she meet several celebrities, she won the "Best Dressed Woman in NY" contest that day!

Fast forward to the 1960s. Dorothy had moved to Santa Barbara, CA. She and her first husband had recently drifted apart. Looking for something new to do, she gravitated to fashion, working for high-end retail stores and modeling. Although she joined the La Belle Modeling Agency at the urging of a friend, she also maintained her independent modeling career, as well. Eventually, she moved on to retail management and became a buyer for several lines.

In 1969 Dorothy met an interesting man. She had gone to Santa Barbara City College to take secretarial courses. "Wild" Bill Dempsey was the college's first campus security officer and a staff favorite. He gave her a ticket, of all things, for parking illegally! A few months later, they accidentally met on a blind date and recognized each other.

The rest is history. What followed was a wonderful 34-year marriage. They moved to the desert in 1990 and eventually came to SCSH in 2006.

Dorothy's certificate of honor.

So, this year as we celebrate Memorial Day, let us not only be grateful to our wonderful war heroes but let us also be thankful for those who stayed behind. They endured shortages, rationing, and long work hours to build our airplanes, bombers, and ships and helped in so many other ways.

They truly believed, *"We Can Do It!"*

Contact the author at bethbolduc7@gmail.com.

Nettie Washington: A Truly Inspiring Resident

By Dennis Sheehan
Photos By Graham Jones

A portrait at home of Nettie

On Friday, March 22, the Senior Inspiration Awards ceremony was held at the Palm Springs Convention Center. You may not have heard of this annual event, but it is nonetheless impressive: the County of Riverside and the Coachella Valley's nine cities honor senior citizens 65 years of age and older who demonstrate a zest for physical and mental well-being through volunteerism and active engagement in the community.

Former Riverside County Supervisor Corky Larson established this tradition in 1992 as a way to recognize our Valley's unsung heroes. It has continued with Supervisors Roy Wilson, John J. Benoit, and V. Manuel "Manny" Perez. This year, 12 extraordinary seniors were honored.

A committee of representatives from the Valley's nine cities and the Riverside County Office on Aging does all the planning for the event. Many residents will remember committee member Jared Katchmar, the County's Volunteer Services Coordinator, from when he worked as an instructor in our SCSH Fitness Department. Over the years, numerous legendary local political figures have played key roles. This year, County Supervisor Perez kicked off the luncheon with insightful opening remarks.

The individuals who earned an award this year were selected by their respective cities not only for their volunteer contributions, but also because they serve as role models for us all. The City of Indio nominated Nettie Washington, who has called Sun City Shadow Hills home for over 11 years, for her exemplary life of cheerful volunteer service wherever she has lived.

Nettie receiving her award from City of Indio Mayor Lupe Ramos Amith

Master of Ceremonies Brook Beare, Nettie, and Mayor Lupe

Nettie is the former president of the California State Employees Association (CSEA) retiree unit and served for five years on the Friends of the Indio Senior Center Board as president and secretary. Nettie's colleagues value her as a contributor who knows how actively to listen, yet also to challenge her peers to find different approaches to problem solving.

Currently, Nettie volunteers at SCSH's library and has been a neighborhood watch captain here for the past 10 years. She also is a greeter at Southwest Community Church and is involved in the program "grandparents helping to pass faith to grandchildren." Nettie still remains an active member of the Indio Senior Center and leads a class there in paper crafting to create greeting cards and memory books for friends and family.

Born in New York City's borough of Manhattan, Nettie spent her childhood there, as well as on Barbados and in New Jersey. As a child, Nettie has vivid memories of her mother (a community activist in Newark, NJ) telling her, if she wanted to live in a better place, that she must get involved in her own community.

Following high school, Nettie enlisted in the U.S. Air Force and served two years. During a military tour at a Texas airbase, she met the love of her life, Willie. They married and, after Willy's 21-year Air Force career, moved to his hometown of Tulare, CA. Nettie then earned an associate degree in speech and library technology at Merced College. Then she completed her undergraduate education at Cal State Bakersfield in liberal arts, while also earning a teaching credential. All the while, Nettie and Willie were busy raising a family of three daughters, perhaps their proudest achievement of all.

Nettie's working career began as an employer relationship representative at Tulare Adult School. She made the transition into career counseling after completing a certification from UC San Diego.

In 1992, Nettie was elected to the Tulare City Council and served three terms until 2004. Shortly afterwards, she and Willy retired to the Coachella Valley.

Willie and Nettie Washington

How fortunate for us all that Nettie and Willie have chosen our community for a retirement that is sedentary in name only!

Please join *The View* staff in thanking Nettie for her many contributions, past and present, and congratulating her on earning a prestigious 2019 Senior Inspiration Award.

Contact the author djsheehan46@gmail.com.

Contact the photographer at fastbrit@gmail.com.

The Nautels' Summer Odyssey

By Arnold Choy
Photos Provided By The June Nautel

It was 116 degrees on July 19, 2018, when Bud and June Nautel loaded up the car and started on an epic 28 state, 60 day, 9,900 mile journey to visit family and reacquaint themselves with old friends that they hadn't seen in a while. The Nautels had made a similar driving trip before, but mostly to visit family on the East Coast.

Their family consists of four children and seven grandchildren (ages 11 to 16). Son Shawn resides in Voohresville, NY, and has a summer home in Ludlow, VT at Okemo Mountain Resort. Daughter Stacia calls Port Saint Lucie, FL, home and has a summer residence in West Eaton, NY. Son Keith is in Niskayuna, NY (where handyman Bud and June moved from to California 20 years ago). And finally, son Scott lives in Damariscotta, ME.

Similar to some of the Canadians who "like" to drive up to 15 hours a day, Bud tones it down a bit by driving only 10 to 12 hours daily or about 800 miles, taking power naps in the frequent rest areas, as needed. June lets Bud do 100 percent of the driving, and yet they still remain married after nearly 56 years.

The Nautels' 2018 itinerary consisted of driving eastward via I-40 on a northerly route from California to Maine and then down the East Coast to Florida before going westward via I-10 and finally arriving in Indio on September 20, 2018. Along the way there were frequent side trips in many of the states.

The Nautels 2018 Summer Odyssey Map

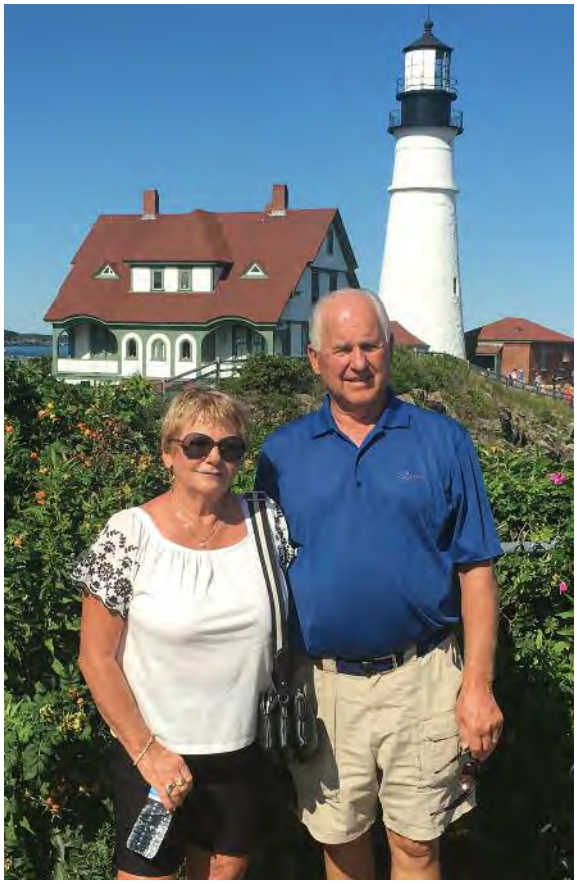
There were many highlighted stops along their whirlwind trip. A small sample includes the sacred and mystical red rocks of Sedona, AZ; Native American Indian crafts in Albuquerque, NM; the famous Gateway Arch Museum in St. Louis, MO; Destiny USA, one of the largest shopping and entertainment complexes on the shores of Onondaga Lake in Syracuse, NY; the famous landmark *Cheers* bar (of TV fame), plus Nathaniel Hall and the Faneuil Hall Marketplace in Boston, MA; the Saratoga Race Track in NY; and the 23-mile Chesapeake Bay Bridge Tunnel in VA.

Bud and June at the Saratoga Race Track

Finally they made it to the Villages in Ocala, FL, home to the largest 55+ community in the country. This is a retirement haven of over 120,000 residents with more than 55,000 homes spread out across 32 square miles. There are nearly 60 golf courses (38 are "executive" 9-hole layouts). This place is so large, new home sales were over 2,000 in 2018; they even have three ZIP codes and over 100 miles of golf cart-legal streets and trails. But they do have an annoying issue: while the Nautels were driving their golf cart back home after playing a round at a very distant Villages golf course, their cart battery died, and they had to call AAA for assistance.

There were also frequent stops along the coast of Maine to experience the splendor of its many lighthouses and the state's specialty, fresh Maine lobster. June recalls that, "there is absolutely nothing in the world to compare with eating a succulent Maine lobster 'steamer' that was hauled from the Atlantic Ocean less than an hour ago."

Now that's the pinnacle of freshness, akin to the famous Dungeness crab cocktails at San Francisco's Fisherman's Wharf on the West (or Left) Coast. The



The Nautels in front of one of the many lighthouses in Maine

Nautels also encountered an unusual dining experience at Mrs. Wilkes Dining Room in Savannah, GA. They were escorted to a table of other diners; and all of the food was served "family" style, to be shared by all.

But the focus of this trip was more about rekindling old friendships. Bud's oldest friend for 70 years, John, lives in Chesapeake, VA. John's warm and friendly home is famous because his backyard boasts the oldest oak tree in America. It is estimated to be 350 years old with a base circumference of 24 ft. and stands 80 ft. tall with a canopy that spreads over 60 ft.

Bud and June also stayed with Bruce and Marylou Marcus (from SCSH) in their beautiful home in Peterborough, NH, where they toured the community and played golf. In Rhode Island, they stayed with Nancy, a friend that they have known for over 50 years. Together, they journeyed into Newport for sightseeing at the Historical Mansions and, of course, more delicious steamers. The Nautels also stayed in New Jersey with friends Frank and Joan, who they have known since their junior high school days over 60 years ago. Frank was the best man

A typical large Maine lobster ready for the "steamer"

Best friends Bud, June, Frank, and Joan

at their wedding, and they are also godparents to one of their children.

This summer odyssey would not be complete without a golfing story. While in Bath, ME, Bud and June played golf at the Bath Country Club, a very tough links-style course. How tough was it? Well, Bud (who is a very decent golfer) said he lost 18 balls; and June was down to her last ball with one hole to play. June's stern message to Bud was, "If I lose this last ball, I'm done." But she made it through.

Contact the author at choyarnold@yahoo.com.

One Hundred is the New Sixty:
What You Should Know About Your DNA

By Bob Firring

In the early 1990s, the U.S. launched a study to unravel the mystery of the human genome. Ten years later, Craig Venter, a researcher based in La Jolla, CA, was the first person to have his DNA sequenced. The cost then was estimated to be $1 million. Incredibly, today it is closer to $1,000, and it keeps coming down every year.

Why is knowing your DNA important? Imagine having a daily vitamin pill you can take that is designed for your specific needs. Or a vaccine that will enable your own cells to identify and kill cancer cells. Would you want to know what your individual blood pressure should be based on your ancestry and DNA? Or imagine knowing 20 years in advance that you are at risk for some disease so that you can alter your diet and lifestyle to prevent it. These are benefits we can expect in the near future as a result of sequencing our DNA.

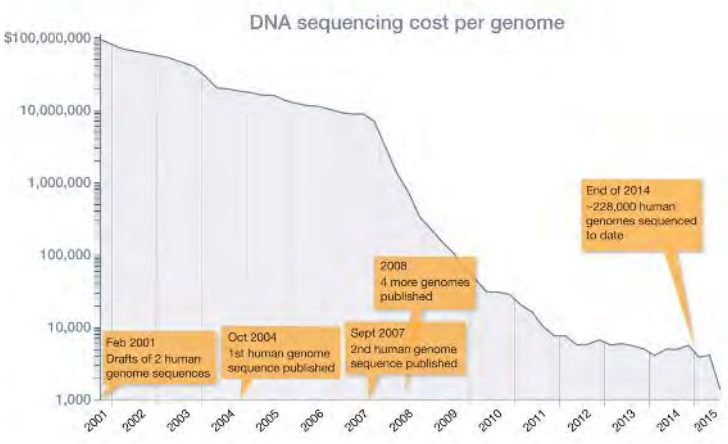
How will this work? Researchers cite two major ways. First, by knowing your DNA, specialists will be able to recommend diets, supplements, and vitamins to optimize your lifespan. Second, if you are at risk for cancer, dementia, arthritis, or a wide range of other problems, specialists will be able to warn you early and enable you to take action long before you get the actual diagnosis.

Venter himself has said, "Most people die 20 years too early because they are diagnosed 10 years too late." If you are identified with a disease or condition, medicines specifically designed to help you without containing ingredients that cause side effects will be available to you.

Two well-known DNA websites are *23andme.com* and *Ancestry.com*. These sites offer heartwarming stories about long lost siblings who have found one another – and not so encouraging stories about serial killers who have been discovered long after they commit their crimes. China even uses DNA to keep track of its citizens. But I choose to focus on the positive benefits that DNA research can bring.

The future will be more predictive. For example, according to *Business Insider*, 23andme is working on creating its own drugs for a wide range of ailments including skin treatments and heart disease. There are 13 drug candidates in the firm's pipeline. A former Genentech executive heads up the program, and a team of 70 scientists are focused on testing the compounds. The FDA has just approved some of the firm's genetic health tests, primarily in the areas of colorectal and breast cancer. There are many other private companies – some funded by billionaires – working in this area, too.

