

THE VIEW



 Sun City
Shadow Hills®
by Del Webb®

January 2020

Tsipi Mercurio: Going for the Gold
photo by Beth Bolduc
story on page 24

CONTACT INFORMATION

Sun City Shadow Hills Community Association
80-814 Sun City Boulevard, Indio, CA 92203
www.scschca.com | 760-345-4349

Homeowner Association (HOA) Ext. 1
Montecito Clubhouse Fax 760-772-9891
Montecito Clubhouse Ext. 2120
Montecito Fitness Center Ext. 2111
Santa Rosa Clubhouse Fax. 760-342-5976
Santa Rosa Clubhouse. Ext. 2201
Shadow Hills Golf Club South Ext. 2305
Shadow Hills Golf Club North Ext. 2211
Shadows Restaurant Ext. 2311
Jefferson Front Gate (Phases 1 & 2) 760-345-4458
Avenue 40 Front Gate (Phase 3) 760-342-4725
Rich Smetana, General Manager
richard.smetana@associa.us Ext. 2102
Tyler Ingle, Controller
tyler.ingle@associa.us Ext. 2203
Bob Pantanella, Community Safety Director
robert.pantanella@associa.us Ext. 2202
Jesse Barragan, Facilities Maintenance Director
jesse.barragan@associa.us Ext. 2403
Connie King, Lifestyle Director
connie.king@associa.us Ext. 2124
Desiree Porras, Fitness Director
desiree.porras@associa.us Ext. 2112
Liz Gutierrez, Lifestyle Coordinator
elizabeth.gutierrez@associa.us Ext. 2123
Veronica Moya, Lifestyle Coordinator
veronica.perez@associa.us Ext. 2122
Gus Ramirez, Communications Manager
gus.ramirez@associa.us Ext. 2204
Rolland Vaughn, GM of Shadow Hills Golf Club
rmvaughn@troon.com Ext. 2301

SCSH Community Association Board of Directors

Kim Fuller, President president@scschca.com
Fera Mostow, VP vicepresident@scschca.com
Bruce Marley, Treasurer treasurer@scschca.com
Linda Aasen, Secretary secretary@scschca.com
Robert Israel, Member memberatlarge@scschca.com

For warranty or customer service needs concerning your home, please email: socalservice@delwebb.com

HOURS OF OPERATION

ASSOCIATION OFFICE

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

LIFESTYLE DESK | Daily | 8 AM – 5 PM

MONTECITO CLUBHOUSE | Daily | 6 AM – 10 PM

MONTECITO FITNESS CENTER | Daily | 5 AM – 8 PM

SANTA ROSA CLUBHOUSE | Daily | 6 AM – 9 PM

SHADOWS RESTAURANT

Monday – Sunday | 8 AM – 8 PM

Breakfast | 8 – 11 AM

Lunch/Small Plates | 11 AM – 8 PM

Dinner | 5 PM – 8 PM

Happy Hour | 3 – 6 PM

GOLF SNACK BAR | Daily | 6 AM – 3 PM

SANTA ROSA BISTRO | Daily | 6 AM – 3 PM

MONTECITO CAFÉ | Daily | 8 AM – 2 PM

All hours are subject to change.

Visit www.scschca.com for the latest hours.

THE VIEW

THE VIEW is published monthly by the Sun City Shadow Hills Community Association.

This publication is copyrighted and may not be reproduced or reprinted without the written permission of SCSHCA.

MISSION STATEMENT

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

COMMUNICATIONS ADVISORY COMMITTEE

Arnold Choy; Aggie Jordan;
Lee Powell; Vicki Prince

STAFF

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

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



PRESIDENT'S REPORT

KIM FULLER | PRESIDENT

A Discussion About Assessments

Every year when our new assessment amount comes out, I get questions about why the assessment is going up. So, I hope to explain here some of the factors that determine our monthly assessments. Our assessments are set up to allow us to meet all our costs and maintain sufficient reserves for future replacement, improvements and major repairs.

I want to start by saying that I believe that as long as there is inflation, monthly assessments must always go up. If we are to maintain facilities and services at an equal level year over year, assessments will need to go up at least by the inflation rate in order to compensate. The only way we could keep assessments at the same level would be to have a reduction in services or maintenance, and I do not support such a philosophy. As a result, I have often stated that assessments must go up every year if we want to maintain the same level of services.

There are also many reasons to increase assessments by more than the national inflation rate such as cost increases imposed by the state government (for example our state-mandated minimum wage increases). It is also possible that

residents might want to boost costs for additional services. For example, the Board increased our landscaping cost by \$3.50 per month per home because many residents wanted more landscaping services so our community would have a better appearance.

Our 2019 balanced budget was based on \$270 per month, not the \$265 per month that we are all paying. We were able to reduce assessments to \$265 because of a 2018 budget surplus that allowed us to lower assessments by \$5 per month. So, from a budget point of view, costs for 2019 were based on \$270 per month. Inflation toward the end of 2019 was 1.75% and was estimated to reach 1.8% by December, but for this discussion I will use the rate of 1.75%. This means, to maintain facilities and services at their current level costs must go up by 1.75%, or \$4.73 per month. (1.75% of \$270).

Next, we need to add in the costs of increased labor as a result of state-mandated increases in the minimum wage. The minimum wage will increase from \$10.50 to \$15 by the year 2022. We must pay this increase each year, and it will mean a labor cost growth of about 8% per year. Because a company

like Troon employs more than half of its staff at minimum wage, you can see this increase can be considerable.

As a result, the Board has implemented labor cost increases for 2020 at 1.5% for non-minimum-wage staff and then state-mandated increases of about 8% for minimum-wage staff. There were two buckets for calculating labor, one for non-minimum-wage staff and one for minimum-wage staff. With inflation at 1.75%, we did well to hold labor cost at 1.5% for those that were

Next Board Meeting:

Date: Monday,
January 27, 2020

Time: 2:00 pm
Location: Ballroom
Please join us!

PRESIDENT'S REPORT

CONTINUED...

not minimum wage. Combined labor costs will then come in at about 4% – 5%.

We need to keep in mind that our HOA does not permit contracts longer than one year. This can work against us when trying to contain costs for a period of time longer than one year. Although we can bid each contract every year, all increases in costs will be passed on to us each year.

As a result of low unemployment and the increased minimum wage, contract costs have increased. For example, our security contract went up by \$1.50 per unit per month. The landscape contract went up by \$3.50 per unit per month. The latter is for two reasons: residents wanted increased service, which requires more labor, and the minimum wage requirement. These two contracts alone increased costs to the HOA by \$5 per unit per month.

Now, let's talk about Reserves, referred to as the "Replacement Fund." We accumulate a portion of each month's assessments for future replacement and major repairs of common area real property improvements as well as common area personal property and equipment. The Finance Advisory Committee (FAC) initially considered setting this portion of the assessment at \$45 per unit per month starting in 2020. However,

this would mean our 30 year cash flow forecast would include 8 years in which our funding would be less than 70%, an amount considered to be the minimum financially responsible level for reducing the risk of special assessments.

As a result, FAC recommended we put an additional \$2 per unit per month (a total of \$47 per unit per month) into the Replacement Fund in 2020. The increase in the funding rate starting in 2020 will mean that the 30-year cash flow forecast to be below 70% in only two years. Over the long term, the Board agreed this is wise because it provides residents with added confidence that we should not need a special assessment, which is one factor in maintaining home values.

After accounting for all these different concerns, our increase in costs was projected at \$15 per month per home for 2020. Because the balanced budget for 2019 was \$270 per month, this meant we were trying to keep assessments for 2020 below \$285 per month. Through the budget process of looking at expenses we might not need, or costs that could be reduced, the balanced budget came in at \$281 per month per home. Because the HOA had a projected surplus for 2019 of \$331,000, the Board decided to use this surplus to reduce the

balanced budget assessment by \$8 per month, making the net assessment \$273 per month for 2020. This amounts to a net increase to residents of \$8 per month beginning in January.

But keep in mind that our balanced budget in 2020 is \$281 per month, and we will have two more years of minimum wage increases. So, we have two more years of increased costs that are beyond our control.

Once you calculate the past two years of budgets, you can then project that, for the next two years, assessments will increase at least 4% per year. Hopefully, if we can maintain efficiency, we can keep from exceeding that 4% level. However, given state-mandated cost increases, holding assessments to inflation increases will not be possible, in my opinion. The only way to hold assessments to less than a 4% increase would require a reduction of maintenance and/or services, not my first choice.

Even after considering all these factors, I take a moment to stare at the sunset and recognize that we still live in a beautiful place that is worth every penny. Paradise is the perfect description; so, without a doubt, I will always contend, "It doesn't get any better than this!"

CONTACT THE AUTHOR AT
PRESIDENT@SCSHCA.COM



CANDIDATE FORUM

COME AND MEET THE CANDIDATES FOR YOUR HOA BOARD

**THURSDAY, JANUARY 30, 2020 • 3:00 P.M.
MONTECITO CLUBHOUSE BALLROOM**

Come hear board candidates speak about their qualifications and positions regarding the SCSH community. Also, each candidate will be asked to respond to questions suggested in advance by residents and posed by the forum moderator.

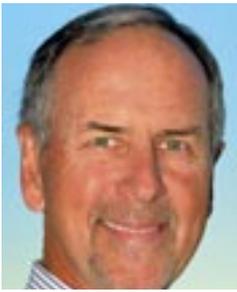
Submit your candidate questions for the forum to the boxes located at the Lifestyle Desk at the Montecito Clubhouse or the Santa Rosa Clubhouse (forms available at those locations).

Candidate questions may also be emailed to:

elections@scshca.com

 **Sun City Shadow Hills®**





TREASURER'S REPORT

BRUCE MARLEY | TREASURER

SUN CITY SHADOW HILLS COMMUNITY ASSOCIATION

Condensed Financial Information
Statement of Revenues and Expenses - Unaudited
For the ten months ended October 31, 2019

Revenues:

Assessments
All other revenues
Total Revenues

Expenses:

Operating fund excluding depreciation expense
Replacement fund
Depreciation expense
Total Expenses

Chartered Club Activities, Net

Excess of revenues over expenses

	Operating Fund	Replacement Fund	Total
\$	7,702,125	\$ 1,440,375	\$ 9,142,500
	3,586,207	259,095	3,845,302
	<u>11,288,332</u>	<u>1,699,470</u>	<u>12,987,802</u>
	10,784,560	-	10,784,560
	-	469,104	469,104
	268,805	-	268,805
	<u>11,053,366</u>	<u>469,104</u>	<u>11,522,470</u>
	(32,603)	-	(32,603)
\$	<u>202,364</u>	<u>\$ 1,230,366</u>	<u>\$ 1,432,729</u>

SUN CITY SHADOW HILLS COMMUNITY ASSOCIATION

Condensed Financial Information
Statement of Changes in Fund Balances - Unaudited

Fund balances, beginning of year
Excess of revenues over expenses
Inter-fund transfers

Fund balances, as of October 31, 2019

	Operating Fund	Replacement Fund	Total
\$	2,461,964	\$ 12,367,354	\$ 14,829,318
	202,364	1,230,366	1,432,729
	349,495	(349,495)	(0)
\$	<u>3,013,822</u>	<u>\$ 13,248,225</u>	<u>\$ 16,262,047</u>

SUN CITY SHADOW HILLS COMMUNITY ASSOCIATION

Condensed Financial Information
Statement of monthly assessment

Number of units in Association

Summary of monthly assessment per unit:

Operating Fund, balanced budget
Replacement Fund
Total monthly assessment before credit for prior year
Operating Fund, credit for prior year surplus
Total monthly assessment billed to unit owners

	Operating Fund	Replacement Fund	Total
			<u>3,450</u>
\$	228.25	\$ -	\$ 228.25
	-	41.75	41.75
	228.25	41.75	270.00
	(5.00)	-	(5.00)
\$	<u>223.25</u>	<u>\$ 41.75</u>	<u>\$ 265.00</u>

SUN CITY SHADOW HILLS COMMUNITY ASSOCIATION

Condensed Financial Information

Balance Sheets

As of October 31, 2019 and October 31, 2018

	October 31 2019 (Unaudited)	October 31 2018 (Unaudited)	December 31 2018 (Audited)
Assets:			
Cash and cash equivalents	\$ 5,856,418	\$ 3,170,254	\$ 4,828,678
Certificates of deposit and investments	10,595,245	11,873,573	10,922,277
Property and equipment, net	864,698	733,710	775,373
Cash - chartered clubs	124,576	125,358	164,679
All other assets	357,102	379,848	373,779
Total Assets	\$ 17,798,038	\$ 16,282,742	\$ 17,064,786
Liabilities:			
Accounts payable and accrued expenses	\$ 924,643	\$ 1,265,615	\$ 1,694,305
Assessments received in advance and deferred revenue	611,348	595,117	541,163
All other liabilities	-	-	-
Total Liabilities	1,535,991	1,860,732	2,235,468
Fund balances:			
Operating	2,024,547	1,474,317	1,521,912
Chartered clubs	124,576	125,358	164,679
Property and equipment	864,698	733,710	775,373
Replacement	13,248,225	12,088,625	12,367,354
Total Fund Balances	16,262,047	14,422,010	14,829,318
Total Liabilities and Fund Balances	\$ 17,798,038	\$ 16,282,742	\$ 17,064,786

CONTACT THE AUTHOR AT
TREASURER@SCSHCA.COM

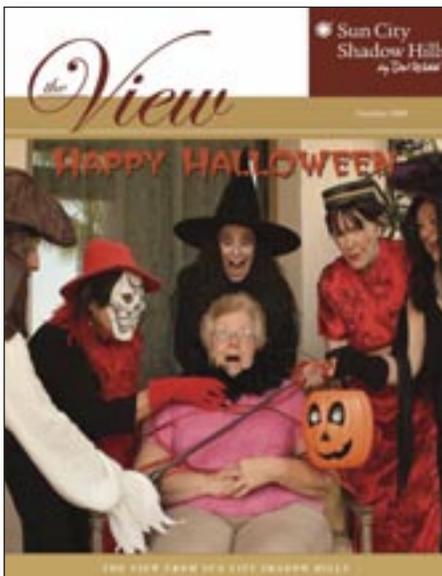
THE VIEW

A Fresh Look for the New Year

The View magazine is beginning 2020 with a major “facelift,” the first redesign in over 10 years! The new crisp, modern style features fonts, design elements, and a color palette that harmonize with our community website. But the organization of the magazine remains the same.

We hope you’ll like the refreshed look! We welcome your comments and suggestions: view@scshca.com.

The View Over the Years:



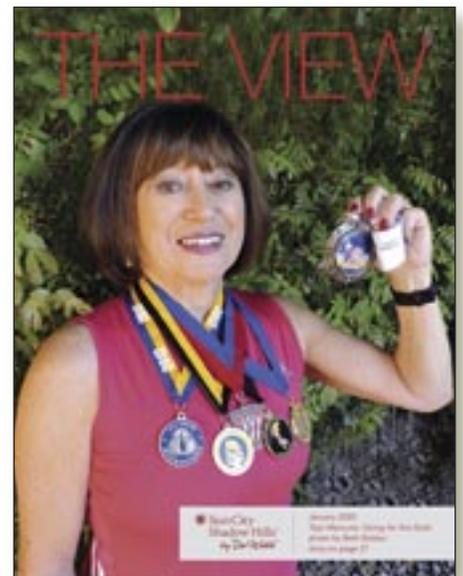
The View

2006-2009



The View

2009-2019



THE VIEW

2020



Meet a Board Member

Thursday, January 9, 3:00 pm · Capistrano, Montecito Clubhouse

Come by and introduce yourself to Linda Aasen, Secretary of your HOA Board. She wants to hear what you like about our community and if you have any concerns.



FOOD & BEVERAGE

MARIO CHAFFINO | FOOD & BEVERAGE / CATERING MANAGER
JEFF JACOBSON | EXECUTIVE CHEF

The Food and Beverage management and staff at Shadows Restaurant, Montecito Café, Santa Rosa Bistro, and the Golf Snack Bar would like to wish all of our residents a Happy New Year, and we hope everyone has a great and fun-filled 2020.

Shadows Restaurant would like to thank all our resident groups and clubs who had their holiday parties catered by us. Whether it was at the Montecito Clubhouse, Shadows Restaurant, or private residences, we were glad to be a part of it. All the decorations and holiday cheer were great to see.

Our new wine list is up and running at Shadows Restaurant. We have kept some resident favorites such as Hess Cabernet Sauvignon and Hess Chardonnay. We are delighted to offer wineries like Meiomi and La Crema. Please stop by and try some of our new offerings.

This month we continue with our themed nights and are proud to present the following events for you: Pasta Nights (January 8 and 15) and our new themed night, Caribbean Jerk Out (January 22).

We anticipate sold-out crowds again for these special events. Please call Shadows for reservations and availability. Flyers for these events are posted on these websites: theshadowsrestaurant.com and scshca.com.

For all of your catering needs, please contact Mario Chaffino (Food & Beverage / Catering Manager) at (760) 574-3634, or email him at mchaffino@troon.com.

If you would like to plan a birthday party or make a large reservation at Shadows Restaurant, please contact Manny Guadarrama (Shadows Restaurant Manager) at (760) 772-7992 or email him at jguadarrama@troon.com.

Please enroll in the weekly email blast and visit our website at www.theshadowsrestaurant.com/news for the most current and accurate information. "Like" us on Facebook, and "follow" us on Instagram and Twitter:

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

Best regards,
Mario & Jeff

CONTACT THE AUTHORS AT
MCHAFFINO@TROON.COM AND
JJACOBSON@TROON.COM

Hours Of Operation

SHADOWS RESTAURANT

Monday – Sunday: 8 am – 8 pm

Breakfast: 8 – 11 am

Lunch/Small Plates: 11 am – 5 pm

Dinner: 5 – 8 pm

Happy Hour: 3 – 6 pm

GOLF SNACK BAR

6 am – 3 pm

SANTA ROSA BISTRO

6 am – 3 pm

MONTECITO CAFÉ

8 am – 2 pm



PEOPLE WHO MAKE OUR LIVES BETTER

Alfonso Corona

ASSOCIA EMPLOYEE OF THE MONTH | 12-2019

It is our great pleasure to recognize Alfonso Corona as employee of the month for December 2019. Alfonso joined the Maintenance Department in March 2019 and, in a few short months, he has proven to be a great asset to the maintenance team.

Alfonso strives to take on new challenges and responsibilities as needed and is always willing to put in the extra effort to get the job done. He has been instrumental in assisting the department in completing several high-priority maintenance projects within the appropriate time and budget. Recently, Alfonso did an outstanding job with helping to complete the annual building fire alarm service inspection for all the HOA buildings.

Thank you, Alfonso! We commend you for a job well done!

ADVISORY COMMITTEES

CITY DEVELOPMENT COORDINATING COMMITTEE
citydevelopment@scshca.com

COMMUNICATIONS ADVISORY COMMITTEE
communications@scshca.com

COVENANTS COMMITTEE
covenants@scshca.com
Co-Chairs: Traci Barnett Hone & Lee Powell

DESIGN REVIEW COMMITTEE
designreview@scshca.com
Chair: Ted Shettler

EMERGENCY PREPAREDNESS SUBCOMMITTEE
epsc@scshca.com
Chair: Jeff Kirkpatrick

FACILITIES & SERVICES ADVISORY COMMITTEE
facilities.services@scshca.com
Chair: John Petersen

FINANCE ADVISORY COMMITTEE
finance@scshca.com
Chair: Bill Wethe

FOOD & BEVERAGE COMMITTEE
foodbeverage@scshca.com
Chair: Jurgen Gross

GOLF ADVISORY COMMITTEE
golf@scshca.com
Chair: Dennis Hooper

HEALTH & FITNESS ADVISORY COMMITTEE
healthfitness@scshca.com
Chair: Rick Halla

INFORMATION ADVISORY COMMITTEE
information@scshca.com
Chair: Stacia Armstrong

LANDSCAPE ADVISORY COMMITTEE
landscape@scshca.com
Chair: Chris Stevens

LIFESTYLE ADVISORY COMMITTEE
lifestyles@scshca.com
Chair: Pamela Castro-Lee

SAFETY ADVISORY COMMITTEE
safety@scshca.com
Chair: Ed Chavez

Interested in joining a Committee? Stop by the HOA office and fill out an Advisory Committee Interest Form.



Design Review Committee (DRC)

BY TED SHETTLER | CHAIR

The appearance of our community is one of the principal determinants of the value of our homes. Even if your home presents an aesthetically exemplary appearance and its interior is a design delight, the value of your property is affected adversely if the front yards and the homes in your neighborhood are poorly maintained and unsightly. To protect everyone's property value, Article VII, Section 7.02(a) of the CC&Rs requires homeowners to maintain their homes and landscaping; implementing requirements for this are found in the Design Rules. Section VI-*Maintenance*. Mostly, these provisions are applications of common sense: for example, remove dead trees and plants, no dumping, perform maintenance in a timely manner.

There are a few items I would like to call to your attention.

TREES AND TREE TRIMMING | Trees must be trimmed at least once per year, unless the specific species requires a different trimming schedule (this is rare). Your neighbor's consent is required if your tree grows or encroaches upon your neighbor's property. The rules also require that branches not touch the ground or a house, not grow into other plants, and provide a specified clearance above sidewalks and streets.

FRONT YARD MAINTENANCE | The Design Rules require that areas visible from the street, common areas, and the golf course be maintained so as not to be unsightly. Specifically, it is required that appropriate maintenance (mowing, trimming, edging, and weeding) be performed whenever needed and that any debris be cleared away.

Many of us have front yards that are covered with small rock, and some have simulated dry stream beds

made of river rock. Because the rocks slowly sink into the underlying earth, the front yard's ground covering can slowly become sparse and insufficient. When this occurs, the homeowner renews the ground cover. Doing so with gravel and rock that matches what is already in place does not require a Home Improvement Permit (HIP). Some homeowners have elected to replace their ground cover with different colored rock or with a different design. In such cases, an HIP is necessary.

Also, when maintaining and renewing front and rear yards, it is important to preserve drainage to protect your property and that of your neighbors.

SHADING PLANTS | In the Design Rules, netting of any kind is prohibited, which includes material used to shade plants. Nevertheless, each summer blooms with homeowners covering their sun-sensitive plants. This is perfectly understandable and reasonable, but in some cases also quite unsightly. The Design Review Committee is redrafting §4.17 of the Design Rules to accomplish the original purpose of the netting prohibition while permitting and providing guidelines for relatively attractive shades for sun-sensitive plants. So, stay tuned; when complete, we'll discuss the new version of §4.17 here.

SUBCOMMITTEE | The Design Review Committee is repurposing its Subcommittee. If you are interested in working with us to maintain the community's property values, please let us know by completing and submitting an Advisory Committee Interest Form. We'd like to meet you.

CONTACT THE AUTHOR AT
DESIGNREVIEW@SCSHCA.COM



Emergency Preparedness Sub-Committee (EPSC)

BY JEFF KIRKPATRICK | CHAIR

The Shelter

Many if not most of our Sun City baby-boomer neighbors may have been fans of Rod Serling's *Twilight Zone* television series of the '50s and '60s and, if not at that time, then in reruns! I loved that show, and particularly the episode called "The Shelter," which first aired on CBS on September 29, 1961! The show began with Mr. Serling sitting on a stool and telling us, *"What you are about to watch is a nightmare ... but in this place, in this moment, it does happen. It is not meant to be prophetic, it need not happen, it's the fervent and urgent prayer of all men of good will that it never shall happen. This is the Twilight Zone."* Well dear neighbors, follow me into the *Twilight Zone* for a moment as I adapt the original cold war "bomb shelter" plotline for our location here, near the San Andreas Fault, and this article.

It is a typical evening in Sun City Shadow Hills, and a host of full-time and seasonal neighbors have gathered at Bill's residence to celebrate his birthday. Everyone is especially friendly and jovial, even though they are jokingly making mention of Bill's work on extensive emergency preparedness plans and supplies for his home and family.

