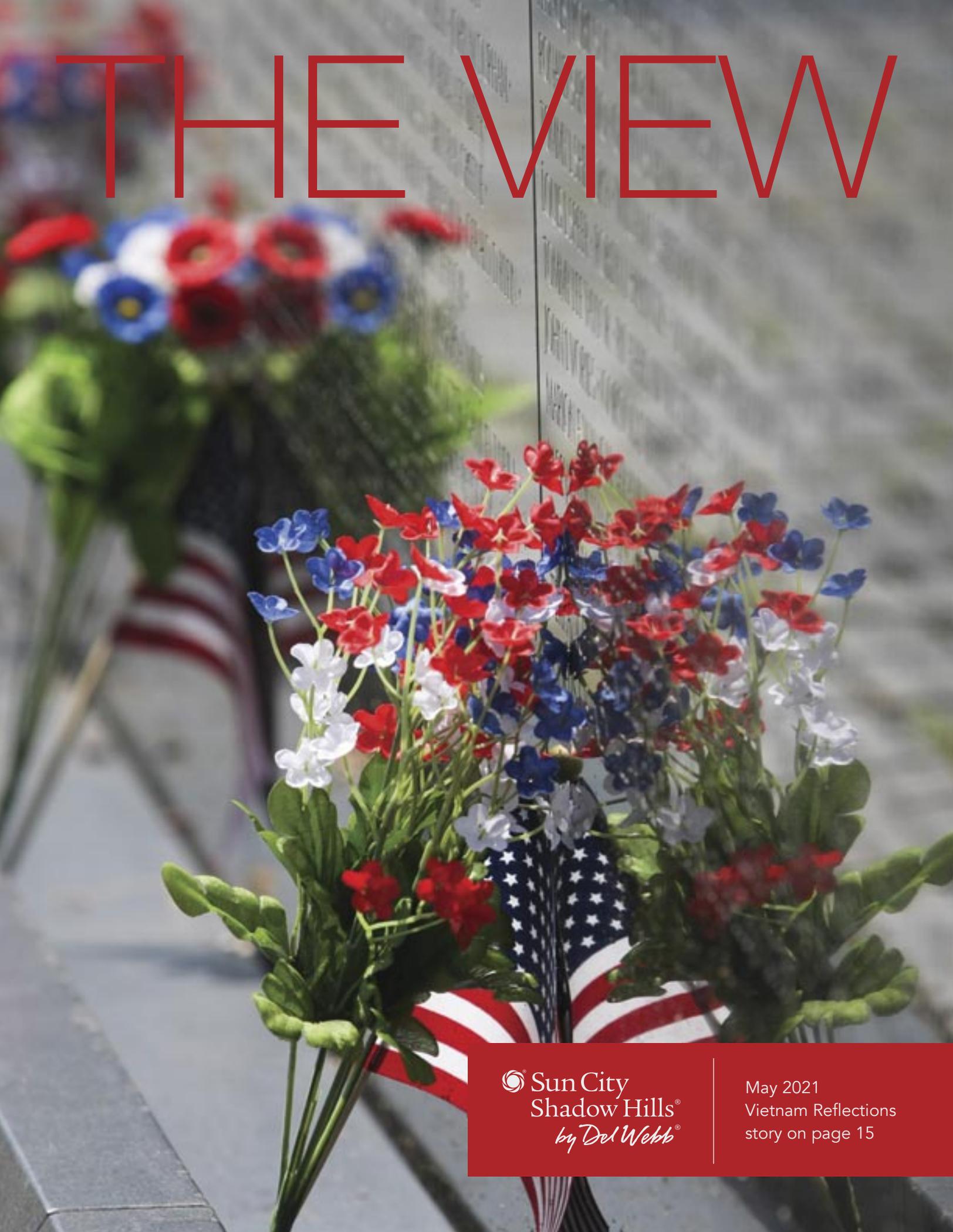


THE VIEW



 Sun City
Shadow Hills®
by Del Webb®

May 2021
Vietnam Reflections
story on page 15

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
Lifestyle Desk (Montecito Clubhouse). Ext. 2120
Lifestyle Desk Fax. 760-772-9891
Montecito Fitness Center Ext. 2111
Santa Rosa Clubhouse. Ext. 2201
Santa Rosa Clubhouse Fax. 760-342-5976
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
tyler.ingle@associa.us Ext. 2102
Vanessa Ayon, Assistant General Manager
vanessa.ayon@associa.us Ext. 2106
TBD, Contoller Ext. 2203
TBD, Community Safety Director Ext. 2202
Jesse Barragan, Facilities Maintenance Director
jesse.barragan@associa.us Ext. 2403
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

John MacDonnell, President
john.macdonnell@scshca.com
Johnny Goodrum, Vice President
johnny.goodrum@scshca.com
Moir MacLeod-Foster, Treasurer
moira.macleod-foster@scshca.com
Fera Mostow, Secretary
fera.mostow@scshca.com
Carey Thompson, Member at Large
carey.thompson@scshca.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

By Appointment Only

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

LIFESTYLE DESK | Daily | 8 AM – 5 PM

MONTECITO CLUBHOUSE | Daily | 8 AM – 8 PM

FITNESS CENTERS

Reservations Recommended

Monday – Friday | 6 AM – 8 PM
Saturday – Sunday | 7:30 AM – 8 PM

SHADOWS RESTAURANT | Daily | 8 AM – 7 PM

GOLF SNACK BAR | Daily | 6 AM – 1 PM

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



PRESIDENT'S REPORT

JOHN MACDONNELL | PRESIDENT

As you read this, my first President's Report, you should keep in mind that it is being written just hours after our April 6 election. Because of publication deadlines for *The View* magazine's May issue which will first arrive in some of your mail tubes the last few days of April, this is necessarily both a quick look back and prediction of things to come.

The first thing I want to do is recognize and thank all of those who entrusted me and Moira MacLeod-Foster, our new Treasurer, with your support, confidence, hopes, and your votes. To those of you who voted for other candidates, I thank you for participating and voting and, although I can understand and appreciate the disappointment some may feel, Moira and I assure you that your views and comments during our campaigns were heard and informed us. We will endeavor as much as possible to keep these things in mind as we work to do the jobs entrusted to us.

Elections can be difficult times in any community, and that is because differences on matters of concern to many are naturally highlighted. The fog of spirited debate can often distract us from the main goal of our community, which is to find things we all have in common and build upon those. In this way, we build a stronger, better, and more successful place to live and enjoy.

It is my sincere hope that our divisions and differences will quickly subside and that all of our best efforts will help us make our community all it can be. I believe it can and will get better than it has been while, at the same time, prove to be what we all envisioned when first coming here. I strongly believe in the view expressed by a former Board member, that in our community being a Director on the Board is not so much about power as it is about service. I also pledge to be as open and transparent as possible.

Now to the predictions that I mentioned, and which I hope you will all be starting to recognize even in the short time that will have elapsed since the election. I hope that the new line-up of Board officers will demonstrate a commitment to you that nothing is and should be written in stone in a healthy and vibrant community. Your new Board members will be working hard with those concluding their terms during the next year and will be reviewing, reconsidering, and in some cases tweaking and changing past decisions that proved unpopular or that unnecessarily divided us.

Some of the things which will undoubtedly occupy our time will be to closely examine our contractual commitments with various service providers who make this community function on a day-to-day basis, because it is and should be primarily the function of the Board to oversee those functions and not control

continued...

Next Board Meeting & Meet a Board Member:

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



...continued

them in every detail. We will be revisiting the makeup of our various advisory committees which have proven extremely valuable to the efficient operation of our community and which help us protect our financial interests keeping costs to a minimum. We also, where appropriate, will be looking to increase and encourage the involvement of new and talented members of our community to serve on those committees so that new and fresh views have a chance to thrive and contribute.

So please, if you have skill sets you wish to contribute and wish to have a say in how your community is run, step forward. It is an easy thing to enlarge those committees to utilize what others can bring to the table. We will be spending less of the Board members' precious time dealing with small things and focus more on broader issues and future concerns, not the least of which is to encourage more of our homeowners to come out and vote for the type of community they desire.

Although we had a good turnout for this last election, we somehow failed to motivate slightly more than a third of our owners to vote. And that made it impossible to reach the necessary level to amend our governing documents. Changing the provisions of

those basic contractual agreements to which we are all bound was designed not to be easy, but we should be able to get the necessary votes out to revise them when required by law and clearly within a hair's breadth of passing. So, we must all focus on encouraging all owners to participate through voting in order to shape our community.

In future articles, I will be sharing this space with other Board members to offer their contributions and thoughts. I look forward to reporting that we are beginning to accomplish some of my predictions.

I wish to end with, and paraphrase and slightly alter the words of, a poem I have long admired by Robert Frost:

*Our community is lovely and our members diverse
and deep.*

But I have promises to keep.

And miles to go before I sleep,

And miles to go before I sleep.

Now, to work, as I am sure it can and does get better than this.

Contact the author at john.macdonnell@scszca.com.

Visit Our Community Website!

Go to: www.scsorca.com

REGISTER TODAY!

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

- Important HOA Announcements
- President's Messages
- Project Updates
- Upcoming Events
- Fitness Schedules
- Classified Ads
- Resident Directory



And so Much More!

TREASURER'S REPORT

SUN CITY SHADOW HILLS COMMUNITY ASSOCIATION Condensed Financial Information Balance Sheets

Detailed Financials can be found at www.scshta.com/association-financials (login required)

As of February 28, 2021 and February 29, 2020

| | February 2021 (Unaudited) | February 2020 (Unaudited) | December 31 2020 (Audited) |
|--|---------------------------------|---------------------------------|----------------------------------|
| Assets: | | | |
| Cash and cash equivalents | \$ 7,978,462 | \$ 5,465,613 | \$ 6,854,142 |
| Certificates of deposit and investments | 10,297,432 | 12,269,110 | 11,036,477 |
| Property and equipment, net | 1,313,965 | 1,705,202 | 1,371,580 |
| Cash - chartered clubs | 154,163 | 173,446 | 154,163 |
| All other assets | 318,632 | 279,631 | 393,301 |
| Total Assets | \$ 20,062,654 | \$ 19,893,002 | \$ 19,809,663 |
| Liabilities: | | | |
| Accounts payable and accrued expenses | \$ 800,046 | \$ 2,004,103 | \$ 781,559 |
| Assessments received in advance and deferred revenue | 771,302 | 730,637 | 667,543 |
| All other liabilities | - | - | - |
| Total Liabilities | 1,571,348 | 2,734,739 | 1,449,102 |
| Fund balances: | | | |
| Operating | 2,998,613 | 1,781,420 | 2,916,754 |
| Chartered clubs | 154,163 | 173,446 | 154,163 |
| Property and equipment | 1,313,965 | 1,705,202 | 1,371,580 |
| Replacement | 14,024,565 | 13,498,195 | 13,918,064 |
| Total Fund Balances | 18,491,306 | 17,158,262 | 18,360,561 |
| Total Liabilities and Fund Balances | \$ 20,062,654 | \$ 19,893,002 | \$ 19,809,663 |

SUN CITY SHADOW HILLS COMMUNITY ASSOCIATION

Condensed Financial Information

Statement of Revenues and Expenses - Unaudited

For the two months ended February 28, 2021

Revenues:

Assessments

All other revenues

Total Revenues

Expenses:

Operating fund excluding depreciation expense

Replacement fund

Depreciation expense

Total Expenses

Chartered Club Activities, Net

Excess of revenues over expenses

| | Operating Fund | Replacement Fund | Total |
|----|------------------|-------------------|-------------------|
| \$ | 1,274,706 | \$ 339,894 | \$ 1,614,600 |
| | 792,555 | 20,861 | 813,416 |
| | <u>2,067,261</u> | <u>360,755</u> | <u>2,428,016</u> |
| | 1,985,402 | - | 1,985,402 |
| | - | 247,498 | 247,498 |
| | 64,372 | - | 64,372 |
| | <u>2,049,773</u> | <u>247,498</u> | <u>2,297,272</u> |
| | - | - | - |
| \$ | <u>17,488</u> | <u>\$ 113,257</u> | <u>\$ 130,744</u> |

SUN CITY SHADOW HILLS COMMUNITY ASSOCIATION

Condensed Financial Information

Statement of Changes in Fund Balances - Unaudited

Fund balances, beginning of year

Excess of revenues over expenses

Inter-fund transfers

Fund balances, as of February 28, 2021

| | Operating Fund | Replacement Fund | Total |
|----|------------------|----------------------|----------------------|
| \$ | 4,442,497 | \$ 13,918,064 | \$ 18,360,561 |
| | 17,488 | 113,257 | 130,744 |
| | 6,757 | (6,757) | - |
| \$ | <u>4,466,741</u> | <u>\$ 14,024,565</u> | <u>\$ 18,491,306</u> |

SUN CITY SHADOW HILLS COMMUNITY ASSOCIATION

Condensed Financial Information

Statement of monthly assessment

Number of units in Association

| | Operating Fund | Replacement Fund | Total |
|--|----------------|------------------|--------------|
| | | | <u>3,450</u> |

Summary of 2021 monthly assessment per unit:

Operating Fund, balanced budget

Operating Fund, bulk internet

Total Operating Fund monthly assessment

Replacement Fund

Total monthly assessment billed to unit owners

| | | | |
|----|---------------|-----------------|------------------|
| \$ | 244.74 | \$ - | \$ 244.74 |
| | 12.00 | - | 12.00 |
| | <u>256.74</u> | <u>-</u> | <u>256.74</u> |
| | - | 49.26 | 49.26 |
| \$ | <u>256.74</u> | <u>\$ 49.26</u> | <u>\$ 306.00</u> |



PEOPLE WHO MAKE OUR LIVES BETTER

Tanya Garcia

ASSOCIA EMPLOYEE OF THE MONTH

It is our great pleasure to recognize Tanya Garcia as the Employee of the Month.

