

THE VIEW



 Sun City
Shadow Hills®
by Del Webb®

June 2023

Bob Rosenberg – A Really Nice Guy!
photo by Ernie Wallerstein
story on page 14

CONTACT INFORMATION

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

24-Hour Contact:

Jefferson Front Gate (Phases 1 & 2) | 760-345-4458

Avenue 40 Front Gate (Phase 3) | 760-342-4725

Homeowner Association (HOA) Ext. 1
Lifestyle Desk (Montecito Clubhouse). Ext. 2120
Montecito Fitness Center Ext. 2111
Santa Rosa Clubhouse. Ext. 2201
Shadow Hills Golf Club South Ext. 2305
Shadow Hills Golf Club North Ext. 2211
Shadows Restaurant Ext. 2311
Cari Burleigh, General Manager
cari.burleigh@associa.us Ext. 2102
Vanessa Ayon, Assistant General Manager
vanessa.ayon@associa.us Ext. 2106
Celeste Cordero, Community Assistant – Architectural
celeste.cordero@associa.us Ext. 2105
Starr Meza, Community Assistant – Covenants
starr.meza@associa.us Ext. 2107
Scott Bewley, Security Account Manager
scott.bewley@aus.com Ext. 2202
Jesse Barragan, Facilities Maintenance Director
jesse.barragan@associa.us Ext. 2403
Phil Vigil, GM of Shadow Hills Golf Club
pvigil@troon.com Ext. 2301
Amber Galindo, Fitness Director
amber.galindo@associa.us Ext. 2112
Norma Gomez, Fitness Coordinator
norma.gomez@associa.us Ext. 2111
Connie King, Lifestyle Director
connie.king@associa.us Ext. 2124
Liz Gutierrez, Lifestyle Coordinator
elizabeth.gutierrez@associa.us Ext. 2123
Veronica Moya, Lifestyle Coordinator
veronica.perez@associa.us Ext. 2122
Gus Ramirez, Communications Manager
gus.ramirez@associa.us Ext. 2204

SCSH Community Association Board of Directors

Jerry Conrad, President
jerry.conrad@scszca.com

Scott Pessin, Vice President
scott.pessin@scszca.com

Terry Coon, Treasurer
terry.coon@scszca.com

Barbara Prezlock, Secretary
barbara.prezlock@scszca.com

Kathy Lindstrom, Member at Large
kathy.lindstrom@scszca.com

HOURS OF OPERATION

Visit www.scszca.com/hours for latest hours of operation.

ASSOCIATION OFFICE

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

First Saturday of the Month | 8 AM – 12 PM

LIFESTYLE DESK | Daily | 8 AM – 5 PM

MONTECITO CLUBHOUSE | Daily | 6 AM – 10 PM

MONTECITO FITNESS CENTER | Daily | 5 AM – 8 PM

POOL HOURS | Daily | 5 AM – 10 PM

Children’s Pool Hours (Ages 4-16)

Montecito Outdoor Pool | 9 AM – 12 PM

Santa Rosa Pool | 2 PM – 5 PM

SANTA ROSA CLUBHOUSE | Daily | 6 AM – 9 PM

SANTA ROSA FITNESS CENTER | Daily | 6 AM – 9 PM

SHADOWS RESTAURANT | see theshadowsrestaurant.com

GOLF SNACK BAR | Daily | 6 AM – 12 PM

SANTA ROSA BISTRO | Daily | 6 AM – 2 PM

MONTECITO CAFÉ | Closed

All hours are subject to change.

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*; Linda Aasen; Beth Bolduc; Arnold Choy; George Erhart; Bob Firing; Julie Harris; Aggie Jordan; Ralph Olson; Gina Pollack; Lee Powell; Vicki Prince; Steve Talbot

STAFF

Editor-in-Chief | Cari Burleigh, *General Manager*

Production Manager | Gus Ramirez, *Communications Manager*

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



PRESIDENT'S REPORT

JERRY CONRAD | PRESIDENT

Hello, neighbors.

I started writing this article and thought to myself, do I want this to be more social in content or more about Sun City Shadow Hills business? Business won out.

What is happening at the Big Ditch at Avenue 40 and Jefferson? What I can tell you is the Association is in negotiations with CVWD on a disputed issue over agreements made when our community was built. The Board is working towards a positive outcome.

Last month CVWD discovered utility lines running under Jefferson during initial digging. The City of Indio directed CVWD to halt the digging in that area until a new plan is created. There will be no work on our side of the street until approximately the end of August. The goal is to get this work finished as soon as possible.

Next on the agenda is the proposed 1,500-home Pulte project set to be built across the street from Shadows Restaurant. This project is in its early stages. The City has not received an Environmental Impact Report (EIR) to date. Your Board will be communicating with both the City of Indio and Pulte through our City Development Coordinating Committee. This project is particularly important to the Association as there are several issues which need to be resolved.

First, Pulte wants to put either a light or a roundabout at the entrance to Shadows. We oppose both. Second, Pulte proposes putting an unsightly electric substation on Jefferson. We oppose that. And most important, there is a proposal to run a sewer line south through our community to allow for a larger diameter pipe for the new community. Obviously, we will defend our rights aggressively. The Board will keep you informed as this project moves forward. Visit our website, www.scsgha.com, for the latest updates regarding the proposed Pulte project.

These are the highlights, but I can assure you all that there is much more going on that has our attention:

- How much do we water our golf courses? Too wet, too dry? What course conditions would our golfers like to see improved?
- Reviewing the DRC rules. This is a very touchy subject as it affects every homeowner living in SCSH.
- Will we have a charity golf tournament this year, or can we find another way to support charitable organizations? I've asked Troon to consider ways to generate money for charity without having to close the golf course and Shadows for a day. It appears that this may be possible so, again, stay tuned.
- Do we spend money on new projects or strive to keep the current infrastructure working and beautiful?
- How do we attract new staff and retain those we have?
- How do we keep a dues increase within reason? One good piece of news is that our insurance costs for the Association dropped \$175,000, which will help to keep dues under control.

I want to thank the staff and volunteers who make Sun City Shadow Hills the finest place to live in the valley. Without all of you working together, our community would just be homes with a wall around them. Please remember to say hi to all those who make our community both beautiful and remarkably efficient.

I want to mention that our community has a new Security Director. I am pleased to announce that Scott Bewley has come on board to help keep SCSH one of the safest communities in this valley.

Please contact me with suggestions, ideas and, yes, kind criticism that will help improve our community.

Contact the author at jerry.conrad@scshca.com.

Next Board Meeting:

Monday, June 26, 2:00 pm
Montecito Ballroom

TREASURER'S REPORT



**Condensed Financial Information
Balance Sheets**

	March 2023 (Unaudited)		March 2022 (Unaudited)		December 2022 Audited
Assets:					
Cash and cash equivalents	\$ 5,811,426	\$	7,690,136	\$	6,713,138
Certificate of deposits and investments	15,042,077		12,621,315		12,327,321
Property and equipment, net	1,131,463		1,512,162		1,255,369
Cash - chartered clubs	199,594		180,181		199,594
All other assets	446,279		287,281		516,303
Total assets	\$ 22,630,208	\$	22,291,075	\$	21,011,725
Liabilities:					
Accounts payable and accrued expenses	\$ 878,701	\$	740,144	\$	1,238,137
Assessments received in advance and deferred revenue	884,298		870,624		822,655
Total liabilities	\$ 1,762,999	\$	1,610,768	\$	2,060,792
Fund balances:					
Operating	\$ 3,122,716	\$	2,851,148	\$	2,102,131
N Channel Flood Control Fund	1,175,656		1,475,170		1,160,422
Chartered Clubs	199,594		180,181		199,594
Property and equipment	1,131,463		1,512,162		1,255,369
Replacement	15,237,779		14,661,646		14,233,417
Total Fund Balances	\$ 20,867,209	\$	20,680,307	\$	18,950,933
Total Liabilities and Fund Balances	\$ 22,630,208	\$	22,291,075	\$	21,011,725
CHECK	0		0		0

Detailed Financials can be found at www.scshta.com/documents/finances/ (login required)



Meet a Board Member

Thursday, June 8 · 3 pm · Montecito Clubhouse Capistrano Room

Come by and introduce yourself to Jerry Conrad, President of your HOA Board.

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


**Statement of Revenues and Expenses - Unaudited
For the three months ended March 31, 2023**
Revenues:

	Operating Fund	North Channel Flood Control Fund	Replacement Fund	Total
Assessments	\$ 2,831,657	\$ 10,350	\$ 645,944	\$ 3,487,950
All other revenues	2,183,543	6,615	84,900	2,275,058
Unrealized gain/loss on investments*			350,787	350,787
Total revenues	\$ 5,015,199	\$ 16,965	\$ 1,081,630	\$ 6,113,794

Expenses:

Operating fund excluding depreciation	\$ 3,993,336	\$ 859		\$ 3,994,195
Replacement fund	-	-	77,268	77,268
Depreciation expense	123,908	-	-	123,908
Total Expenses	\$ 4,117,245	\$ 859	\$ 77,268	4,195,372

Chartered Club Activities, Net

Excess of revenues over expenses	\$ 897,955	\$ 16,105	\$ 1,004,362	\$ 1,918,422
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SUN CITY SHADOW HILLS COMMUNITY ASSOCIATION

Condensed Financial Information

Statement of Changes in Fund Balances - Unaudited

	Operating Fund	North Channel Flood Control Fund	Replacement Fund	Total
Fund balances, beginning of year	\$ 3,557,094	\$ 1,160,422	\$ 14,233,417	\$ 18,950,933
Excess of revenues over expenses	897,955	16,105	1,004,362	1,918,422
Adjusting Entry - Reseaching	(1,275)	(871)	-	(2,146)
Interfund Transfers	-	-	-	-
Fund balances, as of March 31, 2023	\$ 4,453,774	\$ 1,175,656	\$ 15,237,779	\$ 20,867,210

SUN CITY SHADOW HILLS COMMUNITY ASSOCIATION

Condensed Financial Information

Statement of monthly assessment

	Operating Fund	North Channel Flood Control Fund	Replacement Fund	Total
Number of units in Association				3450
Summary of 2023 monthly assessment per unit:				
Operating Fund	260.99	-	-	260.99
Bulk Internet	12.60	-	-	12.60
North Channel Flood Control Fund	-	1.00	-	1.00
Total Operating Fund monthly assessment	273.59	1.00	-	274.59
Replacement Fund	-	-	62.41	62.41
Total Monthly Assessment	273.59	1.00	62.41	337.00

Fixed Investments are held until maturity and are valued at cost. Equity Investments are held until sale and are reported at their market value monthly. The actual gain or loss would not be determined until a sale even though GAAP requires reporting an unrealized gain/loss sum.

Detailed financials can be found on our community website at:

www.scsghca.com/documents/finances

Resident login is required.

PEOPLE WHO MAKE OUR LIVES BETTER



Elizabeth Gutierrez

EMPLOYEE OF THE MONTH

Over the past 16 years, Elizabeth (Liz) has worked in several departments, beginning with the Lifestyle Department and then transferring to the Santa Rosa Clubhouse.

In her current role as Lifestyle Coordinator, Liz is responsible for a myriad of duties and responsibilities. She coordinates all the meeting room reservations for 55 clubs, 4 groups, 15 committees, the HOA, and the Board of Directors, as well as private and Lifestyle events. Liz coordinates reservations for 364 days a year, ensuring meeting room space and requirements are understood by the departments requesting the reservation.

Liz contributed helpful suggestions that were instrumental in the successful outcome of the first Lifestyle Club President Bootcamp; she assisted in training volunteers and residents on the new Eventbrite check-in procedure for event registration and has volunteered to work at events when we encountered staffing challenges due to employee vacations.

Thank you, Liz, for your dedication, and for the experience you bring to the Lifestyle Department.

ADVISORY COMMITTEES

CITY DEVELOPMENT COORDINATING COMMITTEE

citydevelopment@scshca.com

Chair: Evan Morris

COVENANTS COMMITTEE

covenants@scshca.com

Co-Chairs: Toni Caylor & Mary Lou Phillips

DESIGN REVIEW COMMITTEE

designreview@scshca.com

Chair: Agi Kessler

EMERGENCY PREPAREDNESS COMMITTEE

epsc@scshca.com

Chair: Jeff Kirkpatrick

FACILITIES & SERVICES ADVISORY COMMITTEE

facilities.services@scshca.com

Chair: John Petersen

FINANCE ADVISORY COMMITTEE

finance@scshca.com

Chair: Robert "Bob" O. Jester

FOOD & BEVERAGE ADVISORY COMMITTEE

foodbeverage@scshca.com

Chair: Michael Becker

GOLF ADVISORY COMMITTEE

golf@scshca.com

Chair: Dennis Hooper

HEALTH & FITNESS ADVISORY COMMITTEE

healthfitness@scshca.com

Chair: Toni Caylor

INFORMATION ADVISORY COMMITTEE

information@scshca.com

Chair: Linda Aasen

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: Jeff Kirkpatrick

THE VIEW ADVISORY COMMITTEE

viewcommittee@scshca.com

Chair: Dennis Sheehan

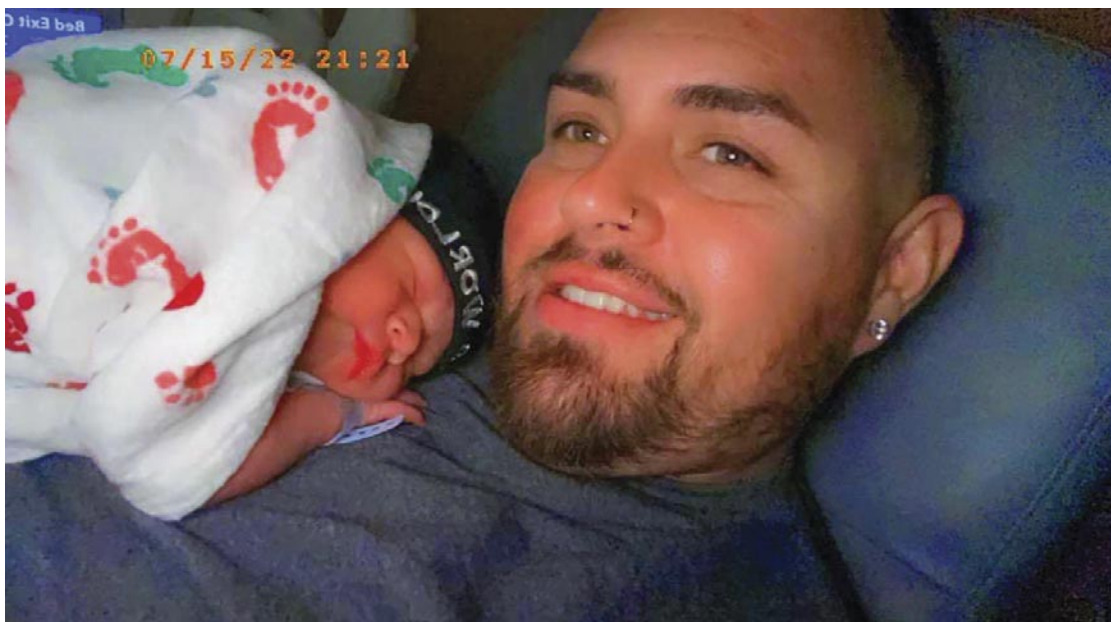
Interested in joining a Committee? Stop by the HOA office and fill out an Advisory Committee Interest Form.



FROM THE GENERAL MANAGER

CARI BURLEIGH, CCAM.LS.AA, AMS | GENERAL MANAGER

Happy Father's Day to all our SCSH dads! This month I am pleased to announce the promotion of Edward Nunez to Facilities Coordinator and to congratulate Edward on his first Father's Day since the birth of his son, Edward Jr., on July 14, 2022. Edward was hired in 2019 as Vendor Access Administrator and has done a great job working with over 500 vendors that have signed up through the vendor access program. Edward relocated to our Facilities building and will continue to handle the vendor access program along with a myriad of other job responsibilities, including the management of the work order system, invoicing, purchase order support, and facilitating gate maintenance and repairs name a few.



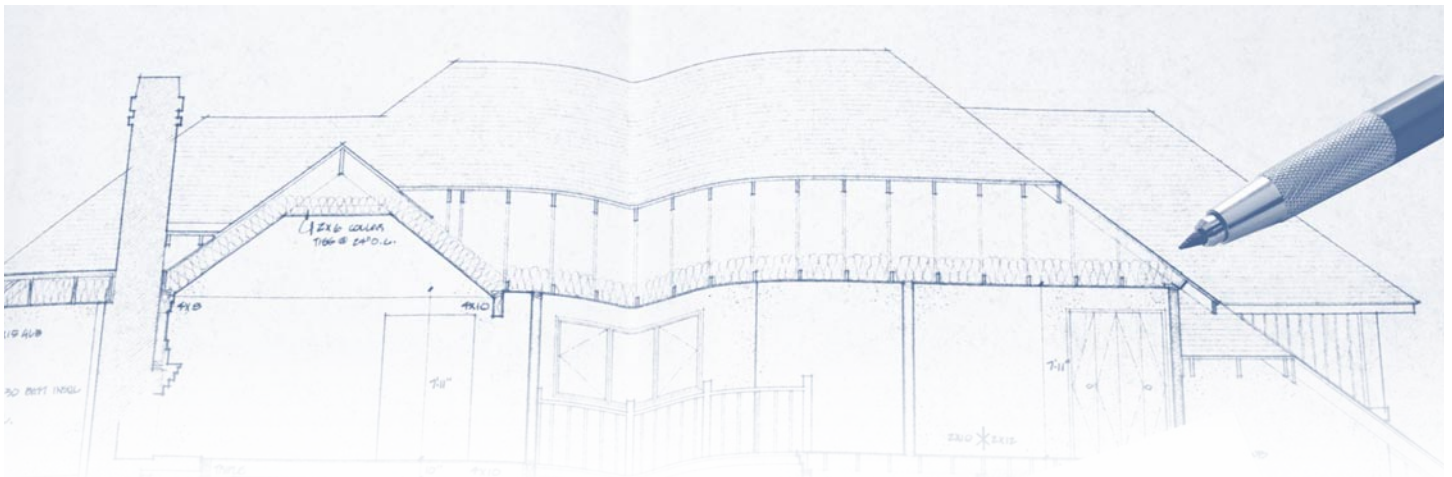
Edward with Edward Jr.