Research in this category is reportedly growing at a compound rate of 35 percent per year. Multinational pharmaceutical giant Roche recently announced that it is acquiring Spark Therapeutics for close to $5 billion, more than double the company's recent valuation, even though Spark has never earned a profit. Spark uses gene therapy to treat hemophilia, a new and expanding category for Roche. This comes on the heels of Bristol-Myers Squibb Co.'s purchase of Celgene for $74 billion and Eli Lilly & Co.'s acquisition of cancer specialist Loxo Oncology for $8 billion.



For me, this is the most exciting and lucrative part of medicine; and I expect it's going to be helped by the development of artificial intelligence. Isn't it encouraging to know that thousands of smart people are now working every day on ways to expand our healthy living years?

Remember, the day before a breakthrough is discovered, it is just a dream in the mind of the researcher. I urge you to follow these exciting developments closely.

Contact the author at rfirring@aol.com.

Computer Q&A

By Suzy Kerekes
SCSH Computer Club

How to do I make an emergency call on a locked iPhone or Android?

I have heard this over and over: "Suzy, during my emergency, I could not unlock my iPhone to make a call. I literally ran outside screaming and yelling for help!" Why could I not make a call?

In a panic state, even the simplest of tasks becomes daunting. First, take a very deep breath and simply press the **Home Button** on any **locked iPhone** or **Swipe Up** on a **locked Android**. Press **Emergency** to dial 911. Learn the tips below in calm state to **train the brain**!

On any Locked Phone: Powerful Emergency Features

1. **Locked iPhone**: Press on the **HOME BUTTON** and tap **Emergency**, dial 911. On iPhone X, just swipe up.
2. **Locked Android**: Swipe up on locked screen for the PIN entry screen. Press the Emergency call button.

3. **Practice Siri**: "Hey, Siri, dial 411" but **only practice on 411** to see if the "Hey, Siri" feature is turned **ON**. If not, go to your iPhone **Settings** >> **Siri & Search** > **Listen for Hey Siri ON**. Then, in an emergency, just yell, "**Hey Siri call…**"
4. Learn the iPhone's new **SOS Emergency Slider** feature in iOS 10.2 or newer. The slider feature can quickly dial for help and send a text **alert** to your emergency contacts.

iPhone 7 or earlier: Rapidly press the side button FIVE times.

iPhone 8 or later: Press and hold the side button **and** one of the volume buttons until the SOS Emergency Slider appears.

Apple Watch: Press side button firmly. Drag SOS Emergency slider feature across. Countdown begins. To cancel, X out.

Drag the **SOS Emergency Slider** to call EMS. Or if you continue to hold down the side button, a countdown will begin with an alert sound. To cancel, **X** out. When the **SOS Emergency** call ends, your iPhone will automatically text your emergency contacts your current location. To add Emergency Contacts > Open the **Health App** > Press **Edit** > Scroll down to Emergency Contacts > Tap the **+** add contact name > Tap Done.

Android: Press the Power Key quickly 3 times to send an SOS Message. **Android Settings** >> Personal > Privacy and emergency > Send SOS Messages **ON**. And Send Message to: Add Contacts here.

Again, enable all emergency settings, add emergency contacts, and practice bringing up the dial pad on a locked iPhone by pressing on the **Home Button** as well as the SOS Emergency slider feature. Have your address, etc., posted on the side of the refrigerator. Always keep your cell phones charged at night and never turn it off. Purchase business card holders to set your cell phones in a central location during the day. Keep safe!

Contact the author at i.suzyhelp@gmail.com.

Readers Ink Charter Club Reading Recommendations

By Aggie Jordan

Spring brings new life to the Readers Ink Charter Club. Members generally recommend readings in January and February they make their spring to fall selections. This year they chose seven books from 19 that were suggested. As you begin to wind down your winter season and prepare for your summer here or in those delightful northern climates, we present to you their suggestions for your reading pleasure.

Merle Freedman Recommended:

Manhattan Beach by Jennifer Egan

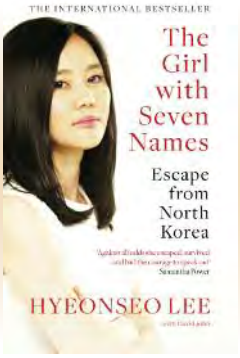
Merle tells us, "I'm at a loss as to how to describe this book. The back blurb reads: 'Anna Kerrigan, nearly 12 years old, accompanies her father to visit Dexter Styles, a man who, she gleans, is crucial to the survival of her family. She is mesmerized by the sea beyond the house and by some charged mystery between the two men. Years later, her father has disappeared and the country is at war.'"

Anna works at the Brooklyn Naval Yard as the first female diver, the most dangerous and exclusive of occupations, repairing the ships that will help America win WW II. One evening at a nightclub, she meets Dexter Styles again and begins to understand the complexity of her father's life and the reasons he might have vanished.

The *Chicago Tribune* prints, "*Manhattan Beach* is a whole story sprung from a whole imagination. It yields a world that, with all its mystery, its shades of dark and light, its yearnings and its satisfactions, feels most resplendently true."

Merle continues, "This book was on many 'Best Books of 2017' lists and won the Andrew Carnegie Medal for Excellence in Fiction. All I can say is that I loved it, and that I want to be Anna, much the same way I want to be Elizabeth Bennet every time I read *Pride and Prejudice*!"

Sharon Warner Recommended:



The Girl with Seven Names by Hyeonseo Lee with David John

Sharon Warner relates to us, "A *New York Times* Bestseller, this is a true story of a young woman who, at the age of 17, began her escape from North Korea to South Korea via China in the 1990s. She has many struggles as she works to 'blend in' to avoid being discovered and sent back to North Korea."

This story is told in the first person beginning with Lee's life in North Korea at the Chinese border, her 10 years in China as an "alien," her escape into South Korea, and her trials in adjusting to such an unknown culture. You will gather an appreciation for the poverty, starvation, and pitiful conditions of North Korea when you read this book.

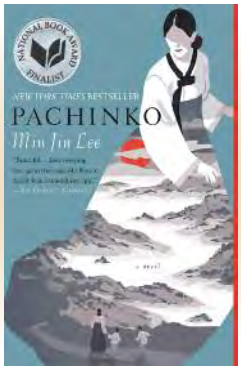
Jennifer Wilkins Recommended:

Something Wonderful by Todd Purdum

This is an interesting portrait of the personal lives and creative powers of Rogers and Hammerstein as they transformed musical theatre with some of the greatest hits of all time. Hardback books are available online at Barnes & Noble and Amazon for the best price. Paperback books will be in stores and online May 14. I thoroughly

enjoyed this book and found myself humming each song during the day, as I read how they had created their musical magic.

Beverly Mirsky Recommended:

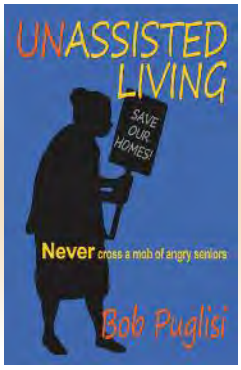


Pachinko by Min Jin Lee

Beverly quotes the following summary from Amazon: "In the early 1900s teenaged Sunja, the adored daughter of a crippled fisherman, falls for a wealthy stranger…he promises her the world, but when she discovers she is pregnant – and that her lover is married – she refuses to be bought. Instead, she accepts an offer of marriage from a gentle, sickly minister passing through on his way to Japan. But her decision to abandon her home, and to reject her son's powerful father, sets off a dramatic saga that will echo down through the generations. *Pachinko* is a story of love, sacrifice, ambition and loyalty."

This book is a *National Book Award* finalist for 2017, and I loved it. It is great historical fiction about Korean immigrants living in Japan and trying to survive against a backdrop of second-class citizenship and prejudice. (496 pages)

Aggie Jordan Recommended:

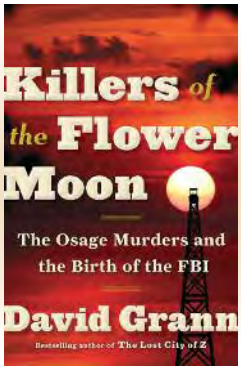


Unassisted Living by Bob Puglisi

The 55-and-older communities are definitely the market for Bob Puglisi's third novel. Puglisi has the ability to make characters so detailed and real that they continue to live in your head for months. *Unassisted Living* is no exception. It tells the story of Mildred Meyers, a 70-year-old feisty woman, who loses her Manhattan home when a billionaire developer forces the residents out of their apartments. Mildred fights the developer, is arrested and ends up in court. She escapes jail only because her daughter, a ballerina, persuades the court to allow her to be her mother's custodian. Mildred moves across the country to Los Angeles and finds a place to live in a senior boarding home, Star Bright Senior Housing. She sees this as a temporary stop on her way to Hawaii, which she fantasizes as paradise.

All of the residents of the Star Bright live quite independently. The crux of the story is how the characters bond together to help the owner and manager of Star Bright, as well as to help each other. It is a warm-hearted and comedic look at senior living. The author will speak to Readers Ink at the club's October meeting. The book is available at Amazon.

Nancy Angus Recommended:



Killers of the Flower Moon by David Grann

In Nancy's summary of Amazon's description of the book, she says, "David Grann revisits a shocking series of crimes in which dozens of people were murdered in cold blood. Based on years of research and startling new evidence, the book is a masterpiece of narrative nonfiction."

As President of Readers Ink, Nancy received further support for her recommendation from another member who remains anonymous:

I can highly recommend *Killers of the Flower Moon*. It's no exaggeration to say it's one of the best books of that year. It's a horrifying story; hard to believe there are human beings who can behave the way some of these people did. Marrying women, having children with them, and then murdering them for money. It's well written and well researched. It was one of the basis for the FBI becoming as powerful as it did.

If you were in New York, at the Pentagon, or knew someone on United Flight 93, we would like to hear your 9-11 story.

A special article is being planned for the September issue of *The View* commemorating the anniversary.

Please contact the author at:
mjharris.88@verizon.net.

Attention Snowbirds!

Going away for the summer?

Stay up-to-date with the latest happenings at Sun City Shadow Hills by visiting our community website:

www.scshca.com

WANT TO.....

BE AMONG THE FIRST TO KNOW WHAT'S HAPPENING IN SUN CITY SHADOW HILLS?

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STOP BY THE HOA OFFICE AND FILL OUT THE OPT-IN FORM. YOU WILL BEGIN RECEIVING OUR WEEKLY EMAIL BLAST EACH MONDAY MORNING, LETTING YOU KNOW WHAT IS HAPPENING IN OUR COMMUNITY THAT WEEK. YOU WILL ALSO RECEIVE CRITICAL ALERTS ON AN AS NEEDED BASIS.

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REGISTER TODAY!

Login Today and Stay up to Date with the Latest Happenings at Sun City Shadow Hills

- Important HOA Announcements
- Upcoming Lifestyle Events
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- Resident Directory
- Fitness Schedules
- President's Messages
- Meet Your Neighbors
- Project Updates

And so Much More!

Food & Beverage Update

By Rolland Vaughn
General Manager,
Shadow Hills Golf Club

As Shadows Restaurant wraps up another season, we would like to thank everyone who came out and dined with us over the last six months. Your continued support is appreciated, and the entire Shadows staff thanks you.

We are glad to announce that we will be open once again throughout the summer. This allows us to continue to provide the Shadows experience to our year-round residents.

Please join us at Shadows Restaurant for our Mother's Day Brunch on Sunday, May 12. Chef Jeff Jacobson and his culinary team will create a beautiful, festive experience for all the mothers and their families. Seatings are available at 11 am and 2 pm. Reservations are required! Please call Shadows Restaurant at 760-772-4342 to reserve. Look for the flyer at Shadows Restaurant and on the following websites: www.scshca.com and www.theshadowsrestaurant.com.

The Montecito Café will be closing May 1. Renovations at the Montecito Clubhouse will begin in May, and we are all excited to see the results. The Montecito Café will re-open on November 1. For all your dining needs, Shadows Restaurant will be open seven days a week.

Cinco de Mayo is on May 5, and Shadows Restaurant will be having its annual Cinco de Mayo celebration. We will be showcasing some great Mexican dishes. Don't forget to indulge in our michelada and margarita specials throughout the day and night.

For all your catering and private party needs, please contact our Food, Beverage, & Catering Manager, Mario Chaffino, at 760-574-3634 or mchaffino@troon.com.

Please enroll in our weekly e-blast and check our website at www.theshadowsrestaurant.com for the most current and accurate information. "Like" us on Facebook and "follow" us on Instagram and Twitter:

- *facebook.com/shadowsrestaurant*
- *twitter.com/shadowsindio*
- *instagram.com/shadowsrestaurant*

Best regards,

Rolland

Contact the author at rmvaughn@troon.com.

HOURS OF OPERATION

Shadows Restaurant
Monday – Sunday: 8 am – 8 pm
Breakfast: 8 – 11 am
Lunch: 11 am – 5 pm
Dinner: 5 – 8 pm
Happy Hour: 3 – 6 pm

Golf Snack Bar
6 am – 11 am

Santa Rosa Bistro
6 am – 3 pm

Montecito Café
Closed

Lifestyle Update May 2019

By Connie King
Lifestyle Director

"Remembering Woodstock 50 Years" on the greens was a smash hit last month! Besides the picture-perfect weather, the band Aquarius brought back the sights and sounds of Janis Joplin, Jimi Hendrix, Sly Stone, and John Fogerty, to name a few. Residents and their guests danced to the familiar tunes with electrifying dance steps, all the while showing off their groovy threads and tie-dyed T-shirts.

We are excited to be putting the finishing touches on our 2019/2020 entertainment series. As I mentioned in my April article, we are revamping the Concert Series to include a variety of ongoing entertainment and other programs throughout the entire year. As an extension of our new entertainment program, we are able to book tribute bands with a fresh new take on all your old familiar favorites.

