

.VF SCW clubs (other) Daily News Sun July 9, 2015

STAND BY

SCW Broadcast Club fine tunes for fall debut

By Jeff Dempsey
DAILY NEWS-SUN

For the 90 members of the Sun City West Broadcast Club, there is always something to be done. For nearly 2½ years the club has been working toward establishing a low-power radio station the community can call its own. Now, with only the testing phases to complete, member Ed Archambault said they are working overtime to get everything right.

"We're here on Saturdays and Sundays now doing stuff," he said. "It's crazy."

The Broadcast Club is headquartered in the Men's Club building at R.H. Johnson Recreation Center, northwest of the main complex along Meeker Boulevard. Club members erected the antenna in April and began running equipment tests last month. From 9 a.m. to 11 a.m. Mon-

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Sun City West broadcast club founder John Huotari has worked with the club members to get the station, 103.1 FM, up and going. [Nick Cote/Daily News-Sun]

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Radio

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day through Friday, the station is broadcasting music and occasional station identifiers, as a way to ensure their equipment is working as it should. They will soon run those tests from 9 a.m. to noon and may expand in September from 9 a.m. to 3 p.m. before moving forward.

Linda Campbell said things have been especially intense over the past year as the club worked to get its antenna up and the FCC licensing process under way.

"We're in here every day," she said. "It's a very big thing, what we're doing."

Club President John Huotari, who has been involved with the club almost since the beginning said he did not come to it with any broadcasting experience.

"And I'm happy to admit that," he said. "My idea was to become a part of something new, maybe get to create a program myself at some point."

Huotari said most of the club's members are coming into it with no experience. There are close to a dozen engineers currently or formerly involved with the club helping with the technical aspects, but Huotari said the members really are learn-



The Sun City West Broadcast Club's studios are in the Sun City West Men's Club building at R.H. Johnson Recreation Center. [Daily News-Sun]

ing as they go, and for many that is part of the draw.

"People can come together here and, with guidance, learn about broadcasting," he said. "And have fun doing it."

Keith Fowler, a professional

voice actor with a broadcast background, who is working as a consultant for the club, said the plan initially is to do mostly music.

"It will probably be 90 percent music and 10 percent talk to start," he said. "We're going to gradually integrate more com-

munity news as leaders from other clubs come forward. We'll do prerecorded interviews with them for now."

The club will seek input from the listeners about what music they want to hear more or less of, as well as suggestions for talk topics. They do already

have plans in the works themselves, though.

"November is veterans month, so we're going to be interviewing some of our local veterans for that," Fowler said.

Huotari said once the club's membership has enough experience they will look into live interviews. For now, the club is looking for the public's help as the testing phase goes on. They want residents to tune in to KSCW 103.1 FM and report on the quality of the signal, how far away it's broadcast-

ing and how loud and clear it is. The more information they have the better they can fine tune the equipment for when they get up and running for real this fall.

"That's the target, this fall," Huotari said. "We'd like to complete the testing phase as quickly as possible."

Huotari said if he sounds eager that's because he is, as are the club's other members and many around Sun City West who know a radio station is coming.

"There's a whole lot of enthusiasm in the community and in the staff and governing board at the rec centers, as well."

Huotari noted that the Recreation Centers of Sun City West governing board will hold the FCC broadcast license, while the Broadcast Club, operating as a 501(c)(3), will operate the station.

"We want to offer a nice mix of music and entertainment as well as educational programming," he said. "We did a survey and respondents said what they want most is music and community announcements. So that's where we will start. And eventually we will do live programming but we want to be sure we're ready. We want to make a good first impression."

For information call the Sun City West Broadcast Club at 602-538-1031 or visit SunCityWestRadio.com.

• Check us out and like Yourwestvalley.com on Facebook and YourWVNews on Twitter.

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

Mural fundraising hits milestone

Fundraising for the volunteers tribute mural on the wall of the Lapidary Club building has reached a key milestone.

RCSCW Public Relations Chairman Jack Steiner said more than \$3,800 in contributions was totaled since fundraising began earlier this spring. A raffle for a trip to Las Vegas is generating proceeds toward the effort. The drawing for that trip will take place at the Governing Board's regular June 27 business meeting. Mr. Steiner said the \$3,800 figure was key because that was the amount promised by the PR committee to trigger matching funds from the rec centers.

RCSCW declares charter club moratorium

By Tina Gamez

DAILY NEWS-SUN

The Recreation Centers of Sun City West general manager has placed a moratorium on new chartered clubs in the community — and the governing board agrees.

RCSCW board vice president Marion Mosley said the moratorium gives the rec centers time to reallocate, reassess and understand where they're at in terms of clubs.

"We've been growing like crazy. If you look at the 1,000 homes per year, that means our demographics are changing," said Mosley, chairman of the Clubs Committee. "We've been around for over 30 years."

There are currently 111 clubs, eight on the move, additional clubs asking for charters and 47 active projects under way at the different rec centers. Mosley said, "Now, that in itself, is

a record for this area."

General Manager Mike Whiting said resources are "stretched to the point where we have to do some evaluation," citing not only space issues but also stretched personnel. "We have a number of events nearly every day that require set-up; sometimes there are two, three or four different activities in the same location on the same day."

With all the changes that have been happening, "nerves are frayed, not only staff's nerves, but the board and the clubs," he said. "When you try to accommodate a new club, or when you try to accommodate the expansion of an existing club, you have to move people around and it becomes very uncomfortable for folks."