Tanya has been with the Facilities Department since June 2018. During this time, she has performed a sensational job in all phases of custodial duties. Tanya always sets high standards for her own personal performance and is constantly putting in the extra effort to ensure every project gets completed with a high level of quality.

Recently, Tanya stepped in to assist with the daily custodial operations while the Custodial Manager was away on medical leave. Tanya demonstrated her potential in maintaining all interior and exterior areas to SCSH standards, and she went above and beyond by aiding her co-workers and taking the initiative to resolve any custodial concerns. Her positive work ethic, vibrant personality, and dedication to her task has made her a great asset to our community.

Thank you, Tanya, and we commend you for a job well done.

ADVISORY COMMITTEES

CITY DEVELOPMENT COORDINATING COMMITTEE

citydevelopment@scshca.com

Chair: Jim Basham

COVENANTS COMMITTEE

covenants@scshca.com

Co-Chairs: Jerry Conrad & Deborah Gmeiner

DESIGN REVIEW COMMITTEE

designreview@scshca.com

Chair: Ted Shettler

EMERGENCY PREPAREDNESS SUBCOMMITTEE

epsc@scshca.com

Chair: Jeff Kirkpatrick

FACILITIES & SERVICES ADVISORY COMMITTEE

facilities.services@scshca.com

Chair: John Petersen

FINANCE ADVISORY COMMITTEE

finance@scshca.com

Chair: Bill Wethe

FOOD & BEVERAGE ADVISORY COMMITTEE

foodbeverage@scshca.com

Chair: Jurgen Gross

GOLF ADVISORY COMMITTEE

golf@scshca.com

Chair: Dennis Hooper

HEALTH & FITNESS ADVISORY COMMITTEE

healthfitness@scshca.com

Chair: Rick Halla

INFORMATION ADVISORY COMMITTEE

information@scshca.com

Chair: TBD

LANDSCAPE ADVISORY COMMITTEE

landscape@scshca.com

Chair: Chris Stevens

LIFESTYLE ADVISORY COMMITTEE

lifestyles@scshca.com

Chair: Pamela Castro-Lee

SAFETY ADVISORY COMMITTEE

safety@scshca.com

Chair: Ed Chavez

THE VIEW ADVISORY COMMITTEE

viewcommittee@scshca.com

Chair: Dennis Sheehan

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



Design Review Committee (DRC)

BY TED SHETTLER | CHAIR

Each month I remind *The View's* readers that the fundamental purpose of the Design Review Committee (DRC) and the Design Rules (DRs) is to maintain the value of the properties in our community. In order to do so, the DRC and the DRs deal with modifications to the exterior of our homes, with modifications to landscaping, and with maintenance of homes and landscaping. The DRC and DRs also strive to ensure that modifications by a homeowner do not adversely affect neighboring properties. The fundamental source for DRC decisions is the DRs, a document accepted by homeowners as part of every home's purchase and that has been modified from time to time after proposed changes were publicly posted for comment for four weeks and subsequently accepted by vote of the Board of Directors. The DRC's job is to apply the pertinent elements of the DRs to improvements proposed in a Home Improvement Application.

Timely maintenance is important to every homeowner. If your neighbor neglects maintaining her or his property, your property is negatively affected. Similarly, the value of the properties in the community at large are also adversely affected. An individual's neglected property has the same negative effect, although to a lesser degree, as neglected common area landscaping or neglected clubhouse maintenance.

We all understand these principles. There are a couple of specifics to consider.

Most of us have yards covered with 3/8" to 3/4" gravel. While these yards don't require regular mowing, they do require periodic replenishment. The

gravel was originally placed on the native soil, which is less dense than the individual stones that comprise the gravel. Over the course of time the gravel's individual stones sink into the soil and disappear from the surface, exposing the soil as unsightly bare spots. The DRs call for homeowners to be aware of the state of the gravel on their property and to replenish it once bare spots begin to appear. Admittedly, this is an easy condition to overlook, because the process happens slowly. We have noted that the number of homes whose yards need their stones replenished seems to be increasing. We encourage you to go outside and take a careful look at your stone ground cover. If it is time for the stone to be replenished, then there is no time like the present.

Some homeowners have property-line walls that, on their outside, face common property or are a knee wall facing the golf course. Maintenance of the exterior of these walls and, in the case of knee walls of any fence erected on them, is the responsibility of the homeowner whose property they enclose. If the paint on the exterior begins to peel, even if the wall begins to fail structurally, it is the responsibility of that homeowner to correct the condition in a timely manner. This is a good time of year for a critical inspection of these walls and to perform any needed maintenance.

Attending to these issues helps our community as well as ourselves.

Contact the author at designreview@scshca.com.



SUN CITY SHADOW HILLS EMERGENCY PREPAREDNESS

Emergency Preparedness Sub-Committee (EPSC)

BY JEFF KIRKPATRICK | CHAIR

Call 9-1-1 If You Can, Text If You Can't

Text to 9-1-1 is now available in Indio.

The Indio Police Department Dispatch Center is now accepting "text to 9-1-1 services" as an option to help those who are hearing or speech impaired, and for anyone who may be in danger if heard making a voice call to 9-1-1. The service is based on wireless coverage and availability.

"We understand there are situations where a person may not be safe calling 9-1-1 or cannot physically do so," said Indio Police Dispatch Supervisor Nicole Melendez. "In these circumstances, we know seconds are crucial and this may be the only way to get help to them quickly. It is good to know that our community now has another way to reach out for assistance when needed."

Text to 9-1-1 is intended for use in the following emergency situations:

- When the person is deaf, hard of hearing, or has a speech impairment.
- When someone is in a situation where it is not safe to make a voice call to 9-1-1.
- When a medical emergency renders the person incapable of speaking or hearing.

How do you text to 9-1-1?

- Open a new text message and enter the numbers "911" into the "To" field.
- Include the address or location of the emergency and the nature of the emergency. You may also request police, fire, or paramedics.

9-1-1 CALL IF YOU CAN TEXT IF YOU CAN'T.
TEXT TO 9-1-1 NOW AVAILABLE IN INDIO
Based on wireless coverage and availability. Message and data rates may apply.

CALLING 9-1-1 IS THE FASTEST AND MOST EFFICIENT WAY TO REACH EMERGENCY HELP. USE TEXT TO 9-1-1 WHEN CALLING IS NOT AN OPTION.

| | | | |
|---------------------|--|--|--|
| WHEN TO USE: | HEARING/VOICE IMPAIRED | DANGEROUS SITUATION <small>Not safe to talk, ex. Home invasion, abduction, active shooter, domestic violence</small> | MEDICAL EMERGENCY <small>Incapable of speaking</small> |
| HOW TO USE: | Open a new text message. Enter 911 in the "to" field. | Provide your location and the nature of your emergency. | Respond to any questions and follow instructions. |

Text in English only. Translation services are not currently available. Do not use emojis, abbreviations, or acronyms. Photos and videos cannot be sent to 9-1-1. Messages sent to 9-1-1 cannot include other people.

INDIO POLICE DEPARTMENT www.indiocpd.org

- Push the “Send” button.
- Answer any questions and/or follow any instructions from the 9-1-1 Dispatcher.

Helpful Reminders:

- Do not use emojis, abbreviations, or acronyms.
- Do not send photos or videos as they will not be received.
- Do not include 911 in a group message, as the text will not be received.
- Text in English only. Translation services are not currently available.

Dialing 9-1-1 in an emergency is still the preferred way to request help. It is the fastest and most efficient way to reach an emergency dispatcher. We would like to remind the public to “Call if you can, text if you can’t.” Texting is not always ideal because it can take longer than a voice call and does not provide the accurate location of the texter. The Text to 9-1-1 function is currently available in English only. Individuals who do not speak English should call 9-1-1, and an interpreter will provide assistance in their language. For any questions regarding Text to 9-1-1 in Indio, please call 760-391-4057.

Attribution: City of Indio, Indio Live Blog,
Volume 48, March 2021

Please become an EPSC Volunteer
and become prepared!
It really is quite easy!

Contact the author at epsc@scshca.com.



From The Library

BY CINDY DEGRAF

As this article goes to print, the Montecito Library is open for business! Things seem to be working smoothly, and we will be able to take in book donations during the month of May. Space is limited so be sure to check the list below to see what donated items we can accept.

We Accept as Donations:

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

We Do Not Accept:

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

Please be sure your books are in excellent condition, and bring in no more than 10 books per month. At the current time, all books (new donations and returns) should be placed in the boxes provided near the door because they are being sanitized. Masks are required, and please be sure to socially distance while in the library. We will continue to adjust as the situation changes, and we appreciate your patience and assistance.

If you have any questions or comments about the library, contact Barbara Perler at 760-772-4484 or baramp@verizon.net. As always, thank you to all who support us.

Finance Advisory Committee (FAC)

BY BILL WETHE | CHAIR

Work Completed

During the month of April 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, subject to audit, of the unaudited March 2021 financial statements of the Association including the:
 - financial statements and supplementary schedules.
 - combining and combined financial statements and supplemental financial information schedules included in the Treasurer's report.
 - summary financial information on financial position and results of operations included in the General Manager's report.
 - condensed Association financial information to be published in *The View* magazine.
- Review of the year-to-date variance analysis prepared by the General Manager on the:
 - 2021 Operating Fund revenues and expenses.
 - 2021 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.
- Review and written recommendations on the 2021 Forecast (3+9) of the Operating Fund and Replacement Fund as compared to the 2021 Budget and the 2021 Forecast (2+10).
- Preparation of the Management Discussion and Analysis (MD&A) of the 2021 Forecast (3+9) as compared to the 2021 Budget and the 2021 Forecast (2+10) provided to the Board.
- Review and written recommendations to the Board on proposed BAFs for the expenditure of funds 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 March 2021 bank statements, bank reconciliations, and investment account statements.



- Regular meeting of FAC held on April 23, 2021, using audio and video conference call.
- Conference call with Comerica Securities, the Replacement Fund investment manager, on April 23, 2021.
- Review and written recommendations to the Board on insurance renewal as of April 22, 2021.
- For the Board meeting on April 26, 2021:
 - Preparation of the FAC monthly written report to the Board.
 - Review of the General Manager's monthly written report to the Board.

Upcoming Work

- Review of 2021 estimate of taxable income and estimated income tax payments.
- Review and written recommendations to the Board on parameters for the preparation of the 2022 Reserve Study.

FAC Members

FAC has six members, and we have Board approval for a total of nine members. So we have three openings, and we would love to meet with you. We are looking for owners who have a background that includes 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, 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@scsorca.com.

Health & Fitness Advisory Committee

BY HEIDI WORCESTER



Reformer Pilates Returns

We're very excited to announce the return of Reformer Pilates classes which were always popular in our community. If you're not familiar with Pilates, there are two types: Mat and Reformer. Mat Pilates is performed on a mat while Reformer Pilates is performed on a machine. We are lucky at SCSH to have 10 of these machines at the Montecito Fitness Center.



The Reformer Pilates machine is designed to assist the user via a spring and pulley system. A wide variety of resistance settings are easily customizable to any user level, from beginning to advanced.



The pushing and pulling action with arms and legs against the resistance of the springs make these exercises a unique strength-building and full-body workout. They've also been shown to be better than static stretching in improving flexibility.

Justin Strouse teaches Reformer Pilates at SCSH. He is a distinguished instructor in the Pilates community because of his unique teaching techniques which rely heavily on the mind-body connection. He emphasizes the importance of knowing how your body functions and how to breathe properly. Justin engages with each participant at their machine with personalized and customized instruction, rather than teaching in front of a class. His hand-picked music selection always gets high marks from his students too.



So, now it's time for YOU to give it a go! Sign up for a Reformer Pilates class today and discover all the wonderful benefits.

"Change happens through movement and movement heals." ~ JOSEPH PILATES

Upcoming Events

- May 14 & 28, 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



Safety Advisory Committee

BY JEFF KIRKPATRICK | ACTING CHAIR

Pets & Cellphones & Driving

Are you one of the Sun City Shadow Hills drivers spotted cruising down your neighborhood street and out onto Sun City Boulevard with your small dog sitting on your lap between you and your steering wheel? Are you that same person observed holding a cellphone in one hand and waving at passersby with the other? Do you do this when driving on city streets? Believe it or not, there are many of you! Are you CRAZY?!! These behaviors are frequently observed by other residents and our security personnel!

