

THE VIEW



 Sun City
Shadow Hills®
by Del Webb®

February 2021

Gina Star Pollack: *My Chocolate Obsession*

photo by Beth Bolduc

story on page 26

CONTACT INFORMATION

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

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

SCSH Community Association Board of Directors

Kim Fuller, President kim.fuller@scscza.com
Fera Mostow, VP. fera.mostow@scscza.com
Carey Thompson, Treasurer carey.thompson@scscza.com
Linda Aasen, Secretary linda.aasen@scscza.com
Johnny Goodrum, Member johnny.goodrum@scscza.com

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

HOURS OF OPERATION

Please check www.scszca.com/coronavirus for updated information.

ASSOCIATION OFFICE

Monday – Friday | 9 AM – 12 PM, 1 – 4 PM

By Appointment Only

First Saturday of the Month | Closed

LIFESTYLE DESK | Monday – Saturday | 8 AM – 5 PM

Business Center Only

MONTECITO CLUBHOUSE | Closed

FITNESS CENTERS | Closed

SHADOWS RESTAURANT | Daily | 10 AM – 7 PM

GOLF SNACK BAR | Daily | 6 AM – 11 AM

SANTA ROSA BISTRO | Daily | 6 AM – 1 PM

MONTECITO CAFÉ | Closed

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

THE VIEW

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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.

THE VIEW ADVISORY COMMITTEE

Dennis Sheehan, *Chair*; Beth Bolduc; Arnold Choy; George Erhart; Robert Firing; Julie Harris; Diane Nagy; Art Nemiroff; Ralph Olson; Gina Pollack; Lee Powell; Vicki Prince; Judi Sorensen; Steve Talbot

STAFF

Editor-in-Chief | Tyler Ingle, *General Manager*
Production Manager | Gus Ramirez, *Communications Manager*

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



PRESIDENT'S REPORT

KIM FULLER | PRESIDENT

Much is happening in the next couple of months with the Board election, CC&R changes, and the completion of the Frontier install. The annual meeting for the HOA will be on April 6, 2021. The Board election along with two CC&R changes will be on the ballot, so all ballots must be in before that date. Please fill out and send in your ballot right away – it should arrive at your home in late February.

One of the CC&R changes relates to a new State law, California AB3182, that went into effect on January 1, 2021. Last month I described this new law which changes the minimum rental period to 31 days, from 90 days as stated in our CC&Rs. The HOA will not allow rentals for 30 days or less. Our HOA is required to follow the new State law even though our CC&Rs state something different. So, effective January 1, 2021, our HOA will not allow rentals for 30 days or less.

The new law requires us to change our CC&Rs to conform to the new State law, and an amendment will be on this year's election ballot. Hopefully, we can get enough votes in favor of the change but, even if we do not, we will be required by law to enforce the new law no matter what our CC&Rs state. Unfortunately, we cannot simply revise the wording in our CC&Rs; residents must vote for the change in order to amend our CC&R document.

To change a CC&R provision, we need 51% of all homes to vote in favor of the change. This means we will need 1,760 affirmative votes to make it happen. If we do not get enough positive votes, we will have to leave the language in our CC&Rs the same – even though it will not apply and it will be different from the new State law.

When you receive your ballot, be sure to vote for this provision so we can hopefully align our CC&Rs with the State law. If we don't pass this in April, we will have to hold a special election in the fall at a cost of \$10,000 to try again.

The other provision the Board will present is a change to Bylaw Section 4.6.4, Balloting Time Requirements. This provision limits the time we can request ballots to 90 days. The proposed change will remove the 90-day limit so the HOA can still request ballots from those who have not voted after 90 days. The goal of this change is to have more residents participate and vote by giving the HOA more time to collect ballots. This change does not affect how many affirmative votes it takes to change the CC&Rs or Bylaws. It will still take 51% of all residents to make any change; this just allows more time to collect more ballots and increase participation.

continued on page 4...

Next Board Meeting & Meet a Board Member:

Please check www.scschca.com/coronavirus for updated information.



...continued from page 3

There are four people running for the Board this April. Kim Fuller and Linda Aasen are running for re-election, while two new people are also running for the Board, John MacDonnell and Moira MacLeod-Foster. The Board election, along with the CC&R and Bylaw changes, will be on the ballot for the April annual meeting. Be sure to get your ballot's in as soon as possible.

Phase 1 installs of the Frontier internet will have commenced by the time you get this article. We estimate all installs will be completed by March 1 for those that have requested service. If you have any questions, please let us know. There is an onsite supervisor here six days a week to help resolve any problems that might arise.

In January, I gave you the information about the new monthly dues rate for 2021 but, because there was one amount for January and a different amount for February through December, I thought it best to review your dues for the rest of the year.

The total monthly assessment per homeowner unit is \$306 for February through December, which includes \$12 per month for Frontier internet. The Board voted to issue each homeowner unit a one-time credit of \$144, which was issued in January.

It has definitely been a most difficult time. Hopefully we can remain focused on helping each other to remain safe and healthy. Better days are coming, and I look forward to those special days again knowing... *"It doesn't get any better than this."*

Contact the author at kim.fuller@scszca.com.

Mr. Richard Smetana

Like you, *The View* Advisory Committee members learned about the passing of Rich Smetana on December 26.

As you all know, Rich had been in the Sun City Shadow Hills community for several years, first as Assistant General Manager for Associa and then as General Manager.

In our interactions, Rich was unfailingly a warm and caring person, a man who listened carefully before commenting or helping us with our tasks.

Rich Smetana was also a very fair manager. His passing is a loss to Associa and our community. We will miss Rich's many contributions, and we offer our sincerest condolences to his surviving family.



Meet Our New General Manager, Tyler Ingle

BY DENNIS SHEEHAN



Tyler Ingle, General Manager, SCSH

On Monday, January 4, 2021, after serving for four years as our Association's first ever Controller, Tyler Ingle was named General Manager here at Sun City Shadow Hills. As an associate of Desert Resort Management (DRM), which oversees more than 200 properties in the California desert including our own, Tyler reports both to our HOA Board and to the CEO of DRM.

Of course, the most immediate task of our new General Manager is to work in concert with our HOA Board. As goals for our community, Tyler plans to focus on those that he knows all of us residents share: to return to full operations as soon as it is safe to do so and allowed by state and county guidelines. That includes many concerts, trips, and activities that the Lifestyle Department had planned for us that it had to defer as well as programs that our Fitness Department also had to put on hold. Realistically, though, Tyler expects that it could be June 2021 before this can become reality.

In his new duties, Tyler will draw on the strong working relationship he has established with our Finance Advisory Committee. Every month, Tyler prepares an 80-100-page report about operating financials for the committee.

From his previous positions, Tyler brings a wealth of experience to bear. This includes serving as financial controller for CBRE, which managed The River complex of shops and stores in Rancho Mirage. Tyler was also COO for the Silent Valley Club, an RV timeshare concern based in Banning, where he streamlined accounts receivable operations and developed ways to reward and promote that organization's employees.

What you may not know is that Tyler is no stranger to Southern California or the Coachella Valley. He was born and raised in the nearby Imperial Valley, where he completed high school. Tyler then earned a bachelor's degree from Dallas (TX) Baptist University and worked in the banking industry in Michigan. Next, while pursuing his day job, he earned an MBA from Oakland University (Rochester, MI) by going to night school. For the past 14 years, Tyler, his wife, and family (a 19-year-old son and 16-year-old daughter) have resided in the Coachella Valley.

When I asked Tyler about his management style, he stressed that he wants to lead by example. Tyler is a believer in teamwork and that trying new and different approaches to problems is paramount to the efficiency of any organization.

All of us who have had the opportunity to work with Tyler in a variety of settings know firsthand that he possesses both a good sense of self and a great sense of humor. So please join the entire View Advisory Committee in congratulating Tyler on his new responsibilities and in wishing him every success in the important work he will undertake to benefit us all.

Contact the author at djsheehan46@gmail.com.



TREASURER'S REPORT

CAREY THOMPSON | TREASURER

SUN CITY SHADOW HILLS COMMUNITY ASSOCIATION

Condensed Financial Information

Balance Sheets

As of November 30, 2020 and November 30, 2019

Assets:

	November 2020 (Unaudited)	November 2019 (Unaudited)	December 31 2019 (Audited)
Cash and cash equivalents	\$ 6,910,508	\$ 4,796,619	\$ 4,852,973
Certificates of deposit and investments	10,860,362	12,075,370	12,072,885
Property and equipment, net	1,394,219	836,661	808,611
Cash - chartered clubs	157,018	124,576	173,446
All other assets	401,557	344,147	294,865
Total Assets	\$ 19,723,664	\$ 18,177,374	\$ 18,202,780

Liabilities:

Accounts payable and accrued expenses	\$ 843,261	\$ 1,019,716	\$ 1,143,555
Assessments received in advance and deferred revenue	668,008	632,355	606,607
All other liabilities	-	-	-
Total Liabilities	1,511,269	1,652,072	1,750,162

Fund balances:

Operating	2,856,366	2,186,846	2,182,543
Chartered clubs	157,018	124,576	173,446
Property and equipment	1,394,219	836,661	808,611
Replacement	13,804,792	13,377,220	13,288,018
Total Fund Balances	18,212,395	16,525,302	16,452,618

Total Liabilities and Fund Balances	\$ 19,723,664	\$ 18,177,374	\$ 18,202,780
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Contact the author at carey.thompson@scshca.com

SUN CITY SHADOW HILLS COMMUNITY ASSOCIATION

Condensed Financial Information

Statement of Revenues and Expenses - Unaudited

For the Eleven Months Ended November 30, 2020

Revenues:

Assessments	\$ 8,576,700	\$ 1,783,650	\$ 10,360,350
All other revenues	3,050,960	204,800	3,255,760
Total Revenues	11,627,660	1,988,450	13,616,110

Expenses:

Operating fund excluding depreciation expense	10,930,294	-	10,930,294
Replacement fund	-	457,524	457,524
Depreciation expense	452,087	-	452,087
Total Expenses	11,382,381	457,524	11,839,904

Chartered Club Activities, Net	(16,428)	-	(16,428)
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Excess of revenues over expenses	\$ 228,851	\$ 1,530,926	\$ 1,759,777
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SUN CITY SHADOW HILLS COMMUNITY ASSOCIATION

Condensed Financial Information

Statement of Changes in Fund Balances - Unaudited

	Operating Fund	Replacement Fund	Total
Fund balances, beginning of year	\$ 3,164,600	\$ 13,288,018	\$ 16,452,618
Excess of revenues over expenses	228,851	1,530,926	1,759,777
Inter-fund transfers	1,014,152	(1,014,152)	-
Fund balances, as of November 30, 2020	\$ 4,407,603	\$ 13,804,792	\$ 18,212,395

SUN CITY SHADOW HILLS COMMUNITY ASSOCIATION

Condensed Financial Information

Statement of monthly assessment

Number of units in Association			3,450
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Summary of 2020 monthly assessment per unit:

Operating Fund, balanced budget	\$ 234.00	\$ -	\$ 234.00
Replacement Fund	-	47.00	47.00
Total monthly assessment before credit for prior year	234.00	47.00	281.00
Operating Fund, credit for prior year surplus	(8.00)	-	(8.00)
Total monthly assessment billed to unit owners	\$ 226.00	\$ 47.00	\$ 273.00

Summary of 2021 monthly assessment per unit:

Operating Fund, balanced budget	\$ 244.74	\$ -	\$ 244.74
Operating Fund, bulk internet	12.00	-	12.00
Total Operating Fund monthly assessment	256.74	-	256.74
Replacement Fund	-	49.26	49.26
Total monthly assessment billed to unit owners	\$ 256.74	\$ 49.26	\$ 306.00

2021 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.



Linda Aasen

My husband, Steve, and I have lived in Sun City Shadow Hills since 2010. I have been a member of the Information Advisory Committee (IAC), the Communications Advisory Committee (CAC), the Ad-Hoc Facilities Advisory Committee, as well as president of the Tennis Club. I Chaired *The View* Advisory Committee and have written many articles for the magazine. Steve and I participate in countless activities and utilize the wonderful facilities in our beautiful community.

My professional career at 3M for 22 years was centered in marketing, sales, product development, and project management. Later I was owner of a consulting company focused on staff training, developing and implementing security plans, risk assessment, and identity theft risk management.

When I ran for the Board four years ago, I thought I had a respectable understanding of how our HOA Board operates. I was so wrong! There was so much to learn about our Governing Documents, community operations, and our SCSH budget and financials. I feel that after two years accumulating this knowledge, I must use it to do an even better job as a member of our Board in the next two years.

I am detail oriented, an outstanding communicator, and a team player. If re-elected to our Board, I will bring these skills, along with my Board experience to work for all members of our community. I will focus on improved communication, continued fiscal responsibility, and maintenance of our facilities at the highest of level to help insure stability in home values. I will work closely with the other members of the Board in the best interest of all residents of Sun City Shadow Hills.

I believe, I will make an excellent member of your HOA Board of Directors and I would appreciate your vote.

For more information, please contact me at laasen3730@aol.com



Kim Fuller

I have enjoyed my service on your SCSH HOA Board these past 3.5 years, as your President, and I thank you for that opportunity. Your current Board has accomplished a great deal along the way, with continued fiscal responsibility, maintaining our facilities at the highest level, keeping our Dues in line with inflation, and our Reserve levels amongst the highest in the Coachella Valley. The Board has been a pleasure to work with as we dealt with the Covid-19 crises, Frontier Cable Contracts, and other normal duties of everyday management. I take personal pride in the Board's transparency, our open communications on the many issues facing our community, and in dealing with the many homeowner issues we encounter every day.

I would like to continue to serve our community as a member of

your Board and hope you will give me that opportunity once again.

When not tending to Board duties, my wife Karla, and I enjoy golf, hiking, the Fitness Center, the great sunsets and movies. Thank you.



“Big” John S. MacDonnell

I want to be a Board member for the people of this community not for myself. Plain and simple.