Whiting has asked the board to have three committees take

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Dede and Richard Brown with the Couples Club listen as residents voice their opinion on the charter club moratorium. [Tina Gamez/Daily News-Sun]

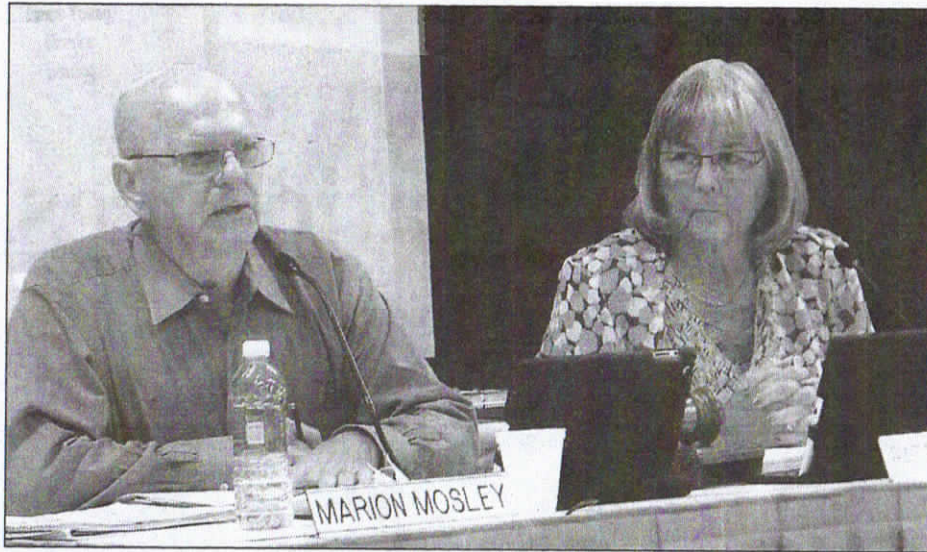
Moratorium

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a look at how to move forward and how to assign club space.

RCSCW president Patricia Tomlin told the audience at Thursday's meeting that Whiting had asked the board to assist him in his effort to carry out the moratorium, which he could have done without the board concurring. Director Jim Young said even although he rarely disagrees with Whiting, he didn't like using the word "moratorium." Director Nolan Reed said "this is not really addressing any of the non-chartered club issues," and groups can continue to assemble for a specific purpose. "That avenue is still available until this gets worked out." He recommended groups use this avenue. The moratorium, he said, is justified.

Director Kay Williams said the moratorium is overdue. "We are over 30 years old. It's time to stop, take a look and do what's best in the years ahead for our community," she said, adding there have been many non-chartered clubs in existence for many years that do fine and find a location to have



Vice president Marion Mosley, left, talks about clubs while president Patricia Tomlin listens Thursday. [Tina Gamez/Daily News-Sun]

their meetings.

"I think the word 'moratorium' is a bit loaded," said Director David Wilson.

But, Wilson said, the "general manager is charged with the protection of the association ... it's property and equipment, and to provide safe operating conditions," adding it is just time to "take a step back" and give committees time to come up with a recommendation.

DeDe and Richard Brown, who want to charter the Cou-

ples Club, spoke about the benefits of the club. "In the Couples Club, we hope to meet this social need of couples meeting with couples," she said. And, the club would be more than just "fun and games," as she read a list of why the club is beneficial to couples, with 60-plus couples signing up.

Richard asked that the Couples Club be excluded from the moratorium because "we are so far along in the chartering process, and there is such an interest and need for this

club."

Diane Cheney, who supports the moratorium said, "We have this tendency, I'm afraid to look upon the rec centers as a sugar daddy." She said non-chartered clubs can find meeting spaces and pay a little for them.

"We pay money to a manager to do a job, and I think we ought go with what he feels is best for our community," said David Putman.

In a consensus, the board gave Whiting approval to carry out the moratorium.

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 "Cocoon," 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

Sun City West Handi-Capables

Millie Imowitz has been a part of the group since 1991. She doesn't think she'd have made it to 80 if it weren't for the Sun City West Handi-Capables Club and the friends she's made.

"Without them, I wouldn't be able to do what I do," Imowitz said. "They took me by the hand and now, I'm swimming laps. I just need a little push."

Her breathing, range of motion, muscle pain and social outlook have been improved since she joined, though she can only walk in the water and not on land. She credits the club for her ability to swim without any flotation equipment but also for the ability to just get out of the house.

"You have no idea what this does for our daily lives. Without this, I'm lost," Imowitz said. "I've seen people start here who can't talk or move who transform into social butterflies and active people. Nothing works like a pool."

Group members say people have actually moved to Sun City West just to be a part of the club, which meets weekly at Beardsley Pool. In the winter months, the group

averages about 60 people per session — the water is brimming with seniors taking advantage of the comfort of water to exercise and do their physical therapy.

"Everyone is here working together, sharing and talking," said Harriet Vos, group treasurer. "This is a bright moment for these people."

Vos displays symptoms similar to Multiple Sclerosis, but doctors say the disease is not her diagnosis. The symptoms, however, are debilitating and impair her walking ability — but once in the pool, she's a new person.

"I can swim laps, can you believe it?" Vos said while sitting in her wheelchair on the pool deck. "For two years, I couldn't swim, now I'm at four laps. I have trouble walking, but in the water I feel like a ballerina."

"This gives them exercise and muscle training they can't do themselves," said Dick Sheets, volunteer physical therapist. "It's about re-educating the muscles."

Sheets spent five years, three times a week working with Vos to produce her results.

"And we won't quit," Sheets said. "These people are up, they are just happy and tickled to death to be there. There's none of them that feel sorry for themselves."

"If they make themselves get in, they find how comfortable the water is," Sheets said. "Then, they never want to get out."



JOY LAMBERT-SLAGOWSKI/DAILY NEWS-SUN

Millie Imowitz, who lost her leg because of poor circulation 15 years ago, swims as part of the Handi-Capables program at Palm Ridge Recreation Center in Sun City West.

DAILY NEWS-SUN SATURDAY, FEB. 15, AND SUNDAY, FEB. 16, 2003

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.

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OVER

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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.