Distracted driving is anything that takes your eyes or mind off the road or hands off the steering wheel — especially when texting or using your phone OR playing with your pet while driving. Using your cell phone while driving is not only dangerous, but also illegal. In California, you cannot use a cell phone or similar electronic communication device while holding it in your hand.

While most distracted driving laws in California pertain to reading and responding to text messages or holding an electronic device in one hand, many other types of distractions are just as dangerous. For instance, potential distractions pertain to any activity that diverts the attention of the driver away from the road ahead. These distracting activities may include talking, eating, drinking, or grooming. Additionally, petting or holding an animal, searching for an item on the floor of a vehicle, watching a movie, or reading a book or newspaper while operating an automobile are other types of distractions.

Law enforcement officials may cite motorists for reckless driving if a distraction is deemed potentially dangerous. Reckless driving is an arrestable

misdemeanor and could rise to a felony if there are injuries involved. Distracted driving really is not worth a ticket, injury, or a lawsuit!

To stop distracted driving, motorists should:

- turn off their mobile devices before getting behind the wheel of a vehicle.
- avoid eating, drinking, and grooming while operating a vehicle.
- limit their interaction with other passengers.
- program their radios or GPS before they leave their parking space.
- pull over whenever they need to make a phone call or adjust the settings on their GPS device.
- avoid searching for lost or misplaced items in a glovebox or purse whenever a vehicle is in motion.



Please be a GOOD neighbor and do your part to contribute to community safety!
It really is quite easy!

Contact the author at safety@scszca.com.



VIETNAM REFLECTIONS

REFLECTIONS
VIETNAM

As we prepare to celebrate Memorial Day this year and to honor all Veterans who have served our country, we offer a few personal reflections on one of America's most turbulent periods: our involvement in Vietnam, which finally ended in 1975.

We hope that the intervening years have helped to bring peace and comfort to all our Veterans and their families.

All I Ever Wanted to Prove

BY CHUCK MAGUIRE

After joining the Army in June 1965, I graduated parachute jump school at Ft. Benning, GA, five months later. The next day, I was already in "Nam." I felt like I was a replacement in the movie *We Were Soldiers* with Mel Gibson. I was a combat infantry paratrooper soldier, a private, a newbie. A very awkward way to meet people.

My new unit had just suffered huge battle casualties. My daily thoughts were just to prove to myself that I

could be a good soldier, not freeze up in the face of danger, be brave, and not be a coward. Three months later, I was carrying a radio with a 10-ft. antenna over my head on a LRRP (a long-range reconnaissance patrol). That antenna unfortunately made me a prime target for the enemy. This was my "job" for 10 more months.

At the end of my first tour, I got a 30-day leave. And then I was assigned for training to Ft. Campbell, KY, home of the 101st Airborne Screaming Eagles, probably the Army's most decorated division. It was March 1967, and I was a "stud sergeant." I learned to

Continued on page 16...

...continued from page 15

be a senior jumpmaster, a sniper, and lots of other things. Oh, and I came out Number One on the E-6 promotion board; so now I was a Staff Sergeant.

In September 1967, I volunteered for a second tour in Nam. But now I was a boss. I kept asking myself, "How do I know these young men will follow me into battle?" In January 1968, we all lived through the Tet Offensive, the heaviest combat in the entire war against North Vietnamese regulars. We went right into the venerable, ancient city of Hue but, by March, we were off jump status because our unit was decimated: out of 500 guys, only 35 survived.

Among other things, I had a bullet from an AK-47 go through my hip. I earned the Silver Star, the 3rd-highest combat decoration awarded for gallantry in action. And I had a body full of shrapnel as a constant reminder.

Later came lots of therapy, medicine, and group counseling meetings. It now seems like such a long time ago. But I am very proud that I served my country.

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My Vietnam Experience

BY BOB FIRRING

"Son, you're gone," the man said as he ripped the form out of his typewriter. "There's nothing I can do to help you."

I went into shock and stumbled out of his office. I had a sick feeling in my stomach as I went to my car. I drove from Denver practically to Colorado Springs trying to figure out what I was going to do next.

Up until then, I felt like I was in control of things and was very lucky. The time was June 1968, and I was about to graduate from the University of Denver. I had a chance meeting in a bar with a fraternity brother I had not seen in a couple of years. When he asked what I had planned, I told him I was getting married in August and, since marriage no longer generated a draft deferment, I'd just wait until I got drafted. I had a job working at a life insurance company but, with the war raging, I knew it wouldn't be long before I heard from Uncle Sam.

"Don't do that," he said. "The Rocky Mountain Arsenal is opening up a new Reserve Unit. I'm in it. Go there tomorrow and volunteer."

I was out the door the first thing the next morning headed for the Arsenal. I had never been there before. When I told the guard I was there to enlist, though, he was very helpful pointing me in the right direction. I filled out paperwork that morning and was told that I was in. Great, I thought. It's as easy as that.

Although I knew it was going to be a pain going to meetings once a month and to summer camps for six



Altogether, I did 23 months in Nam. My first tour was like playing high school football, where I was a faceless "hey, you!" My second tour was like the Super Bowl, where I was calling in airstrikes, medevacs, artillery, and anything else I could do to give my unit an edge to survive.

All I ever wanted was to show that I had what it took and that I could overcome my fear. I started out as a cocky young kid with something to prove to myself and the neighborhood. But I finished as the youngest Staff Sergeant in the 101st Airborne Division.

years, it was better than going somewhere strange and fighting in a war I had come to believe was hopeless and extremely dangerous.

Let me take a moment to remind you of 1968. CBS's show *Sunday Morning* ran a piece recently comparing what is happening now to what happened then. In March of that year, President Johnson announced that he was sending another 68,000 troops to Vietnam. He also announced that he would not seek reelection. The next month, Martin Luther King was assassinated, followed shortly by Bobby Kennedy. Walter Cronkite, "Uncle Walter," had visited Vietnam and was dismayed by what he saw. His nightly broadcasts were turning the public against the war.

"Hey, hey, LBJ, how many kids did you kill today?" was chanted by protestors outside the White House. In short, it was a mess and tempers were hot.

I thought that, because I was already accepted into the reserve, there was no rush to get involved with this military thing. I thought I'd just wait for the draft notice to come and then enlist. I watched the Chicago Police busting the heads of protestors at the Democratic Convention that summer thinking that I was glad I had that figured out. Little did I know...

The notice finally came, and I went back to see the man at the Rocky Mountain Arsenal. After filling out the paperwork, I showed him the notice and asked him to send a letter to my draft board that I had enlisted. That's when my outburst came: "Oh, shit..."

I finally limped back into the office and eventually told my co-workers what had happened. Not only were they sympathetic, but one man actually offered to help. It seems that he was a Colonel in the very unit I was trying to join. He wrote a letter to my Congressman saying that "administrative delay" on the part of the Army was solely responsible for the mix-up. I flew back to Chicago and went with my Dad to see the Congressman. Looking back, it's amazing that we were able to get in on short notice. My Congressman said he would take care of things, and he did. I joined the U.S. Army Reserve in November 1968.

Looking back with 50 years of perspective leaves me with mixed feelings. Did I exercise white privilege in

pulling strings? Absolutely, but in those days I had no idea there was such a thing as white privilege. Was the Army lying to us about our progress and objectives in being in Vietnam? Absolutely. Ken Burn's documentary on the war revealed that JFK knew in 1962 that the struggle was unwinnable. All the waste of money and lives that came after that was the military trying to save face. I have been cynical about the U.S. Government ever since. So, apparently, are others. We can't even get people to wear masks today.

So that's my story. I went on to become a trained cook (graduating first in my class) and was able to tell the joke that, when I was in the Army, I killed a hundred men because I was the cook. Being on active duty was actually a great learning experience for me. I performed well, and I gained self-confidence as a result.

I finally got to Vietnam. I went on a wheelchair distribution trip in 2007 and toured the whole country. It is a beautiful place, full of ugly memories.

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I Did Not Go to Vietnam...

BY JUDI SORENSEN

I did not go to Vietnam. Never sweated in its steamy jungles nor waded through the murky swamps of the Mekong Delta. I never had malaria. I was never in a foxhole, and I never watched my best friend die. He did.

I was never pelted with rotten eggs nor spat on by protestors in Madison, WI. I was never called horrific names by my former university friends. I was never asked to offer my life for a war I did not believe in. He was.

I never dove for cover when a car backfired. I didn't disappear for a week after seeing *The Deer Hunter*. I never cried or thrashed about in fevered Vietnam dreams. I never howled the night that Saigon fell. I did not hear the propaganda "click-click-click" of the falling dominoes of democracy. He did.

I never carried the mantle of survivor's guilt, heavier than an ancient yoke. I did not leave a legacy of

Continued on page 18...



...continued from page 17

unquestioned bravery or unconditional loyalty. I never understood the depths of Semper Fi. He did.

I was never exposed to Agent Orange. I did not fight until my dying breath the cancer from this toxic chemical of war. He did.

But for more than a decade, I helped him raise the U.S. and Marine Corps flags every day. I tiptoed through my personal minefield of words and actions, attempting to offer comfort and solace. And although our marriage could not survive the shadows of Vietnam, our lifetime friendship and respect never wavered. The day before Agent Orange and Vietnam finally claimed him forever, he told me I had earned my own "always faithful, always loyal" Semper Fi with him.

With those words and in the spirit of honoring his memory, I salute every Veteran, spouse, child, family, and friend who was touched by the carnage of Vietnam. Semper Fi.

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Despite My Strong Misgivings

BY LEE POWELL

I still can't believe how quickly the political climate changed from 1964, when I began high school, to 1967, when I entered Georgetown University. In high school, my classmates were organizing petitions to *support* the Vietnam War. I was pretty much an outcast because I refused to sign.

But by 1967, widespread protests were occurring everywhere *against* the war. Wanting to complete my studies uninterrupted, and fearful about the future, I joined Army ROTC as a freshman despite my strong misgivings. We "cadets" were required to wear the easily identifiable, forest green Army uniform and "saucer cap" once a week on "Drill Day" (when we practiced basic marching techniques after class).

For some classes, I often had to walk six blocks from the main campus through residential streets, which

took 10 minutes. I quickly learned what an attractive target I presented to the protestors who regularly arrived on “Drill Day” armed with eggs and rotting produce (mostly tomatoes, I suppose because of their blood-like color). I tried hard to find a stealthy route back and forth, but my wool uniform frequently wound up at the dry cleaners. I can still hear the angry taunts of “baby killer!” hurled in my direction.

Little did the protestors know how very much I agreed with them and how “complicit” I felt!

When I graduated in May 1971, the Army unexpectedly notified me I would not serve four years on active duty – only three months for training. So I wound up working a dead-end temporary job for nearly two years while I waited for the Army to call me.

I suppose this was the universe’s way of underscoring I should have followed my convictions. I hope our SCSH Vietnam Vets realize how much I truly admire their courage and bravery!

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Vietnam Remembered

BY BETH BOLDUC

No, I didn’t serve in Vietnam but I knew someone who did. My husband enlisted in the Marines in 1970. He and several of his close friends from Pennsylvania, like the men in the movie *Deer Hunter*, went through boot camp together. During boot camp they took aptitude tests for job placement in Vietnam.

Days before his company was to leave for the front, Irwin was called to his commanding officer’s headquarters. He had been chosen to stay and help in an important new field: software development for the war effort. Software development would become his lifelong career field.

Throughout the war, Irwin stayed in touch with his buddies at the front. He heard grisly tales as bad as those portrayed in *Apocalypse Now*. Some of his friends came back. Many did not. Unfortunately, most of those who came back were never the same.

When he finally felt safe enough to tell me their stories, Irwin cried like a baby. His deep guilt at being what he called “saved” was enormous. I encouraged him to seek professional help. At first, he saw that as a weakness; but eventually he did it, and it seemed to help. Still, I know to this day he hides his feelings of guilt.

Although we’re not together today, I wish him peace. Vietnam was such a costly war in many ways. I wish to thank the brave men who served in the Vietnam War, many of whom never got proper credit for their courage in the service of our country.

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The View invites our readers to send us your own stories, which we hope to publish in November to commemorate Veterans Day. Please email us at: view@scshca.com.

SONGS MY MOTHER TAUGHT ME

BY STEVE BLAKE



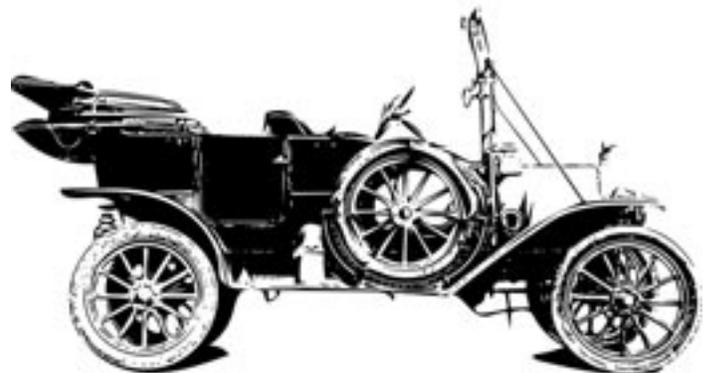
My mother was a very good-looking woman, so I have been told. If you are someone, other than Oedipus, you only see your mom as an older person. Beautiful doesn't matter. When she took you shopping, she bought you animal crackers. That's what mattered.

