

THE VIEW



 Sun City
Shadow Hills®
by Del Webb®

March 2020
Performing Arts Club: Hilda's Yard
photo by Graham Jones
story on page 26

CONTACT INFORMATION

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www.scszca.com | 760-345-4349

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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
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SCSH Community Association Board of Directors

Kim Fuller, President president@scsca.com
Fera Mostow, VP vicepresident@scsca.com
Bruce Marley, Treasurer treasurer@scsca.com
Linda Aasen, Secretary secretary@scsca.com
Robert Israel, Member memberatlarge@scsca.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.scszca.com for the latest hours.

THE VIEW

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

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MISSION STATEMENT

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

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@scsca.com or contact Gus Ramirez, *Communications Manager*, at 760-345-4349, ext. 2204.



PRESIDENT'S REPORT

KIM FULLER | PRESIDENT

Bulk Cable Board Vote

This month's report is coming from the entire Board: At its meeting on January 27, 2020, the Board voted unanimously to present the Frontier plan (a five-year bulk contract for Internet service) for homeowner approval. Since this announcement we have received many questions, so we will try to answer a few of the most frequently asked ones in this article.

1. *If Frontier is turned down by the homeowners, will the Board present the Spectrum plan?*

"No." The Board voted unanimously that, if the Frontier plan is rejected by a ballot vote on April 7, 2020, the Spectrum plan will not be presented as an alternative. This essentially means it is Frontier or nothing.

2. *Why does the Board decide which plan is up for a vote by the community?*

The governance of the HOA is not decided by a resident survey or ballot vote. It is decided by a Board of five people that are elected by the residents to make decisions about all operations. Hopefully, it is in the best interest of the entire community, those for and against Spectrum. The Board needs to listen to all residents, not just residents in favor of Spectrum. Other opinions also matter. The Board's goal was to present a plan that is in the best interest of the entire community, while at the same time negatively impacting the fewest people. The upcoming vote by the homeowners is only to give permission to the Board to sign a five-year contract, not to decide which plan will be selected.

3. *How can the Board propose Frontier when Spectrum was preferred 61% to 39%?*

There were many reasons, and it is not just a decision based on what most residents want personally, but what is best for everyone, and that includes the people who don't want Spectrum. The Frontier plan saves 98% of homeowner's money without impacting very many in a negative way. The Spectrum plan would negatively impact 30 – 40% of the homeowners, while the Frontier plan negatively affects only 2%, yet you will still save money.

CONTINUED...

Next Board Meeting:

Date: Monday,
March 30, 2020

Time: 2:00 pm

Location: Ballroom

Please join us!

PRESIDENT'S REPORT

CONTINUED...

4. *The survey was in favor of Spectrum, so why did the Board send out the survey if they were not going to do what the residents preferred?*

The reason to survey is to gather information to assist the Board in making informed and responsible decisions based on all information available. Surveys are only one factor to be considered.

5. *Can the monthly amount of \$12 be put on hold when we are out of town?*

No, the monthly amount of \$12 will be part of the HOA monthly dues and may not be put on hold. Additional services provided directly to you from Frontier may be put on hold.

6. *Will there be further explanations about why the Board made this decision?*

The Board urges you look at the video of the Board meeting, which has explanations by each Board member. We also recommend you calculate the actual difference in cost between the two plans. Each person is different, but in the end the Board decided that it was unwilling to impose an increase in dues of \$50+ per month on those homeowners that don't want it, need it, or can't afford it.

7. *Is the Board concerned about the possible filing of bankruptcy by Frontier in the near future?*

The Board currently does not believe the possibility or the reality of bankruptcy matters. What matters is the delivery of service. If the company were to stop providing service, we would stop payments. Many companies file for bankruptcy and continue service. Keep in mind Charter (parent company of Spectrum) filed for bankruptcy about 10 years ago.

The Board will place on the upcoming ballot, which you should receive around March 1, a measure to allow the Board to negotiate and sign a five-year contract with Frontier for Internet service. Spectrum will not be offered as a choice. It was the Board's unanimous determination that the Frontier plan was in the best interest of the entire community, so that is the only plan being presented to homeowners for approval. On the ballot you will be able to vote either for or against the plan. The majority of those voting will decide the outcome.

If the majority of homeowners vote in favor of the plan, the Board will then finalize contract terms and sign a five-year contract with Frontier if final contract terms are acceptable.

If the homeowners, by a majority vote of those voting, vote against the Frontier plan, then the Board will cease all actions concerning a five-year plan with any company for TV and/or Internet services.

If you have questions, please let us know.

Kim Fuller, Fera Mostow, Bruce Marley,
Linda Aasen, Robert Israel



ANNUAL MEETING BOARD MEMBER ELECTION AND BULK CABLE CONTRACT VOTE

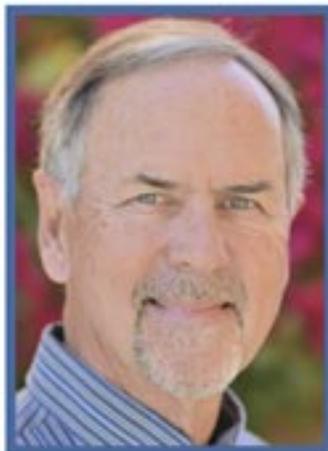
TUESDAY, APRIL 7, 2020
MONTECITO CLUBHOUSE BALLROOM

Polls will open at 9:00 a.m. The meeting will be called to order at approximately 10:00 a.m. There will be a recess between approximately 10:00 a.m. and approximately 2:00 p.m. to tabulate the ballots. The results should be announced shortly after the meeting reconvenes at 2:00 p.m.

BOARD MEMBER CANDIDATES:



Johnny Goodrum



Bruce Marley



Fera Mostow

2020 HOA Election Candidate Statements

Disclaimer: Neither the Association nor the management company made any revisions, alterations, and/or corrections to the information submitted by the candidates. The information was transferred exactly as submitted, per Civil Code. Candidates are listed alphabetically by last name.



Johnny Goodrum

Born in Texas, contracted polio virus at 7 months old. Raised in a loving home with mom and dad. Started singing in church at 6 years old. Sang through high school and college. Attended three years of college at Eastern New Mexico University and Angelo State University with an emphasis on music and business.

Started a Country band in the early 70's and performed many gigs through the Southwest with stops in Las Vegas along the way. Performed in Budapest, Hungary in the early 90's.

For 13 years was District Manager of a natural gas utility company, oversaw office, service and construction personnel. Moved to Palm Springs in 1996 after utility company buyout.

In 2002 started travelling in a motorhome fulltime singing at RV Shows and Rallies around the country performing around 200 dates a year till January 2019.

Now devoting time with my wife and mother in law at our lovely home in Sun City Shadow Hills. Karen is Paymaster for 600 employees at Omni Rancho Las Palmas, we both have a daughter, an EMT for the San Francisco Fire Department and a Flight Attendant for Southwest Airlines and two grandchildren and one adorable niece.

Karen and I love to entertain and share a glass of wine with friends.



Bruce Marley

I am Bruce Marley, current HOA Board member, and candidate for re-election to our Board. I have enjoyed my time on our Board, as Treasurer, and would appreciate the opportunity to continue to serve our community. During this past two years the Board has worked hard at transparency, professionalism, collegiality, and to collectively make the right decisions for the community. In

doing so, I believe this Board has contributed to a kinder and more friendly community. Yes, our Board has had to deal with challenging issues, has not always agreed on every issue, but in the end, we have each worked to the benefit of the entire community.

Our Board has been involved in making 100's of decisions over the past two years, whether personnel, contracts, or how to spend our money. To that end, the financial decisions we have made account for between \$1.1 and \$1.3 Million of our dollars spent each month, between daily operations and Replacement Fund expenditures! Additionally, our Board works with Comerica Securities in managing over \$13 Million of investments, as part of the Replacement Fund. I take great pride as your Treasurer in championing fiscal conservatism, accountability, and sound decision making. Remember, we are a \$32 Million city within the city of Indio! My career in banking and finance, and community service, have prepared me for this very important role as a member of our HOA Board.

I commit to continue to work hard with all Board members for the greater good of all Sun City Shadow Hills residents. I take my

fiduciary responsibility seriously to make honest, thoughtful decisions on all matters that come before the Board, regardless of any personal interests or allegiances. I ask for your vote.

Thank You.



Fera Mostow

Integrity, experience, qualifications and good judgment; these are the qualities you expect from your HOA Board. My name is FERA MOSTOW. For the past two years, I have served as VICE PRESIDENT of our HOA Board during which

time significant enhancements have been made in our community. I'm most proud of our efforts to listen to what homeowners want and respond. I've been a homeowner here for 14 years. From almost day one, I've been an active volunteer in our community, serving on five HOA committees – Covenants, Design Review, Information, Finance and Chair of the Governing Documents Committee. Being your Vice President has been my greatest reward.

I've been a California practicing attorney for over 30 years – first for the Internal Revenue Service, then as Vice President of two multi-national conglomerates: Paramount Pictures and Walt Disney Corporation. I continue to do pro bona work for low-income clients and two volunteer organizations. value my reputation for integrity.

I continue to be a consensus builder. Reaching compromises that benefit all residents. I promise to work in a productive manner that will benefit your interests.

During my tenure on the Board, I've worked cooperatively with the other Board Members to keep our community looking good; our home values up; our finances strong as our dues continue to be some of the lowest in the Coachella Valley and always listen to your concerns.

If elected I promise to continue to represent all the members of our community, making decisions that will keep our finances strong, our property values up and our community well maintained.

I have the proven integrity, experience, qualifications and good judgment to continue to represent you on the Sun City Shadow Hills Board of Directors. I ask for your vote. Thank you.



Meet a Board Member

Thursday, March 12, 3:00 pm · Capistrano, Montecito Clubhouse

Come by and introduce yourself to Bruce Marley, Treasurer of your HOA Board.

He wants to hear what you like about our community and if you have any concerns.



PEOPLE WHO MAKE OUR LIVES BETTER

Maria Hilda Ramos

ASSOCIA EMPLOYEE OF THE MONTH | 2-2020

It is a pleasure to recognize Maria Hilda Ramos as the employee of the month for February.

Maria has been employee at Sun City Shadow Hills since March 2017. She works the afternoon shift in custodial. During this time, Maria Hilda has demonstrated her dedication, hard work, and high-quality standards in all her assignments. Recently, while the night lead custodial was on vacation, she took the lead in all the custodial night responsibilities, ensuring all assignments were completed without interruption.

Maria Hilda also took control of the cleaning after the New Year's Eve event, training her coworker for the first time. And she didn't go home until everything was cleaned. You probably don't see Maria Hilda very often, but she is behind the scenes of the cleanliness of the Fitness Center Facility.

Please join us in congratulating Maria Hilda for her hard work and the high-quality standards that she provides to our community.

ADVISORY COMMITTEES

CITY DEVELOPMENT COORDINATING COMMITTEE
citydevelopment@scshca.com

COMMUNICATIONS ADVISORY COMMITTEE
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COVENANTS COMMITTEE
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Co-Chairs: Traci Barnett Hone & Lee Powell

DESIGN REVIEW COMMITTEE
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Chair: Ted Shettler

EMERGENCY PREPAREDNESS SUBCOMMITTEE
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Chair: Jeff Kirkpatrick

FACILITIES & SERVICES ADVISORY COMMITTEE
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Chair: John Petersen

FINANCE ADVISORY COMMITTEE
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Chair: Bill Wethe

FOOD & BEVERAGE COMMITTEE
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Chair: Jurgen Gross

GOLF ADVISORY COMMITTEE
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Chair: Dennis Hooper

HEALTH & FITNESS ADVISORY COMMITTEE
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Chair: Rick Halla

INFORMATION ADVISORY COMMITTEE
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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

My topic for this brief article is maintenance — specifically, the obligation of each homeowner to maintain his or her property: the dwelling unit, the landscaping, and the property-line walls. I take up this topic despite the fact that almost every home in the Sun City Shadow Hills community is well maintained. Instead this article is more of a reminder about two things. One, that the value of every one of our properties depends on the appearance of our and our neighbor's property, whose appearance depends on the maintenance we invest in our individual property. Second, the CC&Rs and the Design Rules (DRs) contain maintenance requirements, including an entire section (VI), adherence to which is every property owner's responsibility.

The rules concerning maintenance are common sense: the homeowner is required to remove and dispose of blown sand that has accumulated on the property; to remove and replace dead plants and dead trees; and to remove excess stains on driveways and walkways resulting from rust, oil, or other such agents. When necessary, property-line walls are to be repainted in their original colors.

Dumping receives a lot of attention in the DRs. Dirt or any other material or debris cannot be placed on the street; such material must be placed on the yard or driveway on a tarp or plywood and removed daily. Such debris can be allowed to remain for up to three days if covered by a tarp and with approval from the HOA management office, but it shall not wash into the street or gutters. The DRs does not permit any exception to these requirements.

Front yards are to be maintained regularly so as to present a neat appearance and kept clear of unsightly debris. Over time river rock and rock ground cover can become sparse as the rock settles into the underlying soil. When this occurs, the homeowner is obliged to replenish the disappearing ground cover with matching (or approved) rock ground cover.

I don't have to explain to you what it means to keep your home itself in good repair and maintained in an attractive condition, and the DRs obligate each homeowner to do so. In addition, house numbers must be easily visible, not obscured by plantings; and porch and garage light bulbs are to be replaced when they burn out.

The DRs also give attention to maintaining trees. Trees are to be trimmed once each year, unless the species requires a different trimming cycle. There are specific clearance requirements — seven feet above sidewalks and 12 feet above streets. Importantly, trees cannot encroach on a neighbor's property by hanging over the property line; and branches and limbs may not touch the ground or grow into other plants.

I've discussed the maintenance requirements from the CC&Rs and DRs to remind everyone that, in a community like Sun City Shadow Hills each of our property values depends on the maintenance actions of our neighbors. Doing your part is important; should your neighbor fail do so, we encourage you to inform the HOA office.

Contact the author at
designreview@scshca.com



SUN CITY SHADOW HILLS EMERGENCY PREPAREDNESS

Emergency Preparedness Sub-Committee (EPSC)

BY JEFF KIRKPATRICK | CHAIR

What If...?

We have all seen headlines these last several years about people attacking others in houses of worship, on the streets, in businesses, schools, theaters, concert arenas, shopping malls, and myriad other locations here in the United States. Most of us blithely go about our lives thinking that we will never be confronted with such a circumstance. That circumstance has a new colloquialism: "active shooter." And our new reality is that it can occur *anywhere we live, work, and play!* We must all practice "situational awareness," which means always being aware of our surroundings and having a plan to deal with the unforeseen.

Between 2000 – 2018, there were 277 active shooter incidents nationwide; 884 men, women, and children brutally murdered plus an additional 1,546 wounded, according to FBI records. Of active shooters, 95% were male between the ages of 12-79 years. What would you do if a gunman entered your location and began shooting at innocent bystanders – like you?

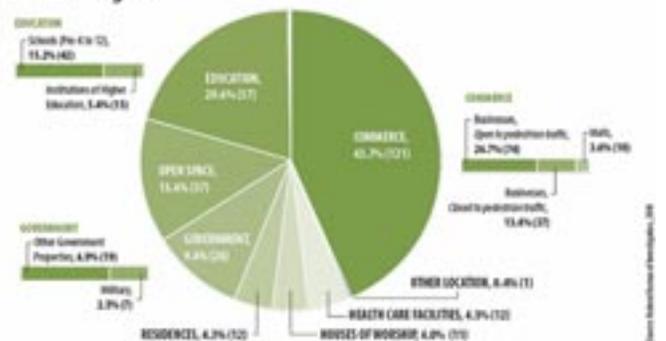
Today, law enforcement is training the lay community to practice situational awareness and to be aware of this mantra should they find themselves under attack: **RUN, HIDE, FIGHT!**

RUN: At the first moment you think you are under attack, you are advised to run away from the gunfire noise and escape to a safer location. Do not run toward the noise!

HIDE: If you cannot run away, hide yourself as securely as possible. Quickly get to a place that you can secure (a room with a locking door out of sight of windows), and lock yourself inside. Stay out of view; turn off lights; barricade the door with furniture or other materials; take cover and conceal yourself within your



Quick Look: 277 Active Shooter Incidents in the United States Between 2000 - 2018
 Location Categories



hideout; *silence your cellphone*, tablet, and other electronics; *call 9-1-1*, speaking very quietly. Make no noise and keep hiding until authorities rescue you.