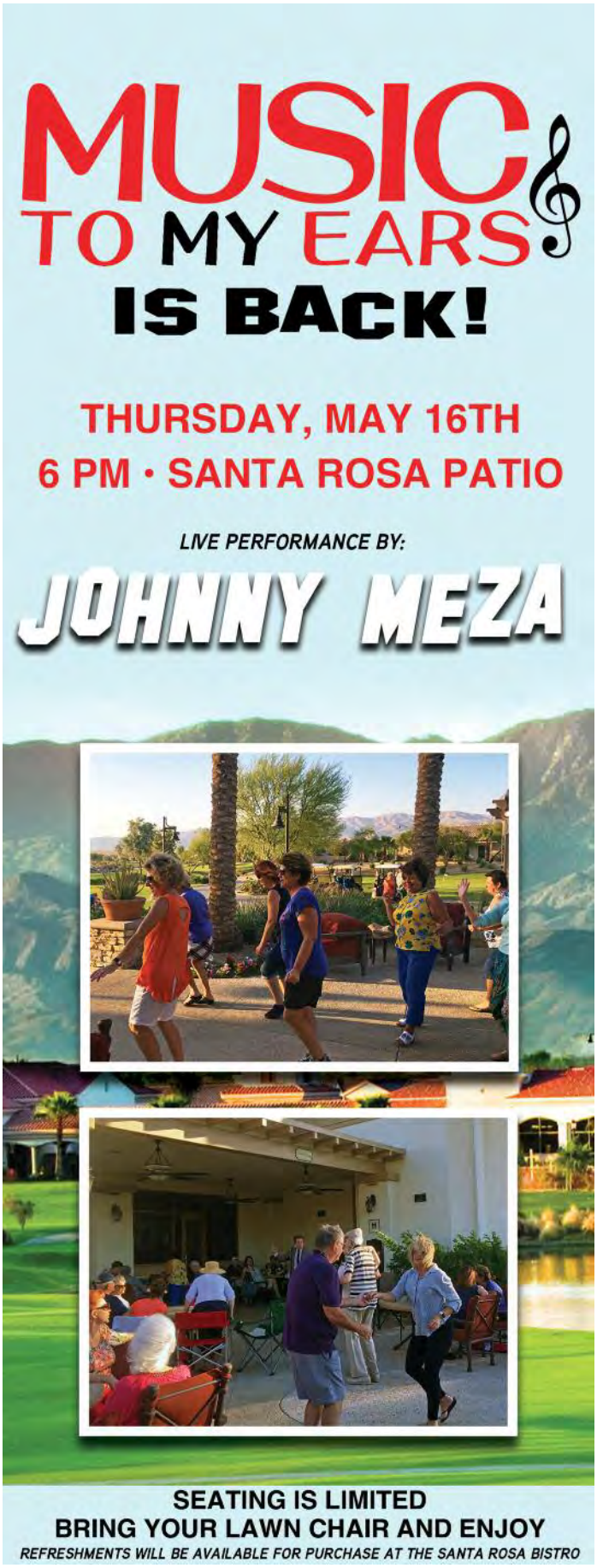
Season tickets will be discontinued as a part of this revamping. Once tickets go on sale, if you are traveling, we will make sure to accommodate you. Hopefully you have signed up to receive email blasts and visit the community website so you will receive updates when tickets go on sale!

The Lifestyle Department provides several ways that you can get involved:

1. Participate in our Lifestyle Surveys. These help us to identify the types of events, entertainment, and educational programs you'd like to see in 2019/2020.
2. Coffee with the Lifestyle Director (in the fall and spring) is another way for residents to share their ideas. Our next one is scheduled for May 14 at 10 a.m. in the Capistrano room.

"Remembering Woodstock" was suggested by resident Al Fitz who attended Coffee with the Lifestyle Director last October…and we made it happen!

Connie



Remembering Woodstock

Invitation

Come join the residents of Sun City Shadow Hills as we celebrate our 11th annual Memorial Day Celebration, May 27th starting at 8:00 AM at the Montecito Clubhouse. Chaplain and guest speaker from USMC Twentynine Palms, flag detail and bugler from Shadow Hills High School.

Sponsored by Sun City Shadow Hills Veterans Club

OLD TOWN
SAN DIEGO
STATE HISTORIC PARK.

STAGECOACH DAYS

SATURDAY, JULY 27, 2019

$35 PER PERSON | TIME: 9AM| RETURN: 7PM

WOMEN OF THE WEST

CELEBRATE THE STORIES OF SETTLERS WHO MADE THE FRONTIER A HOME. COME SEE THE ROLE WOMEN PLAYED IN OLD TOWN SAN DIEGO AND EXPERIENCE OUR ANNUAL QUILT WALK.

SIGN-UPS START:
MONDAY, APRIL 1, 2019
GUEST SIGN-UPS START:
MONDAY, APRIL 15, 2019

FOR MORE INFORMATION CONTACT THE LIFESTYLE DESK (760) 345-4349 EXT. 2120

Grapeline®
Wine Tours

FRIDAY, OCTOBER 4, 2019

The Grapevine, inc. will provide private wine tour service including: round-trip transportation, wine tasting at three wineries, a behind the scene winery tour and lunch

- Depart the Montecito Clubhouse at 9:00 a.m. - 11:00 a.m. to 3:00 p.m. in Wine Country
- Return to the Montecito Clubhouse at 5:00 p.m

Half day adventure

$125
PER PERSON
(NON REFUNDABLE)

SIGN-UPS WILL BEGIN ON MONDAY, JUNE 3, 2019
AND GUEST SIGN-UPS WILL BEGIN ON MONDAY, JUNE 24, 2019

Sun City Shadow Hills

THAT`S ENTERTAINMENT CLUB

Sir Laffs-A-Lot's Comedy Night

Starring Comedians
from the Top
Late Night Shows

Hilarious New Shows
Every Month

Rated "R" Due to
Adult Content

Wednesday, May 15, 2019 • 7:00 PM

Arrive Together, Sit Together • No Seat or Table Saving

Tickets: $12 in Advance / $14 at the Door (If Available)
Tickets Are Non-Refundable
Checks/Visa/MasterCard/Discover/AMEX
Complimentary Wine Served

Contact the Sun City Shadow Hills Lifestyle Desk for Tickets
80888 Sun City Blvd • Indio CA 92203 • (760) 345-4349 Ext. 2120

American Flag Sale

New Replacement Flags and Poles for Phase 1 & 2 Homeowners

New Flags with Poles and Mounting Hardware for Phase 3 Homeowners

WHERE
Montecito Clubhouse

WHEN
May 10, 2019 • 10:00 AM

Sponsored By
Shadow Hills Veterans Club

For More Information Contact
(760) 347-6317

Join us for Greg Rodriguez's presentation on
Coachella Valley Homelessness Solutions

THURSDAY
16 MAY 2019

MONTECITO CLUBHOUSE
CAMBRIA ROOM

6:00-7:00 P.M. SOCIAL & BUSINESS MEETING

7:00 P.M. PRESENTATION
Public welcome to attend

Greg Rodriguez is currently the Government Affairs and Public Policy Advisor for Riverside County 4th District Supervisor Manuel Perez. He is the Supervisor's lead staffer on the issues of healthcare and housing and homelessness. He serves on the Board of Governance for the County's Housing and Urban Development Continuum of Care Committee (COC), chairs the COC's Housing and Sustainability Committee, and is the Board of Supervisors' representative on the Behavioral Health Commission.

Greg is married with two adult children. He moved with his family to the Valley in 2006, after visiting for many years. Greg immediately became active in the community focusing on education and local community activities. He served in many capacities within the Palm Springs Unified School District and as First Vice-Chair of the Palm Springs Human Rights Commission. Greg currently sits on the Boards of Desert AIDS Project and Lift to Rise.

SPONSORED BY THE DEMOCRATS IN SUN CITY SHADOW HILLS

VENUE IS ACCESSIBLE FOR PEOPLE WITH DISABILITIES:
Reasonable accommodations will be provided for people with disabilities. Please call (760) 565-7762 at least 48 hours in advance to make your request or for any questions about accessibility, including but not limited to, the program, parking, restrooms facilities, American Sign Language requirements, or alternate format materials.

Shall We All Dance

Sun City Shadow Hills Dance Club

Montecito Clubhouse Ballroom

Salsa Time * Friday, May 17th, 5:00 – 8 PM
Salsa dance lesson at 5:15, Dance 6 – 8
Also, music for cha-cha, waltz, foxtrot, hustle, & more

Singles, couples, beginners, experienced dancers... all welcome!
Come dance with us! Dance hosts will be available for the singles.

Resident membership $10/year; 1st dance included. Entry fee of $10 includes lesson.
For more information, contact Judy Wilson at 858-337-5284 or judywilson2016@outlook.com.

SCSH Lively Liners Club

"Merry Month of May"

"Everyone is Welcome!"

Sunday, May 19th, 2019
Montecito Ballroom
6:00 - 8:45 p.m.

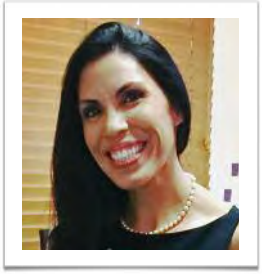
Bring your favorite snack and beverage.

Members $5.00
Guests $10.00

Theme attire is optional ...and fun!
Line Dance to your favorite country and contemporary artists.

Questions: Lynn (442) 300-2572
Katy (760) 610-5710

The Lifestyle Desk accepts Visa, MasterCard, Discover and American Express.



Fitness Update

By Valeria Batross
Fitness Director

Do It Right: TRX Suspension Trainer

Exercise Type, Benefits, and Introduction

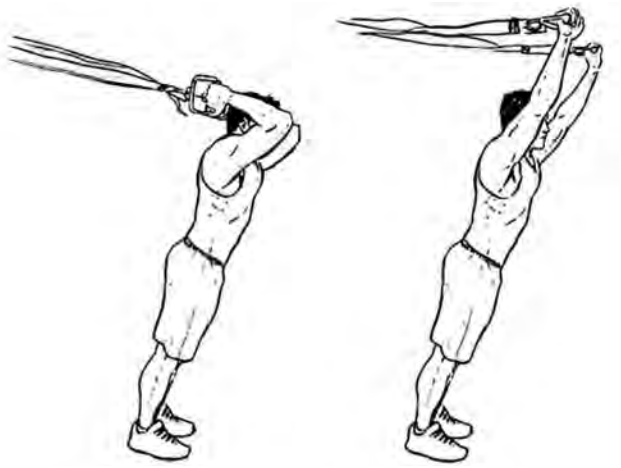
TRX is an effective total-body workout. Suspension training (TRX) is functional training that builds strength, core, and balance; and it boosts cardiovascular conditioning using your own bodyweight. The TRX motto is: *all places, all levels, all goals, all core at all times.* TRX can be done indoors or outdoors. TRX is for everyone. The level of difficulty becomes easier or harder depending on the positioning of the body and feet in relation to the single anchor of support. It allows for variety in changing the intensity of the exercise by simply changing body position against gravity.

The American Council on Exercise commissioned an independent study that measured the effect of TRX training. Scientists at Western State Colorado University recruited 16 healthy men and women between 21 and 71 years of age. These are the results:

- People burn about 400 calories per session.
- There were significant decreases in waist circumference, body fat percentage, and resting blood pressure.
- There were improvements in muscular strength and endurance.

Execution and Safety Guidelines

- Body positioning: depending on the exercise, you want to either face the single anchor point or turn yourself facing away from the anchor.
- Have a good grip without over-gripping (no death grip) and keep the tension on the straps throughout the entire movement.
- Tuck your tailbone under and contract your abdominal muscles to activate your core.
- Maintain a straight torso by aligning your head and spine; avoid any sagging or arching in your lower back or hips.
- Progression: The intensity of any exercise can be increased by positioning your body under the anchor point of support.



Exercise Example: TRX Overhead Triceps Extension

Recommendation of Sets and Repetitions

Perform three sets of 10 repetitions for each movement. This can be done in a circuit format or by doing all three sets, one right after the other.

To learn more about TRX and its benefits, please book a complimentary orientation at the Montecito Fitness Desk. The TRX suspension unit is available to check out at the Montecito Fitness Desk.

Valeria

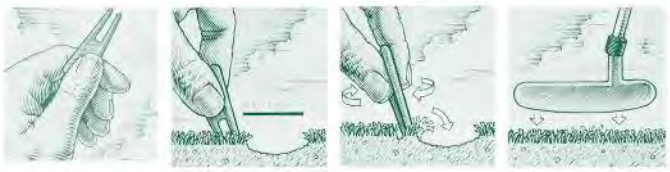
Contact the author at valeria.batross@associa.us.

Golf Operations

By Rolland Vaughn
General Manager,
Shadow Hills Golf Club

During our most recent Golf Advisory Committee meeting, there was a discussion about proper ball mark repair and proper divot patterns on the practice tee. We thought that a great way to educate SCSH residents would be to include both items in this month's *View* article, so here they are.

The image below is from the Golf Course Superintendent Association of America (GCSAA). It shows the four-step process to properly repair a ball mark. First, use a prolonged ball mark repair tool. Second, insert the tool at the edges of the mark, not in the middle of the depression. Third, bring the edges together with a gentle twisting motion, but don't lift the center and don't tear the grass. Finally, smooth the surface with a club.



This second image is straight from the USGA website. Each pattern shows 30 divots that were made during practice. As you can see, the linear pattern significantly reduces the impacted area leaving more usable turf for the next person.

HOURS OF OPERATION

North Course
6 am – 3 pm

South Course
6 am – 5 pm

Practice Facility*
6 am – 5 pm
Closed Mondays: 11 am – 12 pm
Closed Thursdays: 11 am – 1 pm
* Golfers will have priority for warming up prior to their round
* Last bucket sold at 5 pm

As the USGA explains in detail: "The linear divot pattern involves placing each shot directly behind the previous divot. In so doing, a linear pattern is created and only a small amount of turf is removed with each swing. This can usually be done for 15 to 20 shots before moving sideways to create a new line of divots. So long as a minimum of four inches of live turf is preserved between strips of divots, the turf will recover quickly. Because this divot pattern removes the least amount of turf and promotes quick recovery, it is the preferred method."