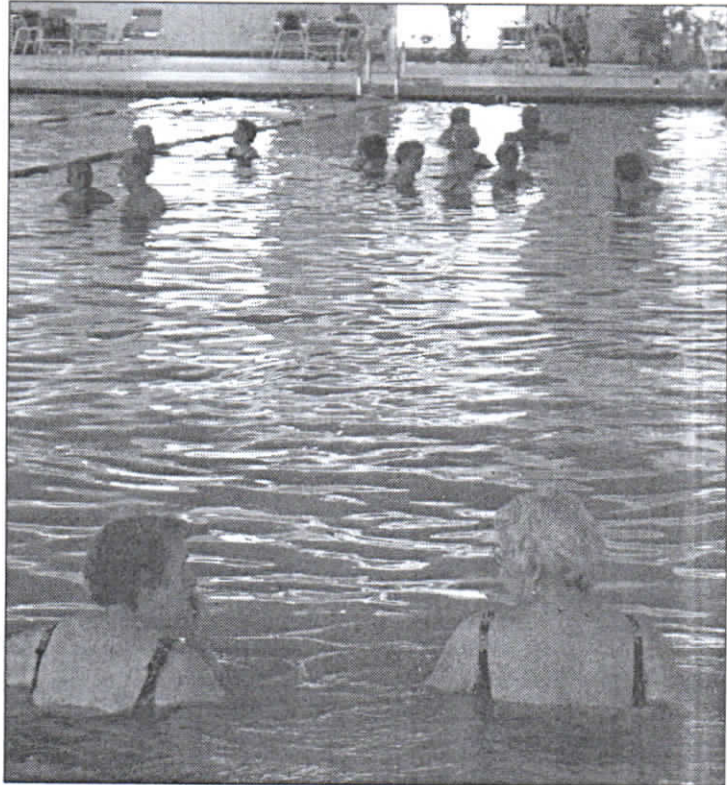
Licensed physical therapist Dawn Mortellaro has worked with the Sun City West club since it started.

"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.

Daily News-Sun • Wednesday, May 16, 2001

Handi-Capables capable

World War II vet, double amputee, leaves lasting legacy

20 YEARS LATER:
Plaque honors
founder, others who
helped start group

JEANNE WINOGRAD
DAILY NEWS-SUN

When double-amputee Sam Baressi headed for a Sun City West parade in February 1981, his mission was to honor American hostages returning from Iran.

But after seeing other physically challenged people at the parade, he was inspired to start a program that led to his own efforts being honored.

Baressi, who died in March 2000, was a World War II veteran who lost both legs when a hand grenade exploded next to him on Iwo Jima. He knew the pain and isolation such injuries bring.

According to Baressi's wife, Shirley, seeing others in wheelchairs at the parade inspired him to create a social club for people with physical challenges — to get them out of the house, give them socially interactive opportunities and possibly interest them in physical therapy to reduce their pain.

Today that club is called the "Handi-Capables." It has 150-plus members and meets three times a week in the Beardsley Recreation Center pool in Sun City West. Shirley Baressi is still active in the club.

"The swimming exercises, physical therapy in the water, all this was his dream — and to have a paid physical therapist," she said, referring to Dawn Mortellaro, owner of Youngtown Physical Therapy.

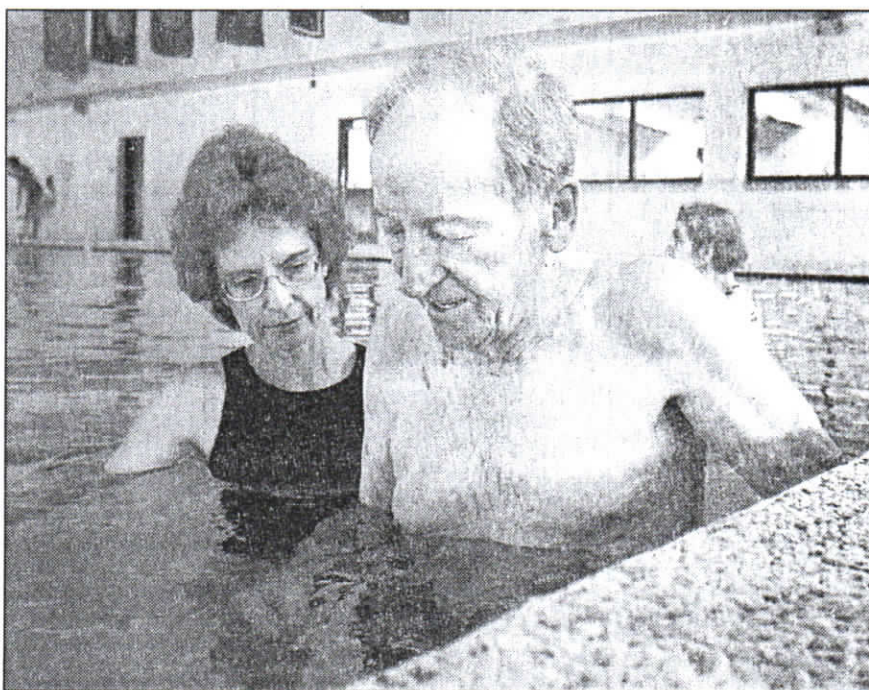
Mortellaro assists the club two to three times a week, helping newly handicapped people who come with a spouse or caretaker. In addition to helping the individuals, she educates their caretakers about what type of physical therapy they should have.

"In the water I help people with exercise, walking, training," said Mortellaro. "The water helps people move, but it also gives them resistance, builds strength."

Mortellaro says water provides the buoyancy for stretching and strengthening to reduce the pain for people with knee and hip replacements or back problems from diseases such as arthritis.

Dick Sheets is a volunteer who recently became the club's president, and his wife is a member of the club.

"(The best part) is the friendship you have with the people you're helping," Sheets said. "All of us have some kind of something to be thankful for. In general it's just a good feeling when you go to the club. We have three stroke patients



STEVE CHERNEK/DAILY NEWS-SUN

Physical therapist Dawn Mortellaro observes Dale Corcoran as he walks along the side of the pool at Beardsley Park Recreation Center Saturday. The group works out at the pool three times a week.



STEVE CHERNEK/DAILY NEWS-SUN

Volunteers and recovering stroke victims, members of Handi-Capables, work out Saturday in the Beardsley Park Recreation Center pool in Sun City West.

and three MS patients and it's a good place (for them). I'm normally there to help others."

