

the View

Sun City
Shadow Hills®
by Del Webb®

March 2010

from Sun City Shadow Hills



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**For warranty or a customer service need concerning
your home, please e-mail: socalservice@delwebb.com**

*Jason Streeter is still serving your warranty needs,
but please do not contact him directly.*

All warranty issues must go through this new email.

Mailbox Repair Ozzie Lopez, 345-4349 Ext. 224

Sun City Shadow Hills Community Association

Hours of Operation

Montecito Clubhouse
6 am – 10 pm · 7 days a week

Lifestyle Desk
8 am – 5 pm · 7 days a week

Association Office
9 am – 12 pm, 1 pm – 4 pm · Monday thru Friday
8 am – 12 pm · 1st Saturday of the Month

Montecito Fitness Center
5 am – 8 pm · 7 days a week

"The Shadows"

Shadow Hills Golf Club Restaurant
Breakfast · Friday thru Sunday · 8 am – 11 am
Lunch · Friday thru Sunday · 11 am – 8 pm
Lunch · Monday thru Thursday · 10:30 am – 8 pm
Dinner · 7 days a week · 5 pm – 8 pm
Happy Hour · 7 days a week · 2:30 pm – 6 pm

Shadow Hills Golf Club Snack Bar
7:00 am – 3 pm · Daily

Hours are subject to change.

Board Meeting

Date: Monday, March 15

Time: 2:00 pm

Location: Ballroom





BY LYNN P. GILLIAM
GENERAL MANAGER

From the General Manager

March is here and so is Spring – yes, I know that here in the Coachella Valley we seem to have Spring all winter but there is just something about March and the great weather that we have that makes me think of Spring.

The Performing Arts presentation of *Bye Bye Birdie* will entertain us with several performances beginning on March 12. I know that we will enjoy this performance that the Club has worked so hard to bring to us.

Submissions for the Sun City Shadow Hills Photo Contest are due on March 15, 2010.

And at the end of the month, don't forget to attend the Annual Health Fair.

If this selection does not tweak your interest, contact the Lifestyle Desk for more of our exciting activities.

Why Do We Need Reserves?

This month I thought that I would provide some information that might be of interest to you regarding one of the financial components of our Association – reserves. Equipment and major components (like streets) must be repaired or replaced from time to time. Generally, community associations prefer to plan and set aside funds over the life of the major components. The Association puts a portion of your monthly assessment into the reserve accounts so when the component needs repair or replacement the funds are available. Reserve funds aren't an extra expense – they just spread out expenses more evenly. There are several important reasons why associations put monies into reserves each month.

- Reserve funds meet legal, fiduciary and professional requirements that may be required by 1) secondary mortgage markets, 2) state statutes, regulations or court decisions or 3) the community's governing documents.

- Reserve funds provide for major repairs and replacement that we know will be necessary at some point in time. At some point, as we experienced this past summer, the streets will need to be slurry sealed to enhance the life of the streets. Since this is a common element, every owner shares in this cost thru their monthly contribution to the reserve fund.

- Reserve funds minimize the need for special assessments or borrowing.

- Reserve funds enhance resale values.

Lenders and real estate agents are aware of the ramifications for new buyers if the reserves are inadequate. Many states require associations to disclose the amounts in their reserve funds to prospective buyers.

As of the last reserve study performed in November 2009 for the fiscal year 2010, the level of funding, referred to as Percent Funded, for Sun City Shadow Hills reserves is fully funded – 100% or greater. This healthy reserve fund indicates that we will have adequate funding for needed repair and replacement during the current year.

Fireside Chats With The General Manager

During the month of February, I hosted several "Fireside Chats with the General Manager" on the patio of the Montecito Clubhouse by the outdoor fireplace. While the groups were small the conversation was lively. Some of the topics that were discussed included Association rules, transponders – how they work and why we have them, maintenance of various areas of the property, reserves, how our Board works and the election process.

Over the next few months I will address some of these topics in my monthly article. Thanks to all those who attended my February Fireside Chats. I enjoyed our conversations and look forward to having another series of "Chats" in the future.

Just a reminder – on March 1, the new fitness guest policy will take effect. Please stop by the Fitness Center to pick up your guest card.

As always, please call or stop by the Association office for questions or concerns. Any of the Association staff will be able to direct your questions to the proper staff member so that they are answered in a timely manner. The Association office staff is looking forward to helping you.

Association Committee Reports



Design Review (DRC)

BY JIM WIEBORG

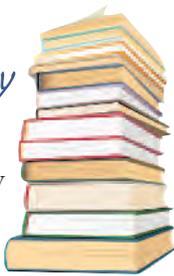
Thank you, thank you!

The Design Review Committee (DRC) would like to thank all of you homeowners for the great job you do keeping your homes and yards in superb condition throughout the year. It requires a lot of work by either you or your gardener and takes a fair amount of your time and money to maintain a pleasing appearance. In the long run though, your diligence maintains or improves the value of your home and the entire Sun City Shadow Hills (SCSH) community. This is confirmed by the fact that SCSH is the number one selling community in southern California. The few foreclosed homes are selling and being brought back up to the community standard. Your pride in your community shows; prospective buyers see it and wish to live here. Keep up the good work. The DRC would once again like to thank you for cooperation and pride in your community.

From the Library

BY SANDY KANELIS

A big welcome to new residents! We hope you are enjoying our honors library. We ask that you return books in a timely manner to the cart and put new donations in the basket. Please do not shelve your books. We currently have 35 library volunteers who are shelving your returns, noting books



that are being read and checking to make sure that there are a minimum of duplicates on the shelves in order to make room for the greatest variety of books and authors possible.

We again want to thank you for your wonderful donations. We have several new books that are on or were on the best seller list such as David Baldacci's *First Family*, *The Help* by Kathryn Stockett and Vince Flynn's *Pursuit of Honor*. Every time you check our shelves you will find new books – so keep looking for that “special book.” Read and enjoy!

Security Committee

BY ANDY PERLER,
COMMITTEE CO-CHAIR

The Security Committee meets regularly on the first Wednesday of the month to review current security issues and make recommendations to the Board about any areas where the safety and security of our residents can be improved. In this role we also look at security related incidents in our development; we have found in the



last two months that we have not had any major security issues and have been relatively crime-free. Unlike some other local developments, we have not had a home break-in in December and January.

We wish to thank all our residents for doing their part to keep us safe. That means locking doors and windows, keeping garage doors closed, and watching out for your neighbors. What a great job you all have been doing. We encourage you to keep it up.

We also wish to thank Boyd Security for an outstanding job these last two months as well as our HOA management staff for constantly looking at ways to improve our security. Our special appreciation goes to our Indio PD and particularly its representative to our community, Ben Guitron. It is only through the coordinated effort of all of those involved that we will continue to have a safe community here at Sun City Shadow Hills.

Let's go for a third consecutive month without a major incident. Continue to do your part to prevent crime in our neighborhood!

Security Tip of the Month

Going out of town? Leave your radio or TV on. Or you can buy a \$35 device that works on a timer and simulates the flickering glow of a TV.

(www.faketv.com)

PHOTO CONTEST

Grab your camera, use your imagination and creativity, and capture those award-winning images to share with the community!



2008 1st Place Winner

The theme is – Lifestyle Activities and Community Environment

Your photo must capture the lifestyle and environment enjoyed by the residents of Sun City Shadow Hills. For the purposes of the Contest, the theme is defined as:

- Sport/fitness activities (golf, tennis, jogging, biking, billiards, etc.).
- Group participation at a club meeting or event (painting, computer club, ukulele club, tap dancing, etc.).
- Residents enjoying one of the many table games at the Montecito Clubhouse.
- Participation in a Lifestyle Department or Club-sponsored trip.
- Flora and fauna in the Sun City Shadow Hills area.
- Beautiful views in our community.

Note: these are not separate categories.

Your image should demonstrate originality and artistic creativity. Except for cropping and lighting modifications, computer enhancements and manipulation are not allowed.

Winners will receive:

First prize \$200

Second prize \$100

Third prize \$75

Plus, two (2) Honorable Mentions, \$25 each



2008 2nd Place Winner

Participation is limited to SCSH residents, and all photos must be taken on-site at SCSH or on a trip sponsored by the Lifestyle Department or a Club.

Participants may enter up to two (2) photos. Photo(s) must be submitted as 5" x 7" prints (either professionally or home-printed); must include the photographer's name, phone number, and title of each photo written on the back of the photo; and must be submitted with the ENTRY FORM and PERMISSION AND RELEASE to the Lifestyle Department no later than 4:00 pm on Monday, March 15, 2010. Forms are available at the Lifestyle Desk. A JPEG format file of each photo must also be submitted by the same date to scshlifestyles@pcmineternet.com

Entries will be screened for adherence to contest criteria. All qualifying entries will be posted on the community website.

Winners will be selected by judges picked by the Communications Committee based on criteria provided by the Committee's Photography Subcommittee. These criteria are available for review on the community website.

Winners will be announced and prizes awarded on Thursday, April 1, 2010. Winners will appear in The View, on Channel 98, and on the community website.

For more information: 760-772-9617



2008 3rd Place Winner

The Roles of the Association, Board, Del Webb, and PCM



BY SARA NEAR, DIRECTOR,
COMMUNITY ASSOCIATION MANAGEMENT

We are often asked about the roles of the various entities at the community. Where is the line between Pulte/Del Webb and the Association? What are the responsibilities of the Board? Who is PCM and what do they do?

Here are some short answers to these questions. Please keep in mind there isn't space to address every aspect of the subject.

Del Webb is the developer of the community (the Declarant in the governing documents).

The Community Association (also commonly known as the HOA) is the legal entity of the property owners at the community.

PCM is the management company of the community.

As developer, at first Del Webb owns all the land, then progressively transfers ownership – either by selling lots to individual home buyers or by conveying ownership of common areas to the Association – until the community is fully developed or “built out.” Once the community is built out, Del Webb's involvement is over except for applicable warranty service on the homes it built.

The Association is the legal entity which oversees community governance and budgets. It sets and enforces the policies for the community and its homeowners within the framework

of the governing documents (the CC&Rs, Rules & Regulations, etc) which were created in accordance with California law. It also collects assessments from the property owners and maintains the common assets (streets, landscaped areas, gates, etc). The Association is a non-profit mutual benefit corporation with all property owners as voting Members (homeowners and Del Webb both qualify as members). It is similar in structure – with some differences – to a corporation with shareholders.

The amenities of the community (clubhouses, etc) are designed and built by Del Webb and conveyed to the Association, which then owns and maintains them. These amenities, once conveyed, are owned by neither Del Webb nor the residents; they are owned by the Association of which both the homeowners and Del Webb are members.

The ultimate governing body for the Association is the Board of Directors. In the early years of the community, Del Webb appoints a majority of members. This is based on California law and reflects the fact that the company invests tens of millions of dollars into the community before the first home is sold; the state therefore recognizes the company deserves a majority presence on the Board for a period of time to protect its investment.

As lots are sold and the community grows in population, more resident members are added to the Board until a predetermined percentage of lots (usually 75 percent) are owned by homeowners. At that point the homeowner members become a majority (though Del Webb members typically serve out their terms).

Before that happens, while Del Webb and residents serve on the Board together, the roles and

priorities of the two can seem at cross purposes. In reality they are not. Under California law all members of the Board have a fiduciary responsibility to the Association.

To ensure this is understood, all new Board members – company and homeowner alike – receive training on this matter from the Association legal counsel when they join the Board, and afterward on a regular basis.

Both Del Webb and homeowner Board members must vote on an issue based on what they believe is best for the Association.

A word here about our resident Board members. Please appreciate them. They put in a huge number of hours and receive no compensation for their work. They deserve respect and everyone's thanks for the invaluable contribution they make.

PCM (Professional Community Management) is the company hired by the Association to manage the day-to-day activities of the community. While serving the homeowners, Association management and staff are actually employees of the management company. PCM handles responsibilities like accounting and financial reporting, payroll and human resources. Using a management company to perform these services is common at large-scale communities because it provides efficiencies which save the Association money.

Hopefully this answers some of the questions about the roles of the various entities at the community. There are many other aspects such as budgets, elections, etc. We'll save those for future articles.

In the meantime, as you can see there are many hands involved in running the community to keep things on track, so residents can focus on enjoying the lifestyle.

The Community Association invites you to attend the
5th Annual Health & Fitness Fair 2010
Saturday, March 27
9 am – 1 pm
Montecito Clubhouse

The Health Fair will continue its tradition of providing an array of activities, demonstrations and information about health, wellness and fitness. Blood Pressure, Body Mass Index (BMI), Skin Care Products, Nutritional Supplements, Cosmetics, Survival & First Aid Kits, Fresh Water Systems, Chiropractic, Acupuncture, Massage, Home Health, CPR & First Aid, Insurance and much more!

INFORMATION + AWARENESS = PREVENTION

For more information please contact Evangeline Gomez at egomez@pcmineternet.com or 760-772-0430.

Del Webb is pleased to help sponsor this outstanding event in cooperation with the Community Association.



Did you know these Phase III Facts?