Thank You,
John S. MacDonnell



Moira MacLeod-Foster

I am running for one of the open positions on the Sun City Shadow Hills HOA Board of Directors.

My qualifications are:

- Leadership
- 30 years of managerial experience in the financial services industry
- 10 years of experience as a senior liaison and senior accountant
- Excellent interpersonal skills
- Excellent communication skills (written and verbal)
- Excellent team building skills
- Effective listening skills
- Broad experience in team building skills
- Ability to make prudent decisions following a set of guidelines for the best possible outcomes.

Experience:

Bank of America 8/1976-6/2007

- Retail Division - started as a teller.
- Selected for Retail Management Training Program
- Selected for Consumer & Business Lending Programs
- Appointed Manager- Villa Marina Banking Centre, Marina Del Rey, CA 1/1987-9/1998
- Appointed Manager- Beverly San Vicente Banking Centre, W. Hollywood, CA 9/98-3/99
- Appointed V.P. & Manager-West Brentwood, Banking Centre Brentwood, CA 3/99-5/2001
- Appointed V.P. & Manager-Pacific Palisades Banking Centre, Pacific Palisades, CA
- 5/2001- 4/2007

Bank of America

- Wealth and Investment Management

- Appointed Senior Client Manager 4/2007-9-2009

JFFD, CPAS, LLP - Pacific Palisades.
CA 90272

Senior Staff Accountant/Senior Client Liasion 11/2009-8/2015

Education:

- Western Illinois University Macomb, IL 9/1973-5/1975
- Pepperdine University, Malibu, CA 1984-1986/ BS Business Management
- UCLA Landscape Horticulture Program L.A., CA 9/2013-6/2015

Interests/Hobbies:

- Hiking, Golf, Pickleball, Travel, Gardening, Birdwatching, Music, Entertaining

Reasons to be a Board

Member:

I have chosen to run for the Board as it is my way of giving back to our wonderful community. This is one of the best places that I have ever lived. I believe that with my skill set, education and a desire to make a difference in our community drives me to run.

I have a lot to offer and I believe wholeheartedly that I would be an excellent addition to our board. I realize that it will be a large commitment of my time. I believe that I have the right temperament and vision to do the best for our homeowners and our community.

These are the reasons that I have made the decision to run.

RE-ELECT AASEN AND FULLER

BECAUSE EXPERIENCE MATTERS!

SCSH COMMUNITY

3,450 HOMES
5,000 RESIDENTS
ANNUAL BUDGET MORE THAN \$16 M
RESERVES MORE THAN \$13 M
TOTAL ASSETS OVER \$35 M

CRITICAL TASKS OF HOA BOARD

ENSURE RESIDENT SAFETY AND SECURITY

MANAGE OPERATING BUDGET AND
REPLACEMENT FUND

NEGOTIATE CONTRACTS WITH
KEY VENDORS INCLUDING:

DESERT RESORT MANAGEMENT
TROON GOLF MANAGEMENT
VINTAGE LANDSCAPING
ALLIED PROTECTION SERVICES
PRENDVILLE INSURANCE
FRONTIER COMMUNICATIONS

OVERSEE OPERATIONS OF COMMUNITY
INCLUDING CLUBHOUSES, SWIMMING POOLS,
TENNIS, BOCCE, AND PICKLEBALL COURTS

Dear Residents:

Our HOA Board met more than 55 times throughout the year. In addition, all Board members participated in several assigned monthly Advisory Committee meetings. The Board made some very difficult decisions on a wide array of issues, especially relating to Covid 19.

It takes Experience to serve on our Board, ensure that critical tasks are implemented on a daily basis, residents are safe, home values remain solid, and we remain financially strong!

We look forward to serving you again in 2021-2023, as we have the Experience to make the right decisions for all members of our community.

Linda Aasen and Kim Fuller

VOTE FOR EXPERIENCE!

LINDA AASEN AND KIM FULLER FOR SCSH HOA BOARD 2021

This advertisement does not constitute an endorsement by Sun City Shadow Hills Community Association.

EXPERIENCE COUNTS!

RE-ELECT LINDA AASEN AND KIM FULLER



WE NEED CONTINUITY OF HOA MANAGEMENT

OUR BOARD MUST FOCUS ON:

- Financial responsibility**
- Balanced budgets**
- Reasonable dues**
- Adequate reserves**
- Competitive home values**
- Resident health and safety**
- Preservation of amenities**
- Contract negotiations with vendors**

***VOTES FOR LINDA AND KIM WILL HELP PRESERVE
THE LIFESTYLE WE LOVE IN SUN CITY SHADOW HILLS***

LINDA AASEN AND KIM FULLER FOR SCSH HOA BOARD 2021

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Get on Board - ELECT

“BIG” JOHN MACDONNELL *SCSH Board of Directors*



I am a California native and have 50 years of personal and business experience with people of all ages and walks of life. I have been affiliated with members of my community, local schools, municipal governments, and the military and “giving back” has been my pleasure. I have served on local and regional boards for both baseball and soccer. I enjoy looking back on the positive outcomes of my contributions.

Goals

- Make the board a board, not a police force
- Have faith in the responsible behavior of our community
 - Have a positive, not punitive, attitude
- Make Shadow Hills a welcoming, safe, friendly place to live
- Be empathetic to members needs and concerns, with an open mind
 - As I always have, serve with pride

Qualifications

Property Management 1990 to present – As part of JS MacDonnell Construction, I provided services for thirty-eight apartment and condominium complexes (over 900 units). My responsibilities for contract negotiations with vendors, rent collection, capital improvements, and tenant issues will prove valuable to our community.

JS MacDonnell Construction 1990 to present – As a licensed building contractor I have years of experience with other building trades, architect and engineering professionals. I continue to work with multiple city officials and inspectors related to the services I provide my clients. This experience will be an asset to Shadow Hills.

Licensed Emergency Medical Technician – The E.M.T. training and position provided experience assisting the public with emergency responsiveness, first responder coordination (i.e. police, fire and hospital staff) during extremely critical situations.

United States Army 1981 through 1990 – I am very proud of my service to our country. I served in the First Ranger Battalion, Fort Benning, Georgia as Unit Leader. Tours of duty during Panama and Grenada conflicts. Volunteer President of the Family Readiness Group (2012 – 2016) supporting families of deployed soldiers. The Group provides personal interaction and informational support related to mental health needs, legal issues, insurance and home maintenance security.

Personal - I enjoy spending time with my wife Colleen of 30 years and our sons. You have seen me at the dog park with our dogs and I'm known as "Big" John. I have a very strong work ethic and I know if I'm elected you will not be disappointed. I would appreciate your consideration and thank you for your vote.

***For campaign contributions, support and yard signs please text or call "Big" John at 626-945-4730.
JSMacdonnell@verizon.net***

*Thank you SCSH residents,
I will serve you proud.*

This advertisement does not constitute an endorsement by Sun City Shadow Hills Community Association.

Want More? *ELECT*

Moira MacLeod-Foster

Your candidate for
SCSH Board of Directors



I am a SCSH Board Candidate for all the residents of our community. Here are the reasons that I believe I should be elected to represent all of our residents:

- I have the background with the skill set to be an effective Board member and a voice for our community.
- I have the wisdom and experience to make prudent judgments.
- It will be my duty as a board member to treat all the members of our community respectfully with courtesy, kindness and empathy.
- It will be my duty as a board member to welcome, actively listen to all concerns, questions and input from all residents.
- I have a great deal to offer our community. I will be a dedicated board member. I respectfully request your vote.

Background:

Born and raised in Winnipeg, Manitoba, Canada until age 10. Santa Monica area resident for over 40 years.

Proud dual Canadian and US citizenship!

Over 30 years as a Vice President and Manager for Bank of America

Board of Directors (Treasurer)
SCSH Creative Arts Club

Member of SCSH Pickle ball Club

Pepperdine University, Bachelor of Science,
Business Management

Hobbies and Interests:

• I have hiked in numerous locations worldwide. I have traveled extensively in the US and worldwide. I enjoy painting, gardening, stargazing, entertaining, cooking, cycling, Pickle ball, golf, and music (classical, rock and roll).

• My partner Chuck and I have a "fur-baby" canine named Violet, a rescue. I am the proud mother of Jennifer. Chuck is the father of 3. The proud grandfather of 7!!! We can't think of anywhere else we would ever choose to live!

• I respectfully ask for your vote and look forward to talking with every resident. Contact me at momac1955@gmail.com I look forward to hearing from you.

*For campaign contributions, support and yard signs please email Moira at
momac1955@gmail.com*

This advertisement does not constitute an endorsement by Sun City Shadow Hills Community Association.

ADVISORY COMMITTEES

CITY DEVELOPMENT COORDINATING COMMITTEE

citydevelopment@scszca.com

Chair: Jim Basham

COVENANTS COMMITTEE

covenants@scszca.com

Co-Chairs: Jerry Conrad & Deborah Gmeiner

DESIGN REVIEW COMMITTEE

designreview@scszca.com

Chair: Ted Shettler

EMERGENCY PREPAREDNESS SUBCOMMITTEE

epsc@scszca.com

Chair: Jeff Kirkpatrick

FACILITIES & SERVICES ADVISORY COMMITTEE

facilities.services@scszca.com

Chair: John Petersen

FINANCE ADVISORY COMMITTEE

finance@scszca.com

Chair: Bill Wethe

FOOD & BEVERAGE COMMITTEE

foodbeverage@scszca.com

Chair: Jurgen Gross

GOLF ADVISORY COMMITTEE

golf@scszca.com

Chair: Dennis Hooper

HEALTH & FITNESS ADVISORY COMMITTEE

healthfitness@scszca.com

Chair: Rick Halla

INFORMATION ADVISORY COMMITTEE

information@scszca.com

Chair: Stacia Armstrong

LANDSCAPE ADVISORY COMMITTEE

landscape@scszca.com

Chair: Chris Stevens

LIFESTYLE ADVISORY COMMITTEE

lifestyles@scszca.com

Chair: Pamela Castro-Lee

SAFETY ADVISORY COMMITTEE

safety@scszca.com

Chair: Ed Chavez

THE VIEW ADVISORY COMMITTEE

viewcommittee@scszca.com

Chair: Dennis Sheehan

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



From The Library

BY CINDY DEGRAF

As this article goes to print, the Montecito Library is closed because of COVID-19 concerns. Until further notice, we will not be taking any returns or donations. You will be notified when we are again up and operating.

Even though we are limited in where we go and what activities we take part in, we can all still read wonderful books and let our minds wander. Keep in mind that our local libraries are a great source for books. The Indio, La Quinta, and Palm Springs libraries have online options to check out and pick up books – plus they offer online access to download books if you prefer. Go to www.rivlib.info for more info from Indio and La Quinta. For Palm Springs, please visit www.palmspringsca.gov/government/departments/library.

Try to be kind to yourself and others, and continue to ride this out the best you can. You must admit that we are in a wonderful location for “hunkering down.”

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 to all who support us. Keep reading and stay safe.



Design Review Committee (DRC)

BY TED SHETTLER | CHAIR

It's February, and the first day of spring will be upon us in surprisingly little time. The trees and plants that slow their growth in the winter months are on the verge of becoming more active. The time for trimming trees will end relatively soon. The Design Rules (§6.8) require homeowners to attend to this task for all their trees at least once per year, and for many trees now is the time to do so. Trees that extend over the street or public sidewalks must be trimmed so that their foliage is at least 12 ft. (3.7 m) above the street and 7 ft. (2.1 m) above public sidewalks.

As spring approaches, it is time to plan and execute any needed yard maintenance. Homeowners might consider such tasks as:

- removing and replacing dead plants and/or trees (§6.2).
- removing unsightly stains from driveways (§6.3).
- performing general yard maintenance like mowing, weeding, and debris removal (§6.5).
- renewing rock ground cover where it has become sparse (§6.7).
- ensuring that the home's house number is easily visible and not obstructed by trees or plantings (§6.6).
- checking the home's porch light and front garage lights to make sure that none has burned out and replacing any that have (§6.6).

These simple tasks are also easy to neglect. When I come home, I drive into the garage and enter the house, barely noticing the yard. I have to remind myself to go outside and take a critical look every once in a while, so that I can stay on top of these items.

The DRC encourages you to occasionally take a few minutes to do the same.

The DRC has recently seen a few Home Improvement Applications (HIAs) proposing, in special circumstances, to add blocks to increase the height of property-line walls. When such a proposal is approved, it is with the conditions that the adjoining neighbor approve and that the resulting, higher wall appears, when finished, like the developer-installed property-line wall. The existing property-line walls are prefabricated concrete slabs; adding blocks on top and making the result appear uniform is not straightforward. The homeowner remains responsible for safety.

Families are spending more time at home indoors than usual. As a result, work on homes has increased along with the associated HIAs. For the most part, the information contained in these HIAs has also been more complete than in the past. Drawings and photographs have become clearer and more complete, and written descriptions have become both more complete and easier to understand.

The DRC cannot approve an HIA when proposed work is unclear or ambiguous. The DRC is very grateful for the attention that homeowners have given to make their HIAs clear and specific. Your use of the preapproved paint schemes, available from the HOA, will continue to make our streetscapes visually appealing well into the future.

For your protection during the pandemic, you should ask vendors working outside your home, including gardeners, to wear masks.

Contact the author at designreview@scshca.com.



Emergency Preparedness Sub-Committee (EPSC)

BY JEFF KIRKPATRICK | CHAIR

What to Do if There's an Outage

Your electronics and appliances can be vulnerable to power outages, and knowing how to care for them during power losses can protect them from damage and help keep you safe.



Controlled Outages

Because of the need to conduct repairs, it is sometimes necessary for Imperial Irrigation District (IID) to conduct predetermined controlled outages. Please note that every effort will be made to provide uninterrupted electrical service to IID customers who require a life support system. Contact IID's customer service department if you are interested in this service. Your electric bills must still be paid in a timely manner, and a physician's statement will be required.

Weather-Related Outages

IID customers have some of the most reliable service in the country and some of the lowest electrical rates in the state. However, during severe weather, there is

a chance of weather-related power outages. If an outage occurs, IID crews will work around the clock to restore your service as quickly as possible.

Accident-Related Outages

Sometimes, accidents caused by motorists or other moving objects may come in contact with power poles or lines and cause outages. If this type of outage occurs, IID crews may not be able to access the accident area until the police or fire department allows them access. To report an outage, please contact IID Customer Service at (760) 335-3640 or toll-free at 1-800-303-7756.

Auto-Safety Checks

For your security, our electrical service is designed with built in auto-safety checks. If a problem is detected, electrical service will be momentarily interrupted while the system checks itself. (Your lights will blink off and on during this process.) If the problem continues, a power outage will occur. IID's trained professionals will respond immediately to restore power as quickly and safely as possible.

Before an Outage Occurs

Become familiar with your service panel's location (usually on the exterior garage wall here in SCSH) and how to operate the main circuit breaker.

Prepare a basic emergency kit and store it in an easy-to-locate place. The kit should contain the following:

- flashlight,
- bottled water,
- extra batteries,
- wind-up clock,
- manual can opener,
- battery-operated radio or television.

Use surge protectors to help protect your household appliances and sensitive electronic devices from damaging power surges caused by wind and lightning storms. If your power goes out, the first thing you should do is check your home's circuit breakers or fuses. If your neighborhood is dark, there may be a power outage.

Turn off all lights and major appliances, including your computer, air conditioner, and television. Keep your refrigerator and freezer doors closed. When the power is restored, do not turn on your appliances all at once. This will help protect your equipment from voltage fluctuations and circuit overloads when the power returns. IID personnel are on duty 24 hours a day and will work to restore your power as soon as possible.

Attribution: IID
<https://www.iid.com/home/showpublisheddocument?id=2423>

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

Contact the author at epsc@scshca.com.



To report an outage, please contact IID Customer Service electronically or by phone at (760) 335-3640 or toll-free at 1-800-303-7756.

You can also track outages on our IID Customer Connect web portal.

Get the most up-to-the-minute information on system outages and service interruptions, follow us on Facebook and like us on Twitter.



Interested in Joining a Committee?

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



Finance Advisory Committee (FAC)

BY BILL WETHE | CHAIR



Work Completed

During the month of January 2021, the FAC and FAC Subcommittee 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 December 2020 financial statements of the Association including the:
 - financial statements and supplementary schedules prepared by DRM/Associa, Troon, and the Controller.
 - combining and combined financial statements included in the Treasurer's report of the Association prepared by the Controller.
 - summary financial information on financial position and results of operations included in the Controller's report to the Board.
 - condensed financial information of the Association 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.
 - 2020 Replacement Fund expenses for the purchase and replacement of common area real property components and inter-fund transfers to the Operating Fund for the purchase and replacement of common area personal property and equipment components.
- Preparation of the Management Discussion and Analysis (MD&A) of the 2020 annual results as compared to the 2020 Budget and the 11+1 Forecast provided to the Board.
- Review and written recommendations on proposed BAFs for the expenditure of funds from the Replacement Fund for the replacement or major repair of real and personal property common area components identified in the Reserve Study.
- Review and recommend Board approval of the December 2020 bank statements, reconciliations, and investment account statements.
- Review of firms providing non-judicial foreclosure services, preparation of Request for Proposal (RFP),

review of responses to RFP, evaluation and reference check of service firms, and written recommendation to the Board (FAC BAF 2020 # 16).

- Written recommendation to the Board of proposed revisions to Replacement Fund Investment Policy (FAC BAF 2020 # 15).
- Regular meeting of FAC held on January 22, 2021, via audio and video conference call.
- For the Board meeting on January 25, 2021:
 - Preparation of the FAC monthly written report to the Board.
 - Review of the Controller's monthly written report to the Board.

Work in Process

Annual review and submission of proposed revisions to the Board for review and adoption including:

- FAC Charter and Mission – FAC BAF 2021 # 1.
- FAC Subcommittee Charter and Mission – FAC BAF 2021 #2.
- Association Procurement Policy – FAC BAF 2021 #3.

Upcoming Work

- 2020 Audit.

FAC Members

FAC now has two openings. We would love to hear from you if you have a background including accounting and financial reporting and an interest in serving on the FAC or on the FAC Subcommittee. Please contact the author if you would like to discuss completing an Advisory Committee Interest Form.

Further Information

Additional FAC Members: Larry Anderson, Bob Jester, Bob Giovannettone, Jerry Cavoretto, Mike Whelan, and Bruce Marley. FAC Subcommittee Members on the Replacement Fund and Reserve Study: Chris Stevens, Don Salvatore, Bruce Marley, and Bill Wethe, Chair.

Contact the author at finance@scshta.com.

Health & Fitness Advisory Committee

BY HEIDI WORCESTER



Zumba – Exercise in Disguise

If you've ever wondered what Zumba is, you're not the only one! I'm more of a gym rat; so it was a total mystery to me, too. I recently visited Rosey Alvarado's Zumba class and was surprised how much fun it was for everyone. During a Zumba class you'll move to the beat of Latin-inspired tunes, along with a little bit of pop and country, while enjoying a new 45-minute exercise routine.



It's no wonder Zumba is playfully named "exercise in disguise." How could anyone possibly have this much fun and be exercising at the same time? It's easy with Zumba and, if you're a music lover, that's a bonus; this class is loaded with upbeat music sure to bring a smile to your face.



There are no special skills required for Zumba, just a willingness to try it and move to the groove. You can mimic the instructor, but don't worry if you're stepping out with your right foot when the instructor steps with the left. You can do no wrong in Zumba and there's no judging here, just exercise in a peppy, yet blissful environment. Worries of the day seem to melt away as class members improve their cardio fitness and coordination, strengthen muscles, and increase flexibility. Zumba is easy to learn; whether you've taken Zumba before or are a newbie, you'll reap the same benefits. Now meet one of our instructors.

Rosey Alvarado is an officially certified Zumba instructor who has taught at SCSH for the past nine years. "Zumba is my passion. I love dancing with my students because they inspire me to do my best. SCSH residents are the best because they're eager to learn and are always grateful."



Upcoming Events

- February 12 & 26, 10:30 a.m. | Online Alzheimer's Support Group Meeting
- Online Eisenhower Health Lectures | Register and view list of lectures: www.scszca.com/eisenhower

Resources & Feedback

Reservations and Exercise Videos: www.scszca.com, login, select Fitness, then select Reservations or Fitness Video Library

Email comments and suggestions to: healthfitness@scszca.com

THE STORY OF BILL

BY STEVE RINEHART



Punta Mita

If you come over to my place, the first thing you'll notice is a large sailfish hanging on the wall by the front door. We call him Bill because sailfish are a type of billfish along with marlin and spearfish. I suppose most people get fish mounted because they represent a trophy catch that they are proud of. My motivation for mounting this fish was different. Let me explain.

In 2014, our annual trip to our timeshare at Cabo San Lucas was cancelled after Hurricane Odile, the strongest hurricane ever to hit the Baja Peninsula, did extensive damage to our resort. So my wife and I decided to go to Puerto Vallarta instead.

We stayed out of town at Punta Mita, where the Bay of Banderas meets the Pacific Ocean. I found a bait shop and arranged for a guide to take me fishing. I wondered if there might be sailfish there at that time of year as I had never caught one before. The night before I went out fishing, I asked God if He would let me catch a sailfish the next day. I didn't find out until later that my wife was praying, too.

I was up early on the morning of the fishing trip and met the Captain, his wife, and their son at the marina. I joined them in the boat, and soon we were leaving the Bay of Banderas and entering the vast Pacific Ocean. About a mile out from shore, we put out our squid lures and started trolling.

In less than 10 minutes, I heard the line singing out of one reel and then another. A double! Wow! This was going to be a great day. I grabbed one pole, and the Captain's wife grabbed the other. We started pulling and reeling, fighting what were very strong fish.

In about 15 minutes, the Captain's wife pulled in a nice sailfish that weighed about 70 lbs. It took me a little longer, but I was delighted to see a sailfish on my line also. When we finally got it in the boat, the Captain told me, "You are a lucky man. There was a sailfish tournament here a couple of weeks ago and the winning fish was 80 lbs., but you have caught a 120-lb. one! That is trophy size!" Back at the dock we snapped a picture of this beauty.

I smiled and nodded as I felt God's love for me in that moment. I got a little choked up as I told the Captain that this fish was an answer to my prayers. The Captain measured it and told me it was 8 ft. 4 in. long.

Buoyed by our early success, we ventured farther out into the Pacific near some islands, where we proceeded to catch some bait fish about 12 inches long. After catching a few of them, we put them on a bare hook and tossed them out away from our boat. I grabbed a bottle of water as I felt the sweat pouring out of me in the hot sun and 90-degree heat.

Then my line started going out, and I grabbed the pole and set the hook. The fish took a deep dive, and the drag on the reel could do nothing to stop him. This was a big fish! Bigger than the sailfish I had reeled in earlier. I hung onto the pole, being careful not to touch the line with my fingers because I would get a nasty blister if I tried to stop the line from going out with my hands.

The Captain's wife noticed the sweat running down the side of my face and grabbed a towel to wipe it away for me. Then the fish stopped and I began the long, arduous process of pulling up and reeling down, gaining inches of line back on the reel with each pull. After a half-hour, I got the fish to the surface; but he took one look at the boat and went on another long run.

The Captain's wife showed more concern for me and poured cold water on my head to keep me from getting heatstroke. We repeated this process a couple more times, and I got doused with cold water several more times. This was like having a tug of war with an NFL offensive lineman for an hour and a half in the mid-day sun.

I was exhausted, and that's when the fish made his move. He came directly toward the boat and then dove underneath it in an effort to break my line and escape. When the Captain's son saw what was happening, he came to my rescue and kept the line away from the boat and motor. Then I was able to reel in this monster fish.

The Captain grabbed the long bill and, with the help of his son, pulled the fish into the boat. It was a black marlin over 10 ft. long that the Captain estimated to

weigh 350 pounds. It made my sailfish look small by comparison.

The captain asked me if I wanted to mount both fish since both were considered trophies. I said, "No, I don't have any place to put that gigantic marlin, but I will have the sailfish mounted." I wanted to remember how God answered my prayer, and I do every time I look at Bill.



Bill, the 120 lb. sailfish.



The 350 lb. black marlin. Photos courtesy of the author.

When we got back to shore, I called my wife to come and look at my catch. She came down to the boat but ignored my sailfish and just kept staring at the marlin. I asked her what she thought, and she said, "I prayed for you to catch a big fish!"

Now I knew why she was staring so intently at that marlin. God answered both of our prayers that day!

Contact the author at steve-chere@hotmail.com.

MY MAYFLOWER JOURNEY

BY SHEILA BOSTATER AND RON GILMORE

In the March 2020 issue of *The View* magazine, I saw an informative article that Vicki Prince had written about the Sun City Shadow Hills Genealogy Club. In that article, Vicki mused, "As far as I know, no one has found an ancestor on the *Mayflower*."

As a club member, I decided to tackle that challenge personally and to research whether any relatives had been on board the *Mayflower*. Because I was adopted, I knew almost nothing about my birth family; and I thought this search might help me to learn more about them.

After months of painstaking investigation, I believed I had found not one, but two, *Mayflower* ancestors: John Billington and George Soule.

A Bit of History

The saga begins with an old 120-ton British cargo ship, the *Mayflower*, which was chartered to transport a group of 40 Protestant Separatists, called "Saints," from England to the New World. In addition, there were 72 other non-religious passengers aboard called "Strangers" plus a crew of 30.

During the grueling 66-day crossing of the frigid Atlantic Ocean, two interesting events occurred: one passenger fell overboard during a massive storm but was rescued; and a baby was born during the voyage. After being blown off course, the *Mayflower* finally dropped anchor near Cape Cod some 400 years ago, on November 11, 1620. This was far north of its planned destination, the Virginia Colony.

A small group of men first rowed ashore seeking a suitable colony site at Plymouth Rock. While the women and children stayed aboard, the men spent months constructing primitive structures for each family. Thus, the Plymouth Colony was established.

My Journey of Discovery

I began by using Google to extract a list of the *Mayflower* passengers. Then, using Ancestry.com,

I selected my birth father's family tree and typed in the word "*Mayflower*,"

not knowing what result I would

receive. Imagine my surprise

when the name "*John*

Billington, Mayflower"

appeared! When that

happened, I exclaimed

to my roommate,

"Guess what! I found

I am related to a

Mayflower passenger."

Having found one

family member, I wanted

to learn more. By searching

YouTube, I found a book

entitled *John Billington: A Friend*

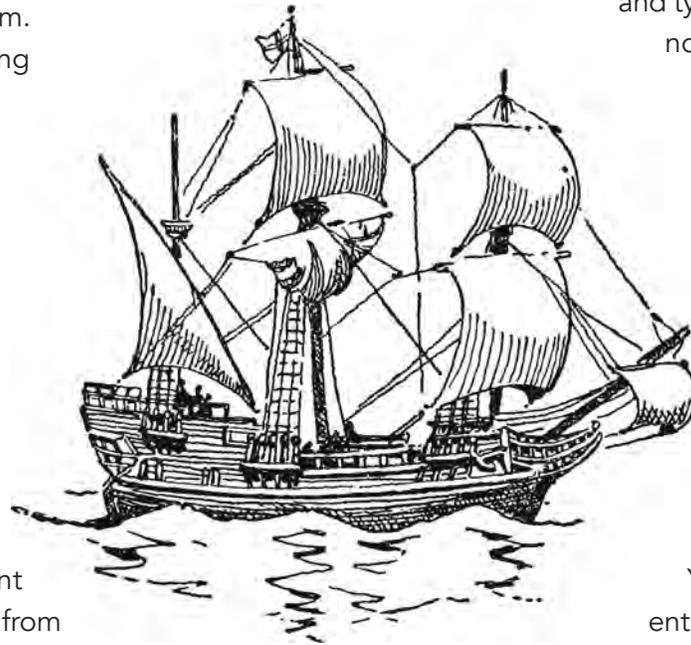
of Squanto. There was only one copy

available on Amazon, and I immediately

made the purchase. This proved to be the best \$12

investment ever.