The group goes out to dinner every Tuesday night for fun. The outings, planned by one woman whose husband had a stroke, attract 20 to 25 people. The club also has four major social events a year.

"The people in this group are just wonderful," Mortellaro said. "I see so much support from everybody,

from people I don't even know, and progress and determination. It's difficult for a lot of those people to get there, but they come anyway — they make the effort."

On March 29, the club placed a 20th-anniversary plaque at the pool to honor founder Sam Baressi and others who helped

start the group.

Jeanne Winograd can be reached at jwinograd@aztrib.com or by calling 876-2532.

IF YOU GO

- **WHAT:** Handi-Capables meetings
- **WHEN:** 9 to 10 a.m. Mondays, Wednesdays and Saturdays
- **WHERE:** Beardsley Recreation Center pool, 12755 Beardsley Drive, Sun City West. Call 546-1342.

OVER



STEVE CHERNEK/DAILY NEWS-SUN

Handi-Capables members exercise Saturday in the Beardsley Park Recreation Center pool.

SCM



Handi-Comments

SCW

Sun City West Handi-Capables Club---March, 1999

OUR HISTORY AND ORGANIZATION

The Handi-Capables is a club chartered by the Recreation centers of Sun City West and is subject to the rules and regulations dictated by the Rec Center. We also have our own set of By-Laws, which were revised and updated in 1998 to reflect the present organization and operation of the club.

OUR BEGINNINGS (As recalled by Cliff Bell)

In 1984 Sam Baressi undertook the challenge to form a club that would help SCW residents with disabilities find a way to exercise and improve their mobility and their lifestyle. He based the format of the club on the very similar Hand-Capables in our neighboring community, Sun City. Helping Sam in this undertaking were his wife Shirley, Mort Wohl, Lillian Fischer, Phil Vision., Bob Achterman and Matt Trzeciak. At that time the only place available was the outdoor pool at the Johnson center. Sounds pretty cool doesn't, considering we now complain about the temperature at our present facility at Beardsley.

During those early years we had Lee Ward design a cover for a brochure to publicize the new club. Ruth Boyd, who is still active in our community, is a Past President and Rosemary Sears gets the credit for finding our therapist, Dawn Mortellaro. Rosemary has had MS for a long time and Dawn still visits her in her home. The exercise programs we use today are patterned after those recommended by the Arthritis Foundation.

Because of a conflict in the leadership policies that were objected to by some individuals, the Arthritis Club, originally part of our group, split off to form their own organization in the 80's..

Our membership has been as high as 200, presently about 150, and we had regular monthly meetings held at the Bank of America conference rooms. These meetings included speakers from local businesses and organizations who covered a number of subjects of interest and importance to our members. Subjects including Health Care, safety in our homes, financial and travel assistance, and information about places as well as programs available to the disabled. Unfortunately, interest waned and attendance dropped to the point that it became embarrassing for our officers to ask a speaker to give his time with such a small group. We now we meet the Rec Centers minimum criteria of the required four general meetings a year.



THE FUTURE

We have reached a point where we need a new slate of officers for the year 2000, SOME few people have to continue the mission. A persons disability does not prevent them from holding an office, in fact it will be an asset because you represent what our club is about and will better understand our needs.



According to our by-laws our elected officers can only serve two consecutive terms. Most of the present officers and other board members have served the club for a number of years and we need new people and new ideas, so, we ask each of you to consider becoming a candidate for an office. The jobs are interesting and rewarding, and do not take a lot of your time, as the Board meets about six times per year,

and, there are many older members to advise and assist you. Think about it WE NEED YOUR HELP.

SCW

AND TODAY

We have a Board of Directors that meets to set policy, plan programs and social events and take care of any other business of the club, and as dictated by the Rec Centers, we have the four general meetings each year, combined so they are both business and social functions with the elections for the following years officers at our Holiday Party in December.

The Board consists of four elected officers and several appointed positions. The President this year is Chuck Kvale, Erik Enberg, Vice President, Dorothy Koppas, Secretary and Marilyn Enberg, Treasurer. The appointed positions include Lillian Fischer, Membership Chair, Louise Horsman, Publicity, Freda Bell, Hospitality, and Arch and Carol Thompson, Historians. In addition Cliff Bell is Volunteer Representative, Shirley Baressi, Social Chair Millie Imowitz and Roz Lauf, Entertainment Chairs and Bea and Stan Rodberg, who maintain the computerized membership lists and make up all the Social announcements and other mailings.

HOW ARE WE FUNDED ?

The Handi-Capables Club is supported by a limited number of organizations. The first being the Rec Centers who provide the facilities, and this includes furnishing and maintaining the wheelchairs we need. Our financial requirements are basically covered by the Sun City West Community Fund. Perhaps you read the article in the Sun City West Independent which listed the Handi-Capables as one of three organizations that will receive their continuing support and last summer we received a grant of \$2000.00. Our main expenditure is the



the amount given to our therapist Dawn Mortarello for her services at the pool. Our dues of \$2.00 annually, barely covers the cost of printing and mailing

In December we received a gift of \$1000.00 from the Ladies Guild of the Lady of Lourdes Church, this was given in the name of Father Moynihan, who passed away last year. With this present total we can continue with our programs into the latter part of 1999 and with an additional grant from the Community Fund, past the middle of the year 2000. (So lets hope the computers don't crash) Recently you probably received a request for donations from the Community Fund and we strongly urge you to support them to the fullest that you are able, a small return for all the help we receive.

TREASURERS REPORT, MARCH 1999

| | |
|------------------------------------------------------------------------------------|------------|
| Cash Deposits, March 1999 | \$3,317.93 |
| Disbursements: Thru Feb. 1999 | 226.37 |
| Income: " " | 153.71 |
| (The above amounts do not include collections or payments for our March luncheon.) | |
| Balance: March 1, 1999 | \$3,245.27 |

Marilyn M. Enberg, Treasurer

OUR THERAPIST



We all know who Dawn Mortellaro is, but what do we know about her. Dawn, who lives in Tempe with her husband Tom and her 8 year old

daughter Kayla, was born in Greensburg, Pa. in 1955. She received her BS in Physical Therapy from Temple University in Philadelphia, in 1977, and a Certificate of Adult Development and Aging from ASU in 1986. She took the Arizona State Boards in 1977, and from that date to 1980 worked at Good Samaritan Hospital and then as Physical Therapy Director at Scottsdale Community Hospital. She was Physical Therapy Director for a Rehab Facility in Youngtown, then started her own practice which is now located in Sun City.