Suddenly, the San Andreas Fault ruptures in the largest earthquake any have endured. Once the shaking stops, panic ensues; and Bill sends his guests home, closing the party. The same gathering of friends becomes hysterical and now wants to occupy Bill's home and share all the supplies. All the previous

cordiality has now turned into soaring desperation; pent-up hostility and other suppressed emotions boil to the surface. Bill insists his guests go home as his preparations do not include them: he hasn't enough provisions, water, food, and other essentials for anyone but him and his wife. He has rightly prepared only for his family and home.

The once-friendly neighbors do not accept this and break down Bill's door with an improvised battering ram, intent on taking what they need. Just then, a final Civil Defense broadcast announces that no more aftershocks are coming and there is no present danger. The neighbors apologize for their behavior; yet Bill wonders if they have destroyed each other because of their lack of personal preparedness.

The SCSH HOA and the Emergency Preparedness Subcommittee strive to educate our community to become self-sufficient, preparing themselves and their homes for extended emergencies. Are you one of Bill's neighbors pretending nothing is going to happen to you; and are you depending on public resources that will be greatly unavailable for days, weeks, or months?

Please contact us at the Emergency Preparedness Subcommittee, epsc@scshca.com, we can help you! Plan to attend one of the **Disaster Preparedness-101** seminars running monthly during high season. Better yet, become a volunteer member of the EPSC!

*Adapted with apologies to the *Twilight Zone!**

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

Finance Advisory Committee (FAC)

BY BILL WETHE | CHAIR

The members of FAC want to thank John Deshaw for his 2-1/4 years of service to the Community and to the Committee! Well done!

FAC now has three openings. We would love to hear from you if you have an interest in serving on the FAC.

Work Completed

During the months of November and December, the FAC continued its work with the Board as well as with DRM and Troon management on behalf of the Association including:

- Review and recommend Board approval of the Association's unaudited November 2019 financial statements including the:
 - financial statements prepared by DRM/Associa, Troon, and the Controller.
 - combining and combined financial statements included in the HOA Treasurer's Report prepared by the Controller.
 - summary financial information on the HOA's financial position and results of operations included in the Controller's report to the Board.
 - condensed Association financial information to be published in *The View*.
- Review of variance analysis prepared by the Controller on the 2019 Operating Fund revenues and expenses to assess impact, if any, of the 2019 Forecast.
- Review of variance analysis prepared by the Controller on the 2019 Replacement Fund expenses and inter-fund transfers to the Operating Fund.
- Review of the 2019 Forecast (11+1) of the Operating Fund and Replacement Fund as compared to the 2019 Budget and the 2019 Forecast (10+2) prepared by the Controller.
- Preparation of the FAC monthly written report to the Board for its meeting on December 16, 2019.
- Review of November 2019 bank statements, bank reconciliations, and Replacement Fund investment account statements.
- The Board approved the revisions proposed by FAC on the Association's Investment Policy for 2020.
- The Board approved the revisions proposed by FAC on the Association's Procurement Policy.



- The Board approved the increase of \$1 million to \$16 million in the Fidelity Bond proposed by FAC as of January 1, 2020, to comply with California Civil Code Section 5806.

Work in Process

The FAC proposed revisions to the Charter and Mission for the FAC and the Charter and Mission for the FAC Subcommittee on the Replacement Fund and Reserve Study (Subcommittee). The proposed revisions were approved by the Board for posting to allow for comments. The FAC and Subcommittee prepared written recommendations for the Board's review in the preparation of Board Action Forms requesting expenditures from the Replacement Fund for replacement or major repairs of common area real and personal property components.

Further Information

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

Additional FAC Members: Larry Anderson, Steve Proia, Carey Thompson, Bob Giovannettone, and Bill Ferstenfeld. FAC Subcommittee Members on the Replacement Fund and Reserve Study: Chris Stevens, Don Salvatore, Steve Proia, Carey Thompson, and Bill Wethe, Chair.

CONTACT THE AUTHOR AT
FINANCE@SCSHCA.COM



Health & Fitness Advisory Committee

BY HEIDI WORCESTER

Ring in 2020 With Yoga

You don't have to be a "Gumby" to enjoy yoga! The benefits are diverse: gaining strength, increasing flexibility, and improving mental focus are all yoga.



Depending on your fitness goals, several different types of yoga are available to fit your needs. Here are the benefits of each.

- **Restorative Yoga** | Deeply relaxes and restores the body while balancing the nervous system.
- **Balance & Strength Yoga** | Helps improve balance and equilibrium while gaining strength.
- **Yang/Yin Vinyasa Yoga** | Increases flexibility, cardiovascular conditioning, and mental focus.
- **Gentle Yoga** | Provides a safe and effective variety of poses that are welcome at all levels.

Register Now for Yoga and Pilates Workshop

Learn more about the theory, practice, and unique benefits of yoga and Pilates by attending our informational workshop in February. The focus will be on understanding form, technique, concentration, balance, and posture. Register today at the Montecito or Santa Rosa Fitness Desk. The workshop is on Saturday, February 15, from 8 – 11:30 am in the Montecito ballroom. Registration fee is \$25.

Resident Spotlight – Chris & Joy Lyons

Interview & Photo by Graham Jones



We moved to SCSH just over a year ago and have been discovering the many lifestyle choices available to us. We are both longtime exercisers, mostly 5K and 10Ks, plus a half marathon once in a while, but never yoga until now. We are going to repeat a beginner's yoga class. With the many class options available, we will surely join other classes, many of which will be new to us.

Upcoming Events

- January 1 | Sound Bath Crystal Bowl Meditation
- January 10 | Alzheimer's Support Group Meeting
- January 16 | Health and Wellness Series, presented by Dr. Bruce Underwood

Resources

- Classes and schedules: www.scszca.com (Select *Lifestyle*, then *Fitness*)
- Email feedback and suggestions to healthfitness@scszca.com

From The Library

BY CINDY DEGRAF



Happy New Year to all our readers and library visitors. As another wonderful year begins at SCSH, make it a habit to stop by the remodeled Montecito library regularly and pick up a book or two. There are new books coming in every day. We have many large print books to select from, and they are grouped together at the end of the alphabet on the lowest shelf of the hardcovers. There are also puzzles located behind the cabinet doors at the front of the library.

We appreciate your donations, too. Keep in mind that we have very limited space available to shelve and store books, so please do not leave items we cannot use. Please only donate those in excellent condition; and do not leave more than 10 per month, per household.

We Accept as Donations:

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

We Do Not Accept:

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

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

As always, thank you for supporting our library.

Interested in Joining a Committee?

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



A Place in the Sun

BY ARNOLD CHOY

Someone once said paradise can be found in Indio, CA, disguised as Sun City Shadow Hills, a wonderful 55+ gated community with 3,450 homes and over 5,000 residents. It was started in 2004 and the final phase completed in 2016.

In 2018 SCSH was voted #3 in the Top 50 “55+ Active Adult Retirement Communities” in the country.

There were 12 other Sun City locations that also made the Top 50 list.

Right next door in Palm Desert lies our big sister development, Sun City Palm Desert, built from 1992–2003 with its close to 5,000 homes, over 8,000 residents, three restaurants, three clubhouses, two golf courses, and its very own postal center. There is another Del Webb community underway in nearby Rancho Mirage, but its footprint will be much smaller (with about 1,000 homes and no golf course).

So where did this all begin? Well, it was in 1960 when Del Webb decided to build an affordable planned senior retirement community (where residents had to be at least 55 years old) about



The very first Del Webb model home in 1960

12 miles northwest of Phoenix (which is today Surprise, AZ).

The original home back then cost \$8,500 and was 860 square feet. Refrigerated air conditioning was an optional \$600 additional, which most buyers gladly purchased. After all, this was Arizona with its 120 degrees in the summertime.

The Grand Opening was scheduled for New Year’s Day, and the developers just hoped that some people would show up for the three-day event. But an estimated 100,000 prospective buyers attended the opening, and the rest is history.

This was also the year John F. Kennedy became our 35th President. *Psycho* was the most popular film. The theme from *A Summer Place* was the #1 song for nine weeks. The minimum wage was \$1/hr. Gas was a whopping 31 cents a gallon. The average annual salary was \$6,691, and the average price of a home was \$12,700.

Before tackling his new vision of building an affordable senior community, Del Webb was highly successful in building the Beverly Hills Hilton Hotel and the Flamingo Hotel in Las Vegas.



The Opening Day crowd, January 1, 1960

The original Sun City complex (a.k.a. Sun City Arizona) included over 27,000 homes, 7 recreation centers, 11 golf courses, and over 200 charter clubs to pick from. Development began in 1960 and was completed in 1978. Del Webb was 61 years old when this project started and passed away in 1974, but his company and his vision continued to thrive. Before his death he had already made plans to purchase additional land all around Sun City, and from 1978–1997 Sun City West was built with nearly 17,000 homes, 4 recreation centers, 9 restaurants, and 9 golf courses.

In addition, Del Webb created the RH Johnson Center, the largest senior activity center in Arizona. This was the first facility where the golf cart was foremost, as shopping and other amenities and venues were easily accessed via the personal golf cart. Imagine all of those smiling seniors tooling around the facilities in their private golf carts, probably many with expired driver's licenses.

After another colossal success story, the Del Webb company decided to continue with the build-out of Sun City Grand from 1996–2005. This was the smallest of the three communities with only 9,800 homes. It offered 50 floor plans, a well-appointed spa and fitness center, four championship golf courses, the ASU Lifelong Learning Academy for continuing education, and its very own TV station. Plus, a new groundbreaking

idea was born: this was the first 45+ active adult retirement community. Actually, Sun City is not really a true city but is an incorporated area.

The fourth major project in Arizona is in Buckeye (20 miles west of Sun City) and is called Sun City Festival with 7,200 homes. The latest innovative idea is a 9,000-square-foot Wood Shop and Crafts building.

A golfing friend of mine recently toured the site and models and, although he thought everything was very nice, he was not too impressed with the location off of the I-10 freeway – especially, when one has to drive over 12 miles to a Safeway to buy a carton of milk. He said it's like Trilogy in La Quinta where there is nothing close by: no shops, grocery stores, or medical facilities. And with my friend's ongoing health issues (like all of us are experiencing or will experience), he said the nearest medical facility was over 14 miles away. So he gladly passed on Sun City Festival, even though a salesman told him these much-needed facilities are planned.

As you probably know by now, Del Webb didn't just build in Arizona. Even though the founder died in 1974, the Del Webb company merged with Pulte

Homes, Inc., in 2001. Together, this \$14.7 billion conglomerate now has 59 active adult retirement properties across 20 states, and there are plans for more to come. In fact, there are even Del Webb retirement communities that aren't considered a Sun City property (like Rancho Mirage). So, the number is actually even bigger.



The newly opened Del Webb Rancho Mirage on Dinah Shore Drive

As a Sun City retiree once said, "Every time you hear a siren, that just means there will be another home for sale."

CONTACT THE AUTHOR AT
CHOYARNOLD@YAHOO.COM



Golf Course Dawn Patrol

BY NANCY BLAHA

What were you doing at 4:45 am this morning? I would venture to guess that, like me, you were most likely still sound asleep and hours away from your first cup of coffee. But while we were all warm in our beds, perhaps enjoying that last dream of the morning, somewhere outside in the dark, the golf course maintenance crew known as the Dawn Patrol was starting their day.

We are all fortunate to live in a community that has two beautiful golf courses at our disposal, and for the past 10 years I've enjoyed golfing at these fine courses. But I must admit, until now, I didn't have a clue about all that was involved in the daily operation of a golf course. All I knew was that, each time I stepped out on the first tee on either course, almost like magic, all the fairways and greens had been freshly mowed, the sand traps were free of any footprints from the previous day, divots had been repaired, and every pin on every green was in place. Not only that, each pin was in a different location than the day before.

Yes, I took it all for granted. That is until I was invited to write this article. First, we arranged to meet with our Shadow Hills Golf Course General Manager, Rolland Vaughn. Rolland graciously spent some time explaining to us what all was entailed every morning, 365 days a year, to ready both the North and South Courses.

Rolland surprised us both by informing us that there are over 40 Shadow Hills golf course maintenance employees on staff here at Shadow Hills. It takes at least 25 employees every day to ready both courses. That seemed like a lot of workers to us, until we learned that both golf courses total over 220 acres of fairways and greens. That's a lot of fairways, greens, and rough to mow, and course to cover – 187 football fields to be exact. And all this needs to be completed hopefully before the first resident tees off. Some days, though, depending on the amount of play the previous day, or unexpected animal or weather damage, it isn't always

possible to get everything finished by then.

All the preparation begins every day at 4:45 am. That's when the first employees arrive at the golf course shop. Master mechanics Pedro, Jason, and Roy have to start early and make sure all the equipment needed for the morning is running properly before the rest of the crew heads out on the courses.

While they do this, the rest of the landscaping workers file in for their daily 5 am office meeting. They all gather round a large TV to review each of the assignments that day. What they are looking at is a golf maintenance software program called taskTracker.



The taskTracker software is a state-of-the-art program for golf courses. Each employee's duties are listed and highlighted in color by the course they've been assigned to and by the priority of the task. The assignments vary. There is mowing and trimming, sand trap grooming, and tee box

setup. Then fixing divots and setting up pin placements. Still others involve handling any new irrigation issues that may have occurred over the previous 24 hours. What's great about this program is that the tracker is continuously updated allowing Rolland to have a clear picture of how everything is progressing and when each task is completed. Plus, the tracker is especially useful for bookkeeping and budgeting purposes and helps to record man-hours and all course expenses.

Once everyone is clear on his or her duties, each heads off to grab the tools and machinery and hurry to the assigned course and golf holes. The course is a flurry of movement as the orchestrated work is being completed and, by the time most are halfway finished, the sun is up.



Hugo Salcedo and Mario Verdugo grooming the fairway.

But their morning isn't done quite yet. Now comes the second round of duties. With the fairways mowed, traps raked smooth, and greens and tee boxes ready, it's time to work on the rough and fine tune other areas and dispose of any trash. Everyone rushes to have the tasks completed by the time the first person steps up to tee off for the day.

At times, depending on how busy it was the day before or if unexpected repairs are needed, course grooming needs to be worked on even after play has commenced. However, if everything goes well, except for the occasional repair or task, the crew's work is completed until it starts all over again the following day.

I can now say that I truly appreciate and am grateful for all the planning and work that is required to keep our courses beautiful and in great condition to play each day.

While it is certainly beneficial to me, as well as all the other Shadow Hills resident

golfers, to have the courses in such prime condition, having top-notch courses benefits non-golfers. Everyone who lives here can enjoy the beauty and know that our well



Jose Zaragoza and Steven Loya

cared for golf courses help keep our home values up, and much of the credit for this belongs to our hard working maintenance staff.

Next time I get up while half-asleep to turn on the coffee pot, I will give a little nod to our Dawn Patrol somewhere out there in the dark.

CONTACT THE AUTHOR AT
NANCYBLAHA@GMAIL.COM





Mai Lynn Seivers: An Artist with an Unusual Palette

BY BOB FIRRING | PHOTOS BY MAI LYNN SEIVERS

Mai Lynn Seivers is an artist who moved to our community in March 2018. Instead of joining a club to pursue her art, however, she decided to make her house and yard her palette.

"Landscaping is like designing a three-dimensional object or a painting. Before starting, I did some research to see what works

in a hot climate. Then I did a sketch, filling in the grass and the trees. I then went to YouTube to get tips on how to begin, including electrical lights, wiring, solar and drip systems. Finally, I asked lots of questions of professionals I met along the way."

The photos speak for themselves. Mai Lynn took a front yard that

looked like everyone else's and added some elevation plus other unique touches. She has also redone her backyard, closet, and the backsplash in her kitchen.

It takes confidence as well as creativity to begin such an ambitious project. Mai Lynn's has come from growing up in a special way.





"I was born in Vietnam. My mother was a remarkable woman. Although she could not read or write, mother became a gourmet chef and, in addition to preparing meals for many French families, cooked for numerous parties the U.S. Diplomatic Corps threw.

"That is how she met Patricia Thurston, a U.S. diplomat stationed in Saigon at the time. Once Patricia saw our difficult living conditions, she insisted that my family (mother, brother, and me) move in with her. When the time came to move, she adopted us and took us with her. She was the first woman to adopt an entire family. I was 10.

"I have lived in Singapore, Kabul, London, La Paz, and Santiago. While in Santiago, I began teaching English to international students living in Chile. I met the man I married. Since he worked for

NASA, my travels around the world continued. I finally wound up in the Bay Area, where I lived for 38 years."

Mai Lynn's confidence was bolstered by a job she created for herself: restoring porcelain-faced antique dolls. "I'm self-taught," she says. "The experience gave me confidence to work with my



hands and instilled the idea that I could do anything I made my mind up to do."

It helped that, being an artist and single woman, there was no deadline on Mai Lynn's home improvements. She enjoyed every step of the process and felt it would take away from the feeling of accomplishment if she hired outside help.

Mai Lynn is eager to help others who would like to try doing their own work. You can reach her at maiseivers@gmail.com.

CONTACT THE AUTHOR AT
RFIRRING@AOL.COM



The Road to the Galilee Center

BY SUSAN EVERETT

Several people have asked how I became involved in volunteering for the Galilee Center in Mecca. My response to them is, "It was fate."

Growing up in Fremont, CA, during the 60s and 70s, I would spend my summers working in my father's apricot orchard during the harvest. In preparation for "fruit season," as my dad liked to call it. We would begin washing 3,000 eight-foot redwood trays and 2,000 boxes with a heavy brass power washer. If you didn't have a tight grip on the handle of the water nozzle once the spray rig was turned on, it could fly up and knock you out! Let's just say the heavy washer handle and water pressure were fire department grade.

During late June, we had to focus on getting our dry yard ready for 30-40 people known as "cutters." I learned early there wasn't going

to be a "real summer vacation" until the last week of August. Once our apricots were ripe and ready to pick, usually around early July, we were ready to set everything into production. During my teenage years, I spent most of my time in the fields where I picked, sorted, and managed the pickers, as dad was responsible for several other orchards in the area. I was taught to have a keen eye when scouting out branches that had ripened fruit, as it would take several sweeps by the pickers to pick an orchard. It would have been beyond wonderful if every branch on every tree had ripened at the same time!

My mom's job was to oversee the workers in the dry yard and drive up to the orchards if we were running out of apricots to cut. No cell phones in those days! Our

apricots were bound for the dry yard to be cut and then cooked in our smokehouses. This all meant that the fruit had to be picked at the peak of perfection. Once the apricots were cut, smoked, and sun dried in the fields for a few days, we would scrape the "cots" off those redwood trays with flatten hoes. I made sure to always have a sewing needle nearby for all the splinters I accumulated after a day's work. Then it was back to sorting the dried apricots and packing them for shipment. My mom remembers that 1965-66 were a couple of the best years as we packed nearly 70 tons of dried apricots for shipment to Sunsweet Growers in San Jose. I can attest that working in the fields was the most physically challenging job I have ever done in my life!

As the years went by, finding workers to pick our crops became one of the most difficult things about the business. By the late 70s, no one wanted to work in the fields, not even my high school friends who often lasted less than a week doing this type of labor. Luckily, my parents were blessed to have had at least 20 workers and their families who showed up every summer for harvest over a 30 year period. The Sira family, who had 17 children, all worked for my parents on our ranch over the years. These hardworking friends were my extended family. We grew up together and attended each other's baptisms, weddings, and family celebrations.



Apricot field in Northern California

Our family's apricot orchard eventually sold in the 80s, later becoming one of the last orchards of the Silicon Valley. Mom and I still have the dry yard, smokehouses, and the home where my dad was born 103 years ago, in addition to the "big house" built in 1929 by my grandparents who were also apricot farmers. It is my "new" job to manage the Bettencourt Homestead, which I continue to do with pride to this day.

After moving to the Coachella Valley from the Bay Area, I heard about the Galilee Center in Mecca from a friend. Soon after, I made an appointment to interview Gloria Gomez and Claudia Castorena, the founders, as well as Lupe Torres, their Office Manager, to learn more about the Center. Once I heard their story, I knew this was where I should devote my time. SCSH residents Marcia and Howard Daniels, Karen Gyllin, Francine and Terry Henigan, and Peggy Mathieson also volunteer along with me at the Galilee Center.

The Center began on July 29, 2010, under the shade of a sprawling tree in the backyard of the Rodriguez family from Thermal. A group of 12 volunteers helped with packing canned food baskets that were distributed to 98 impoverished and low-income families from the eastern Coachella Valley who showed up that evening. Two months later the number of families increased to 120. Along with food baskets, Galilee began distributing fresh produce, clothing,

shoes, and household items. The families knew about these food distributions through word of mouth and flyers given out to Thermal seniors at area markets and at Indian reservations. As Gloria stated, "They were the poorest of the poor." Many were farm workers and the homeless, barely sustaining themselves.

In 2012, a vacant warehouse building was donated to the Galilee Center. It had been vandalized and needed repair. The goal was to renovate the warehouse so they could use it to provide services in Mecca.

A year later, they established an office in Coachella and expanded services to provide utility assistance, baby formula, diapers, crockpots for seniors, and backpacks for children, along with Thanksgiving and Christmas food baskets and toy distribution.

The nonprofit organization opened Our Lady of Guadalupe Shelter in late 2017. At its peak, the shelter provides hot meals, sleeping cots, and laundry services for 100 farmworkers each night. This was a vast improvement for the region's migrant workers, who had long slept in the fields or parking lots during the grape harvest.

If you wish to donate to or volunteer at the Galilee Center, contact www.galileecenter.org or phone (760) 396-9100.

CONTACT THE AUTHOR AT
JNSUEEVE@GMAIL.COM



To help provide financial support for the Galilee Center, a volunteer committee of SCSH residents facilitates the annual Drive Against Hunger Charity Golf Tournament, co-sponsored by The Cabazon Band of Mission Indians and the Fantasy Springs Resort Casino/Eagle Falls Golf Course. All proceeds are donated to the Galilee Center. Last year's contribution was nearly \$33,000. Since 2016, we have provided over \$113,000 to the Galilee Center.

Going for the Gold

BY BETH BOLDUC | PHOTOS PROVIDED BY TSIPI MERCURIO

With the 2020 Summer Olympics approaching in August, when someone mentions Olympic Games, it's pretty much automatic to think of someone like Michael Phelps, Simone Biles, or Kerri Walsh Jennings. Typical Olympic participants are usually very young, fresh-faced athletes barely out of high school. But believe it or not, there's another often overlooked Olympic competition: The Senior Olympics.

The Senior Olympics started in 1987 with just seven entrants. But the games have grown steadily over the past three decades and now include competitions in 20 different sports. In the U.S., to advance to the nationals, an athlete must first qualify at state-level contests. This past year's nationals in Albuquerque, New Mexico, drew 13,712 senior athletes from all over including a woman 103 years old who competed in the 50- and 100-meter dashes.

We're lucky here at SCSH to be represented by our own energetic senior athlete who has been participating in the Senior Olympics for over 10 years. Tsipi (pronounced "CP") Mercurio usually competes in the 50- and 100-meter dash plus the long jump. In about 2009 her husband, Mike, encouraged Tsipi to try out for the first time. It sounded interesting, but just what would it involve? Would it be challenging enough? You see, Tsipi is a strong athlete. She was surprised to find how demanding the competition turned out to be.

Over the years Tsipi has participated in state competitions in Maryland, Virginia, Delaware, and Pasadena, CA, to name a few. And she has never failed to qualify for the Nationals. Tsipi represented Virginia at the Cleveland and Minneapolis Nationals, then last June she was proud to represent California in the Nationals in Albuquerque.

To start understanding more about Tsipi's life experience that brought her to the Olympics, let's travel back to her place of birth in Vrotslav, Poland. Her parents were Jews who escaped the Holocaust only by walking 500 miles into Russia, where they met and got married. They returned to Poland after the war where Tsipi and her brother were born. In 1957, when Tsipi was four, the Communist regime in Poland allowed Jews to emigrate; and the family moved to Israel.

Being young, Tsipi learned the Hebrew language easily and helped her family adjust. She remembers not only being a good student but enjoying sports, especially gymnastics and track. After high school, she performed the required Israeli two years of military service where she learned a strong sense of responsibility and commitment to country. When it was time for college, she



Tsipi competing in the 50-yard dash

immediately chose the leading Institute of Physical Education, which entailed an intense exposure to many different sports disciplines. Her love of sports and the seeds of competition were beginning to grow.