Thank you again for all your support, and feel free to contact us at any time with questions or feedback.

Rolland

Contact the author at rmvaughn@troon.com.

Montecito Fitness Center

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM		**Zumba** $4 – Michelle				
8:00 AM	**Body Sculpt** $4 – Angel	**Total Body Strength** $4 – Marlena	**Body Sculpt** $4 – Angel	**Core-Stretch & Balance** Free Class Forest	**Total Body Tabata** $4 – Marlena	**Total Body Endurance & Strength** Free Class Forest
9:00 AM	**Zumba** $4 – Angel	**Yoga Balance & Strength** $4 – Melinda	**Zumba** $4 – Angel	**Yoga Balance & Strength** $4 – Melinda	**Zumba** $4 – Rosy	**Open Line Dance** Free Class
9:30 AM			**Aqua Cardio/Balance** $4 – Karen		**Aqua Cardio/Balance** $4 – Karen	
10:00 AM	**Mat Core Pilates** $4 – Angel	**Cardio & Strength** $4 – Amy	**Beginner Yoga** $4 – Angel	**Zumba Toning** $4 – Angel	**Chair Yoga & Stretch** $4 – Marlena	
11:00 AM	**Aqua Zumba** $4 – Rosa **Reformer Pilates II (Intermediate)** $12 – Brenna	**Aqua Fitness** $4 – Amy	**Reformer Pilates II (Intermediate)** $12 – Justin	**Aqua Fitness** $4 – Amy **Reformer Pilates I-II (Basic-Intermediate)** $12 – Justin		
12:00 PM	**Reformer Pilates I-II (Basic-Intermediate)** $12 – Brenna		**Intro to Pilates** $12 – Justin			
1:00 PM	**Lively Liners (Beginner 1)** 1:00 – 2:00 PM **Lively Liners (Beginner 2)** 2:00 – 3:00 PM	**Lively Liners (Beginner Review)** 1:00 – 2:00 PM Chartered Club Membership Required	**Lively Liners (Intermediate Transition)** 1:00 – 1:30 PM **Lively Liners (Intermediate)** 1:30 – 3:00 PM Chartered Club Membership Required	**Thera-Band** 1:15 PM Free Class Dr. Eric Max 40/Class	**Lively Liners (Advanced)** 1:00 – 2:00 PM Chartered Club Membership Required	
2:45 PM	**Lively Liners (Advanced)** 4:00 – 5:00 PM Chartered Club Membership Required	**Chair Yoga & Stretch** $4 – Marlena			**Lively Liners (Advanced Transition)** 2:00 – 3:00 PM Chartered Club Membership Required	
5:00 PM		**Tai Chi Qigong Level II** $8 – Dr. Hamilton		**Lively Liners (Intermediate Review)** Chartered Club Membership Required		

Class Passes

Annual Pass
$250
Unlimited $4 Classes
Sold January 1 – January 31

Monthly Pass
$50
Unlimited $4 Classes for That given Month

10 $4 Class Pass
$40
Plus 10% Off

Pass Restrictions

$8 Classes
Annual and Monthly Pass Holders Will Pay an Additional $4 to Attend and 10 $4 Class Pass Holders Will Use Two Slots of the Pass

Please Silence Cell Phones

Arriving Five Minutes Past Beginning of Class Will Not Be Allowed

Reformer Pilates Classes

Sign up and Purchase Your 10 Class Pass at Montecito Front Desk
Check or Credit Card Only

Semi-Private Reformer

Available upon Request, Check Montecito Fitness Desk for Packages and Pricing

Santa Rosa Clubhouse

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	**Cardio Kickboxing** $4 – Marlena	**Stretch & Balance** Free Class Forest	**Zumba** $4 – Rosy	**BarreAbove** $4 – Marlena		
8:30 AM						**Yang/Yin Vinyasa Yoga (NS)** $4 – Leesann
9:00 AM	**Silver Fit** $4 – Marlena	**Abs & Buns** $4 – Marlena	**Pilates (NS) 9-9:45** $4 – Amy **Water Yoga & Ai Chi S.R. Outdoor Pool** $4-Melinda	**Silver Fit** $4 – Bonnie	**Yoga (NS) $4 – Amy**	
9:50 AM			**Gentle Yoga 9:50-10:40 (NS)** $4 – Amy			
10:00 AM	**80 Min** (10:00-11:20) **Yoga (NS)** $8 – Amy				**Progressive Movement** Free Class Forest	
10:30 AM						**Tai Chi Qigong Level I** $8 – Dr. Hamilton

To Help Ensure Your Spot Please Arrive 10 Minutes Early

Wait until room is empty to go inside

Mind-body Classes Such as Yoga, Pilates, and Meditation Are Recommended to Be Done Barefoot (NS) = (No Shoes)

Refrain from the Usage of Perfume or Cologne When Participating in Classes

Please Silence Cell Phones

We Only Accept Checks or Credit Cards Payable to "SCSHCA"

Schedule Is Subject to Change
Thanks for Your Cooperation

After morning group exercise classes, the Pismo/Newport rooms are not available due to Charter Club activities.

PAYMENT FOR CLASSES

We accept credit cards, cash or checks payable to SCSHCA. Payments received at front desk. To purchase a pass to attend a group exercise class you may choose from the following:

- **$50 Monthly Group Exercise Pass**
  (allows resident to attend unlimited $4 classes, but expires month of purchase)
- **$40 Group Exercise Pass**
  (allows resident to attend ten $4 classes with an additional free class recieved on day of purchase, and no expiration date)
- **Pay $4 per class**
  (resident may pay for individual classes)

CLASS FEE KEY

Free Class
$4 Class
$8 Class
$12 Class

Schedule is subject to change.
Check the Fitness Calendar on *www.scshca.com* for class cancellations. For any questions, please contact:
Santa Rosa Fitness Center at 760-345-4349 x 2201
Montecito Fitness Center at 760-345-4349 x 2111

CLASS ATTENDANCE

To help ensure your spot please arrive 5 minutes early. Entry beyond five minutes after the start of the class will not be allowed. No open drink containers are allowed in studios.

GUEST POLICIES FOR FITNESS CENTERS AND POOLS

Guests, for admittance to fitness centers & pools, please register each day at the desk to receive your wristband.

- All guests must present the guest card if not accompanied by the resident. *No exceptions.*
- All forms must be completed prior to using the facilities including the pool areas.
- All rules including personal conduct must be adhered to by all users.
- Guests may be asked to relinquish the use of equipment when residents are waiting to use said equipment.

CHILDREN'S POOL HOURS

(Ages 4 –16) November 1 – April 30: Montecito 2 pm – 5 pm · Santa Rosa 9 am – 12 pm

May

• Montecito Clubhouse • Santa Rosa Clubhouse • HOA Office • Shadow Hills Golf Club

AMP – Amphitheater
AS – Aerobic Studio
BCM – Bocce Courts MC
BCS – Bocce Courts SRC
BH – Back Half Ballroom
BR – Ballroom
BW – Breezeway
CAM – Cambria
CAP – Capistrano
CL – Clubhouse Lobby
COA – Coachella
FC – Fitness Center
FH – Front Half Ballroom
GR – Green Room
KSK – Kiosk
LJ – La Jolla
MAR – Marisol
MC – Montecito Clubhouse
MIR – Mirada
MON – Monterey
NPT – Newport
OS – Offsite
OUT – Outdoor Event
PAC – Pacifica
PAT – Patio by Capistrano
PC – Putting Course
PIS – Pismo
PRK – Parking Lot
SC – Sports Court
SEL – Santa Rosa Events Lawn
SGC – South Golf Course
SHA – Shadows Restaurant
SRC – Santa Rosa Clubhouse
SRP – Santa Rosa Patio
SY – Santa Ynez
SY1 – Santa Ynez I
SY2 – Santa Ynez II
TBD – To Be Decided
TC – Tennis Court

Sunday	Monday	Tuesday	Wednesday
			1 9:00 AM Needles & Pins (CAM) 9:30 AM Bridge Lessons (CAP) 10:30 AM Safety Meeting (COA) 11:00 AM Table Tennis (NPT/PIS) 12:30 PM Mah Jongg (BH) 1:00 PM Jewelry Club (MIR) 1:30 PM King & Queens Club (PIS) 2:00 PM Landscape Advisory (COA) 3:00 PM Camera Club (MON) 5:00 PM Bocce Buddies (BCM) 6:30 PM Bridge (BH) 7:00 PM Billiards Club (PAC)
5 CINCO DE MAYO 9:00 AM MVC Bible Study (PAT) 9:00 AM Needles & Pins (CAM/MIR) 10:00 AM Mountain View Church (CAP) 2:00 PM Table Tennis (NPT/PIS)	**6** 7:15 AM Lady Putters (CAP) 9:00 AM Creative Arts (CAM) 11:30 AM Pan (CAP) 12:30 PM Needles & Pins (CAM/MIR) 1:00 PM Games Plus (PIS) 1:00 PM Gin Rummy (NPT) 2:00 PM Genealogy (MON) 3:30 PM Communications Mtg. (COA) 4:00 PM Solo's Club (LJ) 4:30 PM King & Queens Club (PIS) 6:00 PM Pan (CAP) 7:00 PM Billiards Club (PAC) 7:00 PM Bocce Buddies (BCM)	**7** 8:00 AM Ceramics (CAM/MIR) 9:00 AM Finance Committee (COA) 10:30 AM DRC Meeting (LJ) 11:15 AM Pan (NPT) 12:00 PM Duplicate Bridge (BH) 12:45 PM Paper Crafters (CAM/MIR) 1:30 PM Computer Club Class (MON) 3:00 PM Computer Club Class (MON) 4:30 PM King & Queens Club (PIS)	**8** 9:00 AM Needles & Pins (CAM) 9:30 AM Bridge Lessons (CAP) 11:00 AM Table Tennis (NPT/PIS) 12:30 PM Mah Jongg (BH) 1:00 PM Jewelry Club (MIR) 1:30 PM King & Queens Club (PIS) 2:00 PM Information Advisory (COA) 2:00 PM Men's Golf (LJ) 3:00 PM Camera Club (MON/PIS) 5:00 PM Bocce Buddies (BCM) 6:30 PM Bridge (BH) 7:00 PM Billiards Club (PAC)
12 MOTHER'S DAY 9:00 AM MVC Bible Study (PAT) 9:00 AM Needles & Pins (CAM/MIR) 10:00 AM Mountain View Church (CAP) 2:00 PM Table Tennis (NPT/PIS)	**13** 7:15 AM Lady Putters (CAP) 9:00 AM Creative Arts (CAM) 11:30 AM Pan (CAP) 12:30 PM Needles & Pins (CAM/MIR) 1:00 PM Games Plus (PIS) 1:00 PM Gin Rummy (NPT) 1:00 PM Genealogy (LJ) 4:30 PM King & Queens Club (PIS) 6:00 PM Pan (CAP) 7:00 PM Billiards Club (PAC) 7:00 PM Bocce Buddies (BCM)	**14** 8:00 AM Ceramics (CAM/MIR) 10:00 AM Desert Life Board (LJ) 11:15 AM Pan (NPT) 12:00 PM Duplicate Bridge (BH) 12:45 PM Paper Crafters (CAM/MIR) 2:30 PM *The View* Subcommittee (LJ) 4:30 PM King & Queens Club (PIS) 6:30 PM Pet Club (MIR) 6:30 PM Republicans (CAP) 7:00 PM Discussion Forum Club (LJ)	**15** 7:30 AM Men's Golf (BR) 9:00 AM Needles & Pins (CAM/MIR) 9:30 AM Bridge Lessons (CAP) 11:00 AM Table Tennis (NPT/PIS) 12:30 PM Mah Jongg (BH) 1:00 PM Jewelry Club (MIR) 1:30 PM King & Queens Club (PIS) 3:00 PM Camera Club (MON) 5:00 PM Bocce Buddies (BCM) 6:30 PM Bridge (CAM/MIR) 7:00 PM Billiards Club (PAC) 7:00 PM Comedy Night (BR)
19 9:00 AM MVC Bible Study (PAT) 9:00 AM Needles & Pins (CAM/MIR) 10:00 AM Mountain View Church (CAP) 2:00 PM Table Tennis (NPT/PIS) 5:00 PM Solo's Club (CAP) 5:45 PM Lively Liners (BR)	**20** 7:15 AM Lady Putters (CAP) 8:00 AM Executive Session (COA) 8:30 AM Lady Putters (LJ) 9:00 AM Creative Arts (CAM/MIR) 11:30 AM Pan (CAP) 12:30 PM Needles & Pins (CAM/MIR) 1:00 PM Games Plus (PIS) 1:00 PM Gin Rummy (NPT) 2:00 PM **Board Meeting** (BR) 4:30 PM King & Queens Club (PIS) 6:00 PM Pan (CAP) 7:00 PM Billiards Club (PAC) 7:00 PM Bocce Buddies (BCM)	**21** 8:00 AM Ceramics (CAM/MIR) 10:30 AM DRC Meeting (COA) 11:15 AM Pan (NPT) 12:00 PM Duplicate Bridge (BH) 12:45 PM Paper Crafters (CAM/MIR) 2:00 PM Golf Advisory Comm. (COA) 4:30 PM King & Queens Club (PIS) 6:30 PM RV Club (CAP) 7:00 PM Veterans Club (CAM)	**22** 9:00 AM Needles & Pins (CAM/MIR) 9:30 AM Bridge Lessons (CAP) 11:00 AM Table Tennis (NPT/PIS) 12:30 PM Mah Jongg (BH) 1:00 PM Jewelry Club (MIR) 1:30 PM King & Queens Club (PIS) 3:00 PM Camera Club (MON) 5:00 PM Bocce Buddies (BCM) 6:30 PM Bridge (BH) 7:00 PM Billiards Club (PAC)
26 9:00 AM MVC Bible Study (PAT) 9:00 AM Needles & Pins (CAM/MIR) 10:00 AM Mountain View Church (CAP) 2:00 PM Table Tennis (NPT/PIS) 4:00 PM Let's Meet & Eat Club (BR)	**27** MEMORIAL DAY 8:00 AM Flag Ceremony (MC) 9:00 AM Creative Arts (CAM/MIR) 11:30 AM Pan (CAP) 12:30 PM Needles & Pins (CAM/MIR) 1:00 PM Games Plus (PIS) 1:00 PM Gin Rummy (NPT) 4:30 PM King & Queens Club (PIS) 6:00 PM Pan (CAP) 7:00 PM Billiards Club (PAC) 7:00 PM Bocce Buddies (BCM)	**28** 8:00 AM Ceramics (CAM/MIR) 11:15 AM Pan (NPT) 12:00 PM Duplicate Bridge (BH) 12:45 PM Paper Crafters (CAM/MIR) 2:00 PM Readers Ink (CAP) 4:30 PM King & Queens Club (PIS)	**29** 9:00 AM Needles & Pins (CAM/MIR) 9:30 AM Bridge Lessons (CAP) 11:00 AM Table Tennis (NPT/PIS) 12:30 PM Mah Jongg (BH) 1:00 PM Jewelry Club (MIR) 1:30 PM King & Queens Club (PIS) 3:00 PM Camera Club (MON) 5:00 PM Bocce Buddies (BCM) 6:00 PM Movie Group (CAM) 6:30 PM Bridge (BH) 7:00 PM Billiards Club (PAC) 7:00 PM Bunco (MIR)