I'd like to take this opportunity to thank our Finance Advisory Committee and Aurora Solis, Controller, for their hard work and assistance in ensuring our 2022 annual audit was completed, approved, and sent out to the membership in a timely manner. Now we all move on to the 2024 budget.

Thank you to the 1,214 homeowners who have signed up for email consent. This allowed us to save \$3,555 in printing and postage costs for the 2022 audit mailer.

If you haven't already, please sign up online at www.scszca.com/forms or at the Association Office.

Contact the author at cari.burleigh@associa.us.



Design Review Committee (DRC)

AGI KESSLER | CHAIR

Questions about the Design Review Committee

I have received questions about the DRC recently, and I want to clarify the committee's responsibilities and duties. I have enjoyed receiving more emails and being able to communicate with more homeowners directly by phone to answer questions. I am also pleased to report that several committee members have taken extra time to meet with homeowners to answer questions.

Why is there a DRC, and what is its purpose?

The Design Review Committee exists solely to protect and maintain property values in SCSH. Like all Committees, the DRC operates under the direction of the SCSH Board of Directors. Our mission is:

*"To convene on a regular basis to review and approve or disapprove proposed architectural and landscape changes/improvements to all residential lots in order to **best assure that the aesthetics of the Community are not compromised**, and the intent of the Association's CC&Rs and Design Review Guidelines are not violated. The Committee will make appropriate recommendations to the Board of Directors regarding recommended changes to the Design Review Guidelines."*

Why are there Design Rules?

There is a specific requirement for Design Rules (DR) in the SCSH Governing Documents. The DRs are

documents each homeowner receives and agrees to follow when they purchase in SCSH. The DRs are available for download at scshca.com/designrules.

As our community ages, there is a need to add to or clarify the Design Rules. The DRC makes recommendations for changes/updates and presents them to the Board of Directors with a Board Action Form (BAF). The Board can choose to publish these recommended changes/updates for 28-day public comment or to vote them down. When an item is published, the DRC looks for vigorous public comment. This is the time for every homeowner to voice support, opposition, or recommended language change.

Why won't the DRC approve something I want, a neighbor already has this?

The Design Rules are often updated for clarification. The DRC is bound by the *current* version of the Design Rules. If something was approved in previous years, it does not mean that the type of improvement shall be acceptable per the current Design Rules.

Improvements that were previously approved are deemed "grandfathered." An example of this could be a deviation from an approved paint scheme, or planting fruit trees in the front yard.

Contact the author at designreview@scshca.com.



Finance Advisory Committee (FAC)

RONN WILLIAMSON | VICE CHAIR FOR RESERVE AND REPLACEMENT STUDIES

Question of the Month: Is our Replacement Fund adequate to cover future needs?

If you prefer a one-word answer to this question, it is a definite YES – and you can stop reading here. But if you'd like to learn why I'm so confident, keep reading to see what I am learning in this new volunteer role.

In the February issue of *The View*, Mike Whelan, FAC Vice Chair for Investments, talked about where the Association's cash is held and included a summary of our Replacement Fund and its purpose.

I joined the FAC shortly afterward with a personal goal to better understand our Replacement Fund monthly assessment and the Reserve Studies that guide the HOA Board in maintaining the fund.

What I have found is a simple concept: An HOA should maintain a separate account with sufficient funds to keep its community in good repair for 30 years into the future. The difficulty that arises is with making financial predictions about the next 30 years when few of us have a crystal ball. How long will each community asset last before a major repair or replacement is needed? What are realistic replacement costs today? What will they be in the future? How do we plan for inflation (a hot topic these days)? What investment return can we expect on the significant amount of funds held? What items should be included for replacement? Will our funds be sufficient to cover unexpected breakdowns or premature failures each year without the need for a special assessment? Fortunately, these questions are addressed each year with a "Reserve Study" done by a professional firm that works with many HOAs for just this purpose.

In November, the annual budget mailer includes the summary pages of the SCSH Reserve Study. Did you know the entire report is available to all residents at

www.scszca.com/reserve-study, in the "Documents" section of our website in a folder labeled "Reserve Study"? I think it provides a fascinating detailed plan for our community as it ages. In the report for 2023, you will find every component listed for eventual replacement, including its full useful life, remaining useful life, estimated current replacement cost, and possible future replacement cost.

In all, there are 1,218 components listed in the "Component Identification Report" section that include such disparate things as asphalt resurfacing, restaurant equipment, HVAC units, and our golf course sand traps. For 2023, the report indicates we will spend about \$2.7 million for replacement items with zero remaining useful life. While this study guides our replacement decisions, actual approval to spend money is made by the HOA Board on a case-by-case basis based on staff and committee input throughout the year.

In California, the Davis-Stirling Act (Civil Code 5550) requires HOAs to have a reserve study completed, with a "visual inspection" of all components at least every three years (our consultants call it a "Level II" site study). SCSH's last Level II site study was done in 2020, and we are scheduling the next one for this June. Once the site inspection is completed, the consultant will work with staff, the FAC, and our Board to finalize the Reserve Study Report for use in the fall during the budgeting process for 2024. When that process is finalized in November, we can be assured that our replacement fund will continue to be in great shape!

Contact the author at finance@scszca.com.

Safety Advisory Committee

JEFF KIRKPATRICK | CHAIR



Help – I've Fallen, and I Can't Get Up

Recently, our SCSH Security, Indio Police, and Indio Fire personnel were sent to a home when neighbors heard someone inside the residence yelling for help. Firefighters got into the house and found an elderly victim had fallen inside the bathtub and did not have the strength to stand on their own and get out. The victim had been in that position for several hours!

Emergencies can't be avoided, but some of their repercussions can be prevented. Medical alert systems, also known as emergency alert systems, are modern devices that notify first responders whenever a user needs immediate attention. These devices include fall detectors with medical alert buttons connected to an emergency response system, serving as lifesavers for at-risk elderly and disabled. When looking for the best medical alert systems, it's important to compare systems to ensure you choose the one that best serves your needs.

How It Works

Almost all medical alert systems for seniors come with a button that can be pushed by the user if they are experiencing a medical emergency, such as a fall or chest pain. The emergency button can be a medical alert bracelet, medical necklace, or even a fall detection watch. A base station normally accompanies the help button and acts as the central hub for all distress calls. It's all connected to an off-site emergency response system.

The operators staffing this system can communicate via the two-way-communication feature of the hub to assess the situation and dispatch help. Some modern medical alert systems also use cellular services to offer landline-free protection. Some also integrate with your mobile device's GPS to offer on-the-go protection, such as for those wearing a medical necklace or fall detection watch. Modern senior alert systems are priceless insurance policies for anyone with a fragile health condition.

Around 20,000 people die from unintentional falls every year. To prevent fatalities, many of the top medical alert solutions come with automated fall detection features. These medical bracelets and pendants can detect when a person has fallen and automatically notify the emergency responder that a fall has occurred. Without even pressing the medical alert button on the emergency bracelet or medical necklace, the user will be connected immediately to an emergency response center.

The Benefits of Using Medical Alert Systems

An alert system gives the elderly or disabled person more independence and the opportunity to live a more carefree life. It can also give you or your loved ones the peace of mind that there's always help available on the other side of these emergency alert systems. Here are some other advantages that the best medical alert systems offer:

- **Get Instant Attention:** When it comes to medical emergencies, sometimes without immediate attention, the consequences can be fatal. By always wearing a medical alert bracelet, you can ensure that you or your loved one is able to connect to an emergency responder before it's too late.
- **Notify Close Relatives:** Most medical alert systems for seniors come equipped with a feature that notifies your loved ones as soon as an emergency occurs. Some senior alert systems can even detect abnormal patterns external to your health or activity levels. These can include floods, smoke or fire, carbon monoxide or natural gas leaks, and temperature changes. Systems can then send alerts to your emergency contacts to advise them that there is an emergency.
- **Caregiver Tracking:** The most sophisticated medical alert solutions give your caregivers, friends and family the ability to track your location. This is done via easy-to-use online portals and mobile applications

connected to your loved one's medical alert bracelet. This ensures that, even if a user leaves the house without notifying anyone, their loved ones can know exactly where they are. This alleviates worry for everyone involved.

- **Travel Safely:** In the past, leaving home without an emergency bracelet would have meant taking a big risk. Now, with the advent of modern emergency systems providing on-the-go medical protection via medical bracelets and pendants, you can go to the store, visit friends and, in some cases, even leave town. Being able to stay mobile while also having protection from a reliable medical alert company provides a great sense of freedom.

How to Choose the Best Medical Alert System for You

The importance of elderly alert systems can't be underestimated for those with minor and major health problems. But how should you go about choosing one? Here are a few things that you should consider when you compare the best medical alert systems. To find the best medical alert system for you, consider the following features:

- **Two-Way Voice:** One of the most basic features that should be present in the medical alert system you choose is high-quality, two-way voice communication. This allows the medical alert device user to get immediate help. This feature is crucial in ensuring the user can connect with the emergency responder without having to use their hands.
- **Call Button Within the Console:** The main console of senior alert systems should also have a call button. This comes in handy in case a user has misplaced their medical alert bracelet or pendant or is unable to access it for whatever reason.
- **Waterproof Help Buttons:** A desirable feature of any senior alert system is a waterproof and durable life alert bracelet or pendant. This allows the user to wear the device while showering and while using the bathtub, two common places where elderly people tend to fall. If the system is mobile-based, then waterproof medical alert buttons let more active seniors continue their extracurricular activities. So, they can feel free to swim, exercise and sweat, and go out in the rain while still being protected.

- **24/7 Monitoring:** All the leading elderly alert systems come with 24/7 monitoring. This ensures that a user stays protected throughout the day and the night. An emergency can happen at any time, and the point of a medical alert system for seniors is to have peace of mind. So, make sure that you double-check this feature with the company before purchasing.
- **Medication Reminders:** Some state-of-the-art life alert solutions give you the ability to add medication reminders to your consoles. These reminders ensure that a user takes all their medicine at the prescribed times. This feature is extremely helpful for those who have a lot of different pills to take or have some minor memory issues.
- **Battery Life:** In case of a power outage, the medical alert system you buy should be able to hold a charge for a substantial amount of time. A good benchmark for battery life would be between 30-35 hours.
- **Fall Detection:** Many people develop serious injuries from unintentional falls every year. That's why it's important that you choose a medical alert company that offers fall detection features. For most solutions, you may have to pay extra for this as an add-on. But for fall-prone individuals, it's definitely worth the investment.

Conclusion

Free yourself from worries about being alone and vulnerable during a medical emergency. A top medical alert system can help you do just that. With features like caregiver tracking and automated fall detection, modern life alert systems can give independence to the elderly and disabled.

Compare medical alert systems and find the best medical alert system for you. Just perform a Google search: Medical Alert Systems!

Attribution: <https://top5-medicalalertsyste.ms.com>

Please be a good neighbor and do your part to contribute to community safety!
See something, say something!
It really is quite easy!

Contact the author at safety@scshca.com.



From the Library

CINDY DEGRAF

Don't you love to hang out by the pool with a good book? It's a nice way to ease into our summer heat. Be sure to check the Montecito library first whenever you are looking for a good story. We have fiction, historical biographies, hardcovers, and paperbacks. Check in often as books change daily.

We will be welcoming donations until June 15, at which point we ask you to *hold your donations until the end of summer*. But please remember that library space is limited, and we can only take certain types of books. Check the list below to see what items we can accept. Please be sure that your books are in excellent condition and bring in no more than 10 books per month. Please do not leave multiple bags or boxes of books as too many books at once can be difficult to process.

We Accept as Donations:

- ✓ Hardcover and paperback fiction, historical/political, biographies/autobiographies
- ✓ Audio books and DVDs
- ✓ Recent magazines
- ✓ Puzzles (complete with all the pieces, please)

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

Thank you to everyone who supports our wonderful library. Contact Barbara Perler at 760-772-4484 or at baramp311@gmail.com if you have any questions or comments about the library.



Want to . . .

be among the first to know what's happening in Sun City Shadow Hills?

Sign up for the Monday email blast!

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

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

 Sun City Shadow Hills®

BOB ROSENBERG: A REALLY NICE GUY!

Yes, He Is, and I Can Prove It!

BY LINDA AASEN | PHOTOS BY ERNIE WALLERSTEIN

Last October I wrote a story for *The View* about Barbara Thomas and her struggles, and ultimate victory, over breast cancer. After the article appeared, Bob Rosenberg called me because he wanted to do something nice for Barbara and Randy Thomas.

Bob asked for a digital file of the cover photo so he could design a photo sculpture for them. After checking with Barbara, I sent the file to Bob who created a lovely stand-up photo and invited them to his house to receive it. They were thrilled with the sculpture and pleasantly surprised by a second gift Bob gave them, one of his amazing model cars!



Bob at home



CUT-IT-OUT!
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Bob makes acrylic photo cutouts for family and friends.

ROSENBERG
DR. ROBERT ROSENBERG
Optometrist
16414 E. Whittier Blvd.
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Born in Erie, PA, Bob moved to Huntington Park, CA, when he was nine years old. He dreamed of becoming an architect; but a family friend, who was an optometrist, encouraged him to attend the Southern California College of Optometry. Bob followed the advice and became a beloved optometrist for 50 years, half of the time in the San Fernando Valley and the last 25 years in Whittier.

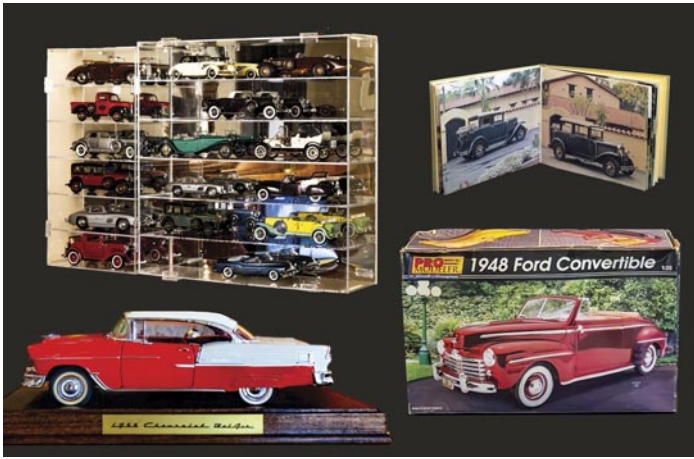
Visiting Bob's large optometry office was quite an experience! Patients could not only get their eyes examined; they were also delighted by the Route 66-themed décor that included many cases of vintage model cars, motorcycles, and bicycles.

During his time in the San Fernando Valley, Bob and his wife raised three children: one son, now deceased, and two daughters who live in Northridge and Camarillo. Their family now includes six grandchildren and three great-grandchildren. They were an active family often boating, waterskiing, and cruising Van Nuys Boulevard in one of Bob's vintage cars.

One of his best childhood friends was Anita Durst. Bob would often ride his bicycle to her house, where

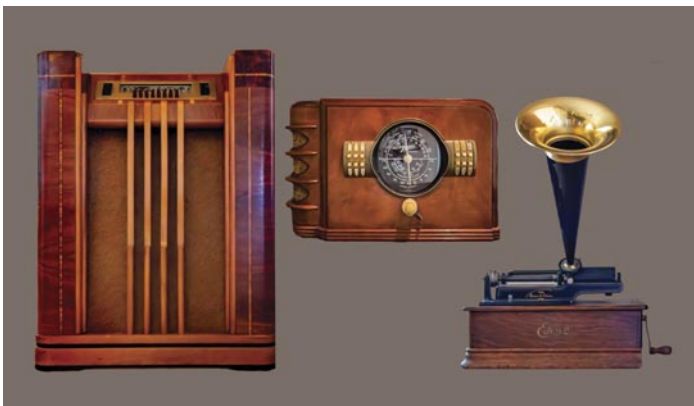
they would play the piano together. In 1981 he reconnected with Anita, and they were married in 1983. Bob also has two stepchildren, a boy and a girl. Unfortunately, Anita passed away six years ago.

Not only is Bob a nice guy, he is also a very talented person. And he loves music! All genres of music, especially classical, jazz, and Broadway tunes. His cousin gave him a Hohner Harmonica when Bob was eight years old. He now plays both the harmonica and piano by ear.



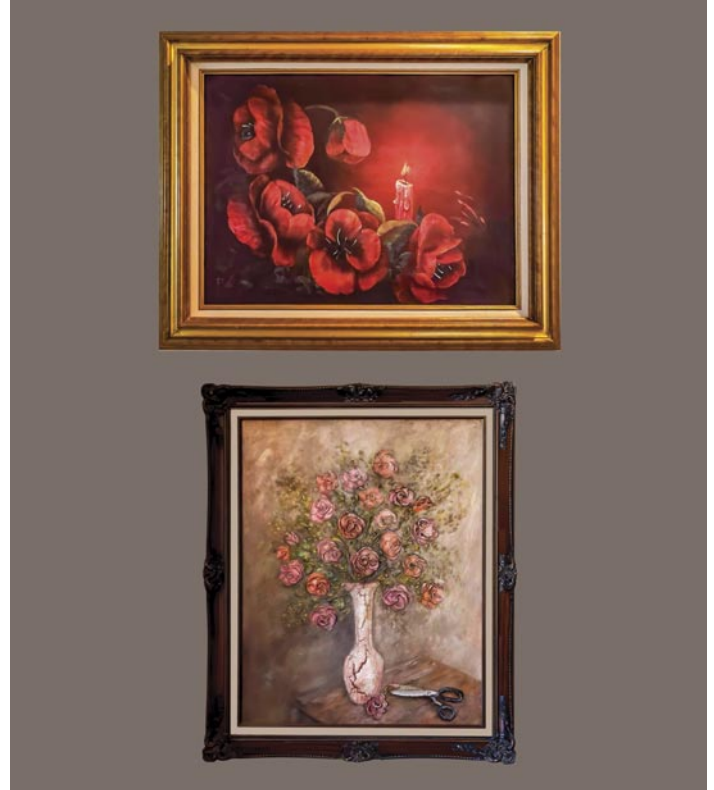
Bob is fascinated by old cars.

Bob has restored 11 antique cars including a 1948 Ford convertible used by the Revell Monogram Company as a model for the plastic car replica in their collection. He sold three cars to Wendy's restaurant founder Dave Thomas, including a 1953 Ford Sunliner convertible. The 1978 Auto Quarterly, which was devoted to Pontiacs, selected Bob's 1929 Pontiac Landau for the book's centerfold. Bob's house is full of beautiful and unusual model cars.



Bob collects antique radios, clocks, and phonographs

Bob also has several vintage radios and phonographs including a 1936 Zenith Tombstone Radio, a 1936 Table Model Zenith Radio, and a 1908 Edison Cylinder Player.



Bob is a talented artist.

And...Bob paints! He began with watercolors and acrylics and has now transitioned to bas-relief with a palette knife.

And then there are his beautiful photo sculptures. The time-consuming process of creating them includes printing the photos, gluing them to acrylic, cutting around the image with a scroll saw, and finally mounting the acrylic image onto a stand. The result is amazing.

Walking through Bob's home is like wandering through a wonderful American history museum. And yes, Bob Rosenberg is a really nice guy plus a talented man.

Contact the author at laasen3730@aol.com.



CLAUDE BLACKBURN

He Paid It Forward

BY ARNOLD CHOY | PHOTOS BY CLAUDE BLACKBURN AND MING LOUIE

Claude Blackburn was born in San Diego, CA, in 1951, but two years later his family moved just north of Seattle, WA. At 11 years old, he started working as a dishwasher in a Chinese restaurant alongside his mother, who was a waitress.

Never having much money, Claude's mother instilled in her young son a strong work ethic and an even deeper sense of responsibility. Claude's shift started in the early evening hours on Friday and Saturday until way past midnight. He did this for five years.



The passionate pickleball player (photo by Ming Louie)

At age 16, Claude moved out of the house and into his car, a 1959 Chrysler New Yorker which a friend had given to him. He tried to get along in high school but soon dropped out. Claude doesn't regret this decision and recalls, "I didn't fit in. I didn't have any school friends, and I didn't like school. I also didn't participate in any meaningful way because I was so introverted and because I worked weekends."

In 1970, at the age of 19, Claude married Mary Nell, age 17. They had four children: Kathy, Virginia, Justin, and Jessica. Claude was working very hard doing all sorts of small jobs when he joined his mom in a new

carpet cleaning business. Her hairdresser's husband, Angelo Vitale, was a Zep Cleaning Products salesman and offered her credit to get started. The enterprise soon became successful, and she repaid the debt.

"I knocked on 10,000 doors in Skagit County asking if their carpets needed cleaning and, if not, then did they need their windows washed or weeds pulled?"

Claude and his family first lived in Everett, WA, renting a small apartment for \$55/month. They also received welfare and food stamps for about a year in 1970. Things didn't quite work out with Mom, though, so Claude went to Angelo, who offered him the same credit deal: a dry foam cleaning machine and a commercial vacuum on a handshake with a promise to pay back the \$700 when he could.

Claude targeted Bellingham, WA, to start his new business but couldn't find anyone to rent to him for \$35 per month, all the money he had at that time. He drove south to Mount Vernon, got lost, and went into Skagit Island Realty to ask for directions. There he met Ace Garlinghouse, who found him a place to rent for only a \$23 deposit and \$115 per month.

So, in October 1971 Claude moved his family to Skagit County, where they would spend the next 40 years. In 1972 his company grossed \$9,500. He set a goal of \$18,000 for the following year and reached it. The business continued to thrive and, in 1978, Claude Carpet Care became the largest carpet cleaning company north of Everett, WA, with three trucks and seven employees. But this was only the beginning.

Claude invented customized Styrofoam "Easy Blocks" for protecting furniture after the carpet

cleaning, and this eventually replaced more costly industry-standard wood blocks. He sent free samples to over 700 carpet cleaning companies throughout the U.S. and immediately received 146 orders at \$26 each. The revenues from that test mailing allowed Claude to send samples to over 24,000 carpet cleaning companies in the U.S. a few months later. Sales skyrocketed.

In 1979, Claude published the *Carpet Cleaners Guide to Water Damage* in a three-ring binder. At \$29 each, he sold thousands. He also branched out and went on the road teaching one-day seminars on water damage restoration.

Then in 1980 Claude and a co-worker made the first fiberglass turbo dryer for floors and carpets. This innovative technology was a hit from day one, and it became the mainstay of the new Dri-Eaz Products company.



Claude and Annie enjoying a cup of java

When asked how he did all of this without any formal education, Claude proudly stated, "I learned a lot from reading all of the Steven Covey books, starting with *The 7 Habits of Highly Effective People* and hundreds of other business books. I also attended numerous Covey Seminars. I was always behind the curve, so self-teaching and trial and error were my best friends." He added, "I learned how most people can handle almost any job if they really own the result, and how easily a boss can destroy enthusiasm and hope."

Along the way, Claude always had the desire to fly airplanes. After getting his pilot's license in 2005, he purchased his first, a 2020 Van's RV 12.



Claude and his 2020 Van's RV 12, a small two-seat, low-wing, light sport airplane

Fast forward to 2006, when Claude sold the Dri-Eaz Products company. By then there were 200 employees and nearly \$50M in sales. As a parting gift, he left \$1M to be distributed to his employees.

In January 2007, Claude paid it forward: he sent a \$33,000 check to the Washington State Department of Social and Health Services for the welfare and food stamps he received in 1970.

For the past six years, Claude has helped fund and build numerous pickleball facilities in and around his hometown of Bellingham, WA. He has also donated generously to many worthy causes, charities, and the arts. Currently he is trying to build a covered 12-court pickleball pavilion in Bellingham, where he lives with his current wife, Annie, when they are away from SCSH.

Contact the author at
choyarnold@yahoo.com.



DAD'S UGLY LEGS

BY KRIS DOWNEY

My Dad had some ugly legs, at least that's what I thought as a kid. His calves were misshapen and definitely didn't match. Multiple large, oval-shaped scars stretched across deformed sections of what used to be below his knees. Both of his calves were scary.

As one of the older kids in the family, and the most observant, I was the first to ask Dad what happened to his legs. I was probably about five years old. Out of nowhere my Mom swept in and said, "We don't talk about your Dad's legs."

At the time I remember accepting that answer. It must be some grown-up thing I didn't need to worry about.

As I got older, I forgot about Dad's legs. So did the rest of my siblings. When my friends would notice and ask me what happened, I gave the standard answer, "We don't talk about Dad's legs." They accepted it, just like his six kids did.

My Dad was a WW II veteran. Like many vets of his era, he didn't speak about the war. As a kid, I knew he was "in the war" as were many of my friends' fathers. But I had no clue what that meant. I didn't even know which war. It was middle school when I finally figured it out.

I remember trying to dance around the subject with Dad as I became a teenager. It was the Vietnam era, and

Like many vets of his era, he didn't speak about the war.



My Dad, Melvin J. Winterhalter



Dad (kneeling, center) in the field with his unit

war had suddenly become more real to me. Dad never gave much of an answer to my questions. I could see him get uneasy and kind of sad as I prodded him. I wasn't used to seeing my big strong Dad like that, so I stopped asking.

Eventually we heard, or more accurately overheard, a short version of what happened. Dad was a paratrooper, a member of the Army Air Force 8th Division. This is what my younger brother overheard as he explained his less than attractive legs to someone who didn't know not to ask, *"That's what happens when you land too near a landmine."*

That was it, the only answer we ever got to the "ugly legs" question. Dad was a paratrooper. He jumped out of airplanes, and apparently one of those jumps put him too close to a landmine.

My Dad passed when I was in my twenties. He left this life without ever sharing his war stories with his kids.

Years after his death, his sister, my Aunt Irene, gave us a photo album she had put together of Dad's time in the army. When he returned from the war, she said he took his uniform along with all his stuff and threw it into the burn barrel. She retrieved a few things before it was set ablaze.

Like so many WW II vets, Dad lived and died true to his vow never to speak of the war.

Contact the author at
ksdowney@gmail.com.



MANAGING THE MASSES

National Park Strategies For Overcrowding

BY RALPH OLSON

When my wife and I visited Grand Canyon National Park in February 2013, we felt as if we had the entire place to ourselves. We drove to all of the overlooks, the parking areas were almost empty of cars, and there was not a shuttle bus in sight. To top it all off, we had lunch at the El Tovar Hotel and were seated at the largest picture window in the dining room with a full view of the canyon.

In 2021, Grand Canyon and the other 422 national park entities tracked by the U.S. National Park Service recorded 297.1 million visits, an increase of 60 million over 2020. The U.S. Forest Service, which tracks visitation on a five-year cycle, estimates that our national forests welcomed 168 million recreational visitors in 2020, an increase of 18 million from 2019.

These statistics highlight two truths: we are all seeking solace, beauty, freedom, fun, and an escape to the outdoors. And as a result, we are all contributing to the damage to our parks and national forests caused by overuse. But, if there's one piece of good news to come out of the past few years, it's that COVID-19 was the shock that forced change. Both the National Park and Forest Services have developed creative ways to manage overcrowding.

The reality is that there isn't enough space at America's most iconic attractions for everyone who

wants to visit them. Crowding conditions tend to happen at famous sites, such as Old Faithful geyser in Yellowstone and El Capitan in Yosemite, where entries and exits are limited. Scenic viewpoints also cause congestion, especially when located within a quarter mile of a parking lot. The National Park Service is employing a range of strategies that are park-specific to provide a welcoming environment while protecting our national resources.

Timed entry systems are now in place at several parks, each addressing visitor issues. At Muir Woods in California, people now arrive in a steady but controlled stream throughout the day, rather than en masse. As a result, trails are less congested, and the parking situation has greatly improved. In addition, signs along the trails ask visitors to maintain a "natural quiet" by speaking softly, muting electronic devices and being aware of noise levels. Since these systems have been in place, 96% of customer satisfaction surveys have indicated a positive experience at Muir Woods.

At Yosemite National Park, a day-use reservation system that began in 2020 to reduce the risk of COVID-19 is still in place and has reduced traffic and parking lot congestion. Permits for Half Dome Trail are distributed by a lottery system through the park



Visitors at Zion in 2021



Timed entry systems have helped to ease crowding on trails.

website during the hiking season. Unregulated use in previous years caused long lines on many parts of the trail resulting in poor visitor experience and safety concerns. Timed entry has spread visitation throughout the day and resulted in fewer visitor complaints, which were common about Yosemite Valley traffic.

Another major issue facing National Parks is many visitors now have higher quality cameras in their smartphones, all aiming to get that perfect photograph. At popular spots in Yosemite and Grand Canyon National Parks, some daring visitors have even fallen to their deaths in the process. Some parks have created guides for safe selfie-taking. Others have introduced sturdy wooden stands known as selfie stations. These are located at the site of stunning vistas or other popular visitor areas and are designed to hold a camera and create a safe and easy photo experience. Park officials hope that these stations will ease congestion at popular spots and help to promote less well-known areas.



Traffic backed up at a park entrance



Yellowstone is testing a driverless shuttle.

To cut down on vehicular traffic, Yellowstone National Park, which is expected to run out of space for additional cars sometime this year, is testing a

driverless shuttle. The goal is to stop people from driving between sites in Grand Canyon Village near the Yellowstone River and Tower Waterfall. Of course, that means areas outside the park must be developed for visitors to park their cars near the shuttle station.

We should all be very appreciative of these strategies which are designed to enhance our visits to our natural wonders. But there are so many things we can do as visitors to make our visit complete. First, stop being a destination traveler – don't focus on only one area of the park, and make use of the whole landscape around you. Second, opt for lesser-known and nearby parks and, if you must visit the most popular sites, schedule your visit in the off-season.

Using technology can also be invaluable in your trip planning. The National Park Service Mobile App was launched in April during National Park Week. This app gives visitors access to the most current information about the parks they plan to visit. This includes interactive maps, tours and, perhaps most important, crowd forecasts, which will help you to avoid peak times. The app is also designed to be used even in remote parks where internet access may be limited by allowing visitors to download information to their phones in advance.

Our national parks and public lands are important to our overall wellbeing. Spending time there promotes our physical and psychological health. These are places for us to connect with the inspirational wonders of nature and the stories that bond us to the meaningful places of this nation.

Today, complete your homework before you go. Choosing when, where, and how to recreate plus using the tools available to us will help create a lifetime of memories.

Until next time...keep exploring!

Contact the author at
rolson2001@yahoo.com.



GOING TO LA?

Be Sure To See The “Pits”

STORY AND PHOTOS BY BOB FIRRING

One of the most interesting museums in the world is located just west of downtown Los Angeles in Hancock Park. The La Brea Tar Pits contain the relics of plants, animals, and other things that lived here tens of thousands of years ago.



Statues at entrance

The formation of the tar pits is an interesting story in itself. Millions of years ago, two tectonic plates – the Pacific and the North American – crashed into each other creating, among other things, the San Andreas Fault. We live on the Pacific Plate, which is still moving northward at about an inch a year.

Over millions of years, this movement forced our coastal mountain ranges, which should run north and south, to shift to east to west. As the earth shifted, deep

pools of asphalt (not tar), the lowest grade of crude oil, formed in the LA basin.

As a thin layer of water covered the asphalt, animals would go there thinking it was a watering hole and then get stuck. Predators, mainly saber tooth cats and dire wolves, would attack the other animals thinking they were an easy meal. And they, too, would get stuck. That attracted vultures and hyenas. Over time, thousands of animals got stuck in the goo.

This cycle was not limited to animals. Insects would lay their eggs on the water and get stuck. Plants would get enmeshed, too. As it turns out, asphalt is extremely good at preserving things. All this started happening between 10,000 – 50,000 years ago.

In case you are wondering, there are no dinosaurs in the pits. They went extinct about 65 million years ago during a previous ice age (earth has experienced at least five).



Hundreds of dire wolf skulls



Saber-tooth cat

Fast forwarding to modern times, Native Americans used the asphalt to waterproof their canoes and baskets. In 1828 the Spanish created Rancho La Brea, a 400-acre ranch, and granted it to Jose Antonio La Rocca with the proviso that the natives could take out all the asphalt that they needed. As LA grew, the ranch was subdivided; and the Hancock Family (Henry, Ida, and their children) acquired ownership of the tar pits. The Hancocks earned the majority of their income by selling the asphalt, which was good for building roads and other things. Occasionally they would find a bone, like a saber tooth cat's tooth, but they thought nothing of it.

As oil wells were dug in the late 1800s, more and more bones were found. Finally in 1901, Union Oil geologist W. W. Orcutt determined that these were fossils, and the significance of the area was finally recognized. Ida Hancock gave permission to the University of California to supervise a dig, and things really got underway over the next decade. Ida passed in 1913, and her son gave LA County the exclusive rights to excavate for a two-year period. He finally gave 23 acres to the County of Los Angeles with the proviso that the artifacts be handled and exhibited properly. It wouldn't be until 1975 that philanthropist George C. Page donated the money to open a museum there in 1977.

Only one human has ever been discovered in the pits. "La Brea Woman" is believed to have lived about 9,000 years ago, was about 18 when she got stuck, and was



Columbian
Mammoths



Columbian Mammoth *Mammuthus columbi*

The Columbian mammoth was the commonest mammoth to live in North America during the Ice Age. Some mammoths from Rancho La Brea grew to a height of thirteen feet. This specimen is of average size, about fifteen thousand pounds in weight and twelve feet tall.

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4' 8" tall. But 400 different species of animals have been found representing millions of bones. The Columbian Mammoth is the largest, and the dire wolf is the most common. Both were about double the size of their relatives today.

When you enter the museum, you can see paleontologists cleaning bones and reconstructing the most complicated jigsaw puzzles ever. It takes an average of 14 years to reassemble the bones on display. The bones are remarkably well preserved, and they still have oil oozing out of them. But they emerge all stuck together. Extreme patience is required to split the bones apart and then reconstruct the animal they represent.

One interesting exhibit shows how difficult it was to get out of the tar. It's easy to see how quickly the animals would tire, get dehydrated and finally lie down. There is also a good 20-minute movie that brings to life what happened over many thousands of years.

The tar pits were recently recognized as one of the world's first 100 Geological Heritage Sites. All the others are in remote areas of the world. So go see the only one that is in the middle of a great city.

Contact the author
at rfirring@aol.com.