After graduation Tsipi began work at an Israeli youth village that educated disadvantaged children, most middle- or high-school age. The children went to school but were also required to work around the village. It was a wonderful place. The children received an excellent education as well as a wide variety of support services. Tsipi taught PE there for 16 years and loved every minute of it.

Then in 1989, a mutual friend introduced her to a friend who was an American diplomat stationed in Israel. The friend was trying some “matchmaking.” And it worked! Tsipi married Mike Mercurio on March 20, 1991, and a few years later they moved back to the US, settling in northern Virginia.

It wasn’t easy to be an immigrant again. Tsipi recalls she was about the same age as her parents were when they moved from Poland to Israel, but she was determined to make the best of it. With her energetic “can do” spirit, she quickly became a proud and loyal citizen of the United States.

At first Tsipi taught Hebrew at the Foreign Service Institute but, soon, her love of physical exercise and a

healthy lifestyle enticed her to become certified as a personal trainer. Tsipi developed a healthy lifestyle program that became very successful. When Mike was ready



Above: Tsipi at National Senior Games in Albuquerque, June 2019

Below: ID badge from Albuquerque



to retire from the Foreign Service, he joined her. They focused on training clients 40 years old and over in the clients’ own homes, and the business grew. They operated the company for 20 years.

Fast forward to 2019 and SCSH. Tsipi still works out almost every day, and she loves the physical challenge of getting ready for competition. Some days you can find her in the Montecito gym. She’s the one going really fast! But she says it’s not always easy to watch your weight when you like to eat and cook good food as much as she does.

One last thing needs to be clear: Tsipi is definitely not a one-sided person. In addition to her sports endeavors, here’s a partial list of the clubs she belongs to: Ceramics, Book Club, Hadassah, Hiking Club, Discussion Forum Club, and Bocce. Even beyond that, Tsipi seems to have dozens of friends; and she greatly enjoys the opportunities for social life and parties that exist here at SCSH.

As the next state qualifying Senior Olympics approach, we wish Tsipi the best and hope she will be able to continue to take part for many years to come. Make us proud, girl. Keep going for the gold!

CONTACT THE AUTHOR AT
BETHBOLDUC7@GMAIL.COM.





Medical Marijuana for Seniors

BY AGGIE JORDAN | PHOTOS BY ROBERT DELAURENTI

Before the 20th century, marijuana was almost entirely legal. But as early as 1905, state legislatures, as well as the federal government, began to pass laws that included marijuana as a forbidden drug, all leading to the passage of the Controlled Substance Act under Richard Nixon in 1970.

But the movement reversed when California was the first state at the end of the 20th century (1996) to legalize medical marijuana. This was immediately followed by other western states, and today 29 states have legalized the medical use of marijuana. The federal government has legalized marijuana in a very limited and controlled way through the FDA approval of two forms for relief of nausea and vomiting after chemotherapy. In 2013, a study in the *New England Journal of Medicine* reported that nearly four

out of every five doctors approve of the use of medical marijuana.

A study of 7,500 patients in California (2,300 of which were seniors) reported that medical marijuana helped 90 percent of the patients in treating their conditions.¹ Though pot smokers consumed more calories than their counterparts, researchers found participants who smoked marijuana had significantly smaller waistlines and lower body mass indexes (BMI). Large waist circumference has been linked to diabetes risk. Those that used marijuana in the past month had lower levels of fasting insulin and higher levels of “good” high-density lipoprotein (HDL) cholesterol. Current users had a 16 percent lower fasting insulin level than people who said they never smoked pot, as well as 17 percent lower levels of insulin

resistance. The association was weaker for people who said they used pot at least once, but not within the past month.

The American Cancer Society reports that THC (the form of marijuana that gives you a buzz or a high) is successfully used for pain and nausea plus the relief of inflammation; and THC acts as an antioxidant. The second form of marijuana, CBD, treats seizures, reduces anxiety and paranoia, and counteracts the high of THC. The Alzheimer’s Association also tells us that in one study THC slows down the advancement of beta-amyloids, the primary component of plaques characteristic of Alzheimer’s disease. It also assists with depression, loss of appetite, and gets eating habits back on schedule. The American Cancer Society further reports that

smoking marijuana improves food intake in HIV patients.² Although this information comes from well-respected sources, we should all have this conversation with our physicians if we have questions about its use.

Here at Sun City Shadow Hills a number of residents have found medical relief from arthritis pain especially with hands, hips, and knees.



Arlene Sirkin praises the effects of marijuana for her pain in her joints. She has used the tincture oil and the salve. Because she has been open in her conversations about her use, she has been able to help others. Her daughter-in-law recently was a recipient of its value after experiencing severe pain. Arlene uses the salve for her arthritis, particularly her lower back pain. Because she has neuropathy, her husband rubs her feet at night with the salve and she finds great relief. For help with sleeping she ingests the oil which is "Red Leaf Tincture CBD rich" by squirting it in her mouth. Because it is expensive, her advice is to try small quantities at first.

A woman I've met in the fitness center, who prefers to remain

anonymous, has been using CBD for one and a half years. Again, because it is expensive, she finds she can save money by buying the oil and using an eyedropper to mix it with her body lotion. She then applies it to her hands and wrists. She is not opposed to recreational use either and will vape in the evening. (Vaping is inhaling or exhaling smoke with an electronic device.) Another dear friend of mine also uses the oil on her tongue before she goes to bed to aid her sleeping. She too, will vape in the evening for relaxation.



Arnie Kleban, who buys his CBD through Amazon, uses the salve for his arthritic knees. "It only lasts four or five hours, but I can reapply it and it's good. I put it on this morning before I came to the gym. It's a topical analgesic." Mary Lou Philips uses marijuana in the roll-on package for her knees.

I found in my interviews with residents that nearly everyone would use it if they needed it. Many people said they would use it before they would use pain medicine. One woman said that she uses turmeric drops and turmeric salve for her pain but, if this didn't work, she'd use

marijuana before she'd take opioids. A few people expressed a desire "not to start smoking again." Some people who have eaten brownies or the candy have advised caution. "It's very difficult to determine how much is in a brownie or a piece of candy, and often the candy takes some time to take effect so you can get pretty sick. You'll be fine later, but it is not a great experience."

A number of residents expressed a desire for more information. "Where do you get it? How do you get it?" were common questions. Although the City of Indio has a few shops certified to sell marijuana, they will only allow delivery starting in January 2020. There are many shops nearby in Palm Desert, La Quinta, and Thousand Palms as well as in Palm Springs, Rancho Mirage, and Cathedral City. The shop clerks will assist you in understanding the types and amounts that might help you. More information can be found on Google with prompts: "Medical Marijuana for Seniors" or "Local Marijuana Dispensaries."

Whatever your choice, may it bring you good health and no pain.

CONTACT THE AUTHOR AT
AGGIEJORDAN@GMAIL.COM



1. California Behavioral Risk Factor Surveillance System, a representative health survey of 7,525 California adults produced by the Public Health Institute in partnership with the CDC.

2. "Potential Therapeutic Effects of THC on Alzheimer's Disease" Sept. 16, 2014, *Journal of Alzheimer's Disease*, vol 422, no.3, pp. 973-984, 2014.

COMPUTER Q&A

BY TRACI BARNETT HONE

7 Google Search Tips for Better Results

For over twenty years, Google has helped users find what they want on the internet. Here are some tips that will make your Google searches more effective and may even change the way you search.

To get started, open up your browser, type: *Google*. Press enter.

Find Old Friends

Have you lost track of an old friend but have some basic information? If you are looking for someone's address or phone, type their information using commas between the fields.

- Type: *first name, last name, city, state*

Stay on Top of Sport Scores

Get the latest news on your sports team (unless you're on a date!). Enter the name of your team or two teams playing each other, and Google will return information about scores and schedules.

- Type: *Patriots*

Check Flight Times

Type in a flight number and Google will return information with updated flight times as well as terminal/gate information.

- Type: *UA 5203*

Find Local Attractions

If you find yourself in the middle of a city and you'd like to see some sights.

- Type: *Nashville, TN* to prompt an info card with local attractions and relevant images.
- Click "More things to do" to open a map of the area with attractions marked on the map.

Track Your Packages

You can enter any UPS, USPS, FedEx tracking number directly into the Google search bar and it will show you the tracking information about your package. Copy your tracking number from an email and copy it into the search bar.

Check Stock Prices

Check any stock by typing its ticker name into Google's search bar. To check Google's stock price:

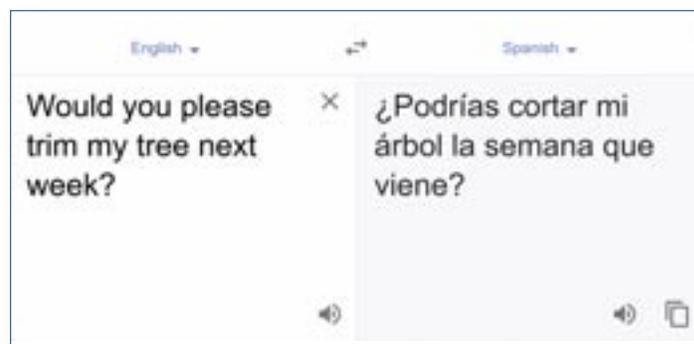
- Type: *GOOG*

Free Translator

Google Translate is a free translation service. I use it all the time!

- In the search box type: *translate*.
- In the box on the right, chose your language.
- In the box on the left, type what you'd like to have translated. Example: *Would you please trim my tree next week?*
- The translated text will appear.
- Click the audio to hear the phrase spoken.

WOW! Now, that's cool!



Just for Fun: Flip a Coin

And when all else fails and you have to make a decision?

- Type: *flip a coin*

CONTACT THE AUTHOR AT
INFOSCSHCOMPUTERCLUB@GMAIL.COM



BOOK REVIEW

BY AGGIE JORDAN

Ernest Hemingway's By-Line

EDITED BY WILLIAM WHITE

By-Line, edited by William White, is a worldwide tour with detailed descriptions of Hemingway's personal and intimate participation in a lifelong career of journalistic reporting. From the early 1920s to the mid-1950s, we live the bull races of Pamplona with runners' bodies strewn along the path and Hemingway's up-close vision of well-known Toreadors' skills. Personally, I would not engage in the bull race, but participating virtually is exciting.

White selects only 144 of Hemingway's over 500 news articles spanning four decades. We learn, with perhaps more detail than the general reader might want, about deep-sea fishing in Spain in the 1920s or in Cuba following World War II. But we also experience Hemingway's love of saloons, bars, gin, Scotch, beer, and just about any form of alcohol – and most important, his respect and love for his deep male friendships. Despite his four marriages, or perhaps because of them, Hemingway is a male icon.

Perhaps my favorite articles were those he wrote on the Serengeti, observing the interactions of the caste system of the jungle: lion, leopard, elephant, cheetah, hyena, hippo, and antelope – especially the wildebeest and its migration. Hemingway raised the deep-felt primitive love of Africa that I experienced in the Serengeti and the Ngorongoro parks. I witnessed the cycle of life in the jungle again as he described the hyenas snapping up the newly dropped wildebeest birth and feeding on it.

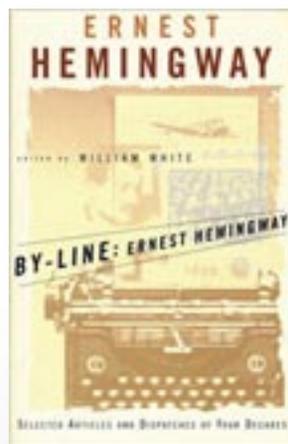
Most interesting is the historical significance of these reports to the *Toronto Star* during the 20s and events following World War I, that led to the world depression of the 30s, and the circumstances of Germany and Japan that led to World War II. To *Esquire* magazine, Hemingway describes his ever-present participation in the “war to end all wars” on many fronts. Often, we see his role as one of support in the fighting. In so many instances the correspondent, as he refers to himself, is in as much danger as the infantry.

It is not only the dangers of war that Hemingway finds himself in but, as World War II ends, we learn of two airplane crashes in the Belgian Congo, the first of which forces the world press to write obituaries for him and his fourth wife, Mary Welsh. Hemingway lived life with less fear than most of us, facing death again

and again to assure that we would have a record of events, both personal and historical, that he experienced in his lifetime.

Some of the last years of Hemingway's life were spent with Mary fishing in Cuban waters. Here, we see Mary, not as a subservient follower of Ernest and his fishing buddies, but as the driver of the boat and the navigator who assured that a hooked marlin did not escape the boys. Mary was a highly skilled deep sea fisherman on her own.

These stories, perhaps, kept me more interested than some of Hemingway's novels. If you haven't read *By-Line* and like his novels, you will find that much of the content is embedded with stories and descriptions from the by-lines. I hope you enjoy this book as much as I did.



CONTACT THE AUTHOR AT AGGIEJORDAN@GMAIL.COM





Lifestyle Update

CONNIE KING | LIFESTYLE DIRECTOR

On November 30, Sun City Shadow Hills residents experienced our first Golf Cart Parade along Sun City Boulevard. We wish to extend our appreciation to all the participants from the Community Singers, Performing Arts Club and Pom Squad. The Rancho Mirage High School marching band and the Indio Fire Department were added attractions to the parade. We appreciate all of you who came out to watch. The comments were overwhelmingly in favor of repeating it again next year! Planning and executing this undertaking would not have been a success without volunteers and staff, especially the maintenance department for ensuring the safety of the parade route. Thank you for all your help, from registration to photo takers, in making the parade an enjoyable experience for everyone.

December 63, Tribute to Frankie Valli and the Four Seasons was another successful event with over 400 residents in attendance. The performers' colorful costumes and electrifying presentation made it a night to remember. On Saturday, December 21, we took buses to Huntington Beach for the Harbor Lights Parade. And, finally, our New Year's Eve Masquerade Ball was an awesome close to 2019.

Looking forward, on January 4 is the *Cash, Killer, & King* concert. And, on January 17, join us for our Annual Volunteer Fair.

Thanks to everyone who showered us with well wishes, gifts, and tasty treats this holiday season. Staff and I wish you all a happy New Year!

CONTACT CONNIE KING AT
CONNIE.KING@ASSOCIA.US









CONNECTING with COMMUNITY

Volunteer & Resource Fair



FRIDAY, JANUARY. 17TH 2020 | 11 A.M. - 1 P.M.

Sun City Shadow Hills | Montecito Clubhouse

Sun City Shadow Hills and the Riverside County Office on Aging are hosting a Volunteer & Resource Fair with over 40 Coachella Valley non-profit and community based organizations.

Agencies showcase their volunteer programs, advocacy, and internship opportunities. Residents can find service opportunities that match their interests, skills, and experience.

FEATURING:

- Meet and learn about 40 Coachella Valley non-profit organizations
- Sign up as a volunteer that day!
- Local Resources and organizations
- Volunteer Spotlight on 6 organizations
- Raffle Prizes and Refreshments

The following volunteer categories or interests will be represented:

Animals Services, Hospital Services, Senior and Community Centers Schools, Citizens on Patrols/CHP/Sheriff' Department Volunteers, Disaster Services, Home Delivered Meals/ Food Banks, Environmental Stewardship/Nature, Libraries, Museums, and Theaters, Special Events in the Valley, Health Walks, Fundraisers, etc.

VOLUNTEER

VALUABLE OPPORTUNITIES IN LEADERSHIP USING NATURAL TALENTS ENABLING EXTRAORDINARY RESULTS

THE LIFESTYLE DESK ACCEPTS VISA, MASTERCARD, DISCOVER AND AMERICAN EXPRESS.

Chartered Club Presidents Meeting

Tuesday, January 7, 2020 · 10 AM
An important planning meeting for Charter Club Presidents to discuss the 2021 Season



Contact the Lifestyle Desk for more information 760-345-4349 Ext. 2020

Alzheimer's Support Group

Friday, January 10, 2020 & Friday, January 24, 2020
10:30 am – 12:00 pm

Free support group for caretakers, family, and individuals affected by Alzheimer's disease and other forms of dementia.

Session featuring the Alzheimer's Association & Sun City's Health & Fitness Director

Capistrano Room located in the Montecito Clubhouse

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS:™

 Sun City Shadow Hills®

Health & Wellness Series: Reversing Mild Cognitive Impairment



Join Us for a Presentation by Dr. Bruce C. Underwood at the Montecito Ballroom



Thursday, January 16
3:30 p.m. – 4:30 p.m.
Wine & Cheese Hour
Courtesy of The Peña Group

Presentation by
Dr. Bruce Underwood

Sponsored by
Carlos Peña



Dr. Underwood is a Preventive Care Specialist who has dedicated his life to health and healing, while providing integrated lifestyle counseling in the areas of addictive behaviors, exercise, nutrition, and stress for the prevention and treatment of chronic and degenerative diseases. He is a consulting Certified Preventive Care Specialist, Exercise Physiologist and a Certified Nutrition Specialist.

Limited Seats Available!
Call the Fitness Center to RSVP @
(760) 345-4349 ext. 2111 or ext. 2901

Chocolate LOVERS TOUR

Tucker Tours has been around since 1976 and will guide us through this wonderful tasting experience.

WEDNESDAY, FEBRUARY 12, 2020 | \$109^{per}

TOUR INCLUDES VISITS TO:
85° BAKERY CAFE | MIGNON CHOCOLATE
BAKALAVA FACTORY® | SCOOPS

Lunch is included and it will be at Tam O'Shanter with choices of Prime Rib, Turkey Sandwich or Cobb Salad with Souffle.

DEPART AT 7:30 A.M. | RETURN 11:30 P.M.
SIGN UPS START MONDAY, NOVEMBER 11, 2019
GUEST SIGN UPS START MONDAY, NOVEMBER 25, 2019



THURSDAY FEBRUARY 13, 2020 **\$96 PER PERSON**

ANAHEIM DUCKS VS CALGARY FLAMES

HONDA Center

Sun City Shadow Hills

Departure Time: 4:00 p.m. | Game Time: 7:00 p.m.
 Estimated time of Arrival to Montecito Clubhouse: 1:00 a.m.
 Tickets go on Sale Monday, November 11, 2019

American Flag Sale

New Replacement Flags and Poles for Phase 1 & 2 Homeowners

New Flags with Poles and Mounting Hardware for Phase 3 Homeowners

WHERE
 Montecito Clubhouse

WHEN
 January 10, 2020 • 10:00 a.m.

Sponsored By
 Shadow Hills Veterans Club

For More Information Contact Larry Smith
(714) 401-3772

Sun City Shadow Hills

THAT'S ENTERTAINMENT CLUB

Sir Laffs-A-Lot's Comedy Night

Starring Comedians from the Top Late Night Shows

Hilarious New Shows Every Month Rated "R" Due to Adult Content

Wednesday, January 15, 2020 • 7:00 PM
Arrive Together, Sit Together • No Seat or Table Saving

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

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

Discussion Forum Club presents:

My Amazing Life Journey

Immigrant > Professor > Energy Pioneer

How he started at the bottom, but made the world better!

- Living in post-war Japan, then moving to the United States and plunging into the cultural turmoil of 1968 America.
- Opportunities for academic achievement and then an unexpected, life-changing decision...
- Engineering the energy technology of the future in the United States, and then in an unexpected shift to Turkey.

Dr. Rocky Kubo, our neighbor here at SCSH, was born during WWII in Tokyo. Coming from Japan to the U.S. he had to make great adjustments as the differences in culture and tradition are so large, not to mention the language. He is now a U.S. citizen and earned his Ph.D. of Cornell and was a professor at Penn State University.

When: Thursday, Jan. 16, 2020
Time: 7:00 – 8:30 p.m.
Where: Montecito Ballroom, Front Hall

Season Pass: \$10 in Montecito Mailbox or Single Session: \$5/2 or \$3 pp. at the door.
 For more information contact John Crawford at crawfordj@earthlink.net



Lilates & Yoga
WORKSHOP

Saturday, February 15, 2020
8:00 am -11:30 am | \$25
Montecito Ballroom

Workshops are all about moving from theory to practice with an emphasis on understanding form, technique, concentration, balance and posture.

Register today to improve your practice and learn about the unique benefits of Yoga and Pilates.



Writer's Club

Invite You to Our

Open House

February 20, 2020 • 10:00 AM
Santa Rosa Clubhouse

Come and meet our group, hear their stories, peruse their recently published books, and see if you would like to write your story, or memoir too.

There Is No Annual Fee to Be a Member
 Information:

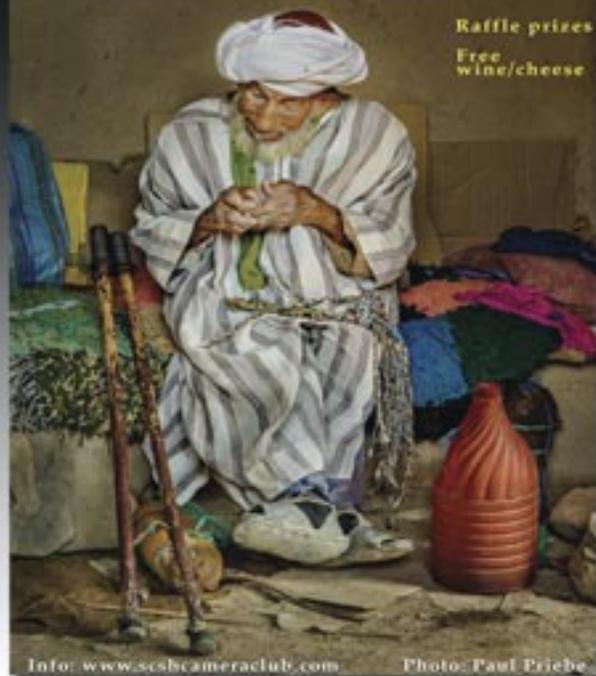
Tony: (760) 775-9521
Beth: (760) 636-0174

SCSH Camera Club

5th annual
Photo exhibition & sale

Saturday February 29th, 10am - 3pm
Montecito Clubhouse Ballroom

Raffle prizes
 Free wine/cheese



Info: www.scsbcameraclub.com

Photo: Paul Priebe

SUN CITY SHADOW HILLS
 COMMUNITY SINGERS PRESENTS

Sing, Sing, Sing

THE BIG BAND BEAT



MARCH 29TH @ 2PM
THE MONTECITO CLUBHOUSE

TICKETS AVAILABLE
 AT THE MONTECITO
 LIFESTYLE DESK

ADMISSION
\$1200

Check or Credit Card Accepted

FREE REFRESHMENTS FOLLOWING THE CONCERT

For club information contact: Geri Butler (760) 218-0585



Want to ...

be among the first to know what's happening in Sun City Shadow Hills?
Sign up for the Monday email blast!

Fill out the Announcements by Email Request Form online at www.scsbca.com/emailsSignup or stop by the HOA office to sign up.

You will begin receiving our weekly email blast each Monday morning, letting you know what is happening in our community that week. You will also receive critical alerts.

 Sun City Shadow Hills®



GOLF OPERATIONS

ROLLAND VAUGHN | GENERAL MANAGER, SHADOW HILLS GOLF CLUB

Happy New Year from all of us at Shadow Hills Golf Club! We have started the process of closing out the financials for 2019 and are forecasting another successful year with total facility revenue finishing more than budget and more than prior year. The team did a superb job contributing to the financial success by controlling expenses wherever possible, and we are expecting the bottom line to be a positive variance to budget. We will continue to focus on these areas along with providing exceptional playing conditions to ensure further success.

As we enter “peak” season, we encourage all of our golfers to be mindful of the rules in place for golf car usage and etiquette. Over the next three months, there will be nearly 30,000 rounds of golf played on our golf courses. This accounts for more than half of the rounds played for the entire year. As you can imagine, this amount of traffic causes damage to the golf course although it is necessary for play. The rule for allowing only two golf cars per tee time was created to alleviate some of the damage caused by golf car traffic. The fewer golf cars allowed onto the turf will reduce the amount of compaction and allow the Golf Course Maintenance team to maintain ideal playing conditions.