Lifestyle Calendar of Events

Thursday	Friday	Saturday
2 8:00 AM Women's Golf (SY2) 9:00 AM Creative Arts (CAM) 9:00 AM Hadassah (FH) 9:00 AM Facilities & Services (COA) 10:00 AM Writer's Club (LJ) 11:45 AM Pan (CAP) 12:30 PM Games Plus (NPT) 12:30 PM Ukulele Strummers (CAM) 1:00 PM EPC (MON/PIS) 2:00 PM Food & Beverage Comm. (COA) 4:30 PM King & Queens Club (PIS) 6:00 PM Bridge (CAP) 6:00 PM Oke Dokey Karaoke (BH)	**3** 8:00 AM Women's Golf (SY2) 8:00 AM Ceramics (CAM/MIR) 8:00 AM Weight Watchers (CAP) 8:30 AM Bocce Buddies (BCM) 10:00 AM Performing Arts Board (LJ) 11:45 AM Pan (CAP) 1:00 PM Canasta (MIR) 1:15 PM Health/Fitness Committee (COA) 2:00 PM Table Tennis (NPT/PIS) 4:10 PM Intermediate Spanish (MON) 5:30 PM Bingo (BR) 7:00 PM Movie Night: *Green Book* (CAM/MIR)	**4** 9:00 AM Spanish Class (CAP) 10:00 AM Bridge (BH) 4:00 PM Paint & Sip (CAM/MIR) 6:00 PM Paint & Sip (CAM/MIR)
9 9:00 AM Agenda Review (COA) 9:00 AM Creative Arts (CAM) 11:30 AM Women's Golf (BR) 11:45 AM Pan (MAR) 12:30 PM Games Plus (NPT) 12:30 PM Ukulele Strummers (CAM) 3:00 PM **Meet a Board Member** (CAP) 4:30 PM King & Queens Club (PIS) 4:30 PM Spanish Club (CAM/MIR) 6:00 PM Bridge (CAP)	**10** 8:00 AM Ceramics (CAM/MIR) 8:00 AM Weight Watchers (CAP) 8:30 AM Bocce Buddies (BCM) 10:00 AM Flag Sale (CL) 10:00 AM Interior Design (LJ) 1:00 PM Canasta (MIR) 1:30 PM Grief Support Group (LJ) 1:30 PM Computer Club Workshop (MON) 2:00 PM Table Tennis (NPT/PIS) 4:10 PM Intermediate Spanish (MON) 7:00 PM Movie Night: *The Children Act* (CAM)	**11** 9:00 AM Spanish Class (CAM) 10:00 AM Bridge (CAP) 2:00 PM Private Event (CAP) 5:45 PM Private Event (PAT) 6:00 PM Private Event (BR)
16 9:00 AM Creative Arts (CAM) 10:00 AM Writer's Club (LJ) 11:45 AM Pan (CAP) 12:30 PM Games Plus (NPT) 12:30 PM Ukulele Strummers (CAM) 4:30 PM King & Queens Club (PIS) 6:00 PM Bridge (CAP) 6:00 PM Democrats (CAM) 6:00 PM Music to My Ears (SRP) 7:00 PM Discussion Forum Club (FH)	**17** 8:00 AM Ceramics (CAM/MIR) 8:00 AM Weight Watchers (CAP) 8:30 AM Bocce Buddies (BCM) 10:00 AM Camera Club (LJ) 11:00 AM Finance Committee (COA) 11:45 AM Pan (CAP) 1:00 PM Canasta (MIR) 2:00 PM Table Tennis (NPT/PIS) 4:10 PM Intermediate Spanish (MON) 5:00 PM Shall We All Dance (BR) 7:00 PM Movie Night: *American Beauty* (CAM/MIR)	**18** ARMED FORCES DAY 8:00 AM Wellness Retreat (NPT/PIS) 9:00 AM Spanish Class (CAM) 10:00 AM Bridge (BH) 10:30 AM Wellness Retreat (SEL) 7:00 PM Tutta Bella Vino (BR)
23 9:00 AM Creative Arts (CAM/MIR) 11:45 AM Pan (CAP) 12:30 PM Ukulele Strummers (CAM) 12:30 PM Games Plus (NPT) 4:30 PM King & Queens Club (PIS) 4:30 PM Spanish Club (CAM/MIR) 6:00 PM Bridge (CAP)	**24** 8:00 AM Ceramics (CAM/MIR) 8:00 AM Weight Watchers (CAP) 8:30 AM Bocce Buddies (BCM) 1:00 PM Canasta (MIR) 1:30 PM Grief Support Group (LJ) 2:00 PM Table Tennis Club (NPT/PIS) 4:10 PM Intermediate Spanish (MON) 7:00 PM Movie Night: *Measure of Man* (CAM/MIR)	**25** 9:00 AM Spanish Class (CAM) 10:00 AM Bridge (BH)
30 9:00 AM Creative Arts (CAM/MIR) 11:45 AM Pan (CAP) 12:30 PM Ukulele Strummers (CAM) 12:30 PM Games Plus (NPT) 4:30 PM King & Queens Club (PIS) 6:00 PM Bridge (CAP)	**31** 8:00 AM Ceramics (CAM/MIR) 8:00 AM Covenants Committee (COA) 8:00 AM Weight Watchers (CAP) 8:30 AM Bocce Buddies (BCM) 1:00 PM Canasta (MIR) 2:00 PM Table Tennis Club (NPT/PIS) 4:10 PM Intermediate Spanish (MON) 7:00 PM Movie Night: *One More Time*(CAM/MIR)	Sun City Shadow Hills® by Del Webb® Sign up or purchase tickets to Lifestyle events at the Lifestyle Desk in the Montecito Clubhouse. **760.345.4349 ext. 2120** *Cash, checks & credit cards accepted.*

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Concerned Homeowners of Shadow Hills
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Democrats
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Mind, Body, and Soul
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Republicans
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The Voice
Martin Stone
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New Officers?

If your club's officers have changed, please see the Lifestyle Desk and fill out the New Officers form.

760-345-4349 ext. 2120

Bocce Buddies

Come and meet a nice group of residents who enjoy the game. It does not matter if you have never played before, we can teach you the game.

We play bocce at the Montecito Clubhouse Mondays, Wednesdays, and Fridays. Log on to scshca.com and see the "Clubs" calendar for the exact times. All are welcome to play and join our club. There are no membership dues.

We have five bocce courts at the Montecito Clubhouse and two courts at the Santa Rosa Clubhouse.

The club plays year-round in foursomes and groups of six. If you want to play bocce at any time other than when the club meets, bocce balls are available for your use at the fitness desk.

For more information, please call Rick Halla at 760-347-9676.

Bowlers Club

We celebrate a great bowling season. Your Board is so grateful for your participation and we of course look forward to you and many more joining us next season.

Here is a brief overview of the season's final standings:

- League Champions: I Hate This Game; Rose Borses, Marilyn Kahn, Linda Williamson, Rick Sherman
- Second Place: Bowling Stones; Mark Galletta, Linda Mac Donald, Chuck Eversol, Craig Fierstein
- Season High Scratch Series: 789 Jim Bullock
- Season High Scratch Game: 279 John Garcia
- Season High Handicap Series Tie: 753 Roy Rede
- Season High Handicap Series Tie: 753 Rick Ambrose
- Season High Handicap Game Tie: 293 Don Williamson
- Season High Handicap Game Tie: 293 John King
- Season High Scratch Series: 543 Sue Bullock
- Season High Scratch Game Tie: 211 Lindy Galletta
- Season High Scratch Game Tie: 211 M. K. Sherman
- Season High Handicap Series: 752 Michelle Kirsch
- Season High Handicap Game: 286 Candace Groberman

We will be practice bowling (no league) through the summer beginning toward the end of summer. For further information contact Rose Borses at 760-636-4788.

Bridge Club

We hope that our seasonal players have a safe journey to their respective homes and that they return to our bridge games upon their return.

We are pleased to announce the addition of a new director for our Tuesday Sanctioned Game, Terri Bratt. Please say hello to her when joining this game.

Ron Gauny will be our regular director for the Saturday Sanction Game.

We want to remind all members and potential members about our bridge games that are held in the Montecito Clubhouse:

- Tuesdays: ACBL-sanctioned Game, noon to 4 pm. Cost to members $5.
- Wednesdays: Niters Bridge, 6:30 – 9 pm. The cost for the evening play is free to members.
- Thursdays: Niters Bridge, 6:30 – 9 pm. The cost is free to members.
- Saturdays: ACBL-sanctioned Game, 10 am to 2 pm. The cost is $5.

For more information check out our website concerning games, classes and membership which is www.bridgewebs.com/shadowhills/ or contact our president, Rich Rodeman at richrodeman@frontier.com or 541-829-1934.

Bunco

Please join us the last Wednesday night of each month in the Montecito clubhouse at 6:45 am in the evening for a fun evening of laughing, screaming, and yelling at the dice. Any questions please call Marcia, AKA "The Bunco Queen," at 760-610-1725.

Camera Club

"Lion" by Paul Priebe

We are finishing out the season in May with the Photo Discussion Group meeting on Wednesday, May 1, from 3-5 pm and the Main Meeting on Wednesday, May 8 from 3-5 pm. We have educational information for all skill levels included in the Main Meeting. Both meetings are held at the Santa Rosa Clubhouse.

We hope everyone enjoys their summer adventures and takes lots of photos! We start up again in the fall so watch this space for the new season monthly schedule.

If you are interested in photography, we have photographers of all levels in our club. We have a great website that is updated regularly with photos submitted by our members. Here you can learn all about our club and find helpful information on photography skills in our "Toolbox." Please go on the website to submit any questions you have about photography.

Questions will be answered during our monthly meetings. Check us out at: www.scshcameraclub.com.

You can also email us at: scshcameraclub@gmail.com.

Canasta

Please join us in the Mirada room of the Montecito clubhouse at 1 pm on Fridays and spend an enjoyable afternoon playing Canasta. Whether you have played Canasta for years or are just learning, all are welcome. For more information, please contact Beverly at 760-984-0284 or email her at beverlymirsky@yahoo.com.

Ceramics Club

The Ceramics Club Open House

Tuesday, June 25, 2019 • 9 am – 12 pm
Montecito Clubhouse Cambria/Mirada

Refreshments • Tour of Ceramics Facility • Demonstrations

Interested in a creative and exciting club? Ceramics could just be your cup or teapot or plate or knick-knack. Seriously, the sky is the limit with what can be created doing ceramics!

We have several hundred molds in house that can create a project on which you can put your own stamp, as well, greenware and bisque pieces can be purchased from dealers we recommend. Paints from Duncan or Mayco have hundreds of colors from which to choose to make your project a "one-of-a-kind."

Summers in the desert are hot, so why not come and join us in the comfortable air-conditioned club room and spend time with other fun-loving SCSH's residents who enjoy being imaginative. Mark the date of our Open House and join us on June 25 from 9 am till noon.

Stop by the clubroom on any Tuesday or Friday morning between 8 am and noon. For more information contact Adam Roberts at scshceramics@hotmail.com.

Classy Niners

The Classy Niners' officially celebrated our End of Season "*Taco 'Bout A Great Year!*" with Cocktail/Dinner Party &

General Meeting at Shield's Date Garden Café in Indio on Thursday, April 4. We said goodbye to our current board and committee members and welcomed the 2019/2020 board!

We will surely miss our snowbird friends, however, golf will continue as usual on Tuesdays (and Fridays) and will even include a monthly away game to take advantage of great summer rates at different courses here in the valley.

Renewal of club membership dues is May 1, and GHIN renewals are due December 1 annually. (Note: New members with an active GHIN through the Southern California Golf Association before joining the club will only be required to pay the club membership fee of $20.)

Members interested in establishing a GHIN can contact Hanna Davey at hanna.3030.davey@gmail.com.

Our board and committee members look forward to seeing many of you during the summer. Please visit our website and click on the Classy 9ers tab (www.shclassy9ers.com), scroll down to view our Calendar. There continues to be a LOT of information about our club including summer away games, events, signups, photos and much more!

Questions about our club can be directed to Brenda Moreno, President, at brendamoreno56@gmail.com.