The Billington family had decided to leave England for economic reasons. During the journey, John became disliked by the "Saints" because he was a "Stranger." William Brewster especially disliked him and went so far as to accuse him of killing one of the colonists. As a result, John was hanged. He became the first person executed in the Plymouth Colony. After his death his wife, Elinor, was put in stocks and



whipped for slander. Life in the new colony was beyond difficult.

George Soule sailed to the New World as a servant to educate the children of Edward Winslow. Being about 25 years old, George travelled as a single man. He later met and married Mary Beckett in 1623 after she had arrived in Plymouth aboard the *Anne*. They had nine or ten children.

Both men signed the *Mayflower Compact*, the colony's first governing document. John Billington was the 26th person to sign, and George Soule was the 35th of 41 signatories. Billington and Soule are my 9th great grandfathers!



Mayflower Organizations

The *Mayflower* remains a hot topic in America today, and a host of organizations share and verify data on the passengers and their descendants. Currently there are approximately 35 million descendants of the original passengers.

To make a claim as a descendant involves a complicated verification process. First, I had to apply to the California *Mayflower* Society and document my lineage back to the Billington or Soule families. Then

I had to provide “proof” documents such as birth, marriage, and death certificates. Once the California Society has verified my work, I can then apply to the New England Historic Genealogical Society (NEHGS). Once that society approves, I will receive a formal certificate that authenticates my *Mayflower* ancestry.

In November of 2020, I officially submitted my *Mayflower* lineage for review to the California *Mayflower* Society for their validation. I also joined the Soule Kindred in America society.

Who Knew?

I certainly had no idea where my journey would end when I began this epic quest. Ironically, in 1984, I had visited Plymouth, England, and stood on the pier from which the *Mayflower* left for the new colony. Little did I know that members of my family had actually stood in this same place dreaming of a better life.



Plymouth, England. Photo by Sheila Bostater.

Never would I have expected to discover famous relatives, but most of all I’m so thankful to have found my birth family’s ancestors. Hopefully my example will encourage others to search for their own *Mayflower* ancestors.



A TRUE VALENTINE FOR NEVA

BY STEPHEN SORENSEN

PHOTOS COURTESY OF THE AUTHOR

She was born in a spare North Dakota farmhouse in the fall of 1914. Smaller than the bunnies running loose on the farm, Neva Huff weighed a fragile two-and-a-half pounds. Her identical twin, Treva, weighed the same. Their parents lined shoeboxes with cotton batting for the girls to sleep in, keeping them warm, while they fed them with eyedroppers and prayed for them to live.

Six years earlier, he was born her Valentine in February 1908. Living on a homestead less than 10 miles away, Charles Valentine Sorensen would grow to be a strong man, destined to love and protect the little twin in a shoebox, so tiny they said her head would fit in a teacup.

Charles Valentine hated farming and loathed his middle name of Valentine. It was a girl's name, he scoffed, angry at his mother for choosing it. She explained it was a beautiful name, male or female, and she named him thus because he was due to be born on St. Valentine's Day. He missed it by a few days, but still he carried the moniker.

As much as he hated farming, Charles Valentine loved music and dancing. By the time he was 16, he belonged to a professional band. On weekends, he traveled by horseback from town to town, playing his beloved accordion or drums at weddings, barn dances, and church socials. He was a gifted musician, often crossing paths with and playing at the same venues as Lawrence Welk.

Charles lived for the weekends and playing his music. By the time he was 21, he felt sorry for his brothers and friends, already married and tied to babies and farming. He promised himself a different path and couldn't wait to have enough money saved to leave the homestead behind.

Neva, like Charles, detested farming and dreamed of a bigger life away from the North Dakota prairies. By her early teens, she and her twin had survived their precarious beginnings in a shoebox and blossomed

into healthy young women. Neva appeared delicate but was surprisingly athletic, excelling at high school basketball and earning several regional and state records in the sport. She was a determined girl, wanting more from life than following in the footsteps of every female she knew and settling down as a homesteader's wife. She loved reading about women pursuing exciting, independent careers. Clara Barton and Florence Nightingale loomed like mythical heroines to her.

Neva's romantic streak was limited to books. She often laughed with Treva, saying that she would never get married, unless of course she met a True Valentine. Neva vowed to leave the farm as soon as she could.

What neither Charles nor Neva planned on was falling in love. They met at a Valentine's Day barn dance in 1931. Neva and Treva wore matching red and white polka dot dresses with full skirts that twirled when they danced. Treva teased that this was the night Neva was going to meet her True Valentine. After all, how often did a Valentine's Dance fall on a Saturday night?



Charles V. Sorensen on Trix, the horse he rode the night he met Neva

Charles wore his best suit under his protective overalls and rode his favorite horse, Trix, to the dance in Minot. He carried his accordion in its case, emblazoned with his name, Charles V. Sorensen, in bold, gold letters. He was a handsome man of 23 with a following of female fans at every dance. He enjoyed their company and never lacked for a dance partner, but he never fell for the big smiles and batted eyelashes.

This night was different. Charles felt it the minute he walked into the barn to set up for the dance. There was an electrical current of anticipation buzzing in the air, and Charles wondered if it was because of the large turnout, with Valentine's Day falling on a Saturday this year. He shook his head, but he could not shake the strange sense of excitement as he went about greeting his friends and fellow band members.

While talking to the lead singer about a particular song, Charles was surprised to feel someone tapping on his arm. He turned and blinked at the beautiful girl in the polka dot dress.

"Is this your accordion?" she asked.

"Yes, it is," he answered, surprised at her forthrightness and a little tongue-tied at how pretty she was.

"What is the 'V' for?" the determined girl persisted.

"I don't tell," he replied, embarrassed by the name. "It's private."

Neva's sister, Treva, laughed out loud. "If you tell her it is for Valentine, she shall have to fall in love with you," she teased.

Charles blushed as red as the girls' polka dot dresses. His bandmate hooted, "Well, in fact it is for Valentine."

Neva was stunned, and her cheeks flamed the same shade of red as Charles's. Was this man her True Valentine in the flesh?

By the end of the night, and several dances later, both Charles and Neva knew there was no going back. They married six months later; and their love survived the Great Depression, the Dust Bowl, plus leaving their families and moving to Washington State, where they raised their four children.

The dreams of the tiny shoebox twin and her music-loving Valentine did come true. Neva became a



Charles and Neva on their wedding day, 1931

professional nurse; and Charles was still playing the accordion and dancing until he died, a few days shy of his 100th birthday.

Charles Valentine learned to love his middle name almost as much as he loved his wife. His greatest joy was listening to Neva tell their love story and teaching their children never to settle for anything less in life than their True Valentine.

I am forever grateful to be their son.



Charles Sorensen a few days shy of his 100th birthday, still in love with Neva and sharing their story

Contact the author at sorensteve@hotmail.com.

MY CHOCOLATE OBSESSION

BY GINA STAR POLLACK

I have a vision of paradise. Imagine me gently rocking in a hammock made of cacao tree sheaths sipping a frothy mug of mocha cappuccino. Closing my eyes, the sweet aroma of steaming cocoa tickles my nose. Ah, chocolate, the aphrodisiac of the deities.

My paradise has lawns made of mint-frosted chocolate wafers and double-stuffed Oreo flowers that perfume the air like cocoa kisses. Cactus plants dusted with gaily colored M&Ms surround our SCSH homes built of fudgy gingerbread with Snickers bar roofs.

Gazing up at the sky filled with creamy white chocolate marshmallow clouds, I know I could live forever in that sweet world. All day long, I would nibble on chunky chocolate chip cookies, double fudge cake, nutty brownies, and caramel cocoa Slurpees...all calorie-free in paradise!

February is the month we celebrate Valentine's Day, a holiday devoted to romance, love, passion, and chocolate. Chocolate is the symbol of silkily sensuous indulgences. Vanilla, strawberry, and pistachio are tasty flavors, but chocolate is the holy grail of tempting confections. For my palate, no other essence can compete.

I've had a love affair with chocolate since licking my first ice cream cone as a toddler. I can still recall the sweet sensation tingling on my tongue and the delight of licking the cool, sugary drops that dripped on my fingers. I think of chocolate as therapy you can savor. Its sweet confections have been my constant source of love, lust, and nourishment. Chocolate never fails to improve my mood while delighting my senses. And although family, friends, and lovers may disappoint, rich mouth-watering chocolate never fails to please me.

Chocolate has been delighting appetites since first tasted in North and Central America in 450 BC. The Aztecs believed that the gods bestowed cacao seeds; and the Mayans used cacao in festivals, marriage ceremonies, religious rituals, and funerals. They thought the beans were an aphrodisiac and traded them as currency.

In 1502, Christopher Columbus drank cacao beverages while exploring the Americas and, seduced by the taste, imported the beans back to Spain. Europeans added sugar to the bitter beans, and sweet cacao concoctions became popular. Inventions such

as the mechanical cocoa grinder and a press to remove half the fat from chocolate liquor made it less expensive to produce. Chocolate could now be transformed into solid form when combined with melted cacao butter. Hooray for the chocolate bar!

No offense to Milton Hershey, but I applaud European chocolate as the best tasting in the world. European chocolate has a higher percentage of dry milk solids and is creamier than U.S.

treats. Euro chocolate is richer tasting with slightly more milk fat than U.S. products; and the higher requirement for cocoa content creates a deep, sinful chocolatey flavor. Hershey uses butyric acid to extend product life on grocery shelves, but it produces a tangy taste that makes me bristle.

Unlike chicken, salmon, and asparagus, I never get bored of indulging in chocolate. The variety of sweet edibles is endless because chocolate combines deliciously with fruits, nuts, and salty treats like popcorn and pretzels. Depending on my whims, I can indulge in cookies, eclairs, candy, fudge, cupcakes, brownies, pies, cake, bars, ice cream parfaits, or mousse. The





The Author Indulges Her Chocolate Obsession.
Photo by Beth Bolduc.

variety of chocolate flavors – unsweetened, semi-sweet, cocoa, white, mocha, and espresso – add inspiration to the tempting creations.

I don't fret about indulging my cravings because chocolate has terrific health benefits. Studies have shown that these delicious treats can lower cholesterol levels and reduce the risk of cardiovascular problems. Chocolate may prevent cognitive decline and improve memory as we age, and the flavanols can increase blood flow to the brain and improve your math skills. Chocolate fights free radicals and helps to avoid sunburn. And the polyphenols will enhance your mood, even during the pandemic!

Chocolate is the perfect gift. Lovers present ribboned boxes to commemorate anniversaries. Family and friends gift boxes of chocolate for birthdays and holidays. Who doesn't love a red heart-shaped box of truffles for Valentine's Day or a chocolate bunny with pastel-colored choccy eggs for Easter? At Christmas, elves deliver festive chocolate treats to enhance holiday cheer, and Hanukah celebrants receive gold-wrapped chocolate coins.

Some people dream of becoming a gourmet chef. I long to be a fabulous baker and create chocolate mas-

terpieces. Watching *The Great British Bake Off*, I drool at the whimsical, mouth-watering desserts. As a chocoholic, I clip recipes from gourmet magazines and save special family recipes from friends.

Chef Charles Phoenix in LA crafts amazing chocolate creations for parties. His specialty is a *Black Forest Volcano Cake* made with gooey chocolate donuts and maraschino cherries that erupt from the center. Other pastry chefs use chocolate as edible art to fashion sculptures and custom cakes for events.

Chocolate can be funny, too! My favorite TV episode shows Lucille Ball stuffing chocolates in her mouth while the factory wrapping assembly line speeds up. Spending a day working and secretly munching on purloined samples in that chocolate factory would be a fantasy come true!

Now come close because I'm going to share my treasured source for extraordinary confections with you. *Death by Chocolate* is an incredible picture book filled with amazing recipes from famed Chef Marcel Desaulniers. Oooh, my salivary glands go into overdrive saying those three magical words...*Death by Chocolate*, what a sinfully phantasmic way to go!

We all have guilty pleasures, and I admit I'm cuckoo for delicious, sensuous chocolate. During my golden years, I plan to indulge my chocoholic addiction. So each day, as the blazing orange sun sets over our cactus, aloe trees, and majestic mountains, I'll savor one chocolate treat without any guilt. Life is unpredictable; so don't deprive yourself of sweet, savory delights.

This Valentine's Day, I'm sending you a virtual hug and yummy chocolate kisses. *Bon appétit!*

Contact the author at
g-starbright99@outlook.com.



OUR MAGNIFICENT BEATING HEART

BY CARL RIGOLI



I believe the heart is one of the most fascinating organs in our body. The heart is the body's drummer that keeps a steady beat pumping blood to all its internal organs to sustain life.

I am a professional drummer and know what it means to play a solid steady beat for a band, orchestra, dancers, and singers as they perform. If the heart stops beating, the results could be fatal unless there is an immediate intervention. If a professional drummer stops beating, slows down, or speeds up, he can upset the whole groove in a musical arrangement. The drummer, consequently, can ruin a recording session or any other related musical endeavor.

I must admit that, when a heart stops beating permanently, we know that death follows. When a drummer doesn't continue to keep a steady beat, his or her career can be over.

The human heart is the foundation for the body. I call it the "symphony of life" because the heart is the conductor of the body's orchestra. In the movie *The Wizard of Oz*, the Tin Man wanted a heart so badly because he wanted to be able to rekindle his love for a Munchkin girl and marry her.



There are some old romantic love songs with very convincing lyrics about our wonderful loving hearts such as: "With a Song in My Heart," "Heart of My Heart," "You've Got to Have Heart," "Heart and Soul," and "My Heart Stood Still," among many others. Songs about the heart and love are sending out their great healing vibrations—the same as every person producing and propelling his or her own harmonious vibrations. Consequently, we are all drummers beating through our hearts and composing new rhythmic and melodic compositions.