Finally, we would like to remind you that you can review a calendar of events on our website. There is a link in the main navigation menu under “Calendar,” or you can visit the following address:

www.shadowhillsgolfclub.com/calendar.

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

Hours Of Operation

NORTH COURSE

6 am – 5 pm

SOUTH COURSE

6 am – 5 pm

PRACTICE FACILITY*

6 am – 5 pm

Closed Thursdays 10 am – 12 pm

* Golfers will have priority for warming up prior to their round

* Last bucket sold at 5 pm

CONTACT THE AUTHOR AT
RMVAUGHN@TROON.COM





FITNESS UPDATE

DESIREE PORRAS | FITNESS DIRECTOR

Start with Health and Wellness

For many, this is the time of year to reset and reflect. What better way to start the New Year than with health and wellness? These concepts are relatively thrown together, but there is an important distinction between health and wellness. According to the World Health Organization (WHO), health is defined as a “state of mental, physical, and social well-being,” whereas wellness is defined as a “state of living.” Unlike health, wellness is an active process of becoming aware of our choices and making better decisions. Essentially, if health is the goal, then wellness might be the way to go about achieving it.

Continuing on this subject, it’s important to point out that some of us live with health conditions outside our control. Genetics, for example, plays a significant role in the development of high blood pressure and cholesterol. Physical and social environments affect both developmental disabilities and cardiovascular disease. Our health, unfortunately, is just something we can’t always guarantee. We can, however, do our best to control our mind and our body by actively working towards making better decisions. Remember, wellness is a choice: we can choose to manage our health conditions (when and where possible), we can choose to stop drinking to decrease the risk of disease, we can choose to eat healthy if we want to lose weight, and we can choose to ask for help when we need it most. Wellness is an opportunity as much as it is a choice. It’s an opportunity to never give up on ourselves or our circumstances, regardless of the season or how long it takes us to reach our goals.

Cheers to 2020 and to wellness!



Three Self-Care Tips to Ring in 2020

If you’re interested in learning more about ways to increase health and wellness in your life, I’d like to share with you these three important self-care tips:

1. INCORPORATE “ME TIME” INTO YOUR SCHEDULE.

It’s more than okay to take time for yourself even if it has to be scheduled. The first rule of kindness is to be kind to yourself. If you feel worn down from serving others, then spend time each week, or every day, focusing on yourself and your health. Going to the gym, reading, dancing, golfing, etc., are all hobbies that are an important part of self-care.

2. TRY MEDITATION, ESPECIALLY IF YOU STRUGGLE WITH ANXIETY OR DEPRESSION.

Meditation isn’t necessarily a spiritual thing, rather it’s a mental exercise for the body and the mind. Spending five to ten minutes a day, closing your eyes, focusing on your breath, and listening to the sound of music does more than you think.

Meditation, especially when practiced regularly, helps calm the nervous system, trains one’s attention, and increases awareness.

3. EXERCISE TO INCREASE SOCIALIZATION.

These two together are always a perfect combo. If you haven’t already, I recommend trying a group fitness class offered here at Sun City Shadow Hills not only to burn some calories but to meet some new faces as well.

Connecting with others is one of the best medicines for improving mood, decreasing negative thoughts, and increasing self-worth.

CONTACT THE AUTHOR AT
DESIREE.PORRAS@ASSOCIA.US

FITNESS CLASS SCHEDULE

Monday	
Montecito Fitness Center	Santa Rosa Clubhouse
8:00 am - Abs & Glutes; Angel	8:00 am - Cardio Kickboxing; Marlana
9:00 am - Zumba; Angel	9:00 am - Silver Fit; Marlana
10:00 am - Beginner Yoga; Angel	10:00 am - Mat Pilates; Desiree; NS
11:00 am - Reformer Pilates II; Brenna	
12:00 pm - Reformer Pilates I-II; Brenna	
1:00 pm - Lively Liners (Beginner 1)	
2:00 pm - Lively Liners (Beginner 2)	
3:00 pm - Aqua Tabata; Karen	
4:00 pm - Lively Liners (Advanced)	
6:00 pm - Pom Squad Practice	
Tuesday	
Montecito Fitness Center	Santa Rosa Clubhouse
8:00 am - Total Body Strength; Marlana	8:00 am - Stretch & Relaxation; Desiree**
9:00 am - Yoga & Balance; Melinda	9:00 am - Silver Circuit; Marlana
10:00 am - Cardio Blast/Sculpt; Amy	2:00 pm - Strength Training; Forest; SG**
11:00 am - Aqua Fitness; Amy	
11:00 am - Reformer Pilates I-II; Justin*	
1:00 pm - Lively Liners (Beginner)	
2:45 pm - Chair Yoga & Stretch; Marlana	
Wednesday	
Montecito Fitness Center	Santa Rosa Clubhouse
8:00 am - Body Sculpt; Angel	8:00 am - Zumba; Rosy
9:00 am - Zumba; Angel	9:00 am - Power Pilates; Amy
9:30 am - Aqua Cardio/Balance; Karen	10:00 am - Gentle Yoga; Amy
10:00 am - Beginner Yoga; Angel	
11:00 am - Reformer Pilates II; Justin	
12:00 pm - Reformer Pilates II; Justin	
1:00 pm - Lively Liners (Intermediate)	
2:00 pm - Lively Liners (Intermediate)	
5:15 pm - Sun Tai Chi; Dr. Haberkorn	

Thursday	
Montecito Fitness Center	Santa Rosa Clubhouse
8:00 am - Core & Stretch; Desiree**	8:00 am - Barre Above; Marlana
9:00 am - Yoga ; Melinda	9:00 am - Silver Fit; Bonnie
10:00 am - Zumba Toning; Angel	10:00 am - Restorative Yoga; Amy
11:00 am - Reformer Pilates I-II; Justin	2:00 pm - Strength Training; Forest; SG**
11:15 am - Aqua Fitness; Amy	
12:00 pm - Intro Reformer Pilates; Desiree	
1:15 pm - Thera-Band; Dr. Eric**	
2:45 pm - Silver Fit; Marlana	
5:00 pm - Lively Liners (Interm.)	
6:00 pm - Pom Squad Practice	
Friday	
Montecito Fitness Center	Santa Rosa Clubhouse
8:00 am - Total Body Tabata; Marlana	9:00 am - Yoga; Amy; NS
9:00 am - Zumba; Rosy	
9:30 am - Aqua Cardio/Balance; Karen	
10:00 am - Chair Yoga; Marlana	
11:00 am - Reformer Pilates I-II; Justin*	
1:00 pm - Lively Liners (Advanced)	
Saturday	
Montecito Fitness Center	Santa Rosa Clubhouse
8:00 am - Zumba; Rosy/Michelle	8:30 am - Vinyasa Yoga; Leesann; NS
9:00 am - Open Line Dancing**	10:30 am - Tai Chi Qigong; Dr. Hamilton

Fitness Key

NS = No Shoes | SG = Small Group Training (10 people max.)
 Classes with a Single Asterisk (*) = New Class | Classes with a Double Asterisk (**) = Free Class
 Schedule Subject to Change

SUNDAY	MONDAY	TUESDAY	1 WEDNESDAY NEW YEAR'S DAY
<p>5</p> <p>9:00 AM MVC Bible Study PAT 9:00 AM Needles & Pins CAM/MIR 10:00 AM Mountain View Church CAP 2:00 PM Table Tennis NPT/PIS 4:00 PM Let's Meet and Eat BR</p>	<p>6</p> <p>7:15 AM Lady Putters CAP 9:00 AM Creative Arts CAM/MIR 11:30 AM Pan CAP 12:00 PM Pickleball Club LJ 12:30 PM Needles & Pins CAM/MIR 1:00 PM Games Plus PIS 1:00 PM Gin Rummy NPT 2:00 PM Genealogy MON 4:00 PM Solo's Club LJ 4:30 PM King & Queens Club PIS 5:00 PM Bocce Buddies BCM 6:00 PM Pan CAP 7:00 PM Billiards Club PAC</p>	<p>7</p> <p>8:00 AM Ceramics CAM/MIR 10:00 AM Club Presidents Meeting FH 10:30 AM DRC Meeting COA 11:15 AM Pan NPT 12:00 PM Duplicate Bridge CAP 12:45 PM Paper Crafters CAM/MIR 2:30 PM Tuesday Night Putters FH 4:30 PM King & Queens Club PIS 7:00 PM Performing Arts FH</p>	<p>8</p> <p>9:00 AM Needles & Pins CAM/MIR 9:30 AM Bridge Lessons CAP 10:30 AM Safety Meeting COA 10:30 PM Computer Club Meeting FH 11:00 AM Table Tennis NPT/PIS 12:30 PM Mah Jongg BH 1:00 PM Jewelry Club MIR 1:30 PM King & Queens Club NPT 2:00 PM Landscape Advisory COA 2:00 PM Men's Golf LJ 3:00 PM Camera Club MON/PIS 4:00 PM Desert Gardeners FH 5:00 PM Bocce Buddies BCM 6:30 PM Bridge BH 7:00 PM Billiards Club (PAC)</p>
<p>12</p> <p>9:00 AM MVC Bible Study PAT 9:00 AM Needles & Pins CAM/MIR 10:00 AM Mountain View Church CAP 2:00 PM Table Tennis NPT/PIS</p>	<p>13</p> <p>7:15 AM Lady Putters CAP 9:00 AM Creative Arts CAM/MIR 11:30 AM Pan CAP 12:30 PM Needles & Pins CAM/MIR 1:00 PM Games Plus PIS 1:00 PM Gin Rummy NPT 2:00 PM Genealogy MON 3:30 PM Community Singers CAP 4:30 PM King & Queens Club PIS 5:00 PM Bocce Buddies BCM 6:00 PM Pan CAM/MIR 6:30 PM Performing Arts FH 7:00 PM Billiards Club PAC 7:00 PM Bocce Buddies BCM</p>	<p>14</p> <p>8:00 AM Ceramics CAM/MIR 10:00 AM Desert Life Board LJ 11:15 AM Pan NPT 12:00 PM Duplicate Bridge CAP 12:45 PM Paper Crafters CAM/MIR 4:30 PM King & Queens Club PIS 6:30 PM Performing Arts FH 6:30 PM Pet Club CAM 6:30 PM Republicans CAP</p>	<p>15</p> <p>7:30 AM Men's Golf BR 9:00 AM Needles & Pins CAM/MIR 9:30 AM Bridge Lessons CAP 10:00 AM Mah Jongg Lessons BH 11:00 AM Table Tennis NPT/PIS 12:00 PM Women's Golf FH 12:30 PM Mah Jongg BH 1:00 PM Jewelry Club MIR 1:30 PM King & Queens Club NPT 3:00 PM Camera Club MON 5:00 PM Bocce Buddies BCM 6:30 PM Bridge CAM/MIR 7:00 PM Billiards Club PAC 7:00 PM Comedy Night BR</p>
<p>19</p> <p>9:00 AM MVC Bible Study PAT 9:00 AM Needles & Pins CAM/MIR 10:00 AM Mountain View Church CAP 2:00 PM Table Tennis NPT/PIS 5:00 PM Solo's Club CAP</p>	<p>20 MLK JR. DAY</p> <p>7:15 AM Lady Putters CAP 9:00 AM Creative Arts CAM/MIR 11:30 AM Pan CAP 12:00 PM Disaster Preparedness MON 12:30 PM Needles & Pins CAM/MIR 1:00 PM Games Plus PIS 1:00 PM Gin Rummy NPT 4:30 PM King & Queens Club PIS 5:00 PM Bocce Buddies BCM 6:00 PM Community Singers BH 6:00 PM Pan CAP 7:00 PM Billiards Club PAC 7:00 PM Bocce Buddies BCM</p>	<p>21</p> <p>8:00 AM Ceramics CAM/MIR 10:30 AM DRC Meeting COA 11:15 AM Pan NPT 12:00 PM Duplicate Bridge CAP 12:45 PM Paper Crafters CAM/MIR 2:00 PM Golf Advisory Comm. COA 2:30 PM Tuesday Night Putters FH 4:30 PM King & Queens Club PIS 6:30 PM RV Club CAP 7:00 PM Performing Arts FH 7:00 PM Veterans Club CAM</p>	<p>22</p> <p>9:00 AM Needles & Pins CAM 9:30 AM Bridge Lessons CAP 10:00 AM Mah Jongg Lessons BH 11:00 AM Table Tennis NPT/PIS 12:00 PM Women's Golf FH 12:30 PM Mah Jongg BH 1:00 PM Jewelry Club MIR 1:30 PM King & Queens Club PIS 2:00 PM Games Plus NPT 3:00 PM Camera Club MON 5:00 PM Bocce Buddies BCM 6:30 PM Bridge BH 7:00 PM Billiards Club PAC</p>
<p>26</p> <p>9:00 AM MVC Bible Study PAT 9:00 AM Needles & Pins CAM/MIR 10:00 AM Mountain View Church CAP 2:00 PM Table Tennis NPT/PIS 4:00 PM Couples Golf BR</p>	<p>27</p> <p>7:15 AM Lady Putters CAP 8:00 AM Executive Session COA 9:00 AM Creative Arts CAM/MIR 11:30 AM Pan CAP 12:30 PM Needles & Pins CAM/MIR 1:00 PM Games Plus PIS 1:00 PM Gin Rummy NPT 2:00 PM Board Meeting BR 4:30 PM King & Queens Club PIS 5:00 PM Bocce Buddies BCM 5:00 PM Community Singers BH 6:00 PM Pan CAP 7:00 PM Billiards Club PAC 7:00 PM Bocce Buddies BCM</p>	<p>28</p> <p>8:00 AM Ceramics CAM/MIR 9:00 AM Candidate Info Session COA 11:15 AM Pan NPT 12:00 PM Duplicate Bridge BH 12:45 PM Paper Crafters CAM/MIR 1:00 PM Women's Golf FH 2:00 PM Readers Ink CAP 4:30 PM King & Queens Club PIS 6:30 PM Performing Arts FH 7:00 PM Bunco BH</p>	<p>29</p> <p>9:00 AM Needles & Pins CAM 9:30 AM Bridge Lessons CAP 10:00 AM Mah Jongg Lessons BH 11:00 AM Table Tennis NPT/PIS 12:00 PM Women's Golf FH 12:30 PM Mah Jongg BH 1:00 PM Jewelry Club MIR 1:30 PM King & Queens Club PIS 2:00 PM Information Advisory COA 3:00 PM Camera Club MON 5:00 PM Bocce Buddies BCM 6:00 PM Movie Group CAM 6:30 PM Bridge BH 7:00 PM Billiards Club PAC</p>

2 THURSDAY	3 FRIDAY	4 SATURDAY
8:00 AM Women's Golf SY2 9:00 AM Creative Arts CAM/MIR 10:00 AM Writer's Club MON 11:45 AM Pan CAP 12:30 PM Games Plus NPT 12:30 PM Ukulele Strummers CAM/MIR 1:00 PM EPC MON/PIS 4:30 PM King & Queens Club PIS 6:00 PM Oke Dokey Karaoke BH 6:30 PM Bridge CAP	8:00 AM Ceramics CAM/MIR 8:00 AM Weight Watchers CAP 8:30 AM Bocce Buddies BCM 10:00 AM Performing Arts Board LJ 11:45 AM Pan CAP 2:00 PM Table Tennis NPT/PIS 4:00 PM Intermediate Spanish MON 5:10 PM Beginner Spanish MON 5:30 PM Bingo BR 7:00 PM Movie: <i>Aladdin</i> CAM/MIR	9:00 AM Spanish Class CAM 10:00 AM Bridge CAP 7:00 PM Cash, Killer & The King BR
9 8:00 AM Lady Putters FH 9:00 AM Creative Arts CAM/MIR 9:00 AM Facilities & Services COA 10:45 AM Spanish Club MON 11:45 AM Pan MAR 12:30 PM Games Plus NPT 12:30 PM Ukulele Strummers CAM/MIR 2:00 PM Couples Golf Board PIS 3:00 PM Camera Club LJ 3:00 PM Meet a Board Member CAP 4:30 PM King & Queens Club PIS 6:30 PM Bridge BH 6:30 PM Performing Arts FH	10 8:00 AM Ceramics CAM/MIR 8:00 AM Weight Watchers CAP 8:30 AM Bocce Buddies BCM 10:00 AM Flag Sale CL 10:00 AM New Homeowners Orien. FH 10:30 AM Alzheimer's Support Gr. CAP 12:30 PM Computer Workshop MON 1:00 PM Canasta MIR 1:15 PM Health/Fitness Comm. COA 1:30 PM Creative Arts CAM 2:00 PM Table Tennis NPT/PIS 4:00 PM Intermediate Spanish MON 5:10 PM Beginner Spanish MON 5:00 PM Tennis Club BR 7:00 PM Movie: <i>The Bookshop</i> CAM	11 9:00 AM Spanish Class CAM 10:00 AM Bridge CAP 5:45 PM Lively Liners BR
16 8:30 AM Classy Niners CAP 9:00 AM Creative Arts CAM/MIR 10:00 AM Writers Club MON 11:45 AM Pan CAP 12:30 PM Games Plus NPT 12:30 PM Ukulele Strummers CAM/MIR 2:00 PM Food & Beverage Com. COA 4:30 PM King & Queens Club PIS 6:00 PM Democrats CAM 6:30 PM Performing Arts CAP 7:00 PM Discussion Forum FH	17 8:00 AM Ceramics CAM/MIR 8:00 AM Weight Watchers CAP 8:30 AM Bocce Buddies BCM 11:00 AM Volunteer Fair BR 11:45 AM Pan CAP 1:00 PM Canasta MIR 1:30 PM Creative Arts CAM 2:00 PM Table Tennis NPT/PIS 4:00 PM Intermediate Spanish MON 5:10 PM Beginner Spanish MON 5:30 PM Shall We All Dance BR 7:00 PM Movie: <i>Can You Ever Forgive Me?</i> CAM/MIR	18 9:00 AM Spanish Class CAM 10:00 AM Bridge CAP 6:00 PM Pickleball Club MON/NPT/PIS 7:00 PM Tutta Bella Vino BR
23 9:00 AM Creative Arts CAM/MIR 10:45 AM Spanish Club MON 11:45 AM Pan CAP 12:30 PM Games Plus NPT 12:30 PM Ukulele Strummers CAM/MIR 4:30 PM King & Queens Club PIS 6:00 PM Bridge CAP 6:30 PM Performing Arts CAP	24 8:00 AM Ceramics CAM/MIR 8:00 AM Weight Watchers CAP 8:30 AM Bocce Buddies BCM 10:30 AM Alzheimer's Support Gr. CAP 11:00 PM Finance Committee COA 12:30 PM Computer Workshop MON 1:00 PM Canasta MIR 1:30 PM Creative Arts CAM 2:00 PM Table Tennis NPT/PIS 4:00 PM Intermediate Spanish MON 4:00 PM Card Painting Class FH 4:30 PM Hiking Club CAP/PAT 5:10 PM Beginner Spanish MON 7:00 PM Movie: <i>Hostiles</i> CAM/MIR	25 9:00 AM Spanish Class CAM 10:00 AM Bridge CAP 6:00 PM Rainbow Friends BR
30 9:00 AM Creative Arts CAM/MIR 11:45 AM Pan CAP 12:30 PM Games Plus NPT 12:30 PM Ukulele Strummers CAM/MIR 3:00 PM Candidate Forum BR 4:30 PM King & Queens Club PIS 6:00 PM Bridge CAP 6:30 PM Performing Arts CAP	31 8:00 AM Ceramics CAM/MIR 8:00 AM Covenants Committee COA 8:00 AM Weight Watchers CAP 8:30 AM Bocce Buddies BCM 1:00 PM Canasta MIR 1:30 PM Creative Arts CAM 2:00 PM Table Tennis NPT/PIS 4:00 PM Intermediate Spanish MON 5:10 PM Beginner Spanish MON 7:00 PM Movie: <i>TBD</i> CAM/MIR 7:00 PM Volunteer Reception BR	

January 2020

LEGEND

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

Sign up or purchase tickets to Lifestyle events at the Lifestyle Desk in the Montecito Clubhouse.
760-345-4349 x 2120
Cash, checks & credit cards accepted.

Club Contact Information

BILLIARDS

John Hemphill 760-636-1924
jlhemp@verizon.net

BOCCE BUDDIES

Rick Halla 760-347-9676
rick@rickhalla.com

BOWLERS CLUB

Rose Borses 760-636-4788
rosie6461@gmail.com

BRIDGE

Rich Rodeman 541-829-1934
richrodeman@frontier.com

BUNCO

Stacy Boeskin 562-322-0985
scshbunco@yahoo.com

CAMERA CLUB

Don Stenson 760-565-7235
scshcameraclub@gmail.com

CANASTA

Beverly Mirsky
beverlymirsky@yahoo.com

CERAMICS CLUB

Adam Roberts
scshceramics@hotmail.com

CLASSY NINERS

Carolyn Stevens 626-616-5260
corystevens@ymail.com

COMMUNITY SINGERS

Geri Butler 760-775-7846
gbutler414@gmail.com

COMPUTER CLUB

Traci Barnett Hone 760-360-1545
infoscshcomputerclub@gmail.com

COUPLES GOLF

Linda Lunghamer 780-720-4117
lunghamer@shaw.ca

CREATIVE ARTS

Marilyn Barton 480-274-5500
m2barton@hotmail.com

DANCE CLUB

Judy Wilson 858-337-5284
scshdanceclub@gmail.com

DESERT GARDENERS

Amy Tomlinson 303-888-5429
ahomlinson@me.com

DESERT LIFE

Carline Smith 760-345-4092
cw_gmsmith67@aol.com

DISCUSSION FORUM

Mike Mercurio 760-342-8108
mmercurio999@gmail.com

GAMES PLUS

Pat Rosandich 760-343-0783
rosandichp@gmail.com

GENEALOGY CLUB

Martha Horner 760-347-2349
marthajhh@gmail.com

GIN RUMMY

Marie Devito 760-636-5593
mariedevito2@gmail.com

HIKING CLUB

Nancy Stenson
stensonnancy@gmail.com

JEWELRY CLUB

Sharon Degenhart 619-777-3457
sdegenhart@ymail.com

KING & QUEENS CARD CLUB

Mike Strittmatter 760-698-2790
mstritt2003@yahoo.com

LADY PUTTERS

Pamela Castro-Lee 442-400-3122
ladyplee@gmail.com

LET'S MEET AND EAT CLUB

Tami Lamporte 760-399-2299
scshmeetandeat@gmail.com

LIVELY LINERS

Lynn Turnbow 442-300-2572
howlynn222@gmail.com

MAH JONGG

Joan Schwarz 760-610-1561
joanschwarz@yahoo.com

MEN'S GOLF CLUB

Rick Stohr 760-619-2416
rickstohr1@gmail.com

NEEDLES & PINS

Joan Kiening 708-805-9783
needlesandpinssuncity@gmail.com

OKE DOKEY KARAOKE

Alan Voss 209-768-9393
alan@alvoss.com

PAIRS 9-HOLE GOLF CLUB

Brandon Mason 310-508-3977
scshpairsgolf@gmail.com

PAN

Bobbi Morris 760-775-2976
ebmorris@verizon.net

PAPER CRAFTERS

Diane O'Rourke 805-216-1818
ladidi4809@sbcglobal.com

PERFORMING ARTS

Judith Bennoch 905-394-1660
judithbennoch@cloud.com

PET CLUB

Tami Lamporte 760-399-2299
tlamporte@gmail.com

PICKLEBALL

Tom Gierat
tgpickleball@gmail.com

POM SQUAD

442-324-3780

RAINBOW FRIENDS

Ron Forbes 925 785-3258
rgf1118@aol.com

READERS INK

Nancy Angus 760-238-4582
nangus1967@aol.com

RV CLUB

Ed Degenhart 619-777-3458
edegenhart1311@gmail.com

SOLOS

Judy Wilson 858-337-5284
judywilson2016@outlook.com

SPANISH CLUB

Maria Blue
scshspanishclub@gmail.com

TABLE TENNIS

Steve Monsky 760-625-1478
smonsky@att.net

TENNIS CLUB

Dennis J Sheehan 650-303-8539
djsheehan46@gmail.com

THAT'S ENTERTAINMENT

Julie Johnston 760-772-0317
jjohnston003@dc.rr.com

TUESDAY NIGHT PUTTERS

Harry Shore 949-677-4403
hshore@gmail.com

TUTTA BELLA VINO

tuttabellavino@gmail.com

UKULELE STRUMMERS

Darlene Kretchmer
dkretchmer@yahoo.com

VETERANS CLUB

Pete Anderson 760-469-2086
petegolf@yahoo.com

WOMEN'S GOLF CLUB

Andrea Unfried 541-953-6367
a.unfried@comcast.net

WRITERS CLUB

Tony Davis 760-775-9521
antiqphoto@gmail.com

RESIDENT GROUPS

BAPTIST CHURCH GROUP

Earl McDaniel 949-675-8717
emcdaniel27@myway.com

CONCERNED HOMEOWNERS OF SHADOW HILLS

Stu Stryker
stustryker@aol.com

DEMOCRATS

Avi Greene
democratsinscsh@gmail.com

HADASSAH

Cindy Hailpern 760-360-4902
cindy.hailpern@verizon.net

MIND, BODY, AND SOUL

Karen Bernert 818-355-1188
kbern22@verizon.net

REPUBLICANS

Pete Anderson 760-469-2086
petegolf@yahoo.com

THE VOICE

Martin Stone 760-565-1840
martin.stone.86@gmail.com

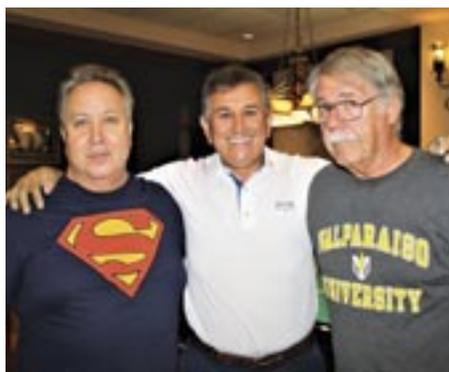
IF YOUR CLUB'S OFFICERS HAVE CHANGED, PLEASE SEE THE LIFESTYLE DESK AND FILL OUT THE NEW OFFICERS FORM. 760-345-4349 EXT. 2120



Billiards Club

Have you wanted to pick up that pool cue for years but have just never gotten around to it, or never had the opportunity? Maybe you have never even held a cue, but always wanted to play billiards! Your moment has arrived! Our billiards room at the Montecito Clubhouse is home to six beautiful nine-foot tables. Our club allows you to play with men and women of all levels of experience. Whether you are new to SCSH or a long time resident, this is your opportunity to play pool, meet your neighbors and make new friends.