Sales Update

BY KAITLIN KLUG

- Phase III will have approximately 947 homes.
- We are still building our Santa Rosa Collection in addition to our Shadow Collection for a total of 17 different floor plans in Phase III.
- We now offer more options such as our Energy Conservation Package which includes tankless hot water heater, radiant roof barrier, insulated garage, SEER 14 A/C unit, extra insulation in the exterior walls and ceiling, and it also pre-wires the home for solar panels. This option has been very well received!
- We now offer solar electric packages as an option.
- Phase III is gated with 24 hour guard gate and roaming security.
- We now offer 18" ceramic tile, 18" Italian porcelain tile, 16" travertine, and wood flooring as options.
- Phase III has many cul-de-sac locations.
- We now offer enhanced exteriors with a rock finish as an option.
- Phase III currently has 8 gorgeous lakes with an amazing island waterfall, and more water features to follow.
- We now offer wiring options such as surround sound, alarms, central vacuum systems, and much more!
- As of January 31, 2010 over 95 homes in Phase III are being lived in.
- Phase III will have an approximately 14,000 square foot clubhouse in the very heart of the community. Our current availability of home sites are within walking distance of the new Santa Rosa Clubhouse.
- Phase I, II and III all have the same privileges to either clubhouse or golf course. This means that at completion all residents will be able to enjoy both clubhouses and golf courses!
- Phase III now has 9 of the 18 holes of the par 3 golf course complete and ready to play.
- Sun City Shadow Hills is the # 1 selling new home community is all of southern California!

from Del Webb



... Behind the Scenes

BY SID WEISS

The View is pleased to present a new feature – told mostly with photographs – that showcases the behind the scenes workings of our various clubs and committees and identifies many of our resident volunteers who make things happen. Our first feature provides a glimpse of how our Performing Arts Club puts together one of their productions – in this example it's *Bye-Bye Birdie*.

All theatrical productions start with planning by the Producer, Director, Music Director and Choreographer. At the open call the actors are selected. Then multiple rehearsals start and scenes are blocked. The stage settings are designed, a model is created and costumes are assembled. Supplies are purchased and the setting is constructed in modular form.

For musical productions, dance routines are created and practiced, and musical routines are adapted and rehearsed.

The director is a critical element in any production. The director's vision interprets the script and helps the actors with their performance.

Marketing efforts for the show include writing and designing promotion and advertising materials, taking publicity photos and printing and distributing flyers. The final step in the process is selling tickets.

For *Bye-Bye Birdie*, with a cast of 50, there are a total of 100 residents involved, each one contributing to making the show a success.



Pictured clockwise from top left: Donna Hudson, Gwen Roy, and Donna Gambale, in character as teenagers sing their love for Conrad Birdie; Choreographer/Instructor, Kay Jacobs, shows dancer Earl Warner how to gracefully glide across the floor; Paul Runyon patiently directs the actors and improvises the scenes; Ed Banks meticulously fabricates a wall; Sharon Warner and Paul Nilson practice their lines for the characters, Mrs. and Mr. MacAfee



News About Indio



BY H. DOW TUNIS
OUR TRAVELING REPORTER

Councilman Glenn Miller was recently appointed to the SunLine Transit Agency Board.

He represented Indio in the transit center showdown between our city and the city of Coachella in late January. The two cities gave presentations on their respective plans for an east valley transit hub. It was a natural fit as Miller already sits on the board at the Riverside County Transportation Commission. While both cities down-played competition between very similar proposals, the existing SunLine board members feel it is important for the agency to back just one plan so the valley can better compete for federal funding.

Mr. Miller declined making a presentation on behalf of the city and instead made a formal statement. He was clear that Indio has no goal to create a SunLine hub, but is focused instead on the rail line and a transportation center.

Construction of a parking lot is underway along with public improvements have been proposed for a \$1.5 million center. Work on the actual building is expected to begin

sometime in 2010 or early 2011. Meanwhile Coachella at this point lacks a railroad connection. Stay tuned.

The Indio Planning Commission has rejected (by a vote of 4-1) design plans for a family funeral home in front of the Best Western Date Tree Hotel on Indio Boulevard. The majority did not feel the hotel and funeral home were compatible with each other.

I think I have reminded you in each issue of *The View* to be aware when driving. That reminder was made even more dramatic recently when an Indio teenager hopped into a 1995 Ford Explorer in the 46-200 block of Arabia Street in Old Town and off he went. Indio police were notified, and within 23 minutes the vehicle was spotted.

A high-speed chase began reaching upwards of 100 miles per hour through our city streets until finally the driver finally lost control of the vehicle which turned over at Avenue 42 and Jackson Street.

The driver was taken to JFK Memorial Hospital for overnight observation and booked into Indio Juvenile Hall the next morning on charges of possessing stolen property and failing to yield to a police officer.

Homeowners who have green electric boxes on their property should not attempt to disguise the boxes with shrubbery, decorative rocks or brick formations, or build structures around the equipment. Utility personnel need to have safe and immediate access to the equipment to make repairs in the event of an outage or equipment failure.

Seniors are becoming computer

savvy at the Indio Senior Center through free basic computer classes. The classes fill up very fast. Since September, after the grand opening, at least 450 people have participated in the 60 computer classes. The 12-student classes meet once a week for a month. There are a variety of classes to choose from, including basic computer skills, Excel, Mac and Internet.

For more information about the free computer classes at the Indio Senior Center call 760-391-4170.

Indio Planning Commission voted 4-0 to move forward with plans to annex 92 acres of the 211-acre area currently under county jurisdiction.

The remaining 119 acres will probably be annexed at a later date. Although some residents opposed the annexation, none attended the public hearing. The county island is bounded by Clinton Street, Madison Avenue, Avenue 45 and Indio Boulevard.

Can you believe it's been six years since I began to write articles for *The View*? Time does fly!

That's 30! Shop in Indio and drive safely.



Feature Stories

Living Life with its Glass Overflowing

By LEE POWELL

Have you ever met someone in your life whose positive energy is so boundless that you feel uplifted simply by being around them?

Or a person whose spirit is so indomitable that they give you the courage to believe that you can do almost anything?

Well, this month we are proud to introduce you to **Donna Page**, a woman who radiates all these qualities and epitomizes the “active lifestyle” that drew many of us to this wonderful community. And this is nothing short of remarkable when you learn about Donna’s harrowing medical ordeal, now almost 10 years ago, and when you become aware of the physical challenges that she calmly faces every day...



On the dancefloor at the recent clubhouse Freddy Cannon concert.

Donna recalls that she and Dick, her husband of over 52 years, spent Valentine’s Day 2000 dining and dancing with friends. Donna was in the best shape of her life: every morning, she did 300 sit-ups plus 100 men’s push-ups; and then she hit the road for a run, a bike ride, or both. Only six months earlier, Donna had

completed the Tin Man Triathlon in Honolulu, Hawaii – a one-mile ocean swim, followed by a 25-mile bike ride through the city, capped by a 6.2-mile run around Diamondhead.

But, six days after their Valentine’s Day celebration, Donna was in the hospital; doctors told Dick to gather the family because she would die that day. A massive and virulent “Strep A” infection had invaded Donna’s body, and her internal organs were shutting down.

To buy time, doctors placed Donna in a medically induced coma, and many critical moments followed. Within 36 hours, Donna’s 115-pound body had swollen to nearly twice its weight as fluids accumulated and their pressure began to threaten the heart and lungs. Donna relates that “doctors opened me up from stem to stern and poured the fluids out like I was a teapot,” and they placed her on a ventilator on which her body became completely reliant.

Donna explains she had a “living will” that emphatically forbade the use of “machines” to sustain her life. Doctors were advising the family to terminate artificial life support because Donna would simply die over time or, if she miraculously were to survive, she most likely would emerge with major brain damage.

Today, Donna says, “Luckily my family ignored that advice! Their attitude was, as long as my body was fighting, they would fight, too.”

Although Donna and Dick were not church members, several of their children were; Donna remembers “they had e-mail prayer chains working within hours.” Dozens of people who did not know Donna began driving to the hospital to be at her side and to pray for her every day. Her family took shifts so that she was never

alone, day or night. Quickly, the prayer chain spread across the US and then, soon, around the globe to Europe, India, New Zealand, and even China and Japan.

Meanwhile, the toxins in Donna’s body were causing her to burn from the inside out. She developed second-degree lesions all over, and she lost the outer layer of her skin, rendering her as fragile as a burn victim. Donna’s body could not regulate its own temperature, and she developed hypothermia requiring nearly twelve hours to stabilize. Not surprisingly, Donna says she “is grateful for the coma I was in.”

Beyond this, Donna’s immune system ceased to function so she became susceptible to all sorts of infections. These induced scabs all over her body, even inside her mouth and on her eyes. At one point, a feeding tube punctured Donna’s lung; food spilled into her chest cavity for over ten hours before Donna’s family noticed she was not breathing. As Donna nearly slipped away, a frantic half-hour ensued as her medical staff flew into action: massive amounts of blood were pumped into Donna’s arms and injections thrust into her body. Donna’s family held her hands, pleading with her to hold onto life, and – amazingly – the crisis passed.

Eventually, though, Donna’s doctors acknowledged that they had done everything they could do medically to save her, and they had lost the fight. But Donna’s family called in “prayer warriors” who came to her ICU room to kneel beside her during the recurring crises. Miraculously, time after time, Donna’s vital signs stabilized; and her doctors were amazed.

Not every fight was successful, however. After two months in the

coma, doctors determined that it was necessary to amputate both legs below the knee. A scan at that time also showed that both Donna's hands were dead from the wrists down; but the prayers continued unabated, and Donna began to improve. Although Donna lost all her fingers, doctors were able to save both her hands plus thumb stubs, which Donna calls "huge."

When Donna awoke from the coma to confront her condition, she faced a grueling rehab regimen, which she describes as "tough" because she "was just like a sack of potatoes." Donna could not roll over by herself, sit up, feed herself or brush her teeth, or even press a buzzer to call a nurse.

Although she "had to relearn everything," Donna says, "I never had time to feel sorry for myself"; and she began her recovery by setting a series of small goals, like making it across her hospital room with the help of a walker. Her most important objective was to send out Christmas cards by the end of the year (in about eight months), and she did just that.

Overall, Donna was in the hospital for four months and three days before she walked out on her new legs. With characteristic humor, Donna quips that she was determined to see her new legs as something positive: "Before, I used to be 5'2" tall – now, I'm 5'6" and I look better in clothes!" She calculates she had 19 surgical procedures as well as over 450 blood transfusions.

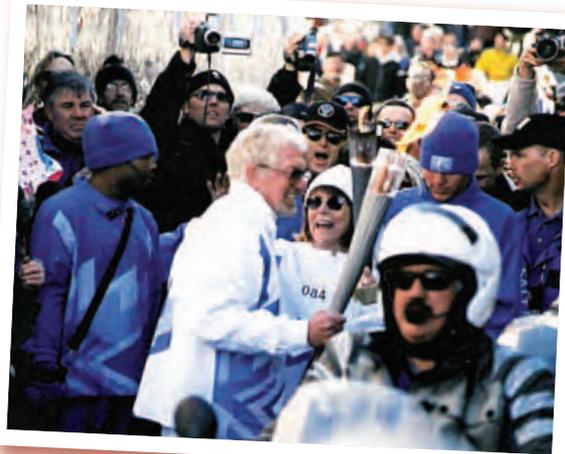


Donna aboard her new recumbent "tricycle."

Now, Donna says that she can do just about everything she could before she became ill. She is proud to have "run/waddled" in several 5K events and to have brought home a second-place ribbon in her age group. She drives without any

special equipment, and her thumb stubs fly over the computer keyboard. In addition to riding her recumbent bicycle, Donna has started snow skiing again (in a bucket fitted with outriggers duct-taped to her hands while a companion holds onto tether lines). She has even gone tandem surfing with one of her sons.

For Donna, one of the highlights of her new life came in February 2002. She and Dick were nominated to carry the Olympic Torch down Main Street in Park City, Utah, on the day before the opening ceremony of the 2002 Winter Olympics – almost two years to the day after doctors said Donna would die. Donna remembers how thrilling it was to be surrounded by hundreds of people, many of whom had prayed for her recovery.



Donna and Dick bearing the Olympic flame.

Here at Shadow Hills, where she and Dick have lived for the past three years, Donna is taking up golfing with the Lady Putters. She also enjoys working out at the gym on strength training equipment, occasional water aerobics, and taking in the music of Rodeo Drive at The Shadows restaurant. Donna also maintains a part-time tax preparation practice (which she has run for over 50 years); and she and Dick enjoy spending their summers in cool Park City, Utah.

Donna declares that her greatest joy has always been the six wonderful children that she and Dick raised together "with loving neglect," plus her 14 grandchildren and one great-granddaughter. And the biggest change in her life, Donna says, is not her physical condition but her relationship with God, whom she "thanks every day for my many blessings."

Sun City Shadow Hills Fifth Annual Health Fair

BY SHAUN CASEY

Keep your calendar clear for Saturday, March 27, from 9 am to 1 pm!

What promises to be our largest health fair to date will take over the Montecito Clubhouse with an array of informational and educational booths presenting what is available to you in the Coachella Valley.

During this timeframe, Sun City Shadow Hills will also be hosting our Third Annual Blood Drive with the Community Blood Bank in the parking lot. And finally, our local fire station will have its emergency equipment on display.

Evangeline Gomez, Fitness Director, along with Fitness Coordinator Jason Ewals and the entire fitness team are responsible for putting together this fair. To make it easier to understand, Evangeline has broken down the available displays into several categories. Believe me when I say there is something here for everyone.

National non-profit organizations

Representatives from the American Red Cross, heart, cancer, multiple sclerosis and stroke recovery agencies will be available.

Heath Services

These agencies can assist you through trying times and make life just a little easier when you do get sick. Having just gone through a bout with pneumonia, I can attest to the effectiveness of several of these agencies. Expect to see representatives from Eisenhower and JFK Hospitals, the Visiting Nurses Association, hospice, assisted living facilities and fresh water systems.

Doctors

New to the Coachella Valley? Who's taking new patients? Who takes my insurance? There will be various general practitioners, chiropractors, podiatrists and dentists here to help you answer these questions. Also available will be screenings to test for

possible problems you may be completely unaware of. Unless you see a doctor on a regular basis, do you really know how healthy you are? Time to find out before something catastrophic happens. Screenings for blood pressure, cholesterol, bone density, and body fat will be offered.

Alternative Health Resources

Many people are looking for those choices even though much of the established medical profession ignores or downplays them. Several alternatives will be on display including herbal supplements, acupuncture and magnetic therapy.

Fitness

Generally speaking, all of us, no matter what kind of shape we are in, should have some kind of fitness program. We are very lucky to have an outstanding fitness center at Sun City Shadow Hills. When one drives by, it is usually busy. Too many of us get lazy and shun the one thing that

A look back to our Fourth Annual Health Fair 2009...



Pictured above from left to right: Bobbie Neustel talking to a chiropractor; Health Fair event 2009; Annette Dantoine at the QuakeSafeKits booth

will keep us healthy, this writer being no exception. Need guidance? There are personal trainers available to put a program together to fit your health and physical condition. Massage therapists are also available to demonstrate how they can assist in your fitness program.

For those that want a little activity, golf demonstrations will also be available for those thinking about that sport. Are you ready for some Wii interactive gaming? The Cambria/Mirada Rooms will be set up to test your skills playing golf, bowling or table tennis. Think you are pretty good at any of these challenges? Then you will get to test your skills in tournament play — and prizes will be awarded. I told you there was something for everyone!

Insurance

Health and financial services will be available if you are not sure that your current portfolio is up-to-date with what you are doing. When was your last checkup to ensure that you can continue doing what you want? What things have changed? It just may be time to do something while you can!

Emergency Preparedness

An earthquake or other catastrophic event could have an immediate effect on your health and well being if you are not ready. We hear this so often that we turn it off. No one is crying “wolf.” It’s not *if* we are going to have an earthquake or flooding that’s going to limit our ability to get around but, very simply, *when!* Emergency kits will be available as well as other emergency equipment to get you through until the relief

effort makes it to the Valley.

The past few years have demonstrated that this could take awhile. *Be ready!* It is up to all of us, as individuals, to make sure that we are prepared because no one else is going to do it for us.

There are an abundance of agencies and health services available in this Valley that we call home. Whether you’re a full- or part-timer, the Fifth Annual Health Fair is a must-attend event for each of us to learn what is available and how to access that agency.

Knowledge is a life saver! Mark your calendar: *Saturday, March 27*, is a day when you can get smarter and have a lot of fun at the same time. On top of that, there are plenty of “freebies,” drawings and games. See you there! Where else would you want to be?



Pictured above from left to right: Kallye & Shirley Miles at their Caring Companions booth; Evangeline welcomes visitors to the 2009 Health Fair; Jack and Aileen Neitlich check out a booth

HOURS

BREAKFAST

FRI-SAT-SUN ONLY
8am-11am

LUNCH

MON-THUR: 10:30am-8pm
FRI-SUN: 11am-8pm

DINNER

7 DAYS: 5pm-8pm

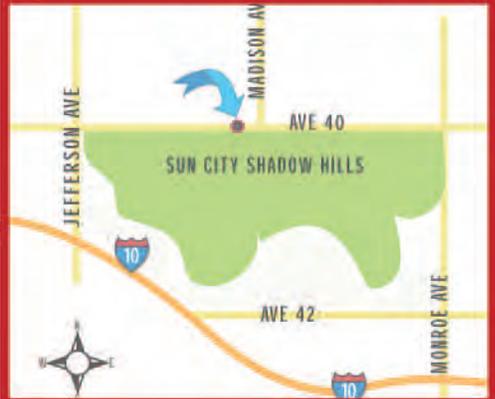
HAPPY HOUR 7 DAYS: 2:30pm-6pm

★ **LIVE ENTERTAINMENT** ★
EVERY MONDAY NIGHT 4:30PM to 7PM
DOORS OPEN @ 3:30PM \$5 COVER

Shadows

RESTAURANT

OPEN TIL 8PM 7 DAYS



Shadow Hills
GOLF CLUB
760. 200.3375



EISENHOWER MEDICAL CENTER

You are cordially invited to attend an informative event

Get in Shape..No Matter What Shape You're in

Montecito Clubhouse

Sun City Shadow Hills

Wednesday, March 24, 5:30 pm to 7:00 pm



Reservations are requested. Kindly respond to Eisenhower Medical Center Foundation at 1-760-773-1888 by Monday, March 22.

Fitness Update



BY EVANGELINE GOMEZ
FITNESS DIRECTOR

We have been experiencing some record usage in the Fitness Center, which is an inspiring and wonderful trend! This upward trend illustrates perfectly why we are so proud to call ourselves the #1 Active Adult community in southern California. The residents of Sun City Shadow Hills definitely define the active and fit model for which Del Webb communities are known.

Below are a few tips that will help all of our residents get the most out of their workouts and maximize their fitness experience.

- During peak times (7 am–12 pm) and when others are waiting, please limit cardiovascular exercise (treadmills, bikes, ellipticals, rowers) to 30 minutes.

- Please refrain from using your cell phone in the Fitness Center unless it is an emergency. It will make your workout more effective and reduce your chances of injury.
- Please clean up after yourself. Put weights away when you are done, and always bring a towel with you. We also provide disinfectant wipes to clean the equipment when your workout is complete.
- When you are using the strength equipment, please let fellow residents work in (take turns) with you.
- Please help us to prevent damage to equipment by not allowing the weight plates to slam together and by not dropping the weights.
- Please wear appropriate fitness attire. This includes refraining from wearing jeans, belts or other items that might damage the equipment upholstery; and always wear closed-toed athletic shoes.

The Aerobic Studio is also a very busy place with lots of classes and activities scheduled daily. We ask that everyone please be respectful of others' usage times as indicated on the Studio schedule. Please allow the classes and activities to conclude prior to entering the room.

Courtside



BY ROD J DUNNETT, USPTA
760-777-2907

The most overlooked and under-taught factor for players trying to achieve their potential in tennis is relaxing the hands. Not only can players increase their control by relaxing their hands, but they can also enhance their ability to hit with power.

Tension makes a difference when striking a tennis ball and, in fact, it is common to hear

someone describe how easy tennis is in practice when there is no pressure compared to how difficult things become in stressful competitive situations. So, though it is important to learn the various components of good strokes, the problem remains that good strokes do not necessarily lead to playing well; and the gap between having good strokes and playing well can often be traced to excess tension in the hands.

To help understand why extra tension can adversely affect control, imagine a runner stiffening all of the muscles in his legs and then trying to run. This would make movement difficult because flexibility and quickness decrease as tension increases. In fact, perfectly tense legs are completely immobile

and inflexible.

Regardless of the stroke, players should relax their hands as completely as possible with only enough tension to avoid dropping their racquets. Ideally a player should hold on to the racquet very lightly, as if holding on to a live bird, not so loose as to let it go, but no tighter than is necessary to keep it from flying away.

Players should keep their hands feeling as relaxed as this throughout the entirety of their strokes. This is not to say that there will be no tension, but the tension will be very light and practically unnoticeable.

Strokes with relaxed hands may seem softer at first, but with practice the results will be as hard as ever, and probably harder.

New Fitness Guest Policy Starts Monday, March 1

Residents, please make sure to come to the Fitness Center and pick up the new Fitness Guest Punch Card. Beginning March 1, any guests that will be using the Fitness Center (pool not included) will be required to present this punch card to the Fitness Desk, prior to working out.

Wii

Open play times in the Fitness Center (Residents only)

Every Monday & Thursday 12 – 5:30 pm
 Every Tuesday, Wednesday, Friday,
 Saturday & Sunday 12 – 7:30 pm

Wii Bowling League

Mondays, 6:00 pm, in the Aerobic Studio

Wii Golf League

Thursdays, 6:15 pm, in the Aerobic Studio

Contact the Fitness Center at 760-772-0430 for additional information.



Blood Pressure Screenings

Monday, March 8 & 22
8:30 – 10:30 am

High blood pressure is called “the silent killer” because there often are no symptoms. Your numbers are your only warning. Know your numbers: stop by the Fitness Center and get your blood pressure measured.

Sponsored by Cambrian Homecare.



Fitness Tip

BY JASON EWALS
 FITNESS COORDINATOR

Eating Right for Older Adults

March is National Nutrition Month, so here are a few tips to help you enjoy a more nutritious and healthier life.

A Healthy Eating Plan:

- Emphasizes fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs and nuts.
- Is low in saturated fats, trans-fats, cholesterol, salt (sodium) and added sugars.

Make Your Calories Count:

- Think nutrient-rich rather than “good” or “bad” foods.

Focus on Variety:

- Eat a range of foods from all the food groups to get the nutrients your body needs.

Know Your Fats:

- Look for foods low in saturated fats, trans-fats and cholesterol to help reduce the risk of heart disease.

Physical Activity for Fitness and Health:

- Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness. Set a goal to be physically active at least 30 minutes every day.

How Many Calories Do I Need?

- The number of calories you need each day depends on your age, gender and activity level. The estimated calorie needs for adults age 51 and older are listed below.

For women who are:

- Sedentary (not active): 1,600 calories per day
- Moderately active: 1,800 calories per day
- Active: 2,000 calories per day

For men who are:

- Sedentary (not active): 2,000 calories per day
- Moderately active: 2,200 to 2,400 calories per day
- Active: 2,400 to 2,800 calories per day

Fitness Center Hiking Trips

Palm Canyon Trail to the Stone Pools

Wednesday, March 17, 2010

Departure: 7:45 am

Arrival: Approximately 3:00 pm

Cost: \$8 per person

Come join us for a magnificent 6-mile hike in the Indian Canyons. You will meet at the Fitness Center and then carpool to Indian Canyons. This is a strenuous hike with close to 1,000 feet of elevation gain. You will pass through the lush jungle-like river bottom of Palm Canyon, then out onto back country high-desert plateaus where the entire horizon opens up. Looking 14 miles south toward the distant Santa Rosa Mountains, the trail is surrounded by the soaring San Jacintos, which thrust up dramatically from the canyon floor. Stunning views of the desert and Palm Springs will appear behind you, followed by a series of magnificent plunging cliffs, waterfalls, and exotic pools fed by clear, shimmering ribbons of water racing through the rock gorges during the rainy season. After you finish this hike, you may have lunch on your own at any of the wonderful places to eat nearby. What are you waiting for? Sign up now and don't miss out on this wonderful hike. Remember to sign up early to ensure your spot.

Last day to sign up is Wednesday, March 10, 2010.

Mystery Hike

Wednesday, April 14, 2010

Departure: 7:30am

Arrival: Approximately 2:00pm

Join us on Wednesday, April 14, 2010 for a wonderful hike to ????. That's right; this month's hike will be announced that very morning. All that we will reveal to you at this time is that it will be between four and six miles and will be moderately strenuous. If you like to hike we guarantee that you will not be disappointed. We will be carpooling to the hike and we will leave from the Fitness Center at 7:30 am. When you meet at the Fitness Center, you will be given directions to the Trail Head of the hike. This will be a great adventure and who knows where we will end up. However, you must sign up early to ensure yourself one of the 26 spots so that you don't miss out on this mystery. There will be no fee for this hike and lunch will be on your own.

Last day to sign up is Wednesday, April 7, 2010.

Please sign up at the Fitness Center or call us at 760-772-0430 for more information.

Fitness Center Classes & Services

Fitness Orientations

By Appointment Only.

If you are unfamiliar with the fitness equipment at Sun City Shadow Hills, you may want to schedule a complimentary Fitness Orientation.

We are happy to familiarize you with all the state-of-the-art fitness equipment and create a basic program with workout card for you to follow.

Call the Fitness Center at 760-772-0430 to schedule an appointment.

Massage Therapy

Monday, March 8 & 22

Time: beginning at 9 am

Therapist: John Rogers (J.R.)

Chair Massage: \$1/minute

In Home Full Body Massage:

\$60/hour; \$90/1.5 hours; by appointment

First time special: \$50/hour; \$75/1.5 hours

Schedule with J.R. at 760-668-4669

Friday, March 5 & 19

Time: beginning at 8 am

Therapist: Ellen Freid*

Chair Massage: \$1/minute

In Home Full Body Massage: \$80/hour

Schedule with Fitness Center at 760-772-0430

*from *A One Price Quality Massage Therapy*.

Sports & Fitness



Health Fair 2010

March 27, 2010

9:00 AM – 1:00 PM

Our Fifth Annual Spring into Health Fair will take place in the Montecito Clubhouse.

This year's health fair will continue our tradition of providing an array of activities, demonstrations and information about health, wellness and fitness.



Third Annual Community Blood Drive

March 27, 2010

9:00 AM – 1:00 PM

Please join us for our Third Annual Community Blood Drive hosted by the local Community Blood Bank. This is a great time to give the ultimate gift of life to your desert community.

For more information on calendar listings, call the Fitness Center 760-772-0430, or log on to the web portal and check the Fitness Center page for class descriptions.

Sunday	Monday	Tuesday
<p>Studio classes are limited to 25 participants for safety purposes. Please arrive early to ensure your spot.</p> <p>This schedule is subject to change.</p> <p>Visa and MasterCard accepted.</p>	<p>1</p> <p>8:00 AM Reformer Pilates (AS) \$\$</p> <p>8:00 AM Ladies' Tennis Round Robin (TC)</p> <p>9:00 AM Cardio (AS) \$</p> <p>10:00 AM Aqua Fitness (IP) \$</p> <p>10:00 AM Mat Pilates (AS) \$</p> <p>11:00 AM Reformer Pilates (AS) \$\$</p> <p>12:00 PM Reformer Pilates (AS) \$\$</p> <p>2:00 PM Afternoon Stretch (AS) \$</p> <p>4:00 PM Adv. Line Dance (AS)</p> <p>6:00 PM Wii Bowling League (AS)</p>	<p>2 8:00 AM Men's Tennis (TC)</p> <p>8:00 AM Total Body (AS) \$</p> <p>8:30 AM Ladies' 9-Hole Golf (GC)</p> <p>9:00 AM Balance the Brain (AS) \$</p> <p>10:00 AM Aqua Fitness (IP) \$</p> <p>10:00 AM Cardio (AS) \$</p> <p>11:00 AM Aqua Fitness (IP) \$</p> <p>11:00 AM Reformer Pilates (AS) \$\$</p> <p>12:30 PM Beg. Line Dance (AS)</p> <p>2:00 PM Reformer Pilates (AS) \$\$</p> <p>3:00 PM Reformer Pilates (AS) \$\$</p> <p>4:00 PM Interval Step (AS)</p> <p>5:00 PM Int. Line Dance (AS)</p> <p>6:00 PM Zumba (AS)</p>
<p>7</p> <p>8:00 AM Mixed Couples Doubles Tennis (TC)</p> <p>3:00 PM Table Tennis (AS)</p>	<p>8</p> <p>8:00 AM Reformer Pilates (AS) \$\$</p> <p>8:00 AM Ladies' Tennis RR (TC)</p> <p>8:30 AM Blood Pressure Screening(FC)</p> <p>9:00 AM Massage (FC)</p> <p>9:00 AM Cardio (AS) \$</p> <p>10:00 AM Aqua Fitness (IP) \$</p> <p>10:00 AM Mat Pilates (AS) \$</p> <p>11:00 AM Reformer Pilates (AS) \$\$</p> <p>12:00 PM Reformer Pilates (AS) \$\$</p> <p>2:00 PM Afternoon Stretch (AS) \$</p> <p>4:00 PM Adv. Line Dance (AS)</p> <p>6:00 PM Wii Bowling League (AS)</p>	<p>9 8:00 AM Men's Tennis (TC)</p> <p>8:00 AM Total Body (AS) \$</p> <p>8:30 AM Ladies' 9-Hole Golf (GC)</p> <p>9:00 AM Balance the Brain (AS) \$</p> <p>10:00 AM Aqua Fitness (IP) \$</p> <p>10:00 AM Cardio (AS) \$</p> <p>11:00 AM Aqua Fitness (IP) \$</p> <p>11:00 AM Reformer Pilates (AS) \$\$</p> <p>12:30 PM Beg. Line Dance (AS)</p> <p>2:00 PM Reformer Pilates (AS) \$\$</p> <p>3:00 PM Reformer Pilates (AS) \$\$</p> <p>4:00 PM Interval Step (AS)</p> <p>5:00 PM Int. Line Dance (AS)</p> <p>6:00 PM Zumba (AS)</p>
<p>14</p> <p>8:00 AM Mixed Couples Doubles Tennis (TC)</p> <p>3:00 PM Table Tennis (AS)</p>	<p>15</p> <p>8:00 AM Reformer Pilates (AS) \$\$</p> <p>8:00 AM Ladies' Tennis Round Robin (TC)</p> <p>9:00 AM Cardio (AS) \$</p> <p>10:00 AM Aqua Fitness (IP) \$</p> <p>10:00 AM Mat Pilates (AS) \$</p> <p>11:00 AM Reformer Pilates (AS) \$\$</p> <p>12:00 PM Reformer Pilates (AS) \$\$</p> <p>2:00 PM Afternoon Stretch (AS) \$</p> <p>4:00 PM Adv. Line Dance (AS)</p> <p>6:00 PM Wii Bowling League (AS)</p>	<p>16 8:00 AM Men's Tennis (TC)</p> <p>8:00 AM Total Body (AS) \$</p> <p>8:30 AM Ladies' 9-Hole Golf (GC)</p> <p>9:00 AM Balance the Brain (AS) \$</p> <p>10:00 AM Aqua Fitness (IP) \$</p> <p>10:00 AM Cardio (AS) \$</p> <p>11:00 AM Aqua Fitness (IP) \$</p> <p>11:00 AM Reformer Pilates (AS) \$\$</p> <p>12:30 PM Beg. Line Dance (AS)</p> <p>2:00 PM Reformer Pilates (AS) \$\$</p> <p>3:00 PM Reformer Pilates (AS) \$\$</p> <p>4:00 PM Interval Step (AS)</p> <p>5:00 PM Int. Line Dance (AS)</p> <p>6:00 PM Zumba (AS)</p>
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Sports & Fitness Calendar



Lifestyle Update

BY ERIC ANGLE
LIFESTYLE DIRECTOR

If all the events, activities and overall lifestyle at Sun City Shadow Hills did not wear you out in February then March is sure to give you another run for your money as we introduce to you our new bingo program brought to you by the Games Plus Club. The buy-ins will be affordable and the cash prizes plentiful as they kick off this one-of-a-kind program on the evening of March 26 in the clubhouse.

Not to be outdone that weekend, on Saturday, March 27 in the morning we will feature the annual health fair. Check out the latest health and medical information available from local professionals throughout the industry.

If you are a Tutta Bella Vino club member, you can stick around later on Saturday evening for the monthly wine tasting.

The amazing Performing Arts Club production of *Bye Bye Birdie* that will run five times: March 12 and 13, then again March 19, 20 and 21. This musical production by more than 50 of your friends and neighbors will simply amaze you. If you have not been to a show in the clubhouse, you are missing out on some truly wonderful entertainment at very affordable prices.

We don't want anyone to miss out on these great experiences, so please make it a point to stop in and see us at the Lifestyle desk the next time you drive by the clubhouse.

We would love to show you around and help you pick out some activities, events or shows that are right for you, as there is always something for everyone to enjoy.

The more the merrier, I always say.

Eric

Sun City Shadow Hills®



Friday, March 26, 2010

Friday, April 2, 2010

Friday, May 7, 2010

Montecito Clubhouse Ballroom

Sale of Bingo Cards: 6 p.m.

Games Start: 7 p.m.

For more information:

Games Plus: 760-200-3255

Lifestyle Department: 760-772-9617

Shall We All Dance?

BALLROOM DANCE PARTY

Sunday, March 28



6:30 p.m. dance lesson
7 to 9 p.m. dancing

members: \$ 5
guests: \$10

wine and
hors d'oeuvres
included

Dance lesson compliments of Bob & Nancy Horn



Sun City Shadow Hills
Community Singers Presents

Fun In The 50's & 60's

Starring your SCSH Friends & Neighbors ... A fun-filled musical night of the shakin' and rockin' and rollin' with "Shake Rattle and Roll", "Rock Around the Clock", "It's In His Kiss", "Brown Eyed Girl", "Leader of the Pack", "Blue Moon", and many, many more favorites.

Saturday, April 17, 2010 at 7:00 pm

Tickets: \$10.00

Tickets available at the Montecito Clubhouse Lifestyle Desk or Master Card, Visa orders at 760-772-9617



Free Refreshments!

Contact: P.J. Nilson 760-469-3420



Meet the Clubs

Wine & Cheese Social

**Monday, March 22, 2010
5 p.m. - 7 p.m.
Montecito Clubhouse**

Come enjoy a wine and cheese reception and learn more about the exciting Chartered Clubs and Resident Groups at Sun City Shadow Hills.

**Sign up at the Lifestyle Desk
760-772-9617**

© Sun City Shadow Hills
by Don Webb

Sun City Shadow Hills
by Don Webb 2010
Classic Car Show

*Saturday, April 10, 2010
10 a.m. - 1 p.m.
Montecito Clubhouse*

A showcase of some of the Coachella Valley's most unique and inspiring automobiles. Trophies will be awarded to the top 3 cars in each category.

Enjoy food, music and special appearances.

For more information, contact the Lifestyle Department at 760-772-9617.



Log On to the Lifestyle!



If You've Never Used the Community Website

1. Use your computer's internet browser to go to www.oursuncityshadowhills.net
2. Click on **New User Registration** and follow the system prompts.
3. Once you are approved you will be issued a temporary password.
4. On your first log-in, enter your username (your first and last names with a dot between them). Use your temporary password.
5. Once you have logged in, you will be prompted to set your own private password.
6. If you need more help, contact the Lifestyle Department.

www.oursuncityshadowhills.net

Lifestyle Update

THE LIFESTYLE DESK ACCEPTS VISA AND MASTERCARD.

**Sun City Shadow Hills
Performing Arts Club Presents
5 "Fab" Performances of ...**

BYE BYE BIRDIE

Book by Music by Lyrics by
Michael Stewart Charles Strouse Lee Adams

**Starring your SCSH
Friends and Neighbors**

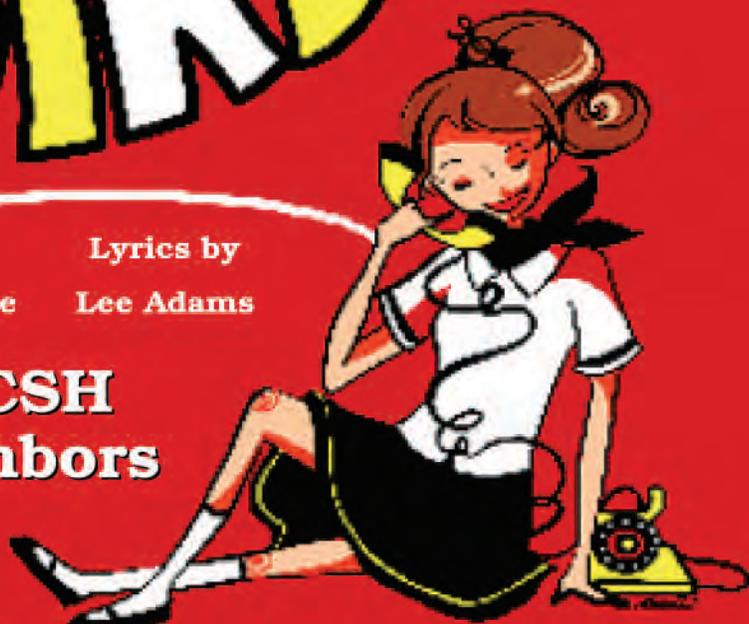
Tickets \$15.00

**March 12, 13, 19 & 20, 2010 at 7:00 pm
March 21 at 2:00 pm**

Complimentary Wine, Soft Drinks, Water

Tickets: Lifestyle Desk or Master Card, Visa orders @ 760-772-9617

For information call Pat Rosandich at 760-343-0783



PASSOVER SEDER



Join us on the first night of passover!
Traditional Cantor-Led Seder

Monday, March 29, 2010 at 6:30 p.m.
Montecito Clubhouse

Reservations required by March 15.
Please call 760-200-3636.

LIGHT of LIFE Easter Sunday Service

April 3, 2010
8 a.m.
Montecito Clubhouse

For more information, please contact Lifestyle.
760-760-9617



GRASP

Grief Recovery After a Substance Passing

Tuesday, March 9, 2010
Tuesday, March 23, 2010
6:30 p.m. - 8:30 p.m.
Montecito Clubhouse

GRASP was created to help provide sources of help, compassion, and understanding for families who have had a loved one die through drugs or alcohol.

Contact: Denise Cullen
760-262-8612



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

New Home Orientation
Montecito Clubhouse

WHEN

March 19, 2010 • 10 a.m.

Sponsored By

Shadow Hills Veterans Club



Service
Above Self

The Rotary Club of Indio, a Chapter of America's most-active community service organization, invites **you** to join us any Tuesdays at noon. We meet at Sun City Shadow Hills in **your** Montecito Club House.
www.indiorotary.org

Lunch Cost: \$12.00

Please call 760-408-2802 to R.S.V.P.

Art Classes



Art classes are currently being offered to SCSH residents at the Montecito Clubhouse on Saturdays from 9 a.m. to noon. The fee is \$90 for six three-hour classes held on March 6, 13, 20, 27, April 3, 10. Past students of the class agreed they learned to see differently, internalizing the visual experience, thereby producing a better art product. Please call instructor Helene Marcus at 760-534-3267 (who teaches under the auspices of the Creative Arts Club) for additional information.

Lifestyle Update

THE LIFESTYLE DESK ACCEPTS VISA AND MASTERCARD.

Club Contact Information

Billiards

Bryan Murray
760-342-9028
murph1109@verizon.net

Bridge

Arny Grushkin
760-296-1477
agg.industries@snet.net

Camera Club

George E. Shultz
760-262-8920
gemshultz@earthlink.net

Ceramics Club

Paula Nadel
760-262-8277
snadel@dc.rr.com

Community Singers

PJ Nilson
760-469-3420
pjnilson1@aol.com

Computer Club

Mike Nilsson
760-200-4848
mmnilsson@aol.com

Concerts 4 You

Gloria Lash
760-393-8541
walagj@yahoo.com

Couples Golf

Jim Angus
760-238-4582
jangus1967@aol.com

Creative Arts

Linda Wolf
760-347-6888
pakofwolfs@verizon.net

Desert Life

Marilyn Jones
760-343-7751
mardenj1@juno.com

Games Plus

Carol Dorler
760-200-3255
prov356jcd@msn.com

Happy Tappers

Tina Wigodsky
760-834-9501
tilliwig@eclipse.net

King & Queens

Card Club
Ben Weissbach
760-702-7159
ben11169@dc.rr.com

Ladies 9-Hole Golf

Vivian Chertok
760-772-9771
vchertok@yahoo.com

Lady Putters

Nancy Denier
760-775-5944
ndenier@dc.rr.com

Lively Liners

Linda Eady
760-775-9053
lindaeady@gmail.com

Mah Jongg

Babette Bloomgarden
760-393-2056

Men's Golf Club

Marty Martin
760-262-8104
martyandjan@dc.rr.com

Oke Dokey Karaoke

Vic Saraydarian
760-912-5499
asaraydarian@yahoo.com

Opera Club

Ralph Gabai
760-262-8593
rgabai@dc.rr.com

Pan

Judy Shuman
760-393-8487
judy41@aol.com

Performing Arts

Lou Reintz
760-393-2209
pianoboylou@yahoo.com

Pet Club

Myron Crespin
760-343-7776
abm4rush@aol.com

Rainbow Friends

Bruce Atkinson
760-342-1835
poboxtwo@hotmail.com

Readers Ink

Criss Kiefer
760-345-7551
criss.kiefer@yahoo.com

RV Club

Cary Washburn
760-238-4232
cwashburn001@dc.rr.com

Shall We All Dance

Robert Carson
310-351-1188
robertecarson69@hotmail.com

Solos

Charleen Cash
760-469-8334
ccash818@gmail.com

Stitch in Time

Janice Wright
760-360-8090
prwnces@aol.com

Table Tennis

Ann Mottino
760-393-2080
amottino@dc.rr.com

Tennis Club

Angela Fiori
760-399-7931
angela.fiori2003@yahoo.com

That's Entertainment

Ben Weissbach
760-702-7159
ben11169@dc.rr.com

Topical Discussion

Al Barish
760-772-9409
albie37@juno.com

Tuesday Night Putters

Dale Conatser
760-775-9680
daleconatser@msn.com

Tutta Bella Vino

Aldo Tremonti
760-972-3025
atremonti@dc.rr.com

Ukulele Strummers

Barbara Hoffmann
310-872-0572
redactor@pacbell.net

Veterans Club

Tom Hutson
760-347-6317
tombutson@dc.rr.com

Women's Golf Club

Char Oman
760-863-2159
namoc@aol.com

Resident Groups

Democrats In SCSH
Sue Haffley
760-345-0286
haffleysue@yahoo.com

Clubs in Formation

Canasta

Susan Goldfine
760-408-7544

Gardening Club

Ed Lustig
561-308-4995
ealsr4ever2@yahoo.com

Motorcycle Rides

Craig Barcus
760-201-3215
craigbarcus@gmail.com

Musicians

Steve Blake
760-345-7657
sblake126@sbcglobal.net

Softball

Jerry Rosen
909-556-2741
kbboxdad5@yahoo.com

Sports Talk

Ben Weissbach
760-702-7159
ben11169@dc.rr.com

Square Dance Club

Barbara Leimberg
760-393-2608
barbara42343@yahoo.com

Billiards Club



The newly elected board for the Billiards Club, as well as the winners of the February tournament and Club Championship for the period of March 2008–February 2010 will be published in the April edition of *The View*. The Billiards Club continues to meet on Wednesdays at 7 p.m. in the Billiard Room for open play. Come join the fun!

Membership through February 2011 is only \$10 person! It's a great way to make new friends and meet your neighbors! Tournaments are held on the last Wednesday of each month promptly at 6:30 p.m. in the Billiard Room at a cost of only \$2 per tournament per member.

January's Scotch Doubles Tournament 1st Place winners were George Christ and Bob Engelhard. Congratulations, George and Bob! Pete Coussa and John Hemphill came in Second Place. Art Foosaner and Sy Manabu came in a strong third. Everyone played well and enjoyed themselves.

Women and men of all levels of experience are welcome and encouraged to join the Billiard Club. You must be a Billiards Club member to play in the monthly tournaments. If you'd like to learn to play or just need a few pointers, lessons are available at 10 a.m. every Monday in the Billiard Room.

Interested in starting a new club?

Are you interested in bocce, Bunco, cars, motorcycles, travel, or another hobby? Why not start a new club! Drop by the Lifestyle Desk in the Montecito Clubhouse to pick up an informational packet.

760-772-9617

THE LIFESTYLE DESK ACCEPTS VISA AND MASTERCARD.

Bridge Club



Now that everyone is back, our table count is growing, and we have been able to acquire the front end of the ballroom for most of our Tuesday games. For those who that want a more relaxed and social experience, Thursday nights are booming again. Bottom line: competition and fun continue to increase!

Th club plays duplicate bridge every Tuesday afternoon from 12:30 – 4 p.m. This session is now sanctioned, and ACBL members can earn Master Points as well as our usual cash prizes. Card fees for this game are \$2 for residents and \$5 for non-residents. Master Points will be recorded with the ACBL. Non-residents are limited to one time per month.

We also meet on Thursday evenings from 6:30 – 9 p.m. in the Capistrano room. This is a less formal atmosphere where newcomers can learn the nuances and hone their duplicate skills. There are no fees for this session. We can also accommodate those wishing to socialize and play “party bridge.”

Although you don’t need a pre-determined partner, most players make arrangements ahead of time. Looking for a partner? Call our VP, John Sarkie, at 760-393-8562. Bridge lessons are held periodically throughout the year for new players or those who want a refresher course. Call Al Barish at 760-772-9409 for beginning bridge, or Roy Krapes at 760-469-8237 for intermediate lessons. All bridge lessons are free for all residents of SCSH!

Come join us — you will enjoy the bridge. See you there!



Camera Club

A special event for the March meeting of the Sun City Shadow Hills Camera Club is a discussion of the field trip to the El Paseo area where our trip leader, Gary Mencimer, will advise us on how to take pictures in the light available at sunset and in the early evening. Photos submitted by participants will be shown and discussed at the April meeting.

All photos taken on Camera Club field trips also qualify for submission to the SCSH Lifestyle Activities and Community Environment Photo Contest. The contest deadline is 4 p.m. on March 15, 2010.

The Camera Club meets on the first Wednesday of every month from 4 – 6 p.m. in the Cambria room of the clubhouse.

Our activities include photo competitions and displays; presentations on a variety of photographic topics; scheduled field trips to interesting nearby locations; and instruction on cameras, and photo software and hardware, as determined by member interest.

Membership is \$20 per person per season, or \$30 per couple.

You may bring your check (made out to “SCSH Camera Club”) to your first meeting, or deposit the check in the Camera Club mailbox at the clubhouse. Guests of members and visitors are always welcome.

And any SCSH resident may attend a meeting to “tryout” the club before joining.

Ceramics Club

If you are reading this article, the Ceramics Club is for you! Don’t say you have no talent. “Yes,” you can paint. We have small pieces available for you to get started. We have several people who will be glad to help you get started on a project. You will be pleasantly surprised when your creative ability comes to life! Stop by, check us out. Visitors and new members are welcome.

Our February 23 breakfast meeting was a success. We discussed many items and ideas to make us even more artistic than we are.

Friday, March 19, we are having a guest instructor come to the club. She is a teacher of ceramics and a very knowledgeable person regarding ceramics. We will be learning some brand new techniques, and we will be creating a beautiful project under her instructions. We are very fortunate to have this instructor visit our class.

Monday, March 22, we will be displaying some of our projects at the “Wine and Cheese” evening. We hope to see you at the clubhouse. Please stop by and say “hello.”

Community Singers



If you remember how to jitterbug, swing, twist or do the flea hop, you’ll love the music we’re preparing for our April 17 concert. If you remember “Tuesday is Red’s Tamale Day,” “Buck Bags” or “DAs” you won’t want to miss what we have in store for you! If you remember bopping to Elvis and crooning with Patsy Cline or dancing with Bill Haley and

Continued on page 26...

...continued from page 25

the Comets then our April 17 concert is a must for you and your friends!

We're planning a new, fresh approach to our presentations and are sure you'll enjoy our program. We can't wait to share with all of you! Come and relive the days of poodle skirts, letterman sweaters and sock hops on April 17 at 7 p.m. in the ballroom. Mark your calendars.

Computer Club



Wednesday, March 10, 10 a.m.: Income tax time is approaching. We will look at those tax programs: Turbo-Tax, TaxCut, TaxAct, etc., especially those that are free downloads. How do you download them? When should you upgrade to the paid versions? How do you organize (or disorganize) your data to put it in? We won't make a tax expert out of you or help you do your own taxes, but you will learn how to navigate the programs and use them to estimate your taxes and see the tax impact of alternative expense and investment plans. Montecito ballroom, \$5 members, \$15 non-members.

Saturday, March 20, 10 a.m.: Windows 7...should I upgrade? IT Prof. Heather Reynolds, Western Med University, will show how Windows 7 differs from XP and Vista and what we need to know if we decide to upgrade. Mirada Room, \$5 members/\$15 non-members.

Tuesday, March 23, 10 a.m.: Regular Club meeting and a review of Word and Excel tips from last year's classes. Boot Camp to follow meeting. Montecito ballroom.

Wednesday, March 25, 10 a.m., Mac Users Group. Session title is: Just Browsing. Learn how to organize your browsing experience. Plus, "Hey, how did you do that?" Some quick Mac tips.

Concerts 4 U

The Oak Ridge Boys really brought down the house on Valentine's! Thanks for all of the community support for our shows! You make them successes!

Remember, another Sir Laffs-a-Lots Comedy Night on March 25 at 7 p.m. presents well-known entertainment as seen on *Letterman*, *The Tonight Show*, *Comedy Central* and many comedy clubs. You never know who will be walking through the doors to perform! A great \$10 value! With your support and attendance, Sir Laffs-a-Lots Comedy Night will continue monthly.

We want to thank all of the many club volunteers who have worked diligently for many hours to ensure that you enjoy our shows! Thanks to all club members: you are a hard working group of seniors!

Each month we try very hard to bring high-quality entertainment to our doorsteps at a lower price than other venues. However, we can only continue to do this with your attendance at the shows. It helps us to keep the prices down if we know how many people to count on, so get your tickets early, please.

Couples Golf Club



The First Annual Sun City Cup was played by our members against our friends at Sun City Palm Desert. The match play event was held on January 31. When the final putt was made the 36-couple team from Sun City Shadow Hills was the winner!! Please stop by the Pro Shop and look at our beautiful trophy. Thanks goes out to Frank Bradish and Grace Hutchings the team captains, for their hard work in organizing this great event.

In February we held our Second Annual Member/Guest two day

special event, and in March our club members will square off for the "Battle of the Border" (First Annual Canada vs. USA).

We are a fun club and always are looking to welcome new members. If you are an established golfer or are just starting out you will love the Couples Golf Club. The purpose of our club is to share our love of golf in a fun, social and competitive atmosphere. We play an organized, fun 18-hole event on the first and third Sunday of each month. Each of our golf events is followed by a buffet dinner and awards presentation in The Shadows restaurant.

If you are a resident and would like to join, please contact Julie Kelly (Membership Chairperson) at 760-469-2921 or e-mail her at jbrandtkelly@aol.com. Applications are available through Julie or at the Pro Shop. Membership requirements are a golf handicap and index number. Annual dues are only \$5 per single or \$10 per couple.



Creative Arts Club

The Creative Arts Club welcomes new members. We meet twice weekly, Mondays and Thursdays, from 9 a.m. to noon, in the Cambria/Mirada rooms. Currently, we create in oils, watercolors, acrylics, and inks. Feel free to stop by to see us paint, or call President Linda Wolf at 760-347-6888 for information. Art experience is not required, just a yearning to create. Dues are \$20 a fiscal year, beginning July 1 through June 30; only \$10 for those residents who are part-time.

Our Third Annual Winter Art Show was held on Saturday, February 6,

showcasing 15 artists. Many non-residents and residents showed up and enjoyed the show, purchasing their favorite paintings.

Art classes are currently being offered to SCSH residents only at the Montecito Clubhouse. The fee is \$90 for six three-hour classes beginning on: Saturdays from 9 a.m. to noon; March 6, 13, 20, 27; April 3, 10. Please call instructor Helene Marcus at 760-534-3267 for additional information.

Chris Slaback will lead our field trip to Borrego Springs on March 20. Members will carpool and take photographs or paint *plein air*, with lunch at the onsite restaurant. Ray Valle opened his home for a Valentine's Day pot luck. It was a rousing success and, as always, the food was great.

Remember to stop by the Montecito clubhouse to see our "Artist of the Month" exhibit located on the outside Library wall. The talent of our artists will amaze you. Until next month, happy painting!

Desert Life

On March 16, we will have an informative and interesting program about the place that we all now call home! Margot, from "Desert Adventures" (Red Jeep Tours) will present a fast-paced program about desert history, places to visit, the San Andreas fault, and many other interesting facts. It promises to be a fun afternoon.

The luncheon will be held at Palm Valley Country Club on Country Club Drive, west of Washington. We will be having Corned Beef and Cabbage as our entrée. Sign-in and seating begin at 11 a.m. with the luncheon

served at noon. The cost of the luncheon is \$17 for members and guests. You may attend one luncheon before becoming a member. Checks (no cash) should be made payable to SCSH Desert Life and deposited in the mailbox in the Library area. The deadline is 5 p.m. on March 9. If you have paid for the luncheon and find that you cannot attend please call Linda Garon, 760-200-3431, as there may be someone who would like to buy your ticket.

If you are new to our community, Desert Life is a charter club whose purpose is to provide programs of interest in a luncheon setting and to make new friends. Our club is open to all residents of SCSH.

Games Plus

Here we are into a third month of 2010. We had a great January group; everyone was pleased with the pasta and trimmings.

For those who are not familiar with our club, we have several options. Once a month we have dinner and games. We play several games: most popular are the Mexican Train, Scrabble, Upword, Rummikub, Sequence and Mah Jongg. Every Monday from 1 – 5:30 p.m. there is Scrabble and Upword in the Capistrano room. Once a month we will have Bingo. The more people that come the larger the money prizes; it all goes back to players, except funds held for purchase of supplies. There will be strict rules: doors open at 6 p.m. for sale of bingo cards, games will start at 7 p.m., absolutely no sales past that time.

In lieu of our dinner and game night for March, we will be

kicking off our first Bingo session on March 26 at 6 p.m.

In the future we are on the calendar for the first Friday of each month. In April Bingo will be on the 2nd, and we will continue our games and dinner April 30.

We thank those who have so kindly offered to volunteer to help with Bingo. We will be having a meeting just to review what exactly each job will entail.

Happy Tappers



We invite you to join us on Saturday mornings at 10 a.m. in the Aerobics Room. Our professional dance instructor, Lorna Thompson, will teach us all the steps and moves necessary and have us tap dancing to fun routines.

Meet new friends, guys and gals, and share in some great fun, exercise and lots of laughs. No experience needed.

Kings and Queens Card Club



Pinochle has been added to our club's evening of cards. Play and learn with our resident instructor, Leo Habel, 760-200-0644. We meet every Tuesday from 6 to 10 p.m.

The Kings and Queens Card Club is open for play throughout the year. Can't decide which club to spend your evenings with at the clubhouse? Can't decide on how to spend those long Tuesday nights when the temperature goes down, down? Well I can tell you it's nice and comfortable at the clubhouse playing cards with the "Kings and Queens Card Club." Our

Continued on page 30...

Sunday

Monday

Tuesday

Wednesday

Sign up or purchase tickets to Lifestyle events at the Lifestyle Desk in the Montecito Clubhouse.

760.772.9617

Visa and MasterCard accepted.



7

1

7:00 AM Lady Putters (CAP)
9:00 AM Creative Arts (CAM/MIR)
10:30 AM Bridge Lessons (SY2)
12:30 PM Stitch in Time (CAM/MIR)
1:00 PM Games Plus Scrabble (CAP)
3:00 PM Community Singers (FH)
3:00 PM Playreading (SY1)
6:30 PM Pan (CAP)
7:00 PM Topical Discussion (CAM)

2

9:00 AM Ceramics (CAM/MIR)
9:00 AM Farmers Market (BW)
9:30 AM DRC Meeting (MAR)
12:00 PM Indio Rotary (CAP)
12:00 PM Duplicate Bridge (FH)
6:00 PM Bye Bye Birdie Rehearsal (FH)
6:00 PM Kings & Queens Club (CAP)
7:00 PM Concerts 4 U Meeting (MAR)

3

8:30 AM HOA Staff Meeting (MAR)
10:00 AM Bridge Lessons (SY2)
10:00 AM Mah Jongg (SY2)
10:30 AM Security Meeting (MAR)
12:30 PM Mah Jongg (BH)
1:00 PM Kings & Queens Club (CAP)
1:30 PM Lifestyle Meeting (MIR)
4:00 PM Camera Club (CAM)
4:00 PM That's Entertainment (MIR)
5:00 PM Bye Bye Birdie Rehearsal (CAP)
6:00 PM Opera Club (FH)
7:00 PM Billiards Club (PAC)

8

7:00 AM Lady Putters (CAP)
9:00 AM Creative Arts (CAM/MIR)
10:30 AM Bridge Lessons (MAR)
12:30 PM Stitch in Time (CAM/MIR)
1:00 PM Games Plus Scrabble (CAP)
4:00 PM Bye Bye Birdie Rehearsal (FH)
6:00 PM Community Singers (CAP)
6:30 PM Pan (MAR)

9

9:00 AM Ceramics (CAM/MIR)
9:00 AM Farmers Market (BW)
9:30 AM DRC Meeting (MAR)
12:00 PM Indio Rotary (CAP)
12:00 PM Duplicate Bridge (SY)
4:00 PM Bye Bye Birdie Rehearsal (FH)
4:30 PM Tuesday Night Putters (WSP)
6:00 PM Kings & Queens Club (CAP)
6:30 PM GRASP (SY2)

10

8:30 AM HOA Staff Meeting (MAR)
10:00 AM Bridge Lessons (SY1)
10:00 AM Computer Club (FH)
10:00 AM Mah Jongg (SY2)
12:30 PM Mah Jongg (BH)
1:00 PM Kings & Queens Club (CAP)
1:30 PM Lifestyle Meeting (MIR)
3:00 PM GAC Meeting (CAM)
7:00 PM Billiards Club (PAC)
7:00 PM Performing Arts Club (MAR)

14

Daylight Saving Time Begins



15

7:00 AM Lady Putters (CAP)
9:00 AM Creative Arts (CAM/MIR)
9:00 AM Executive Session (SY2)
10:30 AM Bridge Lessons (MAR)
12:30 PM Stitch in Time (MIR)
1:00 PM Games Plus Scrabble (CAP)
2:00 PM Board Meeting (BR)
2:00 PM Men's Golf Board (CAM)
3:00 PM Playreading (SY2)
6:00 PM Community Singers (CAP)
6:30 PM Pan (CAP)
7:00 PM Rainbow Friends (CAM/MIR)
7:00 PM Topical Discussion (MAR)

16

8:30 AM Finance Committee (CAP)
9:00 AM Ceramics (CAM/MIR)
9:00 AM Farmers Market (BW)
9:30 AM DRC Meeting (MAR)
12:00 PM Indio Rotary (CAP)
12:00 PM Duplicate Bridge (FH)
12:00 PM Desert Life Luncheon (OFF)
6:00 PM Bye Bye Birdie Rehearsal (CAM)
6:00 PM Kings & Queens Club (CAP)
6:00 PM Pet Club (BH)
6:30 PM RV Club (MIR)

17

7:30 AM Men's Golf (FH)
10:00 AM Bridge Lessons (SY1)
10:00 AM Mah Jongg (SY2)
12:30 PM Mah Jongg (BH)
1:00 PM Kings & Queens Club (CAP)
6:00 PM Lively Liners (BR)
6:30 PM Democratic Group (CAP)
7:00 PM Billiards Club (PAC)
7:00 PM Veteran's Club (CAM)



21



2:00 PM Bye Bye Birdie (BR)
5:00 PM Solo's Club (CAM/MIR)

22

7:00 AM Lady Putters (CAP)
9:00 AM Creative Arts (CAM/MIR)
9:00 AM Stay n Play Breakfast (FH)
10:30 AM Bridge Lessons (MAR)
12:30 PM Stitch in Time (CAM/MIR)
1:00 PM Games Plus Scrabble (CAP)
3:00 PM Community Singers (FH)
5:00 PM Meet the Clubs Wine & Cheese (CL)
6:30 PM Pan (CAP)

23

9:00 AM Ceramics (CAM/MIR)
9:00 AM Farmers Market (BW)
9:30 AM DRC Meeting (MAR)
10:00 AM Computer Club (FH)
12:00 PM Indio Rotary (CAP)
12:00 PM Duplicate Bridge (FH)
2:00 AM Readers Ink (CAM/MIR)
4:30 PM Tuesday Night Putters (CAM/MIR)
6:00 PM Kings & Queens Club (CAP)
6:30 PM GRASP (SY2)

24

8:30 AM HOA Staff Meeting (MAR)
10:00 AM Bridge Lessons (SY1)
10:00 AM Computer Club (FH)
10:00 AM Insurance 101 (CAP)
10:00 AM Mah Jongg (SY2)
12:30 PM Mah Jongg (BH)
1:00 PM Kings & Queens Club (CAP)
1:30 PM Lifestyle Meeting (MIR)
5:30 PM Eisenhower Lecture (MC)
7:00 PM Billiards Club (PAC)
7:00 PM Bunco (CAM)

28

6:30 PM Shall We All Dance (BR)



29

7:00 AM Lady Putters (CAP)
9:00 AM Creative Arts (CAM/MIR)
10:30 AM Bridge Lessons (SY2)
11:30 PM Lady Putters (BR)
12:30 PM Stitch in Time (CAM/MIR)
1:00 PM Games Plus Scrabble (SY2)
6:30 PM Pan (CAM)
6:30 PM Passover Seder (BR)

30

9:00 AM Ceramics (CAM/MIR)
9:00 AM Farmers Market (BW)
9:30 AM DRC Meeting (MAR)
12:00 PM Indio Rotary (CAP)
12:00 PM Duplicate Bridge (SY)
5:00 PM Tennis Club (BR)
6:00 PM Kings & Queens (CAP)

31

8:30 AM HOA Staff Meeting (MAR)
10:00 AM Bridge Lessons (SY1)
10:00 AM Mah Jongg (SY2)
12:30 PM Mah Jongg (BH)
1:00 PM Kings & Queens Club (CAP)
1:30 PM Lifestyle Meeting (MIR)
6:30 PM Billiards Club (PAC)

Thursday

Friday

Saturday

4

7:00 AM Concerts 4 U (BR)
 9:00 AM Creative Arts (CAM/MIR)
 12:00 PM Pan (CAP)
 12:00 PM Ukulele Lessons (MIR)
 1:00 PM Ukulele Strummers (MIR)
 5:00 PM Oke Dokey Karaoke (BR)
 6:00 PM Bridge (CAM/MIR)
 6:00 PM Bye Bye Birdie Rehearsal (CAP)

5

9:00 AM Ceramics (CAM/MIR)
 9:00 AM Covenants Meeting (MAR)
 1:00 PM Canasta (CL)
 5:30 PM Bye Bye Birdie Rehearsal (CAP)
 6:00 PM Concerts 4 U (BR)
 7:00 PM Movie Night:
Whatever Works
 (CAM/MIR)



6

9:00 AM Bye Bye Birdie Rehearsal (CAP)
 9:00 AM Ceramics (CAM/MIR)
 9:00 AM Art Classes (MC)



11

7:00 AM Concerts 4 U (BR)
 9:00 AM Creative Arts (CAM/MIR)
 12:00 PM Pan (CAP)
 12:00 PM Ukulele Lessons (MIR)
 1:00 PM Ukulele Strummers (MIR)
 1:00 PM CAM Meeting (MAR)
 4:00 PM Bye Bye Birdie Rehearsal (FH)
 6:00 PM Bridge (CAP)

12

9:00 AM Emergency Preparedness (MAR)
 9:00 AM Ceramics (CAM/MIR)
 1:00 PM Canasta (SY2)
 7:00 PM **Bye Bye Birdie** (BR)
 7:00 PM Movie Night:
My Life in Ruins
 (CAM/MIR)



13

9:00 AM Ceramics (CAM/MIR)
 7:00 PM **Bye Bye Birdie** (BR)



18

7:00 AM Concerts 4 U (BR)
 8:30 AM Coffee with a Cop (CAP)
 9:00 AM Creative Arts (CAM/MIR)
 9:30 AM Communications Meeting (SY2)
 12:00 PM Pan (CAP)
 12:00 PM Ukulele Lessons (MIR)
 1:00 PM Ukulele Strummers (MIR)
 4:00 PM All Valley Heat Shield (MAR/SY1)
 6:00 PM Bridge (CAP)
 6:00 PM Bye Bye Birdie Rehearsal (FH)

19

9:00 AM Ceramics (CAM/MIR)
 10:00 AM New Home Orientation (FH)
 12:30 PM Staff Meeting (CAP)
 1:00 PM Canasta (CL)
 7:00 PM **Bye Bye Birdie** (BR)
 7:00 PM Movie Night:
Funny People
 (CAM/MIR)



20

6:00 AM Private Event (CAP)
 10:00 AM Computer Club (CAM)
 7:00 PM **Bye Bye Birdie** (BR)



25

7:00 AM Concerts 4 U (BR)
 9:00 AM Creative Arts (CAM/MIR)
 10:30 AM Golf Ops (MAR)
 12:00 PM Pan (CAP)
 12:00 PM Ukulele Lessons (MIR)
 1:00 PM Ukulele Strummers (MIR)
 6:00 PM Bridge (CAP)
 6:00 PM **Sir Laffs-a-Lots**
Comedy Club (BR)
 7:00 PM Tennis Club (CAM/MIR)

26

9:00 AM Ceramics (CAM/MIR)
 10:00 AM The Doctors (Trip)
 1:00 PM Canasta (CL)
 6:00 PM **Bingo** (BR)
 7:00 PM Movie Night:
The Goods
 (CAM/MIR)



27

9:00 AM **Health Fair** (CL)
 7:00 PM Tutta Bella Vino (BR)



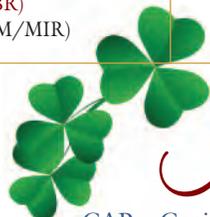
Legend

AMP – Amphitheater
 AS – Aerobic Studio
 BC – Bocce Courts
 BH – Back Half Ballroom
 BR – Ballroom
 BW – Breezeway
 CAM – Cambria

CAP – Capistrano
 CL – Clubhouse Lobby
 FC – Fitness Center
 FH – Front Half Ballroom
 GC – Golf Clubhouse
 GR – Green Room
 KSK – Kiosk

MAR – Marisol
 MIR – Mirada
 OFF – Offsite
 OUT – Outdoor Event
 PAC – Pacifica
 PC – Putting Course
 PRK – Parking Lot

SR – Shadows Restaurant
 SY – Santa Ynez
 SY1 – Santa Ynez I
 SY2 – Santa Ynez II
 TBD – To Be Decided
 TC – Tennis Court
 WSP – West Side Patio



March '10



Lifestyle Calendar of Events

...continued from page 27

club keeps on playing poker, week after week. We're looking for new players and adding more tables as we welcome everyone from Sun City Shadow Hills. We start our card games every Tuesday night at 6 p.m. Men and women playing together just for fun.

Remember those Friday night poker games you had as a kid, when you played poker with wild cards, high/low seven card, baseball, five card draw and high spade in the hole? At the card club we play poker games the same way you played as a kid in your old neighborhood. It's dealers choice no matter what your favorite poker game may be. Is it Stud, Texas Holdem, or just plain Jacks or better? We're here to have fun.

Ladies 9-Hole Golf



The Ladies 9-Hole Golf Group are fun-loving ladies who enjoy relaxed, no pressure, fun golf with a great group of ladies.

In November, we began playing on Tuesday mornings at 8:30 a.m. with sign-in by 8:15 am. We are all very excited about the morning format. In January, with the opening of the Par 3 North Course, you can now choose either the Shadow Hills golf course or the new Par 3 course.

We use a shotgun format (which means we all start playing at the same time). Sign-up sheets are posted the week before play on the bulletin board in the Pro Shop. You can also sign up by email: just write us at scsh9ers@yahoo.com and state your name, when you will be playing and which course you wish to play. Please sign up by 4:00pm on the Sunday before we play. Membership is \$15 per season. You are welcome to join us for a round of golf before you officially join the club.

Lady Putters

On March 29, we will be having our spring luncheon and general business meeting.

Again, we invite any of you gals who haven't checked us out to come and do so.

Membership dues are \$15 for the 2009/2010 year, plus the cost of a logo shirt. You can try us once before joining. All you will need is a putter, a ball, \$2 and the desire to meet your neighbors, make new friends and have a fun time. Please note that no experience is necessary, and there are plenty of gals who will make you feel welcome.



Mah Jongg

Welcome to the Mah Jongg Club. We're on our way to a record number of memberships, over 80 so far this year. Our year runs from July to July. Come join us on Wednesdays from 12:30-3:30 p.m. at the clubhouse. If you would like to learn, or need a refresher course, lessons are held Wednesday mornings from 10 a.m. to noon.



Men's Golf Club

We welcome new members to the Men's Golf Club for the stated purpose of "promoting fellowship among male golfers who are residents of Sun City Shadow Hills."

After the delays caused by the late January rain storm, our individual match play tournament is winding up. The team match play is under way and should be finished by the end of this month.

The "Whale Tail" member/guest tournament has been rescheduled to March 26 - 27, because of the rain.



This is going to be a great event and you really should participate if at all possible. If you need to find a guest, Tony in the Pro Shop might be able to help.

March 4, 11, 18, and the 25 will feature our regular Thursday game. You can check the format for these events on the MTTTS website.

The next general meeting will be March 17 at 8 a.m. in the clubhouse. The coffee and doughnuts will be ready at 7:30 a.m.

We have some exiting events coming up in April including the Club Championship. Be sure to check the schedule on the MTTTS website or the Sun City Shadow Hills website. The schedule is also posted on the bulletin board at the golf course.

Oke Dokey Karaoke

Our Club continues to grow in popularity and membership. We now stand at 42 members strong. Our karaoke sessions have attracted a great variety of singing including show tunes, musicals, country, pop and more. Many of our members bring refreshments and food to share with their singing friends. Our Karaoke sessions have also expanded to include a lot of dancing. Anyone is welcome to attend and enjoy the singing and dancing, or just to listen. This month's session will be at 6 p.m. on Thursday March 4 in the ballroom. The March theme is "Duets."



Opera Club

The Sun City Shadow Hills Opera Club meets the first Wednesday of each month at 6 p.m. in the ballroom.

There are some changes to our previously announced schedule. The new schedule for the rest of the year:

March 3, "Italian in Algeria" by Rossini; April 7, "Fidelio" by Beethoven; May 5, "Marriage of Figaro" by Mozart; and June 2, "Das Rheingold" by Wagner.

The meetings will be preceded by a lecture and discussion conducted by Joe Cifarelli. No previous knowledge of opera is necessary. Come join us.

Performing Arts Club

It's hello "Bye-Bye" when the curtain goes up on our exciting production of *Bye Bye Birdie*, featuring a cast of almost 50 members of our community who will be singing, dancing, and making you laugh in this wonderful musical!

Tickets to this extravaganza are only \$15 and are available now for performances on Friday, March 12; Saturday, March 13; Friday, March 19; Saturday, March 20; and Sunday, March 21. The curtain goes up at 7 p.m. for evening performances, and the Sunday matinee starts at 2 p.m. We guarantee you will go away thrilled at the efforts of our talented cast who, under the able direction of co-directors Paul Runyon and Pat Rosandich, have been in rehearsal for several months to bring you the best theater value in the Valley!

Get your tickets today!

Pet Club

Have you ever wondered what to do if you lose your pet, or find a stray cat or dog in our community? The Sun City Shadow Hills Pet Club Lost and Found Committee offers the following guidelines.



If You Find a Stray Animal

1. Call the owner if the animal is wearing an ID tag. If the phone is disconnected, and the owner's name is on the tag, call the HOA (760-345-4198) and ask that the owner be contacted.
2. If you are unable to contact the owner, or if there is no ID tag, call the front gate (760-345-4458) and describe the animal to them.
3. Call the Indio Animal Shelter (760-391-4135) and make out a FOUND card. Email (mbojorquez@indiopd.org) a photo/description to the shelter.
4. Call/email Gus at Lifestyle Department (760-772-9617, gramirez@pcmineternet.com). Take a picture of the pet to be placed on Channel 98 and on our SCSH website alert box.

If You Lose a Pet

1. Call the front gate (760-345-4458).
2. Call the Indio Animal Shelter (760-391-4135) and make out a LOST card. Email (mbojorquez@indiopd.org) a photo/description to the shelter.
3. Drive around the community. You may see your pet in your neighborhood.
4. Call/email Gus at Lifestyle Department (760-772-9617, gramirez@pcmineternet.com). Ask him to place a photo of your pet on Channel 98 and on our SCSH website alert box.
5. Place an ad in the Desert Sun (760-327-2222). There is a charge for this.

The Pet Club's annual dues are \$10 per family.

Rainbow Friends



Rainbow Friends is a social club for the gay and lesbian residents of Sun City Shadow Hills, their families and friends who live here, and any other residents who would like to join. We meet at 7 p.m. on the third Monday of every month, generally with a short business meeting, a pot luck dinner, and lots of socializing. We also plan other events and activities for our members. In February we took a jeep tour through the desert to the San Andreas Fault Line and learned about our desert surroundings.

Our next general meeting and potluck will be on Monday, March 15 at 7 p.m.

Readers' Ink



This month our ever-expanding group of book lovers is reading *Mudbound* by Hillary Jordan. This debut novel, winner of the Bellwether prize, follows the vastly different homecomings of two returning WWII heroes — one black, one white — to the Jim Crow south. According to one reviewer, Jordan is "a writer with the stylistic grace and social conscience of William Faulkner and Flannery O'Connor and the dramatic flair of Pat Conroy and Jodi Picoult."

During the year, Readers' Ink selects from classics, best sellers and undiscovered treasures, both fiction and non-fiction. For a complete list of previous books considered, go to the Readers' Ink web page at www.oursuncityshadowhills.net

Newcomers/visitors welcome.

Continued on page 32...

...continued from page 31

RV Club



Puddingstone Lake was last month's destination, where we enjoyed the beautiful East Shore RV Park overlooking the lake. This month we're traveling south to Rio Bend RV Park in El Centro. I'm sure the highlight of our trip will be watching the Blue Angels (GO NAVY!) overhead putting on a spectacular show!

In April, we head to Goldenshore RV Park in Long Beach, where we'll tour the Queen Mary and Aquarium of the Pacific. For Memorial Day weekend, we're returning to Rancho California RV Resort in Aguanga (near Temecula).

The only requirement to join the RV Club is an RV!

Please stop by our next meeting on Tuesday, March 16 at 6:30 p.m. and meet some fellow travelers!

Shall We All Dance

Our March dance will be on Sunday, March 28, beginning with a dance lesson at 6:30 p.m. followed by ballroom dancing of all kinds from 7 to 9 p.m.

The cost, including wine and hors d'oeuvres, is \$5 for members and \$10 for guests.

Current members are encouraged to become candidates for office for the 2010/2011 season. There will be one or more vacancies, and the club must have at least three officers. Candidate forms will be available at the March dance as well as emailed. Club elections will be held in April. The current season ends May 31, and renewal information will be available from early May and throughout the coming season.

Have you heard? We will be having a special live music dance event in



April. Mark your calendar for Friday, April 23, when the Ted Herman 10-piece band will provide the music for our dancing pleasure. Tickets go on sale April 1: \$15 per member and \$20 per nonmember.

This is sure to be a popular event, so get your tickets early! Bring your friends and have a "ball."

Come ballroom dance with us!

Solos Club

We have several interesting things planned for March. On Saturday, March 6, we plan to go on a ranger-led Tahquitz Canyon Hike in the Indian Canyons area. It's a beautiful one-mile, slow, easy hike and we will picnic prior to the 1 p.m. hike.

We will hold our no-host Second Sunday Brunch on Sunday, March 14, at 11:30 a.m., at a place yet to be determined. Watch the Solos activity sheet or newsletter for the venue.

Sunday, March 21, will bring a Solos business meeting in the clubhouse starting at 5 p.m. when the slate of new officers will be announced. We will also have a speaker giving us good information on being earthquake-prepared for the "Big One."

Sunday, March 28, brings Opera in the Park. This is a wonderful event, starting at noon in Sunrise Park in Palm Springs, that showcases young opera singers in an outdoor venue. The event is free, but if you wish to sit under a tent out of the sun it will cost you \$12.50. We need to reserve the space soon for those who wish to be "tented" so put your check in the Solos mailbox by March 5.

We plan to go to "Open Call" at the McCallum on April 24 at the 2:00 p.m. Saturday matinee. This is a valley-wide talent competition and is absolutely wonderful. Tickets go on sale March 8, and they go fast. So if you want to attend this event, please have your check for \$15 in the Solos mailbox by March 7 with the

notation "Open Call."

Details about all events will be in the March Solos e-mailed newsletter or on the Solos March activity sheet placed in the clubhouse rounders. We welcome all singles to join our Solos Club and socialize with us at our events.

Stitch in Time

For those who enjoy needlework or paper crafts and rubber stamping, the Stitch in Time Club might just be for you. Both the needlework group and paper craft group share a meeting place in the Cambria and Mirada rooms in our Montecito Club House.