As our heart beats, it sends out vibrations to loved ones, and in turn they react to those feelings of love. The heart is its own song of love. Your song tells a story to others that can help them to overcome being lonely, unhappy, and depressed and encourage them to adopt a meaningful, positive, and healthy attitude. Your heart can send out a circle of loving vibrations that radiates love and happiness to someone special; or it can send out loving messages to a whole family or a group of friends.

Our heartbeats go on and on, providing nourishment for our bodies and generating messages of love. The heart, being truly the amazing organ it is, demands that we take care of it and not take it for granted. So let your heart sing out. Let it dance. And let the music touch you – for your own welfare as well as that of others.

Contact the author at
vibemanmusic@gmail.com.



IT'S SO HARD TO SAY GOODBYE

STORY AND PHOTOS BY JOAN HELMS

Those of us who have rescued or adopted pets remember when we got them and the circumstances behind it. We recall the date we brought our new pet home and remember all the special events and new adventures we bestowed upon them. We also knew that one day we would have to say goodbye. On Thursday, August 27, Mollie left me to go to the Rainbow Bridge. She gave me twelve wonderful years and, still, that did not seem long enough.



Mollie meets Stanleigh at the dog park.

I don't know what her life was like before I adopted her from the Indio Animal Shelter. She was a mixed breed of Papillon and Sheltie. Someone found her wandering the streets in Indio over the 4th of July weekend in 2008. She remained in the shelter waiting for her owners to claim her. They never did.

She wasn't housebroken, so I assumed she was a backyard dog. She soon got the idea and used the doggie door when she needed to go outside. It was also obvious that Mollie never learned to play with a ball or a stuffed toy, or with other dogs for that matter. Try as I would, I could not teach her to do so. She did not care to sit on my lap and cuddle as most dogs would, but every once in a while she would sit next to me on the couch wanting to be petted.

Mollie enjoyed our neighborhood walks, visiting the dog park, and our wildlife tours when we walked by the ponds. I showed my love by taking her to the groomers every six weeks and the vet when necessary, to keep her looking and feeling good.

Mollie stopped eating and drinking toward the end of August. She kept comfortable lying on one of her three beds placed throughout the house. When Mollie could no longer eat, drink, or walk, I knew her time was near.

On Thursday, August 27, I took her to Valley Animal Hospital in Indio. During our time in the car together, we said our goodbyes. A Valley Animal staff member came to the car and carried Mollie inside, with me following. He escorted us to a private room used for euthanasia. The doctor did a Quality of Life check on her and quickly determined that her time on earth was up. He took me through each step he would take to make sure Mollie passed peacefully.

I held Mollie in my arms as she lay on my lap. After the first injection of three, my sweet Mollie turned her head and looked at me as if to say, "Thank you, Mom, for doing this. Now I will no longer suffer." She passed peacefully in my arms.

I will miss her.

Mollie Helms
Adopted July 17, 2008, Age 4
Passed August 27, 2020, Age 16



Contact the author at joanh4@verizon.net.



WHAT SUSPECTS IN THE BATHROOM?

BY BARA ROSENHECK

Bright and early in the a.m., with great strength and bravado, our burglar alarm blasted us out of a sound sleep. The shrill noise reached deafening levels with what seemed like a dozen horns, sirens, and prolonged warning bells. Arnie and I instantly jumped out of bed, each grabbing a gun from our bedside night tables, along with our land-line phone.

As we ran to safety through our bathroom and into our casita, the phone rang. "Hello, is everything all right?" the alarm company's cheerful employee asked.

"I don't know, I just got up." Arnie's hasty reply carried a hint of frenzy! "I'm not going to search the house," he hurriedly continued. "My wife and I will lock ourselves in the bathroom."

"All right, then, I'll send for the police," she continued and hung up. I stood frozen in my nightclothes with a gun in one hand and my phone in the other. Arnie and

I waited in the casita for what seemed an infinite period of time. The phone rang once again.

"Hello, this is the Indio Police Department. We have dispatched several officers, and they should arrive shortly. The officers are aware that you are armed and have captured and locked the suspects in the bathroom. Reinforcements are on the way!"

"Suspects? There are no suspects. We're in the bathroom," I said emphatically. It was difficult to hear the remainder of the conversation because of the continued blaring of the alarm sirens, and I desperately hoped the dispatcher understood that it was Arnie and I who were in the bathroom and not any intruders. I imagined the police rushing in and arresting or shooting us!

Finally, the police arrived, all four of them. Their three police cars were parked on the corner, and the

officers stealthily crept to our casita door. We exited the bathroom and let them enter. "How many are in there?" one asked, gesturing toward the bathroom. Oh, good grief! We again explained no one was in the bathroom. "Officer," Arnie said, "we didn't capture anyone. That's above my pay grade and it's your job, not mine, to find the bad guys."

The officers instructed us to remain where we were, and they commenced their search. They hunted, rummaged around, and examined everything in the house, both inside and out. No cubby or closet was left untouched. They were neat, polite, and thorough.

After concluding that there was no intruder or even a sign of an attempted break-in, they were relaxed and friendly. The sole policewoman on the team lingered in my closet admiring its size and built-in components. "Boy," she mused, "I could sure use this closet space." The other officers were now talking with Arnie. Here we were, the six of us, old friends visiting in my closet. What a ridiculous sight. Arnie and I in our bedclothes, the officers in full-starched uniform, and all six of us toting guns.



The mystery of why the alarm sounded remains. Fully clothed, we visited the police station that morning and delivered sweets and goodies as a show of appreciation.

Contact the author at
baracuda2@icloud.com.



BEWARE THE BIRDS

BY CARL RIGOLI

I remember going to see an Alfred Hitchcock film called *The Birds* in 1963. In the movie, I saw birds attacking people, and it freaked me out. I also remember children running out of their schoolhouse and being attacked by big birds.

Hitchcock was a consummate master of creating suspense and kept his audience on the edge of their seats, covering their eyes, biting their nails, or running out of the theater frightened to death. Hitchcock also effectively built up tension and terror in many of his movies, especially *Psycho*.



As a child, I always remembered how kind and diligent my mother was when she fed bread to our local birds every day in our front yard back East. The birds seemed to know that Mom would show up regularly to provide for them. She had a peaceful aura

about her while feeding those birds, like the paintings I have seen of St. Francis surrounded by various animals.



When we moved to Los Angeles, I carried on my mother's tradition in our backyard by offering bread to the neighborhood birds. I also had a birdfeeder for many years. On occasion, I would wheel my vibraphone onto the patio and practice playing songs and improvising jazz licks. I had a captive audience of various species of local birds such as sparrows, blue jays, doves, and pigeons. They appeared to enjoy hearing my mellow-sounding vibraphone, and it seemed like they were chirping or singing along.

I felt Mom would be delighted to see and hear the spontaneous backyard jazz concert featuring Mr. Vibes and the chirping bird choir. I really like the birds because they always make me feel at ease and peaceful among them even when I'm not playing music.

My wife and I moved to Shadow Hills about six years ago, and our backyard consists of desert plants and palm trees with lots of flowers. It is very peaceful to sit on our patio and view its natural desert surroundings. We have many hummingbirds of various colors, which I call "helicopter birds," as well as a variety of other birds that visit every day to feast on our flowers. I must admit that I don't feed the birds like Mom did, but they sure provide a peaceful feeling in our sanctuary.



Photo by Ralph Olsen

I spend a lot of time composing, playing, and recording music in my studio, which is adjacent to our backyard. I have a feeling the birds can hear the music I'm playing. They seem to have very acute hearing and a sense of where they like to hang out.

For several weeks last spring, we had had some very persistent birds that wanted to make nests and lay their eggs in only one place inside our backyard patio. Unfortunately, we had installed two roll-down, see-through sun shades that are mounted in the archways of the patio. When the birds began building a nest, I had to knock it down because they were right on top of our screens.

But the birds were relentless and kept at it for over two weeks. They made a mess inside our patio, and all their debris and droppings fell right on our table and chairs as well as our outdoor rugs. The expectant couple made many dive-bomb flights right at my

head, warning me to back down. I began getting flashbacks of the Hitchcock birds, and it was driving me loco. I did not want to harm the birds, I just wanted them to build their nest somewhere else. I could imagine them calling in their reinforcement bird brigade to attack me.

I didn't give up, however. I finally called our bug spray guy but had to wait a few days for them to show up to help me in this stressful time. Meanwhile, the battle went on. The bug guy finally showed up and put little tiny wires just above the screens to prevent the Kamikaze birds from building their nests on top of our very delicate and expensive shades. At first, the birds didn't show up for about four days. A few mornings later, though, guess what? They came back with twigs in their beaks ready to begin their new construction project.

I chased them away again, but remain constantly concerned they will return with their troops and attack me like in the Hitchcock movie. I must stay on guard.



Oops, I thought I just saw a bird scouting the patio. Maybe I should get a pet cat and to patrol our yard and name it Felix. Any suggestions?

Contact your bird-loving friend at vibemanmusic@gmail.com.





WHERE EVERYBODY KNOWS YOUR NAME!

BY LEE POWELL

When I think of Shadows Restaurant, the theme song from the TV show *Cheers* immediately comes to mind: *"Sometimes you want to go where everybody knows your name, and they're always glad you came!"*

Maintaining a warm and welcoming spirit has not been easy for the staff at Shadows during this long pandemic, forced to survive on takeout and delivery business except for a brief period when outdoor patio dining was allowed. Dining Room Manager Manny Guadarrama tells me everyone is working somewhat fewer hours, but fortunately there has not been a need for significant layoffs (although Shadows has been unable to rehire its usual seasonal staff).

Soon after the pandemic struck, Shadows began to offer delivery service within our community with a minimum order of \$25. Delivery now accounts for about a third of the restaurant's business. This is a superb benefit for housebound residents or those who are concerned about venturing out to shop for themselves. The process is completely "contactless:"



A delicious takeout order
all packaged and ready for delivery

a server (driving one of our maintenance vehicles) rings your doorbell and offers a friendly wave after dropping off your order, fresh from a hot box or a thermal bag to keep your meal at just the right temperature. The entire menu is available by delivery, including breakfast!

I must admit I have never tried the delivery service because I enjoy picking up my dinner order in person (which I do at least once a week). I get to escape my four walls and have a quick chat with a favorite staff member, who unfailingly thanks me and punches the “open door” button as I depart. My takeout is always ready on time, nice and warm, and neatly packaged. A quick light warm-up in the microwave at home, and I’m set for a lovely meal – with no clean-up required!



A recent Friday special: grilled trout almondine, rice pilaf, and charred Brussels sprouts

The wide variety of creative daily specials that Chef Jeff Jacobson has been featuring have truly amazed me. Shadows publicizes them a week in advance (by email and on its website) so you can plan ahead. Saturday’s prime rib special is still the most popular,

but Chef Jeff explains that he is constantly looking online for recipes that he can adapt to make them heart-healthy while still satisfying. Chef especially welcomes resident suggestions for new items. When we emerge from the pandemic, Chef plans to continue the specials plus evolve and expand the regular menu. Meanwhile, a “virtual” special dinner with wine pairings is in the works.

Speaking of specials, I would never have expected that Shadows could create Asian-style meals that are better than any that I’ve had at local eateries here. My favorite has been tender shrimp cakes over lo mein noodles with sautéed vegetables, plus a crispy, not greasy, egg roll.

To celebrate my birthday in mid-November, when patio dining was still permitted, I feasted at sunset on a generous portion of delicious marinated, grilled sea bass served over authentic French cassoulet with grilled pencil asparagus. The presentation alone was worthy of a “fine dining” restaurant. And afterwards, I just had to indulge in a piece of Chef’s pumpkin cheesecake.

So, if you haven’t tried Shadows lately, why not order delivery today? You’ll be supporting our hard-working staff who are all most grateful for the generosity of our community – plus you’ll get a great meal at a fair price right in our own neighborhood!

To order, call:
(760) 772-4342.

Contact the author at
penman40307@gmail.com.





LIFESTYLE UPDATE

CONNIE KING | LIFESTYLE DIRECTOR

Thank you for visiting and participating in our "Stay Connected" webpage. This has provided the Lifestyle Department with the opportunity to offer each of our residents quality, fun-filled programs online. Recent features have ranged from a mentalist show to an ugly Christmas sweater contest.

In 2021, we will be expanding our online offerings. We are working closely with booking agents who have brought Sun City Shadow Hills residents popular entertainers and bands in recent years. These include

Friday Night Funnies, Entertainment Tonight, online games, educational classes, and more.

Our latest fun event is a "virtual" Valentine's Day variety show featuring a delicious three-course dinner from Shadows Restaurant. Order your Valentine's Dinner special directly from Shadows Restaurant by calling (760) 772-4342. The deadline to place an order is Friday, February 12. The variety show itself is free and will be accessible via our Stay Connected page at 6:30 pm on Valentine's Day. Tune in at:

www.scshta.com/stayconnected

Lifestyle staff continues to use video communications like Zoom, which is fast becoming the most popular platform. With this new and ever-changing technology, we're thriving to provide everyone with easy and accessible online events and activities. We hope that you have enjoyed participating in the programs that Lifestyle has presented, and we look forward to hearing your suggestions and new ideas.

Thank you, as always, for your support.

Contact the author at connie.king@associa.us.