Our club is open year-round and meets every Monday and Wednesday evenings at 7 pm in the billiards room. However many members arrive early for practice. **If you would like to take billiard lessons, our club member Brian Murry provides instruction on Monday mornings at 10 am for no cost.** We also have friendly and competitive tournaments once each month at a cost of \$5 per player, but you must be a club member to compete.



Tournament winners (l-r): Keith Dean, Carlos Pena and John Hemphill

On November 20 we played an eight and nine ball combined tournament. Carlos Pena took first place; Keith Dean took second, followed by John Hemphill in third. Everyone played well and had fun at this enjoyable event.

Join us at the Montecito Clubhouse on Monday and Wednesday evenings and turn that billiards wish into reality.

Contact our club leader, John Hemphill, at 760-636-1924 and he will get you set up and playing immediately.

We look forward to meeting you and having you join our club!



Bocce Buddies

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

We play bocce at the Montecito Clubhouse. There are five bocce courts at the Montecito Clubhouse and two courts at the Santa Rosa Clubhouse.

Log on to scshca.com and see the "Clubs" calendar for the exact times.

All are welcome to play and join our club. There are no membership dues.

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

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



Bowlers Club

From the SCSH Bowlers, Happy New Year!

Our bowlers have been competing for the coveted envelope (which won't come until March). Who knows what bounty the winning team will enjoy?

Several folks from the league will be venturing off again to the Fun Time National No-Tap Tournament in Las Vegas at the end of this month. Each time we attend the tournament more folks join us. Last year we brought the largest contingent. It's a fun time (as the name says). We meet new friends and greet folks from all over the country who are now old friends. Bowling with our family really creates a feeling of closeness, caring, and love. We'll bring back the results in the next issue of *The View*. For information about this amazing group contact Rose Borses at 760-636-4788 or rosie6461@gmail.com.



Bunco

Please join us on the following dates at the Montecito Clubhouse at 7 pm for an evening of fun and friends. No experience necessary!

- January 28
- February 25
- March 24
- April 21

For more information, please contact Stacy Boeskin at SCSHbunco@yahoo.com.



Camera Club



"Santorini Green Door" by Beth Bolduc

Happy new year! We have now completed two months full of activities and will continue for the rest of the season.

If you are interested in photography, our club has photographers of all levels. We have a great website that is updated regularly with photos submitted by our members. Here you can learn all about our club and find helpful information on photography skills in our 'Toolbox.' Please go on the website to submit any questions you have about photography. They will be answered during our monthly meetings. Check us out at: www.scschcameraclub.com, or send us an email at: scschcameraclub@gmail.com.

Schedule:

1ST WED | Photo Show and Tell

2ND WED | General Monthly Meeting

2ND THU | SIG (special interest group) – Advanced Post Processing

3RD WED | Beginner Post Processing

4TH WED | Workshop

Serious work will begin soon to prepare photos for the Riverside Date Festival and also for the Annual Photo Exhibit and Sale on February 29 at the Montecito Clubhouse.



Canasta Club

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



Ceramics Club

Happy New Year to our fellow residents of Sun City Shadow Hills from the Ceramics Club.

We are thrilled to have the opportunity to have such a fantastic club within our complex. We are able to work together on our individual projects as well as group projects two times a week, Tuesday and Friday mornings from 8 am – noon.

We have a wonderful kiln room with two kilns that we keep busy with all of our projects. Our supply room is stocked with items needed for our kiln as well as books and catalogs about ceramics. We have many of our own molds which we can fill with slip to form new pieces to be fired and then painted.

Creativity is always flowing through our members making some wonderful and beautiful creations. We have special classes throughout the year to help expand our members knowledge of ceramics and techniques that can be used to enhance projects they are working on.



The pictures above show a few of our 47 members.

We are a fun loving, industrious club who enjoys working and supporting each other.

As you enter 2020 if you find you'd like to start a new hobby, come check us out any Tuesday or Friday morning.

You may also contact us at scshceramics@hotmail.com.



Classy Niners

The Classy Niners celebrated their holiday luncheon, "Tees the Season," in festive style on December 2. A wonderful time was had by all.

We are so fortunate to have so many talented members dedicated to ensuring the success of these club events.

With the holidays behind us now, we have turned our focus to the new year and the many exciting activities the Niners have scheduled for 2020.

Next up this month is a "Beat the Pro" contest on the 14th with Dixie Eckes, our resident pro.

Then, the annual invitational with the Sun City Palm Desert Lady Niners takes place January 21st.

Reservations are also underway for the annual golf getaway in February.

It promises to be a stellar year on the links!

Be sure to check the calendar on our website for a complete listing of all upcoming events at www.shclassy9ers.com. Details regarding membership, handicaps, signups and other pertinent club information can also be found at this location.

The Classy Niners welcome golfers of all levels of experience.

Questions regarding Classy Niners membership should be directed to Debbie Althouse, membership chair, at deb_s@cox.net. Please refer all other questions about our club to Cory Stevens, president, at corystevens@ymail.com.



Community Singers

Thank you to our loyal fans for another wonderful sold-out concert. *Holiday Hits* was a rousing success thanks to our outstanding director Karen Adamik, our choir members, our supportive audience, and the Shadow Hills Chamber Singers and Belle Vocal – Women's choir.

Thank you also, to our audience for your generous giving to our SHHS Choral Program.

Community Singers rehearsals begin again on Monday, January 13 at 4:30 pm in the Montecito Clubhouse. New singers are welcome to come join us that day.

When planning your spring schedule, consider joining Community Singers. What a great opportunity to meet new people, learn new skills, and have fun while challenging your mind, body, and vocal cords!

Save the date for our spring concert on March 29 at 2 pm. The theme is *Sing, Sing, Sing – The Big Band Beat*. Tickets go on sale January 13.

For more information, contact Geri Butler at 760-218-6585 or gbutler414@gmail.com.



Computer Club

Happy New Year! We hope you join us for our January General Meeting. We'll kick-off the meeting with some fun factoids, preview all the winter and spring classes (January – April), have a raffle for

cheap tech gadgets, and get you out in an hour. Now, that's a good meeting!

General Meeting: Preview January – April Classes!

January 8, 10:30 am
Montecito Clubhouse
Ballroom

FREE!

All residents are welcome!

www.scscomputerclub.com

Questions? Email us at
infoscshcomputerclub@gmail.com.



Couples Golf

Happy New Year! Couples Golf has been back in action for a couple of months now with some fun, delicious dinners, golf and socializing. As the days are getting longer, we continue to play twice a month. On February 23, we will have our annual Member/Member tournament that always gets a great turnout and promises to be a fun event. On March 8, our yearly Can/Am tournament will be held for the battle of the countries with a patriotic vibe.

Check us out at www.shcouples.com to find out about membership, view the 2019/2020 Couples Golf Schedule and get updates on club activities. Contact Linda Lunghamer, president, for any questions at scshcouples@gmail.com.



Creative Arts

Happy New Year, everyone!

This is going to be a busy month for our creative artists. Our January instructor is Ian Cooke who will bring many techniques to help you produce wonderful botanical watercolors. He was here last year and everyone that took his class was very pleased with it and his ability to teach so they could achieve a terrific finished painting. If you are interested in taking the class, please visit the art room at the Montecito Clubhouse on Monday or Thursday mornings from 9 am to 12 pm for more information. The cost is \$100 for four classes.

Many of our artists will be working hard this month in order to have some wonderful paintings for you to see at our yearly Art Show on February 8. The paintings presented will vary and be for sale at reasonable prices. Please mark that on your calendar so you don't miss it.

February will also be busy with a new instructor teaching a technique many of us are not familiar with. Heather Lara will be showing us how to expand our talent with Scratchboard, and showing how it can be enhanced with color. If this sounds interesting, go to the art room to sign up for the class. It will be \$120 for four classes.

On another note, we had a very successful and fun Christmas Party in the Montecito patio on December 5. Many thanks to Donna Read and her helpers for organizing this get-together.

A reminder to our members, our annual membership fee is due in January. Please fill out a membership form and submit your payment of \$15 to the "SCSH Creative Arts" box at the Montecito Clubhouse. Forms can be found in the art room.

If anyone has any questions, please call President Marilyn Barton at 480-274-5500.



Dance Club

(Shall We All Dance)

Shall We All Dance is the SCSH club for lead-follow social dancing. Singles, couples, beginners, experienced dancers and dance hosts are welcome to join us for a monthly dance, October through May, in the Montecito ballroom. Don't miss it! Whether you like to lead or follow, you'll enjoy a full range of music from waltz to foxtrot, swing to hustle, cha-cha to salsa and more.

All Residents Welcome



Come & Dance in the Ballroom!

"Night in Vienna"

Friday, January 17

Waltz Lesson 5:15 pm

Open Dancing 6 – 8 pm

For more information, please contact Judy Wilson, president, at 858-337-5284, or email SCSHDanceClub@gmail.com



Desert Gardeners

Our club has an exciting month planned in January. On Wednesday, January 8, our guest speaker will be Morgan "wind in her hair" Levine of Red Jeep Tours. She will answer the most frequently asked questions about our area with a slideshow titled "Welcome to the Desert." Then, on Wednesday, January 29, we will repeat our very popular trip to Gubler Orchids in Landers, CA. After lunch, we'll continue on to the Cactus Mart in Morongo Valley. Plants will be on sale at both locations. We will go by carpool. Registration begins January 8 through our website; \$5 per member. Additional details and news on club activities, as well as a wealth of gardening resources, are posted on our website at www.scshtdesertgardeners.com.

Membership forms are also available on our website. Yearly dues are \$15 for one person or \$20 for two people from the same household. Checks payable to "SCSH Desert Gardeners Club" can be deposited in box 55 at the Montecito Clubhouse. For further information or to be added to our email list, contact Amy Tomlinson, president, at scshtdesertgardeners@gmail.com or call 303-888-5429.



Desert Life

Happy New Year! Join us for our monthly luncheon, Tuesday, January 21, 2020. If you are not a member of Desert Life and would

like to join, pick up an application at the Montecito Clubhouse near the front door. Make your check out for \$15 to "SCSH Desert Life." Write "new" on the check and drop it off at the Desert Life mailbox. If you are a returning member and have not paid your dues, just write "returning" on your check for \$15 and place it in the DL mailbox. You may have a friend or neighbor living in SCSH who would like to see what DL is all about, so please invite that person to our luncheon. Prospective members can attend one luncheon as a guest.

WHERE | Heritage Palms

TIME | 11:30 am – 2 pm

PROGRAM | Voices for Children (Court Appointed Advocates for foster children).

CHARITY (OPTIONAL) | Angel View.

They are looking for gift cards for stores such as, Target, Apple, or gas cards, as well as items such as afghans and quilts.

MENU | Chicken Crepes, Tiramisu for dessert. Veggie selection gluten free Pasta Primavera.

PRICE | \$30 includes the luncheon, program and seven tickets for an opportunity to win one of six door prizes. Checks must be in the Desert Life mailbox by Tuesday, January 14. If you wish to reserve a table of 8, 9 or 10, please submit all checks in one envelope with the name in which the table is being reserved.



Games Plus

Games Plus was formed to play various games. Currently we play Bingo the first Friday of each month.

BINGO | Doors open at 5:30 pm with games starting at 6:30 pm, unless specified otherwise. Paper sells for \$5 for 10 games, each game sheet has three cards. There are two special games throughout the evening. You may purchase double actions for \$1 each and the final game is three for \$2. You may purchase as many as you want to play. The two special games are usually our biggest payouts. They can pay as much as \$250 each. As our numbers grow throughout the season, the pots will get bigger. We also have a free door prize raffle right after intermission. It's a fun evening with lots of fellowship. Bring your friends and or family to play. Outside guests are always welcome, but must be 18 years of age to play. Cash only and small bills are appreciated.

SCRABBLE/OTHER GAMES | On Mondays of each week there is a room available at the Santa Rosa Clubhouse from 1 – 3:30 pm for Scrabble and other games.

MEXICAN TRAIN | On the first and fourth Wednesday of the month from 2 – 5 pm at the Santa Rosa Clubhouse. Cathy Nielsen is the contact person for this game and should be contacted if you plan to play. Her email is mcathynielsen@gmail.com or phone at 760-522-3092.

HAND & FOOT | Every Thursday there at the Santa Rosa clubhouse. We ask everyone to get there at 12:15 pm to be ready to play at 12:30 pm. Kathy Reid is the contact person and if you are a new player, please let her know that you plan to attend. Her number is 760-469-2335.

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



Genealogy Club

A Little Encouragement

Collecting family history information from family members can sometimes prove a bit frustrating. Although you can spend countless hours scouring the online resources, tracking down initial details of your own immediate family (aunts, uncles, cousins, etc.) can often prove difficult. They are still living and likely not found in any commercial databases. Living relatives are your best source.

Fellow genealogist Greg Cave, wrote letters to four aunts, seeking details on birth dates, locations, weddings dates and locations, etc. for aunts, uncles, and cousins. The response was dismal. Only one reply! Has the art of letter writing totally disappeared?

Greg's Mom suggested that he try a small adjustment; extend the aunt's ages a bit to make them older than they actually are! One letter read "I have you in my family history database that you were born in 1916." In fact, that particular aunt was likely born closer to 1920.

The responses were quick, instantly correcting the erroneous birthday of each aunt but also supplying loads of data on family members.

It seems that age is a sensitive item in the family tree.



Gin Rummy

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

If you play Gin Rummy or would like to learn, please contact Marie DeVito at

760-636-5593. We are a fun group and all are welcome.

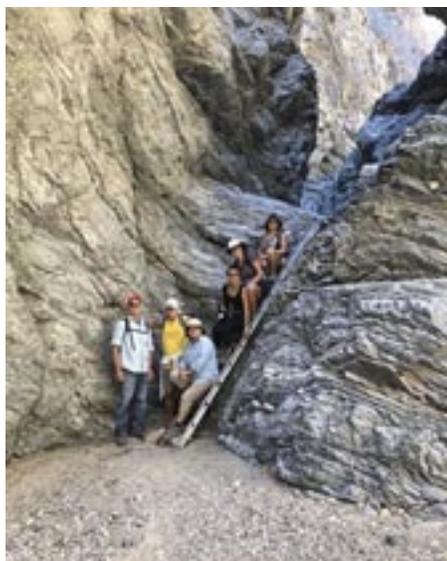


Hiking Club

Sun City Shadow Hills' Over the Hill Hiking Club offers easy, moderate, and strenuous hikes from October through March.

To see the hike schedule and further club information go to www.scszca.com/hiking.

Please regularly check the schedule on the website as changes do occur from time to



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



Jewelry Club

We wish you a happy, healthy, and prosperous New Year. The time has flown by and before you know it the season will end. So, don't delay stop by and see what we do and will help you to make that piece of jewelry you always dreamed of. See you soon.

Please be advised that the club dues are now \$10 per year and will be collected annually in January.

Whether you are and beginner or a skilled jewelry maker this group is for you.

Stop by the Mirada Room at the Montecito Clubhouse any Wednesday afternoon between the hours of 1 pm and 3:30 pm to participate, or just see what's going on. If you want to get started, there are any number of experienced members who can lend you a hand.

Contact our president, Sharon Degenhart, at 619-777-3457 if you would like additional information about club activities.



Kings & Queens

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

WHO | Shadow Hills residents looking for a fun night out with friends and neighbors.

WHEN | Mondays, Tuesdays, and Thursdays; 5 pm starting times.

WHERE | Santa Rosa Clubhouse

WHAT | Dealers Choice (Omaha, Stud, Hi Low etc.)

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

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



Let's Meet and Eat

Rock in the new year with the Let's Meet and Eat Club, featuring one of our favorite bands, **THE ZIPPERS!** When: Sunday, January 5 from 4 – 7 pm in the Montecito Clubhouse ballroom. Dance the night away to classic rock, funk, disco, contemporary, R&B, etc.

The Let's Meet and Eat Club offers members the opportunity to spend time with their friends, meet their neighbors, and enjoy some of the best live entertainment in our community. We meet one Sunday a month, from 4 – 7:00 pm, for dance parties in the Montecito Clubhouse ballroom. Everyone brings a dish to share with a table of 10, and their favorite beverages (beer and wine ok). Dance, sing along, or socialize...our club offers something for everyone.

Events cost \$10 per member and \$12 for non-resident guests. Starting January 1, 2020, we will be strictly enforcing the rule that no residents of Sun City Shadow Hills (SCSH) will be able to attend the Let's Meet and Eat Club events without being a member. SCSH

residents cannot attend as guests. Because we sell out every month, there will be no exceptions to this rule.

Membership forms are available on the SCSH website at Lifestyle/Clubs/Chartered Clubs/Let's Meet & Eat, and at the front desk of the Montecito Clubhouse. Event registration forms are available at both clubhouses. Please bring your membership forms and checks to the January and February events, and we will have a special box available just for those forms. The yearly membership cost is \$10 per person; membership is effective January 1 to December 31.

Please look for our event dates on the SCSH website. Events sell out fast, so please get your forms and checks into the club mailbox as early as possible.

Questions? Please call Cherie at 760-953-6674 or email her at scshmeetandeat@gmail.com.



Lively
Liners

Down to The Honkey Tonk Line Dance

Bring your dancing boots!
Theme attire is optional.

Everyone is welcome!

January 11, 6 – 8:45 pm

Montecito Ballroom

Members \$5

Guests \$10

Line dance classes are offered at the Montecito Fitness Center,

Aerobics Studio. Try the first two classes for free! Please arrive at 12:45 pm on Mondays only to register.

Laugh, make new friends, and of course...dance! We offer fun monthly dances to show-off your skills! Give it a try, and you will fall in love with dancing! Dance to country music and pop favorites! Low \$15 monthly fee includes all classes!

BEGINNER 1 CLASS |

Mondays, 1 – 2 pm

BEGINNER 2 CLASS |

Mondays, 2 – 3 pm

BEGINNER REVIEW CLASS |

Tuesdays, 1 – 2 pm

INTERMEDIATE CLASS |

Wednesdays, 1 – 3 pm

INTERMEDIATE REVIEW CLASS |

Thursdays, 5 – 6 pm

ADVANCED CLASS |

Mondays, 4 – 5 pm

ADVANCED CLASS |

Fridays, 1 – 2 pm

Please check the calendar on our website for schedule changes at www.scshlivelyliners.com.

For more information, please call Lynn at 442-300-2572 or Katy at 760-610-5710.



Mah
Jongg

Toll the bells – send up the balloons – give a big hoorah to the start of the second decade of the 21st century! Welcome 2020!

The Mah Jongg club voted in November to keep the same board members for 2020 as were in office this past year. Board Members are: Co-Presidents, Joan Schwarz and Michelle Kirsch; First VP, Christine

Morgan; Second VP, Diane Cohen; Treasurer, Babs Bloomgarden; and Secretary, Mary Ellen Gorske. Thank you to each board member for wishing to serve another year.

This year our Chinese New Year Luncheon will be held at the Montecito on February 12. Members, please sign up to attend on the sheet at the front table on any regular play day.

Just a reminder – dues of \$10 for membership are due January 1 for the current calendar year. You may drop your checks in the Mah Jongg mailbox in the lobby at the Montecito Clubhouse, or give your dues to our Treasurer Babs Bloomgarden.

The SCSH Mah Jongg Club meets every Wednesday. Regular play for members is every Wednesday from 12:15 – 3:30 pm in the Montecito Clubhouse. Free Mah Jongg lessons are offered on Wednesdays from 10 am – noon at the Montecito Clubhouse. Please contact Babs Bloomgarden at 760-393-2056 for reservations.

Let's get clicking tiles and challenging our brains. Did you ever wonder why and where the game starting exposed Joker will be placed? Wishing everyone Gung Hay Fat Choy!



Men's
Golf Club

Happy New Year to all members!

Our season is in full swing now and many upcoming events are planned for your enjoyment. This is also the month you have all be waiting for...the new World

Continued on page 52...

...continued from page 51...

Handicap System officially begins January 1! We continue our regular play each Thursday, with signup available approximately a month at a time on our website. Be sure your annual dues are up to date, as cutoff was on January 1. Golf League competition continues in January and Team Match Play on January 13. Our General Meeting will be held on January 15. This is an important meeting as the SCGA rep will attend and review the many rule changes that were instituted in 2019. Come for the information, social interaction, and donuts!

Mark your calendars for a couple of great events in February: our annual Can-Am Cup on February 6 and Dames and Dudes on February 10. Information and signups are on our website.

Interested in joining our club? Please contact Randy Thomas at randythomas2012@gmail.com or 949-279-2115.



Needles and Pins

A couple of times a year Needles and Pins spends a day cutting and sewing fleece blankets which are then donated to the Galilee Center for their Epiphany Day celebration and luncheon. At this event the Galilee Center partners with other charities and organizations to give



new shoes, socks and blankets to children of low-income families. The photo shows a table full of blankets the group recently made for this occasion.

On January 20, Needles and Pins will celebrate the new year with a luncheon and installation of new officers. This is an opportunity for the group to enjoy the companionship and interests we share and celebrate the success of the past year along with a peak at the new year to come.

We meet three times a week in the Cambria/ Miranda rooms at the Montecito Clubhouse: Sundays 9 am–5 pm, Mondays 12:30–5 pm, and Wednesdays 9 am–1 pm.

For more information, please contact Joan Kiening, president, at needlesandpinssuncity@gmail.com



Oke Dokey Karaoke

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

Come the first Thursday of every month from 6 – 8:30 pm (October–

May) to the Montecito Ballroom for fun and a chance to meet neighbors and make new friends. Annual dues are \$10.

So, bring along your favorite libation and enjoy the fun and companionship.