FIGHT: If you cannot run away or hide from the threat, you may have to fight for your life with all the cunning and local tools you can muster. This includes loud horns, fire extinguishers, bats/clubs, pots and pans, literally anything you can use as a weapon to distract your assailant long enough for you either to immobilize him or escape him.

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

Finance Advisory Committee (FAC)

BY BILL WETHE | CHAIR



Welcome, Bob Jester, as a new member of FAC! Thank you, Board, for your approval of our recommendation to add Bob to the Committee on February 4, 2020. And thank you, Bob, for your interest in serving our community.

As you may have already read or heard, FAC has two openings on the Committee. We would love to hear from you if you have an interest in serving on the FAC or on the FAC Subcommittee for major repairs and replacements and the annual reserve study. The estimated time commitment for serving on FAC is 15 hours per month.

Work Completed

During the month of February, 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 unaudited January 2020 Association financial statements including the:
 - financial statements prepared by DRM/Associa, Troon and the Controller.
 - combining and combined financial statements included in the Treasurer's report prepared by the Controller.
 - summary of financial information on financial position and results of operations included in the Controller's report to the Board.
 - condensed financial information to be published in *The View* magazine.
- Review of the year-to-date variance analysis prepared by the Controller on the 2020 Operating Fund

revenues and expenses.

- Review of the year-to-date variance analysis prepared by the Controller on the 2020 Replacement Fund expenses and interfund transfers to the Operating Fund.
- Review of the 2020 Forecast (1+11) of the Operating Fund and Replacement Fund as compared to the 2020 Budget prepared by the Controller.
- Regular meeting of FAC held on February 19, 2020.
- Preparation of the FAC monthly written report to the Board for its meeting on February 24, 2020.
- Review of January 2020 bank statements, bank reconciliations, and Replacement Fund investment account statements.

Work in Process

FAC has several items we are working on including:

- 2019 audit of the financial statements and preparation of tax returns.
- insurance renewal.

Further Information

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

Additional FAC Members: Larry Anderson, Steve Proia, Carey Thompson, Bob Giovannettone, Bill Ferstenfeld, and Bob Jester. 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

Pickleball & Tennis Injury Prevention and Conditioning Seminar



How can I improve my stamina? Do I have tennis elbow? What are signs of heat-related injuries? How can I prevent myself from falling or losing balance while playing? What's the difference between a strain, a sprain, and a stress fracture?

Questions like these, and many others, will be answered at the *Pickleball & Tennis Injury Prevention and Conditioning Seminar* on Thursday, March 19, from 3:30 – 5 pm. in the Fitness Studio, Montecito Fitness Center.



The seminar will be led by Karen Creasey, who is an adjunct professor of kinesiology at California State University San Bernardino, Health and Wellness Educator, Professional Speaker, Certified Arthritis Trainer, and Certified Personal Trainer. In

addition to clarifying symptoms of various injuries, she will lead participants through specific exercises to promote conditioning for pickleball and tennis.

Register for the seminar at the front desk of either fitness center, or call (760) 345-4359, ext. 2111 or 2201.



Resident Spotlight – Joanne Ashbrook

Interview & Photo by Graham Jones



I have lived in Shadow hills for eight years now. My favorite thing to do most every morning is meet with friends and take exercise classes. I have met so many nice people while staying in shape. My favorite classes are Mat Pilates and Yoga. Exercise has benefited me both physically and mentally. I am so grateful to live in a community where there is a strong focus on fitness and health.

Upcoming Events

- March 12 | Health & Wellness Series, presented by Dr. Bruce Underwood
- March 13 & 27 | Alzheimer's Support Group Meeting
- March 19 | Pickleball & Tennis Injury Prevention and Conditioning Seminar

Resources

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

From The Library

BY CINDY DEGRAF



There is lots of activity in our Montecito library this time of year. Our readers are stopping in frequently to see what's new. Checkout is a breeze...there isn't one! Just pick up a few books that you'd like to read and bring them back when you are done. We also 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. Please remember that we also have puzzles and magazines 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.





***Bulk Internet
Contract
Town Hall Meetings***

Monday, March 2, 2020

9:00 a.m.

&

12:00 p.m.

Montecito Clubhouse Ballroom

The Board will discuss the
bulk internet contract with Frontier.

www.scsorca.com/bulkcable



BY MITCHELL SACK

HOW TO AVOID TECH SUPPORT SCAMS

Cybercrimes are costing Americans nearly \$3 billion dollars per year and are on the rise. Our community has seen a recent increase in technical support scams that target computer users by falsely claiming to represent legitimate technical support departments of major corporations such as Microsoft, Apple, and Amazon.

The scams can be very expensive and disruptive, resulting in permanent loss of data and exposing users to costly charges and even potential identity theft. Tech support scams are typically initiated in one of two ways:

Tech Support Robocalls

Robocallers will falsely identify themselves as a technical support representative of familiar tech-related companies such as Microsoft, Apple, or other security-related providers (e.g. Norton, McAfee) and tell you that they have identified an imminent threat to your computer.

They prey on victims' fears that their computers have been hacked and will ask for remote access to run phony diagnostic tests. Once they have control of your computer, they will then press you to pay hundreds of dollars for phony services and software you don't need and may in fact infect your computer with harmful malware that can be used for identity theft.

Computer Fake Virus Alerts and Adware

Similar to robocalls, scam pop-ups can invade your computer when you click on "adware" or "scareware" that can unwittingly download malicious software.

The adware hijacks your Internet browser and has a threatening alert message that urges you to call a toll-free number to speak to a technician to fix the problem. This results in a high-pressure sales pitch for payment to fix the problem.

DO'S & DON'TS TO STAY SAFE

Fortunately, you can avoid these scams by being aware of the warning signs for scammers and implementing precautions against being infected by malware and viruses.

Do's

- Hang up the phone if you get an unsolicited phone call from someone claiming to work for a major tech company. These companies typically have policies NOT to contact customers unless the customer initiates an interaction.
- If prompted by a suspicious fake virus alert message, shut down your browser. For PCs, press Ctrl-Alt-Delete; and on a Mac, press Option, Command, and Esc keys or Force Quit command from the Apple menu.
- Implement best practices for healthy computing, including running antivirus software and keeping your computer up to date. Make sure you have proper backup and recovery mechanisms in place to recover data in case of an attack.

Don'ts

- Don't give remote access to your computer or give payment information over the phone to unsolicited callers.
- Don't call the number in a pop-up virus alert.
- Don't click on any links in suspicious pop-ups. This may redirect you to a scam site or download malware and infect your computer.

Contact the author at mitchell@bridgittech.com.



STREAMING FOR SENIORS

BY BOB FIRRING

Few things are changing faster in the world than our entertainment choices. The reason underlying all of the change is Internet speeds. The chart below illustrates this.

TELECOM NETWORK PROGRESSION BY GENERATION

Generation	Year	Download Speed	Time to Download a Movie
10	1979	2 Kbps	1 movie - Nearly 6 days
20	1991	100 Kbps	1 movie - More than 2.5 hours
30	1998	8 Mbps	1 movie - Nearly 2 minutes
40	2008	150 Mbps	1 movie - 20 seconds
50	2018	10 Gbps	3 movies - 1 second
60	2030 (Expected)	1 Tbps	300 movies - 1 second

Note: For 10 and 20, these download speeds are only theoretical. 10 was an analog system and 20 was only partly connected to the internet.

Entertainment is a vast subject, so I am going to focus on television choices. You probably have a cable

package now, either from Spectrum or Frontier, or satellite service from DIRECTV or DISH. You could “cut the cord” and put together your own package by installing an antenna (to get local broadcast channels) and downloading “apps” from a couple of streaming services. However, the cable companies are betting that you probably won’t. According to recent research, our demographic (65+ years of age) is the only one that is actually watching more TV (up

8%). The average decrease for the overall US population is about 20%. All the providers are very aware of this.

If you are technically oriented and cost savings is paramount, I highly recommend a class that resident Steve Talbot teaches about cutting the cord. There’s nothing scheduled currently, but Steve could probably be persuaded to offer one if the demand was there.

Now let’s discuss the major options. According to PC Reviews, these are the best choices in 2020:

	Disney+	Hulu	Amazon Prime Video	FuboTV	Sling Media	CBS All Access	Philo	Netflix	YouTube TV	HBO NOW
Lowest Price	SEE IT	SEE IT	SEE IT	SEE IT	SEE IT	SEE IT	SEE IT			
Editors' Rating	●●●●○	●●●●○ EDITORS CHOICE	●●●●○	●●●●○	●●●●○	●●●●○	●●●●○	●●●●● EDITORS CHOICE	●●●●● EDITORS CHOICE	●●●●○
Best For	Families	TV Fans	Original Programming	Sports Fanatics	Cord Cutters	CBS Shows	Entertainment	Original Programming	General Audiences	HBO Series
Starting Price	\$6.99/month	\$5.99/month; \$54.99/month	\$8.99/month	\$54.99/month	\$30/month; \$45/month	\$5.99/month	\$20/month	\$8.99/month	\$49.99/month	\$14.99/month
Concurrent Streams	4	2	2	2	1/2/4	2	3	1-4	3	Unlimited
Live TV	—	✓	—	✓	✓	✓	✓	—	✓	—
Original Programming	✓	✓	✓	—	—	✓	—	✓	—	✓
Ads	—	✓	—	✓	✓	✓	✓	—	✓	—
Read Review	Disney+ Review	Hulu Review	Amazon Prime Video Review	FuboTV Review	Sling TV Review	CBS All Access Review	Philo Review	Netflix Review	YouTube TV Review	HBO Now Review

For what it's worth, I subscribe to YouTube Red (which does not offer TV), HBO Now, Netflix, DAZN, and Red Bull TV. And I get Amazon Prime because I am a member.

- **YOUTUBE RED** is simply YouTube without ads. You may be OK with ads. YouTube is an awesome service.
- **HBO** is the class of television, in my opinion. GO offers all of their shows (current and previous) on demand.
- **NETFLIX** offers an amazing choice of entertainment and is the pioneer in the field. There is a good book out about how it all happened entitled, *This Will Never Work*. Netflix has spent \$15 billion on programming and will be bringing out some great new shows. Although facing stiff competition in the US, Netflix is very strong in the Middle East and Africa.
- **AMAZON PRIME** is almost as robust as Netflix and may have a better future because Amazon is so profitable. Amazon has an almost unlimited budget to acquire content.
- **APPLE TV** is currently making a compelling offer, so I'm going to try it. They have so much cash they could very well buy one of the other services.
- **DAZN** is a new sports streamer offering an annual pass for \$99, which covers the major boxing matches worldwide and other minor sports (at least to Americans). Viewing the Andy Ruiz title defense alone would

have cost \$79, so this is a good deal for me.

- **RED BULL TV**, a completely free service, features live sporting events, compelling adventure videos, and more.

The most intriguing entrant is **DISNEY+**. In addition to a vast library of films and TV shows, they own *Star Wars*, Marvel, Pixar, National Geographic, and ESPN. They've released *The Mandalorian* (think *Star Wars*) on Apple TV, and they probably will be trying new things all the time. This has Netflix very concerned. In the second quarter of 2019, the company reported a loss in subscribers for the first time in eight years and some market analysts are projecting that Netflix will lose 4 million subscribers to Disney+ in 2020. An interesting move would be for Apple to acquire Netflix if the price goes down enough.

I wish I could provide more guidance, but you are simply going to have to try the various packages for yourself to see what makes sense for you. To further confuse you, there are more streaming services available. Many offer free trials to help you decide. For example, Disney offers Disney+, Hulu, and ESPN+ for \$12.99 monthly. There will likely be service subsets offering the same services with limited commercials. These will be a cheaper alternative. This might be for you. You should also become aware of DoNotPay.com. This site does many consumer-friendly things, like automatically

cancelling free and discounted trials for you.

I think it's helpful to know what the streaming services want. Their goal is to keep you engaged by offering you more and more services at a slowly escalating price. Think Amazon Prime. They have AI algorithms helping them, so they will probably be successful.

Enjoy the process. This is the Golden Age of television, and the quality has never been better. There are currently 510 scripted programs in development. Ten years ago, there were 220. Services like Netflix are also emphasizing original feature films; last year, many were by first-time directors (especially women) and featured diverse casts and characters.

So try out the various new offers as they are presented. In most cases, foregoing an expensive dinner one night a month will cover a lot of these costs.

Finally, I recommend that you keep your television sets reasonably current. I just replaced my five-year-old big screen and am amazed at the improvement in picture and sound quality. As long as you're going to pay, you might as well get the most out of the services.

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A SEARCH FOR YOUR ROOTS ISN'T ALWAYS EASY

BY VICKI PRINCE

PHOTOS BY ART NEMIROFF

I recently visited our community's Genealogy Club, and what an eye opening experience it was. I felt I was in a front row seat for one of the most interesting detective shows on TV. Many of the members were excited to tell me the results of their discoveries.

The impact of these searches goes far beyond dusty details about dates of birth and death. Some members, like Sheila Bostater and Scott Buchanan, have discovered their birth parents after being adopted as infants. They have even met relatives they didn't know they had. Others discovered a missing relative forgotten for generations. Some traced family stories back to their origins, only to find the facts didn't support the family lore. Or the facts turned out to be even more interesting. In all, the member's enthusiasm was contagious. I think I may have caught the bug.



Sheila Bostater found her lost family.

The day I visited the group had a guest speaker discussing Irish ancestry searches. It can be difficult because the records are divided between Belfast (with the six Northern Ireland counties) and Dublin, which has records for the rest of Ireland. To complicate matters more, many such records were destroyed in a fire in Dublin years ago. As someone of Irish ancestry, I found this very enlightening.

Club member Ron Gilmore took his Irish ancestry search one better and went to Ireland with his son to investigate the records personally. They found out one of his wife's ancestors was the Lord Chancellor of Ireland. According to Ron, he's not sure what a Lord Chancellor does, but it sounds impressive.

Ron Gilmore and his son in front of the church in Ireland where his grandfather played the organ. Their search of the church records revealed many details of the family history.



A member of the club, Cindy Hailpern, discussed the difficulties searching for Jewish relatives. Many of the records are in Hebrew, and there is often a discrepancy between the English and Hebrew first names. Cindy's most exciting discovery was finding Willie, an eight-year-old cousin who died in the flu epidemic in 1918. His true first name was Wolf, not William. That's why his history was lost to the family.



Cindy Hailpern searching records for information about her family



Members of the Genealogy Club

And let's not even think about the difficulties African-Americans have tracing their ancestors. Records didn't include the enslaved by their names, but rather only as property of the slave owner.

Another member, Bill Reilly, said he had many records with daguerreotype pictures of his family from the 1840s and 1850s. Imagine being able to see the face of your great-great-grandparent and recognizing their resemblance to you. As I continued to speak with different club members, I found a woman, Carol Kanawyer, who had traced her family in Britain's American Colonies back to the 1600s. As a result she has become a member of the Colonial Dames.

The Colonial Dames of America (CDA) is an organization composed of women who are descended from an ancestor who lived in British America from 1607-1775 and was of service to the Colonies

by either holding public office, being in the military, or serving the Colonies in some other "eligible" way. The mission of the CDA includes: restoring and maintaining historical structures for educational purposes; collecting manuscripts, relics, and mementoes of American history for preservation; commemorating historical events of the original thirteen Colonies; and creating interest in American history.

Martha Horner, the president of the club, traced her paternal family several generations back to her five times great-grandfather and grandmother living during the Revolutionary War. As a result, she has recently become a member of the Daughters of the American Revolution (DAR).

The organization's membership is limited to direct lineal descendants of soldiers or others of the Revolutionary Period who aided the cause of independence. The

organization, founded in 1890, promotes historical preservation, education, and patriotism. Martha is a member of the local chapter in the Coachella Valley.



Martha Horner showing her Daughters of the American Revolution (DAR) letter thanks to her five times great grandparents

And so the list goes on and on of the exciting and wonderful stories the club members have discovered and shared. If you have an interest in finding out more about your ancestry, or if you just like to play detective, the Genealogy Club may be the place for you. As far as I know, no one has found an ancestor that was on the Mayflower; but the search continues.

Contact the author at vprince514@gmail.com.



JOANNE IBSEN: NEVER TOO LATE TO GET YOUR BACHELOR'S DEGREE

BY KARINA RUBIN



Photo by Art Nemiroff

Walking up to the platform on Graduation Day to accept her diploma, Joanne Ibsen stood out among the 394 fellow graduates. At the age of 77, she was the most senior graduate from California State University San Bernardino (CSUSB), Palm Desert Campus!

Joanne's studies began in 2002 at Montgomery College, with life's interruptions resulting in a two-

year curriculum taking her almost five years to complete. After receiving her Associate Arts degree in Maryland in 2007, she and her husband moved to Sun City Shadow Hills, where she enrolled at CSUSB to work toward her bachelor's degree.

For the next four years, until 2011, Joanne's plans were put on hold while she took care of her

husband who was ill with Alzheimer's and his mother who also had the disease. After her husband's passing, Joanne decided she wanted to further her interest in memory care. Joanne had toured memory care facilities in Denmark, visiting an aunt who also had Alzheimer's. All of her siblings had achieved degrees in various fields, and she was motivated to fulfill this dream for herself. She resolved there would be no more delays or detours and, in 2015, at the age of 73, decided to make the commitment to finish what she had started.

Although her major was psychology, the complexities of memory loss intrigued Joanne; and she enrolled in courses to study this subject at CSUSB. She took her courses online and in the classroom, never missing a class or being late in four years, except on one occasion. While driving to her class, she had a flat tire. Fearing she would be late or miss her class, she asked the tire service driver to drop her off at the university. Fortunately, she was only five minutes late, but she still remembers how concerned she was! Joanne studied Adult



Photo by Karina Rubin

Development and Aging, with her focus mainly on Memory Care.

On June 13, 2019, she wore her graduation cap and gown, proudly accepting her diploma in front of an audience of several hundred admirers, including some of her Sun City Shadow Hills neighbors and her sister and brother-in-law who drove in from San Diego. After several years of studying, Joanne is elated to have accomplished her long sought-after goal of earning a Bachelor of Arts degree in Psychology.

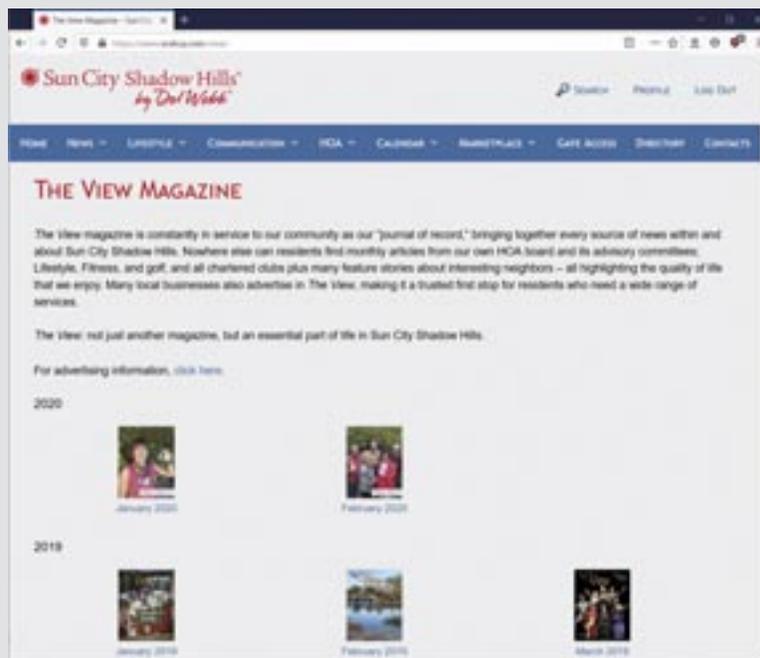
As when her journey first began, "Just Do It!" remains her mantra to this day.

Joanne is looking forward to working a couple of days a week in a memory care facility doing what she loves. She knows the next chapters of her life will be exciting and fulfilling! Congratulations to an amazing woman who stepped outside the box to finally accomplish her dream, no matter the age!

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Did You Know You Can Read *The View* Online?



New issues are posted about a week before they are delivered to your mailbox.

www.scschca.com/view

HOW DO YOU KNOW SUMMER IS JUST AROUND THE CORNER?

BY GEORGE ERHART AND FRIENDS

Because so many SCSH residents go elsewhere during the hot summer months, I got to wondering what triggers them to begin thinking that maybe it's about time to start packing? Is it the calendar or the birds flying north? Or do they have some other indicator? I decided to ask some of my friends and members of the Writer's Club: "How do you know summer is just around the corner?"

To get them started, here's what I wrote:

My barometer is the faucet in my shower. That's right, that little lever tells me a lot about what's going on outside. You see, all winter long as I prepare to take my morning shower, I turn on the water and rotate the faucet to the 12 o'clock position. I give it a moment or two for the water to warm up, and then

I step into the shower at just the right temperature.

As winter wanes and warmer springtime temperatures arrive, I notice that not as much hot water is required to achieve my desired shower temperature. So I turn the faucet a bit clockwise. First, I move it to the 12:30 position. And then it isn't long before I find that the 1 o'clock position gives me the correct temperature. And finally, when I turn the lever to 2 o'clock, I know that summer is just around the corner.

Here's what *Thomas Kiley* says:

I no longer need the socks I wore to bed at night, and my Eddie Bauer long pants are put away. I have begun to wear shorts and aloha shirts, although Canadians and other Northerners still exclaim when they see me in a light jacket.

Soon, the fashion police come out in full force demanding that I don no-show socks or none at all; that I not wear my baseball cap backwards; and that I shun the Levi's I am so fond of. In the real desert of the southwest where I come from, wearing a clean pair of Levi's and a long-sleeved shirt is getting all dressed up for a party or attending a grower's business meeting. We rarely wore shorts there, usually only to swim in.

But I like the customs here. Our desert suits me just fine when it begins to bustle and bloom and when summer is just around the corner.

Bob Firing relates:

I built a beautiful water feature in my backyard. I love the peaceful sound of running water, and I installed a solar heater so that I can use it as a spool. I used to be more enthusiastic, but now I don't go in unless it's 90 degrees. I know the season is coming when the spool is warm enough to sit in. Here comes summer!

Here's another indicator that *Arnold Choy* identifies:

I usually realize that summer is quickly approaching when the temps start creeping over 90 and my wife, Margaret, is asking when we are going to our summer home in Flagstaff, AZ. In our nearly 10



years of living in the desert, we have NEVER experienced the blazing heat of a Coachella Valley summertime.

Then, when Margaret says, "Pack up, we're leaving!", I know for sure: summer is just around the corner!



Jamie McGrew thinks of the old song Jerry Reed wrote 49 years ago, "When You're Hot, You're Hot," and says:

Never have I ever considered summer to be "just around the corner." After all, what corner would that be: 5th & Main, 42nd Street & Broadway? Heck, no. My cornerstone for knowing the heat is coming is a lot like standing on the railroad tracks: you know the train is coming, it always does, you just don't know when!

I must say, though, that usually right around Memorial Day it's getting a little toasty. And I start thinking about that famous song. Yep, that's it! And then I shout, "Summer is almost here!"

A different indicator alerts *Aggie Jordan*:

No longer can we keep our doors open for the fresh morning air. Neither the heater nor the air conditioner has been on for a month. Now the air is set at 78 degrees as we attempt to balance the outside temperature that is climbing to three digits.

Most of all, summer in the valley, which we as full-timers endure for four months, means it's time to protect my body from skin cancer, particularly melanoma. I must ensure that my outer shirts have sun protection and long sleeves. No shorts or sleeveless blouses. None of those lovely, sexy sundresses can I wear. I watch other women with envy in their comfortable shorts and crop pants. Even though choosing to live here in the summer has its indoor living and other desert costs, I wouldn't trade this delectable, joyous, magnificent weather from October through May.

And *Lee Powell* has a somewhat more practical consideration:

I'm originally from the East Coast, the land of sweltering summertime humidity and all too quickly growing green grass. So I was thrilled to be moving to the desert. No more grass, just a

beautiful desert landscape with colored rock that I don't need to mow.

Little did I realize, once the weather begins to warm here, that pesky weeds begin to develop from the winter rains. All over the place, everywhere, growing through the rocks for six to eight long weeks!

Sadly, no gardeners I have ever encountered here seem to believe that weed-pulling is in their job description. So I have replaced mowing with crab-walking throughout my yard with a trowel, nearly every day, just to pluck out the noxious weeds.



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THE ADVENTURES OF OUR MISCHIEVOUS STANDARD POODLE, JACQUES

BY CARL RIGOLI

My wife, Karen, was working for American Airlines at their main ticket reservation office in New York City when one of her ticket-agent friends offered to give her a six-month-old white standard poodle because the agent was transferring to Honolulu. Karen called and asked if I would be interested in adopting the poodle. I said yes, and we went to pick him up the next day in NYC.

He was not fully grown yet, and he was absolutely beautiful with white curly hair and extraordinary, penetrating eyes. Very bright, frisky, inquisitive, and sensitive, he thought he was a lap dog. We agreed to call him Jacques, an appropriate French male name. Both of us fell in love with him as he became the center of our lives.

When Jacques was a year old, he was tall and very elegant looking, especially when we walked him. As he pranced down our street, Jacques was a real people person and also a thief and con artist – passionate yet loveable.

When we had guests over for a barbecue, Jacques would greet everyone with his friendly personality, and everyone would fall in love with him. Our guests would fill up their plates with

hamburgers, Italian sausages, pasta, etc. And, when they put their food down on the table to get a drink, Jacques would jump up, steal their food, and gulp it down immediately. When our guests would return, they were trying to figure out if they already ate their food!

front stoop, he would see the nuns coming toward him and get crazy. He would start barking like he wanted to jump on them. The nuns looked surprised at Jacques and walked away quickly – and a little frightened. The same thing repeated a number of times with similar reactions.



A Catholic nun's convent was down the block from where we lived. At that time, the nuns wore a black habit; and they looked like penguins walking down the street. When either Karen or I were walking Jacques, or sitting on the

One day I forgot to tie Jacques' leash around the iron railing, and he got loose and started chasing the nuns. They scattered all over our block. I have never seen nuns picking up their habits to run away from a crazed poodle as I followed

all of them. Seeing us stampeding all over the block would have made a great chase scene in a Mel Brooks movie.

Jacques got close to a few of the nuns, but fortunately his leash was still attached to his collar as it dragged along the ground. This allowed me to catch up close enough to step on the leash. That yanked him up in the air, and he came down to a halt. Both of us huffed and puffed as I dragged him back home. Needless to say, Jacques was the talk of the neighborhood. Those nuns never came down our block again.

The next day I went to the convent and made my apology to the head nun, Sister Mary Kathleen. She was very serious and started scolding me in her Irish brogue. Then she got hysterical and couldn't stop laughing. She finally contained herself and told me it was the most exciting day the nuns had experienced in years.

One night, Karen and I had gone out to the movies and left

Jacques home alone. When we returned that evening, we found him lying on the floor in our hallway. An open bottle of Sambuca liqueur dripping on the floor rested next to him. The liquor cabinet doors were open. Sure enough, Jacques had managed to open it, take out the bottle, and



drink from it. It was the Sambuca that I just bought.

Well, Jacques was totally bombed. My beloved dog had a dazed look on his face. We tried to get him to stand up, but he kept falling down – totally drunk.

We cleaned up the mess and just left him in the hallway to let him sleep it off. The next morning, he still could not stand up because of a hangover. Early that afternoon he seemed to start moving around, and we were able to take him to the vet.

Well, the vet said he had seen everything, but he had never treated a drunken dog before. The vet gave Jacques a shot of something, and he was okay the next day. I asked the vet if he knew of a dog rehab for alcoholic poodles. He said we might have to start one if Jacques continued to booze it up.

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HILDA'S YARD COMES TO SUN CITY SHADOW HILLS

BY DENNIS SHEEHAN | PHOTOS BY GRAHAM JONES

Several years ago, a family comedy entitled *Hilda's Yard* premiered in New Brunswick, Canada. Written by Canadian playwright and Ontario native Norm Foster, the play (set in 1956) became a smash success because it combines hilarity with middle class values and family problem solving. The 1950s-style common sense displayed by the family matriarch, Hilda, along with her true leadership have much meaning for us even today.

Norm Foster is the most produced playwright in Canadian history by far, an average of 150 productions annually. Foster's plays are known mainly for their comedic qualities, but they are not without their serious moments as well. "I find it far more satisfying if I can make an audience laugh and feel a little heartache within the same story," says Foster.

During one of the show's runs, Foster himself played the role of Sam, the very blue-collar husband of Hilda. Sam has held the same job for the last 27 years. Yet, both Sam and Hilda are pleased and excited that they have finally achieved the status of "empty nesters." The house is, finally, all theirs; and the best years of their lives are ahead of them. How many Sun City Shadow Hills residents can identify with these thoughts? And it's time for a major purchase to celebrate their new status: Sam announces to Hilda that he is going to buy their first TV, a 21" Zenith.

Out of the blue, daughter Janey returns totally disillusioned with her recent marriage. My goodness, her spouse expected Janey to do all the housework, including scrubbing the toilet bowl, as a part of her marital responsibilities! Janey is expecting that Hilda and Sam will welcome her with open arms. And, on the very same day, son Gary shows up, also seeking a refuge from his troubles. Not only has he been fired from his job; he is also running from a loan shark. (His parents never thought Gary would amount to much.)



The cast of *Hilda's Yard*

Hilda's Yard depicts this extraordinary day in the life of a quite ordinary family. It's comedy at its best, yet also a story of how the love within a family overcomes serious issues.

Our Performing Arts Club has 60 resident-members and puts on at least two performances for our community each season. The club's officers manage the casting in a very egalitarian way: all members get the play's script, and everyone has a chance to try out for any part that interests them. As a result, the *Hilda's Yard* cast of six includes three players who are veterans of previous productions and three who are novices.

The task of putting on one play takes the efforts of over 40 club members! Linda Bostjanick, a club member for five years, and Beverly Mirsky, a three-year club member, are co-directors. Both women double as the show's co-producers, which means they are responsible for literally every detail even though they do not perform in the roles themselves. The stage set, designed and constructed by club members Marlys Costello and John Bennoch, is intended to transport the audience back to the 1950s.



The Fluck family, L to R: son Gary (Earl Warner), daughter Janey (Annette Sevedge), Hilda (Judith Bennoch), and husband Sam (Terry Shaw)

Club President Judith Bennoch plays the matriarch Hilda, and Terry Shaw plays her plodding husband Sam. Both actors must be adept at delivering a comedic line to which the audience will respond. But they also must lead the cast through the drama of difficult family situations, not the very least of which may be adult children wanting to return to the safety and security of their parents' home.



Bobbie seems to have Gary's attention.

Son Gary (Earl Warner) is clearly a ne'er-do-well with many a poor habit. Gary's slovenly ways have caught up with him in the person of Beverly (Gene Gambale). Can Hilda or Sam rescue him? Is girlfriend Bobbie

(Gwen Roy) truly going to help Gary become the man he might be? And what if loan shark Beverly has his way with Gary – is Gary's disappearance a possible outcome?

And poor naïve daughter Janey (Annette Sevedge), what is to become of her? Will she really walk away from a marriage she has been in for less than one year? Will Janey ever become a mature, adult woman?



Beverly befriendng Janey, mobster-style

Performances of *Hilda's Yard* start on Thursday evening, March 19, at 7 pm in the Montecito Clubhouse ballroom and run through a Sunday matinee, March 22 at 2 pm. Buy your reserved-seat tickets beginning February 24 on Mondays, Wednesdays, and Fridays from 10 am – 1 pm in the Montecito Clubhouse lobby.

Audiences everywhere have loved the characters and admired the everyday family sensibility of the play. You will, too!

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HAPPY TO SHARE HAPPY HOURS

COMPILED BY STEVE TALBOT | PHOTOS COURTESY OF ESTABLISHMENTS MENTIONED

It's another month, and our dedicated staff of hungry and thirsty writers has again put forth an exhaustive search to find and share with our readers and neighbors the happiest of Happy Hour haunts featuring tasty food and drink, during earlier dining hours at reduced prices.