For the past 15 years Dawn has also done Home Health for Mercy Homecare, (St. Joseph's Hospital), and for Phoenix Memorial Hospital. She also has had contracts with other Home Health Agencies, and has been working with the Handi-Capables at the Beardsley Pool for the last 10 years.

Professionally, Dawn is a member of the American Physical Therapy Association, including the Aquatics, Home Health, Neurology and the Geriatrics Sections. She is also a member and past District Secretary of the Arizona Physical Therapy Association as well as State Public Relations Chairman and member of the Nureo Developmental Treatment Association, the Gerontological Society of America, and the Aquatic exercise Association. In the community Dawn is a member of the Sun Cities Altrusa Club, and has served on the Board of Directors and has chaired numerous committees. Hobbies include golf, cooking and all kinds of sports. And now you know why the Handi-Capables are in such Capable hands.

HANDI-HELPERS

We all have different problems, and many of us would be unable to use the pool without the assistance of our dedicated volunteers. There have been many over the years, some for as long as ten or more years.



It can be a difficult problem to say thank you to so many in our club who have helped others with exercise and therapy during the pool sessions. Whether it is in helping an individual to get in or out of the pool, walking as a safety companion, or spending most of the session assisting that one person who needs additional help, for this, we profoundly say "Thank You". We are sure that each and every giver has received a feeling of goodness from having helped someone with a greater disability than their own. That can be a reward in itself.

We come to the difficult part of trying to select and name some (we cannot name them all as there have been so many) for their long term dedication. Joan Kongsvik has been leading our water exercise program, assisted at times by Doris Poulton, and Dawn Mortellaro has been working with the club for ten years. Cliff Bell joined us in 1987 and started assisting in 1988. There are still many others who are currently helping, Freda Bell, Len Sindt, Archie Thompson, Norm Dye, Myrl Jenks, Louise Horsman, Chuck Kvala, Bob and Norma Fethler and the husbands and wives helping their spouses. And we should add the name of Bob Davy who was a faithful volunteer until he moved from Sun City West last year. The list seems long but there are times when due to vacations and other commitments we are short of helpers. Any and all are welcome to help and we thank you all again for your involvement, that is what keeps the program going.

WATER AEROBICS ANYONE?

Joan Knngsvik has been leading our Handi-Capables and Arthritis groups in aerobics for the past 13 years, and for 11 years before that taught physical education at a parochial school in Minnesota. Joan has also been active in the senior olympics and does volunteer work at the Food Kitchen in Surprise. She also spends time in other physical activities, golf, raquetball, table tennis, swimming, biking and billiards.

A SPECIAL THANKS to Rod and Lorraine Olson, our hosts at the Briarwood Country Club, who make it possible for the Handi-Capables to have our luncheon meetings at this great facility.



SOME ADDED COMMENTS

We strive to follow the rule that each disabled person who requires extra concern will have a companion in the pool with them, and we attempt to give the person with the more difficult problems special help and instructions as to the therapy they require. There have been some comments relating to individuals who seem to get more attention than others. The general rule, as we understand it, means that anyone who requires the extra assistance will have that help. So, keep one thing in mind, while you may be capable today, next year you might be the one who requires that extra time from our volunteers. So let's all enjoy the pool, and not be so concerned about the other guy.

When a spouse drops off a person who cannot move or propel their own wheelchair and then leaves, it creates a special problem for our volunteers plus the fact that the insurance provided by the Rec Center does not cover this situation, and our Club rules do not permit it. We do try to act with compassion and understanding when some temporary circumstances occur to create a problem for a regular member.

FUTURE DATES TO REMEMBER

The Mothers Day Luncheon will be Tuesday, May 11th, followed by our Fall Party on Tuesday, October 12th, and then the Holiday Festivities will be on Tuesday, December 7th.

THE Y2K PROBLEM?

How about the Y2 Mary-Kay Problem? As of January 1st, 2000, all those pink Cadillacs will stop running.

ARIZONA IN THE SUMMER

The devil wanted a place on earth
Sort of a summer home
A place to spend his vacation
Whenever he wanted to roam

So he picked out Arizona
A place both rugged and rough
Where the climate was to his liking
And the cowboys hardened and tough

He dried all the streams in the canyons
And ordered no rain to fall
He dried the lakes in valleys
Then baked and scorched it all

Then over this barren desert
He planted shrubs from hell
Cactus, thistle and prickly pear
The climate suited them well

Now this home was much to his liking
But animal life he had none
So he created crawling creatures
That all mankind would shun

First he made the rattlesnake
With its forked and poisonous tongue
Taught it how to strike and rattle
And how to swallow its young

Then he made scorpions and lizards
And the ugly old horned toad
He placed spiders of all descriptions
Under rocks by the side of the road

Then he ordered the sun to shine hotter
And hotter and hotter still
Until even the cactus wilted
And the old horned toad looked ill

Then he gazed on his earthy kindom
As any creator would
He chuckled a little up his sleeve
And admitted that it was good

'Twas summer now, and Satan lay
By the prickly pear to rest
The sweat rolled down his swarthy brow
So he took off his coat and vest

By golly, he finally panted
I did my job too well
I'm going back where I came from

ARIZONA IS HOTTER THEN HELL

(Author unknown)

DID YOU KNOW? The poor have more children, but the rich have more relatives.

HANDICAPABLE CLUB SPONSORS ARTHRITIS WATER WORKSHOP

The Handicapables Club of Sun City West is hosting an aquatic exercise workshop for arthritis sufferers as part of the club's weekly workshop at the R.H. Johnson Recreation Center pool.

The Handicapables 14-week program began in July and has been approved by the Recreation Centers of Sun City West, Inc., and is being supported by the Del E. Webb Development Co., who recently donated funds to provide necessary equipment and supplies for the workshop.

"Although the main focus of our program is on the chronic arthritis sufferer, the exercises are designed to be equally useful to others who may have undergone surgery, have a severe injury that cannot be corrected by surgery, or who suffer impaired use of a limb," said Sam Baressi, Handicapables Club president. "In all cases, exercise is the key to retaining and improving use of affected muscles and joints."

The workshop's instructors are residents Phil Vision and Mort Wohl, along with assistants Florence Drubin, Lil Fischer, Shirley Baressi and Jim Whitaker, members of the Handicapables Club.

Both Phil and Mort have spent much of their professional careers in the health instruction field and have worked with all levels of physical ability.

According to Phil, the exercises offered in the program are based on those recommended by the Arthritis Aquatic Program co-sponsored by the Arthritis Foundation and the YMCA.

"Taking advantage of the gentle resistance and buoyancy of water, these exercises have been proven highly effective in maintaining and increasing muscle tone and flexibility," said Vision.

Those interested in participating in the workshop are welcome to join at any time. The workshop begins promptly at 9 a.m. each Monday and is open to Sun City West residents only. There is no charge for the program aside from the \$1 annual dues for Handicapables membership.



Mort Wohl (right) joins workshop participants in the water where he demonstrates various exercises designed specifically for arthritis sufferers. Mort is an accredited instructor for the American Red Cross.



Phil Vision conducts the workshop from an audio booth where he "calls" exercises over a loud speaker. Phil's experience includes teaching swimming and aquatic exercises to children with polio while a lifeguard on Chicago beaches.



The first sessions of the Handicapables' 14-week arthritis program were offered in July and welcomed as many as 30 participants who quickly learned the benefits of a special collection of exercises.

SCW

June 24th

Subject: Handi-Capables Club

Dear Ed:

The attached newsletter should give you most of the information you need. When some of us realized there was no written record of the clubs history we decided we needed to record this while our original members were still around. So in 1999, and at the request of the Handi-Capables Board, I wrote this newsletter. Interviewing and getting input from members who had been here from the start. You will have to add three years to any date you use today. Unfortunately, many of our founding members have passed away in those three years. Sam Barresi is gone, and Phil Vison as well as Lillian Fischer.

The Handi-Capables is a Chartered Club and we meet at the Beardsley Aquatic Center every Monday, Wednesday and Saturday, from 9:00 AM to 10:AM for exercise and recreation.. We have added a number of members in the past year so our present membership is 183 individuals. . I have noticed that a large percentage are stroke victims who gain strength and mobility by walking in the water. There are also Post Polio's, such as myself, some with MS and of course some with other problems.

In addition to our regular pool sessions, we have four lunch/meetings per year. St.Patricks Day, Mothers Day, October and the Holiday Party in December , at which time our new officers are elected. These take place at the Briarwood Country Club, with one of our members, Rod Olson, acting as host. There is also a group for dinner who meet one evening a week, at various restaurants.

We are funded by the Sun City West Community Fund, at this time \$3,600.00 per year, which covers Dawn's salary. The fact that four members of the Community Fund Board are members of Desert Palms Church did help in securing their interest. Board members Betty Bone and Forest Buck have been strong supporters.

Therapist Dawn Mortellaro must be doing this as a labor of love. We pay her \$300.00 per month, and for this she drives from Tempe three days a week and spends at least 1 1/2 hours helping individuals and teaching spouses and volunteers how to assist individual members. She should be getting \$300.00 or more per week, or day.

We must give credit to a group of dedicated volunteers who come to the pool on a regular basis to help individuals into and out of the pool, walk with them in the water and be available for whatever is needed. Without them many of us could not take advantage of the pool and exercises. I have been a member nine years, and 1993 all the help I needed was to be pushed in a wheelchair up or down the ramp. Then I would swim 1/2 mile. Now things have changed and it takes two volunteers to get me into the pool and push me out. Then it takes two to stand me up so I can get into my cart. Swimming is down to about 1/10th of a mile.

If you need more information or clarification, just send an e mail and I will get it for you. In the meantime, enjoy Wisconsin. The reason Arizona is so hot, is printed on the back page.

ERIK

Friday, Aug. 6, 1993 Daily News-Sun, Sun City, Ariz.

Disabled laud local lifestyle

By ROSA De SIMONE
Daily News-Sun staff

The Sun Cities are billed as "active adult communities."

There are golf, tennis, swimming and clubs dedicated to every kind of hobby.

But how active and enjoyable are communities like Sun City and Sun City West if you're among the hundreds in the area who are physically disabled?

"Anyone in a wheelchair can participate in any activity in Sun City West if they have the energy — and I know they have the time," said Sam Baressi, a 12-year resident of Sun City West.

Baressi has adjusted to life in a wheelchair since losing both legs at age 19, while fighting at Iwo Jima during World War II.

Much has changed since then to secure equal rights for those with disabilities, he said.

But when he's out in the community, his disabled peers are nowhere to be seen, he added.

Although the Sun Cities offer their disabled residents plenty of activities, Baressi thinks many don't take advantage of them because of the stigma they may feel about their disabilities.

There are some residents who "bury themselves in their homes" because of their handicaps, Baressi said.

"I don't know that they (recreation
See More changes, A6

OVER

More changes needed, advise area residents

—From A1
centers) could provide us anything else than what's already here," he said.

Baressi's own activities in Sun City West are an example, he said.

There, he golfs and bowls and uses the community's pools — "but I never see anybody else trying it," he said.

But Susan Webb of the Arizona Bridge to Independent Living stresses that all disabled residents of the community may not feel as confident or satisfied as someone like Baressi.

"Disability is a very individual thing," Webb said. "If the disabled people are out, they clearly don't have a problem. But there may be people who are not out because they have a difficulty."

Some with disabilities may feel unaccepted by their peers, Webb and Baressi agreed.

"I think, honestly, that this particular generation had a mind set which said a disability was something to be ashamed of and hidden," Webb said.

Baressi, however, has been able to enjoy recreational opportunities because of some innovative ideas that make activities like golf hassle-free.

For example, one of his friends helped design a permanent back seat near a

wheelchair in the back of Baressi's golf cart, enabling him to get on and off the cart much easier.

"The facilities are here for disabled people — I think this is the greatest place where a person with a disability could live," said Baressi's wife Shirley.

Her husband can be assured that no matter where he goes, there will be ramps, wide enough bathroom stalls, and other necessary accommodations, she said.

Shirley is the president of the Handi-Capables Club of Sun City West, which Baressi founded in 1984 to offer activities specifically for people with permanent physical impairments.

"I started it to get everybody who is disabled interested and involved in some type of mind- and body-building activity," Baressi said.

The Handi-Capable's 165 members meet three times a week for water therapy. They also work together in finding ways to improve facilities in the community for disabled patrons.

Sun City also has a Handi-Capables Club.

Life for disabled residents of Sun City is comparable to those in Sun City West, said Rose Rito, a three-year resident.

"Overall, I give Sun City, on

a scale from one to 10, a 9," said Rito, who has multiple sclerosis and uses a walker and sometimes a wheelchair.

Although recreation centers in Sun City "are fine," some area restaurants are not, Rito said.

Getting into some restaurants' restrooms, or even in the front door, is often difficult when in a wheelchair, Rito said.

"We would readily accommodate any reasonable request for a modification," said Steve O'Donnell, general manager for the Recreation Centers of Sun City West.

O'Donnell said that while the needs of the association's disabled are kept in mind when developing new facilities and programs, sometimes "problems (come up) you just don't think about."

Despite the fact that there could still be some adjustments made to help disabled residents in Sun City and Sun City West, the retirement communities remain ideal places to live, said Sun City West resident Jim Moran.

Moran, who is wheelchair bound, recently lobbied Recreation Centers of Sun City West management to redesign a portion of the R.H. Johnson Recreation Center parking lot, to be in compliance with the federal Americans with Disabilities Act.



Stephen Chernok/Daily News-Sun

Shirley Baressi, left, watches her husband Sam line up a pool shot in the R.H. Johnson Sports Pavilion.

"Sun City West is starting to open its eyes and clean up its act," he said. "The Sun Cities are a good retirement golfing community, but they still have a ways to go to where the handicapped residents are on an even keel."

Despite small inconveniences, Moran said he has been able to be an active member of the retirement community and is welcomed by others.

"The clubs have been good to me," he said. "I belong to

lapidary and silvercraft. Within two days of joining lapidary, they set up a bench for people that you can just wheel under."

Moran, a six-year resident, said he is pleased that Del Webb's expansion project north of existing Sun City West will be in compliance with ADA.

"It's an educational issue," O'Donnell said. "These things that are going to occur everyday as we go forward."

Moran agrees that unless the disabled are involved, able-bodied officials will be unable to identify areas that need upgrading.

"There are a lot of little things that they wouldn't notice that the handicapped people will notice," Moran said.

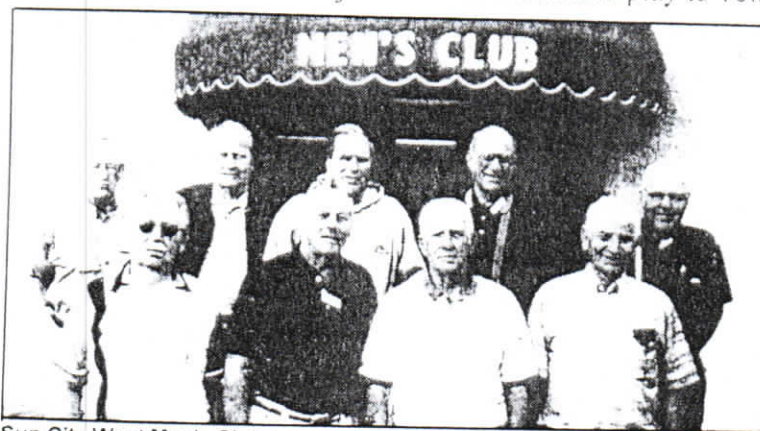
Representatives of ABIL are working with Del Webb Corp. in developing user-friendly homes and the new recreation center in Sun City West's expansion area, Webb said.

Cards at SCW Men's Clubhouse, poker still rules

The Sun City West Men's Club was founded in 1980. At present, there are 519 members. An all-male organization, the chartered club originally met at the Beardsley Recreation Center before moving into its present building on Meeker Blvd. just

Poker, the most popular activity, includes a wide variety of games—stud, draw, high-low Omaha, and Texas Hold'em, but nothing wild. Stakes are \$6 buy-in, quarter limit, maximum three raises.

Bridge players usually show up about 8 a.m. and play to 10:30.



Sun City West Men's Club has elected new officers. From left, front row, are Floyd Fredelake, steward; Tom Rozmus, president; Jack Pleger, vice president, and Bernie Warner, treasurer. Back row, from left, are Directors Howard Thorson, Robert Wilson, Jack Miller, Bernie Zeldin, and Bill Williams.

north of R.H. Johnson in 1995.

About 35 tables can accommodate between 180 to 200 members for poker, bridge, gin rummy, pinochle, and a few other card games. During summer months, the average daily attendance is about 80 to 120 members, other months between 120 to 150. The club is open daily year-round, except for Sundays and Christmas.

are drawn. Members wanting to play bridge (or other games) at the club, organize a group of players and designate a date and time to play.

Members can play all day long (some do) for 25 cents which covers the cost of the cards. Others come merely for the social aspect. These non-players are not obligated to pay the quarter. Some will stay for lunch and others come just for the lunches. Daily coffee—all you want—is available for 25 cents, per day.

The club sponsors numerous events during the year. Breakfast with the wives or lady friends (Sweetest Day), a December holiday party for members and

and a few play in the afternoon. Contract bridge also is a popular game. There are tournaments every second and fourth Tuesday mornings of each month. Unlike poker, bridge is not an open game, meaning that you come any time and sit at an open table to play, except for bridge tournaments, where partners and tables

See CARDS, Page D3

their guests, and an annual breakfast for the Posse and PRIDES. Events have included Super Bowl parties, luncheons, Laughlin turn-arounds and days at the races (Turf Paradise director's suite) and monthly birthday parties with gifts and cake.

The club charges \$7 to join, which includes a badge and first year's dues, and \$3 for renewals. All men holding valid SCW Recreation Centers membership cards are eligible. Four hours monitor duty mandatory each year.

Call club president Thomas Rozmus for information at (623) 544-6150.

HOBBIES



STEVE CHERNEK/DAILY NEWS-SUN

Doc Gundersen, right, teaches George Nimmo how to make and maintain a knife at the Sun City West Metal Club Wednesday.



STEVE CHERNEK/DAILY NEWS-SUN

Doc Plastas puts together an ornamental stagecoach he made using a plasma cutter at the Sun City West Metal Club Wednesday. The group has more than 550 members.

MOS

Metal club cuts into artwork in Sun City West

MITCHELL VANTREASE
DAILY NEWS-SUN

Doc Plastas used a small screw to fasten the metal wheel to the carriage.

With his artistic abilities, Plastas recreates a slice of the Old West. It's the 11th stagecoach he's made for friends and family members.

"I just wanted to learn to do something different, and I'm very proud of what I do," he said.

Plastas, who is a retired chemist, applies his new-found skills at the Sun City West Metal Club. More than 550 members belong to the group.

"We have people from all walks of life — from doctors to engineers," said Jim Hesser.

The club has been popular, Hesser said, because most people want to make

Fyi

■ **WHAT:** Sun City West Metal Club

■ **WHERE:** The club has its own building, which is next to the Sun City West Visitors Center and PORA office on Camino del Sol.

■ **HOURS:** 8 a.m. to 4 p.m. daily and 6 to 9 p.m. Wednesdays.

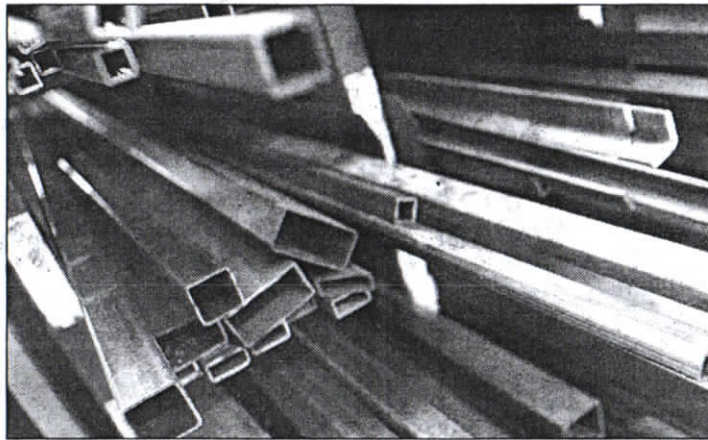
■ **INFO:** 584-0150.

metal artwork.

"One of the main reasons they come here is to try and make some of the fancy metal artwork you see in yards and homes," he said.

Hesser said the club has the latest machinery to aid with members' endeavors. This includes plasma cutters, which trace the art pattern on a sheet of metal at one end of the machine and cut the pattern at the other end.

Club members have supplied lessons for beginners.



STEVE CHERNEK/DAILY NEWS-SUN

Steel tubes wait to be bent, cut and welded into useful or fanciful items at the Sun City West Metal Club Wednesday. Club members say metal artwork is gaining popularity.

Hesser said. Instructors teach at least six hours of courses, ranging from safety to blow torches.

"We have lessons on anything you want to do," he said.

For \$24 a year, members

have several privileges. They can borrow tools for home use, and they have a ready supply of nuts, bolts and screws for their projects.

"You don't have to go to Home Depot if you're here," he said.

In addition to personal projects, the club makes mailboxes seen throughout Sun City West that are sold at the Village Store and craft fairs. All the proceeds go to benefit the upkeep of the facilities.

Bill Hammer, 90, has been with the club for several years. He has made motorized miniature trains and engines for parks, which children especially enjoy.

"I love what I do, and it keeps me busy," he said.

For Bill Anderson, the Sun City West Metal Club has provided "nice things at home" and friendships among the men.

"They're all nice guys and a friendly group," he said.

Do you have a hobby you want to share? Mitchell Vantrease may be reached at 876-2526 or mvantrease@aztrib.com.

New SCW survey shows major changes in last decade

4/18/02
WESTER

Almost two-thirds of the residents of Sun City West own a personal home computer, and virtually all computer-owning residents have internet access.

That is one finding of a new survey of more than 3,000 homeowners in the retirement community conducted over the last seven months.

Survey results will let the Recreation Centers of Sun City West gauge the need for new, expanded or different facilities, programs and activities, said Gen. Mgr. R.G. Andersen-Wyckoff said.

The growth of interest in computers parallels that of the nation as a whole, he said, and shows that seniors, at least in Sun City West, have kept up with changes in the American society.

Among the survey's other findings:

- Less interest in group participation, and more interest in individual activities, especially fitness and exercise. That also parallels the nation as a whole.
- A declining interest in both golf and bowling, though golf is still important.
- Continued high interest in theater, travel and music. Culture remains an important part of the life of Sun City West residents.

Health and fitness activities were the No. 1 interest; golf ranked second; music and theater came in third.

More than half the residents said they got good value for their annual dues money and for what they pay for golf or bowling.

Portions of the survey results can be compared with responses to a similar questionnaire distributed to residents in 1991-92 by Del E. Webb Corp., the community's developer, but not all the current questions—such as that about computers—were on the earlier survey.

The 2001-02 survey was developed by members of the Governing Board's Public Relations Committee; questionnaires were

their Centers membership. About 30 percent of the forms were returned, enough to constitute a statistