

# THE VIEW



 Sun City  
Shadow Hills®  
*by Del Webb®*

January 2024

Bob Swain: My Car Is Older Than I Am!  
photo by Beth Bolduc  
story on page 25

## CONTACT INFORMATION

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### 24-Hour Contact:

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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  
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Gus Ramirez, Communications Manager  
[gus.ramirez@associa.us](mailto:gus.ramirez@associa.us) ..... Ext. 2204

### SCSH Community Association Board of Directors

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Scott Pessin, Vice President  
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Terry Coon, Treasurer  
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Barbara Prezlock, Secretary  
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Kathy Lindstrom, Member at Large  
[kathy.lindstrom@scshca.com](mailto:kathy.lindstrom@scshca.com)

## HOURS OF OPERATION

Visit [www.scshca.com/hours](http://www.scshca.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 | 2 PM – 5 PM

Santa Rosa Pool | 9 AM – 12 PM

SANTA ROSA CLUBHOUSE | Daily | 6 AM – 9 PM

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

SHADOWS RESTAURANT | Tuesday – Sunday | 8 AM – 8 PM

SHADOWS TERRACE | Daily | 6 AM – 2 PM

SANTA ROSA BISTRO | Daily | 6 AM – 3 PM

MONTECITO CAFÉ | Tuesday – Friday | 9 AM – 1 PM

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

Aggie Jordan, *Chair*; Linda Aasen; Beth Bolduc;  
Arnold Choy; Bob Firing; Terri Fitzsimmons; Julie Harris;  
Gina Pollack; Lee Powell; Vicki Prince;  
Bara Rosenheck; Dennis Sheehan

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Gus Ramirez, *Communications Manager*,  
at 760-345-4349, ext. 2204.





# PRESIDENT'S REPORT

JERRY CONRAD | PRESIDENT

Hello, neighbors, I hope your holidays were joyous. As we look forward to the New Year, I think it would serve us well to look back and thank those who made all our lives at SCSH a better place to live.

I want to thank my fellow Board members who put in countless hours of their time to deal with the various issues we faced in 2023. I also want to thank major vendors, DRM, Troon, Allied Security, and Vintage Landscape, for their dedication to keeping our community organized, safe, and beautiful.

I would like to acknowledge some individual contributions that made the work of the Board and the various committees more efficient and effective.

Cari Burleigh, our GM, has done a fine job of making sure the residents are treated with respect and their questions are answered. Having been here as an assistant GM several years ago, she fits in seamlessly. Her tireless energy is both welcome and needed.

Vanessa Ayon, our assistant GM, has been here for over 10 years and is a fixture in all our lives. Her incredible memory for details is a lifesaver for committee volunteers. I'm not sure how I could manage my position without her helping hand. We all owe her a debt of gratitude.

Rich Tinnley, our association attorney, has been extremely helpful in this difficult year. His insight and good advice have made decisions by the Board more consistent and allowed this Board to understand how to work together. I want to thank him for the advice he has given to all the Board members this past year.

Jesse Barragan, our Facilities Director, is another long-term SCSH teammate. He leads a terrific group of workers who do so much around the community that I don't know where to begin. His knowledge of

our facilities gives our committees and the Board invaluable insight into making better decisions.

Connie King, our Lifestyle Director, is a household name to anybody who attends an event in our community. Organized and willing to work hard, she brings boundless enthusiasm to her profession.

Gus Ramirez, our Communications Manager, is not someone you may have heard of, but believe me when I say he is a very important part of what makes our community work. He sets up all the podcasts, is a leader in putting *The View* together, is responsible for the website, sets up every e-blast, and keeps us all aware of what is happening around us. Every organization needs someone like Gus, and we are very lucky to have him as part of ours.

Phil Vigil, our Troon GM, has been here for a little over one year and has made several improvements to our golf courses. The courses are in great shape, and I am thankful for his hard work. Shadows, the Terrace

continued on page 4...

## Next Board Meeting:

Date: Monday, January 29

Time: 2:00 pm

Location: Montecito Ballroom

Please join us!



...continued from page 3

Grill, and the Montecito Café are better than ever; and the two golf courses handle over 67,000 rounds of golf each year. Our golf superintendent, Tom Johnson, deserves a huge round of applause for how he managed the aftermath of Hurricane Hillary. And don't forget Chef John and Manny for their continued improvement of Shadows.

Amber Galindo, our fitness director, makes sure all who want to stay in shape while having fun are given every opportunity to do so. And she always does this with a smile.

Scott Bewley, our security administrator, is new to the community but has shown that he can get the job

done. As most of you know, SCSH has an enviable record of being one of the safest HOA communities in our valley; and I want to thank Scott for continuing that tradition.

Finally, thank you to all the volunteers who help support the various committees, clubs, and the SCSH Board of Directors. Our community is grateful to you for helping make SCSH a better, more active place to live. Without you, we would just be a bunch of homes with walls surrounding us.

May your New Year be the best ever!

Contact the author at [jerry.conrad@scshca.com](mailto:jerry.conrad@scshca.com).



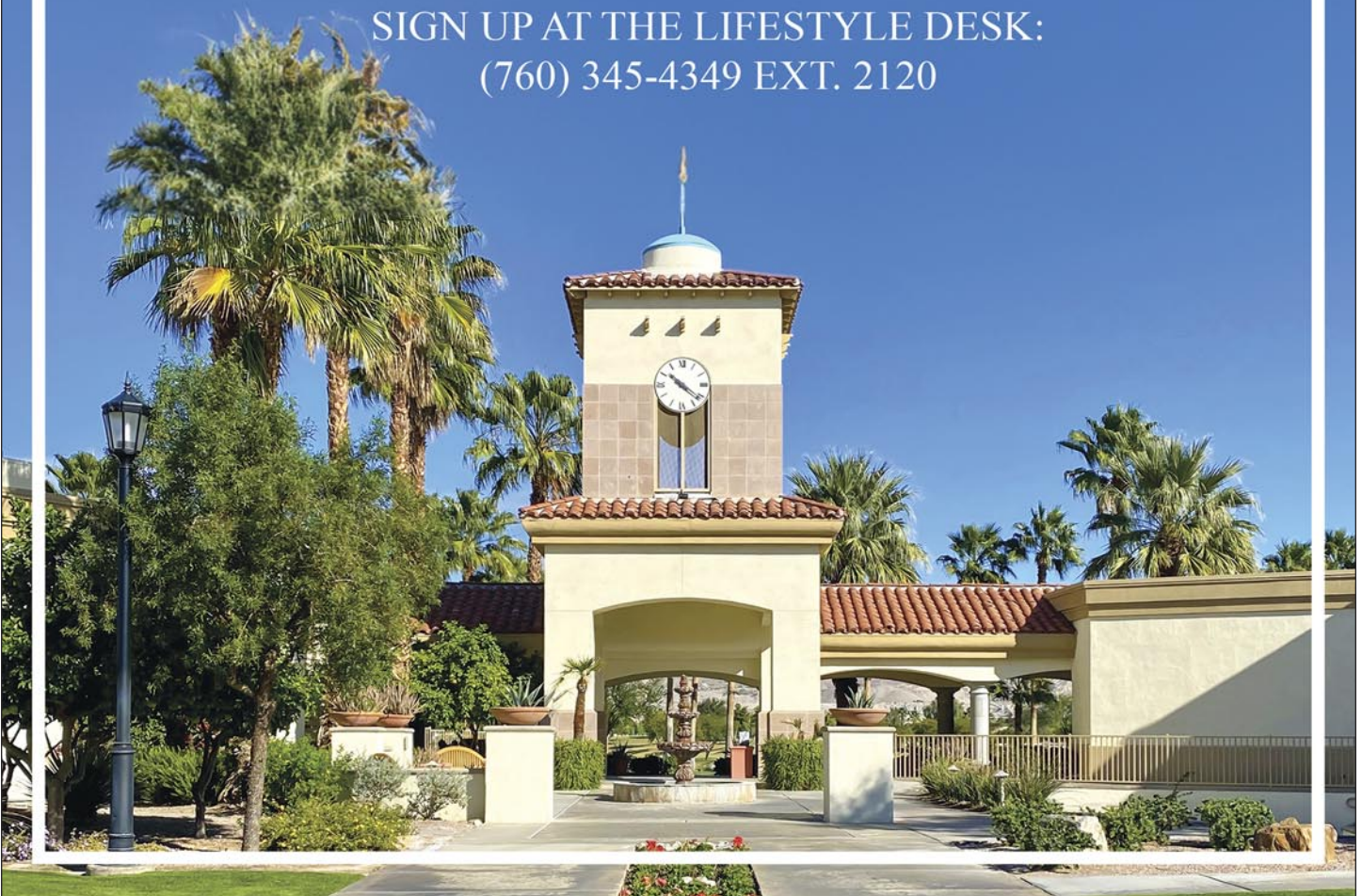
# NEW HOMEOWNER ORIENTATION

**FRIDAY, JANUARY 12, 2024 AT 4:30 P.M.**  
**MONTECITO CLUBHOUSE BALLROOM**

The HOA and Lifestyles will host the New Homeowners Orientation on January 12 in the ballroom. We host a Get Acquainted half hour for residents to gather at 4:30 pm and the meeting will start at 5:00 pm.

The orientation is an opportunity for you to learn more about your community. All Department Heads will be there to provide details about their department duties and responsibilities. Please rsvp at the front desk or call to let us know if you will be attending the orientation.

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



# TREASURER'S REPORT



## Condensed Financial Information

### Balance Sheets

	October 31, 2023 (Unaudited)	October 31, 2022 (Unaudited)	December 31, 2022 Audited
<b>Assets:</b>			
Cash and cash equivalents	5,139,490	4,644,768	6,713,138
Certificate of deposits and investments	15,595,770	13,636,837	12,327,321
Property and equipment, net	862,386	1,415,374	1,255,369
Cash - chartered clubs	199,594	151,818	199,594
All other assets	556,746	563,524	516,303
<b>Total assets</b>	<b>\$22,353,987</b>	<b>\$20,412,321</b>	<b>\$21,011,725</b>
<b>Liabilities:</b>			
Accounts payable and accrued expenses	1,173,555	1,071,510	1,238,137
Prepaid Assessments and deferred revenue	743,299	753,692	822,655
<b>Total liabilities</b>	<b>\$1,916,855</b>	<b>\$1,825,202</b>	<b>\$2,060,792</b>
<b>Fund balances:</b>			
Operating	2,413,027	2,150,397	2,102,131
N Channel Flood Control Fund	1,097,139	1,140,957	1,160,422
Chartered Clubs	199,594	151,818	199,594
Property and equipment	862,386	1,415,374	1,255,369
Replacement	15,864,985	13,728,573	14,233,417
<b>Total Fund Balances</b>	<b>\$20,437,132</b>	<b>\$18,587,119</b>	<b>\$18,950,933</b>
<b>Total Liabilities and Fund Balances</b>	<b>\$22,353,987</b>	<b>\$20,412,321</b>	<b>\$21,011,725</b>

<b>Statement of Changes in Fund Balances</b>	<b>Operating Fund</b>	<b>North Channel Fund</b>	<b>Replacement Fund</b>	<b>Total</b>
Fund balances, beginning of year	3,557,094	1,160,422	14,233,417	18,950,933
Excess of revenues over expenses	(82,088)	(63,282)	1,631,568	1,486,198
Interfund Transfers				
<b>Fund balances, as of October 31, 2023</b>	<b>\$3,475,006</b>	<b>\$1,097,140</b>	<b>\$15,864,985</b>	<b>\$20,437,131</b>

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



## Meet a Board Member

Thursday, January 11 · 3 pm · Montecito Clubhouse Capistrano Room

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



**Sun City Shadow Hills®**  
**Statements of Revenues & Expenses Compared**  
to Budget for the 10 months ended October 31, 2023

	<u>Actual</u>	<u>Budget</u>	<u>Over (Under) Budget</u>	<u>Percent</u>	<u>2023 Annual Budget</u>	<u>Total Monthly Assessment</u>
<b>Operating Fund</b>						
<b>DRM/HOA Operations</b>						
Revenues (Assessments)	7,931,279	7,931,279	0	0.0%	9,517,535	229.89
All other revenues	521,785	429,450	92,335	21.5%	521,000	
Total revenues	8,453,064	8,360,729	92,335	1.1%	10,038,535	
Total expenses	8,261,472	8,385,586	(124,113)	-1.5%	10,138,536	
Excess of revenues over expenses	191,591	(24,857)	166,735	-670.8%	(100,001)	
<b>North Channel Flood Control</b>						
Revenues						
Revenues (Assessments)	34,500	34,500	0	0.0%	41,400	1.00
All other revenues	23,317	0	23,317		0	
Total revenues	57,817	34,500	23,317	67.6%	41,400	
Expense	121,099	200,000	(78,901)	-39.5%	200,000	
Excess of revenues over expenses	(63,282)	(165,500)	(228,782)	138.2%	(158,600)	
<b>Troon Operations-Golf</b>						
Revenues (Assessments)	1,127,033	1,127,033	0		1,352,440	32.67
All other revenues	2,766,727	2,659,890	106,837	4.0%	3,342,514	
Total revenues	3,893,760	3,786,923	106,837	2.8%	4,694,954	
Expenses, Includes depreciation	4,020,565	4,182,451	(161,886)	-3.9%	5,127,954	
Excess of revenues over expenses	(126,805)	(395,528)	(522,333)	132.1%	(433,000)	
<b>Troon Food &amp; Beverage</b>						
Revenues (Assessments)	380,543	380,543	0		456,651	11.03
All other revenues	1,070,680	1,127,488	(56,808)	-5.0%	1,347,742	
Total Revenues	1,451,222	1,508,031	(56,808)	-3.8%	1,804,393	
Expenses	1,598,096	1,473,126	124,970	8.5%	1,804,393	
Excess of (expenses) over revenues	(146,874)	34,905	(111,969)	-320.8%	0	
<b>Total Operating Fund</b>						
Assessments	9,473,355	9,473,355	0	0.0%	11,368,026	\$274.59
All other revenues	4,382,508	4,216,828	165,680	3.9%	5,211,256	
Total revenues	13,855,863	13,690,183	165,680	1.2%	16,579,282	
Total expenses	14,001,233	14,241,163	(161,029)	-1.1%	17,070,883	
Excess of revenues over expenses	(145,370)	(550,980)	(696,350)	126.4%	(491,601)	
<b>Replacement Fund</b>						
Revenues						
Revenues (Assessments)	2,153,145	2,153,145		0.0%	2,583,774	\$62.41
All other revenues	385,020	120,830	264,190	218.6%		
Unrealized gain/loss on investments	320,703	0	320,703		145,000	
Total revenues	2,858,867	2,273,975	584,892	25.7%	2,728,774	
Total expenses	1,227,299	2,368,512	(1,141,212)	-48.2%	2,706,647	
Excess of revenues over expenses	1,631,568	(94,537)	1,726,105	-1825.9%	22,127	
					<b>Total Monthly Assessment</b>	<b>\$337.00</b>

## PEOPLE WHO MAKE OUR LIVES BETTER



Photo by Gus Ramirez

## Angel Amezcua

### EMPLOYEES OF THE MONTH

It is our great pleasure to recognize Angel Amezcua as the staff member of the month. Angel is an Audiovisual Technician and has been with the Facilities Maintenance Department since August 2022. His duties consist of managing setups for over 100 weekly HOA and Lifestyle events. Whether it's a small club event or a large concert, Angel constantly puts in the extra effort to ensure each room is set properly and on time.

Most recently, Angel played an instrumental role in shifting the location of the driving range outdoor concert to the Montecito Clubhouse. The task involved setting up over 400 chairs, multiple food and beverage stations, and bar tables plus relocating the Montecito Clubhouse furniture to provide more room for residents. Soon after the concert was over, Angel and the AV staff had to break down the event and return the Montecito Clubhouse back to normal. Furthermore, the Montecito ballroom had to be cleaned and ready for the next day's Board Meeting. This undertaking could not have been done without Angel's hard work and commitment.

Please join us in congratulating Angel for his dedication to the community.

## ADVISORY COMMITTEES

### CITY DEVELOPMENT COORDINATING COMMITTEE

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Chair: Deborah Gmeiner

### COVENANTS COMMITTEE

[covenants@scshca.com](mailto:covenants@scshca.com)

Chair: Fera Mostow

### DESIGN REVIEW COMMITTEE

[designreview@scshca.com](mailto:designreview@scshca.com)

Chair: Agi Kessler

### EMERGENCY PREPAREDNESS COMMITTEE

[epsc@scshca.com](mailto:epsc@scshca.com)

Chair: Jeff Kirkpatrick

### FACILITIES & SERVICES ADVISORY COMMITTEE

[facilities.services@scshca.com](mailto:facilities.services@scshca.com)

Chair: John Petersen

### FINANCE ADVISORY COMMITTEE

[finance@scshca.com](mailto:finance@scshca.com)

Chair: Robert "Bob" O. Jester

### FOOD & BEVERAGE ADVISORY COMMITTEE

[foodbeverage@scshca.com](mailto:foodbeverage@scshca.com)

Chair: Shari Woodbridge

### GOLF ADVISORY COMMITTEE

[golf@scshca.com](mailto:golf@scshca.com)

Chair: Scott Bartholomaeus

### HEALTH & FITNESS ADVISORY COMMITTEE

[healthfitness@scshca.com](mailto:healthfitness@scshca.com)

Chair: Angela Frost

### INFORMATION ADVISORY COMMITTEE

[information@scshca.com](mailto:information@scshca.com)

Chair: Linda Aasen

### LANDSCAPE ADVISORY COMMITTEE

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Chair: Chris Stevens

### LIFESTYLE ADVISORY COMMITTEE

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Chair: Pamela Castro-Lee

### SAFETY ADVISORY COMMITTEE

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Chair: Rhonda Ceccato

### THE VIEW ADVISORY COMMITTEE

[viewcommittee@scshca.com](mailto:viewcommittee@scshca.com)

Chair: Aggie Jordan

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





# FROM THE ASSISTANT GENERAL MANAGER

VANESSA AYON | ASSISTANT GENERAL MANAGER

As we prepare for the New Year, I encourage you to look into the fun fitness activities available at your fingertips. Please stop by the Montecito Fitness Center for more details regarding upcoming fitness programs or visit the website at [www.scszca.com/fitness](http://www.scszca.com/fitness).

One of my favorite things about the season is the beautiful holiday displays! However, please remember that decorations may be installed beginning Thanksgiving Day and must be removed by January 10, 2023.

By now, you should have received the approved 2024 Budget mailer. If not, you may view and download it directly from the website at [www.scszca.com/budget-mailers](http://www.scszca.com/budget-mailers). Please note the 2024 budget reflects a monthly assessment of \$346, beginning January 2024, which is a \$9 per month increase. If you are registered for automatic withdrawal through your personal bank, please contact your bank to update the amount to be withdrawn. If you are registered via DRM, no change is necessary.

The launch of ShapeNet has now taken place. During the next few months, you will enjoy a much more user-friendly website and app for fitness class reservations, fitness class and pass purchases, sports court reservations, and much more. Please remember the Fitness Team is here to assist you with ShapeNet. Also, for your convenience, you may view a "how to" tutorial online at [www.scszca.com/tutorials](http://www.scszca.com/tutorials).

Remember, if you are interested in volunteering, you will need to complete a Committee Interest Form and submit it to the HOA Office. You can obtain the interest form at the HOA Office or online at [www.scszca.com/forms](http://www.scszca.com/forms).

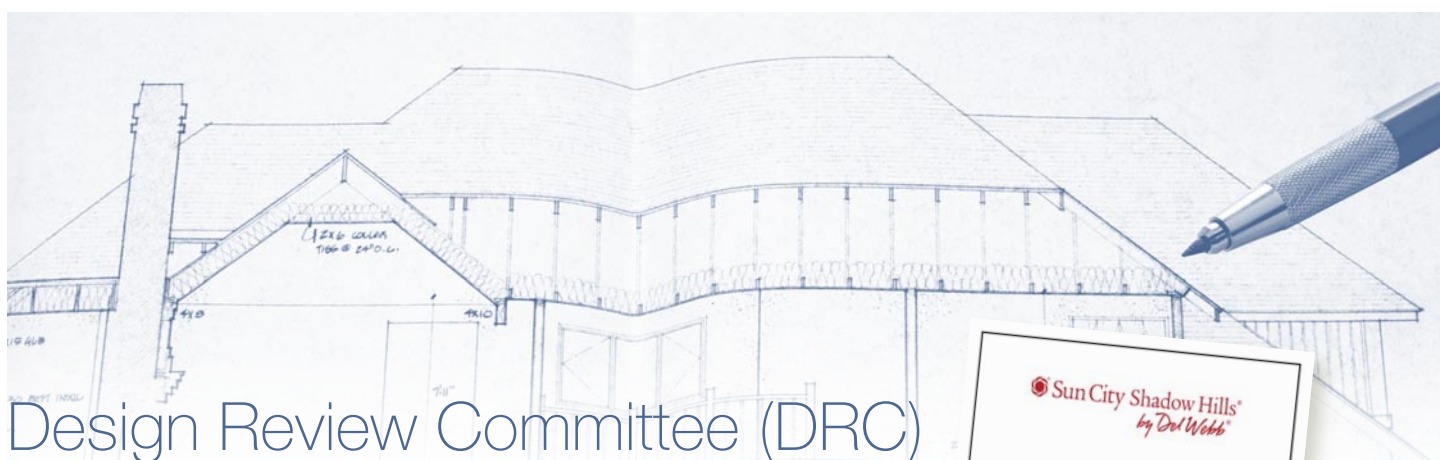
Wishing you all a fabulous New Year!

Contact the author at [vanessa.ayon@associa.us](mailto:vanessa.ayon@associa.us).



## Pets on Common Areas

We have received an increase in reports of homeowners not picking up after their pets. Please remember to be courteous. Do not allow your pets to walk on homeowner property without their permission. Do not allow your pets to soil or urinate on another owner's property. Please remember to pick up after your pets regardless of the area.



## Design Review Committee (DRC)

AGI KESSLER | CHAIR

### A Time to Reflect on Property Maintenance

The start of a new year is a great time to take stock and reflect on any needed maintenance. Please review these excerpts from Design Rules section VI. **MAINTENANCE**, as you take a walk around your property to see what issues, if any, may need to be remedied. Please email [designreview@scshca.com](mailto:designreview@scshca.com) with any questions.

- **6.2 Dead Plants and/or Trees:** Owners are responsible for removing and replacing dead plants and/or trees. The plant and tree minimum quantity requirement must be maintained at all times
- **6.3 Driveway / Walkway Stains:** Stains on concrete driveways and walkways must be removed when excessive amounts of rust, oil or other stains are visible, as determined by the DRC. Proposed driveway coatings or decorative designs are subject to approval by the DRC. Clear seal coats may be applied without DRC approval.
- **6.5 Front Yard Maintenance:** Front yard areas and other yard areas visible from the street, common areas and golf course must be mowed, trimmed, edged and weeded on a regular basis and kept clear of debris, weeds, clippings, etc.
- **6.6 Maintenance of Dwelling Unit (Structure):** The exterior of the dwelling unit and all other property walls must be in good repair and maintained in a clean, neat and attractive manner at all times. House numbers must be visible at all times, free from obstruction by trees and other plantings. It is the

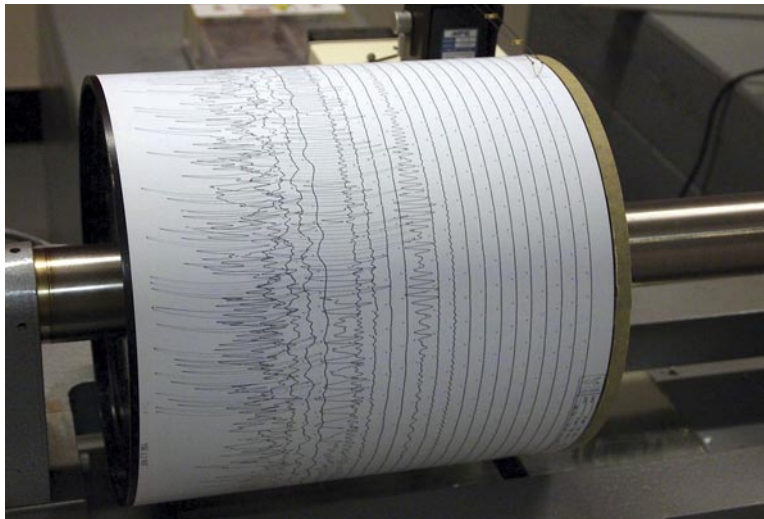
responsibility of each homeowner to replace the front porch light and the front garage light bulbs when they burn out. This is an important part of the street lighting and must be maintained correctly.

- **6.7 River Rock and Ground Cover:** Insufficient (sparse) rock ground cover, as determined by the DRC, must have additional, approved or matching rock ground cover added as needed.
- **6.8 Trees:** Trees shall be trimmed to allow for minimum of seven (7) feet clearance above public sidewalks and twelve (12) feet clearance above the street. Trees and/or plants of any kind shall not grow or encroach upon the property line of neighboring properties, without the neighbor's written consent. All trees must be trimmed, pruned, thinned, laced, etc. at least one (1) time per a year unless the species of the tree requires a different tree trimming cycle. Branches and limbs must not touch the ground or be allowed to grow into other plants.

Please be sure to review the full VI. **MAINTENANCE** section of the Design Rules on our website at [scshca.com/designrules](http://scshca.com/designrules).

Contact the author at [designreview@scshca.com](mailto:designreview@scshca.com).





## Emergency Preparedness Committee (EPC)

JEFF KIRKPATRICK | CHAIR

### Update: Earthquake Early Warning Systems

A question raised by a resident during the new website orientation suggested that the existing Earthquake Early Warning systems (cellphone apps) are obsolete and don't work. This is incorrect information, and this article will help correct any misinformation out there in Sun City Land.

No, the early warning systems are *not obsolete*, and they do work! The EPC strongly urges everyone with a cellphone to ensure an Earthquake Early Warning app is installed on their cell phone!

*The View* published two of the EPC Committee Reports on this topic back in October 2020 and again in July 2022. You can read them in *The View* archives. Having these cell phone apps will give you real-time warnings to **DROP, COVER and HOLD ON!**

To receive earthquake warnings, individuals and family members can download the MyShake app and ensure phone settings are adjusted to receive emergency alerts, including:

- **MyShake App:** Free smartphone app that provides iPhone and Android users with audio and visual warnings (magnitude 4.5 or higher and Modified Mercalli Intensity III or weak shaking).
- **Android Earthquake Alerts:** Android phones with updated operating systems are automatically

subscribed to Android Earthquake Alerts, which uses the same technology as the MyShake App.

Android and iPhone cell phone manufacturers now include the early warning apps in their default software, so no one needs to install an app separately on a *newer* cellphone. This applies to new and recent cell phones only. Those of you with an older phone may have to install the *free* app, available on the Google Play Store and/or the Apple Store. Once installed on, you will need to update some settings to make it work; most important, the *location* service must be turned on.

These systems have proven very reliable and accurate *and* are supported at the State and Federal levels in the USA. Mexico and Japan have used similar technology for years before the USA. However, no technology is perfect, and the systems are constantly being updated.

I strongly encourage you to read the FAQ page at this CalOffice of Emergency Services (CalOES) link. It is current and very informative:

<https://earthquake.ca.gov/frequently-asked-questions/>

Let's all be safe out there!

# Finance Advisory Committee (FAC)

ROBERT O. JESTER | CHAIR

## Question of the Month: Why do we have separate accounts holding Association funds, and are those accounts dedicated?

As we enter the Board election cycle again, we always hear from a “vocal minority,” whose allegations about the financial health of our Association many times are not true. I hope to give you some basis for testing these unsupported allegations during this election period.

The Association operates in compliance with the California Davis-Stirling Act that controls how an HOA is to handle its financial and governance affairs. As required, this Association, confirmed by its annual outside audit, has three distinct accounts to hold Association funds. They are the Operating Fund, the Major Repairs and Replacement Fund, and the North Channel Flood Control Project Capital Improvement Fund. Each fund is accounted for separately each month and reviewed for accuracy by the Finance Advisory Committee (FAC).

The first question that you might have is, “Why do we have three separate funds?” The answer is easy since each fund has a *dedicated* purpose. I will briefly examine each for you.

**The Operating Fund:** The audit defines this account as the fund to be used for general operations, the chartered clubs, and for property and equipment maintenance needs that are not a part of the Reserve Study. This fund is the primary focus of our yearly budget as each department determines its needs for the coming year. This fund also has an impact on our monthly assessments, so the FAC always carefully analyzes it.

The last two years have seen significant inflationary factors that must be carefully considered to ensure that we have sufficient “operating cash available.” In this valley, electric and gas rates have doubled in the last five years, our property insurance premiums have significantly increased, road resurfacing costs have skyrocketed, and average wages have increased 15% from 2022–2024. The local labor market remains extremely tight with new housing complexes like Disney Cotino being built.

We need always to have sound financial planning. Our “operating cash available” in this fund is always to be a minimum of 2 to 3 times our monthly average expenses. We find this minimum standard in the “Green Book” that provides HOA’s accounting guidance consistent with the Davis-Stirling Act. I mention this because this is that “excess cash” that we so often hear about from the “vocal minority.” Well, fellow residents, there is a sound, required, and necessary financial reason that the “operating cash available” exists, and it is not to be spent unless an operating expense necessity requires it.

**Major Repairs and Replacements Fund:** This is commonly known as our Reserve/Replacement funds that by law are reviewed every year by qualified experts to assure the Association that we are properly funding for the replacement of 834 components. We will probably never be 100% funded for these items that have a useful life of 30 years or less, but we try to maintain a “percent funded” of 70% going into the new budget year.

Our funding this year will not reach the goal of at or near 70% until year ten in the reserve study, and the FAC will be very watchful that this funding metric is monitored in the 2025 budget season. This has been another “vocal minority” subject, as it is suggested we are not constantly examining the 834 components to determine replacement cost and useful life. This is not correct. The Vice Chair of the FAC for the Replacement Fund works diligently with the Maintenance Department Director and the Troon General Manager to review and evaluate each of those 834 components, and they will continue this practice annually.

**North Channel Flood Control Project Capital Improvement Fund:** This is the dedicated fund to cover the construction of an access road to the flood channel in our Association, and to reinforce or rebuild the Jefferson Street Bridge into our Association. This fund was dedicated by a Finance Advisory Committee



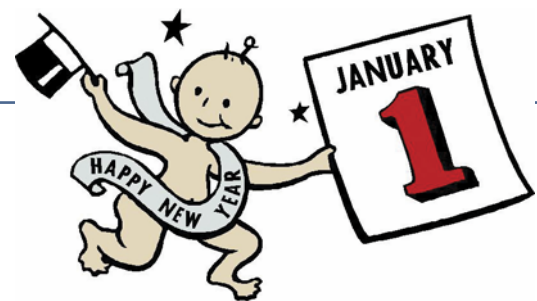
(FAC) Motion to the Board on December 16, 2022, and reflects the hope that the funds preserved in this dedicated fund can cover the anticipated costs for all the areas that are the financial burden of this Association for this project. *If it is not adequate, we run the real risk of a special assessment on all property owners.*

The auditor designated this account in the 2022 audit as a specific separate fund, and the FAC will do everything possible to ensure it is maintained for its "dedicated" purpose. The FAC acknowledges that the Board has the ultimate control over Association funds, if those funds are not restricted by the Davis-Stirling Act, but a financially responsible Association Board will always try to honor dedicated funds unless there is

some extreme and sudden need of the Association caused by disaster or other unexpected financial event.

**Conclusion:** Remember that the FAC reports to the Board monthly in an open meeting where you may ask questions and test the statements of the "vocal minority." In addition, you may submit questions through the Association website. The FAC is here to help keep you informed financially and to act as this Association's financial "Watchdog."

Contact the author at [finance@scshca.com](mailto:finance@scshca.com).



## From the Library

CINDY DEGRAF

Resolve to read more books in 2024! Don't put pressure on yourself with a number, just resolve to read more for pleasure and relaxation in 2024. And we have plenty of books for you to select from in our Montecito library.

Local resident David Distler enjoys a good book. He writes:

*Here's an author that I know many of you have read – Harlan Coben. His best-known series stars Myron Bolitar, a former first-round pick of the Boston Celtics, who is now an agent who represents stars of sports and Hollywood. His sidekick is Windsor Horne Lockwood III, Myron's former college roommate who is now (and always was) filthy-rich and very black belt in many forms of martial arts. He is joined in his agency by Esperanza Diaz, who used to be known as Little Pocahontas, a scantily clad professional wrestler in Fabulous Ladies of Wrestling, and by Big Cyndi, formerly Little Pocahontas' tag team partner in FLOW, now Myron's 6'5" 300+ pound receptionist. If all of this sounds too crazy to be true, you are right; but Harlan Coben puts this group together in a series of mysteries that combine humor and stay-up-all-night thrills that will make you dash to the library to get the next edition. Better start now. (But if you pick up one of his*

*Mickey Bolitar novels, be advised that it is written for young adult readers.)*

We welcome your donations, but please remember 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.

### We Accept as Donations:

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

### We Do Not Accept:

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

Thank you for supporting our library.

Contact Barbara Perler at 760-772-4484 or at [baramp311@gmail.com](mailto:baramp311@gmail.com) if you have any questions or comments about the library.



## Information Advisory Committee (IAC)

MARJE BURDINE | IAC MEMBER

The IAC acts as a link between the Board, our committees, and management to convey information to and from the residents. Information overload is unavoidable in this age of technology. We all pick and choose what we allow to penetrate depending on our priorities.

In an emergency, our priorities change instantly, though. We need to be safe and to survive. Full stop. It's now easier than ever to find the invaluable information on our website prepared by our Emergency Preparedness Committee chaired by Jeff Kirkpatrick. Just go to our website at [www.scschca.com](http://www.scschca.com) and log in or register. Then click on "Emergency" on the top banner, and the site will open.

The list of common disasters that can threaten our area may surprise you as well as what you can do before, during, and afterward. Three survival tips you may not know about include:

1. The Alert Notification System (AlertRivCo) and the ShakeAlert app are available on your smartphone. It takes seconds to add these resources, and they could easily save your life.
2. The Red Card/Green Card alert to be placed on your front window or garage door in an emergency

to signal whether you need help. The cards are available at the EPC Montecito rounder. Be sure everyone in your household knows where they are stored and where to place them in an emergency.

3. The bright red Vial of Life decal that should be placed on your front door exterior at eye level for first responders if your survival relies on your medications. This decal signals to trained rescuers that a list of your medications is located inside a sealed plastic bag in your refrigerator door. The decals are available at the EPC Montecito rounder.

The information you need to implement these three tips is located on the Emergency web page. Many more practical recommendations are also provided. To see a list of the 50+ residents who are members of the EPC Volunteer Cadre, go to HOA on the purple menu bar, click on Committees, then EPC. You may know some of these dedicated residents who are there to help you if needed – and more volunteers are always welcome.

Please take a few minutes to check out the Emergency web page – you will be glad you did!

Contact the author at [information@scschca.com](mailto:information@scschca.com).



## Welcome, Resident



### Ask a Question

Do you have questions about things going on in our community? To receive answers from your Information Advisory Committee, HOA Board, and/or Management, click below.

[Ask a Question](#)
[FAQs](#)
[Homeowner's Handbook](#)

**Visit our community website!**

**Go to: [www.scsshca.com](http://www.scsshca.com)**

**Log in today and stay up to date with the latest happenings at Sun City Shadow Hills**

- Important HOA Announcements
- Upcoming Events
- Resident Corner
- Documents
- Podcast
- Board Meeting Videos
- Classified Ads
- Resident Directory

**And so much more!**



# OUR SMART AND FRIENDLY HOA EMPLOYEES

BY LINDA AASEN | PHOTOS BY BETH BOLDUC

In our May issue we introduced you to Cari Burleigh, General Manager, and Vanessa Ayon, Assistant General Manager. Now we present the rest of our hard-working and dedicated HOA staff.

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Celeste Cordero

## Celeste Cordero

### COMMUNITY ASSISTANT – ARCHITECTURE

Celeste has served Sun City Shadow Hills for four years. She works closely with the Design Review Committee (DRC), sending courtesy letters when home exteriors and yards are out of compliance.

Celeste answers resident questions about violations and Home Improvement Applications (HIA) plus anything related to the DRC. She generates permits, performs inspections, and facilitates the DRC meetings. Celeste also assists at the front desk helping residents wherever she can.

This job appeals to Celeste because it keeps her mind active, and she is always learning something new. She relishes a challenge and loves overcoming one even more.

The youngest of six children, Celeste spends as much time as possible with her family. She sings and plays the keyboard at her Indio church, Church Unlimited. She also paints and draws, and her creativity now extends to jewelry making.

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Starr Meza

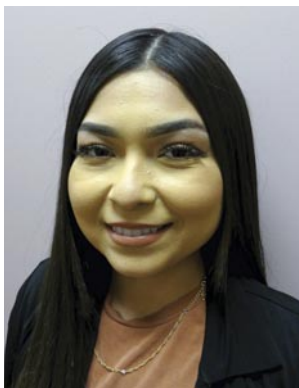
## Starr Meza

### PROPERTY COMPLIANCE COORDINATOR

As the Covenants Committee's staff liaison, Starr compiles the materials for each monthly committee meeting. She also tracks the meeting minutes and ensures that members are adhering to the Association's Bylaws. She reviews, analyzes, and processes incident reports plus citations, and she produces notices of hearings and rulings.

Starr enjoys every moment of her time spent with her Sun City Shadow Hills family, and she appreciates the connections she has established with her colleagues and residents.

The youngest of five siblings, Starr and her two brothers were raised by their great-grandparents. Starr's other grandparents raised her two older sisters. In her leisure time, Starr enjoys taking her great-grandparents out to eat and sightseeing. She says it's the least she can do because they raised her and her brothers during their retirement years.



Marlin Rincon

## Marlin Rincon

### COMMUNITY ASSOCIATE

Our residents are fortunate to be greeted by Marlin when they come to the HOA Office for help. Marlin registers new homeowners and their vehicles, installs transponders, obtains ID cards, coordinates DocuSign, issues parking passes, answers homeowner requests, files documents, and much more.

Marlin wants our residents to know that all HOA employees are here to help, explaining that assisting residents with questions or concerns is the main priority in the HOA office. She looks forward to coming to work every day ready to serve.

She enjoys staying active by exercising and playing pickleball. Marlin takes delight in cooking and trying new foods as well as baking sweets for her son, Anthony, or just being creative. Marlin is surrounded by unconditional love from her son, supportive parents, and seven siblings.



Brooke Roberts

## Brooke Roberts

### COMMUNITY ASSISTANT

With less than three months on the job, Brooke is our newest HOA employee. She has eased into the HOA environment and is so pleased with her great and helpful co-workers. Brooke enjoys meeting the many residents who come to the HOA for help, answering their questions and helping to register new residents.

When Brooke is home, she and her husband, Christopher, spend every possible moment with their daughter, River (11 months old), who is the center of their lives. Brooke is an avid reader, particularly fond of James Patterson's "Women's Murder Club" novels.



Esther Saldana

## Esther Saldana

### COMMUNITY ASSISTANT

For a year and a half, Esther has been assisting residents at the HOA Office. She ensures all registration forms are complete, answers general questions, and directs incoming calls. In addition, Esther drafts and mails hundreds of courtesy notices per month. She also ensures that all correspondence, forms, and notices are placed in a homeowner's file in a timely manner. Esther enjoys greeting the residents of SCSH and listening to their stories. She loves the atmosphere in our community.

The youngest of eight children, Esther spends much of her free time helping her dad to manage rental properties. Her dad says she has always been curious since she was a child and loves to explore and learn new things.

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[laasen3730@aol.com](mailto:laasen3730@aol.com).





# FAREWELL TO GEORGE ERHART

## Our Good Friend and *View* Contributor

BY ROBERT FIRRING | PHOTO BY ROBERT DELAURENTI

It's with a touch of sadness that we say farewell to George Erhart. George has been a resident of SCSH since 2008 and a member of *The View* Advisory Committee for more than eight years. He has been a major contributor. He and his wife, Betty, are moving to The Palms senior living community in La Quinta, and we will miss his laughter and endless creative ideas for stories.

Born 90 years ago in Dunsmuir, CA, George could see Mt. Shasta every day and finally climbed it on his sixteenth birthday. He loved the area and the outdoors. However, he never returned after he left for college.

George's first position out of college was working for Foremost McKesson. His job was to get fresh milk to parts of the world where it was not easy to obtain. He made many trips to Vietnam during the war and recalls sitting at a rooftop bar watching bombs explode in the distance. He wondered what chaos was happening while he was enjoying his cocktail in Saigon.

Most of George's career was in the magazine distribution business. He had franchises in Sonora and Santa Barbara.

He retired to Sun City Roseville in the late 1990s. It turned out that a lower elevation was better for George's health, so he moved to the Coachella Valley in the early 2000s, buying a house in SCSH in 2008. He joined the Writers Club shortly thereafter to pen his memoirs. I met George while playing Tuesday morning golf. I convinced him to first join the Writer's Club and then I twisted his arm to join *The View* Advisory Committee.



In addition to feature articles, George wrote a column called "Looking for Something to Do?" for many years. His favorite contribution, though, was writing updates about Henrietta, our resident Canada Goose, who is unable to fly because of a damaged wing. She turned up around 2010 and has been with us ever since.

A few years ago, Henrietta attracted a companion. The Good Samaritan who cares for them named the newcomer George, which George Erhart doesn't like much at all.

George isn't going very far away, so we can look forward to still seeing him around.

Contact the author at  
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# WINTER IN CALIFORNIA

## What Kind Of Winter Would You Like?

BY GEORGE ERHART | PHOTO BY RALPH OLSON

December 21 is the official start of winter. Our winter residents come from a wide variety of locations like Canada, Minnesota, Oregon, and Montana, just to name a few. Newcomers sometimes ask, “What’s winter like in California?”

As a native Californian, over the years I have been asked that question hundreds of times. Usually, my response would be something like, “Well, it depends on what part of California you are asking about. We have the second-highest mountain in the United States (Mt. Shasta, at 14,172 ft.) and the lowest elevation (Death Valley, at 282 ft. below sea level). The hottest temperature was recorded in Death Valley (134 degrees) and, in the Sierra Mountains, snow depths of 12 ft. are not uncommon. There are dozens of beach towns like San Diego and Santa Barbara along California’s 844 miles of coast, where one can surf, sunbathe, and look for seashells. Our mountains offer a multitude of lakes, campsites, hiking trails, and fishing streams. Our national parks, like Yosemite and

Big Trees, are world-famous. We have large and famous metropolitan cities like San Francisco and Los Angeles, in contrast to our vast agricultural areas that are so large it is estimated they produce approximately 70% of the nation’s fruit and vegetables.

There is a simple answer to “What’s the winter weather like in California?” You can find almost any kind of weather depending on what location are you asking about. This photo, taken right here in SCSH, typifies California in the winter: our beautiful sunny golf course in the foreground in contrast to snow-capped mountains in the background.

So, get out and enjoy your winter in California, no matter where you are!

Contact the author at  
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# DOG TRAINER TO THE STARS

BY ARNOLD CHOY | PHOTOS PROVIDED BY VICKIE MARX AND BETH BOLDUC

Vickie Marx was born in 1950 in Manhattan, New York City, and grew up in Queens. She graduated from Queens College, with honors in psychology in 1972. This education would prove to be an asset in her eventual successful profession as a dog trainer.

In 1977, Vickie's career began when her animal-loving dad showed her a *New York Times* ad seeking dog trainers. Within two years after she was hired, she became the Director of the Pet Education Center at the Humane Society of New York. This was when Vickie became one of the first to learn and apply the "Reward and Praise" method of training.



Vickie with some happy clients' dogs in the 1980s

Vickie has been around animals her entire life. Growing up with an Irish Setter, her favorite place to visit was a petting zoo, Lollypop Farm in Syosset, Long Island, NY, where she loved interacting with and seeing the animals. During her college days, her ever-present companion was a Boxer dog.

In 1980, Vickie moved to sunny Orange County, CA, where she opened the West Coast Academy of Dog Training. The academy specialized in correcting behavior issues such as separation anxiety, excessive barking, and housebreaking.

Vickie reflects, "There is a lot of self-satisfaction in teaching blind and deaf dogs and helping people with

disabilities (like wheelchair-bound owners)." She also points out that small dogs are more difficult to housebreak, and large dogs tend to be more destructive. But among large dogs, Vickie especially enjoyed working with Rottweilers because she found the breed to be intelligent, loyal, calm, and easy to train.

"The reason I became a dog trainer was to save as many dogs as possible from winding up in shelters."

The *LA Times*, the *Orange Coast* and *Beach Cities* magazines, and local radio and TV shows featured Vickie's business. This was when Hollywood personalities began reaching out to Vickie to train their dogs.

Vickie went to the home of Willie Ames (*Eight is Enough*) to train his Golden Retriever and Basset Hound. Gail Storm also hired Vickie to train her standard poodle puppy, Jolie. In addition, Vickie helped train a beautiful West Highland Terrier for Connie Hines (*Mr. Ed*). And comedian Steve Martin gave Vickie a photograph he autographed with "Dog's Best Friend" because she was instrumental in helping train his parents' mini-poodles.

As she gained invaluable experience with training dogs through her successful business, Vickie discovered there are a few key things that all owners should remember:

- Always teach dogs correct manners and behaviors.
- Never call a dog to you and then scold it.
- Never scold a dog AFTER the fact.
- Never hit a dog. This can make the dog more shy or aggressive.



Sometimes, Vickie says, owners can be just as difficult as their dogs. And finally, she reminds people that training dogs is a very physical job, no matter the animal's size – she has the scars to prove it.



Vickie with Jasiri and Zane

In 1996, Vickie became more involved with showing dogs. Her first was a Ridgeback named Jasiri (courageous in Swahili). Her next Ridgeback, Zane,



Arlo's championship photo

became a dual champion. He was a Confirmation Champion as well as multiple Best in Field Champion. Next came Arlo, a Wirehaired Pointing Griffon who quickly achieved his championship.

Currently, Vickie is working with Saffron, another Ridgeback, who came in 2nd Place among 28 other females (twice in the annual Palm Springs event). This year, the Kennel Club of Palm Springs Dog Show is on January 8, 2024, at the Empire Polo Field, with over 3,000 dogs entered.



Vickie and Saffron

After training thousands of dogs over the course of nearly 43 years, Vickie decided to retire at age 70. In February 2020, she closed her business and moved to SCSH. Most important for her are our dog parks and dog-friendly community. Vickie loves living here and seeing other owners walking all varieties of dogs along Sun City Boulevard.

Contact the author at  
[choyarnold@yahoo.com](mailto:choyarnold@yahoo.com).





# AN UNUSUAL PROFESSION

BY CARL RIGOLI

I wonder if anyone is aware of one of the truly unusual professions I was privileged to witness growing up in New York City? This unusual occupation was familiar; and the practitioners were some of the most interesting emotional, spontaneous, and well-known neighborhood method actors of their time. They had to be on call 24 hours a day to participate in a very important and consoling way. I remember hearing that some women would attend special neighborhood seminars to learn how to become part of this unusual profession.

To qualify, the chosen ones needed to have multiple personalities plus be able to speak and act spontaneously in front of people. Those selected for this distinguished profession were handsomely compensated financially because they would have to give the performance of their lives each time they stepped up to the plate. Some of these women won awards for their sincere performances earning their neighborhoods' highest praises and special acknowledgment.

I guess you are trying to figure out what kind of profession I am writing about. Before I divulge it, I need to give you some background about my childhood. I was raised in a large Italian family, and children had to learn how to act respectfully on all occasions. We had to attend weddings, baptisms, first Communion, Mass, and graduations. Believe it or not, the most dramatic ceremonies were funerals. Lots of older relatives frequently departed.





When I was seven years old, I attended my first funeral with my mother and father. One of our family members passed away, and we had to pay our respects to the immediate family. It was really scary walking through the hallway in the funeral home because I could see bodies lying in coffins in the viewing rooms.

My parents took me into one room where our relative was lying in the coffin. They brought me to the wife of the deceased husband and told her that we were sorry for her loss. The three of us walked up to the casket and viewed the body, and my parents recited a prayer for him. I stared at Uncle Joe; he was very still and looked like he was sleeping peacefully, but I noticed he was not breathing.

My parents and I sat in the room with many relatives and stared at the casket. All of a sudden, a woman began crying, and she got louder and louder. Another woman joined her, and their voices became louder and louder. They were yelling and howling, and all hell broke loose. The women walked to the casket and threw themselves towards the body yelling, "don't leave us," "come back," and similar laments.

I asked my mother who the two women were. She looked at me and said they were very close family members who felt very sad. Uncle Joe's funeral was the beginning of my experiences at wakes, and it seemed like every wake I attended in the future included the same ladies doing their thing.

The performance was always the same. After attending these rituals, my older cousins informed me that the two women were professional mourners. They said the family members were expected to join by in crying and carrying on to honor the dead person. The families and funeral directors hired these ladies to rouse the mourners' sympathetic responses, set the mood, and honor the deceased.

If you have seen *Good Fellas*, *The Sopranos*, or other gangster flicks, you can watch professional mourners hired to fire up relatives to honor the deceased mobster at a funeral viewing. I learned that these pros were paid generously, and it was a good advertisement for the local funeral businesses. Who knows, their performances might be nominated for an Oscar for best dramatic acting role at a funeral.



My mother knew all the Italian ladies in the old neighborhood and continued attending funerals with her lady friends. Mom would tell me how great the dead person looked, describing the hairdos, facial expressions, and clothes. My mother and her friends would advise funeral directors that the pros did a great job and recommend their funeral home to their friends.

You may wonder why I wrote this story about professional mourners. A good friend of mine who passed away about two years ago appeared in my dream recently. We played music together since we were 12 years old. In my dream, he was playing his saxophone in a band on the other side, maybe in the twilight zone. He told me he was looking for a really good drummer to play in his jazz band and asked if I would like to join him.

My dream seemed real because the band was playing familiar songs and I recognized many well-known musicians. My friend looked like he was in his thirties. I told him I was not ready to depart for many years because I hadn't finished what I came here to complete. He said he understood and resumed playing his sax with his terrific-sounding band.

Contact the author at [vibemanmusic@gmail.com](mailto:vibemanmusic@gmail.com).





# RAISING THE BAR AT 75+: BARA ROSENHECK

BY AGGIE JORDAN



If anyone has raised the bar at 75+, it is Bara Rosenheck. Since 2017, Bara has written four books and is working on her fifth. The first was her memoir, *Courage: It's More Than Luck*.

As she relates her struggle to prevail over unexpected obstacles in life, Bara acknowledges her many blessings while describing the challenges that life brought her. Bara was abused in childhood, and her intelligence was frequently questioned.

What is the message a young girl learns in this demeaning environment? To prove her detractors wrong, she continued her education in graduate school and earned a master's degree.

Bara has fought hard to overcome these belittling messages and credits them for stirring her passion for gender equality. She began as an administrator for a Title IX federally funded program at Rutgers University set up to promote equal and fair treatment for male and female students as well as employees of educational institutions. In this role, Bara was responsible for developing curricula and training teachers and administrators to ensure equality in schools, which became a reality throughout New York, New Jersey, Puerto Rico, and the Virgin Islands. She became a change agent for state Departments of Education, local school boards, teachers, and administrators. Even today, after 50 years, Robert Wood Johnson Medical School, part of Rutgers University, calls on Bara to speak to their staff.

After a devastating spinal cord injury at 52 resulted in paralysis, Bara made a remarkable recovery. In her memoir, she describes her journey to independence and self-sufficiency with humor and gratitude. Her goal of self-improvement – coupled with her desire to institute societal changes by becoming an activist and participant in the turbulent political era of the 1960s, 70s, and 80s – offers a window into that historic era. Written for and dedicated to her children and grandchildren, Bara's memoir weaves her family history and suburban lifestyle into a compelling view of her own

childhood and her motivation to become a change agent.

Quickly following her memoir, Bara's first novel, *Justice for Julia*, tells the story of a young woman with the courage to redeem her victimhood by becoming empowered. In 2022, *Justice for Julia* was honored as a finalist in the writing contest sponsored by American Book Fest. In 2020, Bara published her third book, *Foolish Moments and Other Stories*, which received five-star reviews on Amazon, as well as the prestigious recommendation as one of their Books of the Month. Her fourth book, a crime story, is entitled *The Mid-Morning Murders*.

In addition to writing and publishing these tomes, Bara has produced many humorous articles for *The View* magazine that keep our readers holding their bellies as the laughter pours out.

Bara rarely misses the weekly Writers Club meeting, whether it's on Zoom or in person. Her colleagues in that group look to her for insight and direction as they read aloud what they wrote for the week.

Arnold Choy says, "When Bara speaks, everyone listens intently because her words of wisdom just ring out. Her critique is gentle, usually right on the mark, and oh-so-helpful. She will give you her true thoughts, feelings, and insights, 100% real."

Beth Bolduc adds, "Bara is an inspiring writer, storyteller, and reader with a richly expressive voice. She is a strong member of the club, and her suggestions are "spot-on" and informative. We value her presence."

Because of that severe spinal injury, Bara is in continuous pain, living day to day with a seated walker by her side. But this has never slowed her down. At 83 years old, Bara continues to raise the bar for all retired folks.

Contact the author at  
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# MY CAR IS OLDER THAN I AM!

BY LINDA AASEN | PHOTOS BY BETH BOLDUC

Not many of our residents are 93, and even fewer of our 93-year-olds own a car that is even older than they are. Bob Swain is the exception! He always loved driving cars, sailing boats, and flying planes. As a teen, Bob constantly worked part-time jobs because his goal was to buy a car when he turned 16. And...he did, paying \$100 for a 1930 Model A Ford with roll-up windows. Bob called it his "spooning car."



Bob's beautiful 1929 Model A Roadster

Fast forward approximately 80 years and Bob is in the market for another classic car. He was outbid in his first attempt through Hemmings Worldwide Auto Auction. However, he found a classic car dealer in Davenport, IA, who was selling a 1929 Model A Roadster with mounted twin tires. Bob purchased this car because the dealer had restored it and added many new parts. The car is one year older than Bob, who says, "Unlike this car, I still have all my original parts."

The car's magnificent body is painted in an original Ford color, "Thorne Brown," with black fenders. It has a 4-cylinder, 40 horsepower engine; reupholstered interior; and etched window wings that redirect the exterior wind. The car's rumble seat, often referred to as the "mother-in-law" seat, has a roll-up window covering just in case you actually want to speak with your mother-in-law. The car is fitted with an antique wooden steamer trunk that is a piece of art in itself. I can vouch for the fact that there is not a speck of dust on this brown beauty.



Bob enjoying his "new" car

The finishing touch on this 1929 Model A is its license plate, which reads "AUEN 1". AU is the chemical symbol for gold. Add that to EN 1, and you have "Golden One!" It absolutely is!



Golden One

Bob and his wife, Joan, were married for 67 years, but she unfortunately passed away in 2021. I asked Bob what she would think of his new car. He said her reply would have been, "Bob, you're crazy, but I love you too much to stand in your way."

Contact the author at [laasen3730@aol.com](mailto:laasen3730@aol.com).



# THE SECOND CALIFORNIA GOLD RUSH

BY ROBERT FIRRING

Everyone knows something about the California Gold Rush. It occurred in 1849, which is conveniently referenced in San Francisco's NFL team name. It opened California up to the world: the definitive book about the Gold Rush is entitled *The World Rushed In*.

Very few people actually got rich panning for gold, though. The big money was made by the people providing picks, shovels, blue jeans, and things like that to the miners. The second California Gold Rush brought quite a bit more shared prosperity, however, and that is the story I'd like to tell.

Oranges are not native to California. They were first brought here from Brazil by Spanish explorers, and the first trees were planted at Mission San Gabriel in 1841. A man named William Wolfson started a business shipping the oranges by rail to the Gold Country. Almost everyone there suffered from scurvy, and oranges were a great antidote. That was the start of a great new industry.

The big step forward happened in 1871, when Eliza Tibbets, the wife of a settler in Riverside, wrote a friend in the U.S. Agriculture Department asking for advice on what to plant. That's when the Washington Navel (a sweet seedless orange) was introduced. Two trees were planted in Riverside. Every California Navel Orange tree came from seedlings of those two trees (one of which survives to this day).

Eliza Tibbets – mother of the orange industry



Between 1875 and 1885, the number of trees grew from 90,000 to 2 million. By 1890, Riverside was the wealthiest city per capita in the United States. An industry was born that benefited thousands of people



and was the major contributor to the diversity of Southern California. By 1920, oranges were the second largest export of the state, second only to oil.

The orange industry brought many farmers (mostly Midwesterners) to California. Oranges were considered an easy crop to grow because the soil didn't need to be plowed, and news of the warmth and beauty of Southern California was irresistible.

An important, but not so happy, story is about the field workers that were necessary. The first were Native Americans. Because of racism, the natives were replaced by the Chinese. The Chinese were quite important because they knew about agriculture. However, the Chinese Exclusion Act resulted in Japanese workers replacing them. Finally, the Japanese were driven out, and Mexican workers replaced them. This sad history is what created diversity in Southern California, which has only grown in succeeding years.

Another major development was the packing house. William Hardison, who made his fortune in the oil industry, opened Limoneira Packing in 1893. Because he didn't know much about oranges, he brought in professional managers to run things. These corporate



THE SATURDAY EVENING POST February 10, 1906

# Drink an Orange

Orange juice—a delicious beverage—is healthful and healthful. California orange juice is rich in vitamin C. Here you have a tendency to overeat—orange juice provides an aid to digestion that counteracts the ill effects of the heavy meal. California orange juice is advised by thousands of physicians for the finest balance as well as for growth. It provides a needed food value and aids in the proper assimilation of food. In short, the fresh, pure, *best* juice of good oranges, which comes to you in Nature's germ-proof package, is a natural regulator that every mother and wife should be careful to serve to the whole family at every meal. Why forego for even a single day this natural liquid food that makes all other foods more healthful?

**Sunkist**  
California Seedless Navel Oranges

Sunkist navel oranges are juicy, sweet, full flavored and delicious. They are seedless, firm and tender. Because of these facts hundreds of thousands of homes in California trust growers exchange. *Look for the name "Sunkist" on tissue wrappers, and vice wrappers for beautiful silverware.*

Use the Sunkist Orange Juice Extractor 10c—from Your Grocer or Fruit Dealer

The Sunkist Juice Extractor is especially designed to extract the juice of the largest as well as the smaller sizes of other Sunkist oranges or lemons. It is a new variety of unusually large size which is manufactured of heavy tough glass exclusively for us. We are distributing an enormous number of these at cost simply to facilitate the preparation of orange juice. This gives you, at a minimum price, the best orange juice extractor that fruit experts can devise. If you cannot secure this from your dealer, send the in stamps to cover cost and expense of mailing and we will send it direct to you by parcel post. 24c to postage in Canada.

CAIFORNIA FRUIT GROWERS EXCHANGE  
Corporation—Non-profit  
Fruit Division  
Dept. 207 137 N. Clark Street  
Chicago

This Juice Extractor 10c from Your Dealer anywhere in U.S.

Best orange ad ever

managers did a great job of handling the explosive growth of the industry, and this became a business model for other industries.

The great challenge of oranges became selling them. As with any business, there is constant tension between supply and demand. Initial marketing put beautiful and suggestive paintings on the ends of the crates. Many of these paintings survive to this day. Imagine someone on the East Coast who had never seen an orange looking at one of those beautiful scenes in the wintertime. It was an irresistible offer.

At about this time, Sunkist Growers was created. In 1893, an advertising man suggested that only the best oranges be shipped east and that they be put under a cooperative label. This proved to be a great success, and Sunkist now encompasses all types of citrus and thrives to this day.

In an experiment, in 1906, a trainload of oranges was shipped to Iowa. They were deliberately promoted all over the state to see what would happen. Consumption of oranges that year increased 50%.

The marketing of the oranges became as important as the production of them.

Probably the most important ad man for the industry was Albert Lasker. He found that it took two or three oranges to produce enough juice for one glass. He created a campaign called "Drink an Orange," and that is why people now drink orange juice in the morning.

Eventually, the land in Southern California became so valuable that vineyards were sold to housing developers. There is an Orange Grove Boulevard in both Pasadena and Orange County, a nod to the past. Later drivers of California's economy (Hollywood, aerospace, Silicon Valley) might not have happened here if the orange industry had not brought people's attention to the beauty of our state.

Nothing about a gold mine is beautiful. The second California Gold Rush was the one that produced the real gold for the people.

To learn more, visit the California Citrus State Historic Park in Riverside.



Entrance to the historic park

Contact the author at [rfirring@aol.com](mailto:rfirring@aol.com).



# SCSH CITRUS ROUNDUP

## Be A Good Neighbor, Donate Your Fruit

BY VICKI PRINCE | PHOTOS BY KATHY SCHREIBER

We are blessed with an abundance of citrus trees here in the Coachella Valley, and many of us have a variety of these trees in our own backyards. Every season, I have more lemons on my tree than my family, neighbors, and friends can possibly use. The question is, "What to do with the extra fruit?" Well, finally, the SCSH Desert Gardeners Club has given us a solution.

Last year, the club organized a citrus donation center right here in Shadow Hills. Twenty volunteers collected over 3,800 pieces of fruit from 46 of our residents at the Citrus Roundup event. The fruit was assembled into 475 bags and donated to the Neighbor4Neighbor program at St. Margaret's Episcopal Church in Palm Desert. Chet Hecht, Director of Outreach for Neighbor4Neighbor, said they rarely have fresh fruit



The Citrus Round Up banner was designed and made by the SCSH Creative Arts Club.



Over 3,800 pieces of fruit had to be washed before delivery.





Delivering the bags of fruit to the Neighbor4Neighbor program

to give to their clients. This year, the club hopes to collect even more fruit so they can donate to the Galilee Center in Mecca as well.

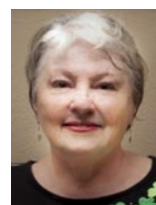
So, if your trees are loaded with all those luscious oranges, yummy grapefruit, and juicy lemons, far more than you can use, please consider bringing them to the Montecito parking lot February 26 between 10 am–1 pm. The Desert Gardeners will do the rest. They will unload the fruit from your vehicle, wash, sort, and bag it, and deliver it to organizations that help feed those in need.

Not only will your fruit not go to waste – it's an opportunity to be part of an outreach to our greater community in the Coachella Valley.

Contact the author at  
[vprince514@gmail.com](mailto:vprince514@gmail.com).



The best way to store your citrus fruit is to leave it on the tree until you are ready to use it.



A day's work completed. 475 bags with 8-10 pieces of fruit in each.





## LIFESTYLE UPDATE

CONNIE KING  
LIFESTYLE DIRECTOR

We hope everyone had a wonderful holiday season.

Thank you to everyone for the wonderful gifts bestowed upon my staff and me.

Wow! Can you believe it? Sun City Shadow Hills is celebrating its 20th anniversary this year. The Lifestyle Department is planning a whole host of exciting commemorative events, activities, and programs. To help Lifestyle create a timeline starting in 2004 and culminating in December 2024, we are reaching out to residents to help us capture some of the activities you enjoyed the most in the early years. These include social activities, concerts, trips, etc. Lifestyle will be revisiting some of these activities, and we want to make sure they were the ones you found most enjoyable. If you moved into the community between 2004 and 2006, I invite you to share photos. We are featuring the first Board that formed, clubs, committees, staff, and volunteers. Throughout the year, our communications team will be sending out updates relating to fun-filled 20th-anniversary activities, so make sure you sign up for our e-blasts: [scszca.com/emailsingup](http://scszca.com/emailsingup).

I would like to thank everyone who participated in our Coachella Valley Has Sole shoe drive. We were able to collect over 1,000 pairs of shoes for the Coachella Valley Rescue Mission. Your kindness and generosity are a tremendous blessing to our community.

On January 6, Debby Holiday will kick off the first of this year's concert series by performing timeless music by Tina Turner. Get ready to dance the night away with hit songs like "Proud Mary" and others.

The New Homeowners Orientation is scheduled for the evening of January 12, starting at 4:30 pm with "get acquainted" time.

Back by popular demand is the Age Well, Drive Smart class. Residents who attend this presentation by the Indio Police Department will receive a certificate. Last year, residents reported up to 25% savings on auto insurance with their certificate. We encourage everyone to check with their insurance company to see if they offer discounts.

We hope you enjoy the photos and reflections of the past year. It was a pleasure having you attend, and we look forward to 2024.

Contact the author at [connie.king@associa.us](mailto:connie.king@associa.us).



# A LOOK BACK AT 2023...



FOR MORE PHOTOS VISIT:  
[WWW.SCSHCA.COM/PHOTOS](http://WWW.SCSHCA.COM/PHOTOS)



Sun City Shadow Hills™

# GAMES PLUS CLUB



**FRIDAY, JANUARY 5, 2024**  
MONTECITO CLUBHOUSE BALLROOM

SALE OF BINGO CARDS: 5:30 PM  
GAMES START: 6:30 PM

PAPER SELLS FOR \$5 FOR 10 GAMES.  
TWO SPECIAL GAMES CAN BE PURCHASED FOR \$3.  
CASH ONLY, AND SMALL BILLS ARE APPRECIATED.

FOR MORE INFORMATION CONTACT:  
PAT DISALVO AT (310) 433-0714



## AGE WELL, DRIVE SMART

This program was designed to provide older drivers with the KEYS to driving safer and driving longer. Discussion topics in the Age Well, Drive Smart program include:

- How to tune up their driving skills.
- Refreshing their knowledge of the rules of the road.
- Learning about normal, age-related physical changes and how to adjust to them.
- When it may be time to limit or stop driving.
- Understanding the alternatives to driving.

During the class participants will also have an opportunity to ask questions and get additional resources for other transportation options here in the Coachella Valley.

**Friday, Jan. 19, 2024**  
10:00 am | Montecito Clubhouse  
Front half of the ballroom  
presentation by:  
**Officer David Torres**  
Sign up at the Lifestyle Desk  
or call: 760.345.4349 ext 2120  
Discount on auto insurance if applicable



Sun City Shadow Hills®

**MATINEE SHOW ADDED!**




# NEIL DIAMOND DONNA SUMMER & DIANA ROSS TRIBUTE


**FRIDAY, MARCH 1, 2024 • \$30**  
4:00PM • MONTECITO BALLROOM

TICKETS ON SALE NOW. [WWW.SCSHTA.COM/TICKETS](http://WWW.SCSHTA.COM/TICKETS)

# DAVEY'S LOCKER WHALE WATCHING



**MONDAY, MARCH 11, 2024**  
\$65 PER PERSON | NEWPORT BEACH | [SCSHTA.COM/TICKETS](http://SCSHTA.COM/TICKETS)



DEPARTURE TIME: 8:00 A.M. • RETURN TO CLUBHOUSE APPROX. 6:00 P.M.  
Sign up starts: Monday, October 30, 2023 • End: Monday, February 5, 2024



## Golden Seniors Social Club

Happy New Year 🎉

When was the last time you did something for the first time?

It's never too late. . .what's on your bucket list?



When: January 17th

Time: 2-4 PM

Place: Capistrano Room

Motivational Speakers

Life Coach: *Mia Lynott*

Author: *TK Fitzsimmons I've got class...*

Fitness Enthusiasts: *Dave and Luann Van Til*

Open Event Membership not required for this event!

What's on your bucket list? RSVP Mia Lynott 760.685.4468

SABRA HADASSAH OF THE DESERT PRESENTS

## Guest Speaker Roz Rothstein CEO StandWithUs

**"Important updates on Campus Antisemitism & Israel that you will want to hear."**



Roz Rothstein, the daughter of two Holocaust survivors, is the co-founder & CEO of StandWithUs, a 22-year-old international, non-partisan education organization, working on 6 continents. StandWithUs supports Israel, fights antisemitism, inspires & educates hundreds of thousands of middle school, high school & college students every single year through fellowships, internships & curriculum. It has become one of the most significant, fastest growing players in the pro-Israel education space.

Since the inception of StandWithUs, the Forward Magazine has twice named Rothstein one of the 50 most influential Jews in America, and the Jerusalem Post has twice named her one of the 50 most influential Jews in the world.

**Thursday, January 11, 2024**

Register at [events.hadassah.org/SabraJanuary2024](https://events.hadassah.org/SabraJanuary2024)  
Contact Debbie Orgen -760-289-7987 for more information.

## SCSH LINE DANCE CLUB RINGS IN 2024

Celebrate and dance with us  
All are welcome!

Saturday, January 13, 2024  
Montecito Clubhouse  
6:00 – 8:30 PM

Bring a snack or beverage

## SCSH SNOWBIRDS CLUB SPECIAL EVENT



**PRESENTATION BY CSA DIRECTOR WENDY CABAN**

**MONDAY, JANUARY 15, 2024**

**10:00 AM**

**MONTECITO BALLROOM – FRONT HALF**

We are pleased, as suggested by many of our members, to be providing the opportunity for interested members to attend our own information session lead by **Canadian Snowbirds Director Wendy Caban**. Wendy will bring us the latest information that directly impacts our Canadian Snowbirds.

Some of the topics that we have requested that be addressed during this session include:

- Lobbying Provincial, Canadian and US government
- How to count and keep track of days spent in the US
- Information relating to and filling out the Closer Connection 8840 form
- Medical information tips
- Canadian Snowbirds Currency Exchange Program....
- Question/Answer opportunity...

REGISTRATION IS THROUGH THE SCSH SNOWBIRDS WEBSITE  
SIGN UP EARLY TO SECURE YOUR SPOT


Further Information Contact: Vivian Harris. 778-689-5800

NOT A MEMBER – INTERESTED IN FINDING OUT MORE ABOUT OUR CLUB?  
[shadowhillsnowbirds.springly.org](https://shadowhillsnowbirds.springly.org)



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, January 17, 2024 • 7:00 pm**  
Reserved Seating • Tickets on Sale January 2

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

**Have you Heard???**  
**There is a New Club in Town!!!**



*The SCSH Newcomers  
Club*

Are you new to our SCSH Community or do you feel new?  
Want to welcome others and make new friends?

**Help us to bring in the New Year!**

What: Newcomers Club - January Happy Hour/mixer

Day: January 17, 2024      Time: 4:30 PM to 6:30 PM  
Location: Capistrano Room in the Montecito

For more information contact:  
Debbie: (323) 620-1956 email: [deb.halper@gmail.com](mailto:deb.halper@gmail.com)

Know anyone else recently arrived? Please invite them! All are welcome!


**Be Our Guest! Enjoy your first Newcomers  
event on us!**

\*\*And remember: Growing old is mandatory, but growing up is optional!

**DEMOCRATS IN SUN CITY SHADOW HILLS**

**Join us for our first meeting of the New Year -**  
Thursday, 18 January 2024 at 6 pm  
Montecito Clubhouse – Cambria Room

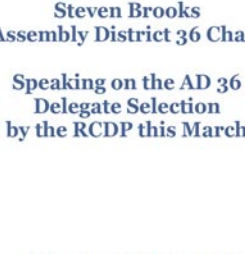
Presentations by



Agi Kessler  
Vice Chair of the Riverside County  
Democratic Party


Speaking on the Propositions on  
the March 2024 Ballot

and



Steven Brooks  
Assembly District 36 Chair

Speaking on the AD 36  
Delegate Selection  
by the RCDP this March



For more information about the SCSH Dems, email us at  
[taribeer10@gmail.com](mailto:taribeer10@gmail.com)



**TUTTA BELL VINO PRESENTS**  
**WINE PARTY TIME!**

**Saturday, January 20<sup>th</sup>, 5pm**  
Montecito Clubhouse Ballroom

Time to celebrate 2024 with our annual January Party!  
Members only Event!  
Our Famous Bottomless Sparkling Wine to start the evening  
Followed By Dinner with Festive 90+ Wines and Dancing!

Registration flyers will be available at the at the Montecito Clubhouse &  
Tutta Bella webpage [www.scshta.com](http://www.scshta.com) on December 16<sup>th</sup>.  
Registration Deadline: January 13<sup>th</sup> or until sold out  
For more info: [tuttabellavino@gmail.com](mailto:tuttabellavino@gmail.com)



# ART SHOW

Sun City Shadow Hills  
**CREATIVE ARTS CLUB**  
Presents the annual  
**ALL MEMBER ART SHOW & SALE**  
Come Visit our Gallery  
For Quality  
Fine Art and Gifts

**FREE WINE**

Join Us for  
A GLASS OF WINE  
AND ENJOY THE ART  
Montecito Clubhouse Ballroom

**SATURDAY, FEBRUARY 10, 2024  
10 AM TO 3 PM**

**FREE ADMISSION**

For more information contact Marilyn Johnston: 403-815-0488 email [johnstondm@shaw.ca](mailto:johnstondm@shaw.ca)

## SCSH Desert Gardeners

# Citrus Round Up

Do you have lemons, grapefruits, oranges, or limes?

Donate any leftover citrus from your trees to a local charity!

The Desert Gardeners Club is setting up a collection site to gather unused citrus.

All fruit will be donated to St. Margaret's Church & the Galilee Center to be distributed to 600 local families in need.

**Bring fruit to: Montecito Parking Lot  
Monday, February 26, 2024 at 10am - 1pm**

Until then, leave your fruit on the tree as long as possible. It is best stored on the tree!

[scshdesertgardenerse@gmail.com](mailto:scshdesertgardenerse@gmail.com)

Sun City Shadow Hills  
Singers Presents...

## A MUSICAL TRIBUTE

# BEATLES TO BROADWAY

Sunday  
March 17, 2024  
@ 2pm  
Montecito Clubhouse Stage

Tickets available starting February 1st  
at The Montecito Lifestyle Desk

Admission  
**\$15.00**

Check or Credit Card Accepted

For club information Contact Alan Voss (209) 768-9393

# 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





## MEDITATION OVER MEDICATION CLUB

You are invited to join

### Guided Meditation Sessions with Vib Verma

**Live a Balanced and Fulfilled Life  
Reduce Stress, Anger and Anxiety**

Vib features a unique topic each session. He will change your life.

- You will learn how to be happy and peaceful.
- You will learn to be positive.
- You will learn to generate love and compassion for all.

Science has shown that a negative mind can cause hypertension, insomnia, and other illnesses. With the right meditation practice you can feel better and possibly reduce the dependence on some medications.

We meet Mondays at 10:00 AM  
Santa Rosa Clubhouse / Pismo Newport Room  
For more information call Camille Brownson:  
760-673-6694 or [camillebrownson@gmail.com](mailto:camillebrownson@gmail.com)

## 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



**10AM Sundays**  
at the Montecito Clubhouse, Capistrano Room

Contact:

Ed Brown 760-908-3110  
[pastored@cox.net](mailto:pastored@cox.net)

Earl McDaniel 949-675-8714  
[earlmcDaniel@rocketmail.com](mailto:earlmcDaniel@rocketmail.com)



## Join in the fun!

The Pomettes of Sun City Shadow Hills is a multi-talented, spirited, and committed pom (dance) team whose members are seniors (age 55+) residing in Sun City Shadow Hills. Our pom team and its supporters are committed to excellence in performance, providing entertainment at a variety of events throughout the Valley.

We do this with a spirit of integrity and service, to bring fun and inspiration to all. We enjoy staying fit and working together to inspire an active lifestyle.

New members may join the Performance Team or become a Supporting (non-performing) Member.

We welcome newcomers every Monday at our team practice at 5 pm in the Montecito Clubhouse Fitness Center dance studio.

We come in all shapes and sizes and welcome all skill levels since everyone doesn't have to perform!

Learn more by focusing your phone camera on one of the QR codes below.  
(Click the yellow link that appears on screen)



Become a Facebook Fan



Membership Application  
(for both Performance Team and Supporting Members)



View the Website

Contact [pomettes.scsch@gmail.com](mailto:pomettes.scsch@gmail.com) for more information or if you'd like us to perform at your event.

## Sun City Shadow Hills Veterans Club [www.scschveteransclub.org](http://www.scschveteransclub.org)

Thank you for serving our country and protecting our freedoms!



### Sun City Shadow Hills Veterans: Join your Veterans' Club!

- Monthly interesting and informative speaker presentations
- Stay abreast of your entitled VA benefits
- Meet fellow veterans from your community
- Assist with community events including Memorial Day flag-raising, Veterans' Day potluck dinner, Toys-4-Tots Drive
- Flag Decorations National Holidays



**FLAG SALES**  
**2ND FRIDAY MONTHLY**  
**Montecito Clubhouse**  
**10:00 am - noon**

Monthly Meetings: third Tuesday, 6:00 p.m., Montecito Clubhouse Cambria Room  
Veterans' Club Annual Dues - \$10





## COACHELLA VALLEY HAS SOLE



**THANK YOU FOR YOUR KINDNESS AND GENEROSITY.  
WE WERE ABLE TO COLLECT OVER 1,000 PAIRS OF SHOES!**

I would like to thank you for your support of Coachella Valley Rescue Mission. Your kindness and generosity are a tremendous blessing, and we are all grateful. This email is to acknowledge your donation and your fantastic effort in providing over 1,000 pairs of shoes. Your special gift will be used as designated for serving the underserved in the valley. We'll be using these for outreach and residential programs. We deeply appreciate your partnership, especially since there are so many people that need our help.

**Eric Weber**  
Outreach Coordinator  
Coachella Valley Rescue Mission

On behalf of myself, my students, and my entire school, I cannot express enough gratitude towards the scope of your donation!

SO MANY students will now have shoes to play sports in. To wear without embarrassment or worry of where they would get the funds to buy them. Any shoes not given to students throughout the year will be further donated to the families of our students and to the Shelter of the Storm.

**Heather Dillenburg**  
Teacher  
Painted Hills Middle School



# 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, Dec. 11, 2023.  
Pass will be effective Jan 1st, 2024 – Dec 31st, 2024.

## 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 we step into a new year, it's the perfect time to assess our health and make positive changes. The new year presents an opportunity for a fresh start, allowing us to set new goals and create healthier habits. This article will explore tips and strategies to kick-start your fitness journey and prioritize your health in the coming year.

## 1. SET REALISTIC AND ATTAINABLE GOALS

Jumpstarting your fitness journey begins with setting achievable goals. Whether it's losing weight, building strength, or improving your cardio, make sure your goals are specific. Start small, gradually increasing the intensity of your workouts as you progress. Remember, consistency is key.

## 2. MAKE A FITNESS PLAN

Create a workout routine that suits your lifestyle. From cardio exercises like beginning boxing to strength training and yoga, find activities that you enjoy and will stick with. Consider seeking guidance from a personal trainer or enrolling in group fitness classes to help you stay motivated and accountable.

## 3. FUEL YOUR BODY WITH NUTRITIOUS FOOD

A healthy exercise plan needs to be supported by a balanced diet. Try to include fruits, vegetables, whole grains, lean proteins, and healthy fats in your meals. Avoid processed foods and excessive sugar, as they can derail your progress. Also, stay hydrated each day.

## 4. PRIORITIZE SELF-CARE AND SLEEP

It's important not to neglect self-care. Dedicate time each day to relax. Engage in activities such as meditation, reading, or taking a hot bath to reduce stress levels. Also, aim for 7-8 hours of quality sleep per night to allow your body to recover and recharge.

## 5. TRACK YOUR PROGRESS

To stay motivated and keep an eye on your progress, consider tracking your workouts and milestones. Celebrate each milestone you reach, no matter how small, as they are stepping stones towards a healthier you.

## 6. FIND A WORKOUT BUDDY

Working out with a friend can provide a support system and make exercising more enjoyable. Exercising together makes you accountable and adds an element of fun, making it easier to stay on track with your fitness goals.

This new year, commit to taking care of your health and prioritizing your fitness journey. With realistic goals, a well-planned workout routine, nutritious eating habits, and self-care, you have all the tools you need to kick-start your journey toward a healthier version of yourself. Remember, consistency and determination will lead you to success. Start your new year on a positive note and embrace the possibilities of what a healthy lifestyle can bring.

Contact the author at [amber.galindo@associa.us](mailto:amber.galindo@associa.us).

# FITNESS CLASS SCHEDULE

## MONDAY

### MONTECITO FITNESS CENTER

8:00 AM Yoga; Angel (\$6)  
9:00 AM Zumba; Yvette (\$6)  
10:00 AM Mat Pilates; Cheryl (\$6)  
12:30 PM Lively Liners  
(Free Intro to Line Dancing)  
1:00 PM Lively Liners (Beginner)  
5:45 PM Pomettes

### SANTA ROSA CLUBHOUSE

8:00 AM Circuit; Cheryl (\$6)  
9:00 AM Total Body Strength; Cheryl (\$6)  
11:00 AM Chair Yoga; Melinda (\$6)

## TUESDAY

### MONTECITO FITNESS CENTER

9:00 AM Barre; Eliezer (\$6)  
10:00 AM Aqua Fitness; Cheryl (\$6)  
10:00 AM Mat Pilates; Eliezer (\$6)  
11:00 AM Stretch; Eliezer (\$6)  
12:00 PM 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)  
11:00 AM Total Body Pump; Jessica (Free)

## WEDNESDAY

### MONTECITO FITNESS CENTER

8:00 AM Silver Fit; Cheryl (Free)  
9:00 AM Balance & Stretch; Cheryl (\$6)  
10:00 AM Body Toning; Cheryl (\$6)  
11:00 AM Vinyasa Yoga Level I-II; Leesann (\$6)  
1:00 PM Lively Liners (Intermediate)  
2:00 PM Lively Liners (Intermediate 2)  
3:00 PM Beginning Boxing; Andrew (Free)  
5:00 PM Pomettes

### SANTA ROSA CLUBHOUSE

8:00 AM Zumba; Rosy (\$6)  
9:00 AM Stretch; Angel (\$6)



## THURSDAY

## MONTECITO FITNESS CENTER

8:00 AM Brazilian Fusion; Eliezer (\$6)  
 9:00 AM Total Body Pump; Jessica (Free)  
 10:00 AM Mat Pilates; Eliezer (\$6)  
 11:00 AM Aqua Fitness; Cheryl (\$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)  
 11:00 AM Chair Yoga; Melinda (\$6)

## FRIDAY

## MONTECITO FITNESS CENTER

9:00 AM Zumba; Rosy (\$6)  
 10:00 AM Beginning Ballet; Eliezer (\$6)  
 11:00 AM Aqua Fitness; Cheryl (\$6)  
 11:00 AM Mat Pilates; Eliezer (\$6)  
 12:00 PM Reformer Pilates I-II; Eliezer (\$17)

## SANTA ROSA CLUBHOUSE

8:00 AM Silver Fit; Cheryl (Free)  
 9:00 AM Vinyasa Yoga Level I-II;  
 Leesann (\$6)  
 10:00 AM Meditation; Leesann (\$6)  
 11:15 AM Low Impact Cardio; Mirca (Free)

## SATURDAY

## MONTECITO FITNESS CENTER

9:00 AM Open Line Dancing

## SANTA ROSA CLUBHOUSE

## SCHEDULE SUBJECT TO CHANGE

Please check [www.scschca.com/fitness](http://www.scschca.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.

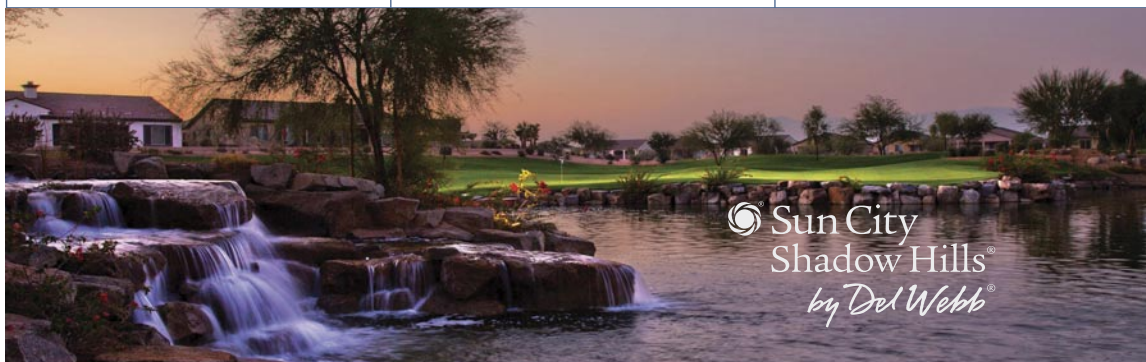
No late entries. Please silence all cell phones during class.

Lively Liners and Pomettes classes require Chartered Club membership.

	<p><b>1 MONDAY</b></p> <p>NEW YEAR'S DAY</p> <p>7:15 AM Lady Putters CAP 9:00 AM Creative Arts CAM/MIR 11:00 AM Pan CAP 12:30 PM Needles &amp; Pins CAM/MIR 1:00 PM Gin Rummy NPT 1:00 PM Scrabble PIS 4:00 PM Bocce Buddies BCM 4:30 PM King &amp; Queens Club PIS 6:00 PM Bocce Buddies BCM 7:00 PM Billiards Club PAC</p>	<p><b>2 TUESDAY</b></p> <p>8:00 AM Ceramics CAM 8:00 AM Comedy Night Tickets CL 9:30 AM DRC Meeting COA 10:00 AM Meditation SY 11:00 AM Pan CAP 2:00 PM Candidate Info FH 4:30 PM King &amp; Queens Club PIS 6:30 PM Performing Arts FH</p>	<p><b>3 WEDNESDAY</b></p> <p>9:00 AM Needles &amp; Pins CAM/MIR 9:15 AM Bridge CAP 10:30 AM Safety Meeting FH 11:00 AM Table Tennis NPT/PIS 12:15 PM Mah Jongg BH 1:00 PM Health &amp; Fitness Com. LJ 1:00 PM Jewelry Club MIR 1:30 PM Mexican Train NPT 2:00 PM Landscape Advisory COA 2:00 PM Ceramics CAM 2:30 PM Bocce Buddies BCM 3:00 PM Camera Club MON</p>
<p><b>7</b></p> <p>9:00 AM Needles &amp; Pins CAM/MIR 10:00 AM Mountain View Church CAP 1:00 PM Ukulele Strummers CAP 2:00 PM Table Tennis NPT/PIS</p>	<p><b>8</b></p> <p>7:15 AM Lady Putters CAP 9:00 AM Creative Arts CAM/MIR 10:00 AM Meditation NPT/PIS 11:00 AM Pan CAP 12:00 PM Women's Golf FH 1:00 PM Gin Rummy NPT 1:00 PM Scrabble PIS 2:00 PM City Development Com COA 2:00 PM Genealogy MON 3:30 PM Community Singers BH 4:00 PM Bocce Buddies BCM 7:00 PM Billiards Club PAC</p>	<p><b>9</b></p> <p>8:00 AM Ceramics CAM 9:30 AM Club Presidents FH 11:00 AM Desert Life Board LJ 12:45 PM Paper Crafters CAM/MIR 2:00 PM Golf Committee COA 2:00 PM Tuesday Night Putters FH 2:30 PM The View Committee LJ 4:00 PM Taco Tuesday BH/PAT 4:30 PM King &amp; Queens Club PIS 6:00 PM Pet Club CAM/MIR 6:00 PM Republicans CAP 6:30 PM Performing Arts FH</p>	<p><b>10</b></p> <p>9:00 AM Needles &amp; Pins CAM/MIR 9:15 AM Bridge CAP 11:00 AM Table Tennis NPT/PIS 12:00 PM Women's Golf FH 12:15 PM Mah Jongg BH 1:00 PM Jewelry Club MIR 2:00 PM Ceramics CAM 2:30 PM Bocce Buddies BCM 3:00 PM Camera Club MON/PIS 3:00 PM Desert Gardeners FH 6:00 PM Rainbow Friends CAM 7:00 PM Billiards Club CAM/MIR</p>
<p><b>14</b></p> <p>9:00 AM Needles &amp; Pins CAM/MIR 10:00 AM Mountain View Church CAP 1:00 PM Ukulele Strummers CAP 2:00 PM Table Tennis NPT/PIS 3:30 PM Snowbirds Club KSK/PAT</p>	<p><b>15 MLK JR. DAY</b></p> <p>7:15 AM Lady Putters CAP 9:00 AM Creative Arts CAM/MIR 10:00 AM Meditation NPT/PIS 10:00 AM Snowbirds Club FH 12:30 PM Needles &amp; Pins CAM/MIR 1:00 PM Gin Rummy NPT 1:00 PM Scrabble PIS 3:30 PM Community Singers BH 4:00 PM Bocce Buddies BCM 6:30 PM Performing Arts FH 7:00 PM Billiards Club PAC</p>	<p><b>16</b></p> <p>8:00 AM Ceramics CAM 9:30 AM DRC Meeting COA 11:00 AM Pan CAP 12:45 PM Paper Crafters CAM/MIR 4:00 PM Happy Travelers Club FH 4:30 PM King &amp; Queens Club PIS 6:00 PM Veterans Club CAM 6:30 PM Performing Arts FH 7:00 PM Bunco BH</p>	<p><b>17</b></p> <p>7:30 AM Men's Golf BR 9:00 AM Needles &amp; Pins CAM/MIR 9:15 AM Bridge CAP 11:00 AM Table Tennis NPT/PIS 12:15 PM Mah Jongg BH 1:00 PM Jewelry Club MIR 2:00 PM Ceramics CAM 2:00 PM Golden Senior Club CAP 2:00 PM Information Committee COA 2:30 PM Bocce Buddies BCM 5:00 PM Newcomers Club CAP 7:00 PM Comedy Night BR</p>
<p><b>21</b></p> <p>9:00 AM Needles &amp; Pins CAM/MIR 10:00 AM Mountain View Church CAP 1:00 PM Ukulele Strummers CAP 2:00 PM Table Tennis NPT/PIS 5:00 PM Let's Meet and Eat Club BR 5:00 PM Solo's Club CAP</p>	<p><b>22</b></p> <p>7:15 AM Lady Putters CAP 8:00 AM Classy Niners LJ 9:00 AM Creative Arts CAM/MIR 10:00 AM Meditation NPT/PIS 11:00 AM Pan CAP 12:30 PM Needles &amp; Pins CAM/MIR 1:00 PM Gin Rummy NPT 1:00 PM Scrabble PIS 3:30 PM Community Singers BH 4:00 PM Bocce Buddies BCM 6:30 PM Performing Arts FH 7:00 PM Billiards Club PAC</p>	<p><b>23</b></p> <p>8:00 AM Ceramics CAM 11:00 AM Pan MAR 12:45 PM Paper Crafters CAM/MIR 2:00 PM Readers Ink CAP 2:00 PM Tuesday Night Putters FH 4:30 PM King &amp; Queens Club PIS 6:30 PM Performing Arts FH</p>	<p><b>24</b></p> <p>9:15 AM Bridge CAP 9:30 AM Community Singers SY2 11:00 AM Table Tennis NPT/PIS 1:00 PM Jewelry Club MIR 1:30 PM King &amp; Queens Club PIS 2:00 PM Candidate Forum BR 2:00 PM Ceramics CAM 2:00 PM Non-Fiction Book Group LJ 2:30 PM Bocce Buddies BCM 6:00 PM Movie Group CAM 7:00 PM Billiards Club PAC</p>
<p><b>28</b></p> <p>9:00 AM Needles &amp; Pins CAM/MIR 10:00 AM Mountain View Church CAP 1:00 PM Ukulele Strummers CAP 2:00 PM Table Tennis NPT/PIS 6:30 PM Performing Arts FH</p>	<p><b>29</b></p> <p>7:15 AM Lady Putters CAP 8:00 AM Executive Session COA 9:00 AM Creative Arts CAM/MIR 10:00 AM Meditation NPT/PIS 11:00 AM Pan CAP 12:30 PM Needles &amp; Pins CAM/MIR 1:00 PM Gin Rummy NPT 1:00 PM Scrabble PIS 2:00 PM Board Meeting BR 4:00 PM Bocce Buddies BCM 5:00 PM Community Singers BH 7:00 PM Billiards Club PAC</p>	<p><b>30</b></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 4:30 PM King &amp; Queens Club PIS 6:30 PM Performing Arts FH</p>	<p><b>31</b></p> <p>9:00 AM Needles &amp; Pins CAM/MIR 9:15 AM Bridge CAP 9:30 AM Community Singers SY2 10:00 AM Mah Jongg Lessons MAR 11:00 AM Table Tennis NPT/PIS 12:15 PM Mah Jongg BH 1:00 PM Jewelry Club MIR 1:30 PM King &amp; Queens Club PIS 2:00 PM Ceramics CAM 2:30 PM Bocce Buddies BCM 7:00 PM Billiards Club PAC</p>



<b>4 THURSDAY</b> 8:00 AM Women's Golf SY2 9:00 AM Facilities & Services FH 9:30 AM Snowbirds Club PAT <b>9:30 AM Writers Club LJ</b> 10:00 AM Nominating Com. COA 11:00 AM Pan CAP <b>12:30 PM Hand &amp; Foot NPT</b> 12:30 PM Ukulele Strummers CAM 1:00 AM EPC FH 6:00 PM Oke Dokey Karaoke BH 6:15 PM Bridge CAP 6:30 PM Performing Arts FH	<b>5 FRIDAY</b> 8:00 AM Ceramics CAM <b>9:45 AM Performing Arts LJ</b> 11:00 AM Pan CAP 1:00 PM Bocce Buddies BCM 1:00 PM Creative Arts CAM 1:00 PM Samba Canasta MIR <b>2:00 PM Table Tennis NPT/PIS</b> 5:30 PM Bingo BR 7:00 PM Movie Night: <i>Blue Miracle</i> CAM/MIR	<b>6 SATURDAY</b> 9:45 AM Bridge CAP 11:00 AM Pan KSK 7:00 PM Tina Turner Tribute Concert BR
<b>11</b> 9:30 AM Snowbirds Club PAT <b>9:30 AM Writers Club LJ</b> 11:00 AM Pan MAR <b>12:30 PM Hand &amp; Foot NPT</b> 12:30 PM Ukulele Strummers CAM <b>2:30 PM Couples Golf MON</b> 3:00 PM Camera Club LJ 3:00 PM <b>Meet a Board Member</b> CAP <b>4:00 PM King &amp; Queens Club PIS</b> 6:15 PM Bridge CAP 6:30 PM Performing Arts MIR 7:00 PM Discussion Forum FH	<b>12</b> 8:00 AM Ceramics CAM 10:00 AM Flag Sale CL <b>10:30 AM Alzheimer's Group LJ</b> 1:00 PM Bocce Buddies BCM 1:00 PM Creative Arts CAM 1:00 PM Samba Canasta MIR <b>2:00 PM Table Tennis NPT/PIS</b> <b>4:00 PM Classic Movie Club: Tombstone MON</b> 4:30 PM New Homeowner Orien. FH 7:00 PM Movie Night: <i>Jesus Revolution</i> CAM/MIR	<b>13</b> 9:45 AM Bridge CAP 6:00 PM Lively Liners BR
<b>18</b> 9:30 AM Snowbirds Club PAT <b>9:30 AM Writers Club LJ</b> 11:00 AM Pan CAP <b>12:30 PM Hand &amp; Foot NPT</b> 12:30 PM Ukulele Strummers CAM <b>1:00 PM Food &amp; Beverage Com. LJ</b> <b>2:00 PM French Club MON</b> <b>4:00 PM King &amp; Queens Club PIS</b> 6:00 PM Democrats CAM 6:15 PM Bridge CAP 6:30 PM Performing Arts FH	<b>19</b> 8:00 AM Ceramics CAM 10:00 AM Age Well Drive Smart FH 10:00 AM Covenants Committee COA 11:00 AM Pan CAP 1:00 PM Bocce Buddies BCM 1:00 PM Creative Arts CAM 1:00 PM Samba Canasta MIR <b>2:00 PM Nominating Com. LJ</b> <b>2:00 PM Table Tennis NPT/PIS</b> 2:30 PM Snowbirds Club BR 3:00 PM Snowbirds Club KSK 7:00 PM Movie Night CAM/MIR	<b>20</b> 9:45 AM Bridge CAP 5:00 PM Tutta Bella Vino BR
<b>25</b> <b>9:30 AM Snowbirds Club MON</b> 9:30 AM Snowbirds Club PAT <b>9:30 AM Writers Club LJ</b> 11:00 AM Pan CAP <b>12:30 PM Hand &amp; Foot NPT</b> 12:30 PM Ukulele Strummers CAM <b>2:00 PM French Club MON</b> <b>4:00 PM King &amp; Queens Club PIS</b> 6:15 PM Bridge CAP 6:30 PM Performing Arts FH	<b>26</b> 8:00 AM Ceramics CAM <b>9:00 AM Finance Committee COA</b> <b>10:30 AM Alzheimer's Group LJ</b> 12:00 PM Women's Golf FH 1:00 PM Bocce Buddies BCM 1:00 PM Creative Arts CAM 1:00 PM Samba Canasta MIR <b>2:00 PM Table Tennis NPT/PIS</b> <b>4:00 PM Classic Movie Club: Up In The Air MON</b> 7:00 PM Movie Night: <i>Rustin</i> CAM/MIR	<b>27</b> 9:45 AM Bridge CAP 11:00 AM Pan KSK 5:30 PM Tennis Club BR



# January 2024

## 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  
DP1 – Phase 1 Dog Park  
DP3 – Phase 3 Dog Park  
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](http://www.scschca.com/tickets). For more information, contact the Lifestyle Desk at 760-345-4349 x 2120.



## FOOD & BEVERAGE

MANUEL GUADARRAMA | FOOD & BEVERAGE MANAGER

Happy New Year to all! We hope everyone had a great holiday season. 2023 was a fantastic year for Shadows, and we are thankful for your continued support.

As we begin the new year, we would like to remind you that all food venues are now open. Every outlet offers a unique sandwich or food item, available only at that specific location. Visit the Santa Rosa Bistro to taste Chef John's Italian sandwich. Visit the Shadows Terrace to taste the Mulligan Sandwich and four different draft beers, the Montecito Café to taste the Asian Chicken Chopped Salad or Vegetarian Cobb Salad, or stop at Shadows with your plus one to enjoy a delicious seafood or steak dinner.

As we get busier at Shadows, please remember that reservations are encouraged. With the pleasant weather, everyone wants to sit outside, but seating is limited. When making your reservation, please specify inside, patio, or window seating. If you are joining us for a lunch or dinner special, please specify that, too. Specials are available while supplies last.

You can visit our website, [theshadowsrestaurant.com](http://theshadowsrestaurant.com), for up-to-date information and upcoming events.

Contact the author at [jguadarrama@troon.com](mailto:jguadarrama@troon.com).

### Shadows Restaurant

(760) 772-4342

Monday: 4 – 8 pm

*(Tailgate Menu Only)*

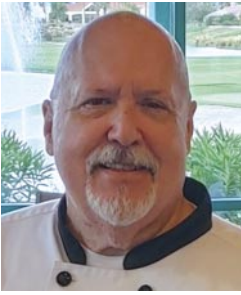
*Kitchen Service Ends at 7 pm)*

Tuesday – Sunday: 8 am – 8 pm

Happy Hour: 2 – 5 pm







# CHEF'S CORNER

CHEF JOHN DUTRA | EXECUTIVE CHEF

A new year brings a new beginning and a time for resolutions. I find as I get older that my resolutions tend to be centered more on my health. Be it mental or physical health, I am at that stage of life where I need to keep both my mind and body healthy so that I can stick around a lot longer. Now, just by looking at me, you know that I love to taste and eat the food I prepare. And we all know the old adage, "You can't trust a skinny chef." Well, times are changing.

This year my resolution is to eat much healthier. I am not a nutritionist, but for me that means cutting back on red meat, smaller portions, less carbs, and cutting back on sweets. So I am eating more fish and chicken in lieu of red meat. My recipe for Salmon Piccata is just the ticket. It is a refreshing dish that, when served with

vegetables, makes for a great meal. Salmon Piccata is also served at Shadows as part of our "From the Sea" Friday's special menu.

Here is my recipe for Salmon Piccata. This recipe can also be adapted to chicken in lieu of salmon. On behalf of myself and the entire Shadows Team, best wishes for a Happy New Year!

Contact the author at [jdutra@troon.com](mailto:jdutra@troon.com).



## Salmon Piccata

- 2 to 4 skinless salmon filets
- 1 cup chicken stock
- 2 teaspoons lemon zest
- 1/2 cup lemon juice
- 1/2 cup chardonnay
- 1/2 cup of capers, drained and rinsed
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons cold butter
- 2 teaspoons chopped parsley
- 2 teaspoons dill
- Spray the salmon with cooking spray, then season the filets.
- Place the filets in a grill pan to mark, then transfer them to an oven dish and place in a 375-degree oven to finish cooking. If you do not have a grill pan

place in a hot pan and sear each side of the salmon, then finish cooking in the oven. This usually takes four to five minutes depending on the size of the filets.

- In the meantime, in a separate pan, combine the chicken stock, lemon zest, lemon juice, wine, and capers. Bring to a simmer and reduce the sauce for five minutes.
- Take the pan off the heat and swirl in the cold butter. This will emulsify the sauce, and give it body and a nice gloss.
- Check the seasoning of your sauce, then add the salmon back to the pan while off the heat and spoon the sauce over the fish.
- Plate your salmon and spoon the sauce over the fish. Garnish with chopped parsley and dill, then serve.



# GOLF OPERATIONS

PHIL VIGIL | GENERAL MANAGER, SHADOW HILLS GOLF CLUB

On behalf of the Shadow Hills Golf Club team, we wish all Sun City Shadow Hills residents a very Happy New Year and hope you had an amazing holiday season.

We want to thank all our resident golfers for their cooperation with the golf cart guidelines. These guidelines aid in maintaining quality course conditions for the golf season. We also want to remind all golfers of the new green fee pricing taking effect on January 1, 2024. Don't forget that a valid SCSH resident card is required in order to be eligible for the "Loyalty" or "Resident" green fee rates.

Green fee rates have been posted on the Shadow Hills Golf Club website at [www.shadowhillsgolfclub.com](http://www.shadowhillsgolfclub.com). Additionally, please log in for the latest updates, tee times, and information on Shadow Restaurant.

We truly hope you are enjoying a great 2023 – 2024 season!

As always, stay tuned to our weekly email blasts, postings to Facebook through "The Shadows Golf Club" and "The Shadows Restaurant," as well as our mobile app for upcoming events, hours of operation, and other important information.

Contact the author at [pvigil@troon.com](mailto:pvigil@troon.com).







## PRO SHOP NEWS

TERRY FERRARO | HEAD GOLF PROFESSIONAL, SHADOW HILLS GOLF CLUB

In January, our golf courses get very busy. Be sure to book two weeks out. This year's Men's Member-Guest event is filling up, so put the date on your calendar, February 29; the closing day to enter is February 1. This is going to be a great event with plenty of prizes and events.

We have a Srixon demo day scheduled for January 20. Come see the new clubs. Also, Callaway will do fitting. If you would like to schedule a day, please see me.

We have new lines of golf ware in the Golf Shop for men and ladies. Levelware/Straight Down items have arrived. Come in while the selection is good.

I have noticed that the golf courses have been a little neglected as far as ball marks are concerned. Make sure to fix any you may make to help us keep the courses in great shape.

Contact the author at [terry.ferraro@troon.com](mailto:terry.ferraro@troon.com).

## Tip of the Month: Don't Go for Every Flag

Any golfers looking to score better can do so by playing more conservatively. By aiming at the middle of the green will essentially maximize the number of times you will hit the green.

If you play to a tucked flag, you put yourself in jeopardy of missing the green on the short side. It is easier to putt from 30-35 feet than to chip from a short side pitch.

Aim to middle and lower your scores.

## Club Contact Information

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### SNOWBIRDS CLUB

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### SOLOS

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### SPANISH CLUB

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### TABLE TENNIS CLUB

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### TENNIS CLUB

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### THAT'S ENTERTAINMENT

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[jjohnston003@dc.rr.com](mailto:jjohnston003@dc.rr.com)

### TUESDAY NIGHT PUTTERS

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[tuesdaynightputters@gmail.com](mailto:tuesdaynightputters@gmail.com)

### TUTTA BELLA VINO

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### UKULELE STRUMMERS

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### WOMEN'S GOLF CLUB

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### WRITERS CLUB

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### RESIDENT GROUPS

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#### HADASSAH

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#### MOUNTAIN VIEW CHURCH

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#### REPUBLICANS

Pete Anderson 760-775-4745  
[petegolf@yahoo.com](mailto:petegolf@yahoo.com)





## Billiards Club

Our membership continues to meet every Monday and Wednesday at the Montecito Clubhouse billiards room at 6:30pm 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 the last Wednesday of the month at a cost of \$5 per player each 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 your 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, November 13, we had a nine ball round Robin tournament. We had 16 players in competition. First place was won by Bob Rennie, second went to Bob Bailey, third place to Don Lucas, and fourth to Carlos Pene.

On Wednesday, November 29, we held an eight-ball round robin tournament. We had 18 players in competition. First place was won by Lee Egan, second went to Bob Rennie, and third to Vib Verma. Everyone played well and had a good time, congratulations to all our winners.

See you at the billiard room.



## Bocce Buddies

Come and meet a nice group of residents who enjoy the game. 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](http://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.



## Bowlers Club

Happy New Year Sun City Shadow Hills residents!

We hope your holiday season was filled with family and friends, and that you enjoyed all the offerings our community and valley environs offered.

The bowling season is now half over. We are enjoying the upgraded equipment at Fantasy Springs and are thankful for the collaboration between the staff there and our SCSH bowling board and bowlers.

We are always looking for substitutes. We currently have a full-time roster of 20 teams, but as we know, life changes impact us all. If someone can't bowl on a given Friday, we need a sub! You might consider a soft entry into the world of SCSH bowling, and being a sub is a wonderful opportunity. Contact one of the people below at: [scshbowling@gmail.com](mailto:scshbowling@gmail.com) to let us know of your interest.

As a full-time bowler or as a sub, come and enjoy our Friday mornings, the bowling fun, and the community comradery.

*Karen Hargrave, President: 818-929-2235*

*Peggy Mathieson, Vice President*

*Dana Barbour, Secretary/Treasurer: 562-201-3444*



## Bridge Club

Happy New Year!

This is the time of year we can enjoy near perfect weather and the return of friends and neighbors. The weather is cooler, but our bridge games are heating up with lots of players at the tables.

Our newly elected club board will begin their duties this month; thanks to them for their willingness to serve. President, Bev Teel; Vice President, Judy Cole; Secretary, LaVerne Sheehan; Treasurer, Nancy Johnson; and Member at Large, Sherre Johnson.

See you at the tables! Any questions contact Bev Teel at [Bevteel25@gmail.com](mailto:Bevteel25@gmail.com).



## Camera Club

With the dawning of a New Year, Camera Club members are looking forward to countless opportunities to create beautiful images. Our Club meetings will help with skills and techniques that will take photos beyond being just snapshots to being a works of art. Whether you shoot with an expensive camera or a smartphone, we can help improve your photography.

We hold two in-person meetings each month focusing on techniques and two Zoom meetings which deal with the more technical issues of post-processing. Our main, in-person meeting for January will be on January 3 with a presentation on Wildlife and Pet Photography. The meeting will commence at 3 pm in the Monterey Room at the Santa Rosa Clubhouse.

Our monthly workshop, coupled with a field trip, will provide opportunities to practice some of the skills talked about in our main meeting. Further details on all of January's activities will be outlined during our main meeting.

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 [www.scschcameracub.com](http://www.scschcameracub.com) for more information.



"Sunset + 13 minutes" by Neil Miller



## Ceramics Club

Happy New Year 2024



We are thrilled to invite you to our "Open House"  
Tuesday, January 16, 9 am – Noon

Please stop by the Cambria room at Montecito Clubhouse for a visit. We will show you around our work area and refreshments will be available!



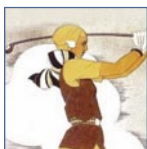
## Classic Movie Club

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 New Year Everyone!

Hope this New Year has started out healthy for all. Our season is in full swing with the course in great condition. Tuesday play is a shotgun start beginning at 8 am. Please join us for breakfast at Shadows following golf. Friday play is straight tee times beginning at 12:30 pm, with a choice to play 9 or 18 holes. The deadline for Tuesday play is Saturday at 5 pm. The deadline for Friday play is Tuesday at 6 pm.

Our Holiday Luncheon and General Meeting along with our Ho Ho Hole Tournament in December was a huge success. This month we have our "Swing With Bling" fun tournament on January 9 and "Beat the Pro" with Dixie Echers and Sandra Palmer on January 23. Come join the fun and meet new and old friends.

New Members are welcome to join any time during the year. We accept all skill levels. New members are given a short orientation and assigned a mentor for a smooth transition into our club. Prospective members may play one time as a guest. To join, please access our website at [www.shclassy9ers.com](http://www.shclassy9ers.com) and click the tab "Join Our Club!"

Happy New Year Everyone!



## Community Singers



SCSH "Singers" and "Holiday Harmony" thanks you so much for your support of our recent show...

### Home for the Holidays

Now we enter the second half of our 2023-2024 concert season in preparation for our March show...

### Beatles and Broadway

We are looking forward to a fun time with music we are sure you will recognize and enjoy! **Rehearsals begin**

**Monday, January 8.** Singers are open for returning and new members to join in the fun. Watch our monthly article for more information. Thanks again for all your support of the Singers club of SCSH.



## Couples Golf

Happy New Year from the SCSH Couples Golf Club! We hope everyone had a very enjoyable holiday season with family and friends, and now back to business. Our play dates are set for the first and third Sunday from January through April 7, 2024, with the very popular Can/Am Tournament scheduled for February 18, 2024, culminating in a catered dinner in the Montecito Ballroom, prizes, and customary bragging rights.

Our membership continues to grow year after year as we are always looking for new members and it has been very exciting to see so many right from the start. If you are interested in joining our club, please go to our website at [shcouples.com](http://shcouples.com) to find an application form under the Membership Tab and if you have any questions or need more information, please contact our President, Gerry Read at 760-289-6312.



## Creative Arts

We hope everyone's holidays were happy and safe. Can't believe it's 2024!

We have a few classes remaining this season: Managing Light & Dark Values and The Lyrical Acrylic. If you're interested in signing up, there are flyers available in the Montecito Clubhouse lobby, in the art room during our open studio times (listed below) or contact Suzy Voss: [suzygofly@yahoo.com](mailto:suzygofly@yahoo.com).

While you're in the clubhouse check out our January art wall featuring work by our snowbirds.

The November wall was member recreations of the works of Famous Artists. The public voted for their favorites: 1st Place was "Girl with a Pearl Earring" painted by Marie Logan, 2nd Place was "Still Life With Cheeses, Artichoke And Cherries" painted by Daryl Wolf, and 3rd Place was "Ballerina Green Dancer"

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painted by Dot Michaelson.

Please consider joining the Creative Arts Club, sign up for some classes and have some fun! The membership fee is \$15/year due in January. We have open studio time in the art room twice each week, Monday and Thursday morning 9 am – 12 pm. If you have any questions or would like more information about the club please contact our club's Vice President, Wendy McElroy at 714-222-6495.



## Desert Gardeners

What a start to our season we have had! With record numbers at both our monthly meetings and field trips, we have learned so much and met a lot of new members. On January 10, at 3:30 pm in the Montecito Ballroom, we will be hosting 5 Master Gardeners who will speak and answer our questions about topics pertinent to our own yards including caring for cacti, succulents, and citrus trees.

Later in the month members are taking a field trip to an Orchid Grower with a chance to socialize over lunch. We are also gearing up for our annual Citrus Round Up on February 26. If these types of activities might be of interest to you, please consider joining our club.

Visit our website [www.scshtadesertgardeners.com](http://www.scshtadesertgardeners.com) for membership information, the latest updates on our club activities and a wealth of gardening resources. We meet monthly from November through April and offer a wide array of experiences from educational meetings, consultations with Master Gardeners, slide shows of best practices, and field trips around our valley. A favorite event is the annual home garden tour in March followed by a delightful, casual reception.

For more information or questions, contact Terry Bolen at [scshtadesertgardeners@gmail.com](mailto:scshtadesertgardeners@gmail.com).



## Desert Life

Desert Life meets the third Tuesday 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.

### JANUARY LUNCHEON

DATE | January 16, 2024 - 11:30 a.m.

LOCATION | Heritage Palms Clubhouse

PROGRAM | Kimberly Spiegel, Senior Program and Operations Manager – Alzheimer's Association of the Coachella Valley

CHARITY FOR THE MONTH | Kittyland Cat and Kitten Rescue, Inc. Kittyland needs Fancy Feast kitten canned food (chicken or turkey), KMR kitten Formula, Purina one kitten food dry, microfiber cleaning cloths, small pet blankets, soft toys for play, or check donation payable directly to the Charity! *No cash or gift cards!*

*Donations By Members Are Always Voluntary!*

MAIN MENU | Steak Caesar Salad

VEGGIE OPTION | Vegetable Bowl – sweet potatoes, black beans, cabbage, coleslaw, red, green, and yellow peppers, avocado, candied pecans. *Must denote "veggie" on check.*

DESSERT | Tiramisu

PRICE | \$32. Checks must be in the Montecito mail slot by January 9. Includes seven door prize tickets. Please drop checks ASAP and don't wait for the deadline!



## French Club

*Bonjour et Bienvenue!*

You are welcome to join SCSH's French Club to learn French, improve your language skills, and make new friends!



French students gather together after the 11/16 class: (L to R) Ken Davis, Chris Peters, Dan Voorhees, Paula Voorhees, Instructor Chyrl Roberts, Judy Strauss, Josie Gomez, Brenda Sanger, Barbi Moyer, Moira Macleod-Foster



November classes were taught on the 16th and 30th. With *la Saison de Noël* or "the Christmas Season" approaching, French *chants de Noël* or "Christmas songs" were introduced. *Vive le Vent* ("Long Live the Wind") is sung to the tune of "Jingle Bells." *Mon Beau Sapin* ("My Beautiful Fir Tree") is the French version of "O Christmas Tree. At the conclusion of the November class, students enjoyed delicious French chocolates.



French students concluding their 11/30 session include: (Front, L to R) Pinar Crane, Ken Davis, Barbi Moyer, Leonard Studley, Dan Landis; (Back, L to R) Paula Voorhees, Judy Strauss, Chris Peters, Instructor Barbara Guiffre, Brenda Sanger

Starting in January 2024, there will be annual membership dues of \$20 per person. January classes will meet on the 18th and 25th in the Monterey Room at the Santa Rosa Clubhouse from 2 – 3 pm.

February classes will meet the 15th, 22nd, and 29th at the same place/time. If you are interested in joining, contact instructor Barbara Guiffre by phone/text at 315-868-3854.

*Avec tous nos voeux de bonheur, d'amour, de santé, et de prospérité pour cette Nouvelle Année 2024! Joyeux Noël et Bonne Année 2024!* (With all of our wishes of happiness, love, health and wealth for the New Year 2024! Merry Christmas and Happy New Year 2024!)



## Games Plus

Games Plus was formed to play various games.

**BINGO** | Doors open at the 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](mailto: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](mailto: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** | Regular Canasta is discontinued on Fridays due to lack of participation; however, in its place is Samba which is another version of Canasta. All levels of players are welcome. Come join your neighbors and learn this fun form of Canasta. If you have questions, please contact Betty Dixon at 970-389-4682.

*Happy Gaming!*



## Genealogy Club

### CAPTURING FAMILY HISTORY – ANOTHER IDEA

We spend endless hours on our computers. We write notes to friends, colleagues, team members, organizations, politicians, editors, and a host of other folks. We pass on funny jokes and interesting videos. Much of this dialogue sits on our computer until the day you do some clean up and send to the "Trash" all the messages in your "Sent" folder. Then, you go through your "Inbox" and delete all the hundreds of messages that you should have deleted, especially all the advertising. Hopefully, your email world has now been decluttered until the next time.

One hundred years from now, one of your ancestors is wondering what your daily life was like? Well, one way is to capture some of your yearly dialogue. Print off, in chronological sequence, all your "Sent" messages for the year. Store these in a three-ring binder. There are many ways to capture views of your life and interests, but this is one way.

Join us as the Sun City Shadow Hills Genealogy Club to learn more. We meet monthly, first Monday at the Monterey Room of the Santa Rosa clubhouse at 2 pm. Visit our website at [scshgenealogy.com](http://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.



## Happy Travelers

If you love to travel, come find out about the Happy Travelers Club! We invite you to join us in exploring a variety of travel experiences with like-minded members of our community. You will have the opportunity to make new friends and gain valuable information for planning memorable travel adventures.

Please visit our website at [SCSHHappyTravelers.com](http://SCSHHappyTravelers.com) for more information about upcoming meetings, membership, and trip offers.

If you have questions, please send us an email at [SCSHHappyTravelers@gmail.com](mailto:SCSHHappyTravelers@gmail.com).



## Hiking Club



It's a brand-new year with a great list of planned hikes from January through March. Join us to explore our beautiful desert terrain and meet new friends. We welcome new and returning hikers. Hikes have been planned for all levels from easy to strenuous. Visit our website at [www.scshta.com/hiking](http://www.scshta.com/hiking) for the complete list of hikes. Hikers should have some previous hiking experience and will be asked to assess their ability prior to their first hike. New members – please read the welcome letter on our website and contact Marjorie Babuik at [marjoriebabuik1@mymts.net](mailto:marjoriebabuik1@mymts.net) to register your interest to be added to the list of hikers.



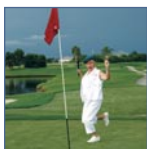
## Jewelry Club

The Holiday Season is over and we hope everyone enjoyed it. If you are looking for a new hobby, we are looking for new members for the Jewelry Club. Come and see what we do. Pull up a chair and chat for a while. We meet on Wednesday, from 1:00 - 3:00 at the Montecito Clubhouse. If you have questions please contact our President Jutta Ruehl at (310) - 567-2236 or our VP Veronica Vandenburg at (951) 325-3211.



These beautiful bracelets were made by one of our members, Mary Ann Dahl.





## Lady Putters

Putting is said to be half the game of golf. While a few of our players want more putting practice to improve their golf game, most are players who want to enjoy the camaraderie of other women and the social activities of the club.

We just finished our Holiday Luncheon in December and are now perfecting our putting in anticipation of the Palm Desert Invitational to be held January 31. This is a great opportunity to meet and compete with ladies from another association.

Membership is \$20. Each Monday morning, we play. There is an 8 am or 9 am group to choose from. We check in and pay \$2 and have a short 15-minute business meeting. A dollar is returned for each hole we make on our first try. There are a few who are able to make a profit on their \$2. For new members, their first play is free. All you need is a putter and ball.

For more details, call our President Olga Kiena at 714-746-2111 or Marlene Dawson the Secretary at 360-739-5428.



## Let's Meet and Eat

Happy 2024! Here's to more dancing, fun, and making new friends this year!

On January 21, we'll be dancing to the fantastic music by the popular **Shadows Band**. Please fill out a form in the Montecito lobby flyer rack.

The fabulous **Desert Crows** will once again be rocking and rolling on February 4. We love this band! Sign-up forms will be in the flyer rack on January 21 at 4:30 pm.

Good news! Beginning in January we have been allowed to add more tables to accommodate more people at our LMAE dances. Speaking of dances, we are thrilled to announce our very first:

### LMAE DJ Dance Party

Thursday, February 15

Check-in will be at 5 pm

The DJ will play from 6:00 to 8:00

Cost is \$5 per person, no assigned seating  
BYOB, bring snacks/food to share, and your own plates and silverware if needed.

LMAE will provide napkins and an ice water station.

The first DJ Dance Party will be performed by **Nouveau**. Nouveau are the two lead singers from the fabulous band, **DysFUNKsion**.

Questions? Please email [scshmeetandeat@gmail.com](mailto:scshmeetandeat@gmail.com) or call Party Central: Cherie at 760-953-6674 or Margo at 310-977-2720.



## Lively Liners

When the calendar changes, it's time for us to reflect on the upcoming new year. Many of us engage in the time-old tradition of creating resolutions for the next 12 months. So why not add line dancing to your list of resolutions and cover more than one resolution all at once!



Please visit our website at [www.scshlivelyliners.com](http://www.scshlivelyliners.com) to get lots of information about our club as well as instructions and videos of the dances we do.

We offer a free introduction class on Mondays as well as a Beginning class on Mondays and Tuesdays with Intermediate classes on Wednesdays and Thursdays.

There is line dancing on Saturdays from 9 – 10 am at the Fitness Center which is open to everyone.

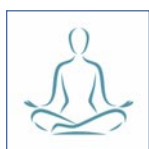
If you have any questions or need more information, please call Katy at 760-510-5710 or Melanie at 626-222-0644.



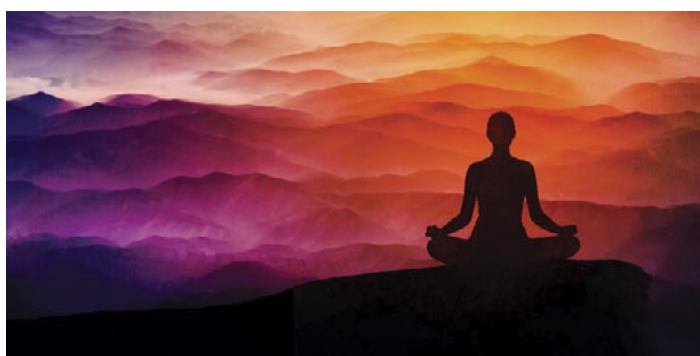
## Mah Jongg

Happy New Year to all our Mah Jongg fans. Here's hoping your new year is filled with winning hands!

Dues for 2024 are due in January. Please make a check for \$10 payable to "SCSH Mah Jongg Club." Checks can be submitted to the club's mailbox by the Montecito Clubhouse Library. If you'd like information about the Mah Jongg Club or are interested in learning how to play, contact our president Rochelle Asheroff at [asheroff@sbcglobal.net](mailto:asheroff@sbcglobal.net).



## Meditation Over Medication



You are invited to join guided meditation sessions with Vib Verma. Live a balanced and fulfilled life. Reduce stress, anger, and anxiety. Vib features a unique topic each session. He will change your life.

- You will learn how to be happy and peaceful.
- You will learn to be positive.
- You will learn to generate love and compassion for all.

Science has shown that a negative mind can cause hypertension, insomnia, and other illnesses. With the right meditation practice, you can feel better and possibly reduce your dependence on some medications.

We meet on Mondays at 10 am in the Santa Rosa Clubhouse Pismo/Newport room.

For more information call Camille Brownson at 760-673-6694 or [camillebrownson@gmail.com](mailto:camillebrownson@gmail.com).



## Men's Golf Club

Our Shadow Hills Men's Golf Club would like to wish a Happy and Healthy New Year to not only our golfing members, but to their families and friends here in the Shadow Hills Community or wherever they might be. We leave behind a great 2023 year filled with both golf and social events and look forward to another successful year in 2024.

Our Holiday Dinner Dance was again a great success thanks to the work of Craig Fierstein and his helpers, and the 2023-2024 golf schedule is well underway. Check our website, [myshmhc.net](http://myshmhc.net), for details including the results of each week's events. And don't forget our Member-Guest two-day Tournament coming up on February 29, 2024.

A reminder that if you have not already purchased your 2023 SHMGC membership, it is past due, and by now you should have also purchased your new Players and Trail Fees Cards, if these are Shadow Hills Golf Club perks you use. Any questions, call Randy Thomas at 949-279-2115

Finally, don't forget that our first 2024 monthly meeting (donut meeting) is scheduled for January 17, 2024. All SHMGC members are invited. See you there and around the golf course.



## Needles and Pins

The Needles and Pins Club wishes all a very happy, healthy, and prosperous New Year!

Members of the club are looking forward to attending the Quilters Conference in Ontario January 17 – 20. The annual conference has many classes and vendors with wonderful quilting ideas!

At the recent Boutique, Betsy Johnson won the raffle for a colorful quilt. A big thank you to all who came by our booth to look at and purchase the many crafted items. All money earned goes to buying supplies for donations.





Terry Coon donated a beautiful quilt that he completed to the Club to be auctioned off in the near future. The quilt pattern is called "Feathered Star."

We meet on Sundays all day, Mondays from 12:30 to 5 pm, and Wednesdays 9 am to 1 pm in the Cambria room in the Montecito Clubhouse. Come by and see what we're working on now!

For more information, please contact Joan Kiening at [needlesandpinssuncity@gmail.com](mailto:needlesandpinssuncity@gmail.com).



## Newcomers Club

Have you heard? There is a new club in town! Are you new to our SCSH community or do you feel like you are new?

Our club is the perfect group for you! We are a social club for people who want to make new friends, have fun, and learn about our beautiful community together!

We meet once a month for mixers, happy hours, potlucks, camaraderie, and fun!

Come to the next Happy Hour/

Meet your Neighbor Event

Thursday, January 18, 2024

4 – 6 pm in the Montecito Ballroom (Back Half)



For more information contact Debbie Halper at 323-620-1956 or [deb.halper@gmail.com](mailto:deb.halper@gmail.com).



## 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!

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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.scshta.com/podcast306](http://www.scshta.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 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 golf@gmail.com](mailto:scshpairs golf@gmail.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](mailto:stretch1@wavecable.com), or Mike Johnson at 775-721-7966 or [michael.d.johnson3860@gmail.com](mailto:michael.d.johnson3860@gmail.com), for further information.



## Pan Club

Greetings to all our Pan Club members! We hope you enjoyed your holiday season. We are all adjusting to the changes in time, longer days and gorgeous weather.

One thing that hasn't changed is our love of the game of Pan! Aren't we blessed to sit with our buddies and play Pan and look at the spectacular vistas of mountains and golf course? That, of course, was a rhetorical question.

We are so excited to welcome our newest group of players to our club on Thursdays! Congratulations on completing your lessons! All your fellow members are here to help and encourage you. It's a challenging, (sometimes frustrating) game, but it is so much fun! You'll soon see why we are such avid fans of the game!

Please remember we play Pan on Mondays, Tuesdays, and Thursdays in the Montecito Clubhouse. Additionally, there are a few games on Fridays and Saturdays, as well as Monday nights.

On behalf of your board members, we wish you continued health and happiness – and of course that you get those ever-elusive bongs! They're somewhere in those eight decks of cards!

Questions? Please contact our Vice President/Treasurer, Judy Wilabee at 562-484-4960 or email [judywilabee@gmail.com](mailto:judywilabee@gmail.com).



## Paper Crafters

Happy New Year from the Paper Crafters club members. We ended the year with a fun-filled holiday luncheon. We had a wonderful 2023 and now looking forward to 2024 and learning more exciting techniques and designs. Classes will resume January 2. Please join us for a new year of fun paper crafting.

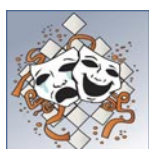
We meet in the Mirada room at the Montecito Clubhouse every Tuesday at 12:45 pm with classes beginning at 1 pm. Our weekly projects cost from \$1 – \$3 per card. For SCSH residents, the first class is on us. You will see how much fun we have sharing our



creativity with each other and making new friends. Membership is \$10.

After class, you are encouraged to stay and use the supplies and equipment available to make additional cards or projects. One of our members is always there to help if needed. We would love to have you join us.

For more information or you have questions, please contact our president, Debbie Mason, at 909-214-3453 or msgreen486@yahoo.com.



## Performing Arts Club

"Happy New Year" gets old very quickly, it's even stale by January 3. Don't get me wrong, but don't you think at our age we could change it up a wee bit and Act Out as part of our New Year's Resolutions? Yes, you're right, losing those ten pounds is a great goal, but surprise, surprise, it's the commitment that makes it work.

Maybe Acting Out is just the ticket for you! How about enjoying the thrills that await us right here in The Sun City Shadow Hills Performing Arts Club? Right now? Are you in? Yes? Maybe? Wow! That's terrific.

Our community has the highest registered percentage of talented people on this side of 42nd Street and Broadway! You've no doubt seen the outstanding Broadway Plays we produce each spring and fall right here in our own Montecito Clubhouse Ballroom – they're always a sell-out! In our spring play: *The Odd Couple - Female Version*, our members act, produce, direct, design sets, and become stagehands,

costumers, make-up artists, ushers, and more. You'll find your way to Acting Out with all the rest of us.

For membership inquiries, please contact our Club Secretary, Gordon Thomas, at gordon.thomas8727@gmail.com. He can't wait to welcome you!



## Pet Club

A very happy and healthy 2024, pet families and their loved pet paws!

What an enjoyable time was shared last month at our Holiday Pizza Party and a big shout out to Petco, for all the pet gifts that were donated and given away! A very special "thank you" to our invited guest, Dan Miller. Dan's presentation was heartfelt by all, as he presented his story and history; a span of over a 30-year career with the U.S. Marines and retired police officer. Dan continues to show his passion in life, speaking for the many involved with the Wounded Warriors Project, it was truly an honor that Dan accepted our invitation to be our guest speaker and along with his four-legged furry companion, both had flown in from Florida to be us that evening! Thank you, Dan and loved pet paw!

SCSH Pet Club meets every second Tuesday of each month at 6 pm in the Montecito Clubhouse, Cambria/ Mirada rooms. Please plan to come and join us! It's a new year of guest speakers planned, a SCSH Pet Walk, and more!

For more information, contact Jo Provenzano-King, President SCSH Pet Club, at j.n.provenzano@hotmail.com or 818-848-5959.



## Pickleball Club

The start of the new year brings more new faces to the pickleball courts. We have some new programs this season along with the lessons, round robins and social play similar to the past season.

We are looking forward to the start up of the Inter-Club Group. This group will go to other clubs in the Valley to have some fun and competitive games and

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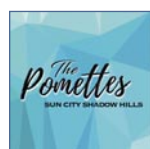
meet fellow pickle ballers! Our club will also host some games here at our courts. Contact Marc Michaelson for more information at 843-685-0140 or [jpliquors@yahoo.com](mailto:jpliquors@yahoo.com)

Coming soon! Second club tournament on Saturday, January 20, followed by the Can-Am Tournament on February 17. The slots fill up quickly so check the website and your email for all the sign-up information.

The current Pickleball Club Board will be appointing a nominating committee this month and they will be looking for qualified candidates to serve on the board of directors for the 2024-2025 season. The nomination period will end on January 30. Please consider serving this great club in the future. Contact a current board member or look for information on the website, [scshpickleballclub.org](http://scshpickleballclub.org).



Purple shirted tournament committee volunteers hard at work, it takes a village!



# Pomettes

The Pomettes of Sun City Shadow Hills have been very busy giving back this season with charitable causes they support. In October, they cheered on the Paint SCSH Pink breast cancer walk survivors and participants. November, they were the hit at the Alzheimer's walk at the Palm Desert Civic Center Park and Indian Wells Southwest Church event in honor of Corporal Hunter Lopez, who lost his life in 2021 in

Afghanistan. In December, the Pomettes donated 24 Christmas stockings to the United Cerebral Palsy of the Inland Empire for the children that they serve.



The Pomettes have both performing Cheer/Dance members, and non-performing members do the behind-the-scenes work necessary to ensure the team is ready to get on stage to dance, cheer on another team at a charity walk, or be in a parade, for example.

Please let us know if you want The Pomettes to perform at your event. Contact Sue McCollum, Club President, at [pomettes.scsh@gmail.com](mailto:pomettes.scsh@gmail.com).



# Rainbow Friends

Happy New Year! Wishing you the very best in 2024! May every one of you find the New Year filled with good health, good times, happiness, and peace.

Our next regular meeting will be held on Wednesday, January 10 at 6 pm in the Montecito Clubhouse. It's a Build Your Own Ice Cream Sundae's and Juke Box Fun to celebrate the New Year. This will be the second



to the last meeting before our Annual Dinner/Dance, which is scheduled to take place on February 24, 2024.

Thank you for your membership and support throughout the year, and to those of you who volunteer their time and effort to make this club succeed. To those of you who opened your homes for our potluck dinners, *thank you!* We look forward to the New Year and welcome back our longtime members and look forward to new members joining us throughout the year.

The club dues for 2024 will be \$15 per person and should be paid at the meeting or no later than the end of February. As always if you are a club member, please check your emails for the latest club information.

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.

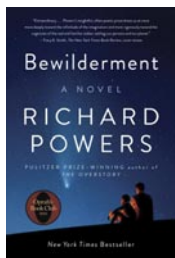


## Readers Ink

### Fiction Book Club

What a busy year our club has had! Two new co-presidents and a productive and supportive board! Our club has read so many interesting books and is looking forward to perusing the books we selected for next year.

Our Christmas Committee organized a great party for us in the ballroom of the Montecito Clubhouse. It was extra special as we included the Non-Fiction Book Club to join us. Thanks to Cathy Nielson, we were able to donate numerous children's books to a local school.



In January we will be reading *Bewilderment* by Richard Powers.

Now is the time to make a New Year's Resolution to read more! Join us in the Capistrano Room in the Montecito Clubhouse on the fourth Tuesday of every month. Our next

meeting will be on January 23 at 2 pm.

For further information, contact Terri Fitzsimmons at [fitzsimmonsterri@gmail.com](mailto:fitzsimmonsterri@gmail.com).

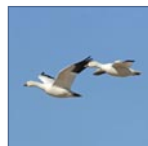
### Non-Fiction Book Club

The next meeting of the Non-Fiction Addiction Group will be on Wednesday, January 24, at 2 pm in

the La Jolla room at the Santa Rosa Clubhouse. For members who cannot attend in person, the next meeting will also be available on Zoom. Our selection for the month is the 464-page book *Chip War: The Fight for the World's Critical Technology*, by Chris Miller.

If you want to get a jump-start on our February 2024 selection, we'll be reading and discussing the 496-page book *The Last Spike: The Great Railway, 1881-1885*, by Pierre Berton - our Canadian selection this season.

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@gmail.com](mailto: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 [shadowhillssnowbirds.springly.org](https://shadowhillssnowbirds.springly.org) or by contacting the Membership Director at [scshsnowbirds@gmail.com](mailto:scshsnowbirds@gmail.com).



## Solos Club

Solos is a social club for single residents of SCSH. Our regularly scheduled activities each month include an outing, like a dinner or happy hour, and our regular monthly meeting, which also includes a fun activity. If you would like any membership information contact Shirley Bunce at 760-345-8121 or email her at [bunce.shirley123@yahoo.com](mailto:bunce.shirley123@yahoo.com).

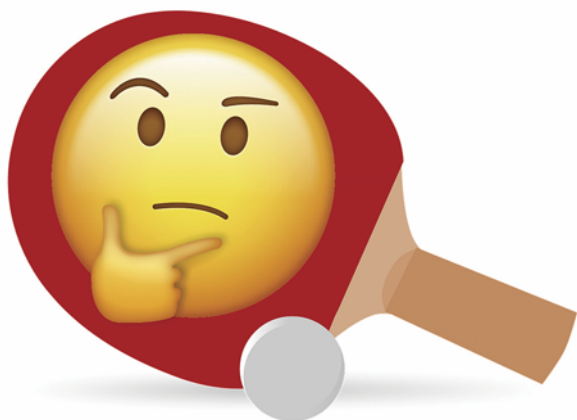
Solos also has a standing reservation for a few tables at Shadows Restaurant for happy hour every Friday night at 4 pm. Come meet with your fellow members or make a new friend and enjoy a drink, appetizer, or small meal. Our regular monthly meetings are held on the third Sunday of each month from 5 – 7 pm in the Capistrano Room of the Montecito Clubhouse. Hope you can join us then.



## Table Tennis Club

We can all agree to disagree with one another in a civil way (I know it's not easy) and move forward with a more positive sensibility. One step at a time and try to change the way you have looked at things. I'm a work in progress for sure but staying quiet is not the answer. Let's try to help each other stay positive because the aging process can be complicated. Let's try to smile more and eat healthy.

Rip the tape off the new paddle or stay with the old one. 2024 opens the door to bigger and better things. Happy and Healthy New Year.



## Tennis Club

*Happy New Year!*

We hope everyone had a wonderful holiday season. We are looking forward to an active season of tennis and club events, and if our December "Hit for Fun" event was any indication, it will be a great season! The court drills and games are always the highlight of the event, and afterwards we all enjoyed a BBQ lunch on the patio at the Montecito Clubhouse, along with a fun prize drawing.

Our next event is our Winter Social & General Meeting on Saturday, January 27. Keep an eye out for the sign-up information because you're not going to want to miss this one!

We will soon announce our Nominating Committee and will start looking for members to volunteer to serve on our Tennis Club Board. Elections will be held at our Spring Social & Annual General Meeting in March. If you are interested in serving on the board and would like more information about any of the positions, please contact Linda Johnson at [lnkjohs@hotmail.com](mailto:lnkjohs@hotmail.com).

For more information on joining our club please visit <https://scshtennis.com> or contact Linda Johnson at [lnkjohs@hotmail.com](mailto:lnkjohs@hotmail.com). See you on the courts.



## That's Entertainment

Our November – March comedy nights will have "full concert seating" to accommodate more residents that would like to attend during the winter season. Shadows has a full cash bar in the lobby at 6 pm on comedy night. Cocktails, 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. Usually 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 14th year of presenting this popular 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.



## Tuesday Night Putters

We are a club that plays the 18-hole putting course every other Tuesday night in a very social atmosphere. This does not require skill of any kind, just a ball, a putter, a fun-loving spirit, and the ability to have a good time. We have both couples and singles. After the putting is over, we celebrate with pizza, Mario's, El Pollo Loco, etc.

The membership fee is \$20 and \$15 for each putting session which includes a meal, putting, and a raffle ticket good for several prizes.

We are dark in the off season.

### Tuesday Night Putters Calendar 2024:

- Tuesday, January 9
- Tuesday, January 23
- Tuesday, February 6
- Tuesday, February 20
- Tuesday, March 5
- Sunday, March 10 – Spring Fling Dinner Dance
- Tuesday, March 26
- Tuesday, April 9
- Tuesday, April 23

Visit [www.scszca.com/tnpmembership](http://www.scszca.com/tnpmembership) for our membership form. Once your application is submitted you will receive an email at 7 am the Tuesday before a scheduled event to sign up.



## Tutta Bella Vino

### Wine Party Time!

Time to celebrate 2024 with our Wine Party Time. Join us on Saturday, January 20, 2024, at 5 pm in the Montecito Ballroom. We will begin the evening with our famous bottomless sparkling wine and then you will enjoy appetizers, a fabulous buffet dinner, music,

and dancing with an award-winning DJ. Our wine professional, Amanda Cardenas of Republic National Distributing Company, will provide the festive 90+ wines for our party. This will be a tasting party that you will not want to miss!



This is a "Members Only" event!

- The January Party is \$40 per member.
- **Please for this event you must bring your favorite wine glass!**
- Come prepared to have a great time and remember the Bottomless Sparkling lasts until we have exhausted our stock so drink up.
- You will also be able to order the wine of your choosing at the special club pricing by the case at the end of the evening. Shadows will accept both credit cards and checks for your orders.
- The Registration forms will be available on the Club webpage at [scszca.com/tuttabella](http://scszca.com/tuttabella) and on the racks at Montecito on December 16. Registration for this event closes January 13 or upon sell-out, so don't delay space is limited.
- Questions? Please email: [tuttabellavino@gmail.com](mailto:tuttabellavino@gmail.com).



## Ukulele Strummers

Happy New Year 2024 to you!

Anyone having made a new year resolution or goal this year to make music a part of optimizing your health or bringing joy to your life? Learning and playing the ukulele is a great what to do that!

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During this winter and spring season, the Ukulele Club will be continuing our weekly sing-a-longs on Sundays in the Capistrano Room between 1 pm and 3 pm. We hope you will join us.



Plus, our regular weekly Thursday Ukulele Club meetings and instructional classes will start up again Thursday, January 11 in the Cambria Room at the Montecito Clubhouse. Instruction to learn to play uke, read from uke tablature, and standard music notation, and study a little of music theory takes place between 12:30 – 1:30 pm. The performing Ukulele Ensemble rehearses from 1:45 – 3:30 pm.

Please join our Ukulele Club as the spirit moves you. If you have any questions, feel free to contact me (Darlene) or the club's board members listed below.

*Darlene Kretchmer/President*  
([dkretchmer@yahoo.com](mailto:dkretchmer@yahoo.com))

*Noray Papazoglu/Vice President*  
([norayanthonydesigns@gmail.com](mailto:norayanthonydesigns@gmail.com))

*Josefina Preuit/Treasurer-Secretary*  
([jpreuit1@gmail.com](mailto:jpreuit1@gmail.com))

*George DeGraffenreid/Musical Director*  
([georgedegraff@yahoo.com](mailto:georgedegraff@yahoo.com))



## Veterans Club

The Veterans Club meeting this month is on January 16, at 6 pm at the Montecito Clubhouse with pizza and beverages. We have an excellent guest speaker.

Major thanks to the community, "Marines Toys 4 Tots" a major success collected over several hundred toys and being distributed to local kids by U S Marine Corps Reserve Unit at 29 Palms. Next December we plan to host a "Marines Toys 4 Tots" event to get a quick start.

Also, thanks to Bob Furring for the terrific article in November issue of *The View* about the Desert Training Center, where General Patton was commanding officer. If you have not visited the General Patton Memorial Museum at Chiriaco Summit, it is only a half hour from here. See [generalpattonmuseum.com](http://generalpattonmuseum.com).

Look at our new website [www.scshtaveteransclub.org](http://www.scshtaveteransclub.org).

Need a new flag? Call Larry Smith at 714-401-3772 or email at [sharlar55@gmail.com](mailto:sharlar55@gmail.com), or stop by January 12 between 10 am – noon at Montecito. He has flags and poles.

We are looking for new members, come join us on the third Tuesday of each month at 6 pm.

Local Veterans Affairs is located on Monroe Street, 760-863-8266.

For more information, please contact club President Tony Napolitan at 760-604-3543 or [tony\\_napolitan@yahoo.com](mailto:tony_napolitan@yahoo.com).



## Women's Golf Club

Hope you all had a wonderful holiday season surrounded by friends and family. We have an amazing month of golf planned.

On January 8, we have our team selection party whereby we pick names and set up the two teams for the Solheim Tournament to be held on January 10. This is always a fun event.

The last two Wednesdays, January 24 and January 31, we have the Roadrunner Tournament. This is a two-day Tournament which features an Individual Eclectic for Day 1, then a chance for improvement on Day 2 and the individual eclectic continues.

Thank you all for helping to reduce the excessive amount of golf cart traffic on the golf course along with your cooperation on some other required guidelines.





## Writer's Club

Our club meets 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.

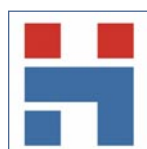
It's easier than you think to write your own story. Every year millions of great stories disappear forever. It does not matter if you are writing fiction, non-fiction, or memoirs; write a page a day for a year, and you have a book!

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, bethbolduc7@gmail.com, or Tony, antiqphoto@gmail.com.

- If you want to receive our weekly Monday Morning emails
  - If you have any questions about the Dems Club
- Our weekly emails will keep you informed about local and national issues, volunteering opportunities, and local political events.

Email: democratsinscsh@gmail.com



## Hadassah

Hadassah wants to wish everyone a Happy and Healthy New Year 2024.

On Thursday, January 11, 2024, Hadassah invites you to join us for an interactive conversation with Roz Rothstein, CEO of StandWithUs on the topic of "Everything you thought you knew about antisemitism on the college campuses, but DON'T!"

We will be presenting two opportunities to hear her at this very important interactive program. Open to men & women. Both presentations are off-site. Afternoon program with doors opening at 3 pm, program running 3:30 pm to 5:30 pm. Evening program with doors opening at 6:30 pm, program running 7 pm to 8:30 pm. Contact Debbie Orgen at 760-289-7987 for details and reservations. Coffee and nosh will be served.

StandWithUs inspires and educates hundreds of thousands of middle school, high school, and college students every year through fellowships, internships, and curriculums. Roz has been named twice as one of the most influential Jews in America by the Forward Magazine. The Jerusalem Post has twice named her as one of the most influential Jews in the world.

Hadassah Hospitals are doing incredible work saving lives of IDF soldiers and Israeli citizens. As a major Level-1 Trauma Center, the only one in Jerusalem, they are treating many of the most severely wounded patients as well as sharing helpful information with other Israeli hospitals. We thank you for your support.

## RESIDENT GROUPS



## Democrats

OUR NEXT MEETING IS:

Thursday, January 18, 2024

Please join us! We welcome new members!

Come help us strategize for 2024.

Come 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!) activities.

We work to impact not just elections in California but those across the country, both state and federal.

Please contact us via our email address:

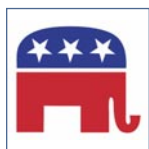
- If you want to join our group



## Mountain View Church

All of us at Mountain View Church want to welcome you to 2024! We hope you had a wonderful Christmas season and are getting ready for an outstanding new year. A New Year with new opportunities! New friends, new insights into God's Word! Featuring relevant studies from the Old Testament and the New Testament. We would love to have you join us at Mountain View Church located in the Capistrano Room of the Montecito Clubhouse. Service time is 10 am with fellowship following the service. We will rapidly become old friends this New Year. We are missing only one thing...you!

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](mailto:pastored@cox.net)



## Republicans

Sun City Shadow Hills Republican's January 9th meeting speaker is Ceci Truman, candidate for US House Congressional District 25. Ms. Truman will introduce herself and describe the major issues she will emphasize during her campaign.

If you want to make a difference in the Coachella Valley, join our group. We meet at the Montecito Clubhouse on the second Tuesday of each month at 6 pm.

Annual dues are \$25 per couple and \$15 for a single membership. Membership applications are available at Lifestyles.

Questions? Contact Pete Anderson, President, at [petegolf@yahoo.com](mailto: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 cycling enthusiasts. We ride Mondays, Wednesdays, and Fridays averaging 30-40 miles throughout the Coachella Valley. It is our hope to add more members, both men and women, to enjoy rides. Usually, we stop for coffee along the route for great camaraderie. For those interested in joining, contact Greg Smith at 650-861-7408 or [gs\\_smith@pacbell.net](mailto: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





# **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.scshta.com/emailsignup](http://www.scshta.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®**

# DERMATOLOGY

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## &

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By Appointment Only

**Dr. Keith Gross, MD**



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- Fellow American Society of Dermatologic Surgery
- Board Certified in Dermatology
- Harvard College and UCLA School of Medicine Graduate

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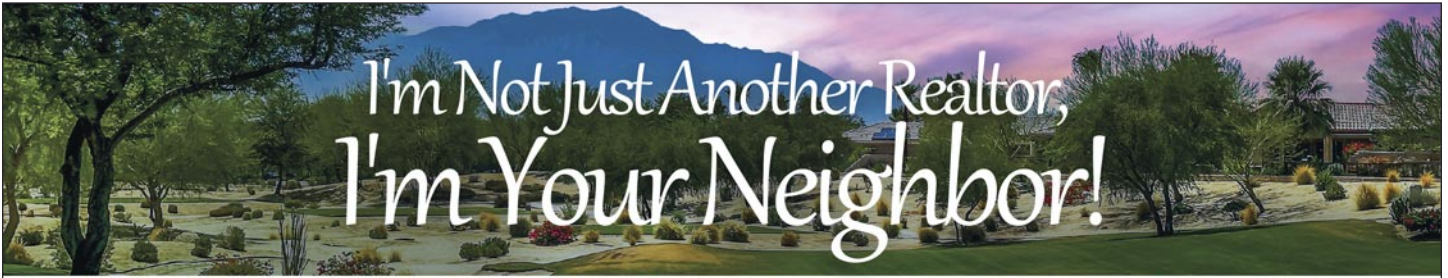
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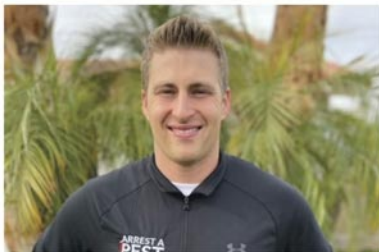


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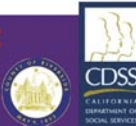
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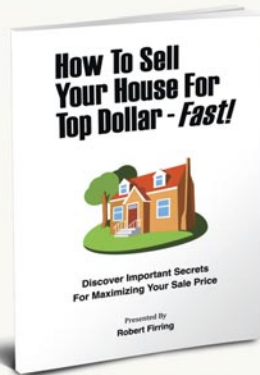
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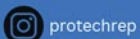
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