This month I am jumping into the ring to offer one of my favorites, **Lavender Bistro**. It is located near Old Town La Quinta, at 78073 Calle Barcelona.



Lavender Bistro Lobster and Avocado Salad

Lavender Bistro offers innovative, delicious New American Cuisine served in the main dining room or beyond its French paned windows on the "award winning" outdoor patio dining room, resplendent with shimmering tree lights and beautiful gardens. Happy Hour takes place daily from 4 pm to closing in the roomy, yet cozy, Fireside Lounge that features an extensive bar menu, fire pit, and live musical entertainment nightly. That's where Jane and I and our SCSH friends — the Belluominis and Millers — recently enjoyed a pleasurable evening drinking and dining.

Seafood and salads were on our gastronomic radar and included: Wedge Salad (\$12), Crispy Calamari (\$13), Maryland Jumbo Lump Crab Cake (\$17), Braised Spanish Octopus (\$18), and Lobster and Avocado

Salad (\$26). "Well" drinks ranged from \$5 – \$10. Our collective assessment, "Everything was delicious. We will come back again." Suggestion: don't leave without tasting the dessert creations. Amazing!



Contact Steve at writers2foryou@gmail.com.

Next, Julie Harris recommends **Legends & Icons**, just meandering distance from us at 78152 Varner Road, where Varner meets Washington Street in Palm Desert.



Legends & Icons Bar

My husband and I go to Legends & Icons at least once a week because of the friendly atmosphere and delicious food. Legends is a happy mash-up of sports bar, restaurant, and neighborhood watering hole. The extensive menu has everything from the "Legendary Giant Hot Dog" to some of the best prime rib we've had anywhere in town. Happy Hour is from 2 — 6 pm, during which they offer 20% off the appetizer menu items. I mean, who can resist such temptations as shrimp tacos, Kobe burger sliders (that's just one of

four kinds), or hot wings? We've sampled them all! And now they even have cauliflower crust pizza!

Did you notice I haven't even mentioned drinks yet? They have a full bar plus several beers on tap; and their wine list has something for everyone, including a very generous pour. Check them out at: legendsandiconspd.com.



Contact Julie at
mjharris.88@verizon.com.

Let us now venture down to where the elite meet to eat at El Paseo, where Aggie Jordan introduces us to one of her favorites, Mitch's on El Paseo at 73951 El Paseo in Palm Desert.



Mitch's Sushi

Near the east end of El Paseo is Mitch's. We visited here and enjoyed their sushi. If you like sushi, you will find a variety of preparations for their Happy Hour. Mitch's atmosphere is upscale, the prices are reasonable, and the food is excellent. They have a wine and saké list, calamari, and Kobe sliders. In addition you can enjoy tacos and other light food. The music doesn't start until 6:30 pm, however, after "Happy Hour."



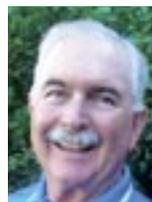
Contact Aggie at
aggiejordan@gmail.com.

I would not say seafood is a recurring theme in this month's article but, when Dennis Sheehan mentioned Pacifica Seafood Restaurant was his choice, the die had been cast. You can find it at The Gardens on El Paseo, at 73505 El Paseo in Palm Desert.



Pacifica's \$25 Mussels Madness

Happy hour starts every day at 3 pm, and ends at 6:30 pm – EXCEPT Wednesdays and Sundays, when happy hour pricing lasts the entire evening. Tuesdays are half-price bottle of wine nights, and Thursdays feature "Mussel Madness." Something unique: the Pacifica Sunset Dinner Menu, with many of the restaurant's favorite seafood items offered from 4 – 5 pm and featuring two courses for less than \$25 per person.



Contact Dennis at
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If you would like to share your favorite Happy Hour spots in this column, just send your written review for consideration to me, Steve Talbot, writers2foryou@gmail.com. So I know it's not spam or a phishing email, kindly write "Food Column" in the subject heading. Please, no more than 150 words. Pictures encouraged.

Contact Steve at writers2foryou@gmail.com.



BY GEORGE ERHART

This time of year, there are so many events taking place and places to visit or tour, so we've abbreviated the following list because of limited space. But, for each activity, we've referenced a website where you can find more detailed information.

BIG EVENTS

- **TENNIS** | For the sixth consecutive year, the BNP Paribas Tennis Tournament (held at the Indian Wells



Tennis Garden from March 9–22) has been named "Tournament of the Year." And the beautiful grounds combined with our wonderful weather have been so well received that the event has been dubbed "Tennis in Paradise." If you plan to go, be sure to check out their new "clear bag policy." See bnpparibasopen.com.

COACHELLA

COACHELLA VALLEY MUSIC AND ARTS FESTIVAL

- **MUSIC** | Coachella Fest, officially known as the "Coachella Valley Music and Arts Festival," will take place at the Empire Polo Club in Indio on the weekend of April 10–12 and again on the following weekend, April 17–19. Go to coachella.com.

STAGECOACH

CALIFORNIA'S COUNTRY MUSIC FESTIVAL

- **COUNTRY MUSIC** | The Stagecoach Festival takes place at the Empire Polo Club grounds the weekend of April 24–26. Go to stagecoachfestival.com.
- **WOMEN'S PROFESSIONAL GOLF** | The ANA Inspiration returns to the Mission Hills Country Club



from April 1-5, where the winner traditionally jumps into "Poppie's Pond." Go to anainspiration.com.



EMPIRE POLO CLUB

- **POLO** | Every Sunday through March 22, world-class polo matches are held at the Empire Polo Club in Indio. Tailgating is allowed for Friday night games (check the schedule for dates). Go to empirepolo.com.

- **EQUESTRIAN EVENT** | Top-notch riders and horses compete at The Desert International Horse Park in Thermal, with highlighted events every Sunday, ending with the Grand Prix event on Sunday, March 15. Go to deserthorsepark.com.



TOURS

- **RED JEEP TOURS** | Take you off-road into the desert with an experienced and informative guide. For other tours, descriptions, and prices, go to red-jeep.com.
- **HUMMER TOURS** | Take you off-road into Joshua National Park with an experienced and informative guide. For other tours, descriptions, and prices, visit adventurehummer.com.

- **WINDMILL TOURS** | Take you inside the wind farm fences with a knowledgeable and experienced guide. See windmilltours.com.

RIDES IN THE SKY

- **GLIDER RIDES** | Go to palmstopinesgliding.com.
- **VINTAGE WARBIRD AIRPLANE RIDES** | Go to palmspringsairmuseum.org; click on Warbird Rides.
- **BIPLANE RIDES** | Visit psbiplane.com.
- **BALLOON RIDES** | Visit fantasyballoonflight.com.

OTHER THINGS TO DO

- **HORSEBACK RIDES** | Google "horseback riding in Palm Springs" to find several stables that offer rides.
- **COACHELLA HISTORICAL MUSEUM** | For more info go to cvhn.org.
- **THE OBSERVATORY** | Go to ranchomiragelibrary.org.
- **WILDFLOWERS** | Google "Best places to see wildflowers in Southern CA desert."

Contact the author at george.erhart@aol.com.



Correction

In the February 2020 issue of *The View*, on page 27, we regret that Bara Rosenheck's email address was wrong. The correct address is: baracuda2@icloud.com.



LIFESTYLE UPDATE

CONNIE KING | LIFESTYLE DIRECTOR

Tickets for the 2020-2021 Concert Schedule will go on sale Friday, March 6, 2020, at 9 am. What's new? A numbering system that will process ticket purchases more conveniently! Our goal is to reduce the amount of time you spend standing in line.

We hope you enjoy the new line-up for the 2020-2021 Concert Schedule! Thanks to our entertainment team for their countless hours and dedication putting together another great line-up!

SUNDAY, APRIL 5, 2020 | STEVIE WONDER & TINA TURNER TRIBUTE (FREE OUTDOOR CONCERT!)



SHARI WILSON has performed her celebrated tribute shows all over the world including the UK, Japan, Bahrain, Germany, Canada, Singapore, and China. Her unique stylings have been featured on *Entertainment Tonight* and *The People's Choice Awards* as well as various music videos. Shari was lead singer for the world-famous *Les Folies Bergere* and the featured guest artist in various Las Vegas production revues, for which she was voted "Las Vegas Entertainer of the Year."

PETE PETERKIN started out as self-taught R&B/jazz guitarist writing songs, doing background vocals, and playing guitar for legendary performers like Donny Hathaway, Curtis Mayfield, The Temptations, and The

Four Tops (just to name a few). In the late 1980s, Pete came into his own as a respected gospel and blues singer; and he wrote musical comedy for a top L.A. radio station. A few years later, Pete began performing his one-man show in Las Vegas to standing ovations.

SUNDAY, OCTOBER 25, 2020 | THE ZIPPERS (FREE OUTDOOR CONCERT!)



THE ZIPPERS got their start as favorites on the national TV show *Star Search* and went on to become finalists in that national competition, gaining the attention of many fans and industry professionals. The band has since propelled itself to the top of the entertainment ladder, becoming one of the most sought-after acts in the country. And now, you can see them for free in our own community!



SUNDAY, DECEMBER 5, 2020 | GARTH BROOKS TRIBUTE (\$25)

DEAN SIMMONS followed the footsteps of his father, uncle, and grandfather to a life of performing country music at nightclubs, fairs, festivals, and honky-tonks all over the Pacific Northwest. As Garth Brooks was dominating the charts in 1992, many noticed how remarkably close Dean sounded to

Garth himself. So, in 1994, Dean began building an act to pay tribute to the modern country music icon. After extensive study, Dean can not only mimic Garth's music but also his mannerisms: the walk, the talk, the laugh, and the ability to engage and thoroughly entertain an audience.

In 2014, Dean's "Garth Guy" show was featured on the television show *World's Greatest Tribute Bands*. He is now celebrating 23 years of giving audiences across the country a live Garth Brooks experience that is a sincere tribute to the man and his music.

SATURDAY, JANUARY 9, 2021 | PHAT CAT SWINGER (\$25)



PHAT CAT SWINGER is the West Coast's "Little Big Band" that brings style, class, and charisma to every show experience with retro showmanship and a wide range of musical styles in both original and re-imagined favorites. The group performs an ingenious selection of songs that are all inspired by the greats of Frank Sinatra to Big Bad Voodoo Daddy while even incorporating music and show elements reminiscent of Elton John, Bruno Mars, and more!

Phat Cat has appeared in music videos with Christina Aguilera and The Jonas Brothers plus at the Playboy Mansion and Disneyland. Come experience one of L.A.'s hottest live bands that is bringing great American music to new generations!

FRIDAY, FEBRUARY 6, 2021 | EVERLY BROTHERS EXPERIENCE (\$25)

Since 2016, brothers **ZACHARY AND DYLAN ZMED** have brought the pivotal music and The Everly Brothers' legacy to enthusiastic crowds all across the U.S. and overseas. Their aim is not to impersonate but to honor the important role The Everlys played in pioneering the rock n' roll movement, all while having a little fun sharing their own personal story.



The Everly Brothers' career lasted over half a century. They sold more than 60 million records worldwide and had over 30 Billboard top-100 singles, which remains the record for most charting hits of any sibling rock duo ever. The Zmed brothers are thrilled to carry on this amazing tradition!

SATURDAY, MARCH 6, 2021 | ABBAFAB (ABBA TRIBUTE) (\$25)



ABBAFAB is a stunning tribute to the music of ABBA and has played to sold-out crowds across the U.S. and abroad! This multimedia production features some of the greatest music produced in the 70s and 80s including monster hits like *Waterloo*, *Fernando*, *Honey Honey*, *Dancing Queen*, and countless others. From ABBA's earliest hits to *Mamma Mia*, ABBAFAB will take you on a technicolor journey that is unmatched.

ABBA's record-breaking string of hits has stood the test of time. With vocals and musicianship second to none, the ABBAFAB vibe is infectious! There's no generation gap here, so let's ALL party like it's 1979!

11th Annual AUTO SHOW

MARCH 21 2020 | 10AM – 1PM

SANTA ROSA CLUBHOUSE PARKING LOT
81420 N SUN CITY BLVD, INDIO CA 92203



Sun City Shadow Hills' 11th Annual Auto Show will showcase some of the Coachella Valley's most unique and inspiring automobiles. Prizes will be awarded to the top car in each category. Enjoy great food, drinks, and music. For more information, call the Sun City Shadow Hills Lifestyle Desk at (760) 345-4349 Ext. 2120.

Open to the public. Non-SCSH residents must RSVP at lifestyles@scshca.com

Stevie Wonder, Tina Turner & More Tribute



SUNDAY, APRIL 5, 2020 • 7PM • FREE

SOUTH LAWN • DOORS OPEN AT 6:30PM

FOOD AND BEVERAGE PROVIDED BY SHADOWS RESTAURANT

DONT FORGET TO BRING YOUR LAWN CHAIR | NO OUTSIDE FOOD OR DRINKS ALLOWED

 Sun City Shadow Hills®



Sun City Shadow Hills®

ALGODONES, MEXICO



Tuesday, March 10, 2020
\$35 per Person (Non-Refundable)
 Price Includes Transportation and Snacks on the Bus. Lunch on Your Own.
PASSPORT IS REQUIRED!

Algodones is a quaint town located Southwest of Yuma, AZ in Baja California, Mexico. Algodones' abundant shopping opportunities, medical and dental services are the main appeal for most visitors. Dozens of shops sell pottery, leather goods, glassware, inexpensive jewelry, hand-embroidered clothing, and colorful Mexican handicrafts. Enjoy dining at restaurants offering fresh fish entrees, Mexican specialties, as well as American food.

Bus Will Depart the Montecito Clubhouse at 8:00 AM
 Bus Will Return to the Montecito Clubhouse Approximately 6:00 PM

Sign-ups will begin on Monday, January 6, 2020
 (760) 345-4349 Ext. 2120



Sun City Shadow Hills®

Spring Parking Lot Sale

Saturday, March 14, 2020
8 AM - 12 PM
Montecito Clubhouse

Reserve your spot for the Montecito Clubhouse's parking lot sale, bring your gently used items to sale.
Sign ups begin
 Monday, January 6th: \$10 • Additional Spot: \$5

Fee includes a spot on the parking lot equivalent to two parking spaces.

All vehicles must be out of the parking lot and parked on the street before the event begins at 8 AM. No exceptions will be made due to the safety priority of the participants.
 Non-residents attendees must RSVP at Lifestyles@scschca.com or present flyer at guards gate



**For More Information
Contact Lifestyle Desk
760-345-4349
ext.2120**




Shred-it®

SATURDAY, APRIL 4, 2020
8:00 A.M. - 12:00 P.M.
 (AT THE MONTECITO PARKING LOT BY THE HOA OFFICE)

YOU MAY SHRED:
 ALL PAPER DOCUMENTS • PAPERCLIPS
 STAPLES • SOFT FLEXIBLE FASTENERS
 ENVELOPES

DO NOT SHRED:
 HARD METALS • BINDERS • ACCO CLIPS
 BATTERIES OR CELL PHONES • NO TRASH

IN ORDER TO ALLOW EVERYONE THE OPPORTUNITY TO SHRED
 THERE IS A LIMIT OF FIVE BOXES PER DROP




PAINT - AND - SIP

**SATURDAY
APRIL 25, 2020**

\$29

**1ST CLASS:
3P.M. TO 5P.M.**
**2ND CLASS:
6P.M. TO 8P.M.**

CHARYL BAIER

OWNER OF VANGO ART STUDIOS, OFFERS A UNIQUE, FUN, CREATIVE, AND MEMORABLE PARTY EXPERIENCE! NO PAINT EXPERIENCE IS NEEDED. CHARYL WILL TAKE YOU STEP BY STEP THROUGH YOUR PAINTING EXPERIENCE. ALL MATERIALS AND WINE SUPPLIED BY VANGO ART STUDIO.

EACH CLASS IS LIMITED TO 25 PEOPLE SIGN UP AT THE LIFESTYLE DESK BY FRIDAY, APRIL 4, 2020 (760) 345-4349 EXT. 2120




Sun City Shadow Hills®

SUNDAY, MAY 3, 2020 | \$110 PER PERSON | DEPART: 9:30 A.M.
RSVP BY: APRIL 4, 2020
 SIGN UP AT LIFESTYLE DESK (760) 345-4349 EXT. 2020

Spanish Classes

Instructor: Mary Mendivil, 11 years of teaching experience (all Spanish levels including Advance Placement Spanish Literature). Teacher at Shadow Hills High School.