Community Singers

Thank you to all our Community Singer's loyal fans and supporters for the success of our holiday concert and spring musical theater production. We owe to you!

Community Singers is on hiatus until September 2019 when new members will be welcomed, and rehearsals begin for our 2019 holiday concert.

For information, contact club vice-president, Sharon Anderson, at 760-775-4169, or sharon-teacher1309@ yahoo.com.

Computer Club

Last Two Classes in May! Before you go on vacation, you may want to come to the *How to Send Photos in a Text, Email, and More* class on May 7 at 1:30 pm. If you're a Windows 10 user, don't miss the *Windows 10 Tips and Tricks* class on May 7 at 3 pm. To view class descriptions and sign-up online, please visit our website.

Last Open Workshop! Our last open workshop for the season will be on Friday, May 10 from 1:30 – 3:30 pm. The workshop is open to all members who'd like some one-on-one assistance with their iPhone, iPad, Mac, PC, or Android. We'll be in the Monterey Room, Santa Rosa Clubhouse. Please bring your device, questions, passwords and power cord.

We are going dark for the summer (June – September). We hope your summer is filled with fun, adventure, and air conditioning!

We'll see you in a few months!

Fall Kick-Off Meeting

October 4, 2019, 10 am, Ballroom
FREE! All residents are welcome!
Visit www.scshcomputerclub.com
Questions? Email us at
infoscshcomputerclub@gmail.com

Couples Golf Club

Couples Golf is on summer hiatus till November. Check our website for updates at www.shcouples.com. The updated board members for the 2019/2020 season are:

- Linda Lunghamer – President
- Lynn Rouse – Vice President
- Jacqui Chin – Secretary
- Don Zinyk – Treasurer
- Margaret Gouveia – Membership
- Larry Kuntsler - Tournament Director
- Don & Goldie Kane – Tournament Committee
- Merlina Tate - Webmaster
- Susan Toder – Past President

Thanks to Susan Toder for her contributions to the Couples Golf Club over the last four years! The board welcomes new member Don Zinyk as Treasurer. Contact Linda Lunghamer at scshcouples@gmail.comfor any questions over the summer.

Creative Arts

May is the time for all club members to begin to utilize our air-conditioned room for their painting enjoyment, even if you have not been doing that during the season. It is a much smaller group, and no one needs to feel intimated by the level of art accomplished by other members. We continue to meet every Monday and Thursday from 9 to noon all summer. If you are not a member but would like to be, please contact our President, Marilyn Barton at 480-274-5500 or email at m2barton@hotmail.com. Membership is only $15 a year and everyone is welcome no matter your medium or skill level.

Our Art Wall in the Montecito Clubhouse will continue to change each month with examples of the work done by our members. The artists shown above are Wendy McElroy (top) and Lee Henry (bottom).

Dance Club

Shall We All Dance is the SCSH club for lead-follow social dancing. Singles, couples, beginners, experienced dancers, as well as dance hosts are welcome to join us for a monthly dance in the Montecito Ballroom. On Friday, May 17, join us for Salsa Time starting with a Salsa dance lesson at 5:15 pm followed by open dancing from 6 – 8 pm. Don't miss it!

Whether you like to lead or follow, you'll enjoy a full range of music from waltz to foxtrot, swing to hustle, cha-cha to salsa, and more. For more information, contact Judy Wilson, president, at 858-337-5284, or email SCSHDanceClub@gmail.com.

Desert Gardeners Club

Our club provides opportunities for expanding your gardening knowledge and skills. We meet monthly from November to April. Activities include guided tours of local nurseries and gardens, lectures on gardening techniques and plant selection, and visits to members' gardens. Check our website www.scshdesertgardeners.com to find the latest news on our club activities and a wealth of gardening resources.

Membership forms are available on our website. Yearly dues are $15 for one person or $20 for two people from the same household. Checks payable to "SCSH Desert Gardeners Club" can be deposited in Box 55 at the Montecito Clubhouse.

For further information, contact Amy Tomlinson, president, at scshdesertgardeners@gmail.com or call 303-888-5429.

Desert Life

May 21, 2019 will be a wonderful and informative luncheon for all you DL ladies. (We meet the third Tuesday of each month. July and August, we rest!)

If you are not a member of Desert Life and would like to join, pick up an application at the Montecito Clubhouse near the front door. Make out a check for $15 to Desert Life. Write "New" on your check and drop it in our Desert Life mailbox.

Time: 11:30 am – 2 pm

Program: Judy Stapp, cultural advisor and liaison to the Cabazon Indian Tribe, will talk about Pow Wows and their history.

Charity for the Month (optional): The Galilee Center services the underprivileged and disadvantaged in the Coachella Valley. They provide food baskets every Thursday to the needy. Their wish list is: diapers, formula, baby wipes, hygiene supplies and canned dry goods.

Menu: Mango Chicken Stir Fry, Brownie Martini. Veggie meal Kale Salad.

Price: $25 per person. Checks must be in by May 14. Place your check in the Desert Life Mailbox at the Montecito Club House. If you wish to serve a table of 8, 9, or 10 it is imperative that you put all checks in one envelope with the name in which the table is being reserved.

Discussion Forum Club

Thanks to all presenters as well as members and residents who attended our Speaker sessions this past season. The club's Executive Committee is already working hard on next year's Speaker program.

Members who completed our questionnaire on subjects they would like to hear about can rest assured that we are using the results of that survey as our primary guide in choosing new speakers.

The subject areas that got most support from members were "Technology that we need to understand" and "Interesting residents of Shadow Hills." In a number of cases, we expect to be able to bring in speakers who qualify under both categories. There was also considerable support for subjects involving "Medical Technology" and "History," so we'll try to do something on those subjects as well.

For anyone who did not get a chance to fill out our questionnaire, we would be delighted to hear from you. Just email our new President, Mike Mercurio, at mmercurio999@gmail.com with your thoughts and suggestions. If you think your next-door neighbor is the "most interesting person in the world," let us know. We'll keep reporting our activities throughout the summer.

Games Plus

Games Plus was formed to play various games. Currently we play Bingo the first Friday of each month, unless otherwise notified. May 1 is our next Bingo.

Doors open at 5:30 pm with games starting at 6:30 pm, unless specified otherwise. Paper sells for $5 for 10 games, each game sheet has three cards. There are two special games throughout the evening. You may purchase double actions for $1 each and the final game is 3 for $2. You may purchase as many as you want to play. The two special games are usually our biggest payouts. They can pay as much as $250 each. As our numbers grow throughout the season the pots will be bigger.

We also have a free door prize raffle right after intermission. It's a fun evening with lots of fellowship. Bring your friends and or family to play. Outside guests are always welcome. You must be 18 years of age to play. *Cash only, and small bills are appreciated.*

On Mondays of each week there is a room available at the Santa Rosa Clubhouse from 1 – 3:30 pm for Scrabble and other games. On Thursday's there is a room at the Santa Rosa clubhouse open for Hand and Foot at 12:30 pm. There is no charge or dues to play on either of these days. You must put together your own group to play. Please contact Kathy Reid at 760-469-2335 if you are new and plan on playing to make sure there are enough tables set up.

If you have any questions, please contact Pat at 760-343-0783 or 310-433-0714.

Genealogy Club

Jewish Family History

World War II witnessed the extermination of six million European Jews, literally eliminating three and sometimes four entire generations of families. Surviving family members found it almost impossible to trace missing relatives, either those killed in the death camps or those left wandering about a tattered and dysfunctional post-war Europe. Descendants were challenged by Swiss banks to produce non-existent death certificates in order to access family bank accounts. Through the tangled mess of a war-ravaged continent, how could anyone find records to begin building a family tree? Are personal anecdotes and old newspaper clippings all that we have?

Where to start? You have no real official records, only a few old photographs and some faded letters. You cannot read German. Can DNA testing help? How does that work for Ashkenazi or Sephardic Jews?

For the answers to these questions and many more, consider joining our SCSH Genealogy Club. For instance, huge volumes of Jewish records have been recovered intact and are now accessible online. We can assist you in in your own search.

Visit our website, www.scshgenealogy.com, for information on meetings, contacts, etc.

Gin Rummy

The Gin Rummy Club meets every Monday at the Santa Rosa Clubhouse in the Newport Room. Game starts at 1 pm, and we play until finished. Depending on how many players there are, the game can end anywhere from 4:30 to 5:30 pm.

If you play Gin Rummy or would like to learn, please contact Marie DeVito at 760-636-5593. We are a fun group, and all are welcome.

Hiking Club

Sun City Shadow Hills' Over the Hill Hiking Club offers easy, moderate, and strenuous hikes from October through March. To see the hike schedule and further club information go to **www.scshca.com/hiking**.

New members please contact Nancy Stenson at stensonnancy@gmail.com.

Kings and Queens Card Club

The name of the game is poker! Kings and Queens Card Club is open for play throughout the year giving you the chance to join in.

Who: Shadow Hills residents looking for a good night out with friends and neighbors

When: Monday, Tuesday, and Thursday 5 pm starting times

Where: Santa Rosa Clubhouse

What: Dealers choice (Omaha, Stud, Hi Low etc.)

We're always looking for new players from our Shadow Hills community. Immediate seating available. So, let's all shuffle up and deal!

For more information, call Mike at 760-698-2790.

Lady Putters

Happy May everyone! The snowbirds have flown home for the season, but our year-round residents are enjoying playing in some pretty perfect weather!

On May 13 we will be trying to win the **Big Buck Hole** and breakfast with our club president. May 27 is Memorial Day and there will be no putting.

We invite all ladies in our community to attend Lady Putters one time as our guest. No experience is necessary. All you need is a putter, a ball, $2 and a desire to meet new friends and have fun. As a guest you do need to adhere to standard golf dress code (no jeans, tank tops, no flip flops or golf shoes with spikes). If you choose to join our club, we wear white pants and a blue logo shirt. We meet in the Capistrano Room of the Montecito Club House. During regular season we have two putting sessions every Monday. First session check- in is 7:30 to 7:45 am and putting starts at 8 am. Second session check-in is 8:45 until 9 am, playing starts at 9:15 am.

If you decide you want to join our Lady Putters Club, we have an annual membership fee of $20. We invite you to check out pictures of all the fun, information and latest updates on our website at www.shputtrs.com.

Let's Meet and Eat Club

May 26: Back by popular demand… The Zippers! The Let's Meet & Eat Club offers members the opportunity to spend time with their friends, meet their neighbors, and enjoy some of the best live entertainment in our community. We meet once a month, from 4 – 7 pm, for "dance parties" in the Montecito Ballroom. Everyone brings a dish to share, with a table of 10, and their favorite beverages…beer and wine ok! Dance, sing along, or socialize…our club offers something for everyone. Events cost $10 per member and $12 for non-resident guests.

Membership forms are available on the SCSH website, under "Clubs" and "Let's Meet and Eat Club," and at the front desk of the Montecito. All residents of Sun City Shadow Hills must be members of the club to attend our events. The yearly membership cost is $10 per person, and membership runs from January 1 to December 31. Please look for our event dates on the SCSH website and pick up your reservation forms in the kiosks at either clubhouse. Events fill up very quickly, so please get your forms in early! Questions: Call Cherie: 760-953-6674 or email scshmeetandeat@gmail.com.

Lively Liners

"Merry Month of May"

Sunday, May 19, 2019, Montecito Ballroom
Dancing: 6 – 8:45 pm. Everyone Welcome!
Members - $5, Guests - $10

Shake It Out! (From Health.com)

A few recent studies have found that dance may just be the best medicine. One reported elderly woman who frequently danced had a 73 percent lower chance of becoming disabled. Another study drew a link between dance and improved cognitive function for aging adults. Experts believe the reason is that dance requires both physical agility and mental strength to adapt to and remember choreography.

Line dance classes are offered at the Montecito Fitness Center, Aerobics Studio. Try the first two classes for free! Registration is at 12:45 pm on Mondays *only.*

Laugh, make new friends, and of course… dance! Attend fun, monthly dances to show-off your skills! Dance to Country music and pop favorites! Low $15 monthly fee includes *all* classes!

Check the calendar on our website for any changes to the schedule at *www.scshlivelyliners.com.* For info: Call Lynn: 442-300-2572, or Katy: 760-610-5710.

Mah Jongg

Ah, the merry month of May, that brings smiles to our faces and celebrations all over the world: May Day, Cinco de Mayo, Mother's Day, and Memorial Day. The following letter posted on a mah jongg blog was published in The New York Times in response to a letter about mah jongg.

Re "Mah-Jongg Memories"

My Aunt Margery used to play mah jongg with some friends on the porch of the summer home of Herbert Maass, chairman of the board of the Institute for Advanced Study in Princeton, N.J.

Albert Einstein was a frequent visitor to the Maass home.

One day while the women were busy clicking the tiles, Professor Einstein wandered by, puffing on his pipe. He watched for a while and then asked Aunt Margery what was going on.

"Mah-jongg," she replied.

"I can't follow it," Einstein responded. "It's too complicated."

The SCSH Mah Jongg Club meets every Wednesday. Regular play for members is every Wednesday from 12:15 – 3:30 pm in the Montecito Clubhouse. Come and join us for an afternoon of fun and challenging play. Free mah jongg lessons are offered on Wednesdays from 10 am – noon at the Montecito. Please contact Babs Bloomgarden at 760-393-2056 for reservations. Membership dues for the 2019 calendar year are $10.

Men's Golf Club

Although our five-month winter season has ended, we now move into our summer season and continue our Thursday events. We "beat the heat" by using shotgun starts and begin playing at 7 am which should allow us to complete play by 11 am before the worst heat of the day.

In addition to our regular Thursday events, starting in June the men's club organizes tee times at reduced prices at other golf clubs throughout the summer.

There is a general membership meeting in the Montecito ballroom on Wednesday, May 15 starting at 8am. Coffee and donuts are provided, and it is a good opportunity to meet other members and get updates on the latest club activities.