Contact Alan Voss 209-768-9393 for more information.



Pairs 9-Hole Golf

Pairs 9-Hole Golf Club's mission is to share the love of golf in a social and friendly way, for those who wish to have a relaxed and fun golf game with others.

After each round of golf, we gather on the patio at the Shadows Restaurant for a fun social happy hour.

Whether you are single or a couple wanting to play; beginning and experienced golfers are welcome. We do not require handicaps!

Playing on the first and third Thursday of each month, we use a shotgun start format and play 9 holes of golf. Play begins at 1:30 pm on the par-3 North Course, signing in no later than 1 pm. Play dates scheduled are January 2 and 16, February 6 and 20, March 5 and 19, April 2 and 16. Our Closing "Season Dinner" is March 12. To register for each play date, you must complete the emailed invite by noon on Tuesday before play. A total of 72 max players are allowed to sign up. Email us at scshpairsgolf@gmail.com to join; or call Mike Johnson at 775-721-7966 or Brandon Mason at 310-508-3977.



Pan Club

Happy New Year!

We welcome 2020 with our new Pan Club Board: President Michele Kirsch, Vice President/Treasurer Judy Wilabee and Secretary Sandy Abel. Our board is looking forward to quarterly meetings of the general membership and two Pan tournaments a year. The first meeting will be held at the end of January. Please check your emails for the date and time.

Pan Club membership is \$15 per year, payable in January. Returning members will receive an email with more information. Pan continues to be a great way to meet people in our community. The Pan Club plays on Mondays at noon and 6 pm in the Capistrano Room, Montecito Clubhouse. On Tuesday, there are games beginning 11:15 am – noon at the Santa Rosa Clubhouse. Thursday and Friday games are held at noon in the Montecito Clubhouse. Stop in, see if there is an open seat and/or get on the sub list. Remember, you must be a Pan Club member to play in a game in the Pan room. For any questions, please contact Michele Kirsch, kirschmi62@gmail.com or 661-510-5790.

We all look forward to playing a very enjoyable game with our wonderful Shadow Hills neighbors.



Paper Crafters

Why not start the new year and make some new friends with a new

hobby – paper crafting! You are invited to join our group to learn how to create lovely cards and other paper-related objects. Below is an example of a versatile “Fold Over” card, designed and created by member Helen Vigil. It is made using a single piece of 12 x 12 patterned cardstock, folded in a certain way with a pocket to hold a message or gift card. This type of card may be designed and decorated for different occasions. Members are also invited to make use of the supplies and equipment provided to make additional cards after the teacher-led class each week.



You are invited to attend a class, make the project and then decide if you would like to join our group. Membership is \$10 per year. Weekly projects usually range between \$1 – \$3. We meet every Tuesday in the Mirada Room at the Montecito Clubhouse at 12:30 pm to set up and catch up with each other. Card classes begin at 1 pm. Be sure to check out our display case (opposite the Mirada Room)

which showcases some of our current cards and projects or just stop by and take a peek during class to see what we are up to.

Questions? Call our president, Ginna Martinez, at 916-778-9425 or ginnamartinez66@yahoo.com.



Performing Arts Club

Happy New Year! The Performing Arts Club will celebrate the new decade with a Potluck Dinner for our first General Membership Meeting of 2020 on Wednesday, January 8. This event will take place at 6:15 pm in the Newport/Pismo rooms at the Santa Rosa Clubhouse. Bring a favorite appetizer, main course, salad, or dessert and join your fellow members. New members are always welcome!

Following the success of *Other Desert Cities* due to the hard work of all cast and crew, we are moving on to rehearsals and planning for our spring show *Hilda's Yard*, a comedy by well-known Canadian playwright Norm Foster. Mark your calendar for March 19-22 and plan to attend. Tickets sales will begin one month prior to performance dates. Further information will be available in the February View.

PAC is also planning another evening outing in February to see *Rumors* at IPAC. Contact Linda Bostjanick for further details at lbostjanick@comcast.net.

Anyone interested in assisting with the many tasks associated with our spring show such as producer, poster and flyer creation,

Continued on page 54...

...continued from page 53...

program, house manager, ushers, ticket sellers, construction crew, cast social, lights, sound, stage hand, dresser, makeup and hair, green room support, and possibly others...please contact club president, Judith Bennoch, at judithbennoch@icloud.com or 760-347-0616.



Pet Club

Hi all pet lovers! We hope you all had a wonderful holiday season and that 2020 will be a great year for you and your furry babies. We have an exciting new year of the Pet Club planned, with great speakers and fun fellowship with other dog and cat lovers. We meet the second Tuesday of the month in the Montecito Clubhouse at 6:30 pm. So please visit us if you haven't, and enjoy the speakers, refreshments, and fun drawing for pet themed prizes.



Pickleball Club

Happy New Year! It's going to be a fabulous Pickleball year. Our club is growing fast. 45+ new members have joined our already 300+ membership!

Almost in the middle of our club season, we've enjoyed two exciting club tournaments. It's always fun for those who like to compete and test their skills. And, there is more to come.

The desert weather has allowed us to play from early in the

morning until evening on our lighted courts. The website has our weekly schedule and you can see the organized groups we have and the times they get together and play.

Beginning, intermediate and advanced level lessons continue. Hone those skills and learn some tricks. Sign up on the website.

If you have questions, email tgpickleball@gmail.com.

Quote for the month: "Great minds DINK alike."



Pom Squad

The Pom Squad was very busy again in December appearing in the SCSH Golf Cart Parade, the Heritage Palms Golf Cart Light Parade, and the Palm Springs Festival of Lights. We also performed at the Indio Tamale Festival and opened the Rancho Mirage High School Winter Music Spectacular Concert. We also continue our twice a week practice at the Montecito Clubhouse.



Did you make a resolution to be more active in 2020? One way to keep on track is to join the Pom Squad! We'll keep you active and you'll have a great time while making new friends.

For information on joining visit www.pom-squad.org/membership.

You will also find a full calendar of appearances, practice sessions and scheduled meetings on our website. Use the "Book Us" tab if you would like us to cheer at your event or simply give us a call at 619-405-6854.

In the six months since we started, we received donations from generous sponsors; Jelmborg Realty, Stuff Pizza, Swing Point Media, Merle Norman Palm Desert, and others. All the support helps to fund our activities. If you would like to sponsor the Pom Squad or know of an event we can support, please give us a call!

And don't forget to join our 2,540-plus friends on Facebook at www.facebook.com/pomsquad.



Rainbow Friends

Happy New Year!! Wishing you the very best in 2020! May each and every one of you find the New Year filled with good health, good times, happiness, and peace. Thank you to all of our members for your support and ideas... without you we wouldn't exist!

Special thanks to Sue and Margie for opening their beautiful home for our Holiday Gathering in December, and to everyone who participated in this lovely evening of great fun, food and friends!

Our big annual dinner/dance will take place on Saturday, January 25, 2020. We could already be sold out, so please check with Linda or Sherry as soon as possible to find out if tickets are still available.

We look forward to seeing members old and new at our first regular meeting of the year, which will take place on Wednesday, January 8 starting at 6 pm at the Montecito Clubhouse. This will be the last meeting before our dinner/dance so please try to attend for those last-minute details.

Also, if you haven't already done so, please pay your annual dues of \$10 per person by the end of February in order to be a member of the club for 2020.

We are a social club for the LGBT community, their families and friends. For further information, please contact Sue, 949-584-2344 or Ron, 925-785-3258.



Readers Ink

We enjoyed a beautiful holiday dinner party at The Shadows on December 3. Kaylon McGee and her choir from Shadow Hills High School put on a beautiful show for us. Their singing really put us into the holiday spirit. Thank you so much, Kaylon, for your leadership. You have a talented group. Thank you, Mario and Chef Jeff for the festive environment and delicious food! Once again, great job!

I thank my *Elves*, too, for their excellent planning. They are Cheryl Burt, Gina Pollack, Dawne Blazeovich, Cathy Nielsen, and Sheila Deutsch.

I, Nancy Angus, am stepping down as president as of January 1. I *loved* leading this group. I'm proud to be with you all. I thank Carolann Guinan (VP), Pam Wile (VP), Sue Kester (secretary), Wendy

Armstrong (treasurer), Jennifer Wilkins (ratings), and Pat Napoles (book markers and name tags)! I enjoyed working with you all. You did a fabulous job this past two and a half years.

Merle Freedman led our book review, *Clock Dance* by Anne Tyler, in November. Beautiful job, Merle!

Books for January through June 2020 are:

JANUARY | *The Professor and the Madman* by Simon Winchester

FEBRUARY | *The Storyteller* by Jodi Picoult

MARCH | *The Address* by Fiona Davis

APRIL | *The Library Book* by Susan Orlean

MAY | *City of Girls* by Elizabeth Gilbert

JUNE | *The Alice Network* by Kate Quinn

Our new president is Beverly Mirsky. We are lucky to have her! She will introduce her board in the February issue of *The View*.

If you want to enjoy an afternoon discussing literature, please visit us in the Capistrano room at the Montecito Clubhouse the fourth Tuesday of every month except December, at 2 pm. We welcome all guests.

Questions? Contact Nancy Angus at nangus1967@aol.com or call 760-238-4582.



Solos Club

We are the social club for single residents of SCSH. Our activities include monthly meetings, game nights, potlucks, pool parties, dinners, billiards, mystery happy

hour, comedy night, field trips, movie nights, dances and book discussions.

Solos General Meeting

Sunday, January 19

5 – 7 PM

Capistrano Room

Join us every Friday at 4:30 pm for Happy Hour at Shadows Restaurant.

Membership is \$15 for each calendar year. Membership forms are available at the Lifestyle Desk.

For more information, contact Shirley Bunce at 760-345-8121 or bunce.shirley123@yahoo.com.



Spanish Club

The Bienvenido Spanish Club would like to invite anyone interested in exploring the Spanish language, as well as the regional customs, literature, art, music, clothing, and *FOOD* of countries where Spanish is the primary language. The club presents an opportunity to practice your Spanish with folks of all abilities, from beginner to native speakers. Everyone is welcome!

The club meets every second and fourth Thursday of the month at 11 am at Santa Rosa Clubhouse Monterey Room.

The club will visit Costa Rica during the first January meeting scheduled on the January 10. Our second meeting on January 24 is canceled. Instead, there will be a field trip outside the community.

Continued on page 56...

...continued from page 55...

Come learn about the country's literature, foods, architecture, and more!

The club's annual membership fee is \$20. Please email questions to: scshspanishclub@gmail.com.

¡Gracias, Amigos! Espero que puedan participar. Thank You, friends! I hope you can participate.



Table Tennis

Table Tennis spotlight on Ron Case: A solid veteran table tennis club member who harkens back to the days the games were played at the Montecito Clubhouse.



Ron Case

Ron was raised in Oakland, California. He worked for UPS, Thomas Brothers Maps, U.C. Lawrence Radiology Lab, as a contractor, and served in the California National Guard from 1961 – 1967. Ron's love of cars may have started when he was a traffic manager at General Motors. His garage is a "store-house" of

auto memorabilia and houses a '55 Chevy and '65 Shelby Cobra. Ron has played in several clubs over the years and performed very well in the Senior Games in Palm Desert displaying a hard smash and wicked spin.

He joined the table tennis club in 2007, the same year he moved to our community, and enjoys the social experience and exercise.

Come over to the Santa Rosa on any Wednesday at 11 am, or Friday and Sunday at 2 pm. You can say hello to Ron and we will hand you a paddle and let you revisit your youth in the great game of ping-pong. If you prefer not to say anything, come anyhow. We welcome new people.



Tennis Club

The Tennis Club is in full swing with the start of the new year. In addition to our ongoing weekly programs, SCSH will again be sponsoring several men's and women's USTA league teams. Everyone is invited to drop by the Montecito courts to watch some exciting competitive tennis. There is an effort this year to form a men's 80+ league team with members from both SCSH and SCPD.

In December, we hosted "Hit for Fun," our most popular annual event, sponsored again by Pete Carlson's Golf and Tennis with assistance from their tennis department head, Juan Imazu. For exceptional assistance, you may ask for him by name when you shop at Pete's. We enjoyed the opportunity to try out the newest

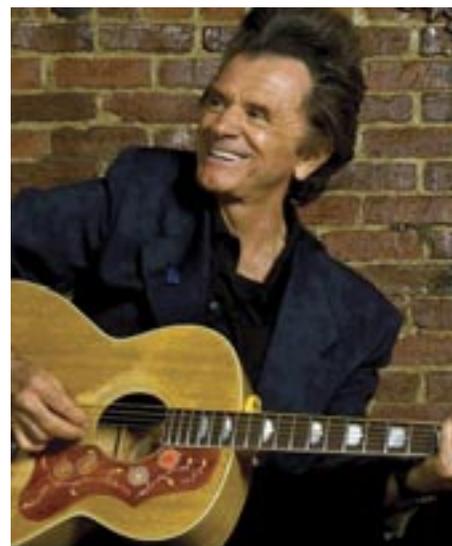
racquets with guidance from representatives from Babolat, HEAD, Wilson, and Yonex. A special thank you goes to them as well as to our local resident tennis professional and coach, Sharon Walsh, who provided a drill session as part of this event.

Membership dues are payable January 1. Checks payable to SCSH Tennis Club for \$20 may be deposited in the Tennis Club mailbox near the Montecito Clubhouse library.

For more information, check our website at www.scshtennis.com. Just a reminder, too, that we will definitely need nominations to replace outgoing Board positions. Please give it some thought – and action.



That's Entertainment



Save the Date! Our club is pleased to announce a special reserved-seat event for Friday, February 28. The very funny Gary Mule Deer will be performing his comedy and country music

concert at 7 pm in the Montecito Clubhouse ballroom. Tickets (\$32) will go on sale Monday, January 27, and will be available for purchase on Mondays, Wednesdays, and Fridays from 10 am – 1 pm in the Montecito Clubhouse lobby. See our posters, flyers, and the scshca.com website for further details.

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

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



Tutta Bella Vino

We begin the new year with exceptional wines created by Charles Smith for his "Wines of Substance" portfolio. These wines reflect Charles' philosophy of producing great wines to be enjoyed by everyone around the globe. Charles Smith is the only winemaker to receive Winemaker of the Year distinctions from *Wine*

Enthusiast (2014) and *Food & Wine* (2009). Please register for our January 18 event and enjoy some great wines that have received broad recognition. **REMEMBER TO BRING YOUR OWN FAVORITE WINE GLASS FOR THIS EVENT!**



Wine Maker Night: Wines of Substance from Charles Smith

Saturday, January 18
at 7 pm
Montecito Ballroom

The *NEW* price for 2020 is \$23 per member, \$27 for non-resident guests of members. Returning members: please pay your \$10 per person season dues when registering for your first event of the season. New members: see our web page at www.scshca.com for an application and membership information. Registration flyers are available at the Montecito Clubhouse, and on our TBV web page at www.scshca.com.

Registration closes January 11 or when sold out.

For more information, email tuttabellavino@gmail.com.



Ukulele Strummers

We hope you had a pleasant December and holiday season! We are looking forward to our 2020

ukulele activities beginning January 9. Our Ukulele Ensemble had a wonderful time in December with four performances over a two-week period. We are excited about new performance opportunities during the winter and spring months. If you read music, and have some experience playing ukulele, we invite you to join the Ukulele Ensemble each Thursday from 1:30 to 3 pm in the Cambria Room at Montecito Clubhouse.

If you are new to the ukulele, or have little or no previous music experience, please consider joining our level one class. Beginning January 9, our 7-week beginning class will meet each Thursday at 12:30 pm in the Cambria Room. With 15 minutes a day, plus a little instruction and helpful tips shared in class, it won't be long before you can share your musical enjoyment performing for friends and family. And, before you know it, you can also share your newfound music skills in the Ukulele Ensemble.

Our ukulele club members soon discover that playing ukulele is very fun, rewarding and mind expanding.



For more information about the Ukulele Club, please contact Darlene Kretchmer by email at dkretchmer@yahoo.com.



Meet a Vet: Mark Murray



Mark graduated from the US Air Force Academy in Colorado. He served twenty years in the Air Force and, during his service, was assigned to bases in the Philippines, Mississippi, Alaska, Kansas, Illinois, and California. Mark is still serving today as a volunteer Admission Liaison Officer for the Air Force Academy and Air Force ROTC where he mentors and evaluates high school students interested in a career in the Air Force. He also is a volunteer coach at The First Tee of the Coachella Valley and enjoys golf, photography, all shooting sports, and hiking.

The next monthly Veterans Club meeting will be held on January 21 at 7 pm in the Cambria Room of the Montecito Clubhouse. The Club Officers for the new year are: Pete Anderson, president; Rod Odegaard, vice president; Dave Pilliod, secretary; Jim Wieborg, treasurer and Marty Martin, membership. New members are always welcome.



December brought many ladies out to play in our annual Silver Bells Tournament, played from our silver tees. Play was followed by a delicious lunch in the Montecito Clubhouse ballroom. Having both Christmas and New Year's Day fall on Wednesdays this year reduced our playing days, giving everyone time to relax and enjoy festivities with family and friends.

We will kick off the new year with the two-day Princess Tournament on January 8 and 15. Ladies may play from either gold or silver tees. The new princess will be the member who has the lowest net score over the two weeks. She will be crowned at a luncheon held at the Montecito Clubhouse.

Also, this month we have the SHWGC Solheim Cup event which will be played on January 22, followed by our two-day Member/Guest Tournament played on January 28–29. These are fun and exciting events and all members are encouraged to register early!

If you are interested in joining the Shadow Hills Women's Golf Club, contact Janet McChesney at pjmchesney02@gmail.com.



We are a group of individuals who enjoy writing. Each member has the opportunity to read one or two pages (double spaced) of their work to the group, and receive ideas, direction and gentle

criticism. Part of being in our club is the encouragement we all get from each other to write on a regular basis.

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

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

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

Try your hand at writing that story you have always wanted to tell. Free membership! How can you go wrong?

Come to Our Open House



February 20, 10 am
Santa Rosa Clubhouse

Meet our writers,
hear their stories
and view their
published books.

For more information. Beth bethbolduc7@gmail.com or Tony antiqphoto@gmail.com.

RESIDENT GROUPS



Democrats

Welcome, Democrats, to 2020, the most critical political year in our lifetime. Join us, as we get out the vote (GOTV), register voters and participate in local, regional, state and national efforts to elect Democrats.

We have endorsed Joy Silver as our candidate in the March 3rd special election for State Senate District 28. Joy will join us at our meeting this month. We will also have a speaker from TODEC Legal Center discussing the work they

do to empower disenfranchised immigrant communities.

We meet on the third Thursday of the month. New members are welcome. A member in good standing must be a registered Democrat and remit yearly dues. Membership dues of \$20 are payable by check (to "Democrats in SCSH"), at our meeting or placed in the Democrat mailbox at the Montecito Clubhouse.

Member registration forms will be available at the door or can be accessed at our website: democratsinscsh.org.

New members are welcome. A member in good standing must be a registered Democrat and remit yearly dues. Membership dues (\$20 for 2020) are payable by check to "Democrats in SCSH". Payment can be turned in at our meetings or placed in

the Democrat mailbox at the Montecito Clubhouse.

Member registration forms can be accessed at our website: democratsinscsh.org

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



Hadassah

Join us on Thursday, January 9 at 6:30 pm for a special program featuring Jane France Cook (Cookie), a nice Jewish girl from Beverly Hills. Cookie is also a registered nurse who has enjoyed a 30-year career serving in the Army Nurse Corp as a military and civil service officer. She has served in Germany, Italy, Cuba, and three back-to-back combat tours in Kabul Afghanistan. Come hear her most interesting story. Contact Debbie Orgen at 760-289-7987 for further details and to RSVP. \$18 covert, men and women welcome.

Later in the month, we have a very special event: our Woman of Valor luncheon on Monday, January 27 honoring Phyllis Pepper. Our featured speaker that day will be Carolyn Ben-Natan, the Director of Public Affairs for the Israeli Consulate in Los Angeles. She will enlighten us on current events both here and in Israel. For reservations and details contact Cindy Hailpern at 760-360-4902.

Wishing you all Happy Chanukah and Happy New Year 2020!

Join Us for Our First Meeting of the New Year

Thursday, January 16

Montecito Clubhouse, Cambria Room

Social & Business Meeting 6 – 7 pm

Presentations begin at 7 pm



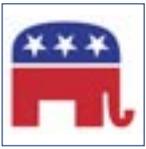
Joy Silver

Candidate for California Senate, District 28
Endorsed by Democrats in SCSH
(Election is in March 2020)

TODEC Legal Center

Provides legal services, community education, advocacy, and other services to migrant communities in Riverside, San Bernardino, and Imperial Counties.





Republicans

If you are interested in helping Republicans make a difference in the Coachella

Valley, you are invited to join our group. We meet at the Montecito Clubhouse on the second Tuesday of each month. Social Hour begins at 6:30 pm and our regular meeting starts at 7 pm. Refreshments are served. Our annual dues are \$25 per couple, \$15 for a single membership.

We have a planned program each month which can include city council members, local candidates, or representatives from near-by museums, local charities or newspapers.

Staying informed about the issues of today is essential, and there is no better place to learn

what is current in our community, state and nation than at our Republican meetings.

We stay in touch with our regular members by email and phone, but our monthly flyer announcing meeting dates and program details can be picked up at the Montecito Clubhouse.

Candidates are already lining up for the 2020 election, which promises to be an exciting contest for all participants. Over the next few months, we will be examining critical issues, highlighting track records of the various candidates and presenting opportunities for our members to help make 2020 a successful year for all Republican candidates.

Questions? Contact Pete Anderson, president, by email or phone at petegolf@yahoo.com or 760-469-2086.

CLUBS IN FORMATION



VeloCity Cyclists

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

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



**NOW OFFERING
IN HOUSE DESIGNING!**



**YOUR COMPANY
NAME HERE!!!**

ADVERTISING IS THE BEST WAY TO ENGAGE POTENTIAL CUSTOMERS. *THE VIEW* IS NOW OFFERING IN HOUSE DESIGNING! WORK WITH OUR SEASONED GRAPHIC ARTIST TO HELP CREATE A STAND OUT AD TO HELP PROMOTE YOUR BUSINESS!

760.345.4349
EXT. 2204

• FREE CMA • SAVE ON CLOSING COST • FULL SERVICE BROKERAGE

Your Home **SOLD**
in **30 DAYS** or less
GUARANTEED!
OR **SAVE UP TO \$10,000**
(Call For Details)

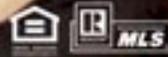
**SUN CITY
SHADOW
HILLS
RESIDENT**

**HAPPY
NEW YEAR**



THE PEÑA GROUP
BRE# 01005040

Carlos A. Peña
(760) 578-0077
carlos@thepenagroup.us



CALLCARLOSANDSTARTPACKING.COM

ADVERTISER INDEX

Please Support Our Advertisers

Arts & Entertainment

Old Jews Telling Jokes 69

Automotive & Golf Carts

Jim Cross Golf Cart Repair 74

Marc Lucas Golf 80

Wayne's Golf Cart Service 82

Caregivers

Precision Adult Care 74

Senior Companion Caregiver 79

Clothing & Jewelry

Trish Belisle Creations 81

Computer Services

Blanca Pershke Computer Help 79

Bridgit 71

Financial & Legal

Colleen Rosenberg Living Trust 78

Costlo Insurance Agency 72

Deborah Hartley Mobile Notary 78

Desert Networking Professionals 76

Howard M. Speyer Attorney at Law 77

Joni Fiorentino 67

Lonnie Leeds Income Tax Service 78

R. Marshall Frost 73

William Sweeney 72

Furniture

Leather Express 70

Health & Beauty

Amitza 64

Beyond Your Style 79

Desert Mobile Chiropractor 81

Hair Design by Lori Espinoza 75

John Varanelli Master Hairstylist 77

Shelly A. Cooper Physical Therapy 76

Wright Health Insurance Agency 72

Home Improvement

AC Masters Inc 77

Affordable Cabinets & Closets 73

Apparatus Air Conditioning & Heating 73

BES Air Conditioning & Heating 79

C&C Pool and Tile Cleaning 77

Carlos King Interior Design 71

Classic Garage Doors 78

Complete Handyman Service 79

Cooler Air 81

Desert Pro Electrical 79

Dov Israel Irrigation 77

DVS Plumbing 80

Elite Cabinetry 80

Hyde's Air Conditioning 68

JC Creations 68

Jerry Home Improvement 80

Jerry Meza Roofing 80

JS Mac Donnell Contractor 77

Magic Touch Electric 80

Magic Touch Plumbing 78

Maintain by Bruce Sunday 81

MM's Painting 79

Precision Handyman 76

Progressive Carpet Cleaning 80

Scott Sewell Handyman 81

Son Cabinetry & Design 69

Todd's Home Service & Repair 78

Torres Window Solutions 76

Troy's Window Cleaning 81

Valenz Construction Group 75

Moving & Storage

Desert Moving Co. 70

Pet Care

Al & Barbara Pet Sitting 77

Donna Straus Pet Sitting 79

Photo Services

Image Décor 80

Real Estate

Bob & Dovie Koop 73

Bonnie Hart 71

Bonnie Steele 72

Friends Real Estate 67

Gayle Pietras 75

Horne Team 83

Jelmborg Team 84

Michele Nazarian 81

Peña Group 62

Prunty Team 74

Rita Latham 77

Sherri Sacks 75

Sue Derr 74

Religious Services

Mountain View Church 81

Transportation & Travel

Signature Limousine 78

ADVERTISING POLICY | The Sun City Shadow Hills Community Association and Creative Services accept no responsibility for content, accuracy or opinion expressed or implied in any articles, announcements or advertisements appearing in this publication. Inclusion of advertisements does not carry with it an endorsement, actual or implied, for the product or service advertised. It is the resident's responsibility to verify a vendor's license and insurance. To check a contractor's license on the Contractors State License Board website, go to <https://www2.cslb.ca.gov/OnlineServices/CheckLicenseII/checklicense.aspx>. Only articles, announcements and other news items submitted by SCSH residents or staff will be considered for publication. This publication is copyrighted and may not be reproduced or reprinted without SCSHCA written permission.



In two 4-week CIC clinical studies:

- Patients taking AMITIZA averaged 5 to 6 bowel movements per week, versus 3 to 4 in those taking placebo
- AMITIZA improved symptoms of abdominal bloating, abdominal discomfort, stool consistency, straining, and constipation severity

Indication

AMITIZA (lubiprostone) 24 mcg capsules twice daily is approved to treat Chronic Idiopathic Constipation (CIC) in adults. "Idiopathic" means the cause of the constipation is unknown and not due to an underlying illness or medication.

Important Safety Information

AMITIZA (lubiprostone) is not for everyone. If you know or suspect you have a bowel blockage, do not take AMITIZA. If you are unsure, your healthcare provider (HCP) should evaluate your condition before starting AMITIZA.

Some patients taking AMITIZA may experience nausea. Take AMITIZA with food and water to reduce the occurrence of nausea.

Do not take AMITIZA if you have severe diarrhea. Some patients taking AMITIZA may experience diarrhea. If your diarrhea becomes severe, stop taking AMITIZA and tell your HCP.

Patients may experience fainting and low blood pressure after taking the first dose or repeated doses of AMITIZA. Stop taking AMITIZA and tell your HCP if these reactions occur. Symptoms usually go away before the next dose but may recur with repeated use. Tell your HCP if you are taking any medications to lower blood pressure. Other side effects such as diarrhea or vomiting may increase the risk of fainting and low blood pressure.

For adults with Chronic Idiopathic Constipation (CIC)

Is chronic constipation keeping you stuck in the bathroom?

Ask your doctor if AMITIZA can relieve your symptoms and help you go more regularly*

Individual results may vary.

Ask your doctor for a FREE SAMPLE

Make the conversation with your doctor easier

Create a discussion guide at TalkAboutAMITIZA.com

If your doctor determines you have chronic constipation, and laxatives haven't helped enough, **talk to your doctor about AMITIZA.**

*"Relieve" is defined as improvement in CIC symptoms: abdominal bloating, abdominal discomfort, stool consistency, straining, and constipation severity. "Go more regularly" is defined as having an average of ≥ 3 spontaneous bowel movements per week.

Important Safety Information (cont.)

Within an hour of taking AMITIZA, a sensation of chest tightness and shortness of breath may occur. These symptoms usually go away within three hours, but may recur with repeated use. Tell your HCP if you experience these symptoms.

The most common side effects of taking AMITIZA 24 mcg twice daily for CIC are nausea, diarrhea, headache, abdominal pain, abdominal distension, and gas. These are not all the side effects associated with AMITIZA.

Tell your HCP if you are taking a diphenylheptane opioid (e.g., methadone).

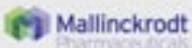
AMITIZA has not been studied in pregnant women. Based on animal studies, AMITIZA may cause fetal harm. AMITIZA should only be used during pregnancy if the potential benefits justify the potential risk to the fetus. If you are pregnant or become pregnant while being treated with AMITIZA, talk to your HCP to evaluate the risks to the fetus. Tell your HCP if you are nursing and monitor infants for diarrhea.

Tell your HCP if you have liver problems.

Please see accompanying Important Patient Information for AMITIZA on next page.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch or call 1-800-FDA-1088.



AMITIZA is a trademark of Mallinckrodt Pharmaceuticals, registered with the U.S. Patent and Trademark Office and used under license by Takeda Pharmaceuticals America, Inc.
©2019 Takeda Pharmaceuticals U.S.A., Inc. MAT-USD-LUB-19-00110 07/19



amitiza
lubiprostone



IMPORTANT PATIENT INFORMATION

AMITIZA® (ah-mah-TEE-zah)
(lubiprostone)
soft gelatin capsules

Rx Only

Please read this consumer brief summary carefully before you start taking AMITIZA. Read it again each time you refill your prescription, in case there is any new information. This information does not take the place of talking to your healthcare professional about your medical condition or treatment. Ask your healthcare professional if you do not understand any of this information or if you want to learn more about AMITIZA.

What is AMITIZA?

AMITIZA is a prescription medicine formulated as a soft gelatin capsule and available in two dosages used to treat the following conditions:

- Chronic Idiopathic Constipation (orange capsules, 24 mcg, twice daily) in adults. Idiopathic means the cause of the constipation is unknown and not due to underlying illness or medication.
- Constipation caused by opioids, a type of prescription pain medicine, in adults with chronic pain that is not caused by active cancer (orange capsules, 24 mcg, twice daily). The effectiveness of AMITIZA has not been established if you are taking a diphenhydramine opioid (e.g., methadone).
- Irritable Bowel Syndrome with Constipation in adult women (pink capsules, 8 mcg, twice daily).

It is not known if AMITIZA is safe and effective in children less than 6 years of age. AMITIZA is not effective in children 6 to 17 years of age.

Who should not take AMITIZA?

Do not take AMITIZA if:

- You know or suspect you have a bowel blockage. If you are unsure, your healthcare professional should check your condition before starting AMITIZA.
- You have severe diarrhea.
- You are pregnant or become pregnant, unless you have discussed this with your healthcare professional. Based on animal studies, AMITIZA may cause fetal harm. If you are pregnant or become pregnant while being treated with AMITIZA, talk to your healthcare professional to evaluate the risks to the fetus. Tell your healthcare professional if you are breastfeeding, and monitor infants for diarrhea.
- You are allergic to AMITIZA or any of its ingredients. See the end of this brief summary of Important Patient Information for a complete list of ingredients.

What should I tell my healthcare professional before and while taking AMITIZA?

Before you take AMITIZA, tell your healthcare professional if you:

- are pregnant or plan to become pregnant. AMITIZA has not been studied in pregnant women. If you are pregnant or become pregnant while being treated with AMITIZA, talk to your healthcare professional to evaluate the risks to the fetus.
- are breastfeeding or planning to breastfeed. If breastfeeding while taking AMITIZA, you should monitor the breastfed infant for diarrhea.
- have liver problems.
- cannot swallow a capsule.

Tell your healthcare professional about all the medicines you take or plan to take, including prescription and nonprescription medicines, vitamins and herbal supplements. AMITIZA may affect how other medicines work, and other medicines may affect how AMITIZA works. Especially tell your doctor if you are taking a diphenhydramine opioid (e.g., methadone). Tell your doctor if you are taking any medications to lower blood pressure.

How should I take AMITIZA?

AMITIZA should be taken with food and water twice a day or as prescribed by your healthcare professional. Swallow the gelatin capsule whole. Capsules should not be broken apart or chewed.

If you miss a dose of AMITIZA, just skip that dose. Do not take two capsules to make up for the missed dose. Instead, just wait until the next time you are supposed to take it, and then take your normal dose.

What are the possible side effects of AMITIZA?

The most common side effects reported by patients taking AMITIZA 24 mcg twice daily included:

Chronic Idiopathic Constipation

- nausea
- diarrhea
- headache
- abdominal pain
- abdominal distention (bloating)
- gas

Opioid-Induced Constipation

- nausea
- diarrhea

The most common side effects reported by patients taking AMITIZA 8 mcg twice daily included:

Irritable Bowel Syndrome with Constipation

- nausea
- diarrhea
- abdominal pain

Patients taking AMITIZA may experience nausea; taking AMITIZA with food and water may reduce symptoms of nausea.

If you experience severe diarrhea, stop taking AMITIZA and tell your healthcare professional.

Patients may experience fainting and low blood pressure after taking the first dose or repeated doses of AMITIZA. Stop taking AMITIZA and tell your healthcare professional if these reactions occur. Symptoms usually go away before the next dose but may recur with repeated use. Other side effects such as diarrhea or vomiting may increase the risk of fainting and low blood pressure.

Within an hour of taking AMITIZA, a sensation of chest tightness and shortness of breath may occur; these symptoms usually go away within three hours, but may recur with repeated use. Tell your healthcare professional if you experience any of these symptoms.

These are not all the possible side effects of AMITIZA. Tell your doctor if you have any side effects that bother you or that do not go away. For more information, ask your healthcare professional or pharmacist. Call your healthcare professional for medical advice about side effects. You may report side effects to the U.S. Food and Drug Administration (FDA) at 1-800-FDA-1088.

How should I store AMITIZA?

Store AMITIZA at room temperature and protect from light and extreme temperatures. AMITIZA should be stored in a tightly closed, child-proof container and kept out of the reach of children. Do not use AMITIZA past the expiration date shown on the package.

General information about AMITIZA

Do not use AMITIZA for a disease or condition for which it was not prescribed. Do not give AMITIZA to others, even if they have the same symptoms you have. It may harm them.

If you would like more information, talk with your healthcare professional. You can ask your pharmacist or healthcare professional for information that is written for healthcare professionals. For more information about AMITIZA, you can visit the AMITIZA website at www.amitiza.com or call toll-free at 1-877-825-3327.

What are the ingredients in AMITIZA?

Active ingredient: lubiprostone, 24 mcg or 8 mcg

Inactive ingredients: medium-chain triglycerides, gelatin, sorbitol and purified water. The 24 mcg (orange) capsules also contain the dyes FD&C Red #40 and D&C Yellow #10. The 8 mcg (pink) capsules also contain the dyes ferric oxide and titanium dioxide.

Marketed by:

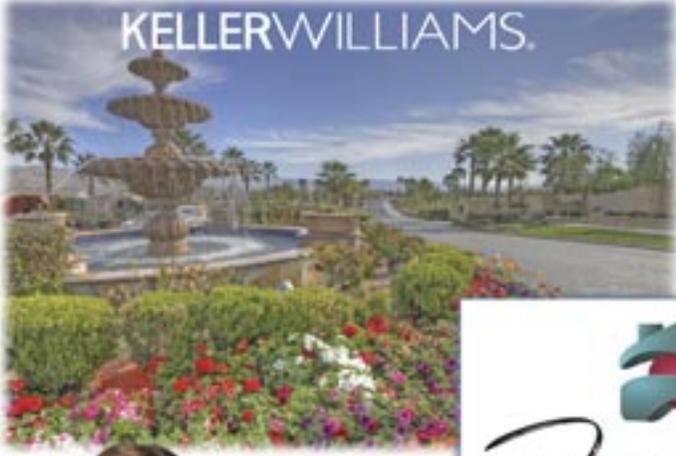
Sucampo Pharma Americas, LLC., Bedminster, NJ 07921 and
Takeda Pharmaceuticals America, Inc., Deerfield, IL 60015

AMITIZA® is a registered trademark of Sucampo AG.

©2018 Sucampo Pharma Americas, LLC.

750-00500-58_CFB Rev. October 2018

L-LUB-1018-5



KELLERWILLIAMS.

2018 AWARD WINNING REALTOR

- #1 IN CLOSED UNITS FOR INDIVIDUAL TEAM (INLAND EMPIRE)
- CLOSED \$10M+ IN VOLUME
- TOP KW CARES CONTRIBUTOR
- JAMES DALTON UTSEY CULTURAL HERO
- AGENT LEADERSHIP COMMITTEE MEMBER OF THE YEAR





Friends
Real Estate Group, Inc.
OUR HEART'S IN IT
Specializing in 55+ Communities Since 2005



JULIA LAWSON
REALTOR/BUILDER
SPECIALIST

760-275-3761

VIEW ALL LISTINGS AT:
FRIENDSREALESTATEGROUP.COM

DRE# 01417939



OUR UNIQUE BUILDER
TRADE-IN PROGRAM CAN
GET YOU OUT OF YOUR
CURRENT HOME AND INTO
A NEW CONSTRUCTION
HOME TODAY.
ASK ME HOW!



400+ HOMES SOLD!



Franklin
Loan Center®
44-800 Village Court, Palm Desert, CA. 92591

**Happy
New Year!**

From your local professional

ARE YOU HOUSE RICH & CASH TIGHT?

- 🐾 Will your investments last a lifetime?
- 🐾 You may want to know your options.
- 🐾 Schedule your appointment today!

Joni Fiorentino
Reverse Mortgage Consultant

Email: joni@franklinlc.com

Cell: 760.285.4411 | **Fax:** 760.406.5713

CalDRE 01341152 | **NMLS#** 536567

🏠 NMLS #237653 www.franklinlc.com Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act, 4131316



Meet Casey, your Hyde's technician

Experienced. Trustworthy. Convenience.

"A Family You Can Trust"

One-hour Service Window Guarantee!

We will arrive at your house within one hour of your scheduled appointment or your service call is free! (\$85 value)

Must mention this ad when making appointment. Cannot be combined with other offers or redeemed on previous service. Exp. 1-31-20.

ALL Hyde's Technicians:

- Certified professionals
- Drug Tested
- Considerate of your home
- Arrive with shoe coverings
- Respectful of your schedule
- Notify you DAY BEFORE & SAME DAY
- You can TRACK their arrival time
- Arrive with a smile & do a great job!



760-541-4035

HydesAC.com for info & money-saving coupons

Servicing the Sun City Communities Since 1992 | Lic #906115 | Certified Comfort Systems, Inc.



JC CREATIONS POOLS, SPAS & LANDSCAPE

760-708-6862



LICENSED, BONDED & INSURED. CA. LIC. #987454

JUST ONE CALL BECAUSE WE CAN DO IT ALL!

PAVERS, CONCRETE AND STONE, PATIO COVERS, OUTDOOR BBQ ISLANDS, FIREPITS, ARTIFICIAL TURF, WATERFALLS & FEATURES AND BEAUTIFUL COURTYARDS TOO.

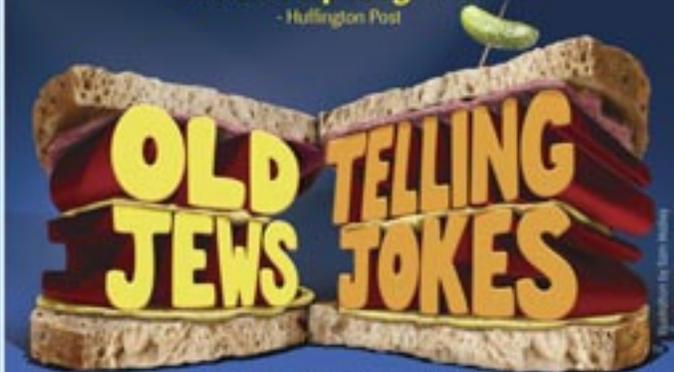
YOUR OUTDOOR LIVING EXPERT FOR NEW OR REMODELED OUTDOOR LIVING SPACES

An Evening In The Catskills With Jokes, Skits, Song & Dance!

THE HIT NEW YORK COMEDY

From the Producer of MY SON THE WAITER... and MY MOTHER'S ITALIAN, MY FATHER'S JEWISH & I'M IN THERAPY!

"A Non-Stop Laugh Fest"
- Huffington Post



By Daniel Okrent & Peter Gethers

An outrageous evening of jokes, skits, songs, one-liners, double-entendres, and hysterical routines that pays tribute to & reinvents classic jokes of the past & present. Like rye bread, kosher pickles & bagels, this show is for everyone! You'll laugh 'til you plutz.

**February 6 -
March 15, 2020**

WARNING: Adult (Bawdy) Humor! For Audiences 18+

"Hilarious! ... Magnificent,
Enduring Rhythm of Jewish Humor!"

- New York Times

"Chock Full of Laughs!"

- Mel Brooks

"Big Laughs!"

- CBS TV, Chicago

"The Laughs-Per-Minute Average Is As
High As Anything You'll Find On Stage!"

- The New Yorker

SHADOW HILLS EARLY BIRD DISCOUNT

SAVE \$15 OFF Our BEST Seats

Use Code: HILLS and order by February 1st, 2020.

Not valid with previously purchased, discounted or group tix.

Subject to availability. Limit 8 tickets per order.

Showtimes: Thur. 3 & 8, Fri. 8, Sat. 3 & 8, Sun. 3 & 7 pm

Indian Wells Theater in Palm Desert, CA

CSUSB Palm Desert, 37500 Cook Street, Palm Desert, CA 92211

Tickets: 1-855-448-7469 • Groups (12+): 1-888-264-1788 • PlayhouseInfo.com



**ALL PHOTOS OF ACTUAL
SUN CITY HOMES!**

**NEW CABINETS VS
REFACE/REFINISH?**

Although we offer hundreds of new cabinet styles and designs, your kitchen may be a good candidate for **refacing** or **refinishing** giving you that "brand new" look at a fraction of the cost! Son Cabinetry is the #1 choice in the Coachella Valley for refacing, refinishing, and new cabinets, including complete design and remodeling services!

Stop by our showrooms today
and let your imagination run wild!

Bermuda Dunes

78078 Country Club Drive #105 | 760.200.3570

Rancho Mirage

71590 Highway 111 | 760.325.2300

For the heart of your home.
Son Cabinetry & Design

Cabinets | Counter Tops | Refacing | Refinishing

www.soncabinetry.com

Bus Lic# 004407

EXCLUSIVE SHADOW HILLS LEATHER SALE! HELEN & BILL BAKER, OWNERS OF LEATHER EXPRESS AND SHADOW HILLS RESIDENTS

OFFERS "EXTRA" SHADOW HILLS SAVINGS ON NATUZZI LEATHER FURNITURE

COMFORT DAYS

- FREE IN-HOME DESIGN SERVICE
- APPOINTMENTS SCHEDULED AT SAN DIEGO LEATHER FURNITURE STORE
- "EXTRA" S.H. DISCOUNTS
- REFERENCES AVAILABLE FROM S.H. CUSTOMERS

LEATHER EXPRESS
OFFERS A HUGE SELECTION OF

NATUZZI

100% LEATHER FURNITURE

#1

BRAND NAME
LEATHER
FURNITURE
WORLDWIDE

LEATHER EXPRESS

860 LOS VALLECITOS BLVD.
SAN MARCOS, CALIF.
NORTH SAN DIEGO
FURNITURE ROW, 78 FREEWAY

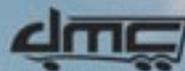
760-471-1973



WE STAND BEHIND
EVERYTHING WE SELL!
WE LOOK FORWARD TO
ASSISTING YOU!
- HELEN & BILL BAKER

SHOP ONLINE: www.SANDIEGOLEATHERFURNITURE.COM

APPOINTMENTS AVAILABLE DAILY 11:00 AM - 6:00 PM



DESERT MOVING CO.
MOVING & STORAGE

Wheaton
WORLD WIDE MOVING
We move your life

Plan Your Relocation with Desert Moving & Storage

Locally owned and family operated since 1987.
We specialize in local, national and international full service moving.

For a complimentary In-Home Estimate:

760-904-3228

desertmoving.com

82-585 Showcase Pkwy, Indio, CA 92203

LICENSED & INSURED US DOT #70719 MC #87113 CAL PUC-T #189598



Broker DRE #01912687






A Beautiful Place to Live

Diamond Club & Elite Member - 25+ years Experience

Nobody serves YOU better, Nobody CARES more!
 Whether Selling your home or looking to buy...Call me!
 Any & All Referrals are Appreciated & Rewarded!
Full Time Service & Resident!



Bonnie J. Hart
 REALTOR® CalDRE #01820249
760.895.0071
 bonniejhart@live.com
 www.bonniejhartrealestate.com

PUT MY *Experience*, KNOWLEDGE,
 SERVICE AND *Professionalism*
 TO WORK FOR YOU.



Learn. Connect. Live.

We can help you with...

- Smartphones
- Tablets
- Computers
- Amazon Alexa
- Facebook & Social Networking
- Internet Fundamentals
- Smart TV's
- Photo & File Sharing and more...




**Shadow Hills
PC Computer Man
is now part of Bridgit!**

Complete Computer Cleanup
 Virus & Malware Removal
 Windows Instruction
 PC Upgrade and Printer Installation
 Data Recovery

760.262.9553
 Mitchell Sack
 info@askbridgit.com

760.262.9553

www.askbridgit.com











- .kitchen remodels
- .custom upholstery
- .landscape design
- .architectural rendering
- .art and accessories selection
- .customized interior design

760.880.9987

carloskinginteriordesign.com

CARLOS KING
INTERIOR DESIGN



**I live here.
I love it here.
I list, sell & stage
homes here.**

Call Bonnie if you want
your home to be **SOLD** for
the highest possible price
in the shortest possible time.



**BONNIE
STEELE**

760-219-1450
hdbjsteele@gmail.com
www.bonniesteele.com

bennion  deville
HOMES

 Realtor®, MBA, GRI, CSP® | Cal BRE#: 01701506 

WILLS-TRUSTS-PROBATE

COMPLETE ESTATE PLAN PACKAGE
RESTATEMENTS / AMENDMENTS
POWERS OF ATTORNEY / HEALTH CARE DIRECTIVES

DISCOUNTED FEES FOR SHADOW HILLS RESIDENTS



FREE CONSULTATION

UNLIKE MOST ATTORNEYS I MEET YOU AT YOUR HOME
EXPERIENCED ATTORNEY (OVER 40 YEARS)

WILLIAM K. SWEENEY, J.D., LL.M., M.B.A.

(760) 989-1067

DISCOUNTS ON HOME & AUTO INSURANCE
Honest & Friendly Service since 1965




COSTLO Insurance Agency, Inc. **COMPARE OUR RATES AND SAVE
CALL FOR YOUR FREE QUOTE TODAY!**

760-772-9001
Or email us at JRubin@CostloInsurance.com

CostloInsurance.com An affiliate of 
CA Lic. OH44726

For all your MEDICARE needs!

*Turning 65?
New to the area?
Leaving your
company plan?
CALL US!*



Doug & Linda Wright
Shadow Hills Residents
Independent Agents



www.WrightHealthAgency.com
Call for a no obligation review.

760-264-4600

By calling the number above you will be directed to a licensed insurance agent.
Medicare has neither reviewed nor endorsed this information.