LIFESTYLE PRESENTS



VALENTINE'S DAY DINNER AND VARIETY SHOW

FEBRUARY 14, 2021 | 6:30PM

**DINNER PROVIDED BY
SHADOWS RESTAURANT**
RSVP BY 2/12/21-760.772.4342

FIRST COURSE (CHOICE OF 1) :

- SHRIMP AND CRAB FRITTERS
WITH LEMON CHIVE BUTTER SAUCE
- POTATO LEEK SOUP
- CAESAR SALAD

ENTRÉES (CHOICE OF 1):

- BAKED STUFFED SALMON 45.95
STUFFED WITH SCALLOP MOUSSE AND FRESH
SPINACH, SERVED WITH A SAFFRON CREAM
SAUCE, ROASTED VEGETABLES, AND QUINOA
- FILET MIGNON 49.95
SERVED WITH BORDELAISE SAUCE, ROASTED
VEGETABLES, AND NAPOLEON POTATOES
- CHICKEN ROULADE 35.95
STUFFED WITH ASPARAGUS AND PROSCIUTTO
SERVED WITH A HERB PISTOU,
ROASTED VEGETABLES, AND JASMINE RICE

DESSERT

- TIRAMISU

FREE ENTERTAINMENT PROVIDED BY:



CITY CONNECTION
ENTERTAINMENT & PRODUCTIONS

Visit scshca.com/stayconnected on day of show for video link



Sun City Shadow Hills

MEET YOUR 2021 BOARD CANDIDATES

Linda Aasen Kim Fuller "Big" John MacDonnell Moira MacLeod-Foster

Candidate Forum #2

Friday, February 19, at 6:30 p.m.
www.scshta.com/candidateforum

SCSH Performing Arts Club
 'Hilda's Yard'
TICKET REFUND PROCESS

BEGINNING Monday, January 25, 2021

Please note: ALL RETURNS MUST BE MADE BY THE ORIGINAL TICKET PURCHASER ONLY

Before coming to the Montecito Clubhouse:

- Place all purchased tickets in an envelope along with your **Name, Address, Email address and Phone number**
- Indicate on the front of the envelope, the **day(s)** your ticket(s) are for – eg **Thursday, Friday, Saturday, or Sunday...list all applicable**
 - We strongly suggest you save a copy of your tickets

At the Montecito Clubhouse:

- Place your envelope in the 'Hilda's Yard' Refund box provided at the Lifestyles Desk
 Contents will be collected by our volunteers every **Mondays, Wednesdays, and Fridays**

After submitting:

- Your tickets will be verified and refund processed.
- You will be contacted to arrange for pick-up of your Refund.

Note:
 SCSH Volunteers are completing this task and there are hundreds of tickets will require processing.
Please be patient - it may take some time to receive your call....

WE THANK YOU FOR YOUR CONTINUED SUPPORT AND CAN'T WAIT TO ENTERTAIN YOU 'LIVE' AGAIN!!

TWENTY TWENTY-TWENTY TWENTYONE

CONCERT SCHEDULE

SATURDAY, DECEMBER 5, 2020
 GARTH BROOKS TRIBUTE

SATURDAY, JANUARY 9, 2021
 ABBA TRIBUTE

SATURDAY, FEBRUARY 6, 2021
 EVERLY BROTHERS EXPERIENCE

SATURDAY, MARCH 6, 2021
 ABBAFAB (ABBA TRIBUTE)

CANCELLED

TICKETS ON SALE NOW
 STOP BY THE LIFESTYLE DESK TO PURCHASE YOUR TICKETS
 NON RESIDENTS MUST CALL TO RESERVE 760-345-4349 EXT 2120.
 TICKETS HELD AT WILL CALL.

\$25 EACH | 7PM | MONTECITO GRAND BALLROOM

Sun City Shadow Hills Community Singers
"Sing, Sing, Sing" The Big Band Beat
TICKET REFUND PROCESS

BEGINNING Monday, February 8, 2021

Before coming to the Montecito Clubhouse

- Place all purchased tickets in an envelope along with your: **Name, Address, Email address & Phone number.**
- Indicate on the front of the envelope: **Community Singers Ticket Refund Request.**

At the Montecito Clubhouse:

- Place your envelope in the **"Sing, Sing, Sing"** box provided at the Lifestyle Desk.
 - Contents will be collected each Wednesday.

After submitting:

- Your tickets will be verified and refund processed.
- You will be contacted to arrange for pick-up of your refund check.

Please be patient – with 400 tickets sold it may take some time to receive your refund contact.

We thank you for your continued support and very much look forward to singing for you "live" again!!



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.scsorca.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[®]



FITNESS UPDATE

FERNANDO CURIEL | HEALTH & FITNESS COORDINATOR

February is American Heart Month! I'd like to highlight some key tips that anyone can follow to live a healthier life and have a healthier heart.



Get Moving

Try getting at least 2½ hours of physical activity every week. That's only 30 minutes a day, five times a week. If you're not able to carve that much time from your day, try getting 5, 10, or 15 minutes a few times a day. Some physical activity is better than none.

Healthy Eating

Having low sodium and low saturated fat in your diet are keys to preventing heart disease. You can try the highly rated Dietary Approaches to Stop Hypertension (DASH) eating plan. It recommends:

- consuming vegetables, fruits, and whole grains.
- consuming fish, poultry, beans, nuts, vegetable oils, and fat-free or low-fat dairy products.
- limiting foods that are high in saturated fat and sodium.
- limiting sugar and other sweeteners.

Better Sleep and Less Stress

Not getting enough sleep or constantly getting poor-quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions. Most adults need seven to eight hours of sleep each night.

Stress can also contribute to high blood pressure and other heart risks. Being physically active, trying relaxation therapy, or practicing meditation are all great ways to cope with stress and get better sleep.

Studies have shown that committing to a healthier lifestyle with people at home, from work, or in your community is a great way to stay motivated. You don't have to make big changes all at once. Small steps can get you to where you want to go. Get together with your family and friends and commit to having a healthy heart, together.

Contact the author at fernando.vidalcuriel@associa.us.

VISIT OUR FITNESS VIDEO LIBRARY FOR ALL OF OUR FITNESS TUTORIALS!



- ✓ **GO TO WWW.SCSHCA.COM**
- ✓ **CLICK ON "FITNESS" FROM THE MENU**
- ✓ **CLICK ON THE "FITNESS VIDEO LIBRARY" ICON**





FOOD & BEVERAGE

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

The Food & Beverage Department would like to thank everyone for all the love and support in the recent months.

This month, Shadows Restaurant invites all of you to enjoy our Valentine's Day Special. Details are available at www.theshadowsrestaurant.com and in our current Valentine's Day flyer. For Valentine's Day carryout reservations, call (760)772-4342.

We have received many suggestions for heart-healthy and gluten-free items. Chef Jeff and the culinary team will be introducing these items in our weekly specials. The weekly specials are posted on the Shadows website and on www.scszca.com.

For all you grill masters out there, this month Shadows is introducing our new "Grab, Go, and Grill" menu. This will include rotating choices of pre-seasoned chicken, fish, or steaks packaged with all the fixings, for you to take home to grill and enjoy. If you would like Shadows to offer something specifically, please make a reasonable request by contacting Chef Jeff at jjacobson@troon.com.

We would like to remind you that Shadows still offers beer, wine, and cocktails to go. Also, wine and beer pairings are listed with our weekly dinner specials.

Please remember: Due to safety concerns while driving at night, Shadows delivery service ends at 5 pm. Delivery hours: 10 am – 5 pm, Monday – Sunday.

Please visit the Shadows Restaurant website listed below to view our latest news, menus, and Chef Jeff's weekly dinner specials.

theshadowsrestaurant.com/news

Contact the authors at mchaffino@troon.com
and jjacobson@troon.com.



Hours of Operation

SHADOWS RESTAURANT

Sunday – Saturday: 10 am – 7 pm
Breakfast & All-Day Menus Available

GOLF SNACK BAR

7 am – 3 pm

SANTA ROSA BISTRO

6 am – 3 pm

MONTECITO CAFÉ

Closed

SHADOWS

DELIVERY & TAKE OUT MENU

BREAKFAST & ALL DAY MENU: 10A-7PM

DELIVERY: \$25 MINIMUM WHICH WILL INCLUDE 15% GRATUITY
FOR ORDER, PLEASE CALL SHADOWS - 760-772-4342

BREAKFAST

EGGS BENEDICT - 13.50 SATURDAY AND SUNDAY ONLY

toasted english muffin, topped with poached eggs, canadian bacon, and hollandaise sauce

TWO EGG BREAKFAST - 8.50

bacon, sausage or ham, country potatoes, hash browns or fruit and toast

BUILD YOUR OWN OMELET - 12.95

3 eggs, choice of american, cheddar, pepper jack or swiss, tomato, spinach, onions, mushrooms, bell peppers, bacon, ham, sausage or jalapeños

BREAKFAST BURRITO - 11.50

eggs ham bacon onions peppers country potatoes and cheddar cheese wrapped in a flour tortilla

SMOKED SALMON PLATTER - 14.95

served with a toasted bagel cream cheese, tomato, onion, and capers

PANCAKES - 6.50

served with maple syrup, butter

OATMEAL - 4.50

brown sugar, dried cranberries, butter and milk

SOUP & SALAD

AVOCADO SHRIMP LOUIS - 15.95

tender shrimp tossed in our louis dressing with avocado, tomatoes served on mixed greens

LAKE TAHOE SALAD - 13.95

herb chicken over mixed greens with dried cranberries, avocado, bleu cheese and tomatoes tossed in our balsamic vinaigrette

COBB SALAD - 13.95

mixed green topped with chicken bacon, avocado, tomato, boiled egg and bleu cheese with choice of dressing

CALIFORNIA NICOISE SALAD - 15.50

fresh spinach tossed in our honey lime vinaigrette with marinated ahi tuna, avocado, manderin oranges, haricot verts, red pepper & fried wonton strips

ASIAN CHICKEN SALAD - 13.95

lo Mein, snow peas, carrots, scallions, peanuts, red peppers, Napa cabbage and ginger sesame dressing

PAR 3 SALAD - 13.75

chicken salad, tuna salad, egg salad served atop mixed greens and tomatoes

TRADITIONAL WEDGE SALAD - 9.00 / HOUSE SALAD OR CAESAR SALAD - SMALL - 6.50 / LARGE - 9.50

CUP SOUP/CHILI 5.50 / BOWL SOUP/CHILI 6.50

WRAPS

TURKEY CRUNCH WRAP - 13.75

roast turkey, swiss cheese, lettuce, tomato, pecans and cranberry mayo

SOUTHWESTERN CHICKEN WRAP - 13.75

grilled chicken in a flour tortilla with lettuce, pico de gallo, guacamole, pepper jack cheese and chipotle mayonnaise

VEGGIE WRAP - 13.75

sautéed julienne vegetables in a flour tortilla with lettuce, tomato, swiss cheese and garlic aioli

ALL WRAPS COME WITH A SIDE

Sandwiches

THE ULTIMATE REUBEN - 13.95

corned beef piled high on grilled rye with swiss cheese, sauerkraut and russian dressing

SHADOWS CLUB SANDWICH - 13.95

ham, turkey, bacon, swiss cheese, lettuce, tomato and mayonnaise on your choice of bread

THE GRINDER - 13.95

ham, salami, pepperoni and swiss cheese served on a grilled hoagie roll with shredded lettuce, tomato pepperoncini served with a garlic basil aioli

FRENCH DIP - 13.95

tender roast beef on a french baguette with swiss cheese. served with warm au jus

TUNA MELT - 13.75

white albacore tuna grilled on choice of bread with cheddar cheese

CLASSIC B.L.T. - 11.95

choice of bread / add avocado - 2.00

SHADOWS BURGER - 13.95

1/2 pound Angus burger on a brioche bun with lettuce, tomato, onion, pickle and choice of cheese. add bacon - 2.00 avocado - 2.00

THE ULTIMATE SHORT RIB SANDWICH - 13.95

tender short rib on your choice of grilled bread with swiss, cheddar, and pepper jack cheese with caramelized onions served with horseradish sauce

HALF SANDWICH & DAILY SOUP (CUP) - 11.50

ham, turkey, tuna salad, chicken salad swiss cheese, lettuce, tomato and mayonnaise on your choice of bread

HALF SANDWICH & DAILY SOUP (BOWL) - 12.50

ham, turkey, tuna salad, chicken salad swiss cheese, lettuce, tomato and mayonnaise on your choice of bread

All Sandwiches Come with A Choice Of Side

SWEET POTATO FRIES - 5.00

PARMESAN TRUFFLE FRIES - 4.50

CAJUN FRIES - 4.50

FRENCH FRIES - 4.50

ONION RINGS - 5.00

FRESH FRUIT - 5.00

COLE SLAW - 4.00 / KETTLE CHIPS - \$2.00

SMALL PLATES

AHI TUNA KAMACHI - 15.95

asian marinated tuna with cucumber, avocado and fried won tons

CAJUN POPCORN SHRIMP - 9.95

served with cajun remoulade and cocktail sauce

CHEESE QUESADILLA - 7.50

sautéed onions, peppers, cheese blend, guacamole, sour cream and pico de gallo add chicken + 6.00

CHICKEN WINGS - 9.25

6 jumbo wings served with celery sticks. choice of buffalo, bbq, sweet chili or honey mustard

ASK ABOUT OUR SPECIAL OF THE DAY

DESSERTS & BEVERAGES

APPLE CRUMB CAKE - 8.00

CHOCOLATE DECADENCE CAKE - 8.00

CHEF'S CHEESECAKE - 8.00
Ask about today's flavor

KEY LIME PIE - 8.00

SOFT DRINKS / SODAS - 3.00

ICED TEA - 3.00

SMALL JUICE - 2.75

LARGE JUICE - 4.75

COFFEE - 2.50

HOT TEA - 2.50

HOT CHOCOLATE - 2.50

MILK - 2.50



GOLF OPERATIONS

ROLLAND VAUGHN | GENERAL MANAGER, SHADOW HILLS GOLF CLUB

Thank you to all our golfers who have been keeping safety a top priority by properly social distancing and wearing masks. As a reminder, the COVID-19 Golf Procedures are provided for your review on our website, www.shadowhillsgolfclub.com. There is a link in the main navigation menu under "COVID-19 Info," or you can use this link:

www.shadowhillsgolfclub.com/covid-19-info/

We *highly recommend* that everyone wear a mask at all times during your warm-up and interaction around the staging areas. You are *required* either to wear a mask or maintain at least six feet of social distance from others at all times.

Throughout the industry, there are accounts of facilities making the difficult decision to shut down operations to stop the spread of the virus. Our hope is that by continuing our diligence, we prevent an outbreak so our members can keep enjoying the game they love without interruption.