Our website www.myshmgc.net is constantly updated and is the best source for information. The membership tab contains information on how to join the Men's Golf Club. The weekly golf tab/signup allows you to sign up and pay online for Thursday events. We welcome golfers of all ability levels to participate in our Thursday events. You will need to establish a USGA handicap.

For membership questions, please contact Membership Chair Randy Thomas at randythomas2012@gmail.com.

Needles and Pins

Now that the snowbirds from Canada and all over the US are heading home, our group becomes a lot smaller. This is the time for full-time residents to get on board and meet the stitching and fiber arts group. Come and join in with the opportunity to get acquainted with your fellow residents, get help in your favorite area, or learn a new skill in a much smaller environment. We have very large tables so that you can spread out.

The group is made up of some very talented individuals in all types of fiber arts from quilting to crochet and embroidery. Often someone comes up with a great idea that takes shape and becomes a class. One of our members recently gave a class in quilted paper piecing. It was amazing and fun. if you are a beginner this is your time to get expert teaching. If you are advanced come share your talent.

We meet three times a week: Monday afternoons at noon, Wednesday mornings from 9 am until 12:30 pm, and Sunday from 9 am to 5 pm. A great way to get out of the heat but be in a very bright sunny room (Cambria Room) sharing your craft. For any additional information please contact Joan Kiening, president, at needlesandpinssuncity@gmail.com.

Oke Dokey Karaoke

Come and have a ball. Show the world the entertainer that you are or want to be. It's great fun for all. Whether you think you have a great voice or you can't carry a tune, it's the opportunity to have fun singing outside the shower, without worrying that you are going to embarrass yourself. You can sing by yourself or with a partner or group, sing all types of songs or just listen and enjoy. We provide a songbook by song title, by singer or pick your own favorite. Everyone should have a chance in his or her life to enjoy one of their secret wishes. Because, if not now – when?

Come the first Thursday of every month from 6 – 8:30 pm (October–May) to the Montecito Ballroom for fun and a chance to meet neighbors and make new friends. Annual dues are $10.

So, bring along your favorite libation and enjoy the fun and companionship. Contact Alan Voss 209-768-9393 for more information.

Pairs' 9-Hole Golf Club

Our club's mission is to share the love of golf in a social, friendly way. We play at the par-3 North Course. We have a fun lineup of games and events planned. We do not require handicaps and is designed to provide golf for those of us who wish to have a relaxed fun game.

We encourage all resident golfers in SCSH to join, be it singles or a couple. We begin play at 1:30 pm with sign-in no later than 1 pm. We play on the first and third Thursday each month unless otherwise posted. We use a shot-gun start format and are able to play all 18 holes even though our name is Pairs 9-Hole Golf Club. We gather on the patio at the Shadows restaurant for a fun social hour after each play date.

Annual membership dues are $10 per person.

To register to play any of our play dates, sign-up must be completed by noon on the Wednesday prior to the posted play date. Contact either Scott Bartholomaus at 206-890-3220, mukcat@aol.com, or Frank Bradish at 760-469-2622, franknpeg@dc.rr.com to sign up.

Pan Club

Our April Pan Tournament was a huge success. Everyone had a great time playing cards, enjoying a good lunch and good friends. Prizes were awarded and our congratulations to our winners! Watch for information for our next tournament in mid-October. Sign up will be at the Pan meeting held in September. This last tournament filled up very quickly so be sure you register.

Pan continues to be a great way to meet people in our community. The Pan Club plays on Monday at noon and 6 pm in the Capistrano Room at the Montecito Clubhouse. On Tuesday, there are games beginning between 11:30 am and noon at the Santa Rosa Clubhouse. Thursday's games are held at noon at the

Montecito Clubhouse. Stop in, see if there is an open seat and get on the sub list. Remember, you must be a Pan Club member to play in a game in the pan rooms. If you have a new address or email address, please send your current information to Sue Cohen at 442-274-2212 or cableladee1@gmail.com.

For any questions, please contact Bobbi Morris 818-903-2876 or Sharon Weiss 818-324-7822.

Paper Crafters

Now that spring is in full bloom, you might want to spring over to our Paper Crafters club to make some delightful cards and other creations. Members teach the classes and assist new members to learn different techniques every week. Featured is a lovely card taught by Linda Mitchell called "Beautiful You." We practiced stamping, layering, and fussy cutting to create this beauty. In addition, members are creating Memory Books to be delivered to Assisted Living Centers so that family members can fill them with pictures of loved ones.

If you are interested in joining our club, we meet every Tuesday in the Mirada Room at the Montecito Clubhouse at 12:30 pm to "set up" and "catch up" with each other. Card classes begin at 1 pm. You may also participate in the extra activity area where supplies are provided to make something interesting each week. You are invited to attend a class, make the project and then decide if you would like to join our group. Membership cost is $10 per year. Weekly projects range between $1 – $3.

Questions? Please contact our President, Ginna Martinez, at ginnamartinez66@yahoo.com or 916-778-9425.

Performing Arts Club

Welcome to our 2019-2020 Board Executive: Allan Lorenz, past president; Judith Bennoch, president; Cathie Riddle-Weiser, vice president; Bev Mirsky, secretary; Jeff Moses, treasurer; Linda Bostjanick, member at large; and thank you for volunteering to support PAC.

The final General Membership Meeting of the season and first for the new Board was held April 10. Although PAC will be dark with no General Membership Meetings until October 9, 2019, the Board will continue its work.

Auditions have taken place for our November production of the drama *Other Desert Cities*. The cast and production team will begin formal rehearsals in early September and as with all productions many "helpers" will be needed.

The Calendar of Events for the 2019-2020 year is being finalized to provide meetings and events that are stimulating and informative for our members. Watch this column in June for our full 2019-2020 plan and mark October 9 on your calendar now!

For further information, please contact Judith Bennoch at judithbennoch@icloud.com or 905-394-1660.

Pickleball Club

The SCSH Pickleball Club's 2018-2019 season came to a formal close March 30 with the year-end General Membership Meeting, dinner, and dancing to the Shadows Band. Officers for the 2019-2020 season were elected: Tom Gierat (President), Linda Curry (Vice President), and Carolyn Broski will join reelected officers Richard Scales (Treasurer) and Henry Wiebe (Membership) on the Board of Directors and will take office July 2019. Plans are underway for events, tournaments, clinics, socials, etc. for the coming season. The 2019-2020 organized season will kick off with a General Membership meeting on November 2, 2019.

Evening social play will continue through the coming months as will club play during the morning hours. As summer temperatures continue

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to rise, *hydration* is key to health always but most imperative when on the Pickleball courts. When playing, take breaks frequently.

A rousing "thank you" to members, board, committee chairs and volunteers in making this year a major success for the SCSH Pickleball Club Also a thank you to the HOA Board for facility improvements, and particularly, support staff for their assistance with our many events.

Mission: Bringing the Community Together Through Pickleball. Information on the sport and the club can be found on scshpickleball.com.

Rainbow Friends

It's May, so it's time to celebrate and remember Mother's Day (May 12) and Memorial Day (May 27).

Some of our club members enjoyed a fun evening on Sunday, April 14, at "The Judy Show" at the Purple Room. Lots of laughs, good friends, and delicious food and beverages!

If you are here during our "warm up" month we hope to see you at our regular club meeting on the second Wednesday of the mouth (May 8) at the Montecito at 6 pm. As always please check your email for the latest updates on club activities.

We are a social club for the LGBT community, family and friends. For further information, please contact Barbara at 909-210-1911.

Readers Ink

Our discussion on *Pachinko* was a good one. Chris Mokricky lead the way and we averaged an 8.1 on our rating. 10 means we loved the book, so an 8.1 means most of us thought highly of the novel. We learned much about the Korean people and their relationship to the Japanese people from 1910 to 1989. Our discussion recently in April was on *Killers of the Flower Moon*. It relates to the start of the FBI. Good Read!

Our book club meets the fourth Tuesday of each month (including summer time) at 2:00 in the Capistrano room at the Montecito Club. I'm including the books we chose to read over the next months.

- *To the Bright Edge of the World* by Cowyn Ivey/Annette Sevedge (speaker)/Leader Beverly Mirsky/May
- *Manhattan Beach* by Jennifer Egan/Leader Connie Brennan/June
- *Where the Crawdads Sing* by Delia Owens/Leader Mary Riege/July
- *What She Left Behind* by Marie Wiseman/Leader Wendy Armstrong/August
- *Before We Were Yours* by Lisa Wingate/Leader Carolann Guinan/Sandy Bennet (speaker)/September
- *Unassisted Living* by Bob Puglisi (author/speaker) /Leader October

Contact: Nancy Angus, President, 760-238-4582 or nangus1967@aol.com.

RV Club

Welcome RVers! Our final meeting of the season will be May 21 in the Capistrano Room at 6:30pm. We'll be exploring where our members are hitting the road to this summer. The RV Club will go dark for June, July, and August. We wish everyone a great summer and will see you in September.

Solos

Solos invites the unmarried residents of SCSH to join us in making friends, socializing, and participating in community activities.

- Mystery Happy Hour (date to be announced)
- Monthly meeting: Sunday, May 19, 5 – 7 pm; Mexican-food dinner provided by the Club. Member contribution $10 at the door. RSVP required. See details in our May flyer
- Happy Hour: Fridays 4:30 pm, Shadows Restaurant

Come as a single and become part of a supportive, fun-loving community. Membership forms are at the Lifestyle Desk. Dues are $15 for each calendar year. For more information, contact our Membership Chair Shirley Bunce: 760-345-8121 or bunce.shirley123@yahoo.com.

Table Tennis

Breaking News: table tennis will have a tournament outside in the parking lot this Sunday…oops, this is not April first…? It does get a bit chilly inside the Pismo Room, so an outside match is not that much of a stretch, is it? Let me know if you would like to play in the Santa Rosa sunshine parking lot or maybe wheel a table over to tennis court #5 and play under the lights some night. No need for the cardboard walls because we would add to our cardio

workout sprinting after balls.

April showers brought butterflies and gnats and not many flowers so maybe inside is where we should play. Regardless, the games are rowdy and fun and even joined by a group from Sun City Palm Desert. New residents, new players, and even un-skilled athletes are always welcome to find out about the good times. Come on by the "Rosa Coliseum" on any Wednesday at 11 am, or a Friday or Sunday at 2 pm. Come see what all the noise is about.

Tennis Club

May is a transitional month for the Tennis Club. Most of our snowbird members have departed and the summer-play hours return. Tennis Club programs use all four Montecito courts Monday through Saturday from 7 – 11 am. The two Santa Rosa courts will be closed for resurfacing from late April to late May. The new Board is now in place: Dolores Shore, VP; Gricell Reinhold, Treasurer; Patty Prunty, Social Director, Linda Johnson, Membership; and Marje Burdine, Secretary. Dennis Sheehan courageously agreed to remain on as President. The summer program will include the now traditional pizza party on August 17, with details on the website as the date draws nearer (www.scshtennis.com). Be sure to mark your calendars for the Fall General Meeting on November 9 at the Montecito Ballroom. For membership questions, please contact Linda Johnson at lnkjohns@hotmail.com.

That's Entertainment

We present Sir-Laffs-A-Lot's Comedy Night at the Montecito Clubhouse on the third Wednesday of every month. This event is open to all SCSH residents and their guests. We arrange for two LA comedians to drive out to Indio and do an amazing show for 90 minutes. The comedians are different every month, and the show can be "R" rated for adult content. So, plan accordingly. Please get your tickets early, as this event sells out quickly during winter season. Please see our ad in this magazine, on the community website (scshca.com), or lobby flyers for further details.

If you are interested in helping organize these events as a member of the That's Entertainment Club, please call Julie at 760-772-0317.

Tutta Bella Vino

Red wine is good for your heart. Sex could go either way. So, this month, from the club that brought you Pinot Envy, we will present a tantalizing array of selections to tickle your palette (among other things), if not your fancy. At the end of the evening, it will be up to you to choose – or not. At this stage in life, don't we deserve it all?!

Better Than Sex!

Saturday, May 18, 2019, 7 pm
Montecito Clubhouse Ballroom

Monthly events are $22 per person, $26 for non-resident guests, and are offered only to SCSH residents and their guests. Residents may attend one event before becoming a member. Membership for the season, which is September through June, is $10 per resident.

This year, all members must submit new membership forms when paying their $10 fee as we are updating our records. Waiver forms are only required for new members. Forms are available online. Registration flyers will be available at the Montecito Lifestyle desk, and on our TBV web page at www.scshca.com, on **April 14, 2019**. Registration closes May 11, or when sold out. For more information, please email: tuttabellavino@gmail.com.

Veterans Club

Meet a Vet: Jim Endicott

Jim served in the US Marine Corps from 1954 through 1957, enjoyed cold weather training at Pickle Meadows CA and Camp Okubo JAPAN, and had tours of duty in Okinawa, Japan and El Toro, CA airbase where he served on the flight line. Today, Jim enjoys working out at our fitness centers and a hot coffee with friends.

Our meeting on April 16 featured the new manager of the USO at Palm Springs airport, Mr. Jeff Mich. Jeff lead our club in a discussion of why now a very busy season for US Marine Corps personnel at the 29 Palms Air-Ground Combat Team's Base and presented some ideas about how we might possibly be more involved with the mission of today's USO.

As a reminder before Memorial Day weekend 2019, flag sale day will by Friday, May 10 in the lobby of the Montecito clubhouse, from 10 am through 1 pm.

We meet as a club each third Tuesday of the month, usually in the Cambria Room at Montecito Clubhouse, starting at 7 pm. All veterans of the five uniformed military services of the USA are welcome.