CA Lic # 0K90593
Doug@WrightHealthAgency.com

Bob & Dovie Koop "Realtors"
 Since 1977



Was #1 in USA & Canada for Real Estate Sales

We Live in Sun City, SH... We Know Sun City, SH

To Buy or Sell
Call Bob & Dovie

760 863-5251 • 760 238-3312 (Cell)
 bkooprs@verizon.net

JM Real Estate
 BRE #00590464 & #00590463



APPARATUS
 AIR CONDITIONING & HEATING
 LIC#921696

<p>HEATER & A/C TUNE UP</p> <p>\$65</p> <p>Free Carbon Monoxide Testing</p>	<p>UTILITY REBATE</p> <p>New Heating & A/C Utility Rebate up to</p> <p>\$2,500</p> <p>IID</p>
---	---

FREE ESTIMATES | FINANCING AVAILABLE
CALL TODAY! 760.574.2885
 www.airpross.com | luis.apparatus@gmail.com

WILLS, LIVING TRUSTS & PROBATE SERVICES

805.581.5234
 RMARSHALLFROST77@GMAIL.COM

AVOID THE HORRORS OF PROBATE AND THE CALIFORNIA COURT SYSTEM
 A REVOCABLE LIVING TRUST PACKAGE WILL HELP PROTECT YOUR FAMILY'S ASSETS
 REMEMBER: ONCE SOMETHING HAPPENS, IT'S TOO LATE!

ATTORNEY AT LAW
R. MARSHALL FROST

"Essential Planning for a vital future"

★ ★ ★ SHADOW HILLS RESIDENT • IN-HOME APPOINTMENTS AVAILABLE! ★ ★ ★

AFFORDABLE CABINETS & CLOSETS INC
 WWW.AFFORDABLECABINETSANDCLOSETS.COM • AffordableStorage@dc.rr.com

SHADOW HILLS RESIDENT FREE INSTALLATION FREE ESTIMATE

Custom Design, Mfg. & install, Garage Cabinets, Work Benches, Closet Organizers, Pullout Shelves (kitchen & Bath) Home Offices



LET US ORGANIZE AND INCREASE YOUR STORAGE!

LIC: #969329 JIM (OWNER) 760.485.0110 -OR- ALLYSON (OFFICE) 760.347.3333



Happy Holidays!
Wishing you a New Year filled with Health and Happiness.

PRUNTY TEAM



Call Us To Get Your Home SOLD!

bennion deville HOMES

47-250 Washington Street
La Quinta, CA 92253
BRE# 01465056 / 01939190

Resident Realtors:
George: 760-681-6993
Patty: 760-219-0288
www.georgeandpatty.com



PRECISION ADULT CARE SERVICES



"Precise care in the comfort of your own home"

(760) 835-1245
www.PrecisionAdultCare.com

Offering Companion Care: A non-medical, less-intensive form of home care. Allow yourself or your loved ones to live an independent life with fulfillment and joy by having a professional caregiver at home as a companion. There to assist in daily routines.

And Personal Care: Includes all Companion Care has to offer, while also attending to the physical needs. This care is fitting for those who require a higher-degree of assistance due to an injury, disability, or aging.

Call today for your FREE in-home consultation

Precision Adult Care Services does not and shall not discriminate against any person on the basis of race, color, religion, gender, age, national origin, ancestry, marital status, sexual orientation, or status in regard to marital status, in any of its activities or operations. We are a Home Care Organization licensed by the State of California, License No. 44433333

JIM CROSS GOLF CAR REPAIR

WE COME TO YOU!



Over 40 Years of Service in the Coachella Valley. Sun City Shadow Hills Resident

- Maintenance 
- Charging 
- Battery 
- Tires 

FEATURING TROJAN BATTERY COMPANY

CALL: 760.567.9847 FOR ALL YOUR CART NEEDS

SUE DERR

RESIDENT REALTOR®



Sun City Shadow Hills

Call me for a Free Market Evaluation!

760.861.2344

suederr@bdhomes.com
CalBRE# 00988301

BDHOMES.COM **bennion deville HOMES**



VALENZ
CONSTRUCTION GROUP, INC.
Three Generations of Building Excellence

(760) 902-8997

LICENSED IN
ELECTRICAL GENERAL FLOORING
FIRE & WATER RESTORATION



SPECIALIZING IN CUSTOM HOMES
& RENOVATION

We Respond to Floods

LIC #1007262



GAYLE PIETRAS
REALTOR®

BROKER ASSOCIATE • MBA IN FINANCE • SRES, CRS, ABR



YOUR PROFESSIONAL AND PERSONABLE REALTOR®

760.636.8527 • WWW.GAYLEPIETRAS.COM



bennion deville
HOMES

VISIT MY WEBSITE FOR
client testimonials, home listings, community
information, my blog, and more!

CalBRE# 01365647 GAYLE@GAYLEPIETRAS.COM

IT'S ALL ABOUT THE
PERSONALIZED SERVICE



Sherri Sacks
REALTOR®



HOME SMART
PROFESSIONALS
Real Estate Made Easy.



CALBRE: 00956350

- Specializing in Sun City Shadow Hills community
- Full time resident
- Top negotiator
- Internet and social network marketing expert
- Hard working, fair, honest, superior service, and mutual respect

SHERRISACKSAGENT@GMAIL.COM
SUNCITYSHADOWHILLSAGENT.COM

CALL 760-636-3054

Hair Design by Lori Espinoza




Cell: 760-625-9191
daza24@yahoo.com

Salon Suites
Prickly Pear Square
73925 El Paseo, Ste. G
Palm Desert, CA 92260

25% Off
With This Ad!

- Hairstylist
- Colorist
- Extension Specialist
- Precision Cuts for Women & Men

"Bringing Out the Best in You"

<p>Proud Members of DESERT NETWORKING PROFESSIONALS • DNPCV.COM</p>		
 <p>GEORGE HILL ASSET MANAGEMENT LLC *** TRUSTED ADVICE ***</p> <p>• Over 20 Years Experience • Customized Portfolios • Long-Term Strategies • Simple Fee Structure</p> <p>OFFICE: 760.848.0711 CELL: 909.289.9147 Email: george@ghillassets.com "California Registered Investment Advisor"</p>	 <p>Your Travel Agency <small>A World of Travel</small></p> <p>WE'RE CRUISE SPECIALISTS!</p> <p><i>Cruise Line? Itinerary? Ship? Cabin? Shore Excursions?</i></p> <p>EXPERT ADVICE • BEST PRICES</p> <p>CALL CHARLES GREENBERG (760) 772-5888 Greenbergcharlie@gmail.com</p>	<p>COMPASSION INTEGRITY COMMON SENSE</p> <p>Barton  LAW FIRM</p> <p>ESTATE PLANNING • PROBATE</p> <ul style="list-style-type: none"> • Trusts • Wills • Powers of Attorney • Healthcare Directives <p>760-834-0444 43-576 Washington St. Ste. 110 • La Quinta www.barton-lawfirm.net</p>

 <p>Precision Handyman Services</p> <p>Home Maintenance Specialist</p> <p>Locally Owned (SCSH Resident)</p>	<p><u>We Can Install or Fix It!</u></p> <p>Bathroom, Kitchen Fixtures</p> <p>Lighting/Fans and Electrical Fixtures</p> <p>Evaporative Coolers, Garage Storage Assembly</p> <p>Painting/Pressure Washing, Irrigation & More</p> <p><u>Contact Information (Rod)</u></p> <p>Phone: 760-625-7305</p> <p>Email: prehandymanservices@gmail.com</p> <p>Website: prehandyman.com</p>
--	--

Shelley A. Cooper, PT
Physical Therapy • Sports Injuries

760-345-9934

SPORTS PHYSICAL THERAPY
Functional Exercise Program
Golf, Tennis, Pickleball, Softball
Injury Prevention
Rehabilitation

PHYSICAL THERAPY FOR PARKINSON'S DISEASE & NEUROLOGICAL CONDITIONS
LSVT BIG Certified
Improving Everyday Activities
Faster Walking
Improved Balance

FALL PREVENTION TRAINING

78-078 Country Club Dr. #205
Bermuda Dunes, CA 92203
(Washington & Country Club)



WWW.SHELLEYCOOPERPT.COM

TORRES
Window Solutions and Glass Works



Julio Torres License # 953836
(760) 399-6806 Bonded & Insured

- Broken Window Repair
- Screens & Sliding Screen Doors
- Sliding Glass Door Roller Repair
- Mirrors & Showers
- Retrofit Windows

**LIVING TRUSTS - WILLS - AMENDMENTS
REVISIONS - REVIEWS
NOTARY SERVICES AVAILABLE**



- Sun City Shadow Hills Resident
- At Home Appointments
- Durable Powers of Attorney & Health Care Directives
- Complete Estate Plan Package
- Avoid Probate with a Revocable Living Trust
- FREE Phone Consult
- Available 7 Days a Week
- Reasonable Fees
- Providing Legal Services Since 1977

HOWARD M. SPEYER, Attorney
(760) 469-2165 or (818) 730-5082



Honesty, Integrity, & Good Quality Service

WINTER IN THE DESERT???
BEST TIME FOR YOU TO PREPARE AND CHECK YOUR A/C UNIT
WINTER SPECIAL
AIR CONDITIONING TUNE UP
\$49 PER UNIT
REG 100

Call Today
(844) 433-4442

LIC#1051755 • FREE IN HOME ESTIMATE • **NO ODP AND SERVICE FEE!**

Irrigation Problems?
Call Dov Israeli

- Repair Drip & Sprinkler Systems
- Repair Leaks, Replace Leaking Valves
- Replace and Adjust Timers
- Free Inspection of Irrigation System

(760) 641-6726

Going on a cruise or longer vacation?
Your pet becomes part of our family!

Over 10 years experience

Al & Barbara
Pet Sitting
Loving your pets like our own

909.800.4394
ABSCHARNHORST@GMAIL.COM
ABPETSIT.COM

Accepting your dog under 40 lbs. Sun City Shadow Hills Residents
Cash, check, debit or credit

★★★★★ FIVE STAR REVIEWS HELP FACEBOOK NEXT DOOR




- Tile cleaning
- Acid wash
- Chlorine wash
- Repairs
- Equipment upgrades

Call us for a free estimate
Cristian (442)300-4548 • Email: ccpoolservice87@gmail.com

JSMacDonnell – Contractor / Handyman
Licensed & Insured 35 Years of Experience!

Construction

- Home Repairs
- Remodeling

Electrical

- LED Conversions
- Exterior Lighting

Plumbing

- Swamp Coolers
- Piping Upgrades

Cabinetry

- Kitchen & Bathroom
- Built-in Entertainment Centers

License #710854 626 945 4730



RITA LATHAM, CRS
REALTOR FOR YOUR LIFESTYLE
Buying or Selling?

760.567.5240
EMAIL: RITA@RITALATHAM.COM
CallDRE #01354929

RE/MAX
CONSULTANTS

JOHN VARANELLI
MASTER HAIRSTYLIST & COLOR TECHNICIAN

760.449.7920
varanellica@gmail.com

STYLE CUT & ANY COLOR **\$119.95**
Specializing in cuts and colors artistically designed for a more confident look.

Artisan Salon and Spa
73-920 EL PASEO, SUITE 1, PALM DESERT

SAME DAY SERVICE • 7 DAYS A WEEK!

GOT BROKEN SPRINGS? WE FIX THEM!!! 

SALES • SERVICE • INSTALLATION



- Broken Springs & Cables
- Wind Damage Repairs
- Replacement Panels
- Opener & Repairs & Remotes
- Glass Window Replacement
- Rollers • Bent Tracks • 24/7

Service Call \$69
\$89 per door

"Ask About Our Senior Discounts"

#1 IN CUSTOMER SERVICE
Complete Maintenance Service

Classic Garage Doors & Openers
PALM DESERT
760-578-9046

www.ClassicGarageDoors.com • Lic# 881655

Mobile Notary Services

Deborah Hartley
(760) 238-8914
hartleynotary1@gmail.com

SCSH Resident
Same Day Service Available

*Member, National Notary Association
Commissioned, Insured & Bonded*



LIVING TRUSTS AND WILLS

COMPLETE SERVICES - EXPERIENCED TRUST ATTORNEY - DEEP DISCOUNT FEES - AT HOME COMFORT - FREE CONSULTATION - 7 DAY WEEK

COLLEEN ROSENBERG
ATTORNEY AT LAW
760-340-6061
colleenrosenberg@gmail.com



Income Tax Service

 **Lonnie B. Leeds**
Sun City, Shadow Hills Resident
80575 Avenida Santa Eugenia

For 13 years I have been providing INDIVIDUAL income tax services. No need to leave the community, convenient appointments 7 Days a week.

Appointments are available from Monday, February 3 through Wednesday, April 8, 2020.

1-760-469-5464 Home
1-760-895-7277 Cell

CTEC Registered Tax Preparer #A126779

Todd's Home Service & Repair

Carpentry ■ Electrical ■ Plumbing
Swamp Coolers ■ Irrigation
Waterfall Cleaning ■ Pressure Washing
760.250.8399



Magic Touch Plumbing

Sales Service Installation and Repair

Water Heaters
Sinks, Faucets
Toilets



Pipes/works,
Kitchen/Bath remodeling
Disposers and more

Excellent service and fair pricing guaranteed.
(760)-424-2224 David *Trusted for over 25 years cpd resident discount*
Cell (818)-571-5362
E-mail cdmagictouch@aol.com Licensed & Bonded # 616261

Signature Limousine

SPECIAL SUMMER PRICES

- GOING ON A CRUISE OR TO LAX?
- WE OFFER THE LOWEST RATES
- THE BEST PRIVATE TRANSPORT

PICKUP TO OR FROM...
PALM SPRINGS AIRPORT

LUXURY SEDANS & LIMO-VANS
GO SIGNATURE AND SAVE... **FLAT RATE**

\$50

signaturelimo4less.com
TCP 25417-P **CALL: 760-408-0377**



B.E.S.

Balanced Energy Systems
Air Conditioning & Heating
 Sales • Design • Installation • Service

(760) 668-5088

Residential Commercial
beshvac1@gmail.com

MANNY ORTIZ
 Owner **License #587104**



WE LOVE YOUR PETS
DONNA A STRAUS

donnastrausis@gmail.com (760) 347-5865

STYLIST REINVENTION SPECIALIST
 LOUISE M KING, M.S., Ed.D.
 Beyond Your Style

PERSONAL SUPPORT
 WARDROBE ASSISTANCE



For more information: Google www.beyondyourstyle.com
 If you would like to schedule an appointment, Please text me your phone number at 760-574-8993 and I will give you a call.



Senior Companion Caregiver

Licensed with 14 Years Experience
 Resides near Shadow Hills

Loving Hands with a Caring Heart

Nenita "Nita" Dingle
 760-485-8716
 CA License #205526

Call Rita Hamlin for a Reference @442-666-5720 (Shadow Hills Resident)

Desert Pro Electrical Inc.

Residential & Commercial

20% Off Service Calls for
 Sun City Residents



I do it right the first time
 - just ask my Mom, she lives here

Desertproelectrical@yahoo.com **Michael Murgo**
 owner
 760-831-5120
License # 860278



Complete Handyman Services

+ **Allen Prather 760-625-3662**
 RESIDENT, INSURED & BONDED

- LED Light Conversions, Pressure Regulators, Ceiling Fans,
- Irrigation Timers & Valves
- Garage Door Painting & Insulation
- Tankless Water Heater Flushing
- Filter Replacements, Smoke Detectors, Electrical, Plumbing



COMPUTER HELP by BLANCA
 760-636-8366
 BlancasComputerHelp@gmail.com

Computer Repair & Cleanup
Windows 10 - Install and Training
 Email ~ Internet Training
 Facebook ~ Skype
 PC ~ Mac ~ iPhone ~ iPad ~ Tablet
 Web Design ~ Sharing Photos
 Microsoft Word / Excel / PP

I will come to you



CA LIC# 1057398

MM'S PAINTING

RESIDENTIAL • COMMERCIAL • NEW CONSTRUCTION

BONDED & INSURED
760-848-3578

email:
 MarcosSuarez0674@icloud.com

Progressive Carpet Cleaning
 & Restoration Services Lic# 888373

DIRTY CARPETS, DIRTY TILE?

Steam Cleaning Tile & Grout Cleaning
 Upholstery Cleaning Water Damage

ANY ROOM \$39.95 No Hidden Charges
 TILE/GROUT \$75 OFF
 Entire Home CLEANED \$129.00 (up to 1800 sq. ft.)
 Truck mounted steam clean included with coupon for valid with another offer or special limited time only

Family Owned & Operated
760-644-0574

SATISFACTION GUARANTEED!!!

MARC LUCAS

Golf Cart Batteries - Diagnosis & Services



(760) 409-5462

BIG SAVINGS WITH RESTORED BATTERIES

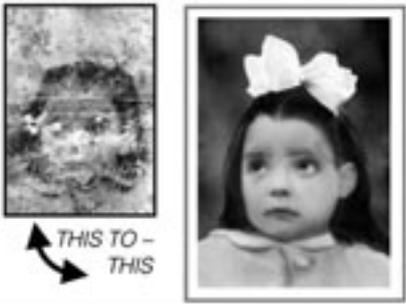
License # 102-220407

IMAGE DECOR
 Digital Photo Services

Tel: 760.345.1388
 www.imagedecor.co

77-734 Country Club Dr.
 Suite #A,
 Palm Desert, CA 92211

Photo Restoration...



THIS TO - THIS

and all your custom framing needs!

Visit our new Showroom

ELITE CABINETRY

New Cabinets/ Countertops
 Decorative Tile
 Refacing /Refinishing

(760) 342-4100

Complete Home Remodeling
 Kitchens/Baths/Closets/Painting/Electrical/Plumbing
 79775 Highway 111 F103 Lic #591025
 La Quinta, Ca. 92253 (In front of Costco La Quinta)
 www.elitecabinetry.com

Lic. #892042

DVS PLUMBING, INC.

No additional charges for Nights, Weekends or Holidays
 Committed to providing the best service no matter how simple or difficult the job

760-910-2012
 FREE ESTIMATES

We Do All aspects of Plumbing
 Water, Gas & Sewer
 Repair, Installation & Remodels

Magic Touch Electric
 All your electrical need R just a phone call away.

Indoor/outdoor light. Ceiling fans
 Trouble shooting. Breakers & Fuses.
 Panel Upgrades. Big or small we do it all.

Install the magic box and save
25% on your electric bill.

760-424-2224 cell 818-571-5362
 cdmagictouch@aol.com David

Over 20 years of excellent service, pd resident
 License & Bonded # 616261 www.magictouchremodeling.net



ROOFING

Repairs Maintenance
 Lic # 908921

Drywall, Stucco, Paint
 Bonded & Insured

Jerry Meza
 tel. (760) 902-1378
 jerry.meza12@gmail.com

PO Box 7056
 La Quinta, CA, 92248



Jerry Home Improvement
 "General Building Contractor"

- Tile Work
- Drywall
- Plumbing
- Electricity
- Carpentry
- Painting

BBB MEMBER

CA Lic. #908921
 Bonded & Insured
 "Water Damage Restoration & Custom Remodeling"

Cell: (760) 902-1378
 Free Estimates

Affordable Prices | Home Improvement | 30 Years Experience



SCOTT SEWELL
PROFESSIONAL
HANDY MAN

Providing service for my neighbors
Painting, Plumbing, Electrical and
Custom Barn Doors

Scott Sewell : 760.596.9749
www.facebook.com/Handy-Man-2623806651026803

Troy's Window Cleaning



760-636-6864
troyswindowcleaning.com
troy@troyswindowcleaning.com

Residential Commercial Solar Panels

Trish Belisle Creations




Trish Belisle
The Jewelry Doctor
Sales and Repairs

818-391-4980
trishbelislecreations@gmail.com
www.creationsbytrish.name

MICHELE NAZARIAN

Representing Sellers, Buyers, Landlords & Tenants

Excellent References Available!

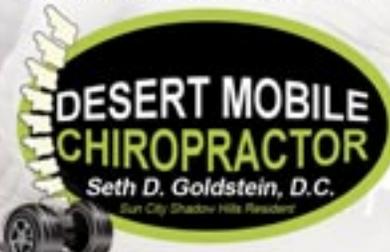
760-989-1066
micheleforhomes@gmail.com

Always My Pleasure To Serve You!




MICHELE NAZARIAN REALTOR®
Sun City Resident - CAL#9640196321

Finally... A Chiropractor That Comes To You!
Conveniently providing services at your home or workplace



DESERT MOBILE CHIROPRACTOR
Seth D. Goldstein, D.C.
Sun City Shadow Hills Resident

Offering the finest in
chiropractic care
since 1982

www.desertmobilechiropractor.com
Call today to schedule an appointment: 805.796.1015
Email: backbiz@pacbell.net

Residential & Commercial @ coolestair2019@gmail.com

Coollest Air

Air Conditioning & Heating

Sam - (760) 485 7020 | Justin - (760) 600 3378

MAINTAIN

by Bruce Sunday

Cell: 760-207-0333
Home: 760-345-3903

Specializing in:
Electrical
Plumbing
Fixture installation & repair
Irrigation
Painting (small jobs only)
You break it, I can fix it!!



Excellent work Reasonable rates

JOIN US SUNDAYS AT 10AM

MOUNTAIN VIEW CHURCH

SUN CITY SHADOW HILLS,
MONTECITO CLUBHOUSE
80-814 SUN CITY BLVD, INDIO, CA. 92203
MTVIEWSCSHG@GMAIL.COM
(760) 834-5663

WWW.MOUNTAINVIEWSUNCITY.COM

WAYNE'S GOLF CART SERVICE

No Pickup or Delivery Charge

All Repairs
Air Top Service
Snowbird Services



Chargers
Batteries/Tires

Club Car Certified

Pre-Owned Carts: Sales · Purchases · Rentals

Call Mark - 951-515-0484 or Wayne - 760-401-5113

Now selling Lithium batteries

SCSH Resident / Indio Business License #15-00015486



When walking your dog, please remember to respect others' yards and clean up after your dog.

THE VIEW

Your Best Advertising Opportunity in Indio



Get to Know Sun City Shadow Hills

- We are an affluent community of 3,450 upscale homes with more than 6,000 residents – all eager to patronize nearby retailers, restaurants, and service providers.
- Our flagship publication, the "slick and glossy" View magazine, is hand-delivered to residents the first of every month, ensuring your ad gets high readership.
- In a survey of readers, over 85 percent said they have used our advertisers!

Why Advertise With Us?

- Flexible contract terms
- Competitive ad rates
- Premium placements available
- Special incentives for new advertisers – just ask us!



What Residents Say

- "The View magazine is the first place I check when I need a service provider for my home. That's because I trust the advertisers in the View." (Lee P., 9 year resident)

What Advertisers Say

- "We've advertised on the back cover for 8 or 9 years. We like it and we'll advertise in the View as long as we are in business." (Jelmsberg Realty)

For More Information Contact Us at 760-345-4349, Ext. 2204
view@scsorca.com

THE HORNE TEAM

Selling Sun City Since 2002

from
AVALINOS
to
VALENCIAS

We Sell Them All!

NO MATTER THE SIZE, PRICE OR LOCATION OUR LISTINGS GET 3D TOURS, PROFESSIONAL PHOTOGRAPHY, STAGING AND WORLDWIDE WEB EXPOSURE BACKED BY A TEAM DEDICATED TO CUSTOMER SERVICE.



THE HORNE TEAM

39620 Washington St, Suite A | Palm Desert, CA 92211

CalDRE#01701660

CalDRE#01258187

760.779.4495



RESIDENTIAL BROKERAGE

www.TheSunCityExperts.com

Thank You!
For Our Best Year Ever!

\$72 Million in Sales

Since Jan 1, 2019

San City Shadow Hills

JELMBERG

kw
KELLERWILLIAMS

TEAM

**#1 Selling Team in
the Coachella Valley!**

kw
KELLERWILLIAMS

760-FOR-SALE

7 6 0 - 3 6 7 - 7 2 5 3

www.jelmberteam.com | 39575 Washington St. #105, Palm Desert, California

*Jelmbert Team is ranked number 1 in total units sold in the Desert Area as per the Desert Association of Realtors Broker Metrics.

*If your property is currently listed, please disregard. This is not intended as a solicitation of other agent listings. Each Keller Williams office is independently owned and operated. The accuracy of all information, regardless of source, including but not limited to square footages and lot sizes, is deemed reliable but is not guaranteed accurate by the MLS, Keller Williams Realty or the Jelmbert Team, Inc.

DRE#01971344 DRE#01765543 DRE#01765542 DRE#01865553