Mom was born in 1898. She went to Erasmus High in Brooklyn and then on to Hunter College in New York City. Both were free all-girl, public schools that only accepted the brightest pupils. I mention free because Mom's father was a socialist or a union organizer or who knows what. We were told that he was never home. He didn't provide money for the family and, when he did come home, he would stay just long enough to get my grandmother pregnant. After the last visit, my mother threw him out with the

admonition "don't come back," and he didn't. That is what I understood to be the truth, but my youngest aunt said she recalls both grandparents as part of her childhood. Just another mystery never to be unraveled.

Both sets of my grandparents were born in Europe, and my mother was the first generation to graduate from college. She and her brother Dave supported the family and managed to get their other three siblings through school, so all five first-generation Americans graduated from college. Mom became a schoolteacher, even though she couldn't do math, but that is for another day. Mom and Dad had to elope and keep their marriage a secret because, in those days, female teachers were not allowed to be married. They lived in separate homes for the first year of marriage; then they settled in Brooklyn, NY.

Dad had a car that was his prized possession. Sometime in the 1920s, Mom got her driver's license, which arrived in the mail. She thought it would be a great idea to drive from their home in Brooklyn to Dad's office on 14th Street in Manhattan. It was about a 20-mile trip. She wanted to surprise him, and she did. Along the way there was a delivery truck parked with its back doors opened. Her right fender snapped the door off the truck, and it came to rest on the hood of Dad's car. A policeman seemed to appear from out of nowhere. He spoke those three words no one





Mom at 97 with one of her 12 great grandchildren.

wants to hear: “license and registration.” He noticed the date on the license was that very day. “How long have you been driving, Mrs. Blake?”

“All day officer, and until now everything was fine.” She smiled. Perhaps a tear rolled down her cheek, who knows? The policeman removed the door from the hood and leaned it against the truck. He waved her on and said, “Go! Just get out of here.”

At 14th Street, Mom stopped for a red light and the car stalled. She couldn’t get it started. The policeman directing traffic yelled, Move it, lady.” This rattled her. She got out of the car, locked the door, and went upstairs to Dad’s office.

“Esther, what are you doing here?”

“I got my driver’s license in the mail this morning so I thought I would drive in to surprise you. Can you break for lunch?”

“Yes, yes, congratulations. Let’s go now. Where did you park?”

“14th Street.”

“Which side?”

“Sort of in the middle.”

They arrived as the officer was completing his last ticket.

“Oh, my lord, Esther!” said Dad. “What happened to the car?”

“What do you mean?”

“The headlight is broken, the fender is smashed, and there is a huge dent on the hood. What happened?”

“I have no idea!” replied Mom with a quizzical smile. “Oh wait, could that have happened when I took the door off the truck?”

Being beautiful with a high IQ does not preclude being a ditz. Mom taught me many songs like, “When you’re smiling, when you are smiling, the whole world smiles with you.”

WHEN YOU'RE SMILING
(The Whole World Smiles With You)

Words and Music by MARY FISHER
JOE GOODWIN & LARRY SHAY

When You're Smil - ing, When You're Smil - ing, The whole world
smiles with you, When you're laugh - ing, When you're laugh - ing, The
sun comes shi - ng thro', But when you're cry - ing, you
bring on the rain, So stop your sigh - ing, be
hap - py a - gain, Keep on smil - ing, 'cause When You're Smil - ing,
The whole world smiles with you.

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RAISED BY WOLVES

BY GINA STAR POLLACK

“Stand up straight!” my mother scolded. If I had a dollar for every time Mom corrected my posture, I would be a billionaire and living in Sunnylands.

Every day while growing up, my parents drilled proper etiquette tips for dining, walking, sitting, and conversing into my psyche. Mom and Dad believed that teaching your children courteous manners helped them become successful in life. They set a good example at every meal, and we said “excuse me” before leaving the table to put our empty dishes in the sink.

My sister and I were taught to say please, thank you, and you’re welcome plus to use our indoor voice no matter how heated the conversation. We were trained to respect elders, teachers, and work supervisors even if their requests did not seem fair. My parents insisted that we employ good hygiene skills like coughing or sneezing into a tissue so we would not spread germs to others. A handy lesson for future pandemics.

I was not permitted to curse, smoke cigarettes, or drink alcohol. Mom served healthy meals, even though the vegetables came from cans. Wow, so many rules for well-behaved children to remember; and my sister and I comported ourselves properly, at least when Mom or Dad was watching.

I took ballet classes to learn to be graceful and improve my posture. I attended beauty seminars to become skilled at applying make-up without looking like a circus clown. And Mom inspected our clothes before we left for school to make sure we were not wearing mini-skirts or low-cut tops.

When I was age 13, we spent a winter vacation in Miami Beach. One lazy morning while soaking up the brilliant sunshine, covered in baby oil and searching the pool for cute guys, Aunt Ann interrupted my tanning session. She insisted I accompany her to the Fontainebleau Hotel to enjoy a formal luncheon.

Hot and perspiring in a lacy white dress, silk gloves, and shiny black patent leather shoes, I squirmed while Aunt Ann spent two hours instructing me in the conventions of fine dining. She taught me how to order from a menu and which utensils to use for each



course. During the meal, I had to model her posture and graceful style while eating and drinking without spilling food onto the snowy white napkin. This lesson served me well in the future during formal dinners on cruise ships.

You might wonder why these anecdotes are relevant now. Joyfully, I received both doses of the Moderna vaccine and, with the world slowly opening again, I realized that I needed to prepare for my re-entry into civilized society. Soon I will be spending time dining and playing in public.

OMG, that means sitting across from a real, live, breathing person instead of a computerized Zoom square. Time to reinstate my manners, so no one will laugh and point to me and say, “Was she raised by wolves?”





It may sound absurd, but eating alone at home this past year has relaxed my etiquette standards. OK, I'll admit what most of you won't. Protected in my cozy, private home, my hair is messy, I wear Disney and Hello Kitty sweats, I don't apply make-up, and my nail polish is chipped.

I talk to myself out loud about the antics of family and friends, the plots of TV shows, and political disasters. Worse, I answer myself. I eat too fast, bend over my plate, and spill crumbs on my lap. I laugh at my own silly jokes and curse like a drunken biker when a newscaster pontificates about a subject I disagree with.

We all have two sides to our personalities, the public and private. And the pandemic has granted us the opportunity to indulge our childlike persona for over a year. Yet, I'm eagerly anticipating my re-entry into civilized society, even if it means giving up total spontaneity. It's time to return to the perfectly mannered person I once was long ago before COVID-19 invaded our lives.

To achieve this goal, I've employed tactics I used as an HR professional. I put up sticky notes in each room, reminding me to stand up straight and smile instead of adopting my relaxed snarl face. In the dining room, I taped cartoons of families eating properly and sharing conversation. In the bathroom, I have stickies reminding me to apply mascara and lipstick as well as brush my hair. And in the living room, the note on the TV says to listen politely to the talking heads and not scream and curse if I disagree with their comments.

I'm excited to join the residents of SCSH in returning to some sort of normalcy. I look forward to dining at Shadows, exercising at the gym in the Santa Rosa Clubhouse, and participating in the Writers Club and Readers Ink meetings in the conference rooms.

I feel like a butterfly emerging from its chrysalis. My wanderlust has returned, and I fantasize about taking a "vaxication." I long to travel to foreign cities and share experiences about loneliness and isolation during the pandemic with people from different cultures.

Yet, a small part of me will miss the exhilarating freedom of doing, saying, or wearing whatever I want without judgment.

So, when I greet you in the clubhouse, gym, or restaurant, I will understand if you imagine me in my unsophisticated state. Fuzzy pink slippers up on the couch, dressed in Wonder Woman pajamas while munching on M&Ms, without make-up, and my hair pulled up into a messy ponytail with a polka-dot scrunchie. The real me...unadorned, uncensored, and unapologetic.

By the way, my maiden name is Wolfman, so I really was raised by wolves! See you at the next full moon. Awwwhoooo!!



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HOME

BY BARA ROSENHECK

I returned to a place I had never been. I returned home. I know this is not possible, yet it feels eerily true. I do not believe in mysticism or reincarnation. I do not give credence to the occult, nor do I believe in the supernatural. I am a sceptic about paranormal reports.

Yet there I was, in a spot I had never visited, feeling quite at home and very familiar with the rugged terrain. I knew the landscape well. I, and my small group of companions, slowly made our way across the Valley of the Queens in Luxor, Egypt, and approached the entrance to Queen Nefertari's tomb with hushed reverence.



Tomb of
Queen Nefertari

The tomb, known as Egypt's Taj Mahal, is spectacularly beautiful. Closed to the public, only a few fortunate visitors are permitted in. Before entering I knew what to expect.

As the wife of Pharaoh Ramses the Great, Nefertari's burial place is magnificent beyond description. The intense colors, the vivid paintings, and the breathtaking depictions of gods and goddesses were well known to me. Perhaps it was because I had studied so many photographs of the murals that I understood what we would see on the lofty tomb walls. And I anxiously anticipated viewing them for the first time, again.

Once inside, a few of my fellow travelers gasped at the exquisiteness of the design and the grandeur of the architecture. Some drifted off into side rooms or followed hallways to smaller chambers. I felt at ease and was content to wander slowly. I was sure I'd seen it all before. The colors, figures, and design were not new to me, only a replay of what was known and expected.

But one unexpected surprise caught me unprepared. The painted hieroglyphics called out to me, and I read the words that had been written 2,500 years earlier. My study of Egyptian hieroglyphs connected me to this rich history and to the Queen who had once rested in this place of splendor. I was reading the words the ancients left. I was stunned, left breathless as if they were talking to me, telling me their story.



Bara and Arnie
in the desert

Traveling with me, my husband, son, and daughter-in-law followed as we explored the tomb. We descended deeper and eventually reached the burial chamber. It was here that Queen Nefertari had rested. The majestic sarcophagus lay empty, but the still imposing case revealed her power and wealth.

Nefertari's place in history, indeed her presence, is carefully recorded and inscribed upon the walls of her tomb. I am privileged to have visited there.

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COMPUTER LIVES MATTER, TOO, OR WHY GOOD OLD LEAD PENCILS BIT THE DUST

BY JAMIE MCGREW

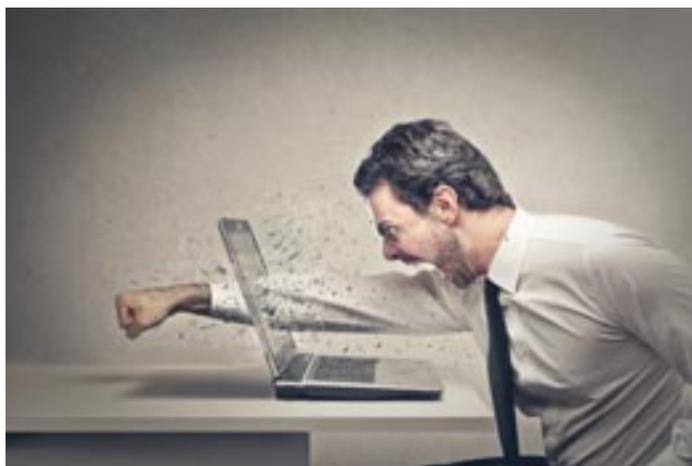
First off and, please, do not get me wrong. I honestly pledge my total allegiance, faith, and fealty to computers. And I have placed my name on the list for an Artificial Intelligence Implant to allow me to get out of what seems like a “new computer hell.”

Curious about Artificial Intelligence (AI), I looked up the term “artificial.” I should not have. I read the definition: “lacking naturalness or spontaneity; forced; contrived; feigned.” Wow, that is terrible.

I was hoping that AI would enable me to communicate with all things computer! Not so fast there, big guy. I am damned to some nether region to languish until COVID-19 is cured. That is likely to occur when? Almost never is the most optimistic answer I can find!

I will not answer my phone when they call with my AI implant date. And, oh yeah, I almost forgot, my phone isn't a phone; it's a computer, too. It knows too many things about me: where I am, who I know, where I shop, who I talk to, and God only knows what else.

I have tried talking to my computer. All I get back is a dialogue box with a stern warning: “YOU DO NOT HAVE PERMISSION TO DO THIS,” and then my speakers let out a fearsome lion's roar!



My computer tech will not return my frantic calls; I believe he had an AI implant that went wonky. I think he will not even connect remotely, for fears his nolo comprehendus will render his knowledge as e pluribus nincompoopus!

Ah, well, there are always those beautifully lilting voices from overseas, ready, willing, and waiting to take my 800 number “customer confusion” call. It is so reassuring to listen to how my satisfaction is their highest goal. How nice.

I have now learned how to avoid the telephone quicksand traps that one must look out for. These traps lead only to an ultimate disconnect. Redialing the 800 number is not feasible because my cell phone's battery is now receiving last rites.

To be continued.

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SERVICE CLUBS – A SURE CURE FOR LONELINESS

BY BOB FIRRING

Amazingly, in this super-connected world, feelings of loneliness are at an all-time high. And sadly, in seniors, loneliness ranks right up there with smoking as a path to shortening one's life span.

