

April 6, 2016

SUN CITY INDEPENDENT



Submitted Photo

Honoring longtime members

American Legion Post 96 member Ed Foerster receives his 30-year membership certificate from Commander Nancie Scalercio and Anthony Barlowski received his 25-year certificate. Post 96 general meetings are the third Thursday of each month at Arizona Traditions, 17221 W. Bell Road. Social hour begins at 6 p.m. with the meeting starting at 7 p.m. Officers meet 4:30 p.m. the first Wednesday of each month at Suprise Funeral Care, 16063 W. Bell Road.



Submitted P

Hiking in paradise

Paradise RV Resort Hikers in Sun City rounded out their club's season with two mornings of hill in Prescott. Thirteen hikers, along with seven guests, participated in the annual "overnight fire" tradition. Larry Clewette, standing fourth from right, is the organizer and leader of the 15 hikes season on trails ranging from the Superstition Mountains to the White Tank Mountains.

VF JC Clubs (General)

Harmonettes tune up for February 10



Above Harmonettes rehearse *By the Sea* number. At right they practice *Ainta-a that Good News*. Both will be in their February 10 production at Sundial. (News-Sun photos)

Video Varieties: a day from a TV log is the theme of the Feb. 10 Sun City Harmonettes production at Sundial auditorium.

Selections chosen to carry out the TV theme include *Let Tonight be the Night*, *If They Could see me now* (exercises), *A Limburger Sandwich* (cooking), *Hurray, it's Rainin'* (weather) and *How're You Going to Keep 'em Down on the Farm?* (agriculture).

The Soap opera theme will be well developed also. There will be three costumes worn.

Songs are choreographed by Edna Burke and director Vida Flayter.

The Music Works, a women's quartet from the Scottsdale Sweet Adelines, will make a guest appearance. They are 1984 national winners.

Also guesting will be *The Andrews Sisters* and *The Sun-*

shine Boys, a men's quartet from the male barbershop chorus, the Phabulous Phonicians.

The DesertAires will make a cameo appearance.

Performances are given at clubs, church groups, nursing homes, condo groups and organizations in the Valley. Aurora Morris handles bookings.

MEMBERS ARE from Minnesota, Ohio, Michigan, California, Iowa, Wisconsin, Illinois and Connecticut.

Tickets are now available from Al Mart Card Shop, Camino Beauty Shop, L. Shoes, Brown's Card Shop, Fountainbell Beauty Shop, Gold Rush, Pamela's Shop, Paradise RV Park, City Drugs, Heritage Hair Interpreters and at the Sundial box office days before the show.



THEATER

Sun City Players take on 'Nunsense'

Iconic musical comedy coming to local stage in March

Sun City Players Community Theater is bringing a troupe of traveling nuns to town to entertain with lovable characters, songs, dance, jokes and even a fan dance.

Don Goggins' well-known musical comedy "Nunsense" will be presented by the 54-year-old community theater in Sun City and shown at the Mountain View Recreation Center, 9749 N. 107th Ave.

In the iconic story, the poor nuns have put together a

IF YOU GO

What: "Nunsense," presented by the Sun City Players Community Theater
When: March 9-18
Where: Mountain View Recreation Center, 9749 N. 107th Ave.
Tickets: \$10, at www.suncityplayerscommunitytheater.org

benefit show to raise funds to help bury four dead nuns who unfortunately suffered from botulism inflicted upon them by Sister Julia Child of God's potato soup.

"Nunsense" was one of off-Broadway's biggest commercial successes, with a total of 3,672 performances.

The local show, directed by Dan See, assisted by Annette See, produced by



The cast of "Nunsense" includes, from left, Linda Shirck, musical director; Marilyn LeClair; Sandi Stanton; Patty Mason; Nancy Rasmussen; and Celeste Hyland. [Submitted photo]

Herb Hyland, with musical direction by Linda Shirck and choreography by Denise Drechsler, opens Friday, March 9 and continues through Sunday, March 18. Tickets are \$10 and can be purchased at www.suncityplayerscommunitytheater.org.

Group sales of 10 or more tickets are available at a reduced rate by contacting Laura Kuchler at suncityplayersboxoffice@gmail.com.

The cast of heavenly sisters is comprised of Patty Mason as the Reverend

Mother, Nancy Rasmussen as Sister Hubert, Sandi Stanton as Sister Robert Anne, Marilyn LeClair as Sister Amnesia and Celeste Hyland as Sister Leo. Rehearsals are currently underway.

The show is family-friendly.

CHORUS



Above left, Sun City Women's Chorus Director Jane Higgs sings along with the chorus in preparation for their upcoming holiday concert Dec. 3 at Sundial Recreation Center. Above right, Sun City Women's Chorus member Allyce Lew sings along to various holiday songs. [Jacob Stanek/Independent Newsmedia]

Sun City Women's Chorus sings Christmas spirit

The Sun City Women's Chorus, under the direction of Jane Higgs and accompanist Kent Trostel, will present its holiday concert "Carol of the Bells" at 2 p.m. on Sunday, Dec. 3, at the Sundial Recreation Center Auditorium, 14801 N. 103rd Ave.,

in Sun City.

Music selections will include "Have Yourself A Merry Little Christmas," "Baby Born In Bethlehem," "A Holly Jolly Celebration," "Carol of the Bells," "Sleigh Ride," "Hanukkah, Season of Joy" and many more to celebrate the season.

Tickets are \$5 and can be purchased from chorus members, or one hour before the concert at the Sundial box office.

The Sun City Women's Chorus has been making joyful music in Sun City for the past 55 years. The cho-

rus is open to women of all musical backgrounds who enjoy singing in a local choir setting.

Rehearsals are every Thursday from 8:45 a.m. to 11 a.m. in the Music Room of the Fairway Recreation Center, 10600 W. Peoria Ave.

IF YOU GO

What: Sun City Women's Chorus' "Carol of the Bells"
When: 2 p.m. on Sunday, Dec. 3
Where: Sundial Recreation Center Auditorium, 14801 N. 103rd Ave., Sun City



Dance for Fitness welcomes new board

The outgoing Dance for Fitness officers welcomed the new board of directors at a Christmas party. Above are Roxie Whitney, out-going treasurer; Nancy Potell, new treasurer; Mary Ann Reed, continuing secretary; Jeannette Kurcz, new president; Carol Visintainer, out-going president; and Joan Davis, continuing vice president. Not pictured are Jerry Wilson and Penny Matsler, email and publicity committee chairs. The club is open to all RCSC cardholders and meets 9-10 a.m. Tuesday, Wednesday and Friday. Call 933-7021. [Submitted photo]

CLUB

Auto club will get temporary home

Work on building nearly complete

By Rusty Bradshaw
INDEPENDENT NEWSMEDIA

The Vintage Vehicle Club of Sun City will soon have a place to call home — at least temporarily.

The former Recreation Centers of Sun City Skilled

Trades Department building near Lakeview Recreation Center, 10626 W. Thunderbird Blvd., is being prepared for use by the club, according to Chris Herring, RCSC assistant general manager.

“The demolition of the interior of the old Skilled Trades Department building is about 80 percent com-

plete,” he reported to the RCSC board Jan. 25.

When demolition is complete, the contractors will hand it back to RCSC to complete painting, minor electrical and plumbing work, and fencing additions and repairs. The contractors are Ken McIntyre Construc-

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tion, American fence and the RCSC Skilled Trades Department, and the project cost is \$24,475.

The RCSC Skilled Trades Department moved last year to a new building on Union Hills Drive just east of 104th Avenue just off the playing area of the Willowbrook/Willowcreek Golf Course, 10600 N. Boswell Blvd..

Vehicle club members lobbied RCSC officials for a space of its own for several years. RCSC officials considered a maintenance build-

ing on the South Golf Course on 105th Avenue just north of Peoria Avenue. But complaints from residents from the Fairway condos in that area ended consideration.

Vehicle club members then lobbied for the new building 10415 W. Grand Ave. But after the ad hoc Long Range Planning Committee recommended other uses the club was again in search of a home.

RCSC officials approved the use of the former Skilled Trades building on a temporary measure while a permanent solution is studied.

VF SC Clubs (General)

Entertainment

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REHEARSALS

Rehearsals in full swing for Sun City Players

'Making God Laugh' opens run Jan. 12

By **Greg Ingstrom**
SPECIAL TO INDEPENDENT NEWSMEDIA

The audience will be offered the opportunity to become "peeping toms" peering through the fourth-wall window to watch the family dynamics of an empty-nest couple as they welcome their three adult children to four holiday celebrations in over a 30-year span in the latest offering from the Sun City Players Community Theater.

Opening night is Jan. 12 at Mountain View Center, 9749 N. 107th Ave., Sun City, with performances running through Jan. 21.

On the surface it appears we are watching a typical middle class suburban midwestern family not un-

IF YOU GO

What: "Making God Laugh"
Who: Sun City Players Community Theater
Where: Mountain View Center, 9749 N. 107th Ave., Sun City
Run: Jan. 12-21
Tickets: \$10, available at suncityplayerscommunitytheater.org

like thousands of others throughout America. We soon discover, however, that their fractured relationships provide the basis for hilarity, sadness, joy, anger and all the emotions in between.

I will bet that when you see this wonderfully written play, you will see a relative, friend or perhaps even yourself in this family. And lest I not forget, there is one more character that shows up in all four scenes: The family's traditional "Fantasia Dip."

It's a warm, funny and poignant play.



The cast of Bill Loslo, Marie Crossley, Elanna Donovan, Tom Swenson and Don Schordje will bring "Making God Laugh" come alive when the curtain rises in Sun City on Jan. 12. [Submitted photo]

Reserved seats for "Making God Laugh" are \$10, and are available online now

through Jan. 21 at suncityplayerscommunitytheater.org

Editor's note: Greg Ingstrom is the director of "Making God Laugh."

14 December 6, 2017 | Sun City Independent | www.yourvalley.net

Entertainment

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THEATER

Sun City Players rehearsing latest offering

Local theater opens 'Making God Laugh' in January

Sun City Players Community Theater is rehearsing for its winter season play, "Making God Laugh," by Sean Grennan.

The plot follows one typical American family over a course of 30 years' worth of holidays, starting in 1980 at Thanksgiving and completing their journey with New Years Day in 2010. The audience learns of their plans and dreams. This heartwarming comedy has everything that will make you laugh and shed tears of joy, and you'll recognize someone from your family by the time this play has ended.

Opening night is Jan. 12



From left, Don Schordje, Tom Swenson, Elanna Donovan, Marie Crossley and Bill Loslo rehearse a scene from "Making God Laugh" recently with the Sun City Players Community Theater. [Submitted photo]

at Mountain View Center, 9749 N. 107th Ave., Sun City, with performances running through Jan. 21. Greg Engstrom, who has acted in al-

most every play the local troupe has produced since 2012's "Night of January 16th," has taken the very important and challenging role

of director for this play. Reserved seats are \$10, and are available through Jan. 21 at suncityplayerscommunitytheater.org.

"MAKING GOD LAUGH"

CAST:

Bill ... Bill Loslo
Ruthie ... Marie Crossley
Rick ... Tom Swenson
Maddie ... Elanna Donovan
Thomas ... Don Schordje

HANDBELL

Handbell ringers gear up for show

Completing 50 years of performing

By Carol Fagerlund
SPECIAL TO INDEPENDENT
NEWSMEDIA

The Handbell Ringers of Sun City are preparing for the final concert of their 50 years of ringing celebration.

The ringers are often identified by their enthusiastic malleting on the bells. During one of their rehearsals, the ringers attacked their director, Libbie Randels, with their mallets. It was all in fun as the ringers prepare for their last concert of the season — “Celebrate! It’s Christmas.”

The performance is scheduled 3 p.m. Sunday, Dec. 10 at American Lutheran Church, 17200 N. Del Webb Blvd.

The concert will begin with a Carillon of bells processing in from around the church, culminating in a joyous cacophony of sound to accompany the number, “Joy to the World” with bells; Tom Ohnesorge on the organ; and au-



Handbell Ringers of Sun City members with their director, Libbie Randels (in helmet), [Submitted photo]

dience participation.

This concert will include a visit from three ships, Santa Claus and little White Christ-

mas. The highlight of the afternoon will be the return of two former directors, Marilyn Chandler and Millie Carl-

son. Ms. Chandler will direct the choir in a grand “Gloria,” arranged by Frances Callahan. Ms. Carlson will direct

“Silent Night,” combining handbells, handchimes and voices. The narrator will be Bob Carlson. Concert tick-

ets are \$5 at the door.

Editor’s Note: Ms. Fagerlund is a Handbell Ringers of Sun City member.

Neighbors

To report news or suggest story ideas, email WVnews@newszap.com

LOOK OUT BELOW

Thousands of pickleballs to drop for charity

Annual event raises money for local causes

It's raining pickleballs! Some 1,850 numbered balls will drop from the sky during an all-day event from 9 a.m. to 4 p.m. on Saturday, Jan. 20 when the SCW Pickleball Club, in partnership with the SCW Alliance of Business and Community (ABC), and the Sundome Plaza Merchants, stage the fourth annual Day for Charity to benefit two important local groups: SCW Foundation/Helping Hands, and the Community Fund of SCW.

Firefighters from North County Fire & Medical District will drop the balls from their big ladder truck. The public can join in the fun and win cash prizes by purchasing numbered pickleballs which will be dropped onto a target on Liberty Courts, Palm Ridge Center, 13800 W. Deer Valley Drive.

The club will give away up to \$4,450, with a top prize of \$1,000 going to one lucky winner. Other prizes from sponsoring merchants can be won when balls land in fish bowls on the court.

To date the 1,200-member SCW Pickleball Club has

IF YOU GO

What: Day for Charity
When: 9 a.m. to 4 p.m., Saturday, Jan. 20

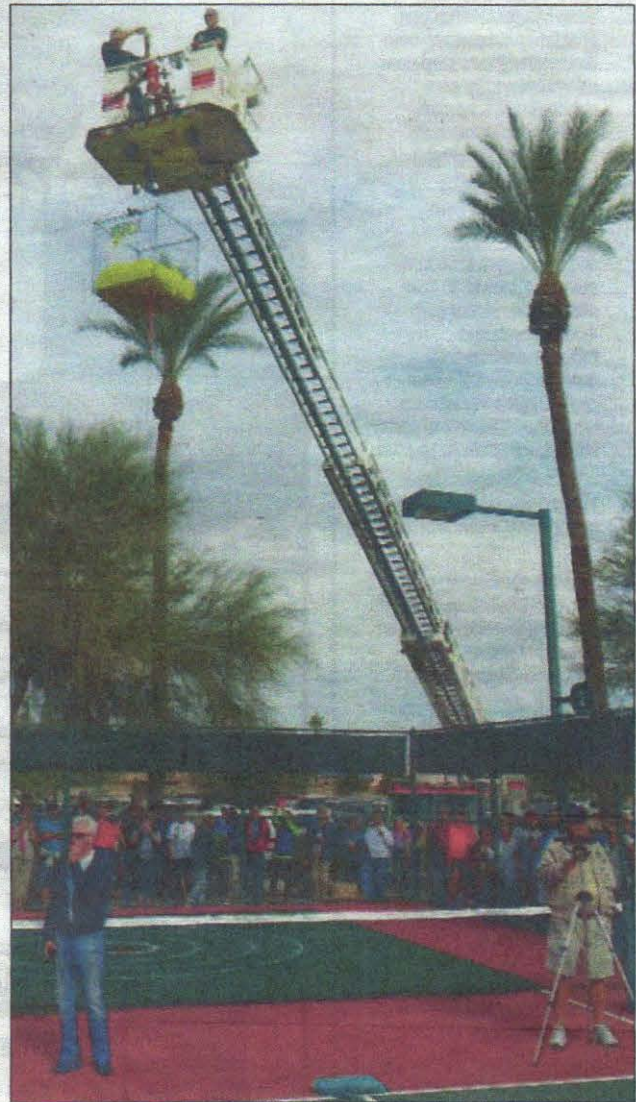
Where: Palm Ridge Center, 13800 W. Deer Valley Drive, Sun City West

More Information: Donna Maloney at 623-272-0219, donna6535@gmail.com

raised more than \$42,000 for local service organizations, and expects to add to that total through this big event. Tax deductible Ball Drop entries are \$10 each, or 3 for \$25, and may be purchased at the SCW Foundation office (Stardust & RH Johnson Boulevard), or by calling Ken Holtz, Pickleball Club, at 623-215-5854. Winners need not be present. For more information visit scwpickleball-club.com

The Pickleball Party, sponsored by the Sundome Plaza Merchants, will include an afternoon of pickleball play at all levels, food, vendors, raffles and lots of surprises. As sponsors, Sundome Plaza Merchants and the SCW Alliance of Business and Community are proud to have the opportunity to support the event.

For information, contact SCW Pickleball Club President Donna Maloney 623-272-0219, donna6535@gmail.com.



Nearly 2,000 numbered balls wait to drop during a past Pickleball Club event in Sun City West. [Ellie Chaffee/Special to Independent Newsmedia]

WV SC Clubs (Gwenesa)

March 15, 2017 | Sun City Independent | www.yourwestvalley.com

CLUB



Above are Priscilla Duenaz, youth education/recreation director at the Dysart Community Center, and Shirley Gerhart, Sundial Crafts Club member, with just a small amount of the yarn donated by Sundial Crafts Club. The community center will be teaching children in their after-school program how to use looms to make hats and scarves. As the children learn, their first hat has to be donated to a child in need. Anyone who would like to donate to this project (looms are also still needed) can call 623-240-2241 or drop off donations to Sundial Crafts Club 8:30 a.m.-1 p.m. Mondays at 14801 N. 103rd Ave.

Sun City club gives back

The Sundial Crafts Club supports several charities, one of which is the back to school clothing drive program called "Stitches of Love."

In 2016, club members made and donated 2,426 items to this program. Items made by the members includes, for boys hats, wallets, shirts, pillowcases,

bookmarks and keyrings, and for girls, hats, purses, hair accessories, scarves, dresses, bracelets and bookmarks.

Each year before school starts in August, the back to school clothing drive program holds distribution days when children come to select their new clothes and accessories. Five Sun-

dial Craft members in 2016 helped the children at the distribution site.

Anyone interested in this annual project for community children can visit the club room located on the second floor of the Sundial center, 14801 N. 103rd Ave. Club hours are 8 a.m.-1 p.m. Mondays and 8-11 a.m. Thursdays.

VFSC Clubs(General) Independent March 15, 2017

Sun City Spanish Club

The Sun City Spanish Club had a dinner get together Aug. 16 at Arriba Mexican Grill. The informal Spanish conversation class continues 1-2:30 p.m. Wednesdays in Fairway room 133. All levels are welcome

On Oct. 20, there will be a finger food potluck and new class sign-up at the Fairway center Arizona rooms 1 and 2.

Dues are \$7 and include as many classes as one wants to attend. There are also monthly cultural and outings during the entire year.

Call 623-466-5011 or visit sunaz.com/Spanish-club.



Friendship Quilters



Friendship Quilters donated three large quilts to Dove's, a women's shelter for victims of domestic violence. Left, Irma Dorado accepted quilts from Stephanie Ryanczak.

Fairway Knitters give cozy comfort to many

Fairway Knitters have been donating handmade items throughout the Valley and around the world for many years. It is the purpose of their being, so to speak.

Charities that receive these knitted and crocheted items run the gamut from nursing homes and hospitals, local schools to formal organizations, such as the Salvation Army, Phoenix Rescue Mission, Hopi Indian Reservation and soldiers overseas.

With donated yarn or yarn purchased by club members, they craft all sorts of objects that bring comfort to others — lap robes, afghans, hats, mittens, scarves, slippers, shawls, toys and baby blankets, sweaters and booties — all for the pleasure of giving

them away.

The club meets every Friday at Fairway Recreation Center, 10600 W. Peoria Ave. They share new methods and techniques as they form new friendships along with hundreds of items for donation each year. While it is estimated that the value of their donated items last year was over \$7,000, its true worth is priceless.

Some club members have been knitting for years, others are new to the craft. Their friends and families have enough to last them for years. Besides, it just feels good to give to those in need.

Thank you, Fairway Knitters, for the comfort you bring to others.



Fairway Knitters Neva Shumaker, Cyndy Dobbins and Linda Thompson recently delivered many handcrafted items to the Immanuel Campus of Care in Peoria, with ICC staff member Tyler assisting.

Submitted photo

May 25, 2016

SUN CITY INDEPENDENT



Submitted Photo

New Pom leaders

The Sun City Poms installed new officers for a two-year term, 2016-18. From left are Becky Cea, assistant director; Barbara Grandinetti, secretary; Greta Paulsen, director; and Shirley Hoffmann, treasurer. The Poms will begin its new performing season in September. Call 602-392-4242.

NF SC clubs (General)

Sundial club dances the last dance

By Denelle Dunn
DAILY NEWS-SUN

The Sundial Dance Club ended an era Saturday night.

Couples danced their last dances as the club ended its run inside the Sundial Recreation Center.

"It's been an ongoing prob-

lem; we've operated at a deficit in each of the last eight years," said Don Schroeder, president of the club.

Schroeder said his generation listened to the music of Woody Herman and Glenn Miller.

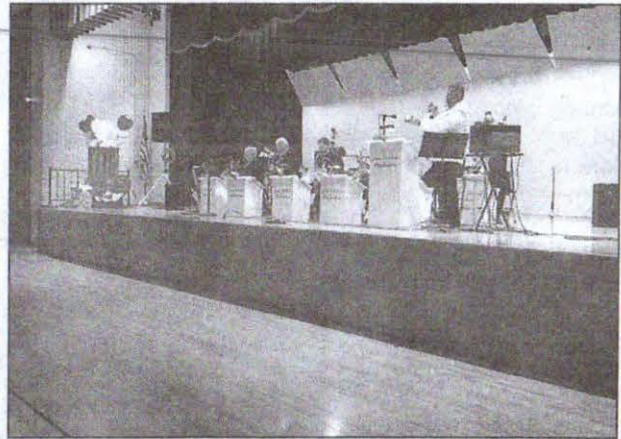
"The people from that time are becoming less active. Now

people who grew up in the late '50s and '60s, where rock n' roll was the popular thing are going to the dance clubs with that music," Schroeder said.

At Saturday's finale, 136 people attended. The dance was free to the public and featured the Jan Garber Orchestra.

Schroeder said the Sundial Dance Club had 645 members in 2005 and at the end of 2013 members dropped to 247.

"I've been here for 15 years. It's sad," said Marty Perkins. "My memories of the club are wonderful. I feel sad that it's closing. It's an end of an era."



Left, couples dance the night away Saturday inside the Sundial Recreation Center. Right, The Jan Garber Orchestra performs Saturday, the last night of the Sundial Dance Club. [Denelle Dunn/Daily News-Sun]

SAVE THE LAST DANCE



Buck and Naomi Clifford dance one of the final dances at the Sundial Dance Club Saturday night. [Denelle Dunn/Daily News-Sun]

VF ~~FF~~ Clubs (general) Independent no date



Submitted Photo/Nancy Tsuchiya
Cathy Wilder adding detail to airbrushed vase.

Fairway Ceramics celebrates 52 years

Monday, Oct. 13 marks the 52nd anniversary of the Fairway Ceramics and Porcelain Club, which is being celebrated by an open house 9 a.m.-3 p.m. The club is located on the second floor of the Fairway Recreation Center, 10600 W. Peoria Ave.

All are invited to the club to participate in this event. Visitors can tour the club facilities and have some cake, punch and coffee. A raffle for a large hand-decorated plate will also be offered, as well as a 52¢-cent sale, and free souvenirs.

Some of the club's members have been active for more than 20 years and speak of their experiences with great enthusiasm. Pauline Borst, whose membership dates back to 1981, said, "What brought me into the club was the opportunity for companionship. I had never done ceramics before in my life, but patient teachers opened up doors for me. It's been a wonderful experience with wonderful people."

Club members consistently comment on camaraderie leading to real friendships as equally valuable as learning new techniques, designs, and creating ceramic pieces. "My sister-in-law drew me into the club. Now I have the opportunity to make gifts for my kids at a very low cost," six-year member Paul Sigwalt related.

Patty Ronaldson, whose membership dates from 1997, shared, "I was all by myself; I knew I had to do something. The people are why I stayed, as well as the fun things to do."

The most recent member to join, Gail Shapiro, spoke of how welcomed she felt, and added, "It was very easy to get started, learning how to create complete projects right away."

Fairway Ceramics is open 9 a.m.-3 p.m. Monday-Friday. Its offers several classes every month. Membership dues are \$5 per year, and the club welcomes people of all skill levels, from beginner to very experienced.

Call 623-972-5818.

SUN CITY INDEPENDENT



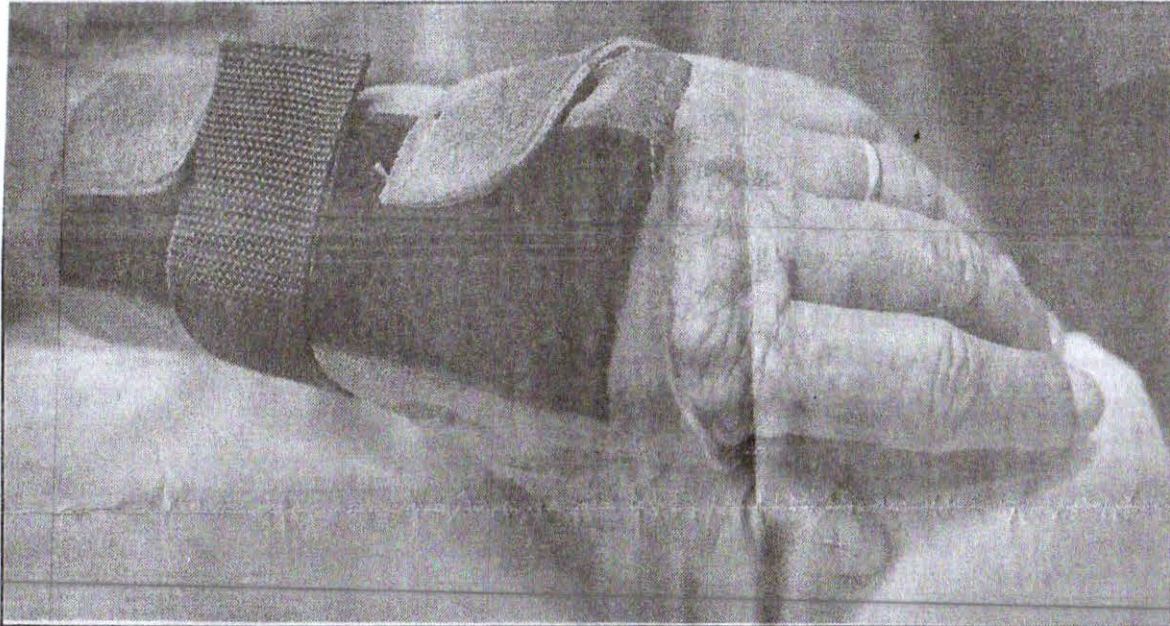
Poms

The Poms started in 1979 by acting as cheerleaders for the Sun City Saints women's softball team. Today the group has evolved into two units: a marching unit and a performing unit. The Fry's Sun City Poms are highly energetic performers who demonstrate the organization's dance standards. Some even do acrobatics!

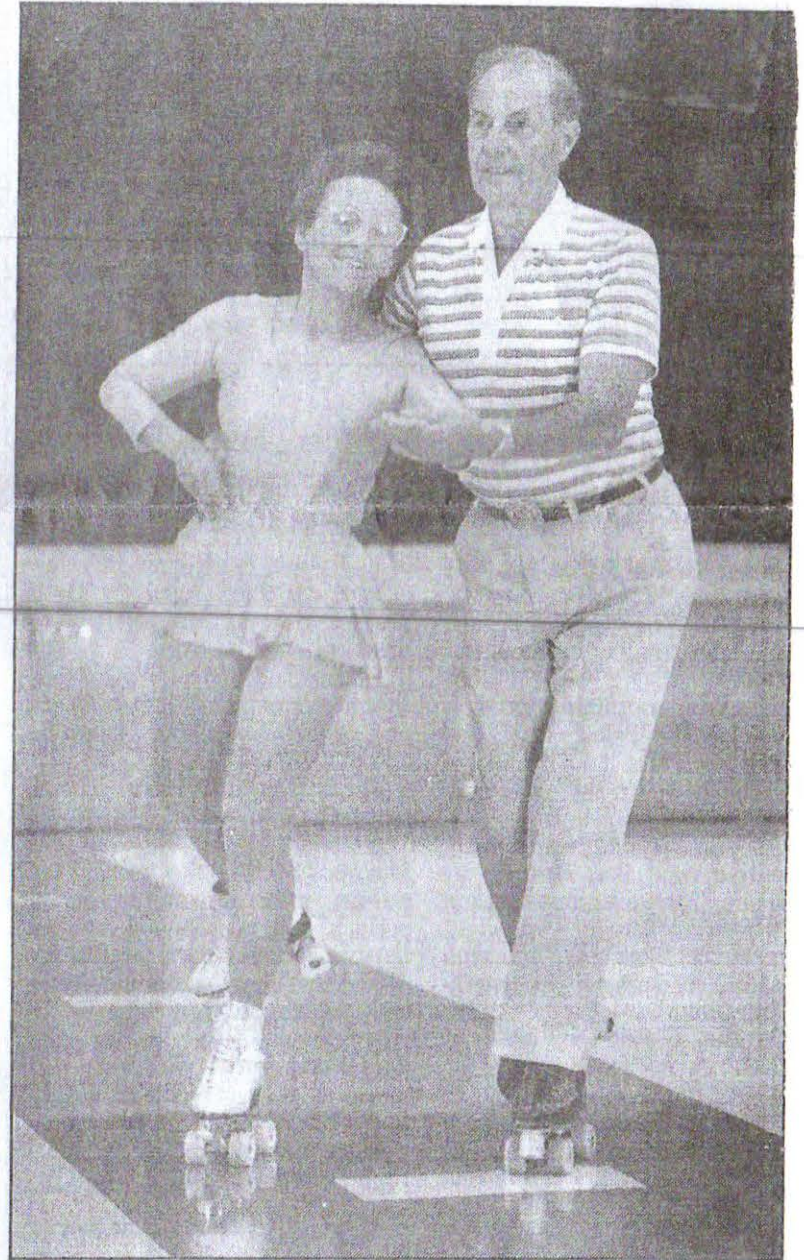
Fry's Sun City Poms come from all walks of life, and are more than entertainers. They represent the fulfillment of life at any age. There are two units of Poms, the stage performers, and the parade marchers. Performing with spunk and energy of their youths, these ladies are having the time of their lives while sharing positive aspects of retirement and aging, and shattering conventional images of "senior citizens."

Spotlight, Jan. 2014





Jacques Barbey, *Phoenix Gazette*



Members of Sun City club keep on rolling through life

By Betty Latty

Gazette correspondent

The only serious mishap to one of their skaters, say members of the Sun City Roller Skating Club, was a broken leg.

The individual was playing tennis at the time.

The club's 112 members — give or take quite a few during the summer months — don't let fear of falling stop them as they roll along, pivot and pirouette to their favorite taped music in the auditorium of Mountain View Recreation Center.

"It's good for us," said Toni Bent, club treasurer, who pointed out that some of the members

participate in the sports award program sponsored by the President's Council on Physical Fitness and Sports. "Besides," she added, "we have fun. I've made so many good friends through skating."

Some of the skaters admit to age 80 — and over. Nearly all of the members have skated most of their lives, starting as children.

Olive Hosmer is one of those early beginners, getting her first encounters with roller skates on the streets of Detroit. "I can't remember when I started," she said. "I loved it so much that I skated on the streets even into the first snowfalls, and my

See ■ Skaters, Page B

■ Skaters

From Page A

mother would yell at me to 'get on in here, Olive.'"

Hosmer confided that she and her skates are inseparable. "Where I go, they go," she said, "and the skates get packed first."

Another devotee of exercise, she usually goes swimming after a session at the roller rink, and usually also rides her bike to the pool. "I don't give up," she said. "Why should I?"

Summer sessions are loosely structured, said Ben Terrell, the president. "Most everyone drops in and skates an hour or two, whatever they feel like doing." The club is holding its summer get-togethers at Mountain View Center; during the season, they skate at Sundial.

Some of the members double on ice. Stuart Klekamp, once a teacher of ballroom dancing, has translated those patterns into rou-

tines for both ice and roller skaters. Klekamp, who frequently is a partner of Hosmer in roller skating routines, regularly visits the ice rink at Metrocenter for practice.

Among husband-and-wife teams that are summer regulars are Dick and Marie Seese, and Anastasia and Steve Warianka.

The club would always welcome new members, said the officers.

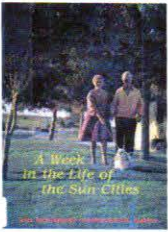
In addition to their regular sessions during the week, the skaters meet for an occasional potluck and, at Christmas time, have an annual party at Ritter's Chalet in Youngtown, when everyone exchanges their wheels for old-fashioned shoe leather and dances up a storm.

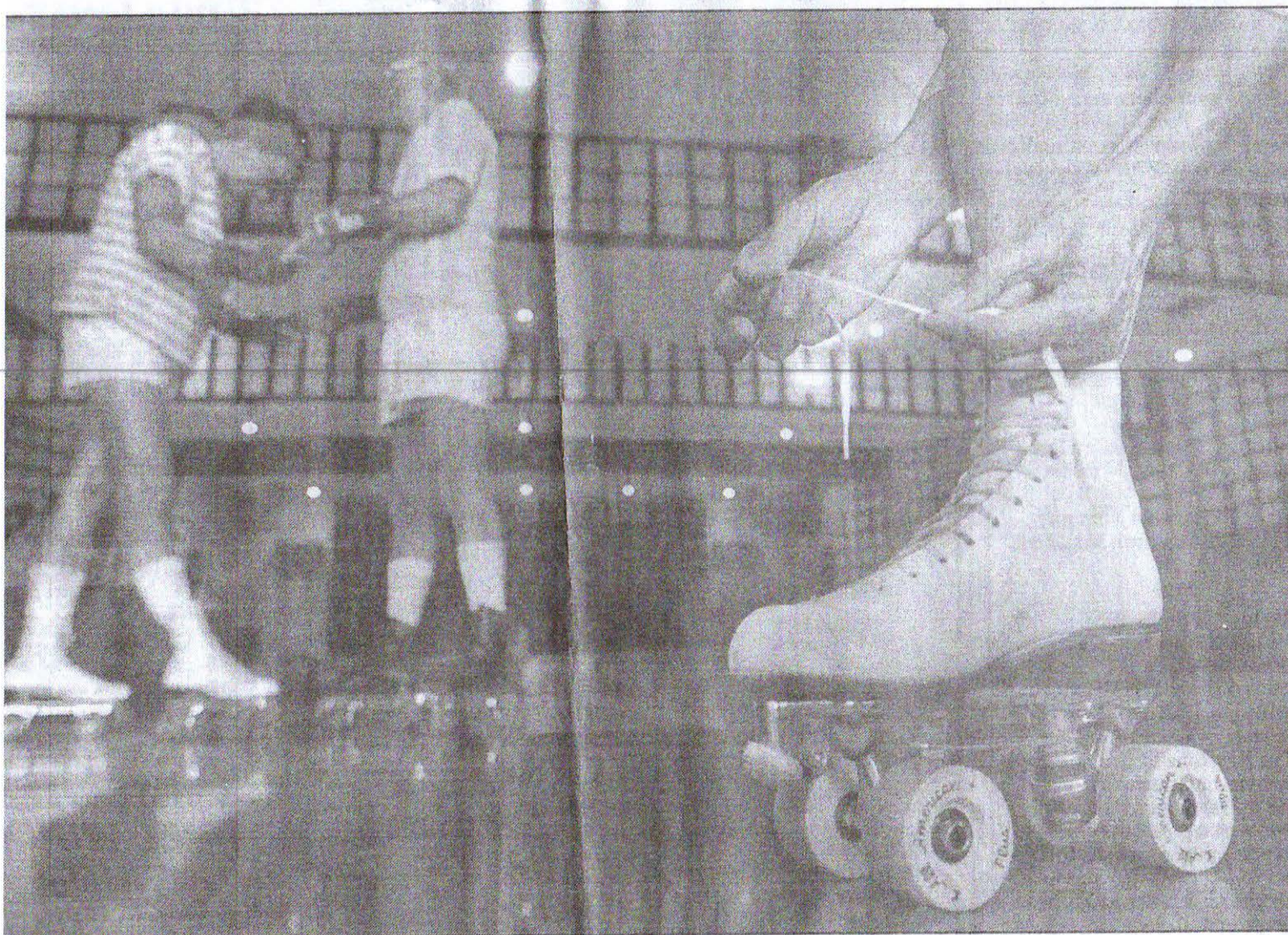
Annual dues for the Sun City Roller Skating Club are \$2.

More information is available from Terrell at 977-7023.

■ Budget

From Page A

LCCN		Category	8: Communication Artifact	002\91791Week.JPG
ISBN		Subcategory	Documentary Artifact	 <p>A Week in the Life of the Sun Cities</p>
ISSN		Call#		
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Home loc	Del Webb Sun Cities Museum shelving			
Author				
Title	A Week in the Life of the Sun Cities 25th Anniversary Commemorative Edition			
Subjects	Sun City Sun City West Activities Sports Housing Pets			
Summary	<p>Photo chronicle capturing the spirit of Sun City and Sun City West on the occasion of the 25th Anniversary of Sun City. Black and white & color photos of residents involved in a variety of activities.</p> <p>Preface by Fred Kuentz, Chairman, Del E. Webb Development Co.</p>			



A member of the Sun City Roller Skating Club laces up (picture at left) while Richard and Marie Seese pass by with a dance move they are trying to learn. Below, Olive Hosmer and Stu Klekamp show their dancing form. Some of the skaters wear wrist protectors as safety measure.



Mark Henle / Staff photographer

1976, Helen Cveton (from left), Aurora Morris and Helen Survilla responded to an appeal for female barbershop singers. They recently redid memories of the group, the Harmonettes, which disbanded after 18 years.

Swan song

Harmonettes look back on long, happy history

By Betty Latty
Special to Community

"I can't quit singing — it is too much a part of me. My dad was a barbershopper."

"I sing almost all the time. When you sing, you know, you usually can't cry."

— Helen Survilla

The Harmonettes' spring luncheon at the Lakes Club was not orchestrated as a grand finale.

The finale had come in months past, when the female barbershoppers officially disbanded after 18 years in Sun City.

Instead, the luncheon planners agreed, the program on April 13 would be unbeat. with a pause for remember-

ing and a time for looking ahead.

At each guest's place, there was a delicate gold necklace from which hung a musical note. At each of the luncheon tables there was a cluster of bud vases containing bright carnations, one for each guest.

After the chicken cordon bleu, strawberry ice cream sundaes provided the closing notes, the coda, so to speak.

There were some memories — prompted by historian Helen Survilla and former director Vida Flayter — and some music, by the Sundames, a double quartet made up of former Harmonettes.

It somehow was fitting that the spring luncheon was planned by three of the original Harmonettes: Aurora

Morris, Helen Cvetan, and Survilla.

They were among the Sun Citizens who, in 1976, responded to Rose Hodgson's appeal for interested female barbershop singers, and, with 35 members, became officially the Harmonettes. The late Clyde Parnell of Sun City gave them musical guidance.

"We were popular right away," said Cvetan.

"That's because we gave people more than a concert; we gave them a show," Morris said. "We always made a theme, and worked in some choreography."

The three, all of whom sing bass, pored over scrapbooks kept meticulously by Survilla: photos, programs, newspaper clippings and records of

HARMONY

From Page 1

donations, and noted that the Harmonettes were among the first Sun City singing groups.

"I think we all are proudest that we sang at the dedication of the Liberty Bell on Nov. 15 that year," Morris said. "Our pictures are in the time capsule there — it's supposed to be opened in 2026."

The Harmonettes sang at the dedication of Boswell Memorial Hospital's third tower April 24, 1977. "We sang 'Gonna Build a Mountain,' but we changed it to say 'tower,'" she said.

Over their 18 years, the Harmonettes were at times lavishly costumed cowgirls, clowns, gingham-clad country lasses, Spanish dancers and formally gowned women.

What's more, they made almost all of their costumes.

"We bought hundreds and hundreds of yards of material," said Survilla. "We sewed together and sang together."

A show with an Arizona theme, "Do AZ We Do," which included some Spanish touches, was another career highlight for the Harmonettes. Dolan Ellis, Arizona's official balladeer, appeared with the women — "that was really exciting," the three agreed.

Flayter joined the group in 1980 as its new director and remained for 13 years. She commuted faithfully, first from northwest Phoenix, then Scottsdale, and in the last few years, from Sun Lakes, to lead the singing.

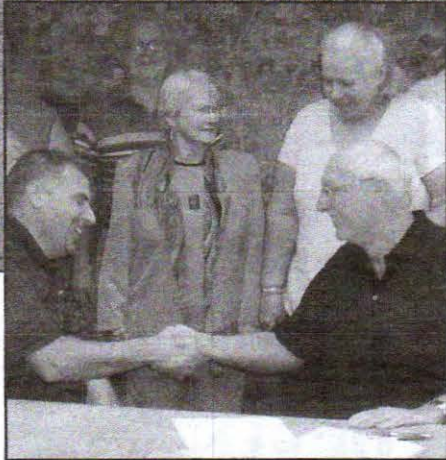
Tenor Ilo Johnson, another charter member, said she never missed a show. "I always was thrilled to participate and I have enjoyed it all these years. I am sorry it has folded."

Somewhere, somehow, most of the Harmonettes will find a place to sing. A single quartet, Potpourri, led by tenor Margaret Hamilton, another charter member, may be contacted at 974-8671; Sundames may be reached by calling Morris at 933-7098.

Survilla plans to join a group forming next fall at Happy Trails Resort, led by Carol Eagleton Harris, and which is open also to residents of the Sun Cities.

As the luncheon at the Lakes Club drew to a close, Cvetan looked at the group's scrapbooks ruefully.

"That's all they are, memories, now," she said. "I loved everything about it. I think the world of it. Week after week, year after year, it kept me young."



Submitted photo

Sun City Garden Club members Yvonne Buckley, above left, and Larry Bilderback take soil samples for testing from the EPCOR Water Co. site where the club will re-establish its community garden. The first planting is expected to be in September. Shawn Bradford, left, EPCOR Water manager, shakes hands with Larry Bilderback, Sun City Garden Club president, following the use-agreement signing earlier this month. Watching were Garden Club members, from left, Bob Bastion, Yvonne Buckley and Sally Miles.

Planting seeds for growth

After decade of absence, community garden returns

By Rusty Bradshaw
Independent Newspapers

Produce will be sprouting in Sun City again soon. Sun City Garden Club members are busy preparing ground for planting following the signing of a use agreement with EPCOR Water Co. for about an acre of land at the company's Water Plant 6 near Greenway Road and 91st Avenue. The first planting in the new community garden is expected in September, according to Larry Bilderback, Garden Club president.

"We've got a lot of work to do between now and then, but we're eager to get it started," he said.

Related Links

www.epcor.com/pages/home.aspx
www.sunaz.com/garden-club/

For more than 40 years, beginning in the early 1960s, Sun City sponsored a thriving community garden. Members of the original Agricultural Club and later the Garden Club of Sun City tended multiple acres initially at a location near today's King's Center at Grand and 107th avenues, then a plot behind Sunland Mortuary. But in 2003, with mounting real estate development pressures, Sun City lost its gardening plot and thus began a quest to find available land suitable for re-establishing a community garden.

The groundwork for the new community garden was a year in the making, according to Mr. Bilderback. It came to fruition July 1 with the right-to-use agreement signing.

"We initially talked with the water company about a year ago, but it went on hiatus while EPCOR and Arizona American Water Co. worked out their deal," Mr. Bilderback explained.

Club member Yvonne Buckley was the group's spearhead in finding a new site. She said Jan Ek, Recreation Centers of Sun City general manager, was a supportive ally in the effort.

"She was the one who originally talked to Shawn Bradford (EPCOR Water director)," she said.

Benevilla in Surprise, which opened a community garden last year, and Banner Olive Branch Senior Center were also supportive of Garden Club efforts to re-establish a community garden.

"We learned a lot from them," Ms. Buck-

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Garden

Continued From Page 1

ley said.

The use agreement has a 25-year span and the club paid EPCOR \$10 for the entirety of that span for the use, according to Mr. Bilderback.

"Supporting an effort like Sun City Garden Club is something that aligns with the core values of EPCOR Water and we are happy to be a part of this great milestone for the Sun City community," said Mr. Bradford, EPCOR's Central Division operations director.

The initial garden will be small. Mr. Bilderback said work expected to be completed the first year is erection of a fence to separate the garden from the plant infrastructure, and installation of a water meter and irrigation system. The planned fall planting will be in a small section on the northeast corner of the land dedicated for produce to be donated to area food distribution agencies, according to Mr. Bilderback.

However, the club could see other gardens established if the initial effort at Water Plant 6 is successful.

"If we can show we are good stewards and the interest is there, they (EPCOR officials) talked about providing land at their other facilities," Ms. Buckley said.

The EPCOR site is about one-tenth the size of the community garden when it was located on the property near Sunland. When that site was in operation, the Garden Club's membership was above 300. But in the decade since membership has stayed steady at just more than 100.

"Some members went to doing gardens in their backyard after we lost the garden 10 years ago," Mr. Bilderback explained. "So some of them may not be interested in this. But there is always an influx of new people and we have had plenty of interest at our booths during the expos."

Ms. Buckley believes the sustained interest without a garden, and renewed interest when it returns, is because of the sense of community gardening provides.

As planned, the new garden will include a mix of ground level and raised bed plots, according to Mr. Bilderback. The garden will be, by virtue of its bylaws, for club members

only, and they will "bid" on plots, he added. In addition to the club membership cost, plot users will pay a small fee for water. All improvements within the community garden area are the financial responsibility of the Garden Club, and subject to EPCOR approval, according to Mr. Bilderback.

The lack of development on the land near Sunland is a cruel twist of irony for Sun City Garden Club members.

"We were told in June 2003 not to plant our fall crop because the lease would be terminated," said Pete Peterson, Garden Club member, in an interview for a 2010 Independent story on the lack of development activity at the site.