Thank you again for all 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 *

* South Course Putting Green, North Course Putting Green, and Driving Range will be available for non-playing golfers at 10 am. Short game area at south side of range is open anytime, but golfers must use their own balls. South side driving range is closed and for instruction only. Last bucket sold at 5 pm.

MONTECITO PUTTING COURSE

All social distancing guidelines apply. Closed Tuesday and Thursday mornings until 10 am for maintenance. Participants must use their own putter and golf balls. Only individual foursomes are allowed, no group or club events. No guests allowed.



Club Contact Information

BILLIARDS

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

BOCCE BUDDIES

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BOWLERS CLUB

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BRIDGE

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CAMERA CLUB

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CERAMICS CLUB

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COMMUNITY SINGERS

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DESERT LIFE

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JEWELRY CLUB

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MAH JONGG

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OKE DOKEY KARAOKE

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PET CLUB

TBD

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TENNIS CLUB

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THAT'S ENTERTAINMENT

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UKULELE STRUMMERS

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VETERANS CLUB

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WOMEN'S GOLF CLUB

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WRITERS CLUB

Tony Davis 760-775-9521
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RESIDENT GROUPS

BAPTIST CHURCH GROUP

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CONCERNED HOMEOWNERS OF SHADOW HILLS

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REPUBLICANS

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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

When *The View* went to press this month, all activities within the community continue to be suspended indefinitely because of the coronavirus outbreak. Please check the community website at www.scszca.com/coronavirus for updates and current information.



Club Activities via Zoom

The following Chartered Clubs and Resident Groups continue to operate virtually via Zoom. Please refer to their articles for more information about participating in their activities.

Chartered Clubs

- Camera Club
- Genealogy Club
- Needles & Pins
- Performing Arts Club
- Readers Ink
- Solos Club
- Ukulele Strummers
- Writer's Club

Resident Groups

- Democrats
- Hadassah



Billiards Club



Have you wanted to pick up that pool cue for years but have just never gotten around to it, or never had the opportunity? 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.

Normally, our club 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 Bryan Murray (760-674-7009) provides instruction Monday mornings at 10 am for no cost. We also have friendly and competitive tournaments once each month at a cost of \$5 per player. We did not play our monthly tournament in November due to the closure of the billiards room. The next tournament to be played will be a singles eight ball contest with the winner's name to be displayed on the plaque in the Montecito Clubhouse.

We hope to be opening the club as soon as permitted. Join us at the Montecito Clubhouse on Monday and Wednesday evenings. Our club leader, John Hemphill (760-636-1924) will get you set up. We look forward to meeting you and having you as a member of 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 how to play.

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

We have five bocce courts at the Montecito Clubhouse and two courts at the Santa Rosa Clubhouse. The club plays year-round in foursomes and groups of six.

If you want to play bocce at any time other than when the club meets, bocce balls are available for your use at the Fitness desk.

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



Bridge Club

Happy Valentine Day! We are still unable to meet or play bridge at the Montecito Clubhouse.

We do hope you are all faring well as we enter the new year with the hope of a vaccine against the COVID-19. Remember to wear your masks, even after the vaccine is given.

We will play bridge once again, we just don't know when!



Camera Club

Spring is coming closer and our thoughts turn to flowers. Even indoor ones. The Camera Club continues to share ideas at our two weekly Zoom meetings: Wednesdays at 3 pm for the Basic/Intermediate Post Processors and Fridays at 3 pm for all levels that feature a rotating weekly theme. The meetings include discussions of camera equipment, recent photos, and different post processing techniques using a variety of software use such as Photoshop/Lightroom, Luminar, Topaz Labs, Photoshop Elements, and more. If you wish to participate in any of our Zoom meetings, go to our website, www.scszcameracub.com and join the club.



This month's photo by Elaine Soule is entitled "Begonia."



Canasta Club

Due to the state's stay at home order, the Canasta Club is dark until further notice. Once we are allowed to reopen, 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



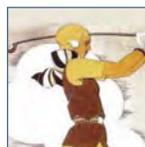
Ceramics Club members in January 2020

Ceramics Club is alive and well in spite of being on a very long hiatus.

As soon as we are able, we will be back full force, working on our projects to be completed in our kilns. We look forward to that time, as well as seeing new members of our SCSH's community join us in our friendly and productive club.

Email: scszceramics@hotmail.com

Attn: Adam Roberts



Classy Niners

Social distancing is still in effect and each golfer must ride in her own cart. The winter schedule continues to be Tuesday starting times begin at 8 am with staggered tee times. Tuesday golfers have a choice of playing 9 or 18 holes. Friday tee times are staggered beginning at 12:30 p.m.

The Classy Niners welcome golfers of all levels of experience. Be sure to check out our website at www.shclassy9ers.com for details regarding the club, including membership, handicaps, signups, and other pertinent information. Please contact Barb Mason at 562-477-3165 or barb90713@gmail.com if you would like to join a fun group of ladies.

Stay healthy and safe everyone!



Community Singers

Ticket Refund Announcement

COVID-19 has once again impacted our ability to present our concert "Sing, Sing, Sing" – The Big Band Beat. With no definite date set for us to perform, Community Singers will provide refunds to the original ticket purchaser for this concert.

Beginning **Monday, February 8, 2021**, place your purchased tickets in an envelope marked on the outside as "**Community Singers Ticket Refund Request.**" Include inside the envelope all tickets to be refunded and a contact sheet with your **Full Name, Address, Email Address, and Phone Number.**

Deposit the sealed envelope at the Montecito Clubhouse Lifestyle desk in the box provided. Contents of the box will be collected every Wednesday. You will be contacted to arrange for you to pick up your refund check. We strongly suggest you save a photocopy of your purchased tickets.

Please be patient – with 400 tickets sold, it may take some time to receive your refund. Details of the process can also be found elsewhere in *The View* and will be posted as a reminder on the SCSH website.

Should you choose to do so, you may choose to allow your purchase amount to be donated back to the Community Singers Club instead of receiving a refund.

We very much look forward to when we will be able to sing again with our Community Singers and for our faithful friends in our audiences.

Any questions please refer to our club treasurer, Jim Adamik (jadamik@verizon.net).



Couples Golf

On December 10, 2020, the Shadow Hills Couples Golf Club Board met to discuss the viability of starting couples golf in January 2021. It was decided that the Couples Golf season will be cancelled for the first half of 2021. The Couples Board has agreed that we need a shotgun start and an opportunity to have dinner and a meeting indoors after golf to make the season worthwhile. It does not appear that this will be possible soon.

We are planning to start Couples Golf again in November of 2021. Please visit our website (www.shcouples.com) for updates on the 2021 season and any other changes to the Couples Golf season if the current restrictions are changed. If you have any questions, please contact Rob Quilley, President at scshcouples@gmail.com.



Creative Arts

The Creative Arts Club is still on hiatus due to COVID-19, but hopefully with the development of several vaccines it won't be too much longer until we'll be able to once again meet in person.

In the meantime, some of our club members have been sharing their artwork on our online "Virtual Wall." The link to the website is www.scsca.com/artwall. Take a look and see the wonderful work being done by our club members. If you'd like to show or maybe even sell some of your art on this site, you need to be a member so please see the contact information below to join the club – we'd love to have you!

If you're interested in drawing, watercolor, or acrylic painting, or any other type of art consider joining the Creative Arts Club once we're allowed to safely gather again. Typically, we meet twice a week, Mondays and Thursdays, 9 am – 12 pm in the Montecito Clubhouse.

If you have any questions or would like more information about the club please contact our Vice President, Wendy McElroy, at 714-222-6495.



Dance Club (Shall We All Dance)

The Shall We All Dance club is on hiatus until social mingling is again permitted. In the meantime, turn on a YouTube video for the dance of your choice, dance at home, and have a ball!



Desert Gardeners

Our club members enjoy a wide range of events, demonstrations, presentations, and tours to broaden their knowledge of gardening in a desert environment. Over the past few years, we have had guided tours of Gubler Orchids, Moorten Botanical Garden, Smoke Tree Ranch, and Shields Date Garden; presentations from the Red Jeep Tours and Vintage Landscape Inc; and an interactive roundtable discussion led by our local Master Gardeners.

Currently, all events and meetings are postponed until further notice. For more information on our club, as well as a wealth of gardening resources, visit our website www.scschdesertgardeners.com. To be added to our email list, contact Amy Tomlinson, President, at scschdesertgardeners@gmail.com or call 303-888-5429.



Desert Life

Happy New Year, Desert Life Ladies!

We wish you a happy, healthy, safe, wonderful 2021.

The existing Board Members have agreed to continue in their present positions until we can meet again and elect new Board members. Thank You, Thank You, Thank You!

FYI – If they hadn't agreed it was possible, without an existing Board the club would have to have been disbanded and started over again. And that would have been a huge nightmare.

So, for now Desert Life is going strong. However, Ladies please, please, please think about joining our Board if only for one year. We have a lot of fun – nothing too serious – just deciding on menus, speakers, charities, etc. As of now we are going to need a President, Vice President, and Secretary.

Ladies – you are smart and savvy – one meeting a month for about one hour. This will be a piece of cake for you!

Once again, a Happy New Year.



Games Plus

Games Plus was formed to play various games.

ALL GAMES ARE SUSPENDED UNTIL FURTHER NOTICE DUE TO COVID-19.

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 to purchase for \$3. A free door prize raffle comes right after intermission. You must be 18 years old to play. *Cash only and small bills are appreciated.*

SCRABBLE/OTHER GAMES | 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 and should be contacted if you plan to play. Her email is mcathynielsen@gmail.com or phone at 760-522-3092.

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

If you have any questions regarding the above games, contact Pat at 310-433-0714.



Genealogy Club

World Timeline

As you chip your way through your family history, building your family tree, you might also think of including some elements of the world history timeline. Aligning world events with relatives in your family tree will add immensely to the context of their lives.

Think of some of the questions you might come across:

1. Where were your ancestors during World War I?
 - a. More specifically, where were they when some of the great battles of the war occurred? Vimy Ridge? Passchendaele? The Somme?
2. Where were they during World War II?
 - a. Where were they when Italy surrendered?
 - b. Where were they when Japan bombed Pearl Harbor?
3. Did the Great Famine in Ireland of 1847 influence the emigration of your ancestors to America?
4. Did your ancestors celebrate Queen Victoria coming to the throne of Great Britain?
5. Who was the President of the United States when your ancestors were born?

You can find timelines of the world's salient events online. Wikipedia is a great source as well as a Google "Search." Once you have sourced a specific event, you can include these notes in the family history with a specific individual in your family tree.



Gin Rummy

Normally, the Gin Rummy Club meets every Monday at the Santa Rosa Clubhouse in the Newport Room. Games start at 1 pm, and we play until finished.

Depending on how many players there are, games can end anywhere from 4:30 – 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



Unfortunately, due to COVID-19, we will *not* resume hikes this fall. Once we have a start-up date, we will post it on our website at www.scschca.com/hiking.

If you wish to join our club so you're ready once the season begins, please visit our website and follow instructions in the Welcome Letter at the bottom of the opening page.



Kings & Queens

Obviously, these have been trying times for us all! We will take direction from the Lifestyle Desk in regard to when we will be able to resume play and keep you posted! So, take care and let's do what we have to do to beat this enemy.

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.

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...continued from page 51...

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

WHEN | Mondays, Tuesdays, and Thursdays; 5 pm starting time

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

Hello to all our members, friends, and neighbors!

As this article is being written, COVID-19 is running rapid in California, making it unwise for our club to come together. We hope all is well with each of you and as soon as Lifestyle gives us the ok to resume play. You will receive an e-blast from our club president as to when and how putting will proceed. You can also refer to our website.

When we do resume, we will meet Monday mornings in the Capistrano Room of the Montecito Clubhouse. Check in times to be announced. We invite all women of our community to join us. You may play once as our guest. All you need is a putter, a ball, and a desire to meet new friends and have fun.

We invite you to check out pictures of all the fun and latest information on our website at www.shputters.com or contact our club president Maureen Whittaker at maureenwhittaker@verizon.net or 760-342-1260.



Lively Liners

As COVID-19 continues to overwhelm our county and state, Lively Liners has suspended all classes and activities until we are cleared to continue. We miss our classes, teachers, and the camaraderie and fun we all share in dancing. We look forward to seeing everyone again just as soon as it's safe. In the meantime, stay well

and keep dancing at home. The dances and links to step sheets and demos can be found on Lively Liners website: www.scschlivelyliners.com. See you all soon!



Men's Golf Club

Here's what's happening in the Men's Golf Club:

The 2020-2021 Season

- Congratulations to Jerry Varriano, the Individual Match Play Tournament Champion!
- Also, congratulations to the Flight Winners of the Individual Match Play Tournament:
 - Phil Erbez
 - George Hill
 - Dave Glogow
- The Team Match Play Tournament Champion will be crowned this month.
- The Club Championship begins February 25.
- The Golf League Championship will be March 8.
- The Shadow Hills Cup is scheduled for March 25.

General Meetings

- We had our second successful Zoom meeting on January 12. Good information was discussed, and great prizes were awarded.
- Our next general meeting will be in March.
- If you haven't picked up your hat, you can contact the Membership Chairman, Randy Thomas at randythomas2012@gmail.com. He'll arrange for you to get it.

Stay well, we're looking forward to seeing you on the course!



Needles and Pins

As we continue into the second month of the new year, even though we don't have physical meetings in the clubhouse, we continue to quilt, knit, crochet, and make fleece blankets and baby hats that are given to local charitable organizations for disbursement to those in need.

We are highlighting one of our members, who is also our Recording Secretary, Jackie Mixon. She splits her time between SCSH and Santa Clarita. She worked for

Walt Disney Company as a Production Manager. She has always enjoyed a variety of crafts from learning to sew at Girl Scouts and with her mother at a very young age. She picked up knitting and crochet from a how-to book. She makes clothes for her daughters and holiday decorations as well as stuffed animals. She has been instrumental in being a mentor to other members, especially in knitting and crochet. Below are pictures of some of her creations.