SOMETIMES I NEED EXPERT ADVICE

Next Time I'll Ask Myself

BY CARL RIGOLI

One of my students gave me a coffee mug as a gift. It has an inscription on it that bears the title of this story.

I have always assumed that expert advice must be dispensed by someone who is very accomplished in a given profession, and that one of the best ways to solve a problem is to seek the advice of an expert. I have personally sought out such a consultation many times. Looking back at my experiences, consulting advisors have for the most part been very helpful and informative – although there have been a number of occasions when the so-called experts needed therapy!

I have often wondered what qualifies someone to call themselves an expert. When they attended school, did their curriculum contain courses to guarantee they would be an expert? Sometimes I have found that a self-professed expert needs to consult with another expert to get clarification to solve an existing problem.

At this point, if it sounds like I am going around in circles – you are probably right.

While my wife and I were living in our old house in Los Angeles, we were having problems with our name-brand washing machine. It was about 15 years old and kept breaking down. Fortunately, we had an insurance warranty plan, and they had to fix it regardless of age. That's when the fun started even though we were assured it would be repaired immediately.

The first repairman was a so-called expert in diagnosing our washing machine's problem. This repair person spent about an hour taking things apart and kept shaking his head but to no avail, as he couldn't figure out the problem. He made a few phone calls and contacted a second expert who showed up several days later. The second fellow also spent about an hour but couldn't figure it out either. He made more calls and, a few days later, a third expert arrived.



This time, the third repairman triumphantly announced he had diagnosed the problem. He said he needed to call their warehouses that stocked parts for old washers. I heard him ordering several parts for our sick machine. He assured us that the parts would be rushed by FedEx and that he would send a fourth expert to install the new parts – then our problems would be over.

The parts via FedEx showed up and so did the additional expert repairman. But guess what? They were the wrong parts. The next day, a fifth and sixth team arrived to figure out how to proceed. They smiled and ordered more parts. The new parts came, but some of them were so big they would not fit in the washer.

Well, this went on for several weeks; I can't even remember how many specialists showed up offering their expert advice. All of the wrong parts were piling up in my yard, which was beginning to look like a junkyard for old washing machines. Parts were coming to my house from all over the country.

After several weeks of complete chaos dealing with experts who kept passing our washing machine woes on to others, still the problems were not resolved. Finally, we got a call from the service department who said they were sending two more expert decisionmakers, numbers seven and eight, to decide where to go from here.

Believe it or not, their names were Laurel and Hardy. They looked at our washing machine and our dryer plus all the parts in our yard and said, "Since we cannot find the right parts and can't fix your washing machine, we are going to order a new washer and dryer for you because of all your trouble and frustration."



A couple of days later, Laurel and Hardy, the real experts, delivered a new washer and dryer to our house, set them up, and hauled the old ones away to the warehouse for parts at no charge. So, the moral of the story is: call Laurel and Hardy, the real experts.

I would like to recommend to all of you seeking expert advice that you consider asking yourself for that advice. When you resolve your problem, just say to yourself, "I told you so."

Contact the author at
vibemanmusic@gmail.com.



COMPETITION

BY BARA ROSENHECK

My house and I are well suited for each other. We're both beginning to fall apart simultaneously. I'm not sure if we're in a competition with each other or if we're just in sync. But it seems to me we each started to deteriorate at about the same time. It's become a tit-for-tat game that I don't like.

Both I and my dwelling are trying to meet the challenge of retaining health and youth, but it's an uphill battle. It seems we take one step forward and two steps back, working hard just to maintain the status quo.

Our laundry list of woes and mishaps is long, but I'll just give you a few examples of what it's like to "age in place" or, should I say, "age with the place"? I fell in the kitchen. It was not graceful, and it occurred at almost the same time that all the outdoor garden and water feature lights failed. These two events required visits from the local rescue squad (for me) and our gardener and electrician (for the lights).

I'm certain, if the house and I could compete in the Olympics, we both would score well for recovery. Both of us are now functioning in acceptable ways. But the challenge continues about which one of us goes south first. What we're both learning is that aging is not for the faint of heart. Additionally, worrisome is the fact that long-term survival statistics are surely on the side of the house.

Shortly after these events, our competition of deterioration continued. The mechanism controlling our overhead garage doors started to show its age and refused to do its job on a regular basis. Sometimes it opened the doors, at other times it worked not at all. It groaned, grumbled, and emitted painful sounds upon movement. I don't think I need to explain my parallel situation in detail. I believe you can figure this one out on your own.

It's said the heart of the home is in the kitchen where most time is spent, meals are prepared, and guests congregate. Our kitchen is seeking revenge because of overuse. The other day, the faucet in the sink became aggressive and issued forth a geyser of water that sprayed hither, thither, and yon. Our handyman quickly came to the rescue.

A recent thunder and lightning storm produced huge puddles in our neighborhood and confused our house greatly. The refrigerator in the garage, the TVs, internet, and phones ceased working. It seemed the house needed to rest from the trauma of the storm, and we were sent scurrying around to figure out what reset button we needed to press to restore function.





The next decline was when our fully-loaded dishwasher sprung a leak and covered the kitchen floor with sudsy water. That fun episode was the dishwasher laughing and asking, "Can you top this?"

Well, actually I can. I had an MRI that indicated my spine needed immediate attention. And so, off I went

to PT, and I also scheduled a follow-up appointment with a spine surgeon. Ha, I laughed at the dishwasher, I'm getting repaired well before the technician can make a house call to look at your leak!

To update and modernize the house, we've decided to make some improvements. We're investigating the possibility of installing a generator to provide electric current if we fall victim to rolling blackouts or an earthquake; and we're replacing and improving electrical circuits plus other similar equipment. Also, on our to-do list is a newer and better TV with special surround sound speakers. These new features will allow the house to bring forth new life.

I'm at a decided disadvantage in the "bring forth new life" category. Perhaps I may need to forfeit the contest.

Contact the author at
baracuda2@icloud.com.



Do you have an inspiring story to share about your pet's illness from cancer?

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view@scshca.com*

BAREFOOT IN THE HOUSE

BY GINA STAR POLLACK



If you're like me, you get grossed out by stepping on sticky gum, wet leaves, or mystery slime outside. Even if you wipe your shoes on a mat before entering the house, imagine all the disgusting germs you bring inside.

I've always been a neat freak, but many people have wanted to improve their hygiene since the pandemic. Not wearing shoes in the house is a great way to keep your floors clean by reducing dirt, dust, bacteria, and other nasty junk tracked in on the soles of shoes. According to a recent University of Arizona study, there are approximately 421,000 units of bacteria on the outside of shoes.

Not wearing shoes indoors is an easy practice for your family to follow, and asking visitors to remove theirs is not rude. In many cultures, removing footgear at the door signifies respect as a guest enters someone else's home. Starting a no-shoes policy may initially feel strange, but I think you'll quickly notice many benefits.

You may spend less time cleaning the house since floors and surfaces will stay fresher, leaving you more hours for hobbies, sports, and entertainment. Dirt and moisture on shoe soles can scratch, damage, and soak into the floor. A no-shoe policy may help save money by preserving carpet, tile, and hardwood floors. Bacteria, fuel residue, and animal droppings on shoes can affect your family's health, so removing footwear at the door and washing shoes before storing them are good rules of thumb.

You may also notice improved health and lower stress. Footsteps may be quieter, reducing noise levels. If you go barefoot inside rather than wearing slippers, your feet, muscles, and tendons might become stronger. Just remember to wear indoor slippers or socks with a bottom grip to reduce the risk of sliding or stumbling.

It's a good idea to provide disposable slippers, gripper socks, or bootie covers for guests and vendors who feel uncomfortable removing shoes. Keep these near the front door alongside a bench to make putting on indoor footwear simple.

Outside, a welcome doormat with a unique quote can encourage visitors to remove shoes at the door. You can make the process even more fun by posting a humorous sign in the entry hallway.

I hope you may find these suggestions helpful to start a stress-free, no-shoes-inside-the-house policy for family, guests, and vendors. Your home may very well be cleaner, and wearing fun animal or sexy slippers will make every day an adventure.



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



IGNORE AGEISM

Let's Celebrate Aging Productively!

BY AGGIE JORDAN

Are you over the age of 75 and still productive? Or do you know someone who is? Do you have a story about your accomplishments? It can be anything in any field, as long as you are still doing it.

Are you an artist, a real estate agent, a current volunteer, a novelist, a runner, a lawyer, a small business owner, or anyone pursuing ongoing achievement at 75+? Please let us know. We would like to honor productivity past 75. No time for ageism, that damaging prejudice that defies worth and self-confidence for seniors.

My husband, Robert DeLaurenti, is 89, and still creating magazine cover photographs. In her early eighties, my friend, Bara Rosenheck, published an award-winning novel, *Justice for Julia*. The Amazon editors chose her book *Foolish Moments and Other Stories* for their monthly list of top picks. I'm 85 and I just published a memoir. Doctors are still working to help patients rather than play golf. Or perhaps, he or she can still do both.

Thank you to all who continue to make our world better with their talents.

So, please, if you are 75+ and have stories you would like to share with us in *The View*, write to view@scshca.com or to me at aggiejordan@gmail.com.





LIFESTYLE UPDATE

CONNIE KING | LIFESTYLE DIRECTOR

I have been working diligently with the Lifestyle Advisory committee to finalize the second quarter event calendar. The committee met on April 25 to discuss the formation of a Friendship Circle. More information will be available once we finalize the details.

A couple of achievements:

We implemented our new "Get Acquainted" format on Friday, April 14, at the New Homeowners Orientation. This allowed new residents to meet and mingle before the presentation. Jerry Irwin, committee member, was on hand to answer questions and provide cost-saving tips.

On Friday, April 21, over 100 volunteers were recognized at the Volunteer Reception held to honor their outstanding contributions and commitment to keep Sun City Shadow Hills running smoothly.

Lifestyle and Maintenance are excited to announce the re-opening of the Montecito Amphitheater in late May or early June. Stay tuned for the date and time of the ribbon-cutting ceremony.

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





Lifestyle Advisory Committee a.k.a., "The Fun Team"

The Lifestyle Advisory Committee members share why they serve:

I am delighted to serve with other members of the Lifestyle Advisory Committee (LAC) as we share ideas and offer advice to Connie regarding ALL the fantastic ideas and activities she generates with so much enthusiasm! Connie is passionate about our SCSH residents being able to "live and enjoy their retirement lifestyle to the fullest!" Serving on the LAC committee is a pleasure! – Ellen Owens

I enjoy helping arrange activities for the community. I especially enjoy helping Connie and Veronica put together trips to sporting events. – Jerry Irwin

It's great to work with our community's "Director of Fun" and all the other talented and supportive residents on the committee! – Lee Powell

I'm thrilled to be part of the Lifestyle Committee! I appreciate all the hard work Connie and her staff do to organize such a variety of events for our lovely community! There is so much "behind the scenes" work they do and oversee which isn't seen or recognized. Thank you! – Emilie Jester

I am honored to serve on the Lifestyle advisory Committee and support Connie King's innovative ideas in making SCSH a community of many activities and events. – Pamela Lee, Committee Chair

I love that Connie, her staff, and our committee try to provide a range of activities to reach the diversity of people who live in SCSH. This is a great place to live and serving the community gives us the opportunity to meet a lot of active, fun people. – Pat Cochran

I am very thankful to be part of such a creative committee whose sole purpose is to provide the best possible experience and entertainment opportunities for our residents. – Patti Petersen

I am proud to be part of a committee who is caring and thoughtful of all residents of our great community. – Salvie McFarlane



CANCELLED

SUNDAY, JUNE 11, 2023 • \$75 PER PERSON
 Depart: 10 a.m. | Game time: 1:07 p.m. | Approx. return time: 7:45 p.m.
 Sign ups begin: Monday, January 9, 2023 - Friday, April 10, 2023
 Tickets will be on Terrace Allstar Section 227 Rows D, E, F and G.

LIFESTYLE

Lifestyles will follow mandatory guidelines as it relates to State, City and County ordinances regarding Covid-19.

Music TO MY Ears

AT MONTECITO

JUNE 20, 2023 • \$15
 5:00PM-6:30PM: TACOS - 7:00PM: MUSIC STARTS



Taco Tuesday
 music by D'Angelo & Street duo




Music, Dancing, Fun!

PURCHASE AT WWW.SCSZCA.COM/TICKETS
 SHADOWS TO PROVIDE BAR | DON'T FORGET TO BRING YOUR LAWN CHAIRS
 MORE INFORMATION VISIT OR CALL THE LIFESTYLE DESK AT (760) 345-4349 EXT. 2120

LIFESTYLE

NEW HOMEOWNER ORIENTATION

SPECIAL EVENING ORIENTATION
THURSDAY, JULY 13, 2023 • 5:30PM
 MONTECITO CLUBHOUSE

GET ACQUAINTED
 WE INVITE YOU TO JOIN OTHER NEW RESIDENTS IN THE BALLROOM FROM 5:00 PM-5:30 PM FOR REFRESHMENTS BEFORE THE NEW HOMEOWNERS ORIENTATION.

SIGN UP AT THE LIFESTYLE DESK:
 (760) 345-4349 EXT. 2120




SEAPORT VILLAGE

SAN DIEGO, CA

MONDAY, AUGUST 7, 2023 | \$35/P.P.
 PRICE INCLUDES TRANSPORTATION, SNACKS ON BUS. LUNCH ON YOUR OWN.

OPENED IN 1980, THIS 14-ACRE WATERFRONT SHOPPING, DINING, AND ENTERTAINMENT COMPLEX RECREATING A HARBOR SIDE SETTING OF A CENTURY AGO. INCLUDES 54 ONE-OF-A-KIND SHOPS, 13 CASUAL DINING EATERIES, AND FOUR FINE DINING WATERFRONT RESTAURANTS.

DEPARTURE TIME: 9:00 A.M.
 APPROXIMATE TIME OF RETURN: 7:00 P.M.

SIGN UP FROM MAY 15, 2023 - JULY 31, 2023
 GUEST SIGNUPS BEGIN JUNE 5, 2023
WWW.SCSZCA.COM/TICKETS





**4th of July
Western**

Hoedown

JULY 4TH 2023 • \$15
M O N T E C I T O C L U B H O U S E

Food provided by Thomas Catering
Menu: Hamburgers, Hotdogs, Watermelon Slices, Coleslaw or Potato Salad
or Baked Beans, Variety of Ice Cream Sandwiches and Bars

3pm: 4th of July card making – Paper Crafters (optional)
4pm: Refresher course in line dancing (optional)
6pm: Dinner served • **8pm:** Entertainment by The Desert Riders



For more information visit the Lifestyle Desk at (760) 345-4349 ext. 2120 | scshca.com/tickets



LIFESTYLE
THE CLUBHOUSE



TRIP TO
Mesquite
NEVADA

SEPTEMBER 24TH - 27TH, 2023

\$380.00 PER PERSON (SINGLE OR DOUBLE OCCUPANCY)
 TICKETS GO ON SALE SATURDAY, APRIL 1 AND SALES END BY THURSDAY, AUGUST 10.

2 NIGHT STAY AT CASABLANCA RESORT AND CASINO IN MESQUITE + \$30.00 GIFT CARD.
 1 NIGHT STAY AT THE GOLDEN NUGGET IN LAS VEGAS.
 OUTDOOR PLAY AT THE TUACAHN AMPHITHEATER. DINNER AT CHUCK-A-RAMA.
 EXPLORE LAS VEGAS ON YOUR OWN.





SAVE THE DATE

Hadassah presents GAME DAY!

You won't want to miss this lively and entertaining Event!

Sunday, June 4, 2023

10:00am – 3:30pm

Bring your game, group and all items needed for your game. If you don't have a group, let us know so we can help. More information to follow.

Game Day will be held at the Montecito Clubhouse in the Main Ballroom.

INVITE YOUR FRIENDS!



Sun City Shadow Hills

THAT'S ENTERTAINMENT CLUB

Sir Laffs-A-Lot's Comedy Night



Starring Comedians from the Top Late Night Shows

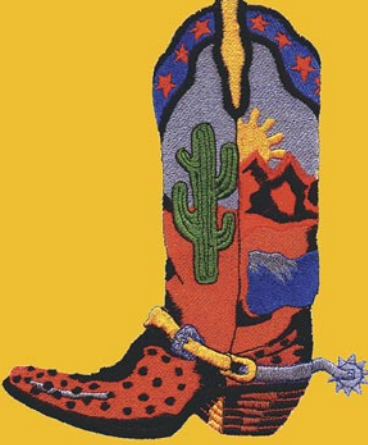
Hilarious New Shows Every Month Rated "R" Due to Possible Adult Content

Wednesday, June 21, 2023 • 7:00 pm
Reserved Seating • Tickets on Sale June 1

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

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

SCSH LIVELY LINERS CLUB INVITES YOU TO JOIN US FOR DANCING ON A "HOT SUMMER NIGHT"



GET OUT YOUR DANCING SHOES OR BOOTS AND DRESS COOL

SATURDAY - JUNE 24, 2023 - 6:00- 8:30 PM
MONTECITO CLUBHOUSE
FREE TO MEMBERS AND GUESTS

BRING A SNACK AND BEVERAGE OF YOUR CHOICE
QUESTIONS? CALL KATY AT 760/610-0710



SCSH SINGERS NEXT SEASON SCHEDULE

- September 25, 2023: Rehearsals begin for Holiday Concert
 - Rehearsals continue every Monday 3:30 – 6:30 pm
- Sunday, December 17th at 2:00 pm Holiday Concert
- January 8, 2024: Rehearsals begin for Spring Concert
 - Rehearsals continue every Monday 3:30 – 6:30 pm
- Sunday March 17th at 2:00 pm Spring Concert

All SCSH Singers wish to thank our community friends and neighbors, as well as the Lifestyle Staff, for supporting and cheering on our singing and performing adventures.