Curriculum: Fun interactive. Teacher provides materials (including literature at the level).

Instruction includes: Grammar lessons, reading, writing, and useful everyday conversations.

<p>First Class: Spanish Intermediate Class Santa Rosa Clubhouse Monterey Room Every Friday from 4:00 p.m. to 5:05 p.m. \$0 dollars per person per session</p>	<p>Second Class: Spanish Beginners Santa Rosa Clubhouse Monterey room Every Friday from 5:10 p.m. to 6:10 p.m. \$0 dollars per person per session</p>
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For more information, please contact the Lifestyle Desk: (760) 345-4349 Ext. 2020 or email Mary Mendivil at marymendivil@yahoo.com

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.scszca.com/emailsignup 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®

ATTENTION SNOWBIRDS!

Going away for the summer?

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

www.scszca.com

Discussion Forum Club presents:

We Can Now Edit Our Genes

to cure or prevent disease – Amazing!



Dr. Garcia-Castro will speak about gene editing with a very precise molecular "scissor" and how it will help us!

- We can now cure tough genetic diseases simply by altering the patient's DNA.
- What if we make the wrong changes?
- All future children will inherit the new DNA, possibly creating unexpected problems. We must proceed with care.



Associate Professor Martin Garcia-Castro of the UCR School of Medicine, formerly taught at Yale University, and earned his Ph.D. from University of Cambridge in the UK. He will be speaking on the Gene Editing tool and how it can be used to benefit our health. He is an expert on neural crest stem cells and how they keep us healthy.

When: Thursday, Mar. 12, 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 Mike Mercurio at mmercurio223@gmail.com



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
March 13, 2020 • 10:00 a.m.

Sponsored By
Shadow Hills Veterans Club

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

scsh Lively Liners Club

"Dancing Under The Rainbow"



"Line Dance The Night Away!"

Friday, March 13, 2020
Montecito Ballroom
6:00 - 8:45 p.m.

Bring your favorite snack and beverage.

Members \$5.00
Guests \$10.00



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

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

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, March 18, 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

**Desert Healthcare District and Foundation
& Karen Borja's Role in Representing Indio**

Join us on Thursday, March 19



**MONTECITO CLUBHOUSE
CAMBRIA ROOM**

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

**7:00 P.M.
PRESENTATION BY
KAREN BORJA, Director**

**All SCSH Residents are welcome to
the Presentation.**

Karen Borja was appointed a District board member in January 2019. In November 2008, voters east of Cook Street passed Measure BB by over 80% to annex themselves into the District. This gave the District the opportunity to support eastern healthcare services. Prior to the vote, Karen led 75 volunteers to identify and educate more than 3,000 voters to help pass Measure BB.

Other examples of Karen's organizational experience include helping to build successful "Sanctuary City" campaigns in Cathedral City and Coachella that won bipartisan support locally and at the state level and mobilizing people to march at the 2019 and 2020 Coachella Valley Women's Marches. Karen is employed as the Riverside County Community Affairs Director with Planned Parenthood of the Pacific Southwest and lives in Indio.

**SPONSORED BY THE
DEMOCRATS IN
SUN CITY SHADOW HILLS**



VENUE IS ACCESSIBLE FOR PEOPLE WITH DISABILITIES:

Reasonable accommodations will be provided for people with disabilities. Please call (760) 262-7762 at least 48 hours in advance to make your request or for any questions about accessibility, including but not limited to, the program, parking, restroom facilities, American Sign Language requirements, or alternate format materials.

SCSH Performing Arts Club presents

Hilda's Yard
by Norm Foster



**A thoughtful comedy – have you ever
had your child return to the nest?**

Directed and Produced by
Beverly Mirsky and Linda Bostjanick

**March 19, 20, 21 - 7:00 pm
March 22 - 2:00 pm**

Montecito Ballroom

Tickets: Reserve Seats \$15

Available February 24 through March 22 in the Montecito Lobby every Monday, Wednesday and Friday from 10 am to 1 pm

For inquiries, call 716-417-8309



Shall We All Dance

**Sun City Shadow Hills
Dance Club**

Montecito Clubhouse Ballroom

Singles and couples, residents and non-residents, dance hosts, join us for a wide variety of DJ music & social dancing.

Spring Fever! Saturday, March 28th 5 PM – 8 PM



*** Hustle dance lesson at 5:15 PM ***

Best Costume Contest! Come decked out (or not).

Club provides light refreshments. You may bring food and/or drink of your choice.

Come dance with us! Singles and couples welcome.

Calendar-year membership dues for residents is \$10 includes your 1st dance.

Monthly dance entry fee: Member residents \$5; Guests \$10; Dance Hosts for singles \$0, it's on us!

For more information, contact Judy Wilson at 858-337-5284 or judywilson2015@outlook.com.

**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) 218-4585



GOLF OPERATIONS

ROLLAND VAUGHN | GENERAL MANAGER, SHADOW HILLS GOLF CLUB

We hope everyone is getting a chance to enjoy the spectacular weather. Clearly, this is one of the major reasons so many choose to spend their time in the Coachella Valley this time of year.

Because of some inquiries from homeowners about the North Course landscape, we found an interesting fact to share. Did you know that there were approximately 550 plants replaced in the desert landscape around the North Course in 2019? There were previous irrigation issues that caused many of the emitters around the North Course to become clogged, causing many of the plants to die. We have been in the process of repairing the irrigation over the past three years and replacing plants where necessary.

We have a schedule in place to continue the “beautification” of the landscape and have already made tremendous progress in 2020. Feel free to reach out if you have any questions or concerns so that we can address them.

CVWD Golf & Water Task Force Update

CVWD and the other providers that form the Groundwater Sustainability Agency sanctioned by the state to update the current Coachella Valley Water Management Plan (CVWMP) began a lengthy, inclusive, and transparent process to update the “Plan” with a public workshop on February 20. As a reminder, this “Plan” was previously certified by the state as the alternative Groundwater Sustainability Plan under the terms of the 2014 Groundwater Sustainability Act. The Golf & Water Task Force actively participated in the meeting to provide feedback along with other professional organizations like the SCGA, CMAA, GCSAA, and PGA. If anyone would like more information about this topic, feel free to contact us and we will be happy to send it along.

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

Contact the author at rmvaughn@troon.com.

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





FOOD & BEVERAGE

MARIO CHAFFINO | FOOD & BEVERAGE / CATERING MANAGER

JEFF JACOBSON | EXECUTIVE CHEF

The weather here in the Coachella Valley is getting nice at this time of year. Shadows would like to invite everyone to enjoy the company of friends on our patio. Indulge in an appetizer and a cocktail as you look out onto our golf course and lakes. Happy Hour is seven days a week from 3 – 6 pm with great specials on drinks and appetizers. Try the Pretzel Bites and the Fried Green Beans. They are delicious!

In addition to Shadows Restaurant, our Food & Beverage department offers three other areas where residents and golfers may dine. We have the Montecito Café located in the Montecito Clubhouse, the Santa Rosa Bistro at the Santa Rosa Clubhouse, and our Golf Snack Bar on the South Golf Course. All three locations offer snacks, sandwiches, chili, soups of the day, coffee, hot tea, beer, and wine. Come and visit one of our other dining areas we would be happy to serve you.

We would like to thank everyone who made reservations for our February events: Super Bowl, Valentine's Day, Pasta Nights, and our Burger Town U.S.A. night. We love doing these specialty nights for our community and are grateful for your participation.

This month we continue with our themed nights, and we are proud to present the following events for you: Pasta Night (March 12); Pasta Night (March 18); and the return of a resident favorite, Southern Comfort Night (March 26). 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 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 large reservation at Shadows, please contact Manny Guadarrama (Restaurant Manager) at 760-772-7992, or email him at jguadarrama@troon.com.

Please enroll in the weekly email blast and check 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

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 – 8 pm

Dinner: 5 – 8 pm

Happy Hour: 3 – 6 pm

GOLF SNACK BAR

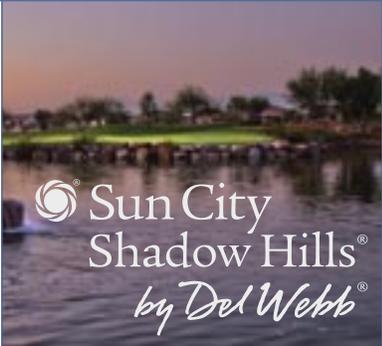
6 am – 3 pm

SANTA ROSA BISTRO

6 am – 3 pm

MONTECITO CAFÉ

8 am – 2 pm

1 SUNDAY	2 MONDAY	3 TUESDAY	4 WEDNESDAY
9:00 AM Needles & Pins CAM/MIR 10:00 AM Mountain View Church CAP 2:00 PM Table Tennis NPT/PIS 5:00 PM Pickleball Club BR	7:15 AM Lady Putters CAP 9:00 AM Bulk Cable Town Hall BR 9:00 AM Creative Arts CAM/MIR 11:30 AM Pan CAP 12:00 PM Bulk Cable Town Hall BR 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 FH 4:30 PM King & Queens Club PIS 5:00 PM Bocce Buddies BCM 6:30 PM Performing Arts FH	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 4:30 PM King & Queens Club PIS 5:00 PM Tuesday Night Putters FH 7:00 PM Performing Arts CAM/MIR	9:00 AM Needles & Pins CAM/MIR 9:30 AM Bridge Lessons CAP 10:00 PM Mah Jongg Lessons BH 10:30 AM Safety Meeting COA 11:00 AM Table Tennis NPT/PIS 12:30 PM Mah Jongg BH 1:00 PM Jewelry Club MIR 1:30 PM King & Queens Club PIS 2:00 PM Games Plus NPT 2:00 PM Landscape Advisory COA 3:00 PM Camera Club MON/PIS 4:00 PM Bocce Buddies BCM 6:30 PM Performing Arts FH
8 DAYLIGHT SAVING TIME BEGINS 9:00 AM Needles & Pins CAM/MIR 10:00 AM Mountain View Church CAP 10:00 AM Performing Arts FH 2:00 PM Table Tennis NPT/PIS 4:00 PM Couples Golf BR	9 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 SY 4:30 PM Galilee Center LJ 4:30 PM King & Queens Club PIS 5:00 PM Bocce Buddies BCM 6:00 PM Pan CAP 6:30 PM Performing Arts FH 7:00 PM Billiards Club PAC 7:00 PM Bocce Buddies BCM	10 8:00 AM Ceramics CAM/MIR 10:00 AM Desert Life Board LJ 11:15 AM Pan NPT 11:30 AM Classy Niners BR 12:00 PM Duplicate Bridge CAP 12:45 PM Paper Crafters CAM/MIR 2:30 PM View Committee LJ 4:30 PM King & Queens Club PIS 6:30 PM Performing Arts BR 6:30 PM Pet Club CAM 6:30 PM Republicans CAP	11 9:00 AM Needles & Pins CAM/MIR 9:30 AM Bridge Lessons CAP 10:00 PM 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/PIS 4:00 PM Bocce Buddies BCM 4:00 PM Desert Gardeners FH 6:00 PM Rainbow Friends CAM 6:30 PM Bridge BH 6:30 PM Performing Arts FH 7:00 PM Billiards Club PAC
15 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 5:00 PM Solo's Club CAP	16 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 2:00 PM Lifestyle Advisory Com. LJ 3:30 PM Community Singers FH 4:30 PM King & Queens Club PIS 5:00 PM Bocce Buddies BCM 6:00 PM Pan CAP 6:30 PM Performing Arts BR 7:00 PM Billiards Club PAC 7:00 PM Bocce Buddies BCM	17 ST. PATRICK'S DAY 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 5:00 PM Performing Arts GR 7:00 PM Veterans Club CAM	18 7:30 AM Men's Golf BR 9:00 AM Needles & Pins CAM 9:30 AM Bridge Lessons CAP 10:30 AM Mah Jongg FH 11:00 AM Table Tennis NPT/PIS 12:30 PM Mah Jongg BH 1:30 PM Computer Club Class MON 1:30 PM King & Queens Club NPT 1:30 PM Community Singers MIR 3:00 PM Camera Club MON/PIS 4:00 PM Bocce Buddies BCM 6:30 PM Bridge CAM/MIR 7:00 PM Billiards Club PAC 7:00 PM Comedy Night BR
22 9:00 AM Needles & Pins CAM/MIR 10:00 AM Mountain View Church CAP 2:00 PM Hilda's Yard BR 2:00 PM Table Tennis NPT/PIS	23 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 3:30 PM Community Singers FH 4:30 PM King & Queens Club PIS 5:00 PM Bocce Buddies BCM 6:00 PM Pan CAP 7:00 PM Billiards Club PAC 7:00 PM Bocce Buddies BCM	24 8:00 AM Ceramics CAM/MIR 10:00 AM Classy Niners FH 11:15 AM Pan NPT 12:00 PM Duplicate Bridge BH 12:45 PM Paper Crafters CAM/MIR 1:15 PM Health/Fitness Comm. COA 2:00 PM Readers Ink CAP 5:30 PM Tennis Club BR 7:00 PM Bunco CAM/MIR	25 9:00 AM Needles & Pins CAM 9:30 AM Bridge Lessons CAP 10:00 AM Mah Jongg Lessons BH 11:00 AM Finance Committee COA 11:00 AM Table Tennis NPT/PIS 12:30 PM Mah Jongg BH 1:00 PM Jewelry Club MIR 1:30 PM King & Queens Club PIS 2:00 PM Games Plus NPT 2:00 PM Information Advisory FH 3:00 PM Camera Club MON 4:00 PM Bocce Buddies BCM 6:00 PM Movie Group CAM 6:30 PM Bridge BH 7:00 PM Billiards Club PAC
29 9:00 AM Needles & Pins CAM/MIR 10:00 AM Mountain View Church CAP 2:00 PM Sing, Sing, Sing: The Big Band Beat BR 2:00 PM Table Tennis NPT/PIS	30 7:15 AM Lady Putters CAP 8:00 AM Executive Session COA 9:00 AM Creative Arts CAM/MIR 10:00 AM Lady Putters LJ 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 6:00 PM Pan CAP 6:30 PM Community Singers BR 7:00 PM Billiards Club PAC 7:00 PM Bocce Buddies BCM	31 8:00 AM Ceramics CAM/MIR 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	

March 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.

5 THURSDAY	6 FRIDAY	7 SATURDAY
8:00 AM Women's Golf SY2 9:00 AM Creative Arts CAM/MIR 9:00 AM Facilities & Services COA 10:00 AM Hadassah FH 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 CAP 6:30 PM Bridge CAM/MIR 6:30 PM Performing Arts BR	8:00 AM Ceramics CAM/MIR 8:30 AM Bocce Buddies BCM 10:00 AM Performing Arts Board LJ 11:45 AM Pan KSK 12:30 PM Computer Club Mtg. MON 1:00 PM Canasta MIR 1:00 PM Creative Arts CAM 1:30 PM Computer Workshop MON 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>The Chaperone</i> CAM	9:00 AM Spanish Class CAM 10:00 AM Bridge CAP 12:00 PM Table Tennis Open NPT/PIS 12:30 PM Fast Track & Games MIR 7:00 PM Kenny Metcalf as Elton and the Early Years Band BR
12 9:00 AM Creative Arts CAM/MIR 9:30 AM Community Singers CAP 10:45 AM Spanish Club MON 11:45 AM Pan MAR 12:30 PM Games Plus NPT 12:30 PM Ukulele Strummers CAM/MIR 1:30 PM Computer Club Class MON 2:00 PM Couples Golf Board PIS 3:00 PM Camera Club LJ 3:00 PM Meet a Board Member CAP 3:30 PM Health & Wellness Series SY 4:30 PM King & Queens Club PIS 6:00 PM Oke Dokey Karaoke BH 6:30 PM Bridge MIR 7:00 PM Discussion Forum FH	13 8:00 AM Ceramics CAM/MIR 8:00 AM Weight Watchers CAP 8:30 AM Bocce Buddies BCM 10:00 AM Flag Sale CL 10:30 AM Alzheimer's Support Gr. CAP 12:00 PM Men's Golf FH 1:00 PM Canasta MIR 1:00 PM Creative Arts CAM 1:30 PM Computer Workshop MON 2:00 PM Table Tennis NPT/PIS 4:00 PM Intermediate Spanish MON 4:00 PM Lady Putters CAP/PAT 5:10 PM Beginner Spanish MON 5:45 PM Lively Liners BR 7:00 PM Movie: <i>Tolkien</i> CAM	14 8:00 AM Parking Lot Sale MC 9:00 AM Spanish Class CAM 10:00 AM Bridge BH 12:00 PM Mountain View Church CAP 12:00 PM Table Tennis Open NPT/PIS 12:30 PM Fast Track & Games MIR 3:30 PM Performing Arts CAP 7:00 PM Tutta Bella Vino BR
19 SPRING BEGINS 9:00 AM Agenda Review COA 9:00 AM Creative Arts CAM/MIR 10:00 AM Writers Club MON 11:45 AM Pan MAR 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 Bridge CAP 7:00 PM Hilda's Yard BR	20 8:00 AM Ceramics CAM/MIR 8:00 AM Weight Watchers CAP 8:30 AM Bocce Buddies BCM 11:45 AM Pan CAP 12:30 PM Computer Workshop MON 1:00 PM Canasta MIR 1:00 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 Hilda's Yard BR 7:00 PM Movie: <i>The Professor</i> CAM	21 9:00 AM Spanish Class CAM 10:00 AM Auto Show SRC 10:00 AM Bridge CAP 10:00 AM Performing Arts GR 12:00 PM Table Tennis Open NPT/PIS 12:30 PM Fast Track & Games MIR 7:00 PM Hilda's Yard BR
26 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 5:00 PM Men's Golf BR 6:30 PM Bridge CAP	27 8:00 AM Ceramics CAM/MIR 8:00 AM Covenants Committee COA 8:00 AM Weight Watchers CAP 8:30 AM Bocce Buddies BCM 10:00 AM Community Singers BR 10:30 AM Alzheimer's Support Gr. CAP 1:00 PM Canasta MIR 1:00 PM Creative Arts CAM 2:00 PM Table Tennis Club NPT/PIS 4:00 PM Intermediate Spanish MON 4:00 PM Lady Putters CAP 4:00 PM Performing Arts BR 5:10 PM Beginner Spanish MON 7:00 PM Movie: <i>The Souvenir</i> CAM/MIR	28 9:00 AM Spanish Class CAM 10:00 AM Bridge CAP 10:00 AM Community Singers BR 12:00 PM Table Tennis Open NPT/PIS 12:30 PM Fast Track & Games MIR 5:00 PM Shall We All Dance BR





FITNESS UPDATE

DESIREE PORRAS | FITNESS DIRECTOR

Chronic Low Back Pain

This month, I'd like to discuss one of the most common health problems among adults. Chronic low back pain (LBP) is pain that persists for 12 weeks or longer. According to the National Institute of Neurological Disorders and Stroke, **about 80% of adults experience low back pain** at some point in their lives.

Research shows that two of the most common causes of chronic LBP are spinal stenosis and osteoarthritis, otherwise known as degenerative joint disease. Degenerative joint disease is caused by inflammation plus breakdown and eventual deterioration of cartilage in a joint. If you look at the anatomy of the spine, you'll find that each vertebra has two sets of joints; one pair faces upward to connect with the vertebra above, and the other pair faces downward to join with the vertebra below. When the cartilage between the joints begins slowly to break down, the joints' range of motion begins to decline. This can dramatically affect a person's ability to bend or extend, making daily tasks like picking up something from the floor extremely difficult.

Over the years, I've had the opportunity to work with clients who suffer from different conditions of low back pain include sciatica, spinal stenosis, degenerative disk disease, and arthritis of the spine. The goal was always the same for most of my clients: to live pain-free. There is a significant amount of research that has found treatment to help treat LBP including, diet, exercise, and physical therapy.

From my own professional experience, I'd like to share with you one thing that's worked for nearly 95% of my clients: the art and science of stretching. Harvard Health, among thousands of scholastic journals and articles, promotes the importance of stretching to prevent and even treat chronic low back pain. Typically, when the low back gets stiff, the muscles around or near the back also get stiff causing restricted blood

flow to the spine. These muscles include the glutes, hamstrings, latissimus dorsi, and pelvic floor muscles. These are the muscles that we tend to neglect to stretch yet significantly contribute to increased low back pain.

The benefits of a good stretch routine to help alleviate low back pain are tremendous. But before you start to incorporate stretching into your life, please note that there is a proper way to execute it. If you're someone who is just starting out, I recommend participating in one of our free stretch classes or scheduling a complimentary fitness orientation. We also offer an amazing variety of health and wellness lectures on musculoskeletal health and exercise science throughout the year, also complimentary for residents. Please take advantage of what's offered, and don't hesitate to ask our staff about how we can get you started toward regular physical activity.

Below is an example of an Open Chest Stretch performed during one of our stretch classes. This stretch helps decrease hyperactive chest muscles and activate a stiff back:



Please review the fitness class schedule for a list of classes offered throughout the month of March.

Contact the author at desiree.porras@associa.us.



Health & Wellness Series:

Join Us for Our Last Lecture of the Season Presented by Dr. Bruce C. Underwood

Lecture on Thinking Right: Changing Your Health Behavior



Thursday, March 12
3:30 p.m. – 4:30 p.m.
Montecito Ballroom (back half)
Wine & Cheese Hour
Sponsored by The Peña Group

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.

Presentation by Dr. Bruce Underwood
Sponsored by Carlos Peña



Limited Seats Available!
Call the Fitness Center to RSVP @
(760) 345-4349 ext. 2111 or ext. 2201

Alzheimer's Support Group

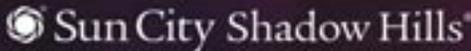
Friday, March 13, 2020 & Friday, March 27, 2020
10:30 am – 12:00 pm

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

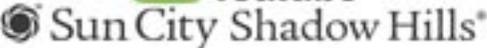
alzheimer's association®
THE BRAINS BEHIND SAVING YOURS:™



VISIT OUR YOUTUBE CHANNEL FOR ALL OF OUR FITNESS TUTORIALS!



- ✓ GO TO WWW.SCSHCA.COM
- ✓ LOGIN TO THE RESIDENTS SECTION
- ✓ CLICK ON "VIDEOS" UNDER THE "COMMUNICATION" MENU
- ✓ CLICK ON THE "FITNESS VIDEOS" ICON

Seminar

Tennis and Pickleball Injury Prevention and Conditioning Seminar

Thursday, March 19, 2020
3:30 pm-5:00 pm
Montecito Fitness Center



Presented by Karen Creasey
Professor of Kinesiology at CSUSB, Health and Wellness Educator, Certified Arthritis Trainer, and Certified Personal Trainer



Presented by Dr. Eric Davenport, DC, CACCP
Doctor of Chiropractic

Call the Fitness Center to RSVP
760-345-4349 Ext. 2111 or 2201

FITNESS CLASS SCHEDULE

MONDAY

MONTECITO FITNESS CENTER

- 8:00 AM Abs & Glutes; Angel
- 9:00 AM Zumba; Angel
- 10:00 AM Beginner Yoga; Angel
- 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

SANTA ROSA CLUBHOUSE

- 8:00 AM Cardio Kickboxing; Marlana
- 9:00 AM Silver Fit; Marlana
- 10:00 AM Mat Pilates; Desiree; NS

TUESDAY

MONTECITO FITNESS CENTER

- 8:00 AM Total Body Strength; Marlana
- 9:00 AM Yoga & Balance; Melinda
- 10:00 AM Cardio Blast/Sculpt; Amy
- 11:00 AM Aqua Fitness; Amy
- 11:00 AM Reformer Pilates I-II; Justin*
- 12:00 PM Shall We All Dance Club
- 1:00 PM Lively Liners (Beginner)
- 2:45 PM Chair Yoga & Stretch; Marlana

SANTA ROSA CLUBHOUSE

- 8:00 AM Stretch & Relaxation; Desiree**
- 9:00 AM Silver Circuit; Marlana

WEDNESDAY

MONTECITO FITNESS CENTER

- 8:00 AM Body Sculpt; Angel
- 9:00 AM Zumba; Angel
- 9:30 AM Aqua Cardio/Balance; Karen
- 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)
- 3:00 PM Intro Pilates; Desiree
- 5:15 PM Sun Tai Chi; Dr. Haberkorn

SANTA ROSA CLUBHOUSE

- 8:00 AM Zumba; Rosy
- 9:00 AM Power Pilates; Amy
- 10:00 AM Gentle Yoga; Amy

THURSDAY

MONTECITO FITNESS CENTER

- 8:00 AM Core & Stretch; Desiree**
- 9:00 AM Yoga; Melinda
- 10:00 AM Zumba Toning; Angel
- 11:00 AM Reformer Pilates I-II; Justin
- 11:00 AM Aqua Fitness; Amy
- 12:00 PM Reformer Pilates I-II; 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

SANTA ROSA CLUBHOUSE

- 8:00 AM Barre Above; Marlana
- 9:00 AM Silver Fit; Bonnie
- 10:00 AM Restorative Yoga; Amy

FRIDAY

MONTECITO FITNESS CENTER

- 8:00 AM Total Body Tabata; Marlana
- 9:10 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)

SANTA ROSA CLUBHOUSE

- 9:00 AM Yoga; Amy; NS

SATURDAY

MONTECITO FITNESS CENTER

- 8:00 AM Zumba; Rosy/Michelle
- 9:00 AM Open Line Dancing**

SANTA ROSA CLUBHOUSE

- 8:30 AM Vinyasa Yoga; Leesann; NS
- 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

Club Contact Information

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THE VOICE

Martin Stone 760-565-1840
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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



Billiard room at Montecito Clubhouse

Have you wanted to pick up that pool cue for years but have just never gotten around to it, or had the opportunity? Maybe you have never even held a cue, but always wanted to play billiards! Your moment has arrived! Our beautiful billiard 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. If you are new to SCSH or a long time resident, this is your opportunity to play, meet your neighbors and make new friends.

Our club is open year-round and meets every Monday and Wednesday evening at 7 pm in the billiards room, but 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 10am for no cost. We also have friendly and competitive tournaments once each month at a cost of \$5 per player, however, you must be a club member to compete. On December 18, we played an eight and nine ball combined tournament and had a great member turnout. There was a four-way tie for first place involving eight players. Everyone played well and had fun at this enjoyable event.

Join us at Montecito Clubhouse 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. There are five bocce courts at the Montecito Clubhouse, two courts at the Santa Rosa Clubhouse. We play at the Montecito. 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.



Bridge Club

Do you like to play Duplicate Bridge? Come join us on Wednesday evenings from 6 – 9 pm for non-sanctioned games. Beginner games are played on Thursday evenings from 6 – 9 pm. Sanctioned games are played on Tuesday from 12:30 pm – 4 pm and on Saturday 10 am – 3 pm. Master points are awarded for Sanctioned games. Sanctioned games are \$5.

All games are played with bidding boxes and computer-generated hands. Meet new friends and enjoy playing Duplicate Bridge. Membership is only \$15 for a year. Our website is www.bridgewebs.com/shadowhills or contact our president Denyse Raskin at [djaskin@frontier.com](mailto:djraskin@frontier.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!

- March 24
- April 21

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



Camera Club

The Photography Club includes photographers of all levels. We are there for those who just want to take a good picture, to those who want to enter photographic competitions. We always have a busy schedule and encourage our members to take photos, and then submit some to the club website. If you are interested in photography, we invite you to join the club. We have a great website that is updated regularly with photos submitted by our members. Check out the Toolbox for helpful technical information. You can also submit any questions you have about photography on our website. They will be answered during our monthly meetings. Our website is www.scshtacameraclub.com, or you can email us at scshtacameraclub@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



"Bird's Eye View" by Leslie P.



Canasta Club

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



Ceramics Club

We at the Ceramics Club believe "busy hands are happy hands." The more happy hands the better!



Whether working on pieces large or small, bisque or raw clay, our hands are busily occupied. Our members tell us about neighbors and friends who have asked about the club and are thinking about checking us out, so, *go for it!* Stop by any Tuesday or Friday morning between 8 am and noon. We'd love to have you visit and we'll be glad to show you around. Also, check out our display cabinet. We always have pieces that we've done and enjoy putting on display.

Contact us also at scshtaceramics@hotmail.com.



Classy Niners

The Classy Niners continue to enjoy our many fun-filled activities this season. In February we visited Heritage Palms to play an invitational with their 9-hole ladies group, and at the end of the month we were off to Temecula Creek for our annual golf getaway.

This month we look forward to our Spring Tournament / Luncheon / Fashion Show and General Meeting on March 10, as well as an 18-hole invitational with the SCSH Women's Club on March 24.

It's hard to believe that we are already nearing the end of the season, culminating with our End of Season Party and General Meeting on March 30. What a fantastic year it has been! We are so fortunate to be here in the desert sun enjoying the great game of golf with such wonderful friends.

Be sure to check the Classy Niners calendar on our website at www.shclassy9ers.com for a complete listing of all upcoming events, as well as 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

What are you doing on Sunday, March 29? If you love **Big Band Hits** (and home-baked desserts) join your neighbors and friends at the Montecito Clubhouse ballroom for Community Singers' spring show, *Sing, Sing the Big Band Beat* beginning at 2 pm. From "I've Got You Under My Skin" to "Let's Fall in Love" to "Chattanooga Choo Choo" to "Blue Skies." You'll love all the music! Besides our main large choir, we are featuring a Men's Group, Ladies Group, and debuting **The Blend**, a close harmony mixed vocal ensemble.

Don't miss this great concert! Tickets are already selling fast. Come to the Lifestyles desk to get your ticket for \$12. Don't miss out. Get your tickets soon!

Contact club president, Geri Butler, at 760-218-6585 or geributler414@gmail.com for more information.



Computer Club

Club Update: A decision to change the name of the club has been removed from consideration. The club will continue to be called the Computer Club.

Please join us for our General Meeting on Friday, March 6, 2020. We will preview our classes for March and April. Please note a change in the location and time for this meeting!

General Meeting: Previewing March–April Classes

March 6, 2020, 12:30-1:30 pm
Monterey Room, Santa Rosa Clubhouse

FREE! All Residents Welcome!
Raffle drawing for fun gifts.

Visit www.scscomputerclub.com.
Questions? Email us at infoscscomputerclub@gmail.com

Immediately after the General Meeting, there will be an Open Workshop held from 1:30 – 3 pm. Bring your device(s), cords, passwords, and questions to this session.



Couples Golf

As the season for Couples Golf is winding down, we are looking forward to our friendly battle of the countries with our annual Can/Am tournament on March 10, 2020. This is always a fun and exciting competition with lots of camaraderie.

Continued on page 52...

...continued from page 51...

With the end of the season coming up, so is the annual Couples Golf Board election. We look forward to new volunteers coming forward to carry on this incredible group in the years to come. If you are interested in participating in a position (which has been streamlined to not take much of your time!), please advise either Margaret Gouviea or Linda Lunghamer, at scsccouples@gmail.com. We would be happy to have you! You can check out our website for any new updates or information at www.shcouples.com.



Creative Arts

Hopefully everyone had an opportunity to attend our Art Show on February 8. It was a great success. We were also pleased to see so many visitors from outside the community this year.

Our next club event will be a potluck on Thursday, March 5. All club members and their significant others are invited, and it will be held on the outdoor patio at the Montecito Clubhouse. Please plan on attending as it should be a fun evening and it'll be the last event most of our snowbirds will be able to attend. It'll be a St. Patrick's Day theme, so don't forget to wear your green!

The Creative Arts club will end the season with award winning artist Jessica Schiffman. If you are interested in learning to paint your world using acrylics or if you just need to brush up on your skills, this is the class for you. It runs for four weeks on Friday afternoons beginning March 6. The cost is \$120.

If you have any questions about the Creative Arts Club or the upcoming class please drop by the art room Monday or Thursday mornings between 9 – 11 am, or contact Vice President Wendy McElroy, 714-222-6495.



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!
"Sprint Fever" Dance

Saturday, March 28, 5 – 8 pm
Montecito Ballroom



Hustle Dance Lesson | 5:15 pm
Open Dancing | 6 – 8 pm
\$5/members | \$10/guest
Appetizers Served | BYOB

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



Desert Gardeners

Our club goal is to expand your gardening knowledge and skills through lectures, demonstrations and field trips. We meet on the second Wednesday of the month from November to April.

Our March activities include:

WEDNESDAY, MARCH 11 | 4 pm, join us for the most educational meeting of the year featuring "Master Gardener Roundtables." We will host several local Master Gardeners who will share their vast gardening knowledge on a variety of topics with roundtable presentations. Members only.

TUESDAY, MARCH 17 | Field trip to Shields Date Garden in Indio, followed by an optional self-pay lunch on the patio at Shields Cafe. Members only.

SATURDAY, MARCH 21 | our Annual SCSH Garden Tour, 9 am to noon with lunch after the tour. Members and their guests only.

Dates, details and news on our club activities, as well as a wealth of gardening resources, are posted on our website: www.scshtdesertgardeners.com. Membership forms are available on our website. Yearly dues are \$15 for one person or \$20 for two people from the same household. Checks payable to "SCSH Desert Gardeners Club" can be deposited in Box 55 at the Montecito Clubhouse. Once dues are paid, members can access the club website and register for events.

For more information or to be added to our email list, contact Amy Tomlinson, President: 303-888-5429 or scshdesertgardeners@gmail.com.



Desert Life

Join us for our monthly luncheon, Tuesday, March 17, 2020. If you are not a member of Desert Life and would like to join, pick up an application in 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 have a friend or neighbor who lives in SCSH and would like to see what DL is all about, please invite them to attend our luncheon. Prospective members may attend one luncheon as a guest.

WHERE | Heritage Palms

PROGRAM | Coachella History Museum will present a brief history of the museum and the current exhibits.

CHARITY (OPTIONAL) | Safe House of the Desert; assisting youth in crisis. They would like art supplies, copy paper, Chapstick, gallon freezer bags, gift cards from Target, Walmart, Costco, etc.

MENU | Strawberry chicken salad, veggie meal is Chop-Chop salad, and Brownie Martini for dessert. If you wish a veggie meal, please write "veggie" on your check.

PRICE | \$30. This includes the luncheon, program and 7 tickets for an opportunity to win one of 6 door prizes.

Checks must be in by Tuesday, March 10, 2020. Place your checks in the Desert Life box at the Montecito Clubhouse. If you wish to reserve a table of 8, 9, or 10, please put all of the checks in one envelope with the name in which the table is being reserved.



Discussion Forum

Join us on Thursday, March 12, 2020 at 7 pm in the Montecito Clubhouse to discuss "Gene Editing Today." Gene technologies allow the alteration of the genetic makeup of living things with unprecedented precision and speed at a remarkably low cost. It can be seen as a very precise "scissor" that can be guided to a specific "location" or "address" and cuts the DNA. This amazing revolution is expected to deliver medical therapies and cures for tough clinical problems including antibiotic resistance, debilitating neurodegenerative diseases, and aggressive cancers. Humanity will benefit immensely from exposing, discussing, and analyzing the possible perils and incredible opportunities that this technology has brought to the table.

A season pass is \$10, which can be deposited into the club mailbox at the Montecito Clubhouse. Single sessions are \$5 for two, or \$3 for one, paid at the door. For more information, contact Michael Mercurio, president, at MMercurio999@gmail.com.

Pick up a flyer in either clubhouse. We're looking forward to a great evening of discussion!



Games Plus

Games Plus was formed to play various games.

BINGO | First Friday of the month at Montecito Clubhouse. Doors open at 5:30 pm with games starting at 6:30 pm. Paper sells for \$5 for 10 games. There are two special games that cost \$3 to play. Right after intermission, there is a free door prize raffle. You must be 18 years of age to play. **Cash only and small bills are appreciated.**

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SCRABBLE/OTHER GAMES | On Mondays of each week at the Santa Rosa Clubhouse from 1 – 3:30 pm.

MEXICAN TRAIN | First and fourth Wednesday of the month from 2 – 5 pm at the Santa Rosa clubhouse. Cathy Nielsen is the contact person if you plan to play. Her email is mcathynielsen@gmail.com or phone at 760-522-3092.

HAND & FOOT | Thursdays at the Santa Rosa Clubhouse. Arrive at 12:15 pm to play at 12:30 pm. Kathy Reid is the contact person. Her number is 760-469-2335.

NEW – FAST TRACK | Saturdays at 12:30 pm at the Montecito Clubhouse. If you plan to play contact Karen Dallmann at kdallmann50@gmail.com.

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



Genealogy Club

GENEALOGICAL ARTIFACTS

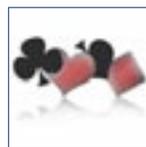
In the process of building your family tree, you may encounter family artifacts beyond the traditional birth certificates, marriage certificates and photos of cemetery headstones. These “other” artifacts often carry significant stories of their own. In our family collection, we have some interesting artifacts:

1. A German bayonet that my grandfather brought home from the battle for Vimy Ridge in WWI.
2. A handmade bench constructed by the brother of my maternal grandfather. David Hogg was a carpenter from Northern England who traveled to Canada to help my grandfather build a homestead.

3. A lock of blond hair that my mother cut from my head when I was only a year old.

4. A collection of some 160 handwritten letters that my mother wrote to my father during WWII. She lived in a small mining town, working and raising me and my older brother while my father was at war. These letters provided an amazing “picture” of my brother and I growing up.

And, there are more “pieces of the past,” all needing to be protected, documented and shared with family. Look around and capture these artifacts of generations past. They carry amazing stories.



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

SCSH's 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.scshta.com/hiking.

SCSH's Over the Hill Hiking Club



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

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



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 at any time!

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

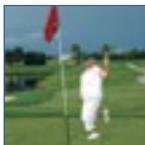
WHEN | Mondays, Tuesdays, and Thursdays; 5 pm starting times.

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.



Lady Putters

Lady Putters has two big events in March. First, Friday March 13, at 3:30 pm, we will pair up with the young ladies from First Tee. It is great fun to play with these future pros.

Friday, March 27 is our annual Sun City Palm Desert Invitational, hosted this year at Palm Desert. Again, a fun event with not only putting, but a delicious lunch and prizes!

You must sign up in advance for both events. Please check out our newly designed web site for more information at the address below.

We invite all ladies in our community to attend Lady Putters one time as our guest. No experience is necessary. All you need is a putter, a ball, \$2 and a desire to meet new friends and have fun. As a guest you do need to adhere to standard golf dress code. We meet in the Capistrano Room of the Montecito Clubhouse.

There are two putting sessions every Monday. First session check-in is 7:30-7:45 am, putting starts at 8 am. Second session check in is 8:45-9 am, putting starts at 9:15 am.

We invite you to see photos of all the fun and the latest information on our website at www.shputters.com or contact Barbara Prezlock at 732-580-3681 or bprezlock@aol.com, or Maureen Whittaker at 760-342-1260 or maureenwhittaker@verizon.net.



Let's Meet and Eat

Join Let's Meet and Eat on March 15, featuring one of our most popular bands...DysFUNKsion! When? Sunday, March 15, 4 – 7 pm, in the Montecito 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 pm – 7 pm, for "dance parties" in the Montecito Ballroom. Everyone brings a dish to share with a table of 10, and their favorite beverages – beer and wine ok! Dance, sing along, or socialize. Our club offers something for everyone.

Events cost \$10 per member and \$12 for non-resident guests. SCSH residents cannot attend as guests. If you live in Sun City Shadow Hills, you must be a club member to attend our events! Membership forms are available on the SCSH website, under "Clubs" and "Let's Meet and Eat Club," and at the front desk of the Montecito.

The yearly membership cost is \$10 per person, and membership runs from January 1 to December 31.

Please look for our event dates on the SCSH website. Pick up the event reservation forms in the kiosks at both clubhouses. Events fill up very quickly, 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 scshmeetandeat@gmail.com.



Lively Liners

“Dancing Under the Rainbow”

Line Dance

Bring your dancing boots!

Theme attire is optional.

Everyone is welcome!

March 13, 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.

Line dance is a great way to make new friends and have more fun than you can imagine! Many levels of classes are offered weekly for a low \$15 monthly fee. Themed monthly dances show off your skills! We dance to country favorites as well as modern pop music. Give it a try! You will love line dance!

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 | 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.scshtlivelyliners.com. For more information, call Lynn 442-300-2572 or Katy 760-610-5710.



Mah Jongg

Great happenings are on the horizon as we start a new cycle of the Chinese Zodiac. The Mah Jongg club celebrated the beginning of the 2020 Chinese Lunar New Year with our club luncheon in February, the start of the new year. Red decorated the Montecito ballroom and members did justice to the culinary offerings. Thank you to all our members who worked to make the luncheon a success.

2020 is the year of the Metal Rat. The rat is the first sign from the 12-animal cycle of the Chinese astrology and for that reason, 2020 is considered a year of new experiences with favorable outcomes for all the signs. The metal element also indicates success, as this is the element of production. Metal is strong, determined and resolute. In Chinese culture, rats were seen as a sign of wealth and surplus. Those born under the sign of the rat are generally clever, quick thinkers, successful but content with living a quiet life. They are optimistic and energetic, well liked but sensitive to others' emotions. Metal rats tend to be reliable and can turn unlucky events into fortune.

The new officers of the club for the 2020 year are:

CO-PRESIDENTS | Joan Schwarz and Michelle Kirsch

FIRST VICE PRESIDENT | Christine Morgan

TREASURER | Diane Cohen

SECRETARY | Mary Ellen Gorske

Thank you to each Board Member for wishing to serve.

The SCSH Mah Jongg Club meets every Wednesday at the Montecito Clubhouse. Regular play for members is on Wednesdays from 12:15 – 3:30 pm. Dues for the 2020 year are \$10. Membership applications are available from Joan Schwarz (760-610-1561).

With the strong forecast for the rat year, let's all get busy and enjoy the challenging game of Mah Jongg throughout the year.

As the New Year and New Decade began, Mah Jongg members are remembering an outstanding club member who passed away at the end of December.

Remembering Babette Bloomgarden

Babs was a very petite lady but had the determination of a terrier. She was the fire in our

club. She loved Mah Jongg and spent much of her time teaching others the game, so they could enjoy the fun of the play and join the other players when they felt strong enough to play in the big room. She always had a smile for everyone and made sure they had a table at which to play. She was the Treasurer for our club for as long as I can remember and in her own way, she really was the ex-officio President too. You could always count on Babs to fix any problem or she found a way to get it fixed. She was a great communicator.

When she was playing the game, she was sharp as a pin. Her mind was clear, and she knew all the rules and the ins and outs of play. Wednesday's club games were just a start for her. She entertained Mah Jongg lovers for games at her house too. Sadly, she was not the luckiest player. So often, she just didn't get the tiles, but still her love of the game kept her at the tables.

She was a mentor, a gamer, a hard club worker and a very sharing individual. We will all miss her in many ways. Babs was my dear friend, and I will always cherish the times I shared in her long life.

Written by Mary Ellen Gorske

with the top 64 money winners for the season competing for the Shadow Hills Cup. Check out the results on our Club website of this and the other contests wrapping up. Be sure and attend the Annual Awards dinner on March 26!

A big "Thank You" and "Congratulations" to John Long and his fantastic Tournament Committee for a great schedule of competition and well-run events!

Mark your calendars for our monthly General Meeting this month to be held on March 18. Great information, fellowship and donuts! Interested in joining? Contact Randy Thomas at 949-279-2115 or randythomas2012@gmail.com.



Needles and Pins

2020 started off with Needles and Pins (N&P) members celebrating the year in glamorous "Roaring Twenties" style. Thanks go to all the members who worked so hard to make this a fun, delicious and entertaining event!! Special thanks go to Gus Ramirez who recorded the great moments of the event!



If you have ever been interested in any needle art crafts, such as sewing, knitting, crochet, needlepoint, embroidery, art quilts, or any other fabric/fiber craft, then Needles and Pins is a great haven for you.

If you're experienced in any of these endeavors, or just want to "test the waters" in one or all of them, March is the time to join us.



Men's Golf Club

The Men's Club has had a busy last couple of months with our regular Thursday contests and several special competitions. Congratulations to Richard Austin on winning the Individual Match Play Championship! Other competitions that are wrapping up as this is being written are the Golf League, 2 Man Team Match Play, Dames and Dudes contest, and our Annual Club Championship. The final special competition for the season will be our Member/Guest Tournament on March 11-13th. One change to our annual schedule this year was the introduction of our new "Aviary Cup" that replaced the past Can-Am. Contest was held in February between those who are "Sunbirds" and those that are "Roadrunners" who live here full time. Of course, we will also see our grand finale this month

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There are several classes offered in March:

SUNDAY, MARCH 1 | Paper piecing bowl and simple pouch

MONDAY, MARCH 9 | Yarn casting techniques and yarn joining

SUNDAY, MARCH 15 | Shoulder purse class

SUNDAY, MARCH 29 | Fabric rope rug or placemat class



Whether you are new to the technique or have done this before, please join us. More classes are planned for April, so stay tuned.

Plan to attend our "End of Season" event on March 30, as many of our members will soon be departing for other locations.

We meet Sundays, 9 am to 5 pm; Mondays, 12:30 – 5 pm and Wednesdays, 9 am – 12:30 pm in the Cambria/Mirada rooms in the Montecito Clubhouse. Contact Joan Kiening for more information at 708-805-9783 or 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 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 scshpairs golf@gmail.com to join; or call Brandon Mason at 310-508-3977 or Mike Johnson at 775-721-7966.



Pan Club

March winds are blowing outside while our Pan games are going strong in both clubhouses. Pan continues to be an enjoyable way to meet people in our community. The Pan Club plays on Monday at 12 pm and 6 pm in the Capistrano Room in the

Montecito Clubhouse. On Tuesday, there are games beginning between 11:15 am and 12 pm at the Santa Rosa Clubhouse. Thursday and Friday games (held on the first and third Friday of each month) are held at noon in the Montecito Clubhouse. Stop in, see if there is an open seat and/or get on the sub list.

Pan Club membership is \$15 per year. Please remember if you are not in a regular game, but plan on subbing in games, you must be a Pan Club paid 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 will be holding four general meetings during the year. Please watch your emails for the next date and time.

We are planning another exciting Pan Tournament on Friday, April 17, 2020. Please mark your calendars!

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



Paper Crafters

Paper Crafters Club was chosen to share what we love to do with attendees from the 2020 CMIA Lifestyle Workshop that was held in Indian Wells. A group of about 36 attendees came to the clubhouse and participated in a card class that was set up especially for them. Most of these people were from other communities across the country and had little or no experience with paper crafting. They all left the class with a completed card and the experience of how we run our club. We hope that they have taken what they learned back to their respective locations and will work on a paper crafters club of their own.



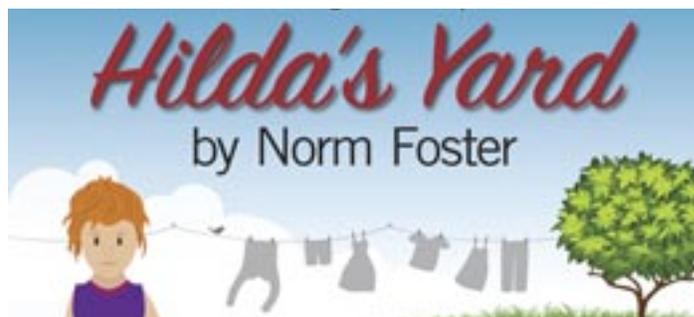
You are invited to attend a class, make a project and then decide if you would like to join our group. Membership is \$10 per year. Weekly projects usually range between \$1 and \$3. We meet every Tuesday in the Mirada Room at the Montecito Clubhouse at 12:30 pm to set up and catch up with each other. Card class begins at 1 pm. After class you are encouraged to stay and use the supplies and equipment provided to make additional cards or projects. Be sure to check out our display case (opposite the Mirada Room), showcasing some of the current cards and projects, or just stop by to take a peek during class to see what we are up to.

Questions? Call our president, Diane O'Rourke at 805-216-1818 or ladidi4809@sbcglobal.net.



Performing Arts Club

March is a very busy month for the Performing Arts Club. *Hilda's Yard*, our upcoming spring play, is forefront in our activities, with rehearsals ramping up for our performances March 19, 20 21, 22. Many club members are involved in a number of roles, whether behind the scenes or on the stage, there is much to be done. For a sneak preview of what is to come take a look at the article and photos available in this edition. Get your tickets now!



March also marks the year end for our present board, and I would like to thank the officers for all of their support and hard work in 2019-2020. Time is the greatest gift you can share. If you have wondered what it would be like to be involved in the production of a play, then the Performing Arts Club is the place to be!

For further information contact President Judith Bennoch at judithbennoch@icloud.com.

New members are welcome anytime!



Pet Club

Hello Pet Lovers!

March is here and with it comes Daylight Savings Time, International Women's Day, and of course, St. Patrick's Day. March also brings the Pet Club meeting on Tuesday the 10th. Please join us for interesting speakers, refreshments and a fun raffle for pet themed prizes.

We are a fun group that have one thing is common: we love our pets and love talking about them! Membership is \$10 per person or \$20 per couple. We meet in the Montecito Clubhouse at 6:30 pm and we hope to see you there! Remember – pets aren't our whole lives, but they make our lives whole!



Pickleball Club

Can you believe our Pickleball season is coming to a close? NO, please no. Our thanks go to Vicki Pullin, George Paul, Sam Dudkiewicz, and Matt Felix for the beginning, intermediate, and advanced lessons. Such a great bargain – "free" as part of your membership.

Also, our thanks to those who volunteered their time to set up and run our evening programs – Patti and Phil Kirk, Liz and Ray Richards and Chey Riga in particular. You and many others working with you in the background made for fun group get together and social activities after play.

Club socials in the evening and at tournaments were run by a cadre of people including Cookie Lynch with Sue Rende and Vicki McDaniels who provided all the cool drinks and snacks keeping us hydrated and not starving. Tournaments run by Neil Rosenthal and his many assistants were huge successes and appreciated by all! So many thanks to give. Please know you are all appreciated.

Many new games and programs continue through March and into April. Check out the schedule on our website: scshpickleball.com.

Questions? Email: tgpickleball@gmail.com.
Pickleballers, we're kind of a big DILL!



Rainbow Friends

Welcome to spring in our lovely valley! Hope you enjoyed our relatively mild "winter" weather! It was great to see the snow on the mountains around us but not have to get into it unless you chose to do so.

Please don't forget to "spring forward" on Sunday, March 8, as it's the start of Daylight Savings Time.

We look forward to seeing you at our March meeting on Wednesday, March 11 at 6 pm at the Montecito Clubhouse.

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



Readers Ink

Our book, *The Professor and the Madman, a Tale of Murder, Insanity and the Making of the Oxford English Dictionary* by Simon Winchester was rated a 5.8 out of 10 during our meeting in January.

Carolann Guinan did a wonderful job leading the February discussion of *The Storyteller* by Jody Picoult.

The book selection for March is *The Address* by Fiona Davis. Gina Pollack will lead the discussion.

If you love to read and want to join our group, please attend as a guest. We meet the fourth Tuesday of every month (except December) at 2 pm in the Capistrano room of the Montecito Clubhouse.

Any questions, please email Beverly Mirsky at beverlymirsky@yahoo.com.



Solos Club

We are the social club for single residents of SCSH. Our activities include monthly meetings, game nights, pool parties, dinners, billiards, potlucks, mystery happy hour, comedy night, field trips, movie nights, dances, book discussions, and more.

Saint Paddy's Party

Sunday, March 15, 5 – 7 pm
Capistrano Room, Montecito



Homemade Corned Beef & Cabbage Dinner
\$5/member at the door for dinner (BYOB)
RSVP by March 12 to Wendy McElroy:
wmac46@gmail.com or 714-222-6495

Join us every Friday at 4:30 pm for Happy Hour at Shadows. \$15 membership fee for each calendar year. Membership forms available at the Lifestyle Desk. For more information, please contact Shirley Bunce at 760-345-8121 or email: 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 2nd and 4th Thursday of the month at 11 am at Santa Rosa Clubhouse Monterey Room.

The Club will visit Guatemala during the first March meeting scheduled on the 12th.

Our second meeting on March 26 is canceled. A field trip outside the community will replace the

meeting. Come and 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



This month the table tennis club would like to invite anyone interested to play, have fun and learn a new skill. We will have members work with you to help you realize how therapeutic tapping a small ball over a small net can be. Lessons begin at 11 am on Wednesdays, and 2 pm on Fridays and Sundays in the Santa Rosa Clubhouse. For more information call Steve Monsky, 760-625-1478.



Tennis Club

Every year in March, all eyes are on the Indian Wells BNP Paribas Open tennis tournament where many of our Club members volunteer their time.

In February, we celebrated Valentine's with a most enjoyable Italian dinner provided by Mario's Restaurant. Guests were greeted with a glass of champagne. Thank you to all who attended and to the volunteers who helped make this event so successful. Our AGM will be on Tuesday, March 24, with a Western barbecue theme. Further details and registration will be sent by email.

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League play continues through April. All are welcome to drop by the courts to watch and cheer on our men's and women's teams.



That's Entertainment

We present Sir-Laffs-A-Lot's Comedy Night at the Montecito Clubhouse on the third Wednesday of every month. This event is open to all SCSH residents and their guests. We arrange for two LA comedians to drive out to Indio and do an amazing show for 90 minutes. The comedians are different every month, and the show can be "R" rated for adult content, so plan accordingly. 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 (scszca.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, please call Julie at 760-772-0317.



Tutta Bella Vino

The Trentadue Family arrived in Sonoma County long before the region became known as a premier wine country. Their winemaker tells us: "My philosophy in a nut shell is to make the best wine possible from the grapes grown on the Trentadue Estate." You can experience this "best wine possible" on March 14 at 7 pm in the Montecito Ballroom at this month's TBV Winemaker Night.



Wine Maker Night Trentadue Winery

Tutta Bella Vino
Saturday, March 14
7 pm
Montecito Ballroom

PLEASE REMEMBER TO BRING YOUR OWN FAVORITE WINE GLASS FOR THIS EVENT!

The price is \$23 per member, \$27 for non-resident guests of members. SCSH residents who are returning, or new members please include your \$10 per person season dues when registering for your first event of the season. New members, please see our web page at www.scszca.com for application and membership information.

Registration flyers are available at the Montecito Lifestyle desk and on our website at www.scszca.com, on February 14. Registration closes March 7, or when sold out. Register early as our events often sell out quickly!

For more info email: tuttabellavino@gmail.com.



Veterans Club

Meet a Vet:

Bob Stone, Retired US Air Force



Bob retired from the US Air Force at the rank of Master Sergeant with over 22 years of service. He was stationed abroad in Vietnam, Germany, Korea, Panama and in the states of Florida, Hawaii, Illinois, New Mexico, North Carolina, and South Carolina. Bob stays active in retirement with golf, woodworking, and mechanics.

The next monthly Veterans Club meeting will be held on March 17 at 7 pm in the Cambria Room of the Montecito Clubhouse. New members are always welcome.

Flag Sale Day, an event sponsored by the Veterans Club on the second Friday of the month, will be on Friday, March 13 in the lobby of the Montecito Clubhouse at 10 am.



Women's Golf Club

Our Ace of the month for December was Sandy March. She lowered her handicap from 15.2 to 14.5.

January was a busy and exciting month with the Princess two-day tournament. Shirley Thompson was crowned "Princess" for 2020. The Solheim Cup 'fun team event', complete with a selection party hosted on the 20th and played on the 22nd, was won by Team Red, headed up by Captain Dixie. Verna Rutledge had a 'hole in one' on January 8th on hole #5. Congratulations Verna!

January ended with a great two-day Member/Guest tournament fielding 92 players who enjoyed cocktails, prizes and lunch on day two.

March will bring in the month with the Ladies Club Championship, which will be played over 3 days. The member with the lowest gross score played from the gold tees will be crowned "club champion" at a luncheon held at the Montecito. The month will end with a couple of fun events.



Writer's Club

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

It's easier than you think to write your own story. Every year millions of great stories disappear forever. It does not matter if you are writing fiction, non-fiction, 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 March 5 and 19 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? For more information email Beth at bethbolduc7@gmail.com or Tony at antiqphoto@gmail.com.

RESIDENT GROUPS



Democrats

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

There is still time to vote for Joy Silver for State Senate District 28 in the March 3rd special election.

Our speaker this month is Karen Borja, Director, Desert Healthcare District and Foundation. Karen will guide us through a discussion of her role in representing the east Coachella Valley in the District.

Desert Healthcare District and Foundation & Karen Borja's Role in Representing Indio



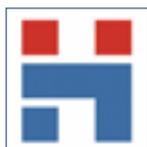
Thursday, March 19, 2020
 Montecito Clubhouse, Cambria Room
 Social & Business Meeting, 6 pm – 7 pm
 Presentation begins at 7 pm
 Presentation by Karen Borja

Continued on page 65...

...continued from page 63...

We meet on the third Thursday of the month. Our next meeting is Thursday March 19, 6 pm, in the Cambria room at the Montecito Clubhouse.

We welcome new members. A member in good standing must be a registered Democrat and remit yearly dues. Membership dues (\$20) are payable by check (to Democrats in SCSH), at our meeting or can be placed in the Democrat's mailbox at the Montecito Clubhouse. Member registration forms will be available at the door or can be accessed at our website: democratsinscshta.org. If you have any questions, or to RSVP, please contact Avi Greene at our email address: democratsinscshta@gmail.com. We also have a Facebook presence at Dems in Sun City Shadow Hills.

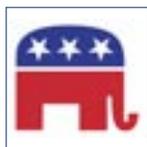


Hadassah

Join us in the Montecito Clubhouse ballroom for a very special meeting with speaker program, Thursday, March 5, 2020. Doors open at 9:30 am and the meeting begins at 10 am. Continental breakfast served. \$18 per person couvert. Harold Fein is the featured speaker providing fascinating insight into "Protest Music of the 60's & More." A retired Executive VP of Sony Records who worked with Yo Yo Ma, Elton John, and more. He also became an Adjunct Professor teaching history of protest music in New York.

Call Debbie Orgen, program chair, at 760-289-7987 for more information. Make checks payable to "Hadassah" and leave in the SCSH Hadassah box in Montecito Clubhouse.

Hadassah Mah Jongg Tournament: Monday, March 30, 2020. Call Debbie Orgen as well for details.



Republicans

Republican candidates visiting our meetings this year have impressed on us how critical it is to vote in the upcoming election. Numbers count. This fact was never more obvious than in the events of the last

several months. Not only should we make every effort to vote, it is important to encourage other like-minded folks to vote too. If you need to re-register or know someone who does, we have voter registration forms at all our meetings; or call us and we will provide a form for you. For Shadow Hills Republicans, it is an "all-hands-on-deck" effort to get out the vote in 2020.

Come to our meetings! We have excellent speakers/candidates to explain the propositions, bond issues (did you know some bonds take more than 35 years to pay off?) and ballot issues interesting to seniors. Every meeting has something of interest to our community. Being informed is key to making good decisions. Knowledge is power in elections as well as other facets of life.

We meet on the second Tuesday of each month in the Capistrano Room at the Montecito Clubhouse. Social hour starts at 6:30 pm and our regular meeting begins at 7 pm. Refreshments are served.

Questions? Contact Pete Anderson 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 photo.



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

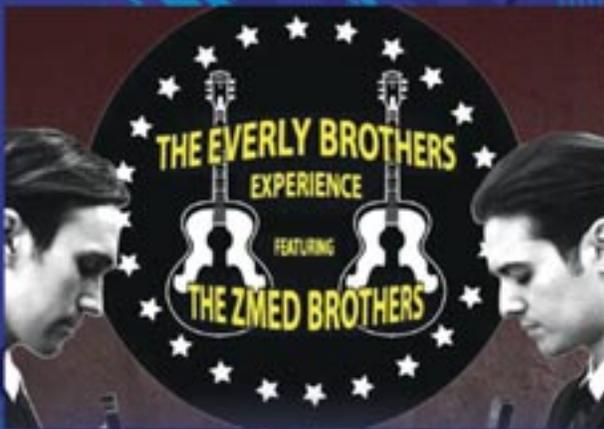
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*Day Pass is valid for up to two guests (one must be 55+) for a single, specified day, and may only be used in conjunction with a planned onsite community event. Limit one Day Pass per person. Availability is on a first-come, first-served basis to those who meet the community age restrictions and who are not current Altis residents. No purchase necessary. Offer valid through 12/31/2020. May not be combined with any other sale, promotion, discount, code, coupon and/or offer. Day Pass has no cash value and may not be sold, redeemed for cash, or otherwise bartered. There is no guarantee or warranty that you will be able to redeem a Day Pass. Any unused Day Passes will be forfeited. Federal and state taxes are the responsibility of the recipient. Additional conditions or restrictions may apply. Please consult a Real Estate Advisor for additional details and other information. Subject to change or cancellation without notice. Void where prohibited. Guest must be 21+ to drink alcohol. The prices of our homes, included features, plans, specifications, promotional/incentives, neighborhood/build-out and available locations are subject to change without notice, but all features and options are available in all homes. Unless otherwise expressly stated, homes do not come with handicaps, landscaping, or other decorative items. Any photographs or renderings used herein reflect artist's conceptions and are for illustrative purposes only. Community maps, illustrations, plans and/or amenities reflect our current vision and are subject to change without notice. Maps not to scale. Photographs or renderings of people do not depict or indicate any preference regarding race, religion, gender, sexual orientation, disability, marital status, or national origin. Marketing promotions/incentives, if any, are subject to conditions or restrictions and are subject to change without notice. This is an age-qualified and occupancy-qualified community for persons age 55+ and certain others who qualify for permanent occupancy. The community governing documents contain the applicable age and occupancy policies. Our name and the logo contained herein are registered trademarks of TRN Platte Group, Inc. and/or its subsidiaries. CA Contractor's License No. 251515; CA-ORE License No. 02027200. © 2020 Pardee Homes, a member of the TRN Platte Group. All rights reserved.

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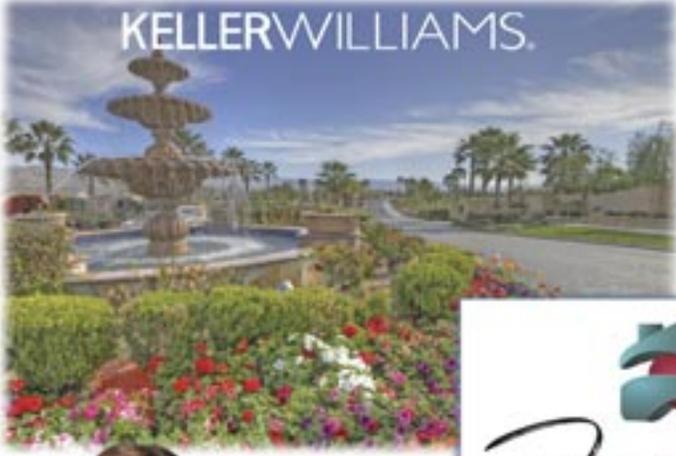
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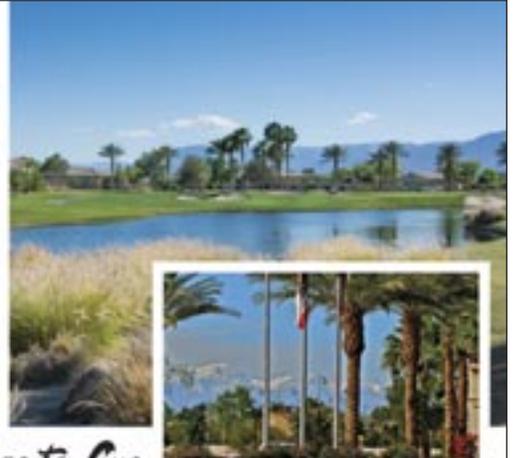
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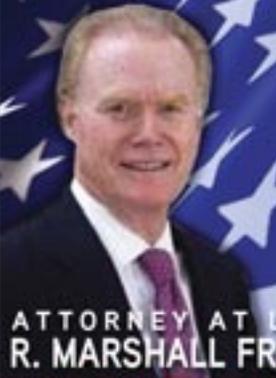



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