Club dues are \$10 a year, and if you're going to attend the paper craft group, please let Martha Horner know ahead of time so we have enough supplies for everyone: e-mail mjhorner@aol.com, or call 760-347-2349. Martha or one of the other members plans the weekly project for each Monday when the group meets at 12:30 p.m.

The needlework group members work independently on their own projects whether it's embroidery, knitting, crocheting, needlepoint, etc., also at 12:30 p.m.

In April, the clubs will have nominations for officers, and then in May there will be an election, and finally in June officers will take office. Members need to let these clubs know if you'd like to serve as an officer.

From time to time, the clubs have luncheons or take field trips. Nettie Washington helped set up an outing for The Paper Crafters to take a trip to Collective Journey in Redlands on February 22 where they made several gift cards, thus tapping into the skills of others with this hobby.

Come join the fun; new members are always welcome.



Tennis Club

Our tennis season is still going strong.



We have ladder and round-robin opportunities for both men and women every week.

We have just completed our second "Hits and Giggles" fun tournament. The club is planning one more competitive mixed tournament scheduled for March 27 and 28. Entry deadline is March 24.

If you do not have a built-in partner there are lots of available men or women who would love to be your tennis partner for the tournament. This will be a seeded tournament which, depending upon the number of entries will use a 10-game pro-set format for the early rounds so we can accommodate as many as possible in the tournament. Cost is \$5/person.

Our USTA and Al Bauer league tennis teams have had a full season this year and are close to the finish line. The club would like to encourage those of you at the 3.0 level to consider entering teams next year. This is a good way to play some excellent tennis with other developments around the area.

Upcoming events include our annual meeting on March 25, our mixed tennis tournament on March 27 and 28, and our Men's and Ladies Club championships on the March 30. The club championships will feature the top four men and the top four women from the ladder.

The tournament trophy presentations and our club season-ending potluck dinner are scheduled for the evening of March 30.

That's Entertainment Club

That's Entertainment Club continues with its monthly schedule of entertainment.

First it was Western night in January, followed by Casino night in February. In March it's going to be a social night on March 31 and another fun night of entertainment with our special guests.

For reservations call Lee Frank at 760-772-0899.

Next month it's going to be the "Jim Borax Talent and Sing-Along Show" on April 21 listening to top Broadway stars sing for us while we sing along to many popular songs.

For reservations call Ben Weissbach at 760-702-7159.

Members only.

Topical Discussion

Do you like to talk or listen to just about any topic?

Are there important topics you think should be discussed?

What about debating things happening around the world every day?

In other words, is there something on your mind you think should be discussed with friends in the community?

Our club meets on Monday nights at 7 p.m. in the clubhouse. At past meetings we have discussed many interesting topics regarding our homes, maintaining our landscape, home warranty programs (pro or con), home insurance (pro and con), and flood insurance.

Other topics have included earthquake awareness, neighborhood watch and citizen patrols.

We have spoken about the war in Iraq. We have discussed our views on immigration and illegals in California. Also should there be a single-line veto for the President?

Give the Topical Discussion Club a try.

In March, meetings will be the first and third Mondays of the month (March 1 and March 15).

This is a great new year, and it should be a great one for discussions.

Ukulele Strummers

Our talented member, Ann Olsen, is giving free Ukulele lessons!



The Ukulele is a fun and easy instrument to play. You'll learn several easy basic chords and in no time you'll be playing "Ain't She Sweet?" "Buffalo Gals," "California, Here I Come," "Clementine," "Don't Fence Me In," "Red River Valley," "Side By Side," and some Hawaiian songs like "Little Brown Gal," "Lovely Hula Hands," and the old favorite "My Little Grass Shack." Then join our club and play and sing along with us.

Do you already have a Ukulele and want to get back into the swing of things? Drop by the Mirada room. Our club meets on Thursdays from 1-2:30 p.m.

For more information about free Ukulele lessons, call Ann Olsen at 760-702-3943.

Do you have a Ukulele you no longer want? Please consider donating it to our club to be used by beginners.

Continued on page 34...

Veterans Club



Unlike many veterans groups, this club is not about rehashing war experiences. Our club is about assisting members, their spouses, surviving spouses of deceased veterans, as well as all of our neighbors.

We bring in speakers to make veterans aware of the many benefits they have earned while serving their country, and we get them in touch with the people who can help.

The club has also established a reference file with the many agencies that deal with the elderly, including veterans.

Additionally, our club provides services to the SCSH community. Veterans Day in the fall, a highly successful Toys-For-Tots at the beginning of winter and our Memorial Day flag-raising ceremony in the spring provide recognition to those who have served and are currently serving.

I hope you have noticed the flag display in the lobby of the clubhouse – that’s courtesy of our club. We also offer proper disposal of worn and tattered US flags, and we sell new flags.

Finally, we offer an e-newsletter to our members put together by our President, Tom Hutson. He goes through many military publications and Internet sources to glean information pertinent to the older veteran. The latest information concerning members and club happenings make this newsletter a must-have.

You served your country once. What can be more rewarding than doing it again? We normally meet on the third Wednesday of the month at 7 p.m. Can we rely on your support? See you March 17!

God Bless America!

Women’s 18-Hole Golf Club

Congratulations to Verna Rutledge on winning our Princess Tournament. The tournament was a huge success; and our Chairperson, Jackye Mills, did a great job, despite having to deal with the weather as well as a tournament.

Our February guest day was chaired by Susan Moss.

Members and their guests played an 8 a.m. shotgun tournament followed by awards and lunch at The Shadow restaurant.

The Women’s Club Championship Tournament will be held March 3, 5, and 10. All eligible members are encouraged to play. Eligibility requirements are outlined in your membership directory. Please review them prior to signing up.

Officers for the 2010/2011 year will be elected at our March general meeting. We encourage all members to attend the meeting and vote for next year’s executive board.

Happy first day of Spring!



Resident Groups

Democrats in SCSH

Democrats in Sun City Shadow Hills will be conducting its monthly meeting on Wednesday, March 17, at 6 p.m. (Happy St. Paddy’s Day!) Our speaker this month will be Dr. Sharon McGeehee, Superintendent of Desert Sands Unified School District. We start our meetings at 6 p.m. in order to have some social time beforehand so come early and let’s enjoy each other’s company along with some Irish refreshments!

Our monthly meetings are held the third Wednesday evening of the month in the Montecito clubhouse.

If you’ll be attending the Democratic Club for the first time, we extend a special welcome.

Clubs in Formation

Softball



Your Sun City Shadow Hills softball team played three games against Sun City Palm Desert in December 2009 and January 2010. One co-ed game and two men’s games resulted in a 2-1 record against well-coached and experienced SCPD squads. We continue to expand our participation and friendly competition with our sister Sun City. Our goal is to field enough people for two or three teams so we can play practice games every week and eventually establish our own league.

By the time you read this, we will have played in our first tournament, the Palm Springs International Senior Softball Invitational! Next month, the results.

We encourage residents, both guys and gals to join us every Wednesday at Freedom Park in Palm Desert at 8:30 a.m. for some great fun.

Start a New Club!
 Drop by the
 Lifestyle Desk in the
 Montecito Clubhouse
 to pick up an
 informational packet.
 760-772-9617

Sun City Shadow Hills®

Merchants Association

The following discounts are available for Sun City Shadow Hills residents via our Merchants Association program.

Merchant	Discount	Telephone
Affordable Storage Cabinets	15% off residents	760-485-0110
American Alarm	No-cost equipment install	760-702-1610
American Saver Klub	\$5 off membership	760-772-0621
BES (AirConditioning/Heating)	10% discount	760-668-5088
Bettelou's Creations	25% discount	760-200-3661
Campanario Restaurant	20% off food	760-342-3681
Chauffeur Bob	10% discount	760-200-8689
CK Nails Salon	20% discount	760-834-2424
Don's Discount Blinds & Shutters	5% discount	877-247-6479
DVS Plumbing	15 % discount	760-910-2012
El Paseo Bank	Free consulting on mortgage loans	760-285-4411
Executive Errands	Preferred rate	760-898-9604
First American (Judy/Ronnie Nathan)	Choice of monthly payment.	760-625-1028
Flooring Innovations	10% off any purchase	760-321-8600
Gabriel Brias Computer Solutions	10% discount	760-360-1610
Gray Chiropractic	50% off first examination	760-347-0544
Indio Performing Arts Center	Free drink coupon with ticket	760-775-5200
Jerry Home Improvement	10% discount	760-902-1378
Joe The Plumber	20% discount	760-408-7720
JW Marriott • Lake View Restaurant	20% off food	760-341-2211
JW Marriott • The Lobby Bar	20% off food	760-341-2211
JW Marriott • Mikado Japanese Steakhouse	20% off food	760-341-2211
JW Marriott • Oasis Bar and Grille	20% off food	760-341-2211
JW Marriott • Starbucks	20% off food	760-341-2211
JW Marriott • Tuscany Italian Restaurant	20% off food	760-341-2211
Keep It Cool Window Tinting	20% off residential, \$20 off auto	760-342-9600
Macarios Grill	20% discount	760-342-5649
Marvin Morrow Music Services	Free bonus copy of CD	760-250-8795
Palm Springs Follies	15% off all seating on Fridays	760-327-0225
Platinum Mercedes (Service & Repair)	5% discount	760-200-0077
Pool Girl Cleaning Services	\$75 a month for SCSH residents	949-279-0652
QuakeSafe Kits	10% discount	760-345-3283
Safeguard	Free consultation and 10% off	760-327-5284
Services Unlimited - Sheila Faye	10% discount	760-636-5018
Shadow Hills Golf Club & Restaurant	20% discount	760-200-3375
Shaw's Electrical Service	10% discount	760-345-0277
Simply Divine	10% shopping discount	760-799-4425
Skin Care & Spa by JeAna	20% discount	760-673-8510
Snappy Nails	10% discount	760-347-4664
Son Cabinetry & Design	10% all retail sales	760-200-3570
Survival Mode	10% discount	760-396-6474
Vern Poore Video Productions	20% discount	760-393-2985
Vickie Y. Mabry-Height, M.D.	10% off first visit	760-636-4724
Wood-Joy	Half Off on All Teak Patio Furniture	760-397-5557

For information on joining the Merchants Association, contact Eric Angle.

760-772-9617

Discounts and special offers are subject to change without notice.

Valid only with Sun City Shadow Hills resident card.

Advertising

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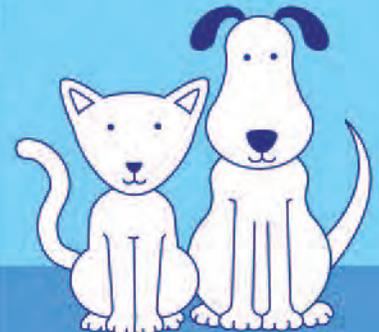


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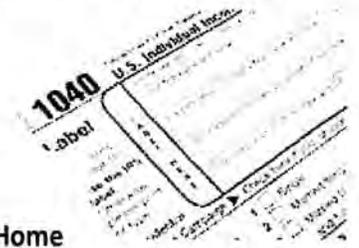
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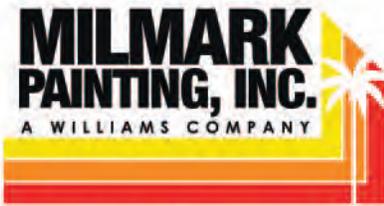
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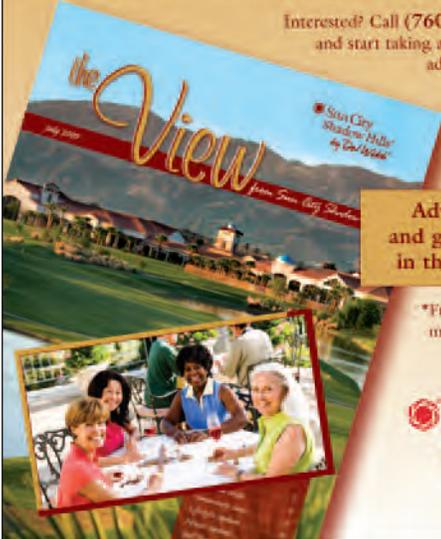
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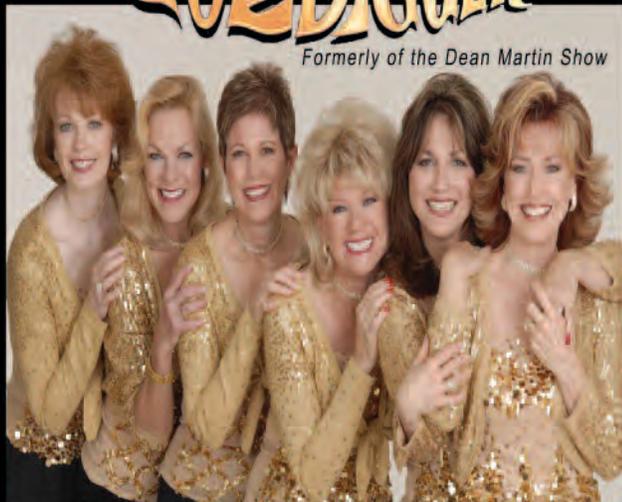
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