For more information please contact Karen Adamik, Musical Director via text at 310-940-9428.

Bonjour!

L'Expérience Française

(The French Experience)

Bonjour! We are pleased to invite you to join the new SCSH French Club, *L'Expérience Française*. If you're interested in learning French, improving your French language skills, and making new friends, please join us. *À bientôt!*

Any questions? Please call:
Barbara Guiffre at (315) 868-3854

Join us for Worship!

Come as you are and grow closer to Christ as you hear the inspirational messages from our experienced Bible teaching pastor!

- ❖ Inter-denominational
- ❖ Prayer support
- ❖ Caring and friendly members

MOUNTAIN VIEW CHURCH



10AM Sundays
at the Montecito Clubhouse, Capistrano Room

Contact:

Ed Brown 760-908-3110
pastored@cox.net

Earl McDaniel 949-675-8714
earlmcDaniel@rocketmail.com

THE Pomettes OF SUN CITY SHADOW HILLS



Put a little "Spring" in your step with the Sun City Shadow Hills Pomettes Club!



CONTACT US!

President: Sue McCollum
suncitycheers1@gmail.com

VP: Diana Pleasants
diana.051759@yahoo.com

Events: Liz Brannon
lizbrannon13@gmail.com

INTRODUCING THE Pomettes

A fun new group of community members who want to bring a little "Cheer" and happiness to our community. We are seeking members for our Cheer Squad but also need non-performing support with behind-the-scenes tasks!

If you are interested in having the Pomettes perform, entertain, or cheer for your event, club or special occasion, contact Events Coordinator, Liz Brannon.





FOOD & BEVERAGE

MANUEL GUADARRAMA | FOOD & BEVERAGE MANAGER

Summer is here and, with it, triple-digit temperatures. As many of you prepare to stay indoors for the next few months, remember Shadows is thinking of you.

By this time, we hope everyone has had the opportunity to try our new daily specials. If you haven't, you're missing out...

Breakfast Specials

Tuesday through Friday, 8 – 11 am

Lunch Specials

Tuesday through Friday, 11:30 am – 7 pm

Dinner Specials

Tuesday through Sunday, 5 – 7 pm

For those of you who don't mind a little heat, join us at the Terrace for a fun food venue. Visit our website theshadowsrestaurant.com for information.

This month there are a few notable changes. First, Shadows is going into summer hours of operation. The new hours are Tuesday – Sunday, 8 am – 7 pm.

Second, the Santa Rosa Bistro is closed for the summer. The purchase of drinks and snacks is still available through the Pro Shop.

Lastly, the Terrace hours of operation are changing to 6 am – 1 pm.

Thank you for your continued support.

Contact the author at jguadarrama@troon.com.



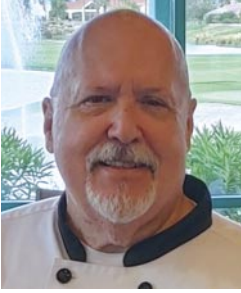
Shadows Restaurant • (760) 772-4342

Hours of Operation

Monday: Closed

Tuesday – Sunday: 8 am – 7 pm

Hours are subject to change to accommodate for specialty nights, banquets, or catering events. Please view the events calendar on our website: theshadowsrestaurant.com



CHEF'S CORNER

CHEF JOHN DUTRA | EXECUTIVE CHEF

"But it's a dry heat"...sure! However, 115-plus degrees is hot regardless of how you characterize it. For the next four months we hunker down, turn up the air conditioner, and just manage those often-record-breaking temperatures.

Dining in the summer is always a challenge. I know for my wife and me, when it is hot, we just have no appetite for anything heavy and usually want something light. That is not to say that we don't love a great BBQ meal. I love to grill all summer, but we tend to offset the impact of those meaty items with something more refreshing.

We enjoy a good watermelon salad. Watermelon is one of my favorite pleasures in the summer. I always

have some cubed in the refrigerator, ready to enjoy as a snack with a little salt on it. Very refreshing on a hot summer day. My watermelon salad includes both watermelon and cucumbers, both of which are packed with water, so you are hydrating while you enjoy a great meal. The salad also includes feta cheese which sounds like it wouldn't go well with watermelon, but it works.

So here is my watermelon salad recipe for your enjoyment during the dog days of summer.

Contact the author at jdutra@troon.com.

Watermelon/Cucumber Salad

- 1 seedless watermelon, cut into cubes
- ½ cup feta cheese
- 1 to 2 English cucumbers, sliced in half moons with or without the skin, your preference
- 1 to 2 tablespoons of fresh mint leaves, sliced or torn
- 3 to 4 tablespoons of olive oil
- 1 to 2 tablespoons of lime juice, depending on your preference
- Salt and pepper to taste

Depending on the size of your salad, you can adjust the amounts of each item. For my wife and me, I make a salad for two. So, we do not use the whole watermelon and basically adjust our ratio based on the size of the salad.

Cube the watermelon or use a melon baller for better presentation. Slice up the cucumbers into half-moons.



In a separate bowl, add the lime juice to the olive oil and mix. You can adjust the flavor by adding more lime juice or some lime zest. The lime really makes the salad pop.

Season with salt and pepper and toss before you add the olive oil/lime mixture. This allows for more even seasoning.

Then top with feta cheese and add some mint leaves to give the salad a real refreshing taste. Feel free to use other cheeses. In a pinch I have used goat and cotija cheese.



GOLF OPERATIONS

PHIL VIGIL | GENERAL MANAGER, SHADOW HILLS GOLF CLUB

Summer Transition – What is it?

Winter overseeding in the Coachella Valley is a standard process that occurs in the fall and allows golf courses to reopen at the start of each season with a winterized ryegrass playing condition.

Overseeding is a process on the golf course in which Ryegrass seed is spread onto existing Bermudagrass turf. Overseeding, also known as top seeding, promotes new growth and can be used to swap out existing turf and/or dormant turf. A typical example of overseeding is when Bermudagrass goes dormant and is swapped with Ryegrass.

As temperatures rise, the overseeded Ryegrass dies off and the warm season Bermudagrass comes out of dormancy. This typically occurs during the months of May and June and is called the “summer transition.” Weather permitting, both the North and South Courses will be fully transitioned into Bermudagrass by early July.

This process is normal and will present some visible changes to the golf course in the coming weeks. As the Bermudagrass comes out of dormancy, it will be the prominent playing surface during the summer months leading up to the overseeding process again in the fall. Visible changes to the golf course during the summer transition will be greening-up of the rough areas, with thin areas in the fairways, and greens as the Ryegrass dies off and the Bermudagrass fills in.

As a reminder, we will be moving into our golf shop summer hours of operation:

June & July

- North Course Golf Shop: 6 am – 12 pm
- South Course Golf Shop: 6 am – 1 pm

August

- North Course Golf Shop: 6 – 11 am
- South Course Golf Shop: 6 am – 12 pm

The South Course driving range will close when the golf shop closes. All players must register in the golf shop before the golf shop closing times.

As always, stay tuned to our weekly email blasts, posts on our Facebook pages “The Shadows Golf Club” and “The Shadows Restaurant,” as well as our mobile app for upcoming summer events, hours of operation, and other important information.

Contact the author at pvigil@troon.com.





GOLF COURSE MAINTENANCE

THOMAS JOHNSON | GOLF COURSE SUPERINTENDENT

Topdressing Greens

Now that the amount of play is down, we are going to start topdressing greens as much as possible. Every 7 to 14 days, depending on manpower and materials, is what I'm shooting for.

Topdressing improves smoothness, increases firmness, and reduces thatch. It is a very important agronomic practice that will greatly improve the quality and playability of the putting greens.

Below is a link to a brief video on the USGA website that will further explain the benefits of topdressing.

<https://www.usga.org/content/usga/home-page/course-care/green-section-record/59/12/the-process-of-topdressing.html>

Contact the author at thomas.johnson@troon.com.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

<p>4</p> <p>9:00 AM Needles & Pins CAM/MIR 10:00 AM Mountain View Church CAP 2:00 PM Table Tennis NPT/PIS 5:00 PM Let's Meet and Eat Club BR</p>	<p>5</p> <p>7:15 AM Lady Putters CAP 9:00 AM Creative Arts CAM 10:00 AM Meditation NPT/PIS 11:00 AM Pan CAP 12:30 PM Needles & Pins CAM/MIR 1:00 PM Gin Rummy NPT 1:00 PM Scrabble PIS 4:30 PM King & Queens Club PIS 6:30 PM Bocce Buddies BCM 7:00 PM Billiards Club PAC</p>	<p>6</p> <p>8:00 AM Ceramics CAM 9:30 AM DRC Meeting COA 10:30 AM Library Volunteers PAT 11:00 AM Pan CAP 12:45 PM Paper Crafters CAM/MIR 4:30 PM King & Queens Club PIS</p>	<p>7</p> <p>9:00 AM Needles & Pins CAM/MIR 9:15 AM Bridge CAP 10:30 PM Safety Meeting FH 11:00 AM Table Tennis NPT/PIS 12:30 PM Mah Jongg BH 1:00 PM Health & Fitness Com. LJ 1:00 PM Jewelry Club MIR 1:30 PM King & Queens Club PIS 1:30 PM Mexican Train NPT 2:00 PM Landscape Advisory COA 7:00 PM Billiards Club PAC</p>
<p>11</p> <p>9:00 AM Hadassah BR 9:00 AM Needles & Pins CAM/MIR 10:00 AM Mountain View Church CAP 2:00 PM Table Tennis NPT/PIS</p>	<p>12</p> <p>7:15 AM Lady Putters CAP 9:00 AM Creative Arts CAM 10:00 AM Meditation NPT/PIS 11:00 AM Pan CAP 12:30 PM Needles & Pins CAM/MIR 1:00 PM Gin Rummy NPT 1:00 PM Scrabble PIS 4:30 PM King & Queens Club PIS 6:30 PM Bocce Buddies BCM 7:00 PM Billiards Club PAC</p>	<p>13</p> <p>8:00 AM Ceramics CAM 11:00 AM Desert Life Board LJ 11:00 AM Pan CAP 12:45 PM Paper Crafters CAM/MIR 2:00 PM Golf Advisory Comm. COA 2:30 PM The View Advisory LJ 4:30 PM King & Queens Club PIS</p>	<p>14</p> <p>FLAG DAY</p> <p>9:00 AM Needles & Pins CAM/MIR 9:15 AM Bridge CAP 11:00 AM Table Tennis NPT/PIS 12:30 PM Mah Jongg BH 1:00 PM Jewelry Club MIR 1:30 PM King & Queens Club PIS 6:00 PM Rainbow Friends CAM 7:00 PM Billiards Club PAC</p>
<p>18</p> <p>FATHER'S DAY</p> <p>9:00 AM Needles & Pins CAM/MIR 10:00 AM Mountain View Church CAP 2:00 PM Table Tennis NPT/PIS</p>	<p>19</p> <p>7:15 AM Lady Putters CAP 9:00 AM Finance Committee COA 9:00 AM Creative Arts CAM 10:00 AM Meditation NPT/PIS 11:00 AM Pan CAP 12:30 PM Needles & Pins CAM/MIR 1:00 PM Gin Rummy NPT 1:00 PM Scrabble PIS 4:30 PM King & Queens Club PIS 6:30 PM Bocce Buddies BCM 7:00 PM Billiards Club PAC</p>	<p>20</p> <p>8:00 AM Ceramics CAM 9:00 AM Food & Beverage Com. LJ 9:30 AM DRC Meeting COA 11:00 AM Pan MAR 12:45 PM Paper Crafters CAM/MIR 4:30 PM King & Queens Club PIS 6:00 PM Veterans Club CAM 7:00 PM Bunco BH</p>	<p>21</p> <p>SUMMER BEGINS</p> <p>9:00 AM Needles & Pins CAM/MIR 9:15 AM Bridge CAP 11:00 AM Table Tennis NPT/PIS 12:30 PM Mah Jongg BH 1:00 PM Jewelry Club MIR 1:30 PM King & Queens Club PIS 1:30 PM Mexican Train NPT 2:30 PM Information Committee COA 7:00 PM Comedy Night BR 7:00 PM Billiards Club PAC</p>
<p>25</p> <p>9:00 AM Needles & Pins CAM/MIR 10:00 AM Mountain View Church CAP 2:00 PM Table Tennis NPT/PIS</p>	<p>26</p> <p>7:15 AM Lady Putters CAP 8:00 AM Classy Niners LJ 8:00 AM Executive Session COA 9:00 AM Creative Arts CAM 10:00 AM Meditation NPT/PIS 11:00 AM Pan CAP 12:30 PM Needles & Pins CAM/MIR 1:00 PM Gin Rummy NPT 1:00 PM Scrabble PIS 2:00 PM Board Meeting BR 6:30 PM Bocce Buddies BCM 7:00 PM Billiards Club PAC</p>	<p>27</p> <p>8:00 AM Ceramics CAM 10:00 AM Lifestyle Committee MIR 11:00 AM Pan CAP 12:45 PM Paper Crafters CAM/MIR 2:00 PM Readers Ink CAP 4:30 PM King & Queens Club PIS</p>	<p>28</p> <p>9:00 AM Needles & Pins CAM/MIR 9:15 AM Bridge CAP 11:00 AM Table Tennis NPT/PIS 12:30 PM Mah Jongg BH 1:00 PM Jewelry Club MIR 1:30 PM King & Queens Club PIS 2:00 PM Non-Fiction Book Group LJ 6:00 PM Movie Group CAM 7:00 PM Billiards Club PAC</p>

<p>1 THURSDAY</p> <p>8:00 AM Comedy Night Tickets CL 9:00 AM Creative Arts CAM 9:00 AM Facilities & Services MAR/SY1 9:30 AM Writers Club LJ 11:00 AM Pan CAP 12:30 PM Hand & Foot NPT 1:00 PM Canasta MIR 1:00 PM EPC MON/PIS 4:00 PM King & Queens Club PIS 6:15 PM Bridge BH</p>	<p>2 FRIDAY</p> <p>8:00 AM Ceramics CAM 11:45 AM Pan CAP 2:00 PM Table Tennis NPT/PIS 4:00 PM Classic Movie Club: <i>Sabrina (1954)</i> MON 7:00 PM Movie Night: <i>Living</i> CAM/MIR</p>	<p>3 SATURDAY</p> <p>9:45 AM Bridge CAP 11:00 AM Pan KSK</p>
<p>8</p> <p>9:00 AM Creative Arts CAM/MIR 9:30 AM Writers Club LJ 11:00 AM Pan CAP 12:30 PM Hand & Foot NPT 1:00 PM Canasta MIR 3:00 PM Meet a Board Member CAP 4:00 PM King & Queens Club PIS 6:15 PM Bridge BH</p>	<p>9</p> <p>8:00 AM Ceramics CAM 10:00 AM Flag Sale CL 10:30 AM Alzheimer's Group MIR 2:00 PM Table Tennis NPT/PIS 7:00 PM Movie Night: <i>The Whale</i> CAM/MIR</p>	<p>10</p> <p>9:45 AM Bridge CAP 7:00 PM Tutta Bella Vino BR</p>
<p>15</p> <p>9:00 AM Creative Arts CAM 9:30 AM Writers Club LJ 11:00 AM Pan CAP 12:30 PM Hand & Foot NPT 1:00 PM Canasta MIR 2:00 PM French Club MON 4:00 PM King & Queens Club PIS 6:15 PM Bridge BH</p>	<p>16</p> <p>8:00 AM Ceramics CAM 11:45 AM Pan CAP 12:00 PM Beat the Heat FH 2:00 PM Table Tennis NPT/PIS 4:00 PM Classic Movie Club: <i>LA Confidential (1997)</i> MON 7:00 PM Movie Night: <i>80 For Brady</i> CAM/MIR</p>	<p>17</p> <p>9:45 AM Bridge CAP</p>
<p>22</p> <p>9:00 AM Creative Arts CAM 9:30 AM Writers Club LJ 11:00 AM Pan CAP 12:30 PM Hand & Foot NPT 1:00 PM Canasta MIR 4:00 PM King & Queens Club PIS 6:15 PM Bridge BH</p>	<p>23</p> <p>8:00 AM Ceramics CAM 10:30 AM Alzheimer's Group MIR 2:00 PM Table Tennis NPT/PIS 7:00 PM Movie Night: <i>All Quiet On the Western Front</i> CAM/MIR</p>	<p>24</p> <p>9:45 AM Bridge CAP 11:00 AM Pan KSK 6:00 PM Lively Liners FH</p>
<p>29</p> <p>9:00 AM Creative Arts CAM 11:00 AM Pan CAP 12:30 PM Hand & Foot NPT 1:00 PM Canasta MIR 4:00 PM King & Queens Club PIS 6:15 PM Bridge BH</p>	<p>30</p> <p>8:00 AM Ceramics CAM 9:00 AM Covenants Committee COA 2:00 PM Table Tennis NPT/PIS 4:00 PM Classic Movie Club: <i>Shampoo (1975)</i> MON 7:00 PM Movie Night: <i>Knock The Cabin</i> CAM/MIR</p>	

June 2023

LEGEND

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

Sign up or purchase tickets to Lifestyle events at www.scschca.com/tickets. For more information, contact the Lifestyle Desk at 760-345-4349 x 2120.