Women's Golf Club

Congratulations to Vivian Milne for being the Ace of the Month for March. Lea Kenny was acknowledged for completing her Par Card. What a great accomplishment! Ann Falk was the winner of the Club Championship this year – *way to go Ann!!!*

The 2019-2020 Board was announced at the March General Meeting. Best wishes to President Andrea Unfried, Vice President Marg Lacroix, Secretary Jean Munro, Treasurer Lynn Heftler, Handicap Verna Rutledge, Tournament I Marj Babuik, Tournament II June Nautel, Membership Janet McChesney, GAC Pam Yelnick and Rules Jill Bull. Thank you to the following members who gave their time to the Board: Mary Kunstler, Sandy March, Sue Weber, Missy Helseth, Sue Weiss and Susan Moss

Please submit your $75 membership renewals for the 2019-2020 year before May 15 to avoid a penalty. Checks made payable to SHWGC may be placed in the club drawer in the pro shop or mailed to Janet McChesney.

If you are interested in playing 18 holes of golf each Wednesday morning, check out the website and submit an application at shwgc.com.

Writer's Club

We are a group of individuals who enjoy writing. Each member has the opportunity to read one or two pages (double spaced) of their work to the group; receive ideas, direction and gentle criticism. Part of being in our club is the encouragement we all get from each other to write on a regular basis.

It's easier than you think to write your own story. Every year millions of great stories disappear forever. It does not matter if you are writing; fiction, non-fiction, memoirs, or screenplays, write a page a day for a year and you have a book!

Come and join us, you will meet interesting people and hear their fascinating stories.

The Writer's Club meetings this month are Thursdays, May 2 and 16 at 10 am in the Santa Rosa Clubhouse.

Try your hand at writing that story you have always wanted to tell. Who knows, you may find the hidden writer in you? Free membership! How can you go wrong?

For more information: antiqphoto@gmail.com or bethbolduc7@gmail.com.

Resident Groups

Democrats

At the April meeting we were educated and awed about the amazing efforts of the Innocence Project's work in exonerating wrongfully convicted people.

At our May meeting we are looking forward to a

discussion about Coachella Valley Homelessness Solutions with Greg Rodriguez, Government Relations and Public Policy Advisor for Riverside County Supervisor V. Manuel Perez.

We meet on the third Thursday of the month. Our next meeting is Thursday, May 16, in the Cambria Room at the Montecito Clubhouse. Light refreshments will be available beginning at 6 pm followed by a business meeting and our guest speaker.

We welcome new members. A member in good standing must be a registered Democrat and remit yearly dues. Membership dues are $10 payable by check (to "Democrats in SCSH"), at the meeting or placed in our mailbox at the Montecito Clubhouse.

In last month's article our new website was wrongly listed. We can be accessed at democratsinscsh.org (not .com).

If you have any questions, please contact Avi Greene at our email address: democratsinscsh@gmail.com. We also have a Facebook presence at Dems in Sun City Shadow Hills.

Hadassah

Please join Hadassah on Thursday, May 2, 2019 in the Montecito Clubhouse main ballroom for a very special meeting with featured speaker Stacey Dorenfeld who is Hadassah Southern CA Advocacy/American Affairs/Public Policy Chair. She is an advocate in the US on policies such as human trafficking, gender equity in medical research and products, juvenile gun control, and LGBTQ rights. She has an incredible background and great story to share. Doors open at 9:30 am for socializing and continental breakfast with meeting beginning at 10 am. $18 per person couvert – prepaid reservations needed. Check made payable to "Hadassah" and can be put into the Hadassah Mailbox in the Montecito Clubhouse. Call Cindy Hailpern (760-360-4902) to RSVP and for additional information. Men as well as women are invited to attend.

We have a variety of "special interest groups" that include book groups, dining out, cooking club, games group, etc. Interested in knowing more – contact Debbie Orgen, Membership Co-Chair at 760-289-7987. Interested in receiving our monthly newsletter via email or information on membership – contact Debbie Orgen as well.

Republicans

Exciting things are happening in Indio, and in America today. To stay informed, we invite you to join our Shadow Hill Republican Group where, each month, we discuss the latest events that impact our city and our country.

Our May meeting will feature one of the best-known conservative voices in the Coachella Valley, "Da Coach", Rich Gilgallon. For years, Rich, a good friend of SCSH Republicans, has filled the airwaves with his energetic brand of banter; political musings laced with heartfelt patriotism and comments that reveal his deep faith and love of country. Rich has a new podcast to tell us about and will share some of his thoughts about the critical issues we face in the 2020 elections.

On Tuesday, May 14, we will meet in the Capistrano Room of the Montecito clubhouse at 6:30 pm and be treated to a light "Picnic Supper" (sandwiches, potato salad, fruit, cookies), before the program. Please RSVP to Karen Drozda, (760-698-8220 or kandee46@gmail.com) by May 7 so that we may know you are coming! Watch for a reminder email or pick up a flyer in one of the rounders at the clubhouse. Let's have a good turnout for Rich!

Questions? Pete Anderson, President, at petegolf@yahoo.com or 760-469-2086.

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Clubs in Formation

Car Club

All car people welcome! We get together Tuesday mornings for breakfast at Goody's Cafe. No formal meetings. Just show up. We arrange trips to interesting shops and car-related places, car shows etc.

For more information, email ziegler@pacifier.com.

VeloCity Cyclists

The VeloCity Cyclists of Sun City Shadow Hills are a group of road cyclist enthusiasts. Over time, our ranks have steadily grown. It is our hope to add more members of both sexes to enjoy rides like the one we took from Yorba Linda to Newport Beach and then to the Huntington Beach Pier, as shown in the photograph.

Those interested in joining, please contact me, Dario Fadiga, at 760-345-7398 or at dfadiga@dc.rr.com.

Interested in starting a club?

Drop by the Lifestyle Desk for an informational packet or call:

760-345-4349 ext. 2120

Attention Snowbirds!

Going away for the summer?

Stay up-to-date with the latest happenings at Sun City Shadow Hills by visiting our community website:

www.scshca.com

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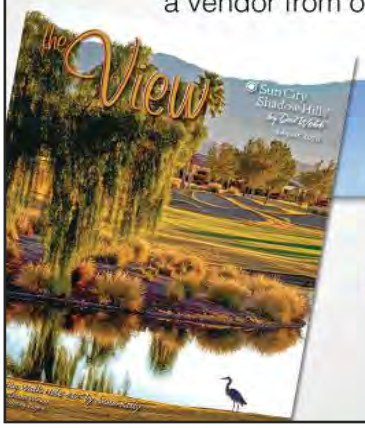

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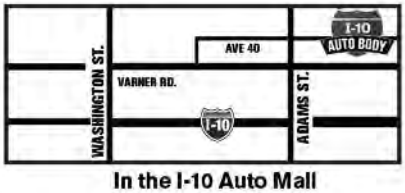

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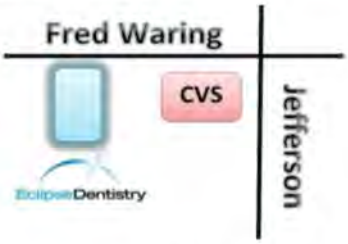

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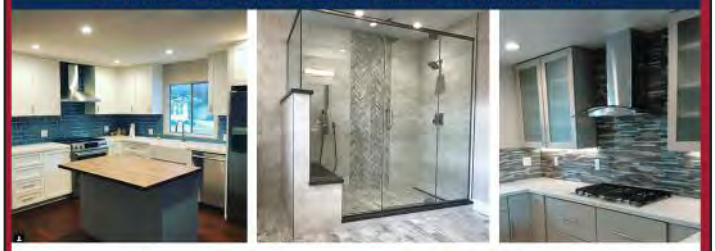

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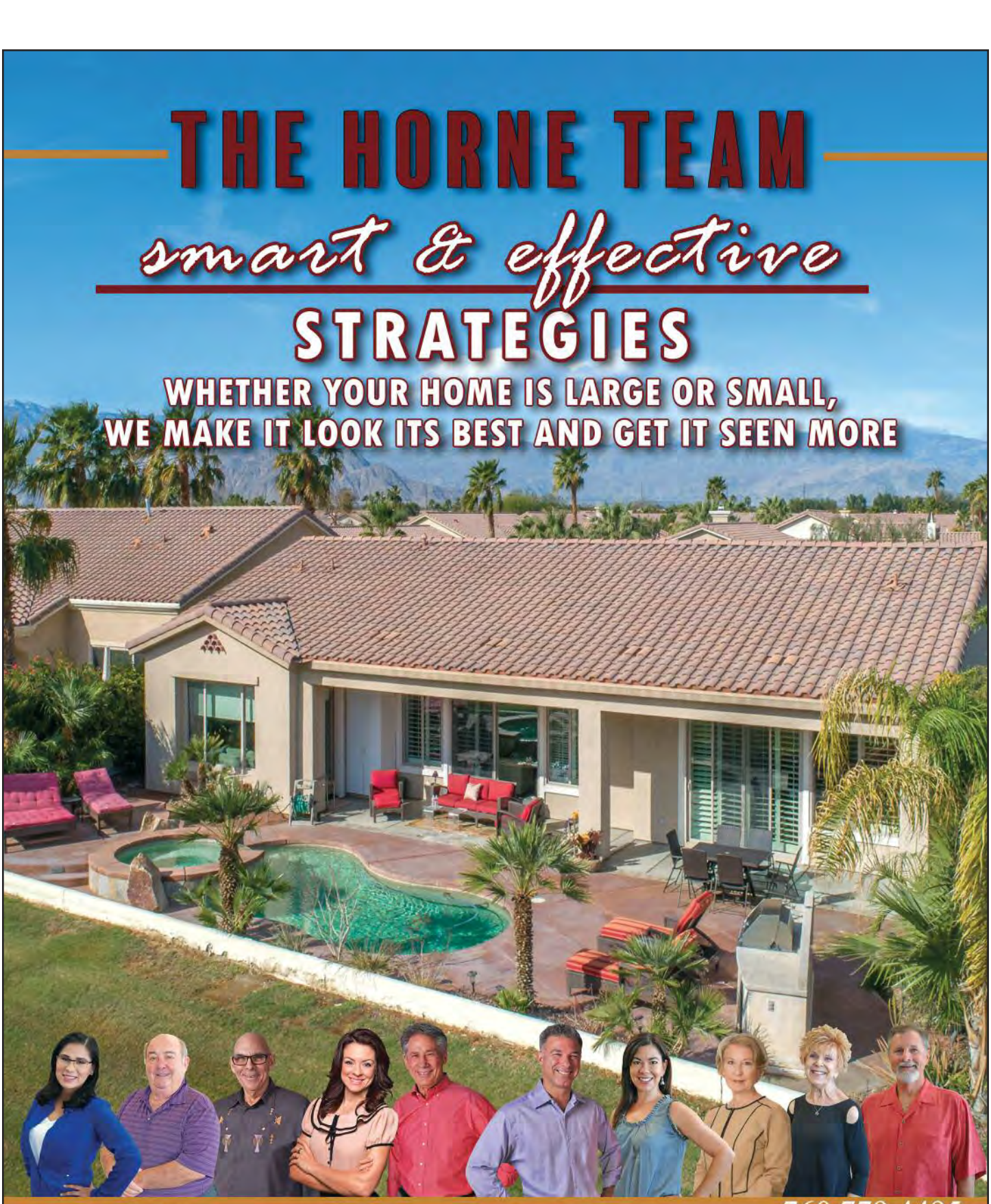

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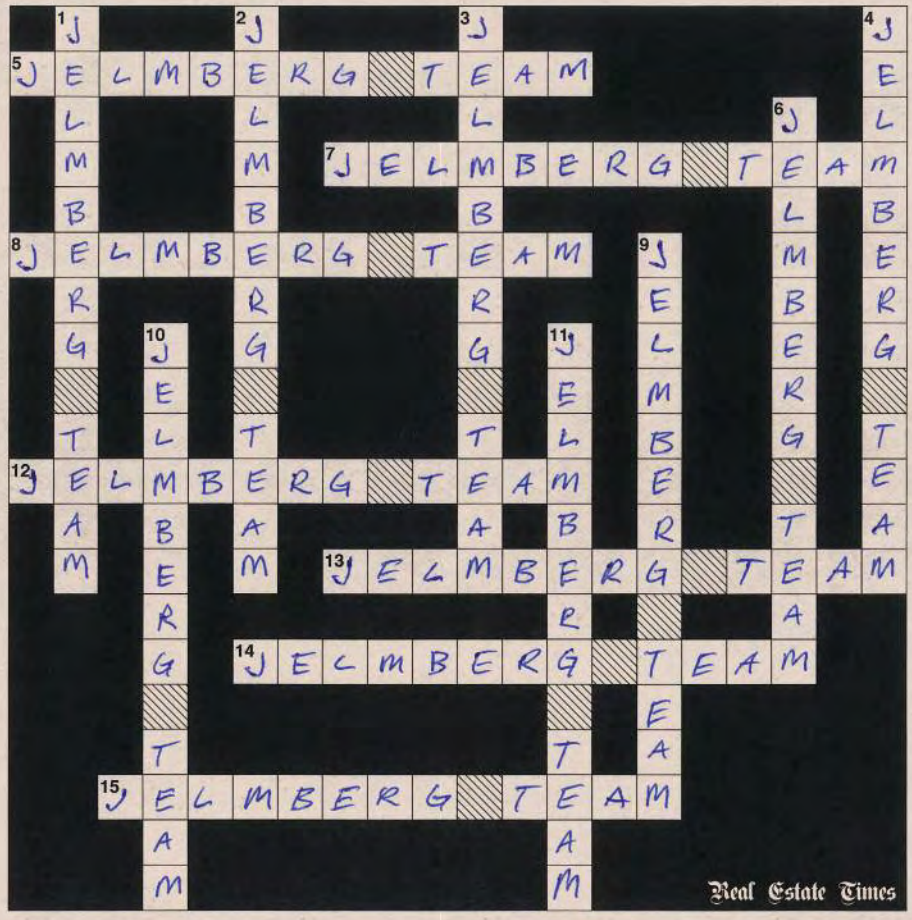

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