Most of us came to Shadow Hills to meet new people and share activities with contemporaries. This was the case until the coronavirus closed down everything in March of 2020. Even as we reopen, socializing will be minimized until more people are vaccinated. People who have lived here awhile and have already made friends may be looking to expand their circle. In addition, we have a steady stream of new residents moving in who have not yet met anyone. What are they to do?

Related Podcast:

Bob Firing and Aggie Jordan discuss the results of a survey conducted by Aggie about living with the pandemic.

Listen to the episode at:
www.scsorca.com/podcast259

One option is to join a service club. They are currently meeting virtually and still are involved in helping the community. The historic ones are Rotary, Kiwanis, and Lions. The Rotary Clubs are the most active in the area, so let's start with them.

We have two Rotary Clubs in Indio. The primary difference is the time they meet. The Indio Sunrise Club meets at 7 am, and the Indio Noon Club, unsurprisingly, meets at noon. Both meet on Tuesdays. Before COVID-19, the Sunrise Club met at Heritage Palms and the Noon Club at Fantasy Springs. Both are now on Zoom, and both plan to return to their

traditional meeting places when things normalize. There are also other clubs in the area that meet on different days so, if this idea resonates with you, do some investigating and, if you need help, contact me.

Rotary is a 100+-year-old organization that provides networking and society benefits throughout the world. Locally, they give dictionaries to all third graders in Indio schools on an annual basis, sponsor a trip to the Coachella Valley History Museum for third graders, and host the Rotary Math Field Day competition for middle school children in the Desert Sands Unified School District. These are their major events.



Donating dinners for the emergency room workers at JFK Memorial Hospital.



Rotary fireworks booth last July 4 at Walmart raised almost \$15,000.

In addition, they volunteer to help with food and backpack distributions at the Galilee Center and the Coachella Valley Rescue Mission. New opportunities come up constantly, such as donating dinners for the emergency room workers at JFK Memorial Hospital.

Through Rotary and their excellent speaker program, you will be introduced to other nonprofit organizations in the Valley that may also pique your interest. The cost to participate is minimal, and you can sample the Club by asking to attend one of the weekly Zoom meetings. You can be as active as you want to be. Everything is voluntary.

The main benefit is that you will meet a group of community-minded people who are happy to share their knowledge of the Coachella Valley and help you get acquainted with the area. Because most of them don't live here at Sun City Shadow Hills, you will also have acquired a group of friends outside our community.

There is no better feeling than helping someone less fortunate, and Rotary offers an easy way to do that. Plus, you will instantly feel connected to our desert community. Then, when we are able to resume our regular lifestyle amenities, you will have a whole new world of people and activities to explore.

If you have questions and would like an invitation to either club meeting, contact me at rfirring@aol.com.

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COULD YOU USE A BREAK FROM YEARS OF COOKING?

BY AGGIE JORDAN

In June 2019, I decided I needed a break from cooking at least two meals every day for nearly 45 years. Dining out was making it difficult to control the weight, and our internist and cardiologist keep close tabs on that.

Home delivery services came to our aid. We took advantage of the many offers of free meals for a week from several companies before we were satisfied to take on one through a subscription. Because I have a severe onion allergy, I could not order any of the prepared foods that one just places in the oven (such as *Freshly*).

We tried a number of the offerings on the market but we settled on *EveryPlate* at \$4.99 per meal with their minimum order of three meals for two people. The shipping was free so, with taxes, the weekly cost was less than \$40. Although some of the recipes that we liked required onion, I was able to substitute garlic. For most weeks I was supplying onions to my friends and neighbors. All of the foods were fresh – nothing was ever processed, so it was a healthy alternative. We love the choices of international meals: Italian, Mexican, Middle-Eastern, as well as some American favorites. Many of these recipes featured foods that I normally would not have purchased.

In the beginning, following the recipes took some getting used to, but eventually we caught on. My husband, Robert, couldn't wait for the box to arrive. Often he would take the *sous chef* role of chopping the vegetables. It was nice having his company in the kitchen while I was preparing dinner.

Not having to worry about what to cook was my biggest benefit. We simply open the carefully packed cooler box and separate the pre-measured ingredients for each recipe, then place the bags in our refrigerator. Three times in over 100 orders some ingredient was missing, but we easily got a refund for these mistakes. We did not have to go to the grocery store as often and we saved money because we didn't have to purchase

more spices than we would need and see them go stale on our shelf. The sauces are always superb.

After about six months, a friend sent us some free offers for *Dinnerly* which we tried. Their prices and their offerings were similar to *EveryPlate*, so we stayed with *EveryPlate* since we were generally happy. But our meal choices seemed to be getting old, so we began to alternate weeks with *Home Chef*. We love the latter's large selection of menus, especially the fish selections like their teriyaki ginger salmon or their pesto shrimp couscous. My mouth waters as I think of their island mango pulled-pork sliders or the chicken breast with pecans and sage cream.





But we have not abandoned *EveryPlate*. Today we expect a box from them with cherry-glazed meatballs, pork chops over cabbage stir-fry, and Firehouse Mac n' Cheese.

Food preparation is exciting now! Meal delivery, dear readers, takes much of the stress out of cooking – so give it a try.

Contact the author at
aggiejordan@gmail.com.



“THE KING OF MEAL KITS”

BY LEE POWELL

Yes, I think that should be my new nickname! For 18 months now, I have been exploring the incredible variety of meal kit services — at least 20 are available nationwide — and now I alternate between four favorites after trying about a dozen options. No more tedious meal planning or concerns about shopping during a pandemic, and cooking is fun again! Plus I'm saving money over local delivery services (like DoorDash or Postmates).

There is definitely a meal kit plan to fit every lifestyle or nutritional desire, even for single people like me. Most companies ask you to set up a “profile” with your own food preferences (for example, “I don't eat fish or beef”). Many also let you choose a specialized diet (gluten-free, low-calorie, paleo, keto, vegan, vegetarian), or you can pick a diverse menu like I do.

How the kits work: To sign up, you select a weekday for your delivery plus how many meals you want each week (the usual minimum is three). Then, the service sends you an email with a pre-selected menu (based on your profile) for the following week. You have five or six days to edit the selections — there are at least 10 other choices and often many more! You can skip a week anytime, pause your subscription, or simply cancel — with no fee. Online, you can review all the ingredients, nutrition and calorie info, and check out the difficulty of the recipes.

All ingredients are high-quality and arrive chilled (never frozen!) in a thermally insulated box that can

withstand sitting on your front porch, even in our scorching summer heat, for a minimum of 13 hours. So you don't even need to be home when your box arrives.

My routine: When I feel like cooking for myself, I order from one of my favorites and skip the others for the week. I like *EveryPlate* (very competitive prices and easier recipes); *Hello Fresh* (you cannot beat the variety); and *Home Chef* (if you want to splurge by upgrading to “culinary collection” and “gourmet” options). Each meal from these services is generous enough to satisfy two people (perfect for couples), especially if you add a small side salad.

If I'm lazy, which is more often than I like to admit, I choose *Factor 75*. Yes, it's a weird name; but all you do is heat each meal (which provides *one* serving) in the microwave for two minutes, then plate it! Some favorites include the salmon dishes (with pesto over creamy garlic-laced spinach, or Cajun blackened over smoked gouda cauliflower “grits”) plus the chicken *a la vodka* or marsala (honest-to-goodness restaurant quality!).

I don't think I'll ever abandon meal kits, even after COVID-19 loosens its grip on our lives!

Contact the author at
penman40307@gmail.com.



I'LL DRINK TO THAT!

BY JULIE HARRIS

I live in a household where, except for important religious holidays like St. Patrick's Day and Cinco de Mayo, there is ever a flag flying that proclaims, "It's Always 5 O'clock Here." So I feel uniquely qualified to discuss this subject.

Because COVID has severely, if not mortally, wounded the happy hour tradition, I decided to find out what folks are doing to fill in the blanks (oh, so many blanks) during this strange and lonely time where we have all been left to our own devices (and our significant others). No more going to the pub with the lads or having a girlfriends afternoon wine lunch (or happy hour and evening).

First, let's dispel one of the most common myths: happy hour is not an hour or a time. Maybe it was long ago, but not now. Instead, it is the beginning of a period when adults of all ages, colors, creeds, and careers designate alcohol as their beverage of choice either to help them digest the day or maybe just the six o'clock news — an attitude adjustment.

I conducted a mini-survey to see what creative ideas people had devised to keep happy hour alive (other than "Drink! Drink! Drink!"). Because all the people I interviewed are retired, that set the bar (pun intended) for the responses I received.

The first notable change is the time of day. Many reported that happy hour used to begin between 4 – 5 pm but now starts at 3 pm. A few commence at noon. It's hard to resist a nice crisp Sauvignon Blanc with lunch and then, of course, you might need to crack open another bottle before that last morsel of mac and cheese hits the palate. One person reported holding happy hour between 3:30 – 4 pm daily. I admire that concept of an hour.

Beverages covered a wide range, from red or white wine to martinis (or quarantinis) plus margaritas and gin and tonics. One respondent chose wine because it was the closest to her chair. This reminded me of a sign I saw warning, "Watch out for the DUI checkpoint at the corner of Bedroom and Hallway."



Zoom happy hours have become quite the pastime. Apparently they can begin any time of day, especially if your fellow Zoomers are in a time zone east of California. We get the benefit of the old "it's 5 pm in New York!" Just think, if your friends are in Rome, you can start at 8 am!

However, one of Zoom's pitfalls is that it's like using an old walkie-talkie: two people can't talk at the same time. After everyone has had a few pops, no one can understand anyone anymore; and grandma has a dazed look on her face, wondering what the heck language these people are speaking? (Probably Italian.) The consensus is that, when the people in the little squares start falling over, happy hour is over.

I suspected that people engaged in some sort of activity while drinking because imbibing alone isn't very exciting — well, not at first anyway. So I asked whether there are any particular rituals people enjoy (besides eating). One guy said he set up a small bar in every room in his house so he could go barhopping. The late starters noted they drank while watching the news. (Unfortunately, one probably cancels out the effects of the other.) Then there is the couple who said they listen to HOA podcasts and then dance naked in the moonlight. (I know where they live.) Finally there was the guy who said, "I always use a glass." Did he mean as opposed to drinking out of the bottle?

Now that restaurants and bars are beginning to reopen, I guess our creative juices (ahem) will be on hold again as we wander back to the ol' barstool with our name on it. But hasn't it been fun figuring this out?

Contact the author at
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WEIRD STUFF I'VE DONE DURING THE PANDEMIC

BY GEORGE ERHART

This is the first of what we hope will become a series of articles about “weird” things residents have done during this stressful pandemic. Maybe “weird” is a bit too dramatic but, during this “stay-at-home time,” we’ve all had to find ways to pass the time of day. What you’ve done may have been innovative, different, goofy, amazing, crazy, or whatever. So why not send it to the email below so we can consider publishing it in a future issue?

To start things off, let me share with you something I did. It all began when I read a post on NextDoor. There was a picture of the type of door handle we have in our homes here in SCSH, and the author was asking what they were called and how to fix them. The post was of no interest to me, so I deleted it and gave it no further thought...that is, until a couple of nights later while lying in bed, wide awake, trying to think of something that would put me to sleep.

For some unknown reason, I thought about our door handles and, as you are probably aware in 55+ communities, our doors have handles rather than door knobs. So I thought, “I wonder how many door handles there are in this house?” Counting on my fingers first, I came up with 10, then 11, and finally settled on 12. All that hard mental work finally put me to sleep.

The next morning over breakfast, I casually mentioned to my wife my door-handle-counting episode during the night. Next thing I observed was that she was counting doors on her fingers. She came up with 11; and I said, “No, I came up with 12.” So we did it together, and eventually mutually agreed on 12.

Playing golf the next day, as we waited for the slow foursome in front of us to move on, and with nothing else to talk about, I happened to mention my weird episode of counting door handles in my head last night. That evening I received an email from my golfing buddy Arnold who told me, “I’ve got 12 doors with handles on both sides; that’s 24 handles. And the front door has a handle on the inside (but not the outside), so that totals 25.” So Arnold and I agreed on the count! Interesting, because our homes are different models.

Now one would think, “Surely this is the end of this crazy, useless door-handle-counting fiasco.” But no, the next day I got to thinking about the little closet in our bathroom. Opening the door there are only shelves in front of you...no way could a person enter this storage area, so there would be no need for a door handle on the inside. If this true, it would change my count. Obviously, I had to check this out! I opened the door, and there was the second handle...so the count remained at 25!

This is just one of the weird things I’ve done during this pandemic. Now, what have you accomplished? Share it with us by sending it to view@scshca.com — it may appear in a future issue of the magazine.

And one last thing: have you started counting your door handles yet?

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





LIFESTYLE UPDATE

CONNIE KING | LIFESTYLE DIRECTOR

The Lifestyle Department is excited to have the clubhouse hustling and bustling with activities. Chartered Clubs are slowly getting back into the swing of things. Staff is busy cleaning and sanitizing for everyone's safety. The Lifestyle Advisory team is working diligently on bringing back activities that you will enjoy. We realize our numbers may not be as high, but the spirit of activities will ring high!

Reopening Day – April 12, 2021



“Music to My Ears” (a virtual show) on Saturday, April 10, was a night of entertainment by The Rhythm Method 4; and we look forward to inviting them to Sun City Shadow Hills to show off their live performance showmanship and capabilities. We extend our thanks to Shadows Restaurant that served up those mouthwatering “Wings & Things.”

We look forward to bringing back Music 2 My Ears over at the Santa Rosa Clubhouse, and a return of movies, live outdoor performances, ice cream socials, and more!

If you missed the last Friday Night Funnies, you missed a treat with Jason Love and his team. Visit the Lifestyle “Stay Connected” page to listen to a snippet from our March event. We invite you to join us on Friday, May 21, at 6:30 pm for our next Friday Night Funnies.

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



SUN CITY SHADOW HILLS

VIRTUAL
Comedy
Night

Friday, May 21 at 6:30pm



**Jason
Love**



**Gina
Stahl-Haven**



**Frank
Townsend**

Live Performance on Zoom

Visit Our Stay Connected Website for More Information:

www.scshta.com/stayconnected

**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!!



Thank you for serving our country and protecting our freedoms!

Sun City Shadow Hills Veterans: You are invited to join your Veterans' Club!

Come hear interesting and informative speaker presentations; stay abreast of VA benefits for which you are eligible and you deserve; meet fellow veterans from your community; assist with community events such as the Memorial Day flag-raising; participate in Veterans' Day potluck dinner, Toys-4-Tots Drive, and much more.

You may be eligible for some of the following benefits:

- Compensation for service-related injuries or diseases
- Pension for war-era veterans
- Death pension for survivors of war-era veterans
- Housebound aid and attendance allowance
- State Veterans Home (eight in California)
- Request military records and decorations
- Home loan guaranty information
- Burial benefits for the veteran and spouse

**Monthly Meetings: Third Tuesday, 7:00 p.m., Montecito Clubhouse Cambria Room
Veterans' Club Annual Dues - \$10**

**Sun City Shadow Hills Community Singers
"Sing, Sing, Sing" The Big Band Beat Concert
TICKET REFUNDS NOW AVAILABLE**

TICKET REFUND PROCESS

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"** drop 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!!

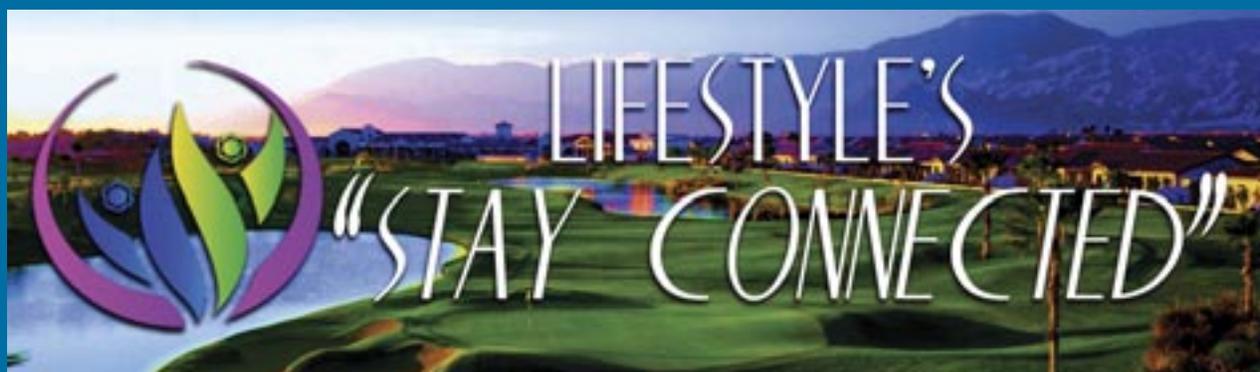
**ATTENTION
SNOWBIRDS!**

Going away for the summer?

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

www.scshta.com





Looking for something to do?
Many residents unable to get out easily have
found this to be a fun and interesting
Lifestyle program.

For easier access, on the main
SCSHCA website, there is now a direct link
to the Stay Connected webpage.



www.scsorca.com/stayconnected



FITNESS UPDATE

FERNANDO CURIEL | HEALTH & FITNESS COORDINATOR

The month of May is American Stroke Awareness Month! I would like to go over how to identify symptoms of a stroke, risk factors for a stroke, and how anyone can prevent a stroke from occurring.

Stroke Symptoms in Women

Women have a higher risk of having a stroke than men so, while there are similar signs of a stroke in men and women, some are more common in women.

- General weakness.
- Confusion, disorientation, or lack of responsiveness.
- Nausea or vomiting.
- Hallucination.
- Sudden behavioral changes, especially increased agitation.

Women are also more likely to pass away from a stroke, so it is key to be able to identify a stroke as soon as possible.

Stroke Symptoms in Men

Men are more likely to have a stroke in their younger years than women, but they are less likely to pass from it. Yes, men and women share some of the same signs; but some stroke symptoms occur more often in men.

- Arm weakness or muscle weakness on one side of the body.

- Drooping on one side of the face.
- Slurred speech, difficulty speaking, and trouble understanding other speech.

Stroke Risk Factors

Certain risk factors make you more susceptible to having a stroke. These risk factors include:

- having an unhealthy diet.
- lack of exercise or being inactive.
- consuming large quantities of alcohol or tobacco.
- family history, sex, and age.

Preventing a Stroke

These simple steps can help prevent a stroke and encourage you to live a healthy lifestyle.

- Keep your weight down.
 - Eat a vegetable/fruit diet.
 - Exercise daily.
 - Eat foods low in cholesterol.
 - Minimize intake of trans and saturated fats.
 - Consume alcohol in moderation.
 - Quit smoking.
 - Get regular checkups.
-

If you suspect you are experiencing stroke symptoms, seek emergency medical treatment immediately. Even if you have already had a stroke, you can prevent this condition from reoccurring by following these guidelines.

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

We are excited to expand our dining capacity now that the County reduced health restrictions last month. It has been nice to be able to serve our residents inside Shadows again and see familiar faces.

Cinco de Mayo will soon be upon us. Please be on the lookout for our flyer highlighting the specials for the day. As always, we will offer \$4 Mexican beers and \$5 margaritas.

The Shadows team would like to thank everyone who dined and ordered takeout for Easter this year. Unfortunately, we were not able to do our normal Easter Egg Hunt for the kids. We are looking forward to having the egg hunt back next year.

We are glad to announce that last month we rolled out our new **Happy Hour** at Shadows. New hours are 2 – 5 pm daily. This is great because our golfers can enjoy Happy Hour earlier than before. The menu consists of \$3, \$4, \$5, \$6, and \$7 selections and offers reasonable pricing and an easier way to see and select your items. Grab a Happy Hour Burger and domestic beer for only \$10. Highlights from our new menu include Philly Cheese Steak Rolls, Mac & Cheese Bites, Coconut Shrimp, a Mini Wedge Salad, Chicken Tinga Tacos, and Mexican Queso Dip. Pair these delicious items with a Shadows Drink of the Day, Island Margarita, Blueberry Moscow Mule, and much more. *“Let’s Make Happy Hour Great Again!!”*

Weekend breakfast is available earlier starting at 8 am on Saturdays and Sundays and it is available all day. Come early and enjoy Bloody Marys and Mimosas on the patio.

Shadows suspended delivery service on April 1. We had a great run, and we were glad to be there for our homeowners during the pandemic. We take pride

in our ability to reach residents and be available to them. So, a big “thank you!” to everyone who ordered delivery this past year. Our staff appreciated your business.

Please visit the link below to view all the 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

Daily: 8 am – 7 pm

Take-Out Hours: 10 am – 7 pm

Happy Hour: 2 pm – 5 pm

GOLF SNACK BAR

6 am – 1 pm

SANTA ROSA BISTRO

6 am – 1 pm

MONTECITO CAFÉ

Closed

HAPPY HOUR

from 2-5 daily

\$3.00

Daily Soup (Cup)
Housemade Chips & Salsa

All Domestic Beers

\$4.00

Small House Salad
Mac & Cheese Bites
Mexican Queso Dip

All Premium Beers
Drink of the Day

\$5.00

Mini Wedge Salad
Southwestern Cheese
Fries
Chicken Wings

Canyon Road Wines
All Well Cocktails

\$6.00

Quesadilla
add chicken - \$3
Crunchy Chicken Wraps
Philly Cheese Steak Rolls

Shadows Margarita's
(add flavors - \$1)
Avenida Sangria
Sparkling Prosecco

\$7.00

Coconut Shrimp
Chicken Tinga Tacos
HH Burger
add toppings - \$1-\$2 each

Island Margarita
Blueberry Moscow Mule
Shadows Martini's

SNACK BAR

Burger Dogs Available Friday & Saturdays, 11 am – 2pm



FRESH
GRILLED

Burger Dog

ALSO
AVAILABLE

**HEBREW NATIONAL
HOT DOG**

BURGER DOG - \$4.50 / COMBO - \$8.00

HN HOT DOG - \$4.50 / COMBO - \$8.00

Combo Includes Bottled Water or Soda & Bag of Chips
Upgrade To Any Beer For Only \$2.00



GOLF OPERATIONS

ROLLAND VAUGHN | GENERAL MANAGER, SHADOW HILLS GOLF CLUB

The month of May is one of the most critical times for golf courses in the Coachella Valley because golf course maintenance teams start the hard work of transitioning the turf and begin extra projects. We typically like to provide information about these activities so that they are clearly communicated in advance. These projects are begun when the Bermuda grass is actively growing, which requires warm nights and hot days ahead. Other projects are scheduled for the summer when there are fewer golfers, so as to not impact play on busy days.

Our ongoing project with golf course irrigation includes replacing broken irrigation heads, raising heads, edging heads, and configuring the irrigation computer. Proper irrigation is key to the overall condition of the golf course and necessary for other projects to be successful. We will also spray an herbicide on the golf course to eliminate any remaining rye grass by the beginning of June. This process will reduce the competition of the Bermuda grass for sunlight, water, and food. The Bermuda grass will then have the remainder of the summer to mature in preparation for overseeding in the fall.

The team will then actively operate the Quake Machine that places sand into the turf, and install sod around the golf courses as needed. There are still some areas that need additional sod work despite the tremendous effort and improvement made by the team over the past three summers. With significantly fewer concerns with our fairways, our focus on the perimeter of the golf course can resume.

Next, the greens will be aerified twice on both the North and South Courses along with multiple verti-cuttings and topdressings. These are processes that all golf courses in a desert climate perform and almost everyone is familiar with. Detailed timing of these projects can also be found on the Golf Course Maintenance page of our website.

A final project is what we refer to as “detail work.” This includes landscape beds, fountain grass, edging around trees, and edging the cart paths. These activities are addressed throughout the year but must be maintained more often as growth is faster in the summer.

Thank you again for your support. Please contact us at any time with questions or feedback.

Contact the author at rmvaughn@troon.com.

Hours of Operation

NORTH COURSE

6 am – 1 pm

SOUTH COURSE

6 am – 1 pm

PRACTICE FACILITY

6 am – 1 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 1 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.

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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

As *The View* went to press this month, all activities within the community are still suspended indefinitely due to the coronavirus outbreak. Please check the community website at www.scschca.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
- Men's Golf Club
- Needles & Pins
- Performing Arts Club
- Readers Ink
- Solos Club
- Ukulele Strummers
- Writer's Club

Resident Groups

- Democrats
- Hadassah

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 on Monday mornings at 10 am for no cost. We also have friendly and competitive tournaments once each month at a cost of \$5 per player. We did not play our monthly tournament in March 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. Contact our club leader, John Hemphill (760-636-1924) if you are interested in joining. We look forward to meeting you and having you as a member of our club!



Billiards Club



Are you ready to finally play billiards after being locked down for so long? Join us for our reopening! The beautiful billiards room at the Montecito Clubhouse is home to six beautiful nine-foot tables. Our club allows you to play with men and women of all levels of experience.



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 scschca.com and see the "Clubs" calendar for the exact times. All are welcome to play and join our club. There are no membership dues.

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

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

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



Bowlers Club

EXCITING NEWS!!!

Sorry we couldn't get this to you sooner but here it is. On April 10, Fantasy Bowl was opened. It's been way too long! There will be limited capacity. One alley for bowling, then two empty. We are doing the best we can to adhere to social distancing rules. Increased alleys will be coming as time goes on. Masks will be required; alleys and equipment will be sanitized before each session. Admission will be on a first-come, first-served basis, and will be on an opened bowling basis.

That's what we have for right now. Additional information will be emailed as we get it. Good sportsmanship is imperative so remember, we bowl for fun! If you get to the alley after safe capacity has been reached, hang out and visit.

Hope you're as excited as we are!



Bridge Club

Slowly, but surely, our doors are opening wider, but for some of us not fast enough! As of now we may not play cards or board games in our lovely clubhouse. The time is coming and when it does, we will certainly let you know.

Enjoy what you can and those that you can. Some people are playing bridge in their homes, with those who have had the vaccines, and they feel safe. Others are playing on the internet.

Most important choice is being and feeling safe. So, until we can meet as a group at Montecito, smile and be safe.



Camera Club

Our members continue to stretch their creative muscles using a variety of software such as Photoshop/Lightroom, Luminar, Topaz Labs, Photoshop Elements, and more. The Camera Club shares 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. If you wish to participate in any of our Zoom meetings, go to our website, www.scshtcameraclub.com and join the club.



This month's photo by Ernie Wallerstein is titled "We're Still in Kansas."



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: scshceramics@hotmail.com

Attn: Adam Roberts



Classy Niners

Social distancing is still in effect and each golfer must ride in her own cart. Tuesday starting times are from 6:30 – 7:52 am, with staggered tee times. Friday starting times are from 7 – 7:22 am, with staggered tee time. Tuesday golfers have a choice of playing 9 or 18 holes.

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

We are currently considering the possible end to our hiatus from singing, and we can't tell you all how excited we are! Although Singers will remain dark throughout the summer months, our musical director, Karen will be in touch with our 2019/2020 members via email as to how we plan to meet all county safety requirements to SING AGAIN!! If you are interested in joining the group for the 2021/22 season to experience the joy of singing choral music, please contact our musical director, Karen Adamik. kadamik1@verizon.net

For all Singers who are anxiously planning their calendars for upcoming activities, here are some important dates to jot down:

Fall Session 2021

- Monday Rehearsals: Mondays 3:30 – 6:30 pm, starting September 27
- Wednesday Sectionals: Wednesdays 9:30 – 11:30 am, starting October 13
- Concert Techs and Performance: December 17, 18, 19
- Social: December 20

Winter/Spring Session 2022

- Monday Rehearsals: Monday 3:30 – 6:30pm, starting January 10

- Wednesday Sectionals: Wednesday 9:30 – 11:30 am, starting January 19
- Concert Techs and Performance: March 4, 5, 6
- Social: March 7

A sincere thanks goes out to our Board members who will be guiding us through this next season: President, Geri Butler; VP, Sharon Anderson; Secretary, Eileen Heckle; Treasurer, Jim Adamik; Music Director, Karen Adamik. They are dedicated to getting us singing again!



Couples Golf

Everyone at Sun City Shadow Hills is welcome to join the SCSH Couples Golf Club. Our season starts in November and the Couples Golf Club Board is completing the arrangements for our 2021/2022 season. All the facilities have been booked and play dates arranged and we are now in the process of finalizing our membership application form and working with the HOA on the Informed Consent Agreement. This will be available sometime in August or September on our website.

The first event in 2021 is the Annual Welcome Back Potluck Social and this will be held on November 6, from 4 – 6 pm in the Montecito Ballroom; so mark your calendars. Our first play date is Sunday, November 7, and stay tuned to future article of *The View* and the Couples Golf website (www.shcouples.com) for more information on our membership application form, the Informed Consent Agreement, and the process for becoming a new or returning member of the Couples Golf Club. If you have any questions, please contact Rob Quilley, President at scshcouples@gmail.com.



Creative Arts

As I write this article, things are beginning to open up here in the valley and in our community and as you read this I'm hoping we've been able to begin meeting at the clubhouse.

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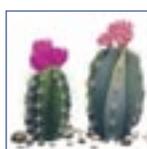
If you're interested in drawing, watercolor or acrylic painting, or any other type of art, consider joining the Creative Arts Club once we're allowed to safely gather again. Typically, we meet twice a week, Mondays and Thursdays, 9 am – 12 pm, in the Montecito Clubhouse.

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

While our club is dark from May to October, the Program Committee has begun to plan an educational and fun-filled new season for 2021-2022. This will include guest speakers and field trips for each month from November through April. We plan to cover all things garden—from plants to pots to agriculture nearby to the birds who fly by. Learn and experience the uniqueness of desert horticulture, landscape design and what other garden societies have to offer here in the valley. Book a date with us for our tour of the date farms. A highlight is our home garden tour in March. We meet the second Wednesday of the month from 3:30 to 4:30 pm at the Montecito Clubhouse.

Please contact SCSHdesertgardeners@gmail.com to become a member.

Also utilize our website for gardening tips, resources, and news at scshdesertgardeners.com.



Desert Life

Desert Life is a congenial group of "Ladies" (men are more than welcome) who meet for lunch on the third Tuesday of every month. We are entertained/informed by a speaker on a subject of interest to residents of Sun City Shadow Hills and the Coachella Valley. The luncheons are held at Heritage Palms which is a five-minute drive from SCSH.

Each month a local charity will submit their "wish list" of items needed. On a totally voluntary basis our members bring these items to the luncheon and our Outreach Chairperson arranges delivery. While donations are strictly voluntary, we are always amazed at the generosity of our members.

Due to COVID-19 we unfortunately have no idea when our events will resume. When we do resume, we will need volunteers for a new board. Think about how much fun you could have planning luncheons and speakers, etc., etc. without spending your own money.

New residents of Shadow Hills, please join us one time without having to become a member. *The View* will list upcoming dates when known. Please call Marie DeVito, treasurer, at 312-909-0446 for any additional information.



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

FRENCH REVOLUTIONARY CALENDAR

While researching some ancestors who lived in Alsace, France circa 1800, I struggled to make out the date on several of the online archive records.

Well, it seems that during the early days of the French Rebellion, the new order decided to implement a radical new weights and measures system totally divorced from royalty and religion. This was essentially the decimalization of France which eventually led to the metric system we have today. For the calendar, they devised a system that had four seasons, each with three months. Each month had three weeks of ten days each. And, they all had different names! According to the committee, the beginning of time began with the revolution.

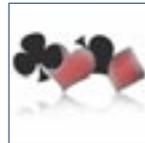
In my case, one date was written as “The 10 Prairial of the year IX of the French Republic.” This actually translates to May 30, 1801. Who knew?



So, if you are researching old French records, beware of these strange date designations. The good news is that the Republic only used this calendar for a 12-year period from 1793 to 1805. So ends your history lesson for today.

For more information like this, consider joining our Sun City Shadow Hills Genealogy Club. Check out our website for more information:

www.scsghenealogy.com



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.scsghca.com/hiking.

continued on page 48...

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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.



Jewelry Club

Hello all, I hope you are doing well. I've gotten both of my shots and I hope you all did too. We still don't know if we will open up this summer, and if we do what the rules will be. But once we hear something we'll let you know. Keep creating and when I see you again, we're going to do a lot of sharing.

Please contact our club President, Sharon Degenhart at 619-777-3457 if you would like additional information.



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.

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.



Lively Liners

Lively Liners has suspended all classes and activities because of the COVID virus until we are cleared to continue. Things are definitely looking more positive this month, however. With our county potentially moving to the "red tier," we are anticipating more relaxed guidelines for our activities and clubs. So, hang in there! We will keep you updated as these changes permit us to move forward with dance classes and other activities. 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 the Lively Liners website: www.scschlivelyliners.com. See you all soon!



Mah Jongg

There is a breath of fresh air whispering through the community. New life is being brought back to many areas of SCSH. Rules are changing for guests and gatherings, and some activities are moving indoors. Many clubs however remain inactive because of large numbers of members needed for their activities.

The Mah Jongg Club cannot have their Wednesday Regular Play days inside the Montecito at this time, but we are moving in that direction. However, just so we are not totally feeling out of the game, the new 2021 Mah Jongg Card has recently arrived and those who ordered their copies are now looking at new and fun hands for this coming year's play. Since we cannot yet resume play at the Montecito, perhaps this is a good time for members to study the new card so we'll all be bright and sharp when play can resume.

The May flowers are putting on a show. The weather is showing signs of summer heat. There is a more lively step in everyone's gait. Signs of new beginnings. Stay Safe. For information about the SCSH Mah Jongg Club, please contact President Joan Schwarz at 760-610-1516.



Men's Golf Club

Here's what's happening in the Men's Golf Club:
The 2020-2021 Season

- Congratulations to the Fiesta Mustangs winners of the Golf League Championship! The winning team consisted of Neil Oman, captain; Don Hauser; Dave Bakshy; Jurgen Gross; Lars Nilsson; Steve Aasen; and John Long.
- Also, Congratulations to Scott Clements, winner of the Shadow Hills Cup!
- The season is winding down, but we're still playing golf every Thursday morning. Sign up, it's a great way to meet your fellow members, play some competitive golf, maybe win some \$\$, and definitely forget about COVID for a few hours.

General Meetings

- Our last scheduled general zoom meeting of the season will be May 19, at 9 am. We've got some important information for you and we'll be giving away more great prizes!
- Hopefully, once next season starts, we'll be able to go back to "live" donut and coffee meetings!
- If you haven't yet joined the Men's Golf Club, you can contact the Membership Chairman, Randy Thomas at randythomas2012@gmail.com. He'll get you signed up.

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



Needles and Pins

STAYING IN TOUCH AND HOW WE DO IT

Our club has 75 members. We have many snowbirds coming from Canada and the states of Washington, Oregon, Montana, Illinois, and California. We have a wonderful email system that informs our members when we have information to share with all of them.

In addition to the email system, we have a Facebook page for our members only. On this Facebook page, the members are encouraged to post happenings and photos so all members can enjoy seeing what they are up to.

Finally, we have a monthly zoom meeting every first Monday of the month to share projects they have either completed or that they are working on. This has been very inspiring to see these works of Art that have been done in this pandemic.

Here are a few inspiring spring flowers that the April Showers will bring to us this year.



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 is dark during the summer. We start once again November 4, 2021, with play beginning at 1:30 pm on the par-3 North Course, signing in no later than 1 pm.

Continued on page 50...

...continued from page 49...

Playing on the first and third Thursday of each month, we use a shotgun start format and play 9 holes of golf. We have 12 play dates scheduled starting November 4 and 18, December 2 and 16, January 6 and 20, February 3 and 17, March 3 and 17, and April 7 and 21. Our welcome back "Potluck Dinner" is December 3, 2021.

Our 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 game. After each round of golf, we gather on the patio at the Shadows restaurant for a fun social hour. Whether you are single or a couple wanting to play; we do not require handicaps and membership dues are \$10 per person. To register for each play date, you must complete the emailed invite by noon on Wednesday before play.

For information email us at scshpairsgolf@gmail.com or call Mike Johnson at 775-721-7966 or Brandon Mason at 310-508-3977.



Pan Club

Ah, it's May. The temps are rising as summer approaches. We look forward more than ever to resuming our games in the cool clubhouses. Hopefully, all Pan members have received their COVID-19 vaccinations and the clubhouses will be able to reopen. All Pan Club members will receive an email welcoming our players back. Hoping to see everyone soon.

For more information, please contact Michele Kirsh at 661-510-5790 or kirschmi62@gmail.com.



Paper Crafters

Happy Mother's Day to all our Mothers. The theme this month is "Remembering our Mothers." These cards reflect the past and things I remember about my mother. She taught me how to sew, the old patterns we used and old school pictures.



Some of our members have started making these old cards and journals to show the past times. It's been fun to find old things to use including material, old buttons etc.

We look forward to getting together soon. I hope when we open that you'll stop by to see our projects.

Once the social ban has been lifted, Paper Crafters will welcome 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 "get well" to a card that just says "hello."

When we start classes again, you are invited to attend, 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

It appears we are finally moving forward, leaving the most severe effects of the pandemic behind. As we all do our part by getting vaccinated, we enjoy being able to begin to see each other again.

If you have not yet returned your tickets for refund for *Hilda's Yard*, please do so at your earliest convenience. There are still many outstanding tickets for us to process.

There is a new feature on the Lifestyles website, "Thursdays at the Theatre." Visit the site to take the opportunity to view many of our dramas, comedies, and musicals from past PAC productions.

The new Performing Arts Club board has delayed its April meeting until later in the month due to the Riverside County anticipated move to Orange status. This will allow us to more accurately plan for our 2021-2022 season. Stay tuned and check this column in June for a glimpse of our plans for the future and Membership Meeting schedule.

For further information please contact club president Judith Bennoch at judithbennoch@icloud.com.



Pet Club



Happy May, pet lovers! For all the dog and cat moms out there, we wish you a Happy Mother's Day!

As our club is currently closed, we hope to open in September. The club will elect new officers at the first meeting. Please email Barbara Scharnhorst, Treasurer, if you are interested in becoming an officer or a member. Her email is abscharnhorst@gmail.com.



Rainbow Friends

It's May, so it's time to celebrate and remember Mother's Day (May 9) and Memorial Day (May 31). Naturally these celebrations will be different from years past.

We hope this finds our members and those who want to become members well and doing at least some of the things that bring them joy. We would also like to wish those members who have recently undergone surgery all the best and a full and speedy recovery.

As things are getting at least somewhat better, we look forward to a time when we can once again gather together as a group. In the meantime, take good care and know that we miss seeing everyone.

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! We are excited to continue Zoom meetings in 2021 until we can safely meet in the clubhouse.

We have chosen thought-provoking 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 April Zoom meeting, Judi Sorensen led a lively discussion about *The Return* by Nicholas Sparks, beginning with an overview of the romance genre.

Continued on page 52...

...continued from page 51...

We will review *The Lighthouse Keeper's Daughter* by Hazel Gaynor at our next Zoom meeting at 2 pm on Tuesday, May 25, 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.