Fitness

FITNESS CLASS PRICES

SINGLE CLASS.....	\$6
5 CLASS PASS.....	\$30
10 CLASS PASS.....	\$54
MONTHLY PASS.....	\$65
*Valid for a calendar month	
ANNUAL PASS.....	\$600

*Annual Pass Sale Date: Monday, Nov. 28th, 2022.
Pass will be effective Jan 1st, 2023 - Dec 31st, 2023.

REFORMER PILATES CLASS PRICES

SINGLE CLASS.....	\$17
10 CLASS PASS.....	\$153

For more information, contact (760) 345-4349 ext. 2111

Please note that all passes are Non-Transferable and Non-Refundable



FITNESS UPDATE

AMBER GALINDO | FITNESS DIRECTOR

As summer approaches, it is important to remember certain safety precautions to avoid heat-related illnesses. Whether you plan on spending your time outdoors, traveling, or simply spending time at home, understanding the risks associated with high temperatures is essential.

First and foremost, it is important to stay hydrated. Drink plenty of water and avoid alcohol as it can dehydrate you. It's also a good idea to limit strenuous outdoor activities during peak sun hours and stay in the shade whenever possible. Whenever you spend time outside, wear lightweight and light-colored clothing to reflect the sun's rays and keep you cool. Make sure to protect your skin by applying sunscreen. An SPF of 15 to 50 is recommended, and it should be reapplied every few hours or after swimming. Sunburn is not only painful, but it can also increase your chances of skin cancer.

Finally, it's important to be aware of the signs of heat exhaustion and heat stroke. Symptoms of heat exhaustion include heavy sweating, weakness, cold and clammy skin, and a rapid pulse. Heat stroke symptoms include a high body temperature, confusion, throbbing headache, and unconsciousness. If you suspect someone is suffering from heat exhaustion or heat stroke, call 9-1-1 immediately.

By following these safety tips, you can enjoy a fun and healthy summer without putting yourself at risk for heat-related illnesses.

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses 		<h2>CALL 9-1-1</h2> <ul style="list-style-type: none"> • Take immediate action to cool the person until help arrives

FITNESS CLASS SCHEDULE

MONDAY

MONTECITO FITNESS CENTER

- 8:00 AM Yoga; Angel (\$6)
- 9:00 AM Zumba; Yvette (\$6)
- 10:00 AM Aqua Fitness; Tiffani (\$6)
- 10:00 AM Mat Pilates; Cheryl (\$6)
- 11:00 AM Reformer Pilates; Cheryl (\$17)
- 2:00 PM Lively Liners (*Beginner*)
- 5:00 PM Pomettes

SANTA ROSA CLUBHOUSE

- 8:00 AM Silver Circuit; Cheryl (\$6)
- 9:00 AM Total Body Strength; Cheryl (\$6)

TUESDAY

MONTECITO FITNESS CENTER

- 8:00 AM Barre; Eliezer (\$6)
- 9:00 AM Moving to the Music; Tiffani (\$6)
- 10:00 AM Aqua Fitness; Tiffani (\$6)
- 10:00 AM Mat Pilates; Eliezer (\$6)
- 11:00 AM Reformer Pilates I-II; Eliezer (\$17)
- 1:00 PM Lively Liners (*Beginner Review*)

SANTA ROSA CLUBHOUSE

- 9:00 AM Essentrics Stretch & Tone; Melinda (\$6)
- 10:00 AM Yoga; Melinda (\$6)
- 11:15 AM Total Body Pump; Jessica (*Free*)

WEDNESDAY

MONTECITO FITNESS CENTER

- 8:00 AM Silver Sneakers; Cheryl (\$6)
- 9:00 AM Balance & Stretch; Cheryl (\$6)
- 10:00 AM Aqua Fitness; Tiffani (\$6)
- 10:00 AM Body Toning; Cheryl (\$6)
- 1:00 PM Lively Liners (*Intermediate*)
- 5:00 PM Pomettes

SANTA ROSA CLUBHOUSE

- 7:30 AM Zumba; Rosy (\$6)
- 9:00 AM Qi Gong; Melinda (\$6)
- 10:00 AM Chair Yoga; Melinda (\$6)

THURSDAY

MONTECITO FITNESS CENTER

- 9:00 AM Cardio Kickboxing; Jessica (*Free*)
- 10:00 AM Mat Pilates; Eliezer (\$6)
- 10:00 AM Aqua Fitness; Tiffani (\$6)
- 11:00 AM Reformer Pilates I-II; Eliezer (\$17)
- 1:00 PM Thera Band; Dr. Eric (*Free*)
- 5:00 PM Lively Liners (*Intermediate Review*)

SANTA ROSA CLUBHOUSE

- 9:00 AM Zumba; Yvette (\$6)
- 10:00 AM Essentrics Stretch & Tone; Melinda (\$6)

FRIDAY

MONTECITO FITNESS CENTER

- 8:00 AM Zumba; Rosy (\$6)
- 10:00 AM Yoga; Angel (\$6)
- 11:00 AM Mat Pilates; Eliezer (\$6)
- 12:00 PM Stretch; Eliezer (\$6)

SANTA ROSA CLUBHOUSE

- 8:00 AM Silver Sneakers; Cheryl (\$6)
- 9:00 AM Vinyasa Yoga Level I-II; Leesann (\$6)
- 10:00 AM Meditation; Leesann (\$6)

SATURDAY

MONTECITO FITNESS CENTER

- 9:00 AM Open Line Dancing

SANTA ROSA CLUBHOUSE

- 9:00 AM Vinyasa Yoga Level I-II; Leesann (\$6)

SCHEDULE SUBJECT TO CHANGE

Please check www.scszca.com/fitness for updated information and class cancellations.

Rules and Procedures: Members must check in for class at the front desk. Members will be allowed to check in no more than 10 minutes prior to a class. All classes start on time.

No late entries. Please silence all cell phones during class.

Lively Liners and Pomettes classes require Chartered Club membership.

Club Contact Information

BILLIARDS

Don Salvatore 760-404-0219
salvatoreddon1@gmail.com

BOCCE BUDDIES

Rick Halla 949-500-0568
rick@rickhalla.com

BOWLERS CLUB

Karen Hargrave 818-929-2235
karenkimbrough@gmail.com

BRIDGE

Bev Teel 310-592-7212
bevteel25@gmail.com

BUNCO

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

CAMERA CLUB

Neil Miller 780-910-2501
neilmiller@shaw.ca

CERAMICS CLUB

Adam Roberts
scshceramics@hotmail.com

CLASSIC MOVIE CLUB

Josh Kanin 310-980-0747
Bill Hooper 310-293-9597

CLASSY NINERS

Letty Siegel 818-268-5751
lettysiegel@gmail.com

COMMUNITY SINGERS

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

COUPLES GOLF

Rob Quilley 760-775-2858
scshcouplesgolf@gmail.com

CREATIVE ARTS

Daryl Wolf 760-574-4586
laquintapatio@gmail.com

DANCE CLUB

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

DESERT GARDENERS

Terry Bolen
scshdesertgardeners@gmail.com

DESERT LIFE

Mary Jane Stratman 714-742-4299
mjauditor@aol.com

DISCUSSION FORUM

Mike Mercurio
mmercurio999@gmail.com

FRENCH CLUB

Barbara Guiffre 315-868-3854
bmguiffre@yahoo.com

GAMES PLUS

Pat Disalvo 310-433-0714
rosandichp@gmail.com

GENEALOGY CLUB

Scott Buchanan 925-895-6727
scshgenealogy@gmail.com

GIN RUMMY

Marie Devito 312-909-0446
mariedevito2@gmail.com

HAPPY TRAVELERS CLUB

Elizabeth Thompson
scshhappytravelers@gmail.com

HIKING CLUB

Marjorie Babuik
marjoriebabuik1@mymts.net

JEWELRY CLUB

Jutta Ruehl 310-567-2236
jr2lala@gmail.com

KING & QUEENS CARD CLUB

Marc Goldberg 503-951-0940
marcg0312@gmail.com

LADY PUTTERS

Barbara Prezlock 732-580-3681
bprezlock@aol.com

LET'S MEET AND EAT CLUB

Cherie Adams 760-953-6674
scshmeetandeat@gmail.com

LIVELY LINERS

Katy Linkjendal 760-610-5710
linkjendal@hotmail.com

MAH JONGG

Rochelle Asheroff 818-667-3501
asheroff@sbcglobal.net

MEDITATION OVER MEDICATION

Kerri Ray
kerriray303@gmail.com

MEN'S GOLF CLUB

David Gibson 253-219-0287
dggjg@comcast.net

NEEDLES & PINS

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

OKE DOKEY KARAOKE

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

PAIRS 9-HOLE GOLF CLUB

Glenn Carlson 206-200-5452
stretch1@wavecable.com

PAN

Michele Kirsh 661-510-5790
kirscomi62@gmail.com

PAPER CRAFTERS

Sharon La Croix 760-333-9727
noflurn@gmail.com

PERFORMING ARTS

Linda Bostjanick 760-360-2790
lbostjanick@comcast.net

PET CLUB

Jo Provenzano-King
818-848-5959
j.n.provenzano@hotmail.com

PICKLEBALL

Don Johnson 760-774-8388
djjjpd51@gmail.com

POMETTES

Sue McCollum 760-285-0915
suncitysuecheers1@gmail.com

RAINBOW FRIENDS

Erin Smith 805-300-4021
erincsmith@outlook.com

READERS INK

Teri Fitzsimmons 951-330-9910
fitzsimmonsterri@gmail.com

SNOWBIRDS CLUB

John McFerran 778-873-3118
scshsnowbirds@gmail.com

SOLOS

Steve Widener 603-978-9954
widenersteve@gmail.com

SPANISH CLUB

Maria Blue
scshspanishclub@gmail.com

TABLE TENNIS CLUB

Steve Lee 303-601-6096
mrnomad@dc.rr.com

TENNIS CLUB

Linda Johnson 435-229-8655
lnkjohns@hotmail.com

THAT'S ENTERTAINMENT

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

TUESDAY NIGHT PUTTERS

Stacy Boeskin 562-322-0985
tuesdaynightputters@gmail.com

TUTTA BELLA VINO

tuttbellavino@gmail.com

UKULELE STRUMMERS

Darlene Kretchmer
dkretchmer@yahoo.com

VETERANS CLUB

Pete Anderson 760-775-4745
petegolf@yahoo.com

WOMEN'S GOLF CLUB

Zerry Becker 760-567-2139
zerrylb@outlook.com

WRITERS CLUB

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

RESIDENT GROUPS

DEMOCRATS

Peggy Mathieson
democratsinscsh@gmail.com

HADASSAH

Debbie Orgen 760-289-7987
debbieorgen@hotmail.com

MOUNTAIN VIEW CHURCH

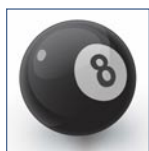
Earl McDaniel 949-675-8714
earlmcDaniel@rocketmail.com
Ed Brown 760-908-3110
pastored@cox.net

REPUBLICANS

Pete Anderson 760-775-4745
petegolf@yahoo.com

IF YOUR CLUB
OFFICERS HAVE
CHANGED, PLEASE
FILL OUT THE NEW
OFFICERS FORM.
760-345-4349 EXT. 2120

CLUB NEWS



Billiards Club

Our membership continues to meet every Monday and Wednesday at the Montecito Clubhouse billiards room at 6:30 pm for open play. We have six beautiful nine-foot tables. Our club allows you to play with men and women of all levels of experience. Tournaments are held on the second Monday and last Wednesday of the month at a cost of \$5 per player per tournament. No matter how you play, with our handicap system you will have a chance to win and have a good time. It's a great way to make new friends and meet neighbors!

Free lessons are available at 11 am every Thursday in the billiard room by Norman Kerr (707-372-6501); just come in or give him a call.

On Monday, April 10 we held a nine-ball round robin tournament. First place was won by Randy Galvin; second place went to Bob Bailey; and third place to Bob Engelhard.

On Wednesday, April 26 we held an eight-ball round robin tournament. First place was won by Randy Galvin; second place went to a new member Aronldo Nisuez; third to Pat Carson; and fourth to Bob Rennie. It was a tough match for all the players. Everyone played well and had a good time.

See you at the billiard room.



Bocce Buddies

Come and meet a nice group of residents who enjoy the game of Bocce. It does not matter if you have played before, we can teach you how to play.

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

We have five bocce courts at the Montecito Clubhouse and two courts at the Santa Rosa Clubhouse.

The club plays year-round. 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 949-500-0568.



Bunco

For those who have never attended or never played, don't worry! There is room for all, and no reservations are required. You can join the club the day you play. The game can be learned in a matter of minutes so it's okay to show up with no knowledge of the game.

Here is our 2023 schedule: June 20, July 18, August 16, September 19, October 17, November 21, December 12.

Feel free to bring what you want to drink. Bunco starts at 7 pm. Please arrive a few minutes early to sign in.

If you have any questions, contact Stacy Boeskin at scshbunco@yahoo.com or call 562-322-0985.



Camera Club



"Flower Float" by Jim Schacht

The Camera Club activities have wound down for this season, and what a great season it was. Over the summer our members will keep in touch via the

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occasional Zoom meeting. Our Board is also very busy planning for next year.

The lack of club meetings means our members have even more time to get out and do what we love – creating beautiful images of whatever catches our eye.

If you have an interest in photography, whether as a complete novice or an advanced practitioner, why not consider joining our club. It doesn't matter what your level of experience, or what type of camera, we have something to offer you. Check out our club website at scshcameraclub.com.



Ceramics Club

Our focus for this issue, *A Plate*, designing our own tableware. A blank canvas to be as creative as you desire, from simple to intricate.



The top plate has a pre-set pattern known as "Talavera." The pattern is there, but the color choices are totally up to the painter.



Below, started as a plain white bisque plate. The artist has carefully outlined the edges and has drawn a flower pattern in the middle. Each flower is then filled with a color choice of the artist.



The final example. Starting again with a plain bisque plate, this time blue painters' tape is used to block off the plate to form the look of a mosaic formed by a combination of colors.

We have had our club members create entire sets of dishes using a pattern of choice, dinner plate, salad plate, dessert plate, cups, and saucer, up to 12 place settings.

Join us any Tuesday or Friday, 8:30 am – noon. For more information, email scshceramics@hotmail.com.

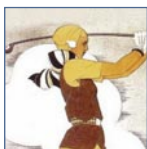


Classic Movie Club

The Classic Movie Club will present showings of Oscar-winning films every other Friday starting at 4 pm in the Santa Rosa Clubhouse's Monterey Room. There will be time for socializing, and those attending will be able to take their picture holding a real Oscar.

Josh Kanin, co-host of the club's film series, grew up in a prominent Hollywood show business family – parents Fay and Michael Kanin and uncle and aunt Garson Kanin and Ruth Gordon – all of whom were Oscar and Emmy Award-winning screenwriters, directors, and actors for over 50 years. Josh is a noted film historian from Los Angeles, and since 1973 has been (and still is) a college professor of film studies. Bill Hooper, co-host with Josh, is a local Realtor who introduced him to the Coachella Valley and who is a classic movie fan.

The club is pleased and proud to provide our community with free, quality entertainment on an ongoing basis. The screening events are open to all SCSH residents, and no club membership is required to attend them. If you love classic movies, please join us. We would love to meet you. For more information, call either Josh Kanin (310-980-0747) or Bill Hooper (310-293-9597).



Classy Niners

Happy Summer Everyone!

We continue to play throughout the summer. You will have the choice to play 9 or 18 holes on Tuesday at 7 am and Friday at 6:30 am. We will continue to have random pairings on Tuesdays and if you choose, pick a friend to play with on Fridays. The deadline for Tuesday play is Saturday at 5 pm.

Our new Board has been selected and is anxious to start. Fun things are being planned for the coming season. And, as always, volunteers are still needed for special events coming up. Join a fun group of ladies and meet new friends.

The Classy Niners welcome golfers of all levels of experience. Our membership has grown with 12 new members. 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!



Cha Cha into Spring Tournament



Community Singers

Has your life been filled with singing? Maybe back in High School or College? What about a church choir or a professional singing group? How about solo work or duets, trios, or quartets. We would enjoy having you join us... **Sun City Shadow Hills Singers!**



Our 2023-2024 Season will be starting in September, as we come together to combine our voices in readiness for our Holiday Concert in December, outreach concerts in our community and the candle lighting for Hannukah.

Our first meeting will be on Monday, September 25, at 5 pm. Let us know if you're interested and we will be glad to give you more details about Singers.

For additional club information, please email communitysingers@hotmail.com.



Creative Arts

By now many snowbirds will have returned home. This year the club will be going dark for three and a half months effective June 1, 2023, until September 11, 2023. This decision was made by the club officers since so many of the club's members are gone those months and attendance dwindles down to just a handful of members. Many year-round members travel during the summer months.

Club members' artwork will be displayed on the Artists Wall during the summer months but will not be changed monthly unless an artist's painting sells while on display. All sales will be arranged between the buyer and the involved artist. The resulting empty space may be replaced by a painting of a similar size.

Contact Daryl Wolf, club president, at 760-574-4586 for further information.



Desert Gardeners

Our club provides opportunities for expanding your gardening knowledge and skills. We meet on the second Wednesday of the month from November to April starting at 3:30 pm. Activities include guided tours of local nurseries and gardens, lectures on gardening techniques and plant selection, and an annual tour spotlighting residents' gardens.

Check our website www.scshtadesertgardeners.com for the latest news on our club activities and a wealth of gardening resources.

Yearly dues are \$15 for one person or \$20 for two from the same household. Applications are available on the website. For more information, please contact Terry Bolen at scshtadesertgardeners@gmail.com.



For those of you enjoying the desert late spring and early summer with the urge to garden can add spot color with gazanias!



Desert Life

Desert Life meets for lunch on the third Tuesday of each month, except for June, July, and August. Attend one luncheon without paying the membership fee! For more information, contact Membership Chairperson, Sue McCollum, at 760-285-0915.

The Desert Life Club wishes you a safe, fun, and memorable summer 2023! We look forward to seeing you as fall approaches at our September meeting on September 19, 2023!

Look for details of our next luncheon in September's issue of *The View*!



French Club

Bonjour! We invite you to join SCSH French Club: *L'Expérience Française*, to learn French, improve your language skills, and make new friends!

Quoi de neuf dans les classes de Français?

Here is what's new in the French classes:

In addition to the continuation of practice in conversation and grammar, popular French traditions were introduced.

Poisson D'avril is celebrated on April 1, meaning April Fish Day when jokes are expected, much like our April Fool's Day. A typical joke is to clip a paper fish on someone's back.



French student Ken Davis has *Poisson D'avril*!

Another popular tradition on May 1 is called *La Fête Du Muguet* or Lily-of-the-Valley Celebration which is *La Fête Du Travail* or Labor Day. People offer sprigs of lily-of-the-valley to friends and loved ones as a symbol of good luck.



French instructor Barbara Guiffre explaining La Fête Du Muguet tradition.



Several French students gather after Muguet De Bois celebration.

Classes are scheduled to meet the third Thursday of the month from 2 – 3 pm in the Monterey Room at Santa Rosa Clubhouse from June through September.

New interested individuals, please contact French instructor Barbara Guiffre at 315-868-3854 or at bmguiffre@yahoo.com.

Bonnes vacances et à très bientôt!



Games Plus

Games Plus was formed to play various games.

BINGO | Join us on June 2 for our last Bingo until October 6. Doors open at Montecito Clubhouse at 5:30 pm with games starting at 6:30 pm. No inflation here. Paper still sells for \$5 for 10 games. Two special games can be purchased for \$3. You must be 18 years old to play. *Cash only and small bills are appreciated.*

SCRABBLE/OTHER GAMES | Scrabble is held on Mondays of each week at the Santa Rosa Clubhouse from 1 pm to 3:30 pm. Contact Barbara Irwin at scrabble731@yahoo.com to sign up to play.

MEXICAN TRAIN & RUMMIKUB | Mexican Train and Rummikub is played the first and third Wednesday of the month from 1:30 pm to 5 pm at the Santa Rosa Clubhouse. Cathy Nielsen must be contacted if you plan to play. Her email is mcathynielsen@gmail.com or phone at 760-522-3092.

HAND & FOOT | Hand & Foot gets together on Thursdays at the Santa Rosa Clubhouse. Please arrive at 12:15 pm to play at 12:30 pm. Please contact Kathy Reid at 760-469-2335 if you plan to play.

CANASTA | Canasta is played on Thursdays at the Montecito Clubhouse from 1 pm to 4 pm. All levels of players are welcome. If you have questions, please contact Joyce Cain at 561-249-1382.

Happy gaming!



Genealogy Club

Old Letters in a Shoebox

Yup, it was actually a shoebox of old letters that my dear Aunt Gertie passed to me during a short summer visit. It took me some time to open the box and review the contents but when I did, I found some 60 or so letters from the WWI era. Wow!

Most of the letters were written by my grandfather, Thomas McCracken Gilmore, to his wife. Thomas, at the time, is in the trenches of Northern France and Belgium with a machine gun battalion of the Canadian Expeditionary Force, fighting the Germans.

Agnes Gilmore, my grandmother, is back in northern Saskatchewan, on a somewhat primitive homestead, raising their four small children.

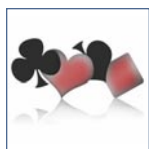
Thomas fights in the famous battles of Vimy Ridge and Paschendaele, is gassed three times and returns to Canada at the end of the war. Sadly, the returning soldiers brought with them the dreaded "Swine Flu" and Agnes dies within weeks of his return.

I only found one letter from Agnes to Thomas.

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Join our local Sun City Shadow Hills Genealogy Club to learn more about capturing family history stories. Monthly meetings in the Monterey Room on the first Monday of each month. Check out our website at scshgenealogy.com.



Gin Rummy

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 312-909-0446. We are a fun group, and all are welcome.



Hiking Club



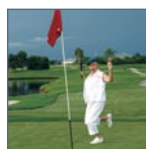
The Hiking Club has scheduled hikes between November 1 and March 31 each year. Please check our website in August for the list of hikes for November and December. In the meantime, if you are interested in joining the Hiking Club for the upcoming season, you can register your interest with the Club President, Marjorie Babuik at marjoriebabuik1@mymts.net.



Jewelry Club

Hello people. Just letting you know that the Jewelry Club meets at the Montecito Clubhouse on Wednesday afternoons, from 1 pm – 3 pm. Looking forward to seeing you there.

For more information, please contact President Jutta Ruehl at 310-567-2236 or Vice President Veronica Vandenburg at 760-360-8378.



Lady Putters



We have sadly said goodbye to all our snowbird friends and now it is time to say hello to our *hot* desert summers. Beginning the first Monday in June, June 5th, Lady Putters will begin their Summer League. Play begins at 7 am on the Par 54 course that hugs the back of the Montecito Clubhouse. Casual dress is fine, but we ask for no flip-flop type shoes (for your safety), no tank tops, and no short shorts.

There is no fee for Summer League. We will not be keeping track of handicaps or birds and no pins are issued.

Summer League is the perfect opportunity for Lady Putters. All women of Sun City Shadow Hills are invited to join. No membership or handicap is necessary. All you need to play is a putter, a ball, and a desire to have fun.

Visit the Lady Putters website at shputters.com for the latest information and to see photos. You can also contact Maureen Whittaker, at 760-342-1260 or maureenwhittaker@verizon.net.



Let's Meet and Eat

One of our most popular bands, **The Shadows Band**, will perform on Sunday, June 4! They will have us rocking, rolling and singing all night to their amazing music! Wear your favorite dancing shoes so you can keep up with the partying!

Please drop your forms and checks (no cash) in our Montecito mail slot. The fee is \$10 per member. You must be a member to join in on the fun.

Our policy is no refunds once you purchase your seat. When we reach our seating capacity and can no longer take reservations, our mail slot will be covered.

We eat and enjoy each other's company at 5 pm and dance until 8 pm. Please bring a dish to share with 9 table mates and BYOB.

On July 9 **The Hodads** will perform. They are a fantastic band with a huge following. You don't want to miss this electric and energized band! They rock! Sign-up forms are available at 4:30 pm on June 4 in the Montecito Clubhouse.

Single? New residents? No worries, we'll assign you to a table of other fun neighbors. Questions? Please contact: Cherie at 760-953-6674, Margo at 310-977-2720, or scshmeetandeat@gmail.com.



Lively Liners

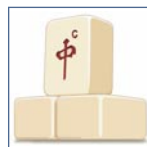


What's good for the heart is also what's good for the brain in preventing and slowing dementia. Research is the strongest for physical exercise as a cognitive protector as we age. Dancing in particular has been shown to be very powerful because we learn new steps and move our bodies. Staying socially engaged and physically active through social dancing is a key component in building up our cognitive reserve as we age.

Come join our friendly group and make new friends. We offer club members many classes each week along with a free monthly fun dance. Our classes range from Beginning to Advanced. Try our Beginner Class on Mondays at 2 pm. Your first two classes are Free! Please check the Montecito Fitness Center calendar or our website for the schedule.

There is Free Open Line Dancing every Saturday at 9 am at the Montecito Fitness Center.

Please visit our website at www.scshlivelyliners.com. For more information call Katy at 760-610-5710 or Melanie at 626-222-6044.



Mah Jongg

Did you know that Mah Jongg is thought to be an ancient Chinese game but was actually created in China in the late 1800s? It was imported to the United States in the 1920s but really caught on in American households after World War II. Regular weekly Mah Jongg games helped women to build female-focused networks. Unusually, these groups weren't focused on volunteerism or children's education but offered a chance for women simply to have fun together. The SCSH Mah Jongg Club welcomes everyone – that means you men as well. So, join us to play mah jongg on Wednesdays from 12:30 pm to 3:30 pm.

For more information, contact Rochelle Asheroff, asheroff@sbcglobal.net.



Meditation Over Medication



Mind over matter; Mind runs the matter (body) most of the time. Matter tries to take over when there is physical distress. A strong mind can resist the takeover and maintain equanimity.

The mind which runs all day long with over ten thousand thoughts needs to be tamed with meditation. Meditation helps the mind ignore all the thoughts and pegs it to the object of meditation. A calm and quiet mind calms the body.

Come try the meditation that will help you live a fulfilled, healthy, and happy life.

Meditation Club meets on Mondays at 10 am in the Newport Room in Santa Rosa Clubhouse.



Men's Golf Club

We have moved into the relatively quiet summer period for golf at Shadow Hills. The Snowbirds have returned to their homes in the northern part of the Country or to Canada. Our 2022-2023 Awards Banquet (usually marks the end of the season) was held on April 30, and the last of our 2022-23 Wednesday monthly meetings (donut meetings) was

held on April 19. These events, along with many more will all be back again next year.

Not to worry. Those of us who stay right here in the Coachella Valley for the Summer have access to many fun events at our Shadow Hills Golf Club. Regular men's play on Thursday continues throughout the summer, with many fun formats. And there are great groups (most members of our Men's Club), who play on Mondays, Tuesdays, and Saturdays. These events have interesting formats and are a lot of fun and are even a way of getting to know your fellow golfers better. Any of you need help with a game, go to our website (www.myshmgc.net) or contact any Board Member (names and telephone numbers can also be found on our website).

Enjoy the Summer and we'll see you all in the fall.



Needles and Pins

Recently, the club said farewell to our snowbirds for the summer with a luncheon. We wish them well and look forward to seeing their creations in the fall!

A "show and share" was held of the different projects, completed or in the making: crochet blankets and baby hats, shawls, quilted bags, quilted blankets, t-shirt art, quilted wall art and needle craft. Members crochet or quilt projects for themselves or for local charities.





Oke Dokey Karaoke

"Singing is fun and makes you feel good."

~ Alan Voss, our karaoke jockey (aka "KJ")

The club meets on the first Thursday of the month (October through May) in the Montecito Ballroom from 6 to 9 pm. The best thing about karaoke is that you can sing or hear any kind of music you like – show tunes, country, big band, jazz, pop, rock, and tunes from "The Great American Songbook." We have 72,000 songs for you in our songbooks from today's tunes to those of the '40s, '50s, and '60s. You don't have to sing, just come and listen – studies show you may live longer and help get rid of stress with music! You'll meet interesting neighbors with varied backgrounds and assist in being a great audience for all the singers. Everyone sings better with enthusiasm from the audience. Our dance floor is also open for those who like dancing.

We can help those who haven't sung before – by helping pick a song or how to hold the "mic" Mark your calendar and come join us. Bring your own libation and snacks. Dues are \$10/year if you decide to join. These funds help us with buying new songs and equipment.

For more information, tune in to SCSH Podcast Episode 306 (www.scszca.com/podcast306) for the interview with Alan Voss, club president, or call him at 209-768-9393.



Pairs 9-Hole Golf

The Pairs 9-hole Golf Club's mission is to share the love of golf in a social, friendly setting. We play a fun line-up of games at the par 3 North Course. Not requiring handicaps, our club is designed to provide a golf experience for those of us who wish to enjoy a relaxed, fun game.

We encourage all resident golfers in SCSH to join, be it as a single or a couple. Players are randomly paired to create foursomes to play as a team. We use



Do you have a project you need help with? The club has many patient and helpful people! You are welcome to drop by and see what we are up to. Join our lively group on Sundays all day, Mondays 12:30 pm to 5 pm and Wednesdays 9 am to 1 pm, especially this summer if you would like to escape the heat!

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

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a shot-gun format for the start of play at 1:30 pm on the first and third Thursdays each month, November through April, unless otherwise posted. Following each play date, we gather at Shadows restaurant for happy hour where prizes are awarded. Additionally, we gather for a welcome back potluck and an end of season dinner.

Annual membership dues are \$15 per person, due in January. Membership forms are available at all play dates or email us at scshpairs@scshca.com.

We encourage sign ups from the Sign-Up Genius link, published on the Thursday before each play date. Contact Glenn Carlson at 206-200-5452, or stretch1@wavecable.com; or Mike Johnson at 775-721-7966, or michael.d.johnson3860@gmail.com, for further information.



Pan Club

Happy June to all our members! Yes, "June is busting out all over," and it's *hot*. But come join us in the clubhouse to stay cool and chat with your Pan buddies!

It's wonderful to see so many of you playing our favorite game in the Montecito Clubhouse. It's a great way to escape the heat and spend a few hours catching up with each other.

October Pan Tournament

We are happy to announce we are having our tournament on Thursday, October 19, 2023. We'll have prizes, a great luncheon, and another excuse to get together and have fun! We'll let you know all of the logistics as we draw nearer to the date.

Summer Reminder:

We play throughout the summer, primarily on Mondays, Tuesdays, and Thursdays. We look forward to catching up with each of you and laughing a lot while playing this great and challenging game. Remember: we also need to hone our skills and get ready for the tournament! Questions? Please contact Michele at 661-510-5790 or kirschmi62@gmail.com.



Paper Crafters



Paper Crafters meets year-round, and we have been busy making new designs and projects including using paper napkins to enhance our designs. We look forward to learning new techniques and projects each week. Join us to pick up new skills and visit with your friends and neighbors. There is nothing more satisfying than creating a card or craft, and there is always someone to help you accomplish your project and share her expertise.

Each week a new card or paper project will be presented by one of our members. The projects range from \$1 - \$3. We invite you to join us in the Mirada room at the Montecito Clubhouse every Tuesday at 12:45 pm with classes beginning at 1 pm. For SCSH residents, the first class is on us. You will see how much fun we have sharing our creativity with each other. Membership is \$10 per year.

After class, you are encouraged to stay and use the supplies and equipment available to make additional cards or projects.

Questions? Contact our president, Sharon La Croix, at 760-469-2447 or noflurn@gmail.com.



Performing Arts Club

Big news! The Performing Arts Club is gearing up to produce a murder/mystery in the fall. It is *Deathtrap* by Ira Levine, the longest playing murder/mystery ever on Broadway. **Mark your calendars now** for this great event: **November 16, 17, 18, and 19!** We hope to see you all there!

In other news, the club will be preparing all summer for the coming year. Our first meeting is October 11, 2023, another date to put in your calendar. You can join us that night for wine, cheese, and great company.

We are hoping for many new members, from the residents who have moved in during the pandemic and/or others who may not have had a chance to join. We have refreshments or some type of entertainment at all our meetings. There is a place for everyone in our club. Whether you want to perform on the stage or work behind the scenes, we need you all. It takes about 60 people to stage a single play. You may be surprised to know that we need businesspeople along with creative talent, tech skills along with lots of phone calling, seamstresses along with carpenters, drivers, and muscle! Consider joining our fun!

For further information, please call Linda Bostjanick, 760-460-6223.



Pet Club

Wishing y'all a great and fabulous Summer, safe travels to those venturing away and about, stay cool and let's keep our furry companions safeguarded too, during this summer season. Take good care all.

Looking forward to meeting up once again, Tuesday, September 12, at 6 pm in the Montecito Clubhouse Cambria Room.

For additional information, contact Jo Provenzano-King, VP and Presiding President at: 818-848-5959 or j.n.provenzano@hotmail.com.



Pickleball Club

The SCSH Pickleball Club is composed of about 370 members from our community. The club is governed by five club members to serve on its Board of Directors

The Club's planned events will begin on October 1 and continue through April 30. All skill levels are welcome to join the club. We have instructors available from one skill to the next. We play pickleball seven days a week from 7 am until 8 pm. The five pickleball courts are located near the Santa Rosa Clubhouse in Phase 3.

We recommend visiting the club website for past and all updated information: www.scsHPickleball.com. There is also information posted at courts for specific court assignments for the different skill levels. Some days and times are open to whomever shows up, and other days and times are for specific events. A calendar listing specifics is available on our website.

We offer multiple events and tournaments during the season. We also have different events during the off season, so we can enjoy pickleball year-round. You can get all information on our website or contact our Membership Chairperson, Sheila Pottorff, at scsh.pickleball@gmail.com or other board members.



Pomettes

The Pomettes are a fun group of community members who want to bring a little "cheer" and happiness to our community and surrounding Coachella Valley area.

Meet the team's choreographers and instructors; Sherri Thompson, professional cheer coach of over 35 years for the Seattle Seahawks Cheerleaders, now retired; and Dolores Spalasso, current Golden State Warriors on the 50-and-older cheerleading squad. With these powerhouse women, who are extremely talented with a wealth of knowledge, you will be moving to the music as you shake your pom-poms!

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Cheer members practice Mondays and Wednesdays at 5 pm in the Montecito Aerobics Studio. If you would like to be a part of this exciting group, contact President Sue McCollum for an audition date.

If you are interested in having the SCSH Pomettes perform, entertain or cheer for your event, club or special occasions, please contact Vice President, Diana Pleasants. *President: Sue McCollum, suncitycheer1@gmail.com; Vice President: Diana Pleasants, diana.051759@yahoo.com; Public Relations: Liz Brannon, lizbrannon13@gmail.com*



Rainbow Friends

Can you believe that we are six months into 2023? It's time to celebrate and remember Father's Day on Sunday, June 18. It is also the "official" start of summer on Wednesday, June 21.

Our next meeting will be on Wednesday June 8, starting at 6 pm in the Cambria room at the Montecito Clubhouse. It's a movie night but at this time we don't know which movie will be shown. Please check your email for updates as we get closer to the date.

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

Fiction Book Club

Our book of the month for May was *Best Friends: A Compass and True North* by TK Banner, introduced by Terri Fitzsimmons. The members rated the book and then had a discussion about it. The raffle for the door prize was held, followed by a social. Deborah Drucker provided the treats for everyone.

All the books we read are fiction, and the members choose which books to read for the following year. If you love to read, by all means, please feel free to join us on the fourth Tuesday of every month in the

Capistrano room in the Montecito Clubhouse at 2 pm. Take a break from the heat and learn about our club!

This month we will be reading *Travels with Charlie in Search of America* by John Steinbeck.

For more information, contact Terri Fitzsimmons at fitzsimmonsterri@gmail.com.

Non-Fiction Book Club

The next meeting of the Non-Fiction Book Group (now re-named NFA – Non-Fiction Addiction) will be on Wednesday, June 28, at 2 pm in the La Jolla room at the Santa Rosa Clubhouse. Our selection for the month is the 624-page book *We Don't Know Ourselves: A Personal History of Modern Ireland* by Fintan O'Toole.

If you want to get a jump-start on our July selection, the start of our new season, we'll be reading and discussing the 352-page book *American Kingpin: The Epic Hunt for the Criminal Mastermind Behind the Silk Road* by Nick Bilton.

If you'd like to join us, see who we are, and how we manage to have a great time discussing each of the books selected, contact Jhan Schmitz at jhan.schmitz@gmail.com.



Snowbirds Club

The Snowbirds Club was created for two primary reasons: 1) to provide specific information on a variety of topics to snowbirds, most importantly, safe home closures, and 2) to provide a vehicle for snowbirds to meet, socialize, and have fun together. Presently, the Snowbirds Club is comprised of almost an equal number of American and Canadian Snowbirds, and we have quite a few permanent residents as members.

The Snowbirds Club has a 25-page Home Closure document to help you with the many steps necessary to close your home for the summer. We can also provide information on maintenance, repairs, and technology for your home.

The Snowbirds Club holds many social events throughout the winter where members can meet with other snowbirds, socialize over a glass of wine, and

have some fun. Our goal is for snowbirds to develop some strong friendships.

We have created a variety of snowbird social groups for coffee, casual lunches, monthly mixers, and happy hours, as well as some outside programs. All are great way to meet fellow snowbirds.

To attend our member events and programs, please join our Snowbirds Club by registering at <https://shadowhillsnowbirds.springly.org> or by contacting John at scshsnowbirds@gmail.com.



Solos Club

Solos is a social club for single residents of SCSH. We schedule fun and entertaining activities each month. In March we celebrated St. Patrick's Day at the home of one of our members. The club includes varied activities each month that are fun for all. If you would like any membership information, contact Shirley Bunce at 760-345-8121 or email her at bunce.shirley123@yahoo.com

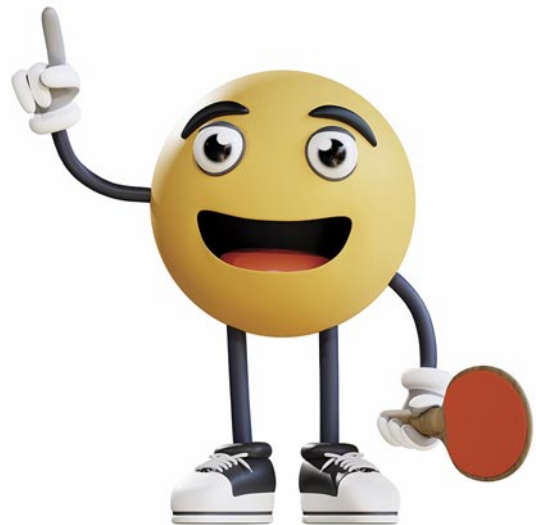
Solos has a standing reservation for a few tables at Shadows Restaurant for happy hour every Friday night at 4 pm. Come meet with your fellow members and enjoy a drink, appetizer, or small meal. Our regular monthly meeting is scheduled on the third Sunday of each month from 5 pm to 7 pm in the Capistrano Room of the Montecito Clubhouse. An activity is planned in addition to the meeting. Hope you can join us.



Table Tennis Club

You want laughs without a cocktail, trash talk about nothing, or a workout without it feeling like one? Well, the answer is the resurgence of a game called Ping Pong, and we would like those of you who enjoy your sport with a smile to visit us at the Santa Rosa "Coliseum" at 11 am on Wednesdays, 2 pm on Fridays, and 2 pm on Sundays. You don't need to be an athlete to play, but you do need to have a sense of humor.

Ping Pong turns sourpuss couch potatoes into Rodney Dangerfield and Joan Rivers like personalities. Join us regardless of your skill level.



Tennis Club

It is time to say goodbye to the last of our snowbird friends. Safe travels and enjoy your summer, we look forward to seeing all of you next season.

For everyone staying here in the desert, we still have lots of tennis to play and a Pizza Party coming up in August.

Although some programs have been cancelled for the summer, such as the Ladies 3.5 and up program and Mixed Doubles, there is still competitive play available for all levels.

Reminder, the 3.5 and up Ladies are welcome to sign up through Signup Genius for the 3.0 Program coordinated by Patty Prunty on Tuesdays, Thursdays, and Fridays, 7 - 9 am.

If you are new to our community and are interested in tennis, we have programs available for all skill levels. For more information, or to join our club, please visit <https://scshtennis.com> or contact Club President, Linda Johnson, at Inkjohnson@hotmail.com. See you on the courts.



That's Entertainment

Starting with the April 19th comedy night, we are returning to our "off season" seating through October. Both room side sections return to a layout that allows for more personal space that is preferred by some. Shadows has added a cash bar in the lobby at 6:15 pm on comedy night. Wine, beer, and soft drinks are available for purchase before the show.

If you are new to the community, you may be unaware of Sir Laffs-A-Lot's Comedy Night. On the third Wednesday of each month, we arrange for two southern California comedians to put on a 90-minute comedy show, at 7 pm, in the Montecito Clubhouse. The talent is different every month. We are in our 12th year of presenting this fun event. Reserved seat tickets, for \$12 each, go on sale on the first day of each month, at 8 am, in the Montecito Lobby. Please see our ad, in this magazine, or poster/flyers for further information.



Tutta Bella Vino

Summer Bottles of Joy!

We have "Summer Bottles of Joy" that you will enjoy this month. Join us on **Saturday, June 10, 2023, at 7 pm in the Montecito ballroom.**

Our wine professional, Amanda Cardenas, of Republic National Distributing Company will offer her exclusive wine selections to provide you with a summer full of bottles of joy.



- The membership fee is \$15 per person, and it will need to be paid when you register for this event. Those of you who have never been a member of our

club may attend one event to experience a tasting without paying the required membership fee.

- The Wine Tastings by Tutta Bella Vino are \$25 per member and \$28 for a non-resident guest of a member for the "regular" tastings. These include six to seven wines for the evening with a cheese and fruit platter on your table.
- **You must bring your own wine glass!** Shadows is currently not providing full-service catering.
- You will be able to order the wine of your choosing at special club pricing by the case at the end of the evening. Credit cards and checks are accepted.
- Registration and membership forms will be available on the club webpage at www.scszca.com/tuttabella and in the racks at Montecito beginning May 20, 2023. Registration for this event closes June 3, 2023, or upon sell-out, so don't delay.
- Questions? Please email: tuttabellavino@gmail.com.



Veterans Club

The Veterans Club meeting in May had a wonderful outing to the Palm Springs Air Museum. We had a nice lunch and then a great tour of the museum. The Docents showed us all the hangars and the different airplanes. It was a wonderful day!



The Veterans had the Shadow Hills High School Cadets do the flag ceremony for the Memorial Day observance. Coffee and donuts were served to the attendees. The cadets did a great job. It was fun to

watch them! The Veterans placed American flags all over the community for the day!

Do you need to replace your flag? The wind has ruined many of them. The Veterans Club has your new one. Contact Larry Smith, at 714 401-3772. He has new flags and different poles. He can take your old flag, or you can leave it at the front desk in the Montecito Clubhouse. The club will retire them properly.

The club will be dark June, July, and August.

If you would like to join the Veterans Club, call Pete Anderson at 760 775-4745. Thank you, and *God Bless America!*



Women's Golf Club

With the challenging colder than normal weather, most of our women golfers still enjoyed the busy golf season. Congratulations to our 2023 Club Champion, Laurie Randall and our Net Club Champion, Nancy Maxwell.

Our last event for this Golf Season was Appreciation Day and Beat the Pro, Dixie Eckes. Great fun was had by all who participated. Many of our members are leaving the desert to their summer homes.

For those Members staying in the desert, golf play for the club will continue with casual play on Wednesdays and Fridays. You can sign up from the website.

We have an exciting new season planned starting with the Welcome Back Party, November 9. Come meet the new board members and say "Hello Again" to friends that have been away for the summer.



Writer's Club

Our club is now holding in-person meetings every Thursday of each month in the La Jolla room in the Santa Rosa clubhouse at 9:30 am. There are no meetings on the fifth Thursday of any month.

We are a group of individuals who enjoy writing. Each member has the opportunity to read one or two

pages, or, 500 words or less 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! For additional information, email Beth at bethbolduc7@gmail.com, or Tony at antiqphoto@gmail.com.

RESIDENT GROUPS



Democrats

Concerned about local, state, and federal issues and the elected officials we entrust to serve us?

Want to join with others to influence decision-making and elections by supporting qualified Democrats wishing to run for public office?

Our club activities include education, campaigning, voter registration, protesting, and GOTV (Get Out the Vote!).

While our next general meeting is not until September, we hope to hold some social events throughout the summer.



- Please contact us via our email address below...
- if you want to join our group.
 - if you want to receive our weekly Monday morning emails.

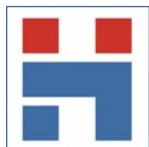
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- if you have any questions about the Dems Club.

Our weekly emails will keep you informed about our meetings and social events, local and national issues, volunteering opportunities, and local political events.

Email: democratsinscsch@gmail.com



Hadassah

Beat the Heat...

Enjoy a Fun-Filled Hadassah Game Day

Get your "game groups" together and join Hadassah for a day of games: Mah Jongg, Canasta, Pan, and Bridge on Sunday, June 11, in the Montecito Clubhouse ballroom from 10:30 am - 3:30 pm. Registration opens at 10 am. \$60 per person includes coffee with muffins, lunch, and snacks. Great raffle prizes as well. Please contact Cindy Hailpern at 760-360-4902 for registration and further information.

Women's health equity is vital. Hadassah is a community of 300,000 strong' and we advocate for the well-being of women's health, combating antisemitism, supporting our youth at risk, and much more. Please get involved!



Mountain View
Church

Welcome to Mountain View Christian Church!

Looking for healthy Christian fellowship? Mountain View is an inter-denominational Christian church that has been in the Shadow Hills community for several years. If you are new to the community, just visiting or looking for a new church we are a loving, caring fellowship with a heart for the Word of God. We will make no promises that God won't keep. We are committed to "practical" Christian living through the study and teaching of God's word.

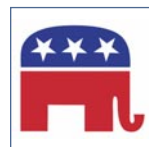
We have a new pastor, Rev. Ed Brown, with over forty years of pastoral experience, teaching with an expository approach to God's Word from both the Old

and New Testaments to provide relevant applications to current times.

Mountain View meets in the Capistrano Room of the Montecito Clubhouse. Service time is 10:00 am on Sunday mornings. We are casual in dress and enjoy fellowship before service and refreshments after the service.

If you would like more information and or prayer, please do not hesitate to call or text Pastor Ed at 760-908-3110 . Pastor can also be reached via email at pastored@cox.net

This is your personal invitation! We hope to see you soon!



Republicans

The Republican Club will be dark the months of June, July, and August. However, there is much to keep our eyes on over the summer with the Republican National Committee this July in Milwaukee. It looks like it's going to be a crowded field of candidates throwing their hats in the ring to secure the nomination. We need a strong candidate!

If you are interested in helping Republicans make a difference in the Coachella Valley, join our group. We meet the second Tuesday of each month, during the months of September through May, at 6 pm. Our annual dues are \$25 per couple and \$15 for a single membership.

We have monthly planned programs including city council members; local candidates; or representatives from nearby museums, local charities, or newspapers. Staying informed about the issues of today is essential; and there is no better place to learn what is current in our community, state, and nation than at our Republican Club meetings.

The Republican Club thanks and honors all military, past and present, for their service and sacrifice to our country.

We look forward to seeing you in September!

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

CLUBS IN FORMATION



VeloCity Cyclists



The VeloCity Cyclists of Sun City Shadow Hills are a group of road cyclist enthusiasts. We ride Monday, Wednesday and Fridays averaging 30–40 miles throughout the Coachella Valley. It is our hope to add more members of both sexes to enjoy rides. Usually, we stop for coffee along route for great camaraderie. Those interested in joining, contact Greg Smith at 650-861-7408 or gs_smith@pacbell.net.

Interested in starting a club?

Drop by the Lifestyle Desk for an informational packet or call: 760-345-4349 ext. 2120

Sun City Shadow Hills
by Don Webb

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Visit our community website!
Go to: www.scsghca.com
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Log in today and stay up to date with the latest happenings at Sun City Shadow Hills

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Want to ...
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Sign up for the Monday email blast!

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

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

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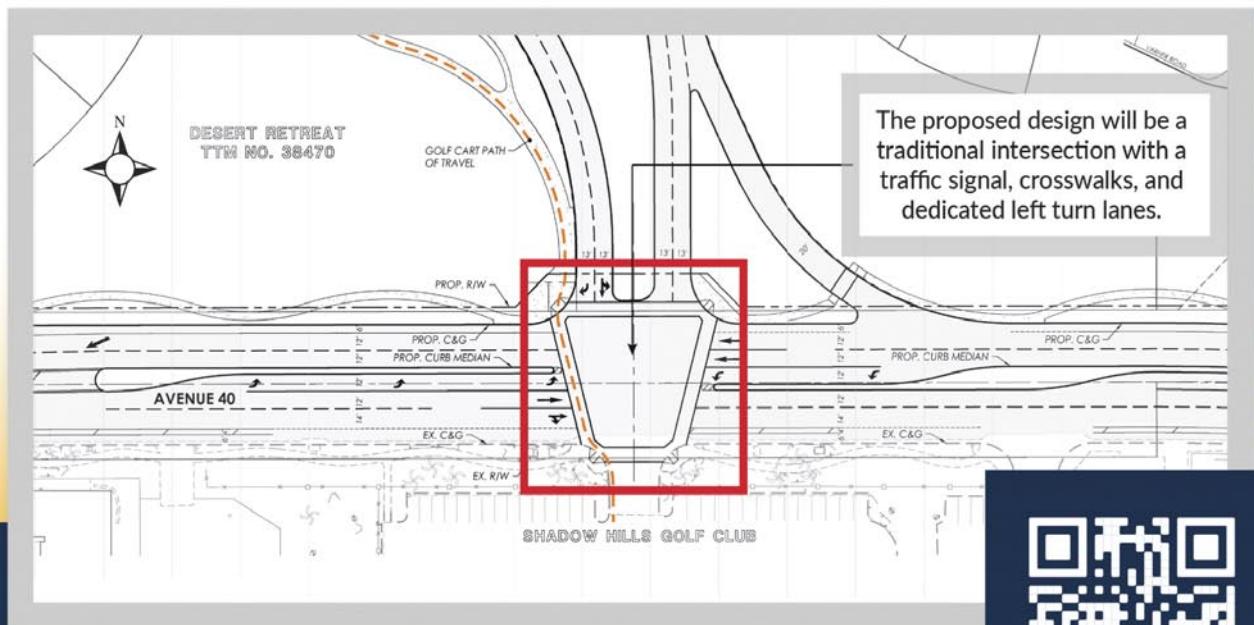




YOU SPOKE. WE HEARD YOU!

The roundabout is gone

Read the newsletter for details on the proposed main entrance and other issues raised by Shadow Hills residents. Visit desertretreatindio.com or scan the code below.



desertretreatindio.com

Scan Me

Call Me for All Your Real Estate Needs!

*I'm Your Sun City Shadow
Hills Real Estate Professional*



As a resident to SCSH,
I bring my 23+ years of highly
successful real estate experience
to our neighborhood.

Contact me with all your
SCSH real estate questions
or needs!

Mary L. Williams

760.567.7282

www.MaryLWilliamsandAssociates.com
mlwilliams11@gmail.com

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Let's Talk!



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the process with impeccable finesse, detail, pride and
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and her work ethic is second to none! You tell her what
you want and she will deliver what you need. She is an
unrelenting force and does it with a smile, kindness and
passion.

A true partner from the initial listing meeting all the
way through escrow, Mary did not stop until the
moment I closed. Forever grateful!" ~Jodi

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and happy, is Job One!*

Small Gifts CAN MAKE A Big Impact



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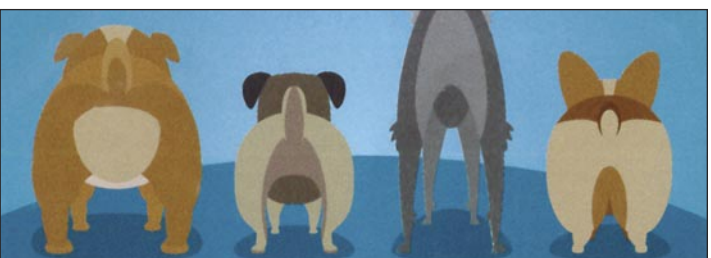
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