At that time the club had 285 members, but that dropped sharply to about 60 after the lease was terminated.

"Some members had quite an investment in the gardens," Mr. Peterson said. "Some used their crops to supplement their food supplies."

Despite the loss of the garden space, the club survived by adopting the citrus drive, started in 2002, as its main activity project. In the years since, club membership has slowly grown to more than 100 members, according to Mr. Peterson. While members have put their emphasis on the citrus drive, they retained a determined effort to restart the garden project, according to Mr. Peterson. Finding a piece of land on which to locate it was difficult.

"We thought we had something with Sun Health (off 103rd Avenue north of Grand Avenue)," Mr. Bilderback said. "The problem was that if we established there and someone bought it for development, we would lose the garden again."

He added since Sun City is essentially built out, EPCOR Water officials envision no need to expand Water Plant 6.

When the club moved to the 10-acre site near Sunland it was then owned by Del Webb, then sold to the former owners of Sunland Mortuary. The land was later sold to developers and has changed hands several times since.

"In 1984 we were concerned about the possibility of losing the lease and tried to get the land donated to Sun City, but we were not successful," Mr. Peterson explained.

News Editor Rusty Bradshaw can be reached at 623-445-2725 or rbradshaw@newszap.com.

Poms are a big hit at retirement area fete in Las Vegas

By Betty Latty
Gazette correspondent

Las Vegas chorus lines, eat your heart out.

That intrepid dance troupe, the Sun City Poms by Leslie, has wowed 'em in a two-night gig in Nevada.

The Poms performed for the grand opening of Del Webb Corporation's retirement community, Sun City Summerlin, near Las Vegas, Oct. 19-20.

"They were the hit of the evenings," confirmed Martha Moyer, assistant director of public relations and communications for Webb. "You should have seen the audience. Those women are incredible."

The Poms first performed their famous strut and Pom routine for Webb executives and business associates.

The next evening, their audience included some 1,500 Summerlin home buyers and prospective buyers.

"These people were excited about exposure to the Sun Cities lifestyle," Moyer said, "but most of them had not seen a real Sun City organization firsthand. They loved the Poms."

Missing, though, was Poms' founder and mentor, Corinne Leslie, who was away on a Mediterranean tour.

The Poms made further impact on Las Vegas. In their spare time some shopped and some toured the Strip resorts. All of them enjoyed the amenities available in their Las Vegas Hilton headquarters. And yes, there were some winners, and some losers.

The Poms unanimously lauded the service offered by Jack Kushner, driver of the Poms' bus, chartered from Phoenix-based Courier Custom Coaches. Kushner was extremely accommodating, and took care of his charges "just beautifully," according to one of the Poms.

Next show date for the Poms is Nov. 18 in Flagstaff, when they appear during half-time entertainment during a Northern Arizona University football game.

Poms

Sun City squad has new name, activities

SUN CITY — The world-famed Sun Cities pompon squad has a new sponsor, and a new name.

Blue Cross and Blue Shield of Arizona will replace Del E. Webb Communities as the sponsor for Corinne Leslie's 16-member team, and the group will become known as the Sun City Poms.

The Poms will make their first appearance under their new sponsor Saturday in the Fiesta Bowl Stride walking race, also sponsored by Blue Cross and Blue Shield.

The race courses, which will be routed through the Phoenix Zoo and the Desert Botanical Gardens, will be walked for one mile by the Poms, who then will ready a performance of their dance routines in a program at the close of the race.

New costumes and poms in blue and white, the Blue Cross and Blue Shield colors, will replace the familiar red ones, Leslie said. A matching banner also is being made.

For their Fiesta Bowl-related appearances, the Poms will wear cheerleader outfits in keeping with the theme of "Best of Kids."

For future appearances, including the Poms'

annual invitation from the city of Milwaukee for its festival days, costumes will be dressier.

Leslie said the change in sponsorship happened at just the right time for the Poms.

"Del Webb told us they didn't have the money to do very much for us this year," she said. "One of my girls' husbands is on the board of directors of Blue Cross and Blue Shield, and the people there said they would like to sponsor us, but they didn't want to get in Del Webb's way."

Upon hearing this, Leslie obtained a release from Del Webb, and the Poms had a new sponsor. Warren Goodrich of Blue Cross and Blue Shield said the company long had admired the Poms and wanted to support them.

"We think they represent some nice positive attitudes and show the good things about our seniors," he said.

The company will give the dance team a monthly fee to cover the cost of publicity brochures, uniforms and operating expenses.

The Poms' new name came about after a feud

See ■ Poms, Page B

■ Poms

From Page A

with a local newspaper, Leslie said. Sun City's daily newspaper has refused to refer to the group as the "Pom Poms," saying that this word is incorrect in referring to the shakers the women hold when they dance.

Instead the editors called them "pompons," she said.

"When I got my pom pom catalog, there was the word, 'pom pom.' I took the page out and showed it to the editors. They wouldn't change," she said.

This year the catalog changed

its spelling to pompon, and Leslie said the group decided to settle the dispute once and for all by simply calling themselves the "Poms."

Other than that, the Sun City Poms' image and rehearsal schedule will remain the same. The group will appear at four functions a month and will practice once a week.

"We used to do up to four performances a week and practice twice a week, but everyone got really worn out. We like to do other things," Leslie said.



Mark Henie, *The Phoenix Gazette*

The Sun City Poms practice for their appearance Saturday.

A-R

Band gets new name, home

By Jen Lebron Kuhney

The Republic | azcentral.com

The Sun City Pops Band has found a new home and has a new name.

The 70 band members now call themselves the West Valley Pops Band, because they have broken away from Sun City's club system.

The band will now use rehearsal space at the Valley View Community Food Bank and perform at the food bank's canned food drives.

The band left Sun City after the Sun City Recreation Board voted to strictly enforce fee rules for using practice and performance space. The pops band had rehearsed for free and held free concerts in Sun City for 36 years.

Under the policy, non-residents of the senior living community must pay \$2 for every rehearsal and concert they attend. The club would have to pay a facility-use fee that would cost them thousands of dollars each season.

Band members said the fees priced them out of staying in the community, which led them to seek a home else-

WEST VALLEY POPS BAND REHEARSALS

Where: Valley View Community Food Bank, 10515 W. Peoria Ave., Sun City.

When: 9 a.m. to 11 a.m.

Details: The band welcomes anyone who has an instrument, a music stand, who can read music and play with some skill. For more information, contact futureconcerts@cox.net.

where.

On a whim, some band members talked to the food bank. The group ended up with with a free place to rehearse and store its instruments.

Though the band will no longer play at Sun City's Sundial auditorium, it will perform at food drives at churches, high schools and other Valley venues.

"Everybody's real excited about it. It's a win-win for us and the food bank. It's just great," band spokesman Len Shykind said.

Senior baseball league expands into Sun City

Rays to begin 1st season in late November

By BRET McKEAND
Sun Cities Independent

Professional baseball has returned to Sun City.

The Senior Professional Baseball Association announced last week that its has expanded its Florida-based league and will field teams in Sun City and San Bernardino during its 1990-91 season.

The league, which features professional baseball players 35 years of age and older, began last year with eight teams in Florida.

As part of a westward-expansion, league officials have added franchises in Sun City and San Bernardino for its second season. Additional California and Arizona teams are expected to be added next year.

"When I began pursuing this team last November, I knew there was only one place I wanted it to play," says Marc Kaplan, owner of the team.

The team, which will be called the Sun City Rays, has signed a five-year lease to play at the Sun City Stadium, 111th and Grand avenues, Sun City.

Mr. Kaplan, a resident of Paradise Valley and long-time Cleveland Indians fan, says he always enjoyed watching spring training at the stadium.

"I made many trips to Sun City to watch my beloved Indians play the Milwaukee Brewers," he recalls.

"I enjoyed the coziness of relaxing, kicking back and catching

the 'rays' in Sun City Stadium ... I've missed those days."

Mr. Kaplan says, "Sun City deserves high-quality professional baseball and it's back where it belongs -- Sun City Stadium."

The team will arrive in Sun City in early November and league plays begins Nov. 28.

Team officials are hoping to attract 1,800 to 2,000 spectators per game. Sun City Stadium contains 5,000 seats.

The Rays will play a 56-game schedule, 28 of them at home in Sun City.

Bob Atkinson, owner of the stadium, says Sun City was up against "strong competition" when it came to convincing the senior league to expand.

"We worked very hard to bring them here," he says.

"Maybe we were successful in making them feel they were more

See RAYS, Page 7

Sun City Rays may boost local economy and image

"If you build it, they will come."

From the movie, "Field of Dreams."

When the Sun City Rays take to the field in November, club officials are hoping baseball fans from all over the country will come to Sun City to see their favorite stars of yesteryear perform once again.

The new team will not only "put Sun City on the map" as far as baseball fans are concerned, but the national attention could mean added dollars for the local economy, as well.

It was announced last week

that the Sun City Rays will join the Senior Professional Baseball Association and begin playing at Sun City Stadium this November.

Early response to the announcement has been extremely positive, especially from community leaders and Northwest Valley businesses.

"We're pumped up about it," says Tom McCanna, executive director of the Northwest Valley Chamber of Commerce. "We're real excited for the entire Northwest Valley."

Mr. McCanna feels the Rays will "put the Sun City

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• RAYS

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welcome here than anywhere else," he adds.

Mr. Atkinson purchased the stadium last year. The facility was unused since the Milwaukee Brewers moved its spring training site from Sun City to Chandler in the mid-1980s.

The stadium presently serves as the home for the Sun City Sons, a semi-pro baseball team,

and the Sun City Saints, a women's softball team.

The Rays will be managed by Jim Marshall, manager of the Chicago Cubs from 1974 to 1976 and the Oakland Athletics in 1979.

It will be up to team officials to recruit its own players. No players have yet been signed.

Among the former players al-

ready competing in the league are Al Oliver, Gates Brown, Bill Madlock, Dock Ellis, Ferguson Jenkins, Bert Campaneris, Vida Blue and Rollie Fingers.

In addition to Sun City and San Bernardino, the league has Florida teams in St. Petersburg, Fort Myers, Daytona Beach and West Palm Beach.

Tickets will cost \$4 for general admission and \$6 for box seats. Senior citizen tickets will be \$5.50 for a box seat and \$3.50 for general admission.

Season tickets for seniors will be \$150 for box seats and \$98 for general admission.

Season tickets are now available. For information, call 977-RAYS.

• BOOST

From Page 1

name in front of everyone."

The team, he says, will "showcase" the positive aspects of the Sun Cities and the entire Northwest Valley.

"It's very beneficial -- nobody loses in a deal like this," he says.

Local businesses will benefit from home games, he says, because people from throughout the Valley will be coming to Sun City to see the team play.

"The businesses themselves will most definitely benefit because they will be pulling in a different clientele, people from Phoenix.

"The Rays will bring a tremendous amount of people out here," he adds.

Tom Nash, president of the Sun City Ambassadors, a group whose purpose is to promote Sun City on a national level, called the announcement a "very positive

development" for Sun City.

"This is another dimension of the celebration of life in Sun City," he says.

The timing for the league is "perfect," says Mr. Nash,

since the league plays its games during the winter months -- a time when tourism is at its peak in Arizona.

"I think the Rays and Sun City match up perfectly," he adds.

Mr. Nash says the senior baseball league holds a tremendous amount of "crowd appeal" for baseball fans in Sun City.

"We'll be bringing in the biggest names in baseball. These fans out here know these players and want to see them play again," he says.

The Ambassadors president feels the level and quality of play will be above that of Triple-A baseball since many of the players are still in their late 30s and early 40s.



Genealogical society burns mortgage

The West Valley Genealogical Society Library celebrated the retirement of its building mortgage, with a Mortgage Burning Ceremony on Nov. 14, in the West Valley Genealogical Society Library parking lot.



Nancy Gerdes & Micki Fischer
Your Turn

The generosity of the society's members has allowed the mortgage to be paid off several years in advance of its normal term, which will permit the society to continue to advance its objective of making genealogical information and education available to both members and visitors on a continuing basis.

Those interested in researching their family history are encouraged to visit the library, attend monthly meetings and consider joining this group of researchers. For more information, visit the website at www.azwygs.org.

• Roberta Ayotte of Artistic Weavers Club and Sun City Handweavers Guild, both in Sun City, will be the featured artist for the months of Decem-

ber, January and February at the El Dorado Art Gallery, at 103rd Avenue and Thunderbird Road.

There will be an opening night reception from 4

to 5 p.m. Thursday.

Ayotte will exhibit 26 handwoven wall hangings of various scenes, designs, colors and fibers.

Ayotte has been a professional handweaver her entire life, having graduated from the Rhode Island School of Design, a four-year college.

She and her husband Robert operated "Ayottes' Designery" in Center Sandwich, N.H. for 30 years. The couple co-authored and published a 16 volume home-study course, "Handweaving with Robert and Roberta," which was sold worldwide.

• Mrs. Robert H. Johnson presented a check for \$2,500 to the Sun Cities Area Historical Society to accelerate the conversion of paper records to digital computer files. Accepting the gift from the Robert



SUBMITTED PHOTOS

West Valley Genealogical Society Library past presidents attending the burning of the mortgage were Karla Bartel, left, Dorothy Sprague, Ada Sullivan, Peggy Morphew, Ethel Sanders and Jean White.

H. Johnson Trust was Edson Allen, trustee for the Historical Society. As Sun City and Sun City West were completed, the Del E. Webb Corporation gave the Society thousands of pages of documents having to do with the development of the two communities. All of this one-of-a-kind information is paper-based, and subject to deterioration, fire, and other damage.

Digitizing the data will not only protect it, but make it more readily available to scholars, authors, reporters, and researchers through the organization's website. The gift of these funds will allow the society to use an outside source that

specializes in large-volume scanning and digital conversion, helping speed the preservation of documents.

scanned

Calling for all citrus

Garden Club aims to fill bins for food bank

JEFF DEMPSEY
DAILY NEWS-SUN

The Sun City Garden Club kicked off its annual citrus drive Tuesday morning, and before the drive officially began, club President Pete Petersen said they already needed to call a truck for pickup.

"We have six bins at all three of our sites, and the bins at the Bell Rec Center are completely full," Petersen said at 10 a.m., 30 minutes before the drive was set to start. "We have to get a truck over there already."

All of the collected citrus goes to St. Mary's Food Bank, with more than 1 million pounds of grapefruit, oranges and lemons donated since 2005. Last year, the club collected 380,000 pounds of citrus, and Petersen said he expects to do even better this year.

"There's a lot of citrus out there, and we're aiming for a big year," Petersen said. "We did 446,000 pounds in 2006. That was our best year. We always want to pass that number, and I think this year we can do it."

The St. Mary's citrus gleaner coordinator who works with the garden club goes by Chuck Citrus.

his last name, he spoke about how vital the club's citrus drive is to the food bank.

"We could not do it without them. The food bank would not exist," Chuck said. "They really do not get enough credit for what they do."

Chuck said the amount of volunteer hours contributed by the garden club is staggering.

"These guys gave us \$350,000 of work last year, or the equivalent of about 150 full-time employees," Chuck said. "That's more people than we actually have on staff."

Petersen said the club will accept donations through March 14, and any Sun City resident who needs assistance gleaner their fruit trees can call the garden club at 623-875-5921.

"We'll try to help as many people as we can," Petersen said.

Chuck said the food bank also will glean fruit trees for a requested donation of \$10.

Petersen was careful to point out that the garden club's cooling scarf drive is still going, but will be brought to an end in March along with the citrus drive. The cooling scarves are be-



JEFF DEMPSEY/DAILY NEWS-SUN

Members of the Sun City Garden Club prepare to kick off the group's annual citrus drive, which St. Mary's Food Bank officials say brought about 400,000 pounds of citrus last year. The garden club has drop-off stations at Sundial and Bell recreation centers, as well as the Sun Bowl.

and Afghanistan by a group called Soldier's Angels. The scarves are embedded with polymer crystals that, when soaked in cold water, keep the scarves cool for up to 15 hours in 120 degree heat.

"Those guys over there sure appreciate these scarves, and we want to get as many over there as pos-

sible. The club's goal is 1,000 scarves, though Petersen said so far they only have about 200.

"We were sure hoping for more than that, since they go to the troops and all, but we'll see," Petersen said. "I think people will come through."

The donation for the scarves is \$8, and a card is

send a personal message of support to the recipient.

"It's really amazing how much these guys do, how active they are in their charity work," Chuck said. "The food bank needs help, and every year, these people step up and do it."

Jeff Dempsey may be reached at 623-876-2531 or jdempsey@yourwestvalley.com.

Pedal Pushers recall glory days

CLAUDIA SHERRILL
DAILY NEWS-SUN

Carolyn Peck remembers when the Pedal Pushers would stop traffic on Grand Avenue.

"At one time, we had more than 200 members," Peck said. "It was a large crowd on bikes, but we were taught to lead groups and to flag (traffic)."

There used to be three groups that rode every morning, too. There were "fast riders, 6-milers and 8-milers."

Organized in April 1961, the Pedal Pushers celebrated with Sun City when the community turned 40, riding in the Anniversary Parade wearing red shirts with the group's emblem emblazoned on the back. The riders traditionally wear red windbreakers when out and about.

Photos from the groups' early days document a stream of bicyclists stretching down the wide streets of a young Sun City.

The Pedal Pushers did more than pedal, however. It was a social club as well, whose members often stopped for breakfast or coffee during the morning's ride. They also got together regularly at JB's restaurant and other locations in Sun City.

"Oh, yeah, this is the 'eatingest' group," Peck said.

The years have taken a toll on the Pedal Pushers. The once expansive group has a current membership of about 35, comprising bikers and social members.

Shirley Freidel is the group's cycle master, or president. A member for 10 years, she's a short-timer compared to Peck, who has been pushing pedals since 1972.

The bicyclists still ride every day, Freidel said.

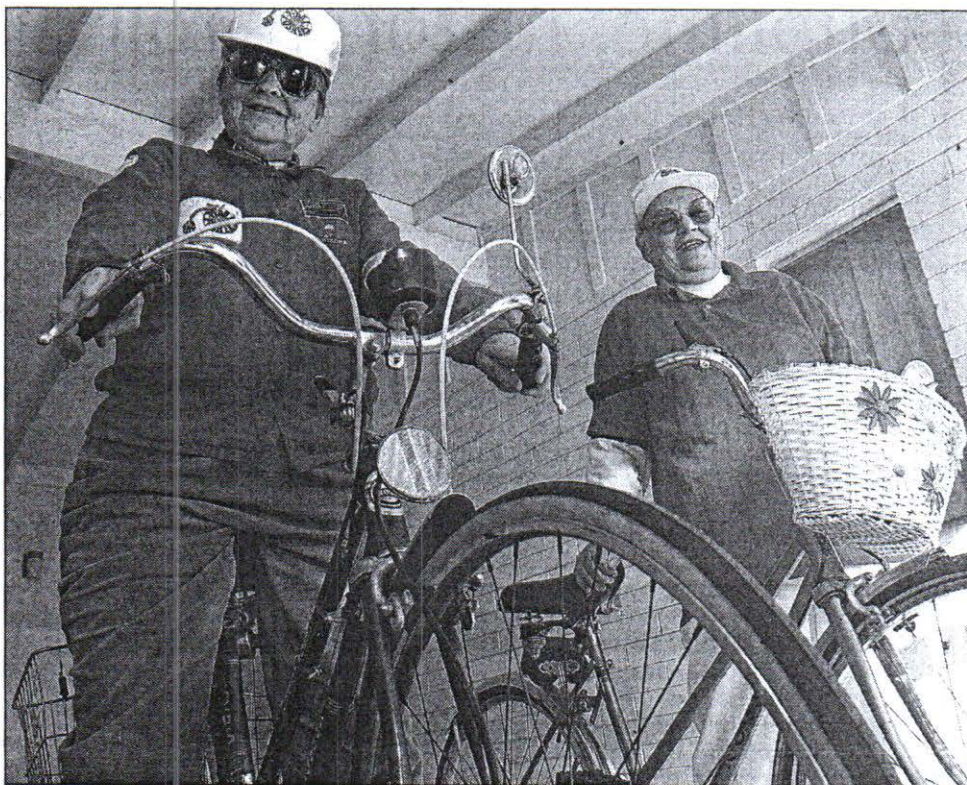
"Sometimes there's only three or four of us, other days we have eight or nine," she said.

The number of riders depends on the weather, illness and time of year, as some members are winter visitors.

In its heyday, the Pedal Pushers frequently attracted media attention, claiming coverage by Mary Jo West, Kent Dana and Patty Kirkpatrick at one time or another.

The club was never a Sun City chartered club because it accepted anyone who wanted to ride, regardless of whether they were Sun City residents.

"If we chartered — and the rec centers wanted us to — we couldn't have had people from Youngtown in the group," Peck said.



MOLLIE J. HOPPES/DAILY NEWS-SUN

Longtime Pedal Pusher bicycle club members Carolyn Peck, left, and Shirley Freidel say the club will continue to ride together, though they will no longer have social activities.

Not being a chartered club has other advantages as well, especially given the current membership.

"We probably would have had to disband (by now) if we were a rec center club," Freidel said.

The two women reminisced about the fun the group had and its rowdy reputation.

"We've been bounced out of most restaurants," Peck said.

Both women remarked about the difficulty in attracting new members, citing different desired riding times along with their observation that younger residents don't seem to join clubs as readily as their predecessors.

The 45-year-old club is about to take a big step and discontinue its social activities. They no longer collect dues and will continue as a bike-riding entity only.

"It's a little sad," Peck said. "I hate to see it."

Freidel agreed, saying, "I wasn't here for the really big group, and now we have maybe 10 who are regulars. We ride early in the morning in the

summertime, and we very rarely cross Grand Avenue any more.

"One of our favorite rides is over to Youngtown, where we stop and visit the ducks."

So, how does the club plan to mark this inauspicious occasion?

"We're going to have a party," Freidel said. "We're taking the last dues money from the account, and we're going to have a last hurrah."

The group is planning an outing to the Arizona Broadway Theater Feb. 25 to see "Man of La Mancha."

"I'd like to see this end on a very nice note," Peck said.

Freidel added, "I wanted to go to a nice place, with everything — meals and entertainment — included."

And the best part of the club will continue, according to the two friends.

"Caring and friendship are the best part of this group," Peck said.

"I don't usually agree with her," Freidel said, "but friendship is the best part, and the sociability."

Claudia Sherrill may be reached at 876-2511 or csherrill@aztrib.com.

She's been following the script since moving to Sun City

"When I retired, I gave away my two-piece suits, tossed out my panty hose, picked up a calligraphy pen and took my first calligraphy class. And, I've been hooked ever since."

That's what Lois Suddath told me recently when we met at the Sun City Library in Bell Recreation Center where her works of calligraphy are on display through November.

"It's something I promised myself that I would do when I retired," she said.

Lois, who is originally from Illinois, spent most her life in Albuquerque before moving to Sun City in 1992.

"It's all about beauty," the former banking vice president said. "That's what got me hooked. It's funny, but sometimes when I tell people I do calligraphy, some will say, 'What's that?'"

In his book titled "Calligraphy," Don Marsh says the word "calligraphy" comes from the Greek "kalligraphia," which literally means "beautiful writing." He goes on to say that what makes writing beautiful is the "consistency of shape, stroke, weight,

spacing and rhythm."

"To me," Lois said, "there is beauty in seeing the flow of letters on a page."

Lois has been a member of the Sun City Calligraphy Society since 1993, and has been president for four of those years. She is the group's publicity chairperson and teaches classes.

"I just got into it because it was so beautiful and because I always wondered, how did they do that?" she said. "I had no idea I'd be doing so much calligraphy. And, I never dreamt I'd be teaching classes in it."

She talked about her beginner's classes.

"I tell my students, think back to when you were first learning to write the alphabet. You thought you were learning something very new, didn't you? You were really learning something very, very old. The capital letters you were learning in our alphabet actually go back to the Roman alphabet 2,000 years ago."

Researcher Dru Sefton says, "Calligraphy has been practiced as far back as medieval times by monks

laboring in scriptoriums to produce Bibles — a tedious art, forming lovely letters one by one."

Educator Lisa Brady cites the role of Charlemagne, Emperor of the Holy Roman Empire, in calligraphy. "Perhaps the most powerful influence on calligraphy was Charlemagne, who decreed that the scholarly books were to be copied by the monks. Thus, we have beautifully illuminated, hand-lettered Bibles still in existence."

With the role of the monks in calligraphy, one can't help but wonder about the spiritual element in calligraphy.

In my research on the subject, I found an intriguing quote from the Chinese calligrapher Wang Hsi-chih who said, "Writing needs meaning, whereas calligraphy expresses itself above all through forms and gestures. It elevates the soul and illuminates feelings."

"When I'm writing calligraphy, it almost becomes spiritual," Lois said. "You really put your heart and soul into it. I find that there's a certain rhythm to it, a certain flow. Time passes so quickly because you're focusing on the flow. There's no concept of time."

She thought about the idea for a little longer and said, "Your concentration powers seem to be elevated. It's almost like writing a piece of music."

In my readings on calligraphy, I noted that a number of calligraphers prefer to have a specific time, place or mindset to perform their works.

To this, Lois said, "I could do calligraphy anytime, day or night. Anytime I pick up a calligraphy pen, I'm happy."

An avid and accomplished watercolor artist, Lois combines the art form with calligraphy. "What could be finer than combining the beauty of an ancient alphabet with watercolor?" she said.

"What freedoms exist in calligraphy? I asked her. "Are you limited to forms or rules?"

"The sky is the limit," she said. "It's wide open to your imagination. You can combine several styles or 'hands' into one writing. In fact, there's a great deal of room



Rich Kenney Jr.

for self-expression. I even developed my own alphabet that I call 'Whimsical Calligraphy.' It's great for children's poems or sayings."

According to prominent teacher and calligrapher Edward Johnston, "While it is the general function of the craftsman to make a thing legible, it is his particular function as a decorator to make it becoming."

I wondered if this quote had meaning to Lois beyond calligraphy and watercolor.

"When people walk into my house, they say, 'It's exactly the way I thought you would have it,' she said. "Yes, I'm very particular as to what goes on walls or sits on floors."

Lois told me about one of her most satisfying moments as a calligrapher.

"One time, I had a lady come to me with a faded wedding certificate from the early 1900s," she said. "She asked if I could touch it up to make

it look like the original. So, I used some special calligraphy glasses and could just barely see the writing of the names. I very carefully went over the letters and, when I finished it, it looked like the original. The woman was thrilled!"

Sayings inspire Lois's work in calligraphy.

"I keep my eyes and ears open for sayings and use them for greeting cards or magnets," she pointed out. "Sometimes I'll have a saying matted and framed."

She has many favorite sayings and gave me one to stick to my refrigerator, an Irish proverb that said, "Dance as if no one were watching. Sing as if no one were listening. . . And live every day as if it were your last!"

"For me," Lois said, "calligraphy has really blossomed into something wonderful."

If you have a column idea, e-mail Rhkenneyjr@aol.com or write Rich at the Daily News-Sun, 10102 Santa Fe Drive, Sun City, AZ 85351.



STEVE CHERNEK/DAILY NEWS-SUN

Lois Suddath has been hooked on calligraphy since retiring and moving to Sun City in 1992.

Lines of love for suffering children

Calligraphers make special cards for kids

By ROSA De SIMONE
Daily News-Sun staff

During a five-day hospital stay, cancer patient Andy Bremner received more than 80 pieces of mail from fellow boy scouts, classmates and even third cousins.

But when Andy, 11, left the hospital and returned to his Chicago home the correspondence ceased as abruptly as it had begun.

"There's a lot of awkwardness that comes with terminal illness. Friends and family back off. It's not that they stop caring, they just don't know what to say," explained Andy's mother, Linda Bremner, in a phone interview from Chicago.

Linda, 43, became Andy's secret pal. She sent him notes and small gifts, and while she thinks Andy knew who his secret pal was, he never confronted her, she said.

"It didn't revolve around hospitals or our day-to-day living. It was just something to say to each other, 'you're special,'" Linda said.

After Andy died Aug. 31, 1984, Linda found his address book containing names of 20 children he met while at a summer camp for young cancer patients.

Remembering how Andy felt when his mail stopped arriving, she dropped those children a line.

Before she got through the list, she received a response from a 12-year-old boy that told

her she was doing the right thing, Linda said.

"He wrote, 'I didn't think anybody remembered me, thanks for writing,'" she quoted.

Eventually word got around, and almost seven years later, Linda corresponds with more than 700 children, from across the United States and abroad, who are suffering from long-term catastrophic illnesses.

The Sun City Calligraphy Society has cared enough to help Linda send her kids the



very best.

In April, after reading about Love Letters in a magazine, the group donated more than 150 cards decorated with pictures of Mickey Mouse or dried flowers. The calligraphers added handwritten greetings on the cover, leaving the inside blank for Linda and her volunteers to fill.

"They made the most incredible cards. I was thrilled," Linda said. "You could just feel the love they share with my kids."

Linda never sends "get well"

cards, rather fun postcards or simply handwritten letters. Love Letters is funded by private donations, and Linda is always willing to take donations, she said.

On the receiving end are children, ages 4 to 21, with cancer, leukemia, AIDS, cystic fibrosis, birth defects, paralysis and disfiguration as a result of accidents and fires.

"I have a pretty incredible bunch of kids," Linda said. "They are the most incredible

example of fortitude and inner strength I have ever encountered in my life."

But sometimes their strength needs recharging, and they write to Linda about their fears — often telling her things they do not want to burden their parents with, she said.

"I knew with my experience with Andrew that the mail would be a good and positive thing. They (the kids) share with a stranger something they don't want to share with Mom and Dad," Linda said.

One cancer victim wrote to Linda about watching her hair fall out as a result of chemotherapy and washing it down the drain.

See Sun City, CC4

OVER

Sun City Calligraphy Society cares enough to do its best

—From CC1

Another wrote: "We've talked to each other about everything, now talk to me about dying."

"It's a very hard thing to happen to know that a child is dying," Linda said of her experience and that of other parents.

Each time a child with whom she corresponds dies, she relives the grieving process she went through when Andy died.

"I have written to 1,200 children in seven years. In that time I have lost a great many of them, and I have cried for each one of them. I have grieved like a part of me has been taken," she said.

Although Linda realizes that her letters may only give the child a brief moment of happiness, she said, giving them a reason to smile makes it worthwhile.

Love Letters' recipients have given Linda happiness, too.

"They pulled me through the darkest moments of my life," she said.

Linda credits her volunteers for making Love Letters happen. People have donated everything from their time and small toys to money for stamps and even her office space.

Money donated in memory of a loved one is used for a college scholarship fund given annually to a child with a serious illness, she said.

Meanwhile, the Sun City Calligraphy Society is making another batch of cards for Linda's children.

"This is a good way for us to use our calligraphy, as well as making children feel good," said society member Loisevelyn Hatfield.

The calligraphers, who meet weekly in Marinette Recreation Center in Sun City, did not hesitate when member Gladys Stiles proposed the idea of helping Love Letters.

"I think this will be an ongoing project for the group," Stiles said.

Sun City Calligraphy Society president, Eleanor Kole, said she thinks the project is worthwhile and added, "This way, if they get a card, they know they're not forgotten."

Linda, in turn, sent the Sun City Calligraphy Society a Love Letter. It read in part:

"Each card was truly a miniature work of art! In the six years that I have been writing to children, I have never had such marvelous cards. I appreciate not only the work involved in creating them, but the love with which each one was made."

To contact Love Letters, write Love Letters, P.O. Box 416875, Chicago, Ill. 60641, or call (708) 620-6386.

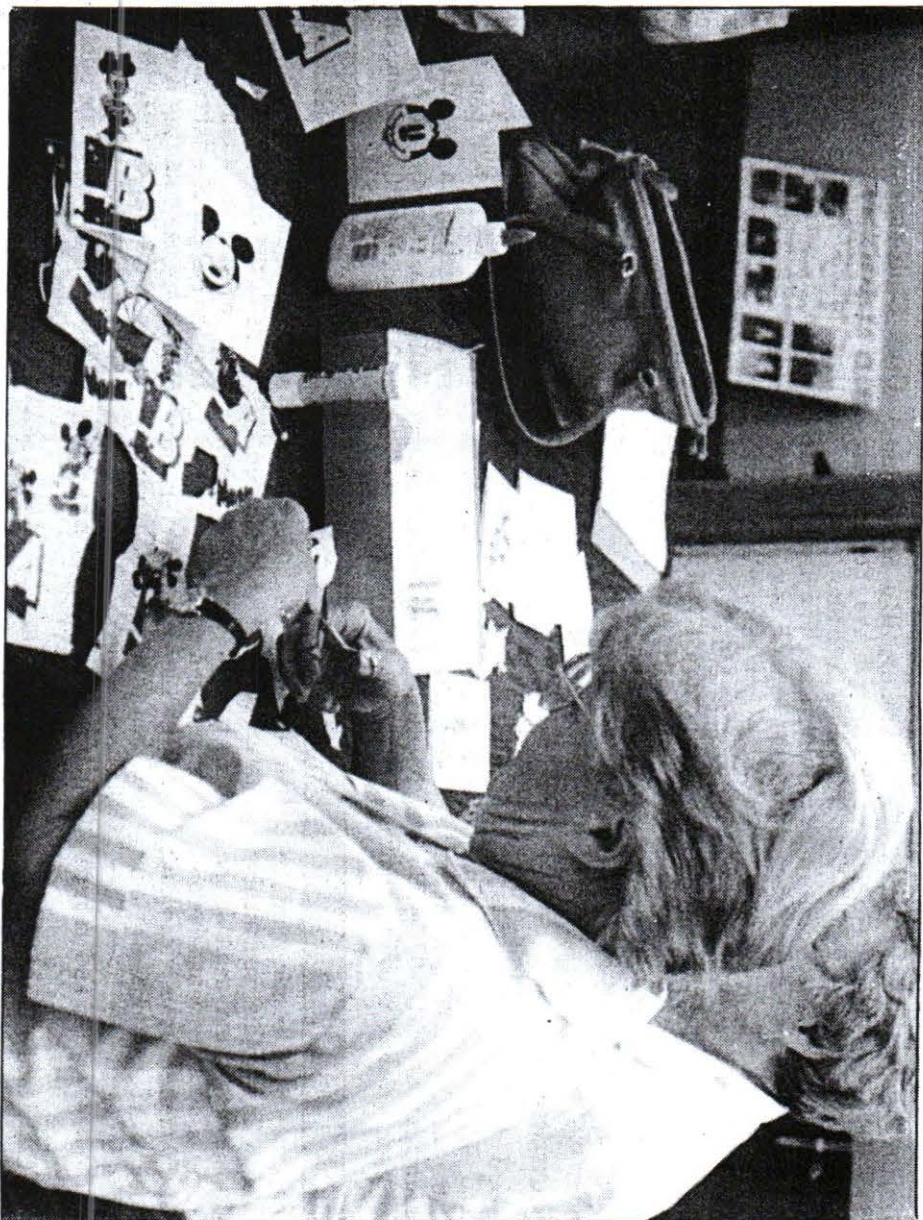


Daily News-Sun photo by Rosa De Simone

PROUD DUO — Loisevelyn Hatfield and Eleanor Kole, display cards made by the Sun City Calligraphy Society. The calligraphers donate their custom made friendship cards to Love Letters, a Chicago-based organization founded by the mother of a cancer victim. Love Letters volunteers send the cards to terminally ill children.

CUT 'N PASTE — Gladys Stiles, left, and Loisevelyn Hatfield of the Sun City Calligraphy Society cut out cartoon characters for cards that will eventually go to young cancer patients.

Daily News-Sun photos by Rosa De Simone



Camera Guild asks RCSC board for room trade

KATY O'GRADY
DAILY NEWS-SUN

The Sun City Camera Guild has a covetous eye on the Sun City RV Club's room at Sundial Recreation Center.

Camera Guild members asked the Recreation Centers of Sun City board of directors Monday to look into the feasibility of the two clubs swapping rooms at Sundial Recreation Center.

"We've lived in these cramped quarters for more than 25 years," said Guild Vice President Bob McColley.

But RV Club members just moved upstairs into their new quarters, and don't want to be left out in the cold.

"They just got it, and they're thrilled to death with it," said RV Club member Beverley Briggs, whose husband, Sam, is a past president of the RV Club.

Interest in digital photography is the biggest reason the Camera Guild needs more room, McColley said. The guild has 55 members and counting.

"The demand is there — we've seen it already," he said. "We just need the space to accommodate them."

McColley said the club held a joint meeting with Sun City West and Sun City Grand camera clubs last week and learned that one-third of their more than 300 combined members have switched to digital photography.

The fire marshal limits the current Camera Guild room to eight occupants, requiring some members to work from home on certain tasks, such as printing some digital photos, McColley said. In addition, the club needs more space for storage, counters, displays, adding to the dark room and creating a digital photo lab, he said.

Beverley Briggs said the RV Club has almost 900 members and also needs room for its equipment. She hasn't heard the Guild's proposal, she said, but doesn't like the idea of losing the RV Club's current quarters.

"I've never seen their room, but we need shelves," she said. "We have projectors. We keep boxes of (materials for) caravans. We sell badges and banners. We need places for storing that."

Glen Iverson, vice president of the RV Club, said he hasn't heard anything about the proposed swap: "I never heard of it before. I don't have an opinion — we've always got an open mind."

However, Iverson noted the club just moved into its completed room in December.

The Sun City Camera Guild proposes clearing its equipment to accommodate the Sun

City RV Club's monthly meetings, then taking over the RV club room with some renovations, such as increased ventilation and the addition of dark rooms.

"By all means, if you give up that room, please find another room that the RV Club could use," said RV Club member Harold Boudrie. "The room itself is used for a business meeting. ... We're willing to share it, but if you put all this equipment in there, we won't have a room to meet in."

Camera Guild members said their current room could accommodate RV Club meetings if the dark room and equipment are removed.

"Since this is a chartered club and the RV Club is a chartered club, I'd like this to go to the club-organization committee," said RCSC board President Dorothy Hirtzel. "This will be worked out with all the clubs involved."

RCSC board Vice President Norm Dickson pointed out the RCSC has another club request that involves the health of members. The Fairway Woodshop has solicited help with a dust problem at its club, and that must be addressed along with the long-range goals to improve Fairway as a whole.

"This is a legitimate request, and we're pursuing it," Dickson said of the woodshop situation. "It's not going to be a cheap issue."

Katy O'Grady can be reached at 876-2514, or kogrady@aztrib.com.

Exchange session

The Recreation Centers of Sun City board of directors' next exchange session with association members is scheduled at 9 a.m. Feb. 17 in Social Hall 1 at Lakeview Recreation Center, 10626 W. Thunderbird Blvd.

Oh, Canada

Northern neighbors find fun, warmth, in Sun Cities' sun

By TINA SCHADE
DAILY NEWS-SUN

Nearly one hundred people congregated Tuesday in Beardsley Park, but unless you really looked around, you probably couldn't figure out why.

Sure, a red and white flag bearing a single white maple leaf waved intermittently and a few enthusiastic folks were scattered around the park sporting red and white, but otherwise, there were no signs.

Which is exactly the way these picnickers like it.

These people, who are sociable, but whose laid-back and civil demeanor have them teetering on the edge of being mysterious, are known as Canadians.

"We're a little bit harder to get to know than some, but Canadians are generally down-to-earth and friendly," said May Nelson, president of the Canadian Club, which gathered for the first of two club picnics.

Other Canadians concurred.

"Canadians are proud, but we don't like to call attention to ourselves," said Dorothy Heine, formerly of Toronto.

Even if they tend to be a behind-the-scenes kind of crowd, Canadians aren't shy about having fun. Tuesday's event kicked off a number of activities the club sponsors for its 300

members during the winter and spring seasons.

Other club activities include trips to the White Tank Mountains, tours of downtown Phoenix and an annual Christmas party.

But belonging to the Canadian Club is not without its problem.

Despite the solid reputation for being polite, there is a bit of an identity problem for some club members.

Take Jim Smith, formerly of Pleasantville, N.Y., whose wife is from Montreal. Smith said to remain completely true to his roots and to recognize his wife's heritage, in addition to belonging to the Canadian Club, he must also belong to the New York Club and the French Club.

But it's the Canadian Club which helps the Smiths and other Canadians keep abreast of the latest legalities involved in leaving The North during the winter. And many of them do.

George Emack, past president of the club estimates, that between 8,000 and 9,000 Canadians spend their winters in the Sun Cities. Another 645,000 visit Arizona throughout the year, he said.

It is Florida, however, that benefits the most from the seasonal Canadian exodus. Nearly 2 million visit the Sunshine State every year.



Bill Muir, left, and George Emack visit with each other at the Canadian Club picnic at Beardsley Park Recreation Center in Sun City West Tuesday.

Tina Schade/Daily News-Sun

DAILY NEWS-SUN

SATURDAY, NOV. 6, AND SUNDAY, NOV. 7, 2004

Ceramics club breaks up

ANNIE KARSTENS
DAILY NEWS-SUN

The Sundial Ceramics Club blames a lack of volunteer spirit for their group's decision to decharter from the Recreation Centers of Sun City.

The RCSC charter rules state a club must be led by a minimum of three officers, and none of the ceramic club's 85 members volunteered to run for office this election season, said Dottie DeYoung, club president.

"As president, I felt we needed to abide by the rules," DeYoung said. "If we didn't have people who wanted to volunteer for office, we couldn't remain a club."

After a special meeting Oct. 18 with Gayle Schmidt, RCSC director and chairman of the Club Organization Committee, and a representative from the committee, the club was faced with two options: decharter and close by Dec. 31 or merge with another club.

The club voted, with only one member opposed, to give up its charter. Officially closing its doors by Dec. 20, the club will be selling some of its ceramics to the public Nov. 15 through 18.

Individual members may choose to join another ceramic or craft club. There is no word yet on what the club room will be used for.

"I think it was a pretty peaceful ending," said DeYoung, who served as president for two years and secretary for one.

"We had a fair opportunity and we missed it."

Should some members of the club choose to regroup and apply for another charter, they'd need to gather 50 interested members, Schmidt said. She advised members to wait a year before attempting to create a new club, as some personality clashes and disagreements within the club may need a cooling off period.

There are 141 chartered clubs in Sun City. Norm Dickson, RCSC vice president, said other clubs are facing leadership problems like the ceramic club.

Dickson calls it the 10 percent-90 percent dilemma — 10 percent of the people do 90 percent of the work, and members do not always appreciate the club leaders efforts.

The RCSC board, in cooperation with the Club Organization Committee and several chartered club members, is in talks to revise Board Policy 12A, the 15-page document that deals with club rules, officer regulations, dues and other club guidelines. As it stands now, officers can serve a three-year term, take one year off, and then if they choose, run for another three-year term.

"There needs to be a change," Dickson said. "The fact that we're not getting officers, means maybe we need to change the term limits. (The board policy) should be brought up to date to better serve the clubs."

Some Sun Citians have financial burdens that require them to work full or part time during their retirement years, which is why, Dickson said, many simply don't have the hours to devote to volunteering. As times change, however, Sun City clubs and organizations will need to attract more volunteers.

"We need new people that enjoy the activity to step up and volunteer because these clubs don't run themselves," he said.

Leona Thompson has been a member of the Sundial Ceramic Club since 1977. "I think it was just the apathy of the women who didn't want to take office or work extra hours that were required," said Thompson, who's in her 90s. "It's no one's fault. The board was fair, gave us every chance to do what we should have and our club failed. I will miss the club, it was something I enjoyed, but I'll move on."

Annie Karstens can be reached at 876-2532 or akarstens@aztrib.com.



JOY LAMBERT-SLAGOWSKI/DAILY NEWS-SUN

Yvetta Kolar of Sun City checks out the clay pieces for sale at the Sundial Ceramic Club. The organization is dechartering and selling all of its materials.

MARCH 22-28ΔΔ, 2000— SUN CITIES INDEPENDENT

Tuesday evening classes reinstated

Sundial Ceramics Club has reinstated Tuesday evening classes, open to anyone who is a member of any ceramics club in Sun City.

All Rec Centers are included in this invitation.

Three large, bright rooms provide pleasant surrounding and a certified ceramicist will be available.

Call 933-0838.



Puttering with pottery

Members of the Sundial Ceramics Club take advantage of the newly reopened Tuesday evening classes. Thousands of molds are available with pouring room helpers working to keep up with the constant demand for greenware. Call 933-0838 for more information.

Ceramists fire up for celebration

By JEANNIE JOHNSON
Staff writer

SUN CITY — Ceramics clubs have a long tradition in Sun City.

And the Bell Ceramics Club is no different. This year, the group celebrates its 20th anniversary.

With the overwhelming popularity of ceramics in Sun City, Del Webb made sure the new Bell Recreation Center had a room dedicated to the art. It accommodated pouring, painting and firing.

The only things missing in the beautiful new room were artists.

Enter Hilda Beug.

"Hilda started the Sundial Ceramics Club, so when it came time to open Bell, they asked her to start it," said Nell Wilkenson, one of the club's charter members. "They asked her to drum up interest in the area around Bell so it wouldn't be all the same people who belonged to other clubs."

Wilkenson was swimming with her friend Rose Kapek when the club was forming. Kapek had been asked to chair the club and, in turn, she asked Wilkenson to serve as her vice chair.

"I had no idea what I was doing," she said. "I'd never done ceramics. I had done a lot of crafts while I taught school, and I didn't want to do that anymore. My husband went into the silvercraft club, but I wasn't interested in that. But I had to find something.

"A friend of mine told me when you retire, you get twice as much husband and half as much money. So I got involved in the ceramics club and my husband was on the golf course and everything worked out perfectly."

The club opened its doors during the gala grand opening of Bell 20 years ago and has continued to grow. They have about 180 members at this time, Wilkenson said.

"It's such a good club," she said. "It's got a nice location and real, real good people."

BELL CERAMICS



LISA GOETTSCHE/DAILY NEWS-SUN

The Bell Craft Club lit up the floor with a Christmas display during the Info-Expo at Sundial Recreation Center Saturday. The expo featured more than 70 booths and club displays from Sun City.

No excuse for idle hands

INFO-EXPO: More than 70 clubs staff Saturday event to stir up interest and lure new members

MONICA ALONZO-DUNSMOOR
DAILY NEWS-SUN

Whether folks in Sun City are looking to stitch, spin, skate, draw, dance or dig, there is likely a club for it.

Roger and Verna Julson, a Sun City couple who have lived in the area about a month, showed up at the second Info-Expo looking to see what the community had to offer.

More than 70 Sun City clubs and organizations came together Saturday morning at Sundial Recreation Center looking for new members and a little publicity.

"We belong to an aqua-aerobics club, but we will be joining more," Verna said with a smile. "There is so much to do, you can't do it all. If we don't find something to do, I guess it would be our own fault."

Many of those who attended were amazed at the extent of activities and clubs available in Sun City.

"I was impressed when I first moved down here which how much is offered," said Kermit Peterson.

He and wife Kathy already belong to the Bocce and Shuffleboard clubs, and joined a miniature-golf club during the expo.

"We're still looking for others," Kathy said.

Like the Petersons and Julsons, hundreds of people turned out to fill their schedules with activities.

Francine Dey has lived in Sun City for 20 years, and has taken part in acting



LISA GOETTSCHE/DAILY NEWS-SUN

Mary Kerr, an officer of the Sun City Line Dance Club, hugs and kisses Lois Wilson at Saturday's Info-Expo at Sundial Recreation. Kerr welcomed members old and new with an open demonstration of warmth.

clubs, dancing clubs and various sports — and she just added another.

"I just joined the Sun City Social Club," she said.

Loray Tewalt, a member of the Sun City Clay Club, staffed that organization's table, trying to add to its 217 members.

"We hope to create more interest," she said. "We just hope to get more members. It's a great hobby. We even have sculptor classes that are open."

Although no one had signed up for the Clay Club by a little before noon, Tewalt said there had been some interested people picking up information.

Gary Balding of the Bell Silvercraft Club had more than eight people sign up.

"We're trying to get new members and

promote the craft and keep certain abilities going," he said. "We have 270 members, but we need more. Only 65 to 70 of those are active members. We want to get people interested in what Sun City has to offer."

Alice Cosper was offering a different type of art to prospective members, and invited people to brush a few colorful strokes. A white sheet of paper and watercolors at the Palo Verde Art Club table drew a few folks to try their hand at the art.

"We've had a lot of people stop by," she said. "I was surprised there is so much enthusiasm. I didn't expect it, but we do have quite a few prospective members."

Monica Alonzo-Dunsmoor can be reached at malonzo-dunsmoor@aztrib.com or by calling 876-2531.

Daily News-Sun • Wednesday, Feb. 6, 2002

SWEETHEART OF A CLUB

HEARTFELT WORK: Valentine magnets attract attention at Bell Craft Club

KATY O'GRADY
DAILY NEWS-SUN

An industrious group of Sun City residents will be sending tokens of love to many residents who can't get out and about this Valentine's Day.

Those who receive Meals on Wheels services will know they're cared for when they see the heart magnets made for them by Bell Craft Club members and included with their meals by Interfaith Community Care.

"It's in gratitude for everything we've been given in life; it's one way we can give back," said club member Joan Groff.

The club has 159 members, among them a few men, but the roster usually hits about 200 before summer rolls around again. At any given time, about 10 to 35 members can be found working on various projects in Club Room 2 at Bell Recreation Center.

Through its involvement with the Meals on Wheels program, the craft club is taking over where the Crafty Belles left off. The Belles were eight Bell Craft Club members who disbanded for health reasons Dec. 26 after 18 years of making tray favors for Meals on Wheels recipients. The whole club will continue the service, dedicating one day a month to

making the favors, which are created for the various holidays to let the homebound know someone is thinking of them.

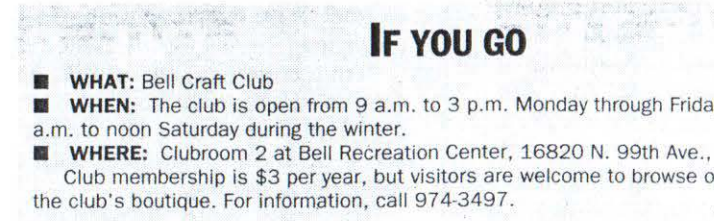
"The next holiday will be St. Patrick's Day, and then Easter is right on its heels," said club President Karen Clause.

For Valentine's Day, the favors are heart magnets — created from wooden forms that are painted, stamped with festive designs, embossed and varnished, with little magnetic strips attached to the back.

"We'll make 100 of these," Clause said, adding that if there are any leftovers, Interfaith will make good use of them at one of their adult day-care centers.

The Bell Craft Club is open six days a week and boasts a boutique where nonmembers may purchase their creations. The club allows members to choose from dozens of arts and crafts, from beading, card making and painting to stamping, sewing and candle making. The menu is ever-changing as old crafts regain popularity and members introduce ideas gleaned from visits elsewhere.

"I think we have an advantage because everyone who goes away for the summer comes back and



IF YOU GO

- **WHAT:** Bell Craft Club
- **WHEN:** The club is open from 9 a.m. to 3 p.m. Monday through Friday and from 9 a.m. to noon Saturday during the winter.
- **WHERE:** Clubroom 2 at Bell Recreation Center, 16820 N. 99th Ave., Sun City. Club membership is \$3 per year, but visitors are welcome to browse or purchase from the club's boutique. For information, call 974-3497.

teaches us how to do new stuff — even something that they taught umpteen years ago and it's sort of gone by the wayside, now it's coming back," said Helen Reed, a past president who spends summers in Logan, Utah.

Such is the case with "mod podge," in which colorful designs are affixed to the back of a clear plate so they show through the front, almost as though they were painted on crystal. An old craft, mod podge is making a comeback.

"I brought back that idea from Minnesota," said Marlene Hastings, who has sold about 50 of her patriotic mod-podge plates, some of which are displayed in the club's boutique alongside Valentine plates.

In addition to the cornucopia of arts and crafts opportunities, the Bell Craft Club happens to be the only group in Sun City offering classes in copper enameling.

Betty Henning and Velma Wilson have been the club's copper enameling pros for more than 20 years. Their favored craft involves

decorating copper pieces with colored glass that is fired in a kiln for two minutes. The glass — in powder form or small chunks and bits — must be ordered from the Midwest since there are no Phoenix-area businesses that sell it, Henning said.

"Copper enamelists have fine glass powder that melts at 1,500 degrees; window glass doesn't melt till 2,000 degrees, so you can't just use any old glass," Henning said. "There's so many colors. I love colors — I always have."

A love of colors, crafts and friendships is just about the only prerequisite for Sun Citians looking to join the club.

"This is pretty much a fun club. It's for fun — but we can't help but do a few things" for those less fortunate, Clause said, pointing out that club members have donated about 40 lap robes to an area Alzheimer's residence in the last year or so. They also make booties and caps for premature babies at the Phoenix Children's Hospital.

OVER



PHOTOS BY JOY LAMBERT/DAILY NEWS-SUN

Left, members of the Bell Craft Club busily make heart magnets for Valentines for Meals on Wheels clients Monday. Above, Sandy Conley embosses some of the magnets.

Crafts club hangs up tools after 18 years

JEANNE WINOGRAD
DAILY NEWS-SUN

The Crafty Belles crafts club is calling it a day at the Bell Recreation Center in Sun City.

"You know when it's time to call it quits," said club member Jeanne Cummerford. For the past 18 years, she has delivered small, cheery gifts made by the group to shut-ins aided by Interfaith and Meals on Wheels.

Gifts such as snowmen made from buttons, reindeer made from wooden clothes pins, angels made from paper clips, and flags made from safety pins and beads have added a bright spot to the dinner trays of ill residents who couldn't make it outside their homes.

"You never know when you're going to be a shut-in," said Elizabeth Schwartz, who said she has passed her crafty skills onto her grandchildren.

"I'm almost 87," said Virginia "Ginny" Owens, the club's treasurer. "My hands don't do what I want them to do now."

Schwartz calculates the group has made close to 11,000 tray favors during its tenure.

The club raised money for supplies at the annual Sun City Arts and Crafts Fair held in November. Last month, the group raised almost \$800.

Steve Wohlbruck, activities manager for the Recreation Centers of Sun City, said it is a shame the group is disbanding.

"Six women in their 70s and 80s



JOY LAMBERT/DAILY NEWS-SUN

The Crafty Belles, from left, Ginny Owens, Jeanne Cummerford, Elizabeth Schwartz, Grace Sliwa and Alice Stok, reminisce over the club's 18 years of existence. The Belles are disbanding, but promise to meet with each other informally once a month.

have been making craft favors for almost 20 years," Wohlbruck said. "They've had trouble getting more people to join their group. I want to be there to thank them for all they have done for others."

Wohlbruck showed up at Crafts

Club Room 2 on Wednesday morning, camera in hand to take pictures for the RCSC newsletter.

"Not too many people are interested in making crafts for free," Owens said. "Lots of people do it for money. We've done so many

different items here, in keeping with the holiday, such as Valentine's Day, Fourth of July or Christmas."

Club members Alice Stok, who wore a glitter-trimmed poinsettia sweatshirt she had made, and Grace Sliwa, who specializes in crochet, nodded in agreement.

OVER

Lois Meyerty, an original member of the group, and Catherine Shaw, were absent but acknowledged by the group.

"We're not going to lose touch. When shall we get together for the next 'whoosh'?" Owens asked the group, making a swooping gesture with her arm as she said "Whoooooosshhh."

A next, more informal meeting of the club will take place next month at Coco's.

"We're trying to get together once a month for coffee," Cummerford said.

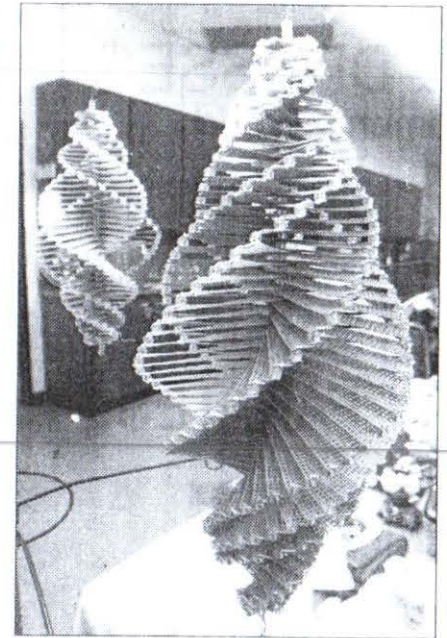
The group agreed to give the remainder of its funds and supplies to Bell Craft Club, which offers crafts for sale in Club Room #2.

"We never had any arguments. We got along beautifully, perhaps because we made crafts because we wanted to," Schwartz said.



JOY LAMBERT/DAILY NEWS-SUN

The Crafty Belles made these hand-made gifts for shut-ins and delivered them through Interfaith and Meals on Wheels.



THE WESTER Thursday, June 10, 1999

Engineers hear about USS Arizona metallurgy studies



Pres. Fred Berkenkamp (l.) of the Engineers Club of the Sun Cities, presents a Certificate of Appreciation to speaker Dr. Donald L. Johnson who talked about his studies on the U.S.S. Arizona. Photo, Roy White

By Ruth Borchardt

It was a rewarding end of the season closing meeting of the Sun Cities Engineering Club last week at the Lakes Club when Dr. Donald L. Johnson, SCW resident and former Professor of Mechanical Engineering, Metallurgy Program-University of Nebraska, talked about his research projects involving the U.S.S. Arizona.

Listening intently to every word Dr. Johnson had to say, the group seemed intrigued with the outline of his studies about the U.S.S. Arizona, one of the first casualties of World War II. His research and teaching interests were in the area of corrosion and chemistry of metal and alloys, so it was natural that the particular focus of Johnson and his colleagues and staff at the University would zero in on conducting a metallurgical corrosion analysis of the superstructure and hull of the ship.

The ship had its keel laid in

1914, and in 1915 it was commissioned. At this time, pictured with Franklin D. Roosevelt, was a young boy of about three years of age, Henry Williams. He was holding Roosevelt's hand and as fate would have it, he was a naval officer at Pearl Harbor on Dec. 7. It was reported he was there on the sidelines observing what was happening.

A memorial honoring the 1,177 men killed, was completed on May 30, 1962. The architect was Alfred Preis. After World War I, the ship was used primarily for gunnery training. After that, it served as a flagship. A movie was made in the 30s aboard ship with Gloria Stuart and James Cagney, and is now considered to be of historical significance, because it showed life aboard the ship in that era.

The armor of the ship was very thick in certain locations, preventing the AP (armor piercing)

from penetrating and immediately exploding. Thus the men might have a better chance to survive.

The ordinary steel plate, not as heavy, yet not really very thin exploded on impact usually killing the men on the other side. A thinner armor in certain spots was deemed advisable because, if penetrated, the AP would pass right through, perhaps saving the men. It was termed, "all, or nothing at all." The AP would pass right through and not explode.

Divers have been in the water numerous times, inspecting the hull. In deference to those who lost their lives, Johnson said they respected the sanctity of the ship and as far as he ascertained didn't look in to see if there were any human remnants of what had occurred. He said, "There is much pertinent information to be found in Paul Stillwell's book "The Battleship Arizona."

This last year, Johnson has been working as a volunteer on the project, and gained much further insight from the study of the corrosion. It was noted by his wife Dorothy that an appropriate message is dedicated to the lost ones, "May God make his face to shine upon them and give them peace."

It is thanks to Dick Faytinger, an Engineering Club member and also a Nebraska graduate, that the Club had the pleasure of hearing Dr. Johnson.

Engineers mark club's founding

By JULIE LARSON
Daily News-Sun staff

When the **Engineers Club** of the Sun Cities Area meets each month, it's not just a social hour.

"We have slides or a speaker — some kind of presentation — to try to keep the members interested and helpful in the engineering profession and projects we're asked to do," said Alice Martin, a charter member and club historian.

Tuesday marked 20 years since the founding of the club and its first meeting. The club of about 200 retired engineers represents all different phases of engineering, including electrical, structural and technical.

In the past 20 years, club members have used their expertise to help the community in many ways, Martin said. Whether it's advising an organization on improving residential air conditioning or studying water resources, the club is there to help.

"When somebody wants to make use of the Engineers Club, we're contacted and then we try to get our members together and find volunteers to help," Martin said. "And if you need a speaker on one of the areas (of engineering), we'll set it up."

William Pitt, club publicity chairman, said members are asked several times a year to speak at various organizations.

"We also helped on a water resource study in 1976, and the potential for recreational facilities and resources for fish and wildlife were explored," said Martin, a retired electrical engineer who worked for McDonnell Douglas Corp. in California. "We've also studied the Valley's water needs and helped with the sanitary sewer system for Sun City and Glendale."

Pitt said the club has provided an



Mollie J. Hoppes/Daily News-Sun

Reviewing their club newsletter are from left, A.C. "Tex" Fabris, president of the Engineers Club of the Sun Cities Area; Alice Martin, charter member; and William Pitt, club publicity chairman. Tuesday marked 20 years since the founding of the group.

engineer in the past as an adviser to the Property Owners and Residents Association of Sun City West and the Sun City Home Owners Association.

"We get volunteers together to help in any way we can — to participate in investigations or plans," said Pitt, a retired aircraft engineer.

The club also gives a scholarship for at least \$1,000 every year to an outstanding Dysart High School senior who has been accepted at one of the three Arizona universities to study engineering.

"It provides them with additional money for their first year of college. Some of them couldn't go without

donations or scholarships. The students appreciate it, and we try to follow through to make sure the kids are getting good grades and staying in school," Martin said.

Merton Weber started the club in January 1974. He wrote a letter to the editor of the News-Sun and asked if any retired engineers would be interested in forming a club. Several retirees responded and the first meeting was held three months later.

The club continues to meet every month except during the summer. It celebrated its 20th anniversary at a luncheon April 1.

ENGINEERS CLUB

December 30, 1998

(Euchre Club)

IT'S IN THE CARDS

Sun City club celebrates 30th anniversary

By MARK CASSIO
Independent Newspapers

One of Sun City's oldest clubs recently celebrated its 30th anniversary.

Members of the Sun City Euchre Club have been enjoying the spirit of competition and camaraderie since the Recreation Centers of Sun City granted the club's charter Dec. 4, 1968.

In addition to their fun weekly meeting for cards, club members enjoyed dining out and capped the Dec. 8 commemoration with cake and champagne, said Max Anderson, outgoing club president.

"We had a big party. It was a special night," he said.

Euchre is a popular game in Midwest states — Wisconsin, Iowa, Michigan, Ohio, Pennsylvania, Minnesota and Indiana — Mr. Anderson noted. Most of the club's 91 members hail from that area, but all new members are welcome.

To play, four people sit at one card table. Players opposite one another are partners for single rounds only (10 hands per round). Individual scores are kept throughout the eight-round night. Top scorer wins top prize money gathered by 25-cent per person ante at the door.

However, members participate for the joy of the game, not for the limited prize money.

"In a way you get the sense of gambling, but, in another sense, you don't lose money like you do at Laughlin," Mr. Anderson said. "We enjoy the game and having fun."

Using only cards numbered nine and higher (24 total), each of the four players is dealt five cards. The top card from those remaining is turned upright to reveal the trump suit.

The jack of the trump suits

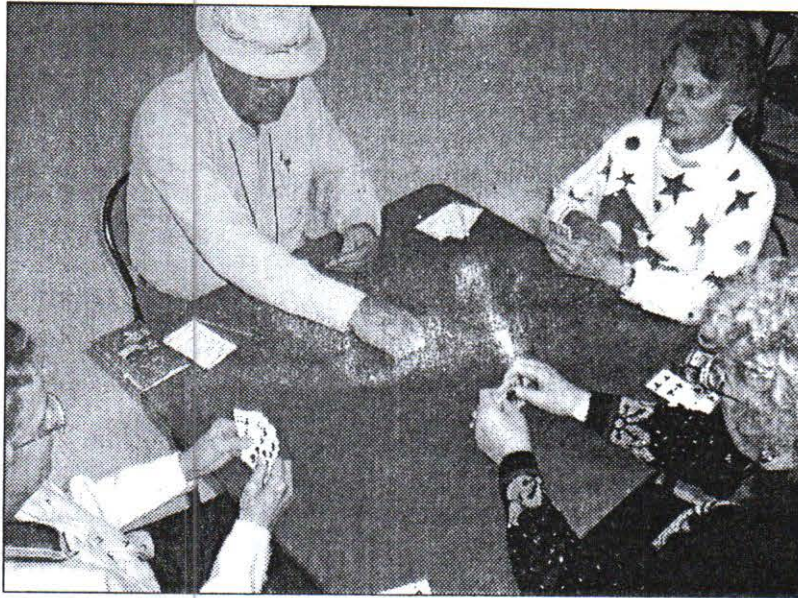


Photo by MARK CASSIO/Independent Newspapers
Sun City Euchre Club members, clockwise from bottom left, Margaret Kiefer, Max Anderson, Elizabeth Neubauer and Alice Trachte enjoy a hand during a recent event at Fairway Recreation Center. The card club recently celebrated its 30th anniversary. New members are welcome.

serves as high card for that hand. The same color jack (diamonds if trump is hearts and clubs if trump is spades, for example) ranks second. The remaining rank order works downward from the trump-suit ace.

After the deal, a player accepts the challenge by attempting to get at least three of five possible tricks. He or she makes the attempt either with the partner's assistance or alone — "a loner" — for double points. Either way, failure to reach three tricks means you're "euchred" and the opponents get two points each.

Successfully obtaining the three tricks equals one point each for the trump team or, as a loner, two points. Getting all five tricks is worth two points per trump team or four as a loner.

Tricks are gained by the player who tops all three opponents when cards are tossed upright to the table.

For example, the trump-suit jack would beat all other cards played. Everyone must follow the suit led at tossing, if possible. If one cannot follow the led suit, a trump card can be played. The highest trump-suit card wins each trick.

Robert McDonough will serve as club president for 1999. Other officers include, James Bordeaux, vice president; Clarence Kocher, first vice president; Wally Hirschi, secretary; Betty Cofer, treasurer; and directors Don Schuler and Mr. Anderson.

The club meets every Tuesday night from 7 to 9:30 p.m. at Fairway Recreation Center, northeast corner of 107th and Peoria avenues.

A special training table can be available for newcomers who need euchre instruction, Mr. Anderson said. Call him for more information or to join at 933-4647.

Euchre Club

EUCHRE CLUB

DAILY NEWS-SUN

THURSDAY, MARCH 10, 2005

Sun City club combines music, exercise

MITCHELL VANTREASE
DAILY NEWS-SUN

Peggy Lee's song "Fever" played in the background as six dancers sashayed across the floor.

With an exasperated look on her face, Ginger Price drank some water after they finished their routine. The Sun Citian said she loves to "move her body" to all types of music, especially jazz.

"It just really keeps you going," she said.

Price and her friends participate in **All That Jazz**, a Sun City dance club. Twice a week, 20 to 25 members meet for an hour to dance and exercise.

"This is amazing once you get into it and see how much progress you've made," said Betsy Nickels, president of the club.

An instructor teaches the group a variety of techniques for beginners and advanced dancers.

"We have a number of people with different experiences, and each one of them help the other out," she said. "It's all about learning and having fun."

Diana Condor, an assistant instructor with All That Jazz, said jazz dancing helps with rhythm, toning and balance.

"You feel so great after you're done with the workout," she said.

Condor said they begin their exercise routines with slow



STEVE CHERNEK/DAILY NEWS-SUN

All That Jazz dancers get a leg up on their workout in Sundial Recreation Center.

stretches which eventually advance to rapid movements by the end of class.

"It could be quite challenging sometimes depending on the moves and music," she said.

Condor said club musical favorites include Broadway and movie

musical songs such as "Chicago."

"Those are often the best to dance to because you could play a character as well," she said. "While you are working out, you can play a character too."

Nickels said it's also a good opportunity for those who want an

alternative to aerobics.

"You get a full body workout," she said.

In the last few years, Nickels said jazz dance has had a rebirth. She said the movie "Chicago," starring Renee Zellweger, Catherine Zeta-Jones and Richard Gere has led that revival.

"That movie made people want to get out and dance again," she said.

Nickels said All That Jazz began about seven years ago. She said the great aspect about the club is that you don't have to be a professional dancer.

"We have people with dance backgrounds and others without it," she said. "It's about exercising, and the chance to learn from others."

Price said the jazz club has given her the opportunity to meet new people.

"It's been wonderful to meet others who have the same love for dance as I do," she said.

Nickels said they are accepting new members into the club, which meets at Sundial Recreation Center and Fairway Recreation Center in Sun City.

"This is a pretty athletic class and could be strenuous for some, but it's a great club to get involved in if you love jazz and dance," she said.

Mitchell Vantrease can be reached at 876-2526 or mvantrease@aztrib.com.

OVER

DANCE FEVER



Instructor Diana Condor, left, leads members of All That Jazz during warmups in Sundial Recreation Center.

AT A GLANCE

WHAT: All That Jazz

WHEN: Classes are from 1 to 3 p.m. on Tuesday in Fairway Auditorium and 1 to 2 p.m. on Thursday in the Sundial floor exercise room

Easy does it with those resolutions

Experts offer advice

ANNIE BOON
DAILY NEWS-SUN

Vowing to drastically change your life by setting unrealistic New Year's resolutions is merely a recipe for failure. This year, take advice from local experts on practical resolutions that will set you up for success.

On the top of many people's lists of must-do resolutions are losing weight, exercising more and having a better outlook on life. According to many experts, the cold-turkey approach to curbing bad habits is often unsuccessful and discouraging.

Chuck Eier, a Sun Health fitness specialist who performs fitness testing and exercise prescription in Sun City Grand, warns not to expect to run a marathon just because you've resolved to start exercising.

"Start slowly. Remember that you can't go from no exercise to a lot of exercise right away," Eier said. "Gradually get yourself more fit. Don't expect to be immediately fit, expect change over time."

Success comes with good habits developed

over time, he said. If you are new to exercise or getting back into a routine, he suggests the minimum requirement for aerobic exercise — a 20-minute aerobic activity three times a week. These activities can include taking a brisk walk, swimming laps, biking or using an aerobic machine such as a stationary bike. Some individuals may even have to start at just five minutes at a time and work their way up from there.

Strength training is also an important part of fitness, Eier said. Start lifting the amount of weight you can lift 12 times and this weight will increase over time.

Whatever the case, he said, be realistic.

"Exercise can improve health conditions at any age. It's never too late to start," he said, adding that exercise will improve daily tasks like getting in and out of a car. "Any improvement in your health can improve your overall lifestyle. And it's possible you could return to activities you stopped doing, like golf or tennis."

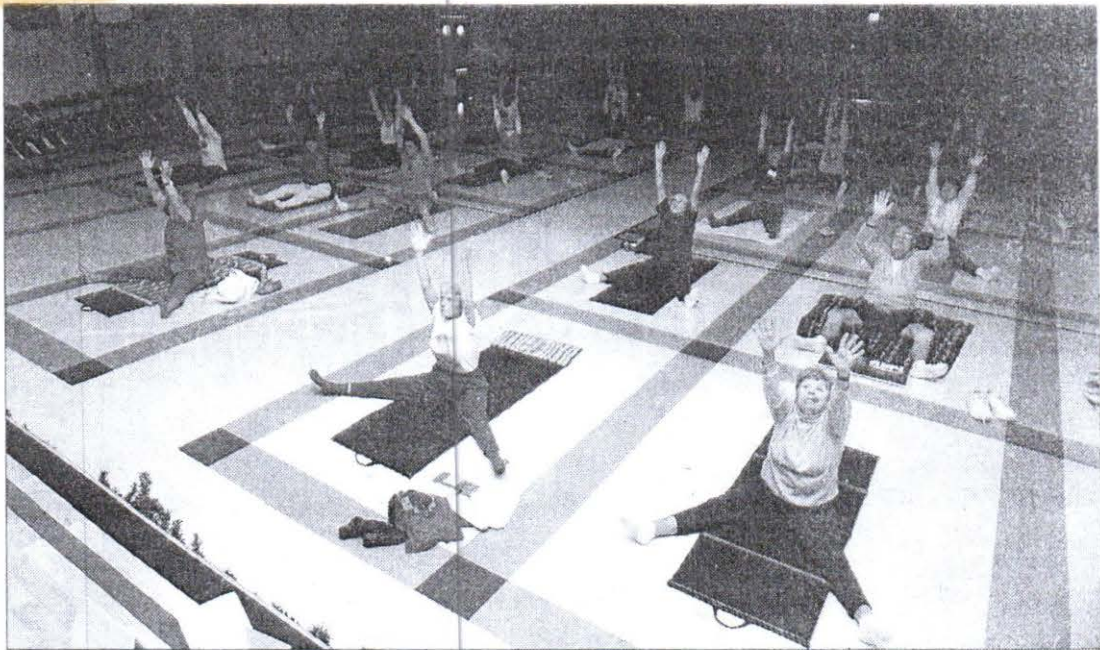
The Hatha Yoga Club of Sun City meets at Mountain View Recreation Center, where members dive into two hours of stress

See RESOLUTION, A3



JOY LAMBERT-SLAGOWSKI/DAILY NEWS-SUN
Sylvia Hoele leads the Hatha Yoga Club class at Mountain View Recreation Center in Sun City. Yoga's a good way to reduce stress.

OVER



JOY LAMBERT-SLAGOWSKI/DAILY NEWS-SPR.

The Hatha Yoga Club class meets at Mountain View Recreation Center in Sun City. Anita Paulson, club president, said yoga is a good choice for those resolving to reduce their stress levels as well as begin a fitness routine in the new year.

RESOLUTIONS:

Be realistic, improvements won't come overnight

From A1

Mountain View Recreation Center, where members dive into two hours of stress relieving, health improving and body toning yoga every week.

Sun City resident Anita Paulson, club president, said committing to exercise, regularly is a perfect New Year's resolution. Yoga would be a good choice for those resolving to reduce their stress levels as well as begin a fitness routine, she said.

"Everybody can do yoga," Paulson said. "You learn to listen and focus on your body, the movements and what muscle group you're working. Plus, it's calming mentally and psychologically."

Paulson said many women have spent their lives caring for others, and with yoga, they can take time to tend to themselves.

Although many Americans buy into quick diet gimmicks, Alice Kraft, a Sun Health senior health educator and registered dietitian, said eating healthy and making good food choices is more important than jumping on the latest bandwagon.

"The healthiest way to diet is slowly and without high expectations," Kraft said. "A lot of people say off the bat that they're going to lose 20 pounds in a month, then start everything at once and burn out. They're just setting themselves up for failure."

Refraining from fatty foods is always a smart choice, though eating what you enjoy is still OK — in moderation.

"Take a look at portions and cut down. That will help," Kraft said. "Don't go cold turkey. Really analyze what you want to accomplish and make your goals realistic."

Resolve to look ahead this coming year, suggests the

FYI

■ Sun Health offers several life-changing programs available through Sun Health Community Education and Wellness Centers in Sun City and Sun City West that can help you reach your New Year's resolutions. Call the Sun HealthLine at 876-5432 to register for programs such as Smoking Cessation, Sensible Choices Eight Weeks to Wellness weight management, and various exercise and fitness programs, including yoga.

Rev. Sandra Kale with the Unity Church of Sun City.

"No. 1 in my opinion, is you've got to get rid of the negatives of the past — let it go and close the door on it, it doesn't belong," Kale said. "For 2005, ask yourself what you would do if you could do anything this year, because you can do it."

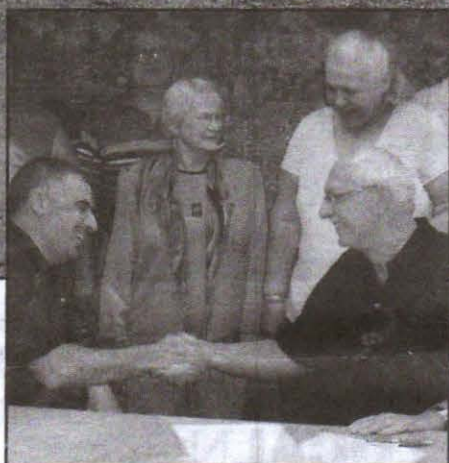
Write down your resolution, Kale said, as though it were a letter to God. Sign it, put it in an envelope, put it away for a year and then look at it next year to see whether you've reached your goal, she suggested.

"I have a slogan. 'We're glad to be alive in 2005,' and that's really 95 percent of the battle," Kale said. "Life's for living. Don't keep digging up the past. You're still alive, so that means you have a purpose here. Don't give up."



Submitted photo

Sun City Garden Club members Yvonne Buckley, above left, and Larry Bilderback take soil samples for testing from the EPCOR Water Co. site where the club will re-establish its community garden. The first planting is expected to be in September. Shawn Bradford, left, EPCOR Water manager, shakes hands with Larry Bilderback, Sun City Garden Club president, following the use-agreement signing earlier this month. Watching were Garden Club members, from left, Bob Bastion, Yvonne Buckley and Sally Miles.



Planting seeds for growth

After decade of absence, community garden returns

By Rusty Bradshaw
Independent Newspapers

Produce will be sprouting in Sun City again soon.

Sun City Garden Club members are busy preparing ground for planting following the signing of a use agreement with EPCOR Water Co. for about an acre of land at the company's Water Plant 6 near Greenway Road and 91st Avenue. The first planting in the new community garden is expected in September, according to Larry Bilderback, Garden Club president.

"We've got a lot of work to do between now and then, but we're eager to get it started," he said.

Related Links

www.epcor.com/pages/home.aspx
www.sunaz.com/garden-club/

For more than 40 years, beginning in the early 1960s, Sun City sponsored a thriving community garden. Members of the original Agricultural Club and later the Garden Club of Sun City tended multiple acres initially at a location near today's King's Center at Grand and 107th avenues, then a plot behind Sunland Mortuary. But in 2003, with mounting real estate development pressures, Sun City lost its gardening plot and thus began a quest to find available land suitable for re-establishing a community garden.

The groundwork for the new community garden was a year in the making, according to Mr. Bilderback. It came to fruition July 1 with the right-to-use agreement signing.

"We initially talked with the water company about a year ago, but it went on hiatus while EPCOR and Arizona American Water Co. worked out their deal," Mr. Bilderback explained.

Club member Yvonne Buckley was the group's spearhead in finding a new site. She said Jan Ek, Recreation Centers of Sun City general manager, was a supportive ally in the effort.

"She was the one who originally talked to Shawn Bradford (EPCOR Water director)," she said.

Benevilla in Surprise, which opened a community garden last year, and Banner Olive Branch Senior Center were also supportive of Garden Club efforts to re-establish a community garden.

"We learned a lot from them," Ms. Buck-

See Garden — Page 17

Garden

Continued From Page 1

ley said.

The use agreement has a 25-year span and the club paid EPCOR \$10 for the entirety of that span for the use, according to Mr. Bilderback.

"Supporting an effort like Sun City Garden Club is something that aligns with the core values of EPCOR Water and we are happy to be a part of this great milestone for the Sun City community," said Mr. Bradford, EPCOR's Central Division operations director.

The initial garden will be small. Mr. Bilderback said work expected to be completed the first year is erection of a fence to separate the garden from the plant infrastructure, and installation of a water meter and irrigation system. The planned fall planting will be in a small section on the northeast corner of the land dedicated for produce to be donated to area food distribution agencies, according to Mr. Bilderback.

However, the club could see other gardens established if the initial effort at Water Plant 6 is successful.

"If we can show we are good stewards and the interest is there, they (EPCOR officials) talked about providing land at their other facilities," Ms. Buckley said.

The EPCOR site is about one-tenth the size of the community garden when it was located on the property near Sunland. When that site was in operation, the Garden Club's membership was above 300. But in the decade since membership has stayed steady at just more than 100.

"Some members went to doing gardens in their backyard after we lost the garden 10 years ago," Mr. Bilderback explained. "So some of them may not be interested in this. But there is always an influx of new people and we have had plenty of interest at our booths during the expos."

Ms. Buckley believes the sustained interest without a garden, and renewed interest when it returns, is because of the sense of community gardening provides.

As planned, the new garden will include a mix of ground level and raised bed plots, according to Mr. Bilderback. The garden will be, by virtue of its bylaws, for club members

only, and they will "bid" on plots, he added. In addition to the club membership cost, plot users will pay a small fee for water. All improvements within the community garden area are the financial responsibility of the Garden Club, and subject to EPCOR approval, according to Mr. Bilderback.

The lack of development on the land near Sunland is a cruel twist of irony for Sun City Garden Club members.

"We were told in June 2003 not to plant our fall crop because the lease would be terminated," said Pete Peterson, Garden Club member, in an interview for a 2010 Independent story on the lack of development activity at the site.

At that time the club had 285 members, but that dropped sharply to about 60 after the lease was terminated.

"Some members had quite an investment in the gardens," Mr. Peterson said. "Some used their crops to supplement their food supplies."

Despite the loss of the garden space, the club survived by adopting the citrus drive, started in 2002, as its main activity project. In the years since, club membership has slowly grown to more than 100 members, according to Mr. Peterson. While members have put their emphasis on the citrus drive, they retained a determined effort to restart the garden project, according to Mr. Peterson. Finding a piece of land on which to locate it was difficult.

"We thought we had something with Sun Health (off 103rd Avenue north of Grand Avenue)," Mr. Bilderback said. "The problem was that if we established there and someone bought it for development, we would lose the garden again."

He added since Sun City is essentially built out, EPCOR Water officials envision no need to expand Water Plant 6.

When the club moved to the 10-acre site near Sunland it was then owned by Del Webb, then sold to the former owners of Sunland Mortuary. The land was later sold to developers and has changed hands several times since.

"In 1984 we were concerned about the possibility of losing the lease and tried to get the land donated to Sun City, but we were not successful," Mr. Peterson explained.

News Editor Rusty Bradshaw can be reached at 623-445-2725 or rbradshaw@newszap.com.

Choir leader's lessons clear as a bell

Director's classes cover hearing loss

By Beth Cochran

BETH.COCHRAN@ARIZONAREPUBLIC.COM

More than two decades ago, Marilyn Chandler developed a love for handbell ringing.

She has since directed several choirs, taught a workshop at a handbell festival and was asked to perform in a concert with some of the best bell-ringers in the United States.

Now she directs the Handbell Ringers of Sun City, the longest continuous active handbell choir in Arizona.

Chandler had to overcome some obstacles in pursuit of her passion.

She was born with a 30 percent hearing loss, a condition that progressively has gotten worse.

"It adds a little extra burden because I can't hear every bell," Chandler said. "These ears are not as good as your God-given ears."

Chandler has since gotten hearing aids, but she also had to develop different communication techniques to work with her students. She decided she wanted to share those techniques through workshops with other handbell choir directors.

"I want to get this message out, because there's going to be a lot more hearing-impaired people," Chandler said.

According to the National Institute on Deafness and Other Communication Disorders, approximately 28 million Americans have a hearing impairment, 10 million have suffered irreversible noise-induced hearing loss, and 30 million more are exposed to dangerous noise levels each day.

Chandler, who lives in Avondale, began her workshops two years ago at a handbell festival in Tucson. This summer she will teach at a festival in Denver and in 2007 she hopes to take her workshop to the national level.

"I'm going to give them earplugs and I have them ring music and they begin to un-



MICHAEL GING/THE REPUBLIC

Mary Krominga of Sun City practices with the Sun City Handbell Ringers at the Fairway Recreation Center.

derstand what it's like not to be able to hear as well as a full-hearing person can," Chandler said.

She also provides them with communication guidelines, some of which can be used outside of the handbell classroom, such as speaking clearly or addressing a person by name to get their attention before speaking to them.

Although most of her choir has full hearing, Chandler said, she is constantly using the guidelines.

"When you get older, you can't hear as

well," she said. "I am working with people who have hearing impairments."

Chandler's main focus is teaching her choir to produce soul-moving music in their concerts and to constantly challenge themselves.

"Being a director is an absolute privilege," Chandler said. "It's also a tremendous responsibility, because they expect you to lead them to do their very best. I started handbells 25 years ago and have never looked back. It's been a real joy. It's a sense of accomplishment."

Handbell concert

The Handbell Ringers of Sun City presents *Childhood Memories*.

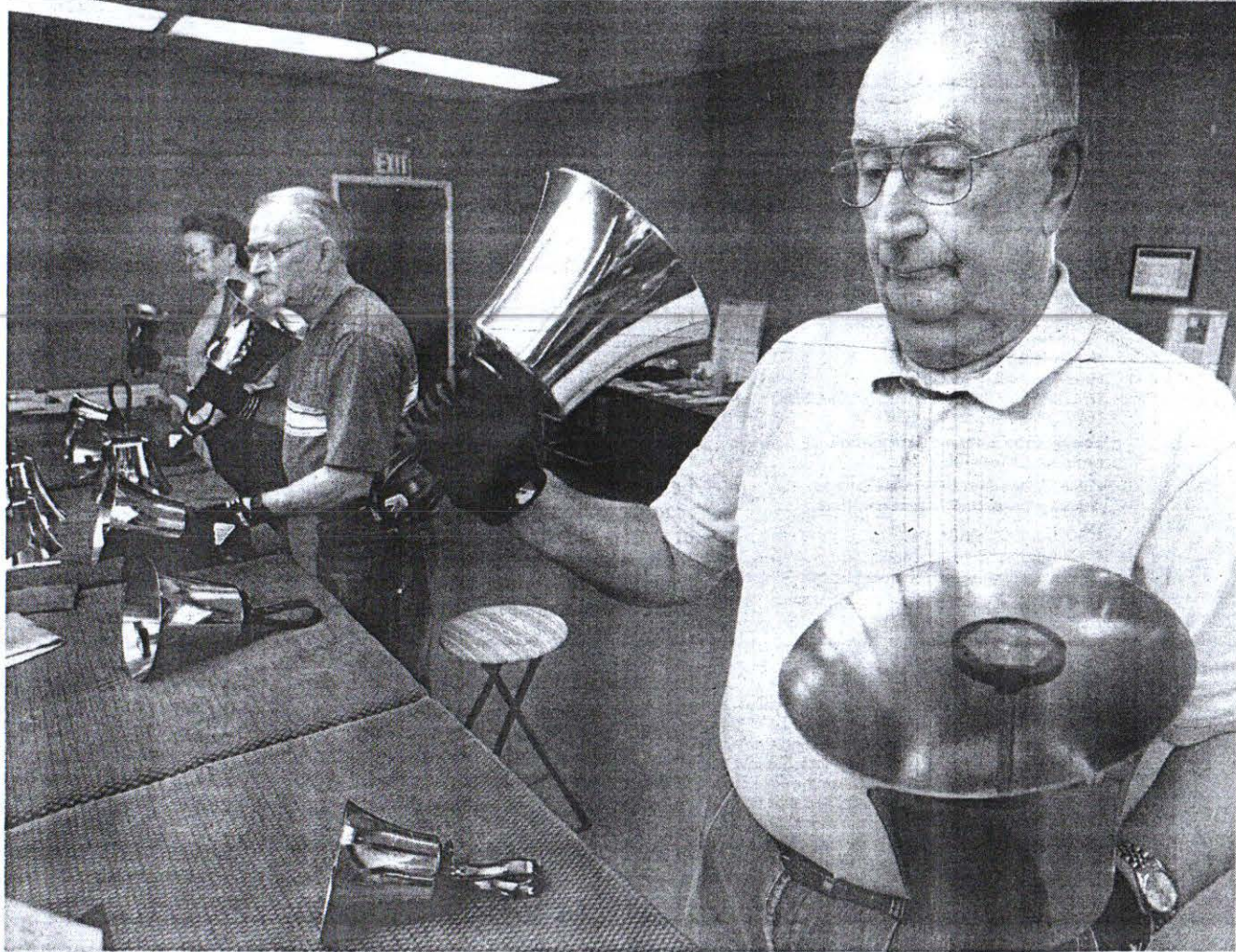
When: 3 p.m. Sunday.

Where: All Saints of the Desert Episcopal Church, 9502 W. Hutton Drive, Sun City.

Admission: \$5 donation.

THE NORTHWEST VALLEY REPUBLIC • FRIDAY, MARCH 31, 2006

Chiming in for good time



MICHAEL GING/THE REPUBLIC

Charlie Crook of Surprise rings two of the larger bells as a member of the Sun City Handbell Ringers during a practice at the Fairway Recreation Center in Sun City. The bells can weigh 8 pounds apiece. **Page 5**

TUESDAY, OCT. 12, 2004

DAILY NEWS-SUN

Rehabilitating water activities work wonders on Sun Citians

ANNIE KARSTENS
DAILY NEWS-SUN

Like the miraculous, age-defying pool you may remember from the 1985 movie "Cocon," the Sun Cities just might have found their own fountains of youth.

The Handi-Capables Clubs of Sun City and Sun City West and the Rusty Hinges program in Sun City Grand offer rehabilitating water activities that seniors say are nothing short of a miracle. Participants seem to come alive once they hit the water, strengthening their bodies and souls while defying their handicaps.

Residents can join these tri-city special needs clubs at any time. Spouses and caretakers are also welcome to bring added support. The gentle water activity does wonders for those who have suffered strokes, are amputees, have arthritis or endured any form of physical impairment. Water offers resistance and strength training, while

requiring less than 50 percent of body weight to carry any pressure.

The results of water activities offered by the clubs are improved cardio-vascular health, breathing, flexibility, range of motion and mental health. Staying active prolongs life, even just by getting people out of the house, when sitting all day can cause

mental and physical atrophy.

Bob Oakeson, a physical therapist at the Sports Medicine Institute of Glendale, said there are two ways water is used in workouts.

"First, the buoyancy of the water is good for joints because you don't have the weight of your body or gravity to pull your body down," Oakeson said. "Secondly, resistance of water is used as a means of weight training."

Walking briskly through water offers significant resistance to the trunk and leg muscles, which allows for the strengthening and building of muscles in those areas, Oakeson said.

"Arthritic joints that can't tolerate speed walking on land can often get in the water and do some great workouts," he said.

"Swimming is a great tool, for those with arthritis or joint pain, who enjoy the water and who have difficulty with land exercise," said Marty Welter of the American College of Sports Medicine and manager for Sun Health Community Education. "There's also a strong correlation between those who exercise regularly and good mental health."

Welter said water aerobics, like all cardiovascular exercise, improves cholesterol levels, reduces the risk of heart attack and stroke, burns calories and is good for self-esteem. Water activities and water walking are partial weight-bearing exercises and can contribute to some strength training, whereas swimming laps is more geared

to a cardiovascular workout, Welter said.

"Aerobic exercise can increase neuro-transmitters, like serotonin, which give us a sense of well being," he said. "It's a release of endorphins, kind of that peak experience when they feel good."

OVER

Exercise groups stay buoyant in pools



MOLLIE J. HOPPES/DAILY NEWS-SUN

Instructor Joyce Loding helps Rose Rusinek walk in the water at the Sundial pool. Both women are members of the Sun City Handicapables.

Sun City Handi-Capables

The Sun City Handi-Capables club has also changed lives for the better — just ask Goldie Trboyerich.

"This is the only exercise I can get," she said. "You come here and meet with people with similar problems. There's a tendency to stay in and this is a way to get out."

Trboyerich calls herself the bionic woman. She's had her leg lengthened, her ankle fused, her knee fused, both shoulders replaced and has had her back fused. She can't stand, but the Sun City Handi-Capables offers a sit-down class that answers her needs perfectly, she said.

"I do what I can and this does help," she said, emphasizing that the volunteers who help lead the group have been excellent. "These are very faithful volunteers. They know a lot about ailments, and help all levels of abilities that come."

Instructors are volunteers certified by the Arthritis Foundation and are certified in CPR.

The Sun City group meets at Sundial pool and is a popular group, at almost 300 members. Group President George Showen said much of the Handi-Capables success is the social aspect of meeting with those who understand where you're coming from.

"A lot of times when someone has major physical problems, a lot of their friends disappear," Showen said. "This is an opportunity to socialize, an incentive to work harder and a way for people to share stories and tips for what has worked for them."

TUESDAY, JUNE 24, 2003

DAILY NEWS-SUN

Spinning a good yarn



STEVE CHERNEK/DAILY NEWS-SUN

Helen Irwin weaves napkins at the Sun City Handweavers and Spinners Guild inside the Bell Recreation Center Friday. The guild studio is open Monday, Wednesdays and Fridays from noon to 3 p.m., and Tuesdays and Thursdays from 9 a.m. to noon. For information call 977-7575.

Spinners weave past into present

Wool festival marks history of textiles

By JEANNIE JOHNSON
Staff writer

11-12-95

PHOENIX — Storytellers spun tales of threatened species of sheep while demonstrators wove the history of wool into the story of modern-day textiles at the Heard Museum Guild Wool Festival last weekend.

Members of the Arizona Federation of Weavers and Spinners Guild, which includes the Sun City Handweavers and Spinners Guild and the Weavers West Guild of Sun City West, joined forces with the Heard Museum Guild in sponsoring the festival. The two-day event marked the opening of a portion of the Fred Harvey Co. exhibit which focuses on his textiles collection.

"Fred Harvey was an entrepreneur who owned a series of hotels, restaurants and gift shops along the Santa Fe Railroad," said Mary Dieterich, the president of the Arizona Federation of Weavers and Spinners Guild. "He introduced the Eastern people to the West."

And part of that West was the textile arts of American Indians. The history of wool textiles in the Southwest goes back to the Spanish explorers and the introduction of the Churro sheep, Dieterich said.

The Spaniards brought the sheep to the Southwest as a source of meat and wool. They also used them for trading with Indian tribes, including the Navajo. Hispanic settlers developed the Rio Grande weaving style while the Navajos began their own weaving tradition with the Churro wool.

Just as the buffalo neared extinction, so did the Churro. During the 1860s, Kit Carson destroyed the flocks and orchards of the Navajos as a means to control the people. Other sheep breeds were introduced.

By the late 1930s, federal agents had destroyed more than two-thirds of Navajo livestock when overgrazing threatened to ruin reservation ranges. By the early 1970s, there were only 450 Churro sheep left in the United States. They were being obliterated by hunters who used them as target practice.

That's when Lyle McNeal stepped into the picture. A professor of sheep sciences and breeding at Utah State University, McNeal has long been associated with Indians. He grew up on reservations in Montana, Nevada and Arizona.

It became his life's mission to help preserve part of the history of these people through their Churro sheep.

"Growing up on the reservations, I saw a lot of prejudice and abuse against the Native American culture," he said. "I saw people not allowed to use the public restrooms or drinking fountains. I had a Native American friend while I was growing



Steve Cherek/Daily News-Su

Louise Lovett, left, of the Sun City Handweavers and Spinners Guild, shows some of her handiwork to Beverly Podkowa, center, of Peoria, and Bea Klungler of Sun City West, at the Sun Cities Historical Society's headquarters last week. The guild is celebrating 25 years in Sun City.

up, and we weren't allowed to sit by each other when we went to the Saturday afternoon matinees. But the worst thing I remember, was this Native American lady who was expecting a child, and they wouldn't let her into the hospital to deliver her baby. Her water broke right in the parking lot. I saw her walk over to a vacant lot and lay down under a tree to deliver that baby. Luckily, another Native American woman came along to help her.

"I have always been very sensitive to Native American issues. My grandfather handled the horses for the Buffalo Bill Cody show. ... Growing up in an era with no TV, I read a lot and that's how I learned there

were less than 450 sheep left in the United States. Here we were saving endangered owls, saving endangered snails, saving endangered worms. Why weren't we trying to save these sheep who had contributed so much to the Native American people and their weaving? I guess it was a case of, 'If not me, who? If not now, when?'"

McNeal ran across a flock of Churros in Salinas, Calif., while on a field trip with his college students. He asked the owner to donate six ewes and two rams to preserve the breed and assist in the propagation of flocks on the Navajo Reservation, as well as promoting inter-cultural understanding.

OVER

In addition to the original sheep donated by this owner, McNeal and his students scoured the back lands of the Navajo and Hopi reservations to find additional Churros to add to the flock. The nucleus flock now numbers 150 ewes and 10 rams.

Some of these Churros were at the festival as well as several Indians demonstrating how they spin their wool and weave them into rugs on large looms. Other spinners and weavers showed their skills and wares at a number of demonstration booths in the park behind the museum.

One of the activities pitted members of the Arizona Desert Weavers and Spinners Guild against the Mountain Spinners and Weavers Guild of Prescott in a Sheep to Shawl competition. The contest began early Sunday morning when the sheep were sheared. The wool was passed to the members of the guilds who then started the process of carding, spinning and weaving the wool into a shawl. The final products were being auctioned off to benefit the museum.

Many members from the Sun City and Sun City West clubs demonstrated their skills at spinning and weaving. Esther Federman of Sun City West brought one of her many looms to weave on while talking to fair-goers.

Federman began weaving five years ago when she retired.

"When you get old, you need something to keep you busy," she said, laughing. "Now I'm known for having too many looms in my house. A loom a room is what I always say. But being a part of this guild has given me the chance to meet some really nice and interesting people. And besides, it's too boring to sit at home and rock."

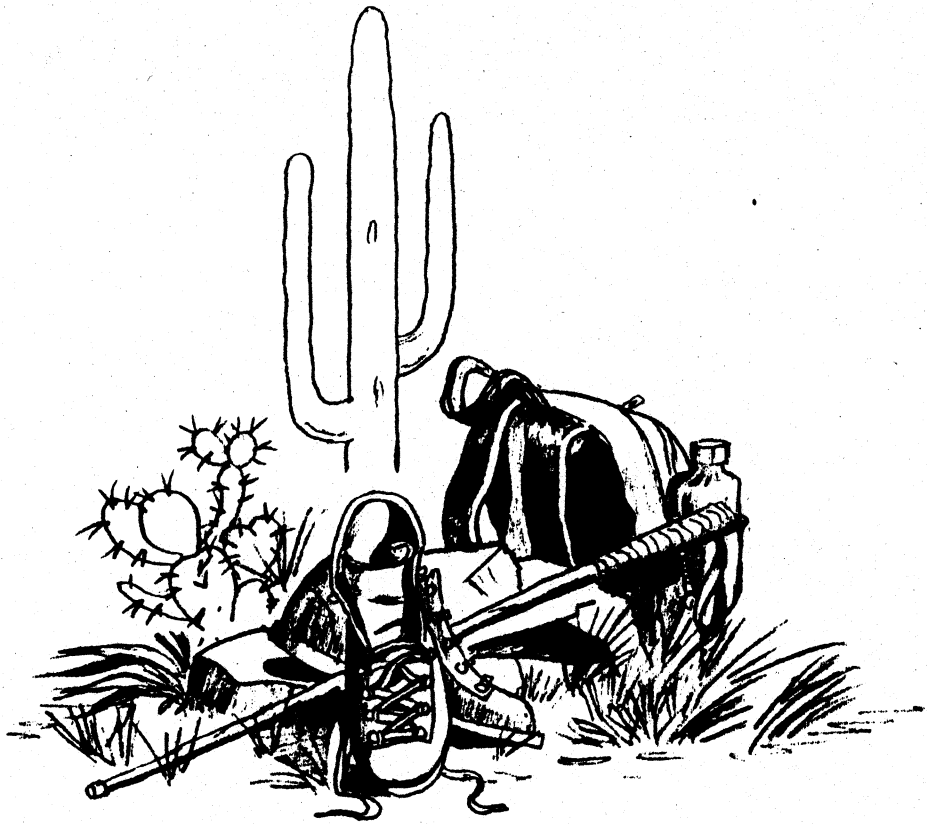
In addition to the demonstrations, there were hands-on activities for the children attending the festival. A large tent was set up where children could learn how to spin yarn and weave pieces of fabric. Lucille Morgan, who began weaving in 1973, kept the children enthralled with the variety of activities.

Morgan said she also hoped that exposing textile arts to children at an early age would help keep the history of these ancient arts alive.

"There's a lot of draw for these classes on college campuses," Morgan said.

And it's festivals and exhibits like this one that will help keep the history of Southwestern textiles alive, Dieterich said. She said she also hopes it will continue to act as a bridge between people from a variety of heritages.

"We tried to include as many cultural groups as we could, because they've all been influenced by the introduction of the Churro sheep," Dieterich she said. "We think this helps us link the past with the present and the link itself is wool."



K.W. HUGO
7-90

SUN CITY HIKING CLUB

A SHORT HISTORY OF SUN CITY HIKERS: 1972-1990

In 1971 Marjorie and Stephen Jones and Priscilla Kezar decided to form a hiking club. It was announced in the local newspapers and twenty-two persons participated in the first hike which was held November 12 at Thunderbird Park. The March 1973 outing to Vulture Peak, led by Elizabeth Rearick and Carl Spencer, was the first real "leg-stretcher."

The first regular meeting of the club was held October 18, 1973, in Squaw Peak Park. Beginning in 1974 the annual meeting has been held in early May in White Tanks Regional Park. Now a slate of officers is presented in May at a breakfast meeting and voted on in October at a second annual breakfast meeting. Since 1976 a winter dinner/luncheon meeting with a program has also been scheduled.

In March, 1976, Hazel and Harrel Gladish organized the first overnight trip - a two-day outing at Organ Pipe Cactus National Monument. The first summer outing was a two-day stay at Flagstaff in June, 1976.

The major project of compiling a Trail Guide was started in 1977. By early 1978 Chairman Robert Wilson, with George Ruby, Lee Johnson, and Stephen Jones, had described and mapped eighty-four hikes. Lee and Irma Gundelach were appointed the first Trail Guide custodians. Currently, a dedicated Frank Kiesling is in the process of updating and revising the guide.



A SHORT HISTORY OF SUN CITY HIKERS

When Priscilla Kezar came to Sun City, she wanted to hike. Being a Sierra Club member, her first move was to write to California for the names of other members in Sun City. Of these only Marjorie and Stephen Jones were active hikers. On this basis, in 1972, Priscilla and the Jones decided to form a hiking club.

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POLICIES OF THE SUN CITY HIKERS

1. DUES: \$4 per year for one person and \$6 per year for two at the same address. Dues are for the calendar year January 1 to December 31 and may be paid to the club treasurer starting on December 1 and must be paid before December 31 to be listed in the Membership Directory.
2. MEMBERSHIP: while most members of the club hold current Sun City Recreation Center cards, exceptions may be granted by the Executive Committee. Members who move from Sun City are eligible to continue membership.
3. GUEST POLICY: Guests may hike with the club provided that an active member will sponsor and accompany each and assume full responsibility during the hike. A fee of \$1 per person is to be paid for each hike. Each guest must sign a release at the assembly point and the sponsor must also sign as indicated.
4. NEW MEMBERS: The club welcomes into membership persons whose interests and abilities are in accordance with the purposes of the organization and who indicate agreement with club policies. A person desiring membership is to hike at least once as a guest or under the aegis of the leader on a "B" or "C" hike. After the initial hike(s) the individual will be credited with guest fees paid toward annual dues for the same calendar year. Credit for November and December will be forwarded to the next year. New members are responsible for becoming acquainted with club policies promptly.
5. SUITABLE FOOTWEAR is required of all hikers including guests. Only shoes with tops above the ankle and with heavy soles are acceptable. (No jogging shoes.)
6. DRINKING WATER must be carried by all hikers. One pint each may be sufficient for short hikes in cool weather; on longer hikes in warm weather more water is necessary.
7. ASSEMBLY POINT: All hikers must assemble at the time and the location designated for that hike. They must sign in personally, give attention to directions, pool rides as possible and the drivers depart as cars are counted. No hikers may join the group after departing the assembly point unless prior arrangements have been made with the leader. There is to be NO WAITING for late arrivals.

8. SCOUTING: It is expected that every trail will be scouted shortly (within two weeks,) before the scheduled hike unless the trail is known to be in frequent use and those arranging the hike are well acquainted with it. It is also expected that scouters will take part in actual leadership of the hike. Ribbons used as trail markers should be removed after (during) the hike by the rear guard.
9. SMOKING AND ALCOHOLIC BEVERAGES ARE PROHIBITED on all hikes. There will be no smoking after getting out of the cars at the trail head; this includes lunch breaks and pit stops.
10. HIKING PROCEDURES ON THE TRAIL:
 - a. Do not get ahead of the leaders or behind the rear guards at any time without permission.
 - b. If anyone must drop out of the hike, discuss this with both the leaders and the rear guards during a rest stop and follow their instructions.
 - c. All hikers are expected to go all the way with the group unless unforeseen circumstances arise. Stay on the trail and stay with the group.

Picture taking shall not be done in a manner to impede progress. Litter, including tissues and toilet paper, is to be carried out; "Tucking" under rocks or limbs is NOT ACCEPTABLE. Banana and orange peels, egg shells, etc. are not to be considered biodegradable and they should also be carried out as litter.

11. WHISTLE SIGNALS: One blast means rest or pit stop. Two blasts means to regroup and start. Three blasts means an emergency and immediate attention of all without delay.
12. HIKE LEADERS: Every hike is to have two leaders and two rear guards who are in charge of directing the hike and responsible for observation of club policies. At the assembly they are to introduce guests and give information and directions. In addition to having scouted, the leaders and rear guards should count off those participating in the hike preceding the hike and after the lunch break. After the hike one set of leaders should convoy the cars to the main road; the other leaders should stay and be the last car out.

13. PRE-HIKE PHONE-IN FOR OVERNIGHT HIKES: All members who plan to go on any overnight hikes must phone the designated individual for pre-hike registration. This will provide an opportunity to coordinate rides, to know how many cars, members and guests to expect and to give any last minute information, if necessary. There will be no assembly in Sun City for overnight hikes. Effort will be made to provide appropriate activities for non-hiking spouses and guests in the locality where the hike is being conducted.
14. CANCELLATION OF A HIKE: If inclement weather or other emergency threatens undue risk in connection with a scheduled local hike, the hike leader, the outing chair and the club president shall initiate cancellation after consulting with each other. The decision must be made no less than one hour before departure time and at least one key person must be present at the published assembly point to announce the cancellation. A similar procedure shall be followed for overnight hikes except that any one of the three persons named may make and implement a decision to cancel if the others are not available.
15. SUN CITY HIKERS BULLETIN will be published October through April (seven issues), announcing at least one A-hike (strenuous and more than six miles); at least one B-hike (moderate and 4-6 miles); at least one C-hike (fairly easy and less than 4 miles) and any announcements as applicable. Bulletins will be mailed to paid up members only. Additional bulletins may be published as needed.
16. ANNUAL EVENTS:
 - a. The Fall Breakfast and Business Meeting early in October (place, date and time to be announced).
 - b. Winter Dinner/Luncheon Meeting in January (place, date and time to be announced).
 3. The Spring Breakfast and Business Meeting early in May (place, time and date to be announced).

Rev. 1990

RECOMMENDATIONS OF THE SUN CITY HIKERS CLUB

1. CARRY LUNCH ON ALL HIKES: Sandwiches, trail mix, etc. are good at the lunch break.
2. HIKING EQUIPMENT: Walking staffs are used by many experienced hikers and are highly recommended. Hats, sun glasses, sun screen lotion, polypropylene undersocks and a first aid kit (insect repellent, pain pills, second skin, moleskin, lambs wool, salt, ace bandage, etc.)
3. WEAR YOUR "SUN CITY HIKERS CLUB" name tag on all hikes and at all club functions.
4. WATCH OUT FOR SNAKES: Rattlesnakes can be nearly invisible with their protective coloring and may be encountered at any time. Keep out of the brush and keep away from rock piles or formations that offer concealment. SNAKE BITE IS VERY SERIOUS. It is the individual's responsibility to stay away from snakes at all times.
5. TETANUS SHOT: Puncture and other wounds are ever present hazards. Tetanus shots are recommended for all hikers. CPR training, map reading, and desert survival knowledge can also be useful as well as something as simple as double lacing on the instep of boots.
6. WATCH OUT FOR SCORPIONS: The small, thin, straw colored scorpion is the most dangerous. They may be found under rocks and clinging to the under side of wood pieces.
7. STAY AWAY FROM MINE SHAFTS: Open and unfenced mine shafts are common in Arizona and very dangerous. We are not equipped to get anyone out in case of an accident.
8. DESERT ROADS REQUIRE SPECIAL DRIVING SKILLS: Avoid "high centers" by straddling the tracks or ruts but not driving in them. If you see a rock in the road that is too high for car clearance, run your wheel over it slowly. In sandy and soft areas keep moving forward slowly. Do not race your engine or spin your wheels.

9. LEADERS, REAR GUARDS AND SCOUTING COMMITTEE WORK HARD. Their efforts make our hikes possible and successful. All are urged to join in this important work. Please volunteer your assistance to the outing chair.
10. APPRECIATE AND RESPECT THE LAND: The environment you save will be yours to enjoy again and will be enjoyed by others. Preserve our welcome to hike on open lands by treating them as your own. Do not litter. Do not pick or dig up any plants. If you open a gate, be sure to close it. Be careful not to start any fires. Collecting mineral and rock specimens is discouraged.
11. YOU ARE RESPONSIBLE FOR YOUR OWN PHYSICAL CONDITION: Each hiker must be certain that he (she) is physically fit for the chosen hike and has no breathing or heart problems. If in doubt, check with your own physician. There is very limited emergency aid available on many desert hikes.

Rev. 1990

EXCERPTS FROM A POEM
WRITTEN TO THE SUN CITY HIKING CLUB
BY
ESTHER SEMINORA

It's early in the morning, soft winds do blow
Club members are meeting ahiking to go
A leader's car, our sign, will be waiting there
With directions and caution, so we'll be more aware.

We all know our friendship makes it worthwhile
Greeting each other with a big happy smile
For hiking gives each of us a special pleasure
Memories will linger that we all will treasure.

Now off we go where a green valley lies
The beauty of the clouds as we look at the skies
Sunbeams are dancing through the leaves of the trees
Delicate flowers are swaying with each tiny breeze.

We're hiking and climbing up a very high hill
Perhaps the land once a pioneer did till
Reaching the top we stop to look down
Nature's beauty unfolds in gold, green and brown.

* * * * *

Words can not describe each hike that we walk
The songs the wind sings and our friendly talk
Quickly the time seems to just slip away
A distant hill, the warm sun, another perfect day.

* * * * *

1990

THE HAPPY WANDERER



1. We love to go a-wandering along Arizona's tracks
and as we go, we love to sing with knapsacks on our backs.
Valderi ... Valdera
2. We love to wander by the stream that dances in the sun -
and through the wash and through the wild, it makes our hiking fun.
Valderi ... Valdera
3. We wave our hats to all we meet, and they wave in reply
so let us always laugh and sing, beneath God's clear blue sky.
Valderi ... Valdera

Lyrics by Annemarie Umble ...

Sun City Hiker's Song

Lyrics by Bernice Gundelach...



Tramp tramp tramp tramp Tramp tramp tramp tramp I'm happy when I'm hi-king
Off the beaten track. I'm happy when I'm hi-king. Day pack on my back.
Out in the open coun-try, tramping all the way. With a Sun City Friend,
to the trail's end. Two, four,^{or} five or six or seven miles a day.
Tramp tramp tramp tramp.



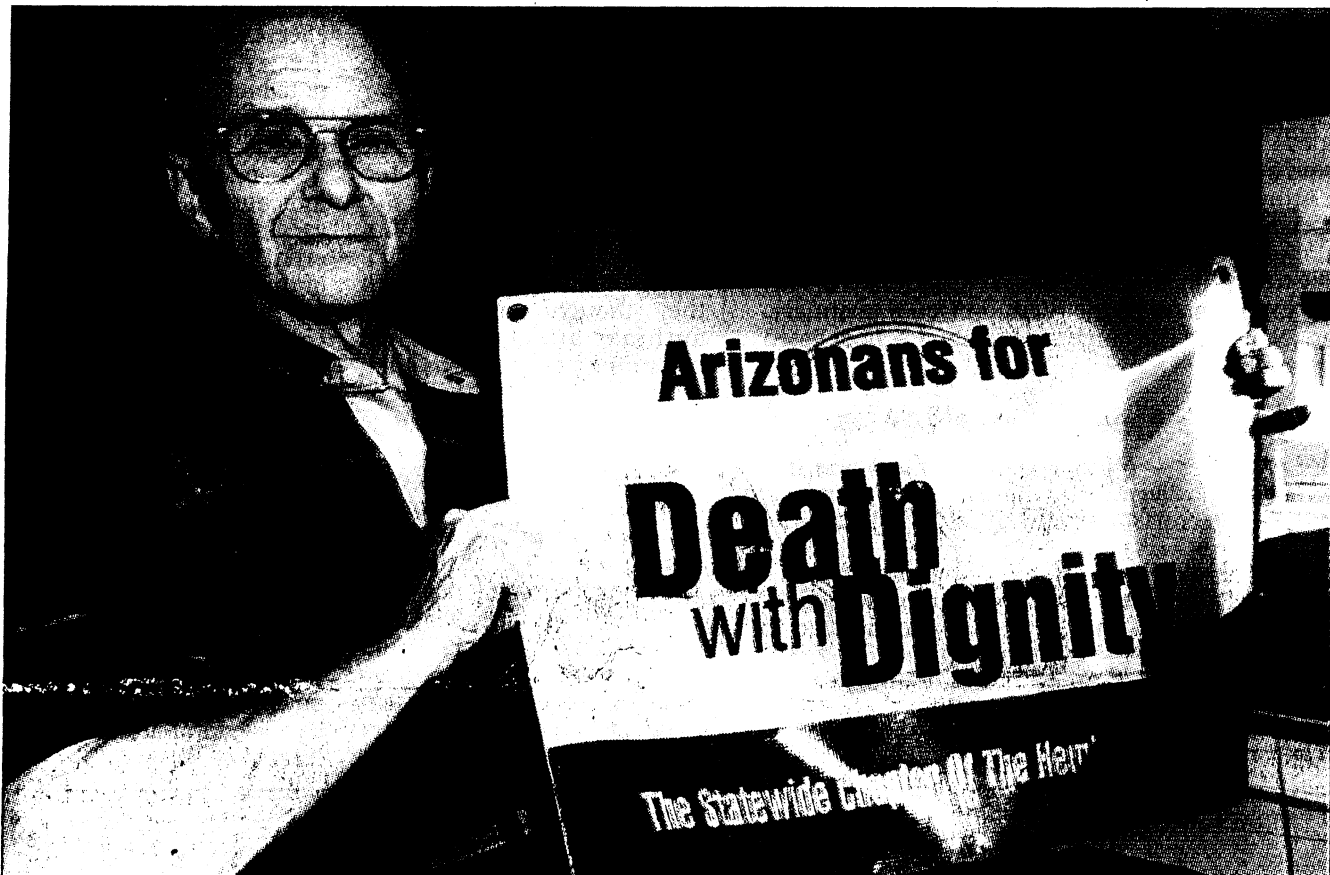
Step?
Helen Poethgen no too busy
Marian Ruby flat no
Medred Hallberg his health
Eliz Hicken no NICE
Sally Cutts no too new
Hazel Parker no not type
Natalie Burton husband stroke
Luella Drohsch
Irene Laubenstein
Ann Lee arthritis
Gloria Meyer

SUN CITY HIKERS



Kaliko
7-10

NUTTING, MARVEL-Dore F.
10202 105th Dr
Sun City - 85351
AZ
85351



JOY LAMBERT/DAILY NEWS-SUN

Walter Urback, local chapter president of Arizonans for Death with Dignity, talks Saturday of the group's support for physician-assisted suicide for the terminally ill.

Group supports assisted suicide

HEMLOCK SOCIETY: Arizonans for Death with Dignity has about 1,300 members, 335 from the Sun Cities

JOHN SOKOLICH
DAILY NEWS-SUN

Four years ago, a Sun City woman wrote an open letter to her friends and family.

In the letter, she said she had terminal lung cancer and any treatment to keep her alive would be intrusive and painful. The woman, whom the Daily News-Sun has chosen not to identify by name, wrote that she chose not to have surgery and opted to take her own life.

"By the time you receive this

See Group supports, A5

Should physicians be allowed to aid terminally ill patients in dying?



Definitely not. God determines when it is time to die, not doctors.
Ernestine Wright Peoria



If they are terminally ill and coherent enough to make the decision, then it is OK.
Collene Matta Glendale



I am not for that. I think we should let God take us when we are ready. It should not be something we decide.
Fanny Leslie Sun City



No. It's just the way I was raised, but I believe only God should take a life.
Linda Michell Sun City Grand

From A1

letter. I will be gone," she wrote. "Please read this letter knowing I am doing what I want to do. Please don't feel regrets for me. It is my choice."

In her will, the woman left one-third of her estate — some \$60,000 — to the Hemlock Society, a nationwide organization that supports an individual's right to choose the time and manner of one's own death.

The Arizona chapter of the Hemlock Society, which calls itself Arizonans for Death with Dignity, has about 1,300 members, 335 of whom are from the Sun Cities.

"There are a lot of people who support what we do, but are not signed up in the group," said Walter Urbach of Sun City West, a member of the organization.

Arizonans for Death with Dignity is a nonprofit organization dedicated to making physician aid in dying a legally available option for terminally or hopelessly ill

persons in Arizona.

"We have a lot of control over our lives when we are alive — why should it be any different at the end of our lives?" Urbach asked.

Choice and dignity are at the forefront of many members reasons for supporting the cause.

"The organization is about having a choice," said Ruthe Steinberg, vice president of the Arizona chapter. "Why should the government tell us how and when to die?"

Advocating letting terminally ill patients end their own lives, the organization has to be careful not to break any laws, Steinberg said.

"It is not against the law to take your own life," she said. "It is illegal to help someone take their own life, so we have to be careful."

Thirty-five states have statutes explicitly criminalizing assisted suicide — Arizona being one of them. But because Arizona Revised Statute 13-1105 defines murder as "causing the death of another person," suicide technically is not murder and

therefore is not a crime.

In addition to providing help to those who face a terminal disease, the organization offers education on how to protect a person's rights in hospitals, nursing homes and elsewhere.

"We provide information on how to express your wishes through advance directives such as living wills and health-care powers of attorney," Steinberg said. "What we want to do is obtain a law in Arizona that is similar to the existing Oregon law that allows some form of physician aid in dying for the terminally ill. But who knows what is going to happen now that Ashcroft has come into the picture?"

Oregon challenged U.S. Attorney General John Ashcroft's authority to limit the practice of medicine in the state by attempting to bar physician-assisted suicides. The state sued the federal government two weeks ago over a directive that essentially blocks Oregon's Death with Dignity Act.

Ashcroft put the country's

only law permitting assisted suicides on hold by serving notice to Oregon doctors that their licenses to prescribe federally controlled medicines — considered essential to physicians' work — will be revoked if they participate in such suicides.

But Oregon won the lawsuit last week and the state's Death with Dignity Act remains in practice in the state.

At least 70 terminally ill people have ended their lives since the Oregon law took effect in 1997, according to the Oregon Health Division. All have done so with a federally controlled substance, such as a barbiturate. Under the law, doctors may provide — but not administer — a lethal prescription to terminally ill adult state residents.

The law requires that two doctors agree a patient has less than six months to live, has voluntarily chosen to die and is able to make health-care decisions.

The Hemlock Society says laws preventing

physician-assisted suicide as having more respect for dogs than people.

"It is not uncommon that the last days or weeks of life are accompanied by severe pain, suffering or disability that many people would rather not put up with, were they given the choice," the society's mission statement reads. "We treat dying dogs better than dying humans, because we do not allow dogs to suffer needlessly."

Sun City has the largest group of people participating in Arizonans for Death with

Dignity outside of Scottsdale and Tucson, Steinberg said, and there are a lot of people here who understand the importance of dying on one's own terms.

"It is important for a lot of people," she said. "The older someone gets, the more likely they are going to think about their future and the best way for them to carry out their final moments."

John Sokolich can be reached at jsokolich@aztrib.com or 876-2526.

The Associated Press contributed to this article.

State Hemlock Societies

VF CLUBS (HEMLOCK SOCIETY)

By TINA SCHADE
Staff writer

Arizonans for Death with Dignity is looking to expand its membership throughout Arizona and re-establish a chapter in the Sun City area. Statewide interest has seen a rise in the number of chapters since the beginning of the year.

Earl Wettstein of Tucson, a former advertising executive and playwright, is the president of the Arizona Hemlock Society. He is optimistic about the Sun City chapter because of a strong turnout at a May meeting.

More than 100 people attended the meeting at the Unitarian Church of the Sun Cities on 99th Avenue and Wettstein said this area holds special potential for the organization.

"We were hoping for 20 to 30 people to come, so we were stunned and, of course, thrilled when 120 showed up. Those are our people. People who have lived a full and rich life and want to find out how we handle the end of life," Wettstein said.

Lack of leadership resulted in the dissolution of a Sun City chapter a

few years ago, said John Westover, president of the National Hemlock Society.

Wettstein said rekindled interest in the group is motivated by personal reasons.

"I think most people are concerned about themselves and someone they love. They want to have options available when they pass away. We say if you don't like it, don't do it," Wettstein said.

The new Sun City Hemlock chapter, known as the Northwest Valley chapter, will include residents of Sun City West, Glendale, Peoria and other local communities.

For an annual \$35 fee, members receive newsletters from the national, state and local chapters and are invited to all the meetings, which number about three or four a year.

"This is not an organization where you need to constantly hold meetings to know what's happening. It's a process and it's slow and methodical," Wettstein said.

Arizonans for Death with Dignity do ask their members to participate in other ways.

"We ask them to write to their

y aims to expand membership

representatives, we ask them to call their representatives and we ask them to take a bus ride down to the Legislature," Wettstein stated.

Alice Prendergast, 82, president of the Greater Phoenix chapter of the society, said membership is not always easy and the organization faces many challenges.

"I take calls and answer the phones. I go out to speak to college classes. I've spoken to the Legislature and attended meetings. It's a lot of work," she said.

Prendergast, a practicing nurse, believes more people don't join because of misconceptions about the aims of the organization.

"I get some of the weirdest calls from people who want me to bring them a little bottle of hemlock," Prendergast said.

Though the organization does not provide the curious with vials of poison, Arizonans for Death with Dignity does seek to educate the public and lobby for legislation to provide options for the terminally ill who are suffering.

"I am a nurse, so I have always been concerned about people being

kept alive when they shouldn't have been. I know a lot of people out there who wish they were dead," Prendergast said.

The society is hoping to gain momentum in order to initiate state legislation in 1998 that would provide aid to the dying. The provisions of the legislation call for the legalization of physician-assisted suicide in Arizona.

"If someone is obviously suffering and wants to go, we would like to offer them options, but it would have to be performed with medical assistance and the patient has to initiate the request. There has to be a second opinion and a waiting period. There also has to be the determination this person isn't clinically depressed" Westover said.

Members of the society suffered a setback June 26, when the Supreme Court unanimously rejected the practice of assisted suicide, leaving legalization for assisted suicide up to the states.

Retiring state Sen. Peter Goudinoff of Tucson introduced such a bill last session, but it failed the hearing vote.

Last week, Gov. Fife Symington issued an Executive Order creating the Arizona Commission on Aging and End of Life, which will work to preserve Arizona's legal disfavor of assisted suicide.

Arizonans for Death with Dignity also faces opposition from religious organizations such as the Catholic Church and Right to Life, as well as the American Medical Association.

If the bill is passed, physicians could prescribe lethal doses of barbituates, such as Nembutal and Seconal and narcotics such as morphine.

Under current legislation, a doctor convicted of this action would lose his or her license and spend time in jail.

State Rep. Sue Lynch of Prescott, R-District 1, is scheduled to present a new bill to the Legislature when the session opens in January.

The next meeting for the Northwest Valley Hemlock Society is scheduled for Oct. 19.

For information on Arizonans for Death with Dignity, write P.O. Box 12126, Tucson, Ariz. 85372, or call 520-884-3585.

INDEPENDENT

May 5, 1999

ON THE TRAIL TO *high adventure*

Sun City Hikers pursue Arizona's natural beauty

Photo by MARK CASSIO/
Independent Newspapers
Some Sun City
Hikers Club mem-
bers gather
beneath a Saguaro
cactus. The club,
founded in 1971
with 22 members,
has steadily grown
in popularity. Today,
about 200 members
participate in club
adventures.

By MARK CASSIO
Independent Newspapers

Desert walkers, mountain
strollers and canyon trekkers.

From the White Tank Mountains
to the Grand Canyon, Sedona to the
Chiricahua Mountains and beyond,
the Sun City Hikers frequently ven-
ture into Arizona's diverse back
country.



Exercise, camaraderie and breathtaking views await each foot-traveler on weekly club outings. Trip lengths vary from short day hikes to multi-day excursions to national parks and other exotic locations.

"The club is for people who enjoy getting out and experiencing Arizona," President Ken Fold said. "When you just drive through, you don't have the opportunity to see canyons and things like petroglyphs and ruins."

Founded in 1971 by Marjorie and Stephen Jones, and Priscilla Kezar with 22 original members, the independent club has grown to 200 members today. Members range in age from mid-50s and 60s to late 80s and even 90s, Mr. Fold noted. Most reside in Sun City, Sun City West and surrounding communities.

In March 1976, Hazel and Harrel Gladish planned the club's first overnight trip — a two-day outing at Organ Pipe Cactus National Monument. Since that time, SC Hikers have ventured outside Arizona's borders to places like pristine Zion and Capitol Reef national parks in southern Utah.

Martha Seeley, Wally Clark and Jean Atwood, all club members for at least 15 years, have all hiked the Grand Canyon from rim-to-rim — a 20-mile plus journey with significant elevation changes.

"Being a Midwesterner, I think it (Arizona) is just fabulous. It's wonderful. Many people know very little about remote areas," Mr. Clark said. "We have so much so close

Ms. Gatewood, an Indiana native, had no hiking experience before joining the club. But she has enjoyed active participation for 15 years.

"I've enjoyed this probably more than anything else in Sun City," she said. "I thought it would be fun to do and I'd see a lot of scenery. And it more than met my expectations."

In 1983, the club started rating its hikes on three difficulty levels — A, B and C. "A" hikes, the most strenuous, are generally eight to nine miles long with approximately 2,000 feet in elevation gain. "B" hikes are about four to five miles with 500 feet elevation change. "C" hikes, the least strenuous, traverse mostly flat terrain with little elevation change.

The breakdown allows hikers to chose a route best suited to individual fitness levels.

"We're all going to be C hikers sometime," Mr. Fold said. "We have some people in their 80s hiking and it's wonderful to see them

doing that."

While many "A" hikers participate in "B" outings, "C" hikers are discouraged from attempting more strenuous "B" or "A" trips, he said.

Hike leaders and other volunteers scout all trails at least a week before an actual outing, checking for dead-fall and other trail blockages and to get familiar with potentially tricky-to-negotiate spots. Leaders carry cellular telephones for emergency purposes.

In addition to its hikes, the SC Hikers Club has also played a key role in many environmental issues, especially open space preservation.

Gene Jensen and Ray Prendergast, both veteran club members, spearheaded a campaign to obtain land-use rights for a future 50-acre park at Big Springs, off Route 74 near Lake Pleasant, in Peoria, saving the site from development.

Members also participate in social events such as picnics and other outings. Other veteran members include, Mary Ruth Linde, club secretary; Don Siegel, hike coordinator; Esther Seminora, social chairperson; Corrine Seehorn; and Bob Herrboldt, treasurer.

AKA HIKERS CLUB

Capable of so much

HANDICAPABLES:

Groups help get infirm back on track

ERIN REEP
DAILY NEWS-SUN

When poor circulation led to the loss of Millie Immowitz's leg, she thought she would never walk again.

But 11 years ago, Immowitz discovered the Sun City West Handicapables.

"When I came here, I couldn't walk," she said. "Now I swim laps.

"I can walk the entire pool with one leg," Immowitz said.

Immowitz is the club's weekly dinner coordinator. The Handicapables helps those with physical disabilities find physical relief, friendship and moral support, members say.

The club meets three times a week for physical therapy sessions in Beardsley Recreation Center Pool, and for social outings Tuesday nights at local restaurants.

The Handicapables is distinct from other Sun City West clubs because of the strong bond between members, said the group's president, John Brown. Those in the club form close friendships and care for each other, he said.

The recreation center makes special accommodations for the Handicapables' special needs. The pool is closed to other members from 9 to 10 a.m. for the club's use. The recreation center provides special wheelchairs that are sealed to make them waterproof, said assistant facilities manager Gene Carson.



JOY LAMBERT-SLAGOWSKI/DAILY NEWS-SUN

Chuck Kvale, right, helped wife Ruthann into the water from her wheel chair Monday for the Sun City West Handicapables water exercise group.

See SUN CITIES, A5

OVER

From A1

In addition, bars have been installed to help people get into and out of the water easier.

"We have people that just fairly recently had a stroke or need extra help (with movement)," Brown said. "We have special wheelchairs that can ramp people into the water."

Sun City also has a Handicapables club, which meets from noon to 4 p.m. Tuesdays and Thursdays for water exercise classes at Sundial Recreation Center. Instructors are certified by the Arthritis Foundation.

Sun City Handicapables President George Showen said the group offers "Pool Fun" from 1 to 3 p.m. Mondays, Wednesdays and Fridays at Fairway Recreation Center. The pool event is an open time where volunteers help disabled persons to swim and float, but there is no certified instructor on hand, Showen said.

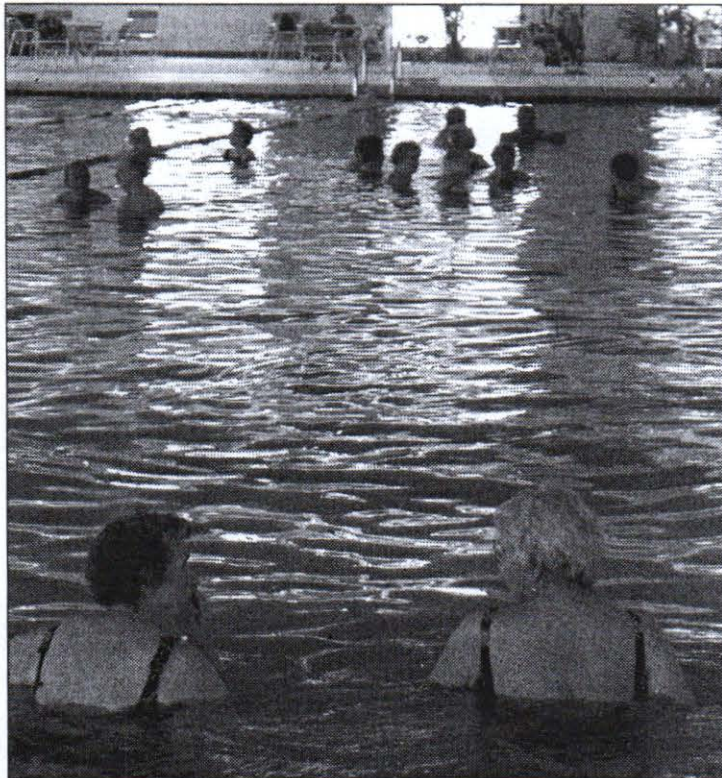
Licensed physical therapist Dawn Mortellaro has worked with the Sun City West club since it started.

"It's a wonderful group. The people are great," she said.

"It takes a lot of effort for them to come here. And they get a lot of benefit out of it too — not only physically, but socially and emotionally," Mortellaro said.

Ruthann Kvale wheeled her way into the pool Monday morning for Sun City West's therapy session. Kvale has multiple sclerosis. She and her husband, Chuck, heard about the Handicapables from their Realtor six years ago while considering buying their home.

"It's been a very big help. I



JOY LAMBERT-SLAGOWSKI/DAILY NEWS-SUN

Water walkers make their way across the pool during exercise at Monday's Sun City West Handicapables session.

didn't know anything like this existed," Kvale said.

The water therapy helps Kvale with movement, and she notices a difference after the sessions, she said. Friends made through the club have lifted her spirits, Kvale added.

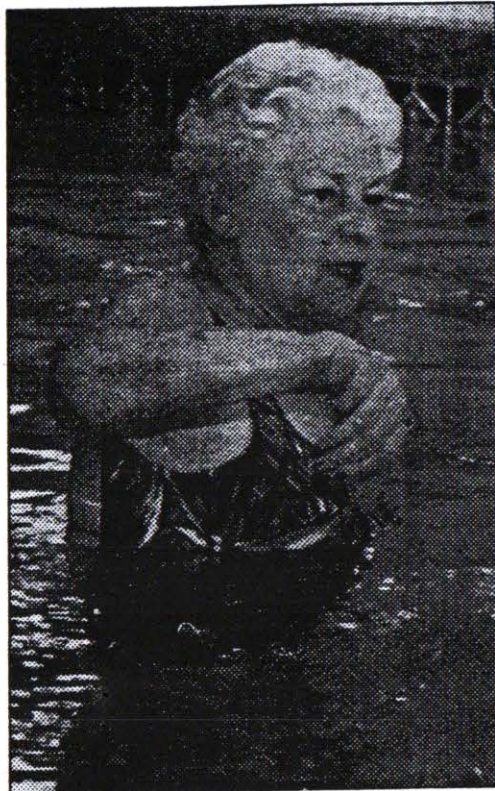
"It's just very positive, and we have a very good social aspect of it, too. It's not just therapy," Kvale said.

The Sun City West Handicapables was founded by Sam Baressi, a World War II veteran who lost his legs in the Battle of Iwo Jima. The club now has more than 200 members, all of whom are disabled in some way. Volunteer aides and spouses of group members help those

with disabilities get in and out of the pool and take showers.

The Sun City Handicapables was founded by Father Waldron of St. Clement of Rome Catholic Church in Sun City, the Rev. Thistlewait of Sunshine Services, and other volunteers in 1974 and 1975, according to information from the club. Through the years, the club worked for better access to facilities, transportation and entertainment for the disabled.

For information about the Sun City Handicapables, call George Showen at 933-1234. To contact the Sun City West Handicapables, call Louise Horsman at 546-1342.



Sara Grossman leads an exercise class for the Handicapables Thursdays in the Sundial Recreation Center pool.

Stretching past physical limitations

HANDICAPABLES

■ A local club helps those who are physically challenged find an exercise program that works for them.

By **GEORGE WITKOWSKI**
Sun Cities Independent

Sometimes the greatest strides begin with the smallest steps.

For those with physical disabilities, even the simplest of tasks can often involve hours upon hours of strenuous activity.

Thanks to the efforts of one local club, however, those with handicaps can now partake in an exercise program designed specifically to meet their special needs and challenges.

The Sun City Handicapables Club, organized 20 years ago, offers physically challenged residents with a regimen of activities

designed to help them regain the self-sufficient and independent lifestyle they once enjoyed.

"In 1975, (a group of) people got together at church one morning and wanted to get a group together for people who were handicapped," recalls Fran Michael, a volunteer with the program.

"I've been here since 1986 and I'm just one of the volunteers. I got started when my husband had a stroke and many of the volunteers are here because a spouse has had an injury."

The club meets 1-3 p.m. Monday, Wednesday and Friday at Fairway Recreation Center, and noon-4 p.m. Tuesday and Thursday at Sundial Recreation Center. Classes are held May through October.

"When the weather gets cool we stop because of people with arthritis," Ms. Michael says.

Although it's not a requirement, Ms. Michael says some volunteers are certified to teach and give classes.

"We do have volunteers from Sun City and outside of Sun City," Ms. Michael says.

"Joyce Larson from Glendale volunteers five days a week and she rarely misses a day. But we need more volunteers, especially men, for putting people in and out of the water and we'd be ever so grateful for the help."

Chair lifts are available to assist people in and out of the pool. In addition, there is also a "sit and get fit" session for people unable to walk or stand.

Perhaps the biggest thrill Ms. Michael can hope for is to see an injured person accomplishing what he or she has set out to do: become self-reliant.

"(We want) to get people in the water and get them active so they can take care of themselves and build confidence," Ms. Michael says. "They find out that there's much more that they can do."

See ■ STRETCHING, Page 6

Classes have helped a number of members regain their flexibility and strength, says Ms. Michael. In addition to the physical exercise, the social interaction also benefits those who participate in the program.

"People can meet and make new friends and some people who can't get in the pool come here on the Red Cross van to sit and visit," Ms. Michael says. "It gets them out of the house."

The program not only helps participants, but those who volunteer to assist classes also derive satisfaction.

"I think that just being around these people is motivation

enough," Ms. Michael says. "You see how willing people are to work and it's very gratifying to all of us."

The Handicapables Club also sponsors picnics, tours, lunches and has a club meeting 2 p.m. the first Monday of each month at Fairway Recreation Center.

"We encourage people to come because we try to have an interesting program," Ms. Michael says. "Last year we had 300 members in the winter, but our numbers are down this year because in the summer people go on vacation."

For more information, call 974-5556 or 972-4989.

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"I could knit at home, but I come for the wonderful friendship and camaraderie."

David

"For new friends, companionship and to learn new techniques while contributing to charity."

Pauline

"Using my knitting and crocheting skills to help those in need was my main reason to join Fairway Knitters."

Mary Jo

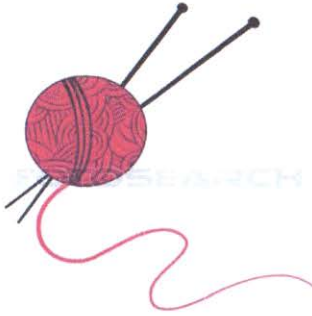
"I wish to share with people the fun I have in creating crocheted items, and to teach techniques to those who want to learn."

Bonnie

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Fairway Center Knitters creates projects which are donated to:

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- V A Hospital
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- Teaching techniques basic & advanced
 - Fun club activities
 - Donating to charities
 - Opportunity to help others
 - Friendly people
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Club's mission is to help as many people as possible with hand knitted and crocheted items.



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**Fairway Center Knitters
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Sun City, AZ 85351
Phone:**

**Bonnie (623)-972-9736 or
~~Ruthann (623)-875-5125~~**

**Club meets Fridays
8:30 AM to 2:30 PM**

SUN CITY
Town Hall Center Art Club
10600 W. Peoria Ave.
Sun City, Arizona 85351

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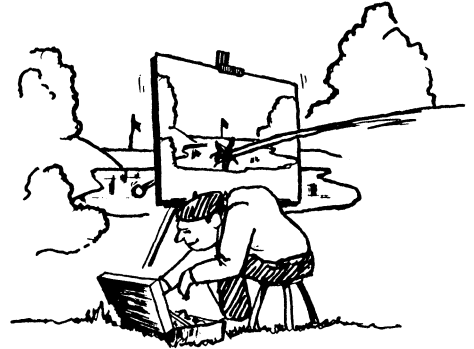
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