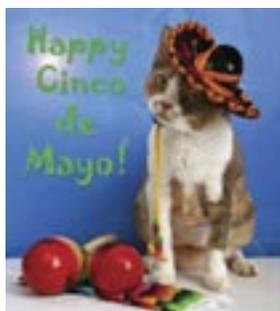
We invite new members to join Readers Ink and participate in our spirited book appraisals.

Please contact Gina Star Pollack, at 818-455-9939 or email g-starbright99@outlook.com with any questions. Enjoy all that our beautiful desert community has to offer and keep reading!



Solos Club

We are the social club for single residents of SCSH.



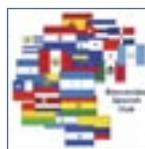
As of this writing, with the State and county having announced opening more indoor activities by April 15, I imagine we may be permitted to gather in larger numbers fairly soon. Stay tuned! Your club Board will announce upcoming activities by email.

A small number of Solos have been meeting via Zoom for Friday virtual happy hours. After all the Zoom participants were fully vaccinated, we felt comfortable and safe enough to meet for in-person happy hours Fridays, at 4:30 pm. We had six participants at one, four at another, and recently nine at another. They went well and were enjoyed by all.

We're ready to expand Friday happy hour participation. We'll need to know in advance that you'd like to attend so we can ensure a location able to handle our group, with a maximum of eight at a table.

Please text or call Judy Wilson at 858-337-5284 or send an email to judywilson2016@outlook.com by May 11 to participate in the Friday, May 14 happy hour (location DBD). To reserve your spot, we request that you are feeling well and have been vaccinated.

We look forward to other activities being announced soon. For membership information, contact Shirley Bunce: 760-345-8121, bunce.shirley123@yahoo.com.



Spanish Club

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

Normally, 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

Virtual Reality Table Tennis, Twilight Zone edition

The Table Tennis club decided on a Zoom trial and I will describe how it transpired. Major alcoholic beverages were involved along with other mind-altering substances. Lee "Zen Master" Newman played in his bathrobe with Leon "the breakdancing phenom" Cooper vs. Rick "the Rifle" Sherman and John "the bomb" Kuchinski. Newman bowed out after the first game when his doorbell rang with the pizza guy delivering the goods. It was ruled a forfeit even though Leon wanted to play by himself. Annie "the masher" Mottino and Lew "money" Mullen teamed up against John "trash talking" Wilcox and John "pumpkin" Anderson, but Paul "the Condo" Snipes slipped and fell and destroyed the transmission while eating a 28" sub sandwich with a side order of Dinaz D'Sousa's Sonic Burger sign. No humans or animals were injured during this zoom-a-rama and the other club members chose not to participate but were seen mask-less in Ron "the Preacher" Cases' garage watching *Love Boat* re-runs.

One day soon, table tennis will return live and in color. Stay tuned for details and less delusional behavior.



Tennis Club

Our spring/summer schedule takes effect May 1, with start times at 7 am and 9 am. Please check the schedule on our website for additional program changes.

We would like to welcome the new Tennis Club Board who took office April 1. Great news: water/ice machines have been turned back on, and we are now allowed to rotate between courts as a result of new COVID-19 State Guidelines. In addition, the HOA Board now requires guests to sign a waiver and check-in prior to using any community facility. Please refer to Podcast Episode #276 or the Overview of Podcast #276 by visiting/logging into www.scshta.com for a list of changes now in effect. Please note: social distancing requirements of six feet must still be maintained before, during and after play, otherwise masks are required. Masks must be worn if you need to go inside to use the clubhouse restrooms.

To join our club, please visit www.scshta.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 A SUMMER PICNIC WITH 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. 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 new dues for the season, the new event pricing, TBV's event calendar and other important Club news.

For more info email: tuttabellavino@gmail.com.



Ukulele Strummers

Spring sprang. The hot weather is back! And soon, we're heading into Summer. Learning ukulele, making music in a social setting indoors focused on developing the mind's full potential is a really enjoyable way to stay out of the heat of the day! Our cohort of enthusiasts are continuing to meet via Google Meet. In March and April, the club saw some new faces. Welcome to Richard and Dayle! They both came to us with previous skills playing the guitar. For any other guitarists or other related instrumental enthusiasts (mandolinists, banjoists, fiddlers), transitioning to play the ukulele is a really easy one.

In April, we incorporated learning tunes with play-alongs posted to www.youtube.com. Throughout the month, members in rotation identified song titles, including a relevant play-a-long link, to share with the group. Typically, the one bringing the tune to the group had first dibs to lead our cohort in its merry music making. We agreed in advance to keep to tunes and arrangements limited to six different chords.

Songs we added to our repertoire included The Lion Sleeps Tonight by Solomon Linda, Sweet Caroline by

Continued on page 54...

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Neil Diamond, and others. As for me, I selected Here Comes the Sun by George Harrison to share with the club. It's a tune I have desired to learn and arrange for the club for a very long time. It's a perfect song with a really good message and which seems to suit our optimism and hopefulness at beating back the COVID-19 pandemic.

This month in May, our meet time will be every Thursday from 2 – 3 pm. If you have a love of music, an interest in studying music in-depth, an interest playing the Ukulele, and desire to perform tunes and use your singing voice along with others, please join us by contacting Josefina Preuit at jpreuit1@gmail.com.

Each week, participants will be sent information about specific songs being highlighted for the day's lesson, including links to artists performing the compositions available for your listening pleasure on YouTube. We hope you will join us!

Wishing you all the very best!

~ Darlene Kretchmer, President, SCSH Ukulele Club
dkretchmer@yahoo.com



Veterans Club

It's exciting to see the restrictions due to the Pandemic are being slowly removed. We are hopeful to be able to start holding our monthly Club meetings on the third Tuesday of each month at the Montecito Clubhouse at 7 pm. Please await an email from Club President Pete Anderson to announce the details when they are available.



Is your American flag frayed or faded from the heat and winds? 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.

Are you new to Shadow Hills Community? Are you a military veteran? Are you interested in receiving updated information on various benefits available from the U.S. Department of Veterans affairs? Perhaps you would be interested in joining the Veteran's Club? Emails with information on VA benefits are sent to members. We welcome others in our community who are not club members to sign up to receive this information as well. Send your name and email address to Pete Anderson at petegolf@yahoo.com or call at 760-775-4745 to be added to the email distribution.

We look forward to when we will be able to continue the Club's Memorial Day Flag raising ceremony and other community events.



Women's Golf Club

Congratulations to our 2021 Club Champion, Debbie Franco (270). Congratulations to the flight winners: Flight 1 – Marg LaCroix (272), Susan Toder (274). Flight 2 – Gloria Mossman (272), Andrea Unfried (274). Flight 3 – Cheryl Koskoski (287), Shirley Thompson (291).

"Friendship In Bloom" was hosted by the Classy Niners. This event brought the Niners and SHWGC together for an 18-Hole Aussie Scramble. Thank you, Niners, for a great day on the course!

ACE of the Month was Lynn Round.

For new members interested in playing 18 holes of golf each Wednesday during the season, please complete an online application and review information on the website at www.shwgc.com. If you have a question regarding renewals or new membership, email them to Lynn Heftler at CaLynn50@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?

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

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Democrats

Please join us for our May meeting:

MAY 20 AT 6 PM VIA ZOOM

It is our last meeting before summer break! May's topic, speaker, and agenda will be posted soon on our website.

Even without meetings, we will continue to be active promoting local, state, and federal candidates and legislation that reflect our principles. Current issues of concern and resources for getting involved are also posted on our website.

If you would like to attend our next meeting as a guest, have questions about the club, or would like help with Zoom, please contact Peggy Mathieson.

EMAIL: democratsinscsh@gmail.com

WEBSITE: www.democratsinscsh.org

FACEBOOK: Dems in Sun City Shadow Hills



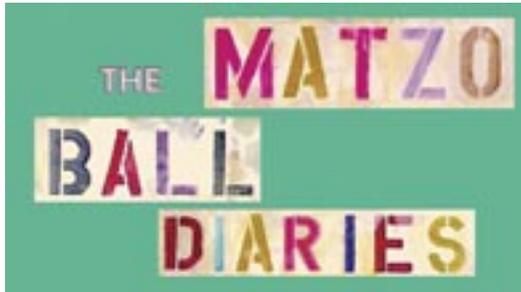
Hadassah

Our desert area Hadassah group requests you to "Save the Date" for Sunday, May 2, 2021, for a very special comedic show *The Matzo Ball Diaries* brought to us via Zoom by The Braid (formerly known as the Jewish Women's Theatre). This funny and poignant

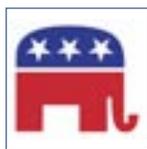
Continued on page 56...

...continued from page 55...

show reveals stories about food and home that have the power to nourish, heal, and move us to action. A must see for anyone who loves to eat! This show will begin at 7:00 pm pacific time, with ticket price per household of \$36.



Please contact Debbie Orgen at 760-289-7987 for reservations and more information. We look forward to seeing you soon.



Republicans

Hooray! Because of attention to social distancing and mask wearing, along with the "Project Warp Speed" vaccination program, each week we are seeing restrictions that were put in place to keep us safe from the pandemic being lifted. It will not be long before we are all back together and meeting in person. We look forward to seeing our Republican friends after such a long hiatus. Stay tuned for SCSH Republican emails which will let us know plans for moving forward.

When we resume meeting in person many things will stay the same as they were before COVID became a problem. We will continue to meet at the Montecito Clubhouse on the second Tuesday of the month at 6:30 pm. Our regular business meetings still begin at 7 pm.

If you are interested in hearing about what is happening in our community, state, and nation, come and join us when we meet again. Better yet, get started with our Republican group by joining our email list. We will send along information so that you feel connected to what we are doing. Send your email address to Pat Miller alm7651@verizon.net. If you have questions, give our President, Pete Anderson, a call 760-775-4745.

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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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Automotive & Golf Carts

| | |
|-------------------------------------|----|
| Marc Lucas Golf | 68 |
| Wayne's Golf Cart Service | 68 |

Clothing & Jewelry

| | |
|-----------------------------------|----|
| Trish Belisle Creations | 70 |
|-----------------------------------|----|

Computer Services

| | |
|--|----|
| Blanca Pershke Computer Help | 68 |
| Bridgit | 62 |

Financial & Legal

| | |
|--|----|
| Colleen Rosenberg Living Trust | 66 |
| Howard M. Speyer Attorney at Law | 69 |

Furniture

| | |
|---------------------------|----|
| Leather Express | 60 |
|---------------------------|----|

Health & Beauty

| | |
|--|----|
| Dr. Keith Gross, MD | 71 |
| Precision Adult Care | 65 |
| SageMed Supplies | 62 |
| Wright Health Insurance Agency | 64 |

Home Improvement

| | |
|--|----|
| Absolutely Spotless | 64 |
| BES Air Conditioning & Heating | 70 |

| | |
|---|----|
| Boss Construction | 69 |
| Bye-Bye Birdy | 66 |
| Complete Handyman Service | 67 |
| CSG Painting | 58 |
| Desert Pro Electrical | 70 |
| Dov Israeli Irrigation | 69 |
| DVS Plumbing | 66 |
| E. Aguilar Gardening Service | 70 |
| Eli's Painting | 68 |
| Elite Cabinetry | 68 |
| Hyde's Air Conditioning | 60 |
| JC Creations | 63 |
| Jerry Home Improvement | 68 |
| Jerry Meza Roofing | 66 |
| JS Mac Donnell Contractor | 67 |
| Magic Touch Electric | 68 |
| Magic Touch Plumbing | 68 |
| Maintain by Bruce Sunday | 69 |
| Paul Mitchell's Air Care Inc | 67 |
| Precision Handyman | 66 |
| Son Cabinetry & Design | 61 |
| Troy's Window Cleaning | 67 |
| U Have It Maid | 64 |
| Vic's All Valley Pest & Termite | 63 |

Moving & Storage

| | |
|---------------------------|----|
| Desert Moving Co. | 59 |
|---------------------------|----|

Pet Care

| | |
|---------------------------------------|----|
| Al & Barbara Pet Sitting | 69 |
| Donna Straus Pet Sitting | 67 |
| No Place Like Home Pet Care | 66 |

Real Estate

| | |
|-------------------------------------|----|
| Bob & Dovie Koop | 62 |
| Bonnie Hart | 65 |
| Bonnie Steele | 63 |
| Friends Real Estate Group | 61 |
| Gayle Pietras | 65 |
| Gregg Poiry | 67 |
| Horne Team | 58 |
| Jelmborg Team | 72 |
| Jennifer McKee | 69 |
| Michele Nazarian | 67 |
| Norm Richards | 64 |
| Peña Group | 59 |
| Rick Halla | 69 |
| Rita Latham | 69 |
| Sherri Sacks | 65 |

Religious Services

| | |
|--------------------------------|----|
| Mountain View Church | 67 |
|--------------------------------|----|

Shipping Centers

| | |
|-----------------------------|----|
| Absolutely Postal | 62 |
|-----------------------------|----|

Transportation & Travel

| | |
|-------------------------------|----|
| Signature Limousine | 66 |
|-------------------------------|----|

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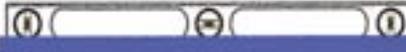
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