Blue, white, and grey blanket and hat



Cranberry, pink, white, and grey blanket and hat



Crazy patch sweater for Jackie's granddaughter



Multi-color knitted hats



Purple, grey, and green cardigan sweater

Until Needles & Pins is back in the Montecito Clubhouse, join us on Zoom the first Monday of the month at 1 pm Pacific time for our monthly "Show and Share" event. Contact Cheri Coryell, at needlesandpinsscsh@gmail.com for more information.



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?

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. We welcome singles and couples in all skill levels and handicaps are not required! Games are scheduled the first and third Thursdays of each month and you can play 9 or 18 holes of golf. Tee times start at 12:30 pm in 10-minute increments on the par-3 North course.

Normally after each round of golf, players gather on the patio at the Shadows restaurant for a fun social "happy hour" with your golf group and other club members. *The 2020/2021 season of the club social hour and event dinners has been cancelled due to the COVID-19 restrictions. A game schedule for the season (normally 12 games November through April end) will be included in an email to you! Email us at scshpairsgolf@gmail.com for additional information; or call Brandon Mason at 310-508-3977.*



Pan Club

Welcome to February 2021. All of us at Sun City Shadow Hills Pan Club hope the new year will bring much needed health and happiness to us all.

The excitement of new COVID-19 vaccines and therapies will hopefully bring an end to this terrible pandemic. We all miss each other and playing our Pan games. You will get an email when our games will resume. We are also planning to offer Pan lessons when possible. Wishing everyone a safe, healthy, and joyful new year.



Paper Crafters



The Paper Crafters Club wishes everyone a Happy Valentine's Day and send your favorite honey a card. We are keeping positive thoughts that the light at the end of the COVID-19 tunnel is getting at least a little brighter as we move further into 2021. It is the year of the vaccine and as each person gets the shots, we will move closer to gathering.

Once the social ban has been lifted the Paper Crafters club welcomes back our members and anyone who would like to express their creative side by joining us for a class. We work on cards for all occasions from to get well or just a card that says hello.

When we start classes again, 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. You are encouraged to stay and use the supplies and equipment provided to make additional cards or projects.

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



Performing Arts Club

Reminders:

- Annual \$10 Membership Dues are now being collected. Contact Treasurer Jeff Moses at jeffmoses@verizon.net for information on how to submit.
- The Refund Process for *Hilda's Yard* ticket holders has begun. Please contact lead Mary Moses if you have any further questions. marymoses@verizon.net.

The Performing Arts Club will be holding their February Membership Meeting via Zoom later this month. As our club year end of March 31, an important item on the agenda is the presentation and election of the Board. I would like to thank the present Board for their patience and willingness to work together to support the club and our members during this unusual year.

As well we are planning an online presentation this month on the topic of "Readers Theatre." Dates and information on these events will be sent out to the membership by our Secretary via email.

We are looking forward to the time when we can once again entertain you in person. Be safe. Be well. For further information please contact Judith Bennoch at judithbennoch@icloud.com.



Pet Club

The Pet Club is on hiatus until further notice. Have a Happy Valentine's Day!





Rainbow Friends

Happy Valentine's Day everyone! Hopefully, you will find a way to celebrate this month that is personal to you. There will not be an in-person club meeting for February as has been the case for many months now. Please watch your email for any new club news. Stay safe and stay well.

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

Greetings, all book lovers! As the new president of Readers Ink, I am excited to continue Zoom meetings in 2021 until we can safely meet in the clubhouse.

This month we will choose thought-proving and fascinating books to read and discuss this year. There is no one way to experience or interpret a novel, so we express our views on plots and characters yet respect everyone's opinion.

At our January Zoom meeting, LaVerne Sheehan led a lively discussion about *City of Girls* by Elizabeth Gilbert. We will be reviewing *The Alice Network* by Kate Quinn at our next Zoom meeting at 2 pm on Tuesday, February 23, 2021. Those members who are Zoom-shy send me their book ranking and a summary of their evaluation for me to read at our meeting.

We invite new members to join Readers Ink and participate in our spirited book appraisals. Please contact me, Gina Star Pollack, at 818-455-9939 or email g-starbright99@outlook.com with any questions.

Enjoy all our beautiful desert community has to offer and keep reading!



Solos Club

We are the social club for single residents of SCSH. Given the current circumstances in which physical gatherings are not allowed as a way of safeguarding

everyone's health, we will not have our regular third Sunday meetings, Mystery Happy Hours, etc., until further notice.

Instead, join us for a virtual happy hour (BYOB!) via Zoom every Friday at 4:30 pm. You just need a connection to the internet; it's simple after that:

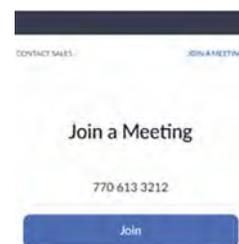
1. Open join.zoom.us in your browser.
2. Type in the Solos Zoom meeting ID: **770 613 3212** as seen here and click on Join to join the meeting.

Hope to see you on Fridays.

We can help with any operational questions you may have.

Stay well, wear a mask, and social distance. Looking forward to seeing you as soon as circumstances safely allow!

For membership information, contact Shirley Bunce at 760-345-8121 or bunce.shirley123@yahoo.com. Given that paid members in 2020 have had very little opportunity to enjoy the membership, the club is extending your memberships through 2021 without any additional dues.



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 speaker. Everyone is welcome!

The Club meets every second and fourth Thursday of the month at 11 am. Due to the coronavirus pandemic, the club will remain in dark status until further notice. The option to meet via Zoom meetings was declined by the majority of the membership. Stay Safe and Healthy!

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

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



Table Tennis



Stay strong Shadow Hills, and when the "new normal" becomes safe, join us on Wednesday at 11 am, and Friday and Sunday at 1 pm, and see how fun happens.



Tennis Club

All of our programs are operating on the courts while we continue to respect the COVID-19 requirements. Hopefully, the virus threat will decline over the spring, but in the meantime, it is critical that we take every precaution. Please remember to maintain social distancing and bring your own water and a mask (if you wish to use the clubhouse restroom).

All of our planned events are on hold, but rest assured that we'll provide a memorable celebratory event for our members as soon as possible.

For more club information visit our website: www.SCSHtennis.com.



That's Entertainment

Sir-Laffs-A-Lot's Comedy Night is inactive until further notice. Please check future issues of *The View* and the SCSH website for information on when it will resume. If you are interested in helping us organize these events as a member of the That's Entertainment Club, please call Julie at 760-772-0317.



Tutta Bella Vino

Enjoy Valentine's Day with Your Favorite Wine

We are still on-hold pending event restrictions being lifted for larger gatherings. However, we are looking forward to a reopening event whenever that might be in this New Year. We will have one of Tutta Bella Vino's exceptional wine specialists excite our palates with that long-awaited tasting of exceptional wines at great prices.



Watch www.scshta.com for Club information on our webpage. We will be posting news on the 2021 dues, the new event pricing for 2021, TBV's 2021 event calendar and other important Club news.

For more info email: tuttabellavino@gmail.com.



Ukulele Strummers

The Ukulele Club went online last month! Despite the fact the world still finds itself "turned upside-down and inside-out" due to the pandemic and making music in person is limited, we invite SCSH residents who are Ukulele club members, or who would like to become members, to join us on Zoom every Thursday between 4 – 5 pm for a musical Happy Hour.

With the feeling of wanting to get back to "normal" and feeling a little nostalgic at times, the motivation

to research “happy” songs from the 1920s seems to be appropriate right now. One specific composer whose songs I have always loved and have been learning more about is Irving Berlin. What a fascinating character and musician. He wrote, what is estimated to be 1,500 songs throughout his career. Many of which are considered classic musical standards. As a tribute to Berlin’s contributions to American Music, our club’s February Happy Hour will address hit songs including “Blue Skies,” “Putting on the Ritz,” and “Anything You Can Do, I Can Do Better.”

During our time together on January 7, we will engage in musical learning with attention to what I call the ABC’s of musical understanding:

- Absorbing and delighting in the sounds of music;
- Beholding the emotional impacts of music on the heart, mind, and spirit; and
- Contemplating thru discussion and study the anatomy & DNA of songs.

If you want to join us for the weekly Happy Hour in January, please contact Josefina Preuit at jpreuit1@gmail.com. Each week, prior to our meeting, participants will be sent information about which song and songwriter/composer/group is being highlighted, including a link (or two) of an artist performing the composition available for your listening pleasure on YouTube. We hope you will join us!

Wishing you a musical and happy February 2021!



Veterans Club

Are you interested in receiving updated information on various benefits available from the U.S. Department of Veterans Affairs? You do not need to be a member



of the Veterans Club to receive emails with current national, state, and local information. Just send your email address to Club President, Pete Anderson. He will add you to the distribution to receive his emails with current information. Email Pete at: petegolf@yahoo.com or call at 760-775-4745.

Is your American flag frayed or faded, let the Veterans club be of assistance. Residents can call Larry Smith at 714-401-3772 to make arrangements to pick up your new flags and poles from him. The Veterans Club offers new replacement flags and poles for Phase 1 & 2 homeowners, as well as new flags with poles and mounting hardware for Phase 3 homeowners. You can bring your worn-out flags to Larry or drop them off at the Montecito Clubhouse reception desk, so they can be properly disposed at the regular burning ceremony held by the American Legion in Indio.

Reminder – Membership dues for 2021 – members can call Larry Smith to arrange a time to drop off your annual \$10 dues and maybe pick up a new flag when you are there.

We cannot meet in person to hold our meetings. However, we still need volunteers throughout the year for other activities of the club. Please contact Pete Anderson if you’re interested in helping out.



Women’s Golf Club

Congratulations to the winners of our Silver Bells Tournament:

- Flight 1 Gross: Graham, Roche, Junkin
- Flight 1 Net: Brady, Blazeovich, Reyna
- Flight 2 Gross: March, Weber, Aldrich, Aasen
- Flight 2 Net: Helseth, Burrows, Tejcek, Haylock

Congratulations to the following members who completed their Par Card: Lynn Heftler, Debbie Reyna, Susan Parker, and Andrea Unfried.

Linda Aasen is our Ace of the Month for December. Congratulations Linda!

For new members interested in joining us to play 18 holes of golf each Wednesday during the season, complete an online application and review information on the club website at www.shwgc.com. Any questions regarding renewals or new memberships email them to Lynn Heftler at CaLynn80@aol.com.



Writer's Club

Our group is now holding weekly meetings online via Zoom.us until the pandemic is over. The Writer's Club online meetings are every Thursday at 9:30 am. Please email to antiqphoto@gmail.com if you wish to join. You do not need a Zoom account.

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

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

When you join us, you will meet interesting people and hear their fascinating stories. Try your hand at writing that story you have always wanted to tell. Free membership! How can you go wrong?

Come to our March 25th
Zoom Meeting Open House
at 9:30 am to learn more
and meet our writers.

Contact Tony Davis at
antiqphoto@gmail.com
for a Zoom invitation link.

For additional information, please email Beth at bethbolduc7@gmail.com or Tony at antiqphoto@gmail.com.

RESIDENT GROUPS

Sun City Shadow Hills Community Association
does not endorse or promote any political party,
political movement, or religion.



Democrats

Our purpose is to study local, state, and national issues and make recommendations to our members and other individuals in our community. We often work with other groups and clubs, such as the Sun City Democrats of Palm Desert and Democratic Women of the Desert, to educate the electorate and support qualified Democrat candidates seeking public office.



We welcome new members. We currently meet on the third Thursday of the month via Zoom. We hope that by the end of the year we will once again be able to meet in the same room.

New and continuing members – if you have questions about the club and/or our Zoom meetings, please contact our club president, Peggy Mathieson, at democratsinscsh@gmail.com.

Our next meeting is Thursday, February 18 via Zoom. Check our website for meeting time, speaker, and topic.

Website: www.democratsinscsh.org

Facebook: Dems in Sun City Shadow Hills

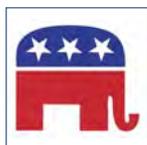


Hadassah

Join our Desert Area Hadassah Group on Thursday, February 4, 2021 for a "Happy Hour" presentation via Zoom from 4 – 5 pm featuring Dr. Steven Windmueller,

who is a “Rabbi Alfred Gottschalk Emeritus Professor of Jewish Communal Studies, Jack H. Skirball Campus of HUC-JIR, Los Angeles.” Dr. Windmueller will be speaking on “Pandemic and anti-Semitism: Why is anti-Semitism spiking at this time?” He is the author of four books and numerous articles. He holds a Ph.D. in Political Science from the University of Pennsylvania. His research has been primarily focused on Jewish communal trends, anti-Semitism, and Jewish political behavior. His articles have appeared in a number of secular and Jewish publications. During this pandemic crisis, Dr. Windmueller has been devoting his research to examining the impact of the Coronavirus on the American Jewish community. Contact Debbie Orgen at 760-289-7987 for reservations and additional information.

Are you into exercising (walk, bike ride, swim, dance, yoga, weights, etc.)? Hadassah has something special just for you. February 14 – 21, join us for “Hadassah Celebrates Heart Healthy Month with *Every Move Counts*.” Contact Debbie Orgen (debbie_orgen@hotmail.com) for fun details.



Republicans

With a new administration, it is more important than ever for Republicans to be informed as to what is happening at all levels of government. To that end, while we are not yet meeting in person, our Shadow Hills Republican Group makes every effort to send out the latest information to keep you up to date on events in Indio, California, and Washington D.C. We send emails to all our members and friends on a regular basis. If you would like to be included in our mailing list please send your Name and your email address to our secretary, Pat Miller, at alm7651@verizon.net.

We are looking forward to the time when we can meet with everyone again. When we do, our regular meetings are held on the second Tuesday of the month at the Montecito Clubhouse. Our social hour begins at 6:30 pm and our business meeting begins at 7 pm. Refreshments are served. We look forward to having you join us.

For more information, contact Pete Anderson at 760-775-4745 or petegolf@yahoo.com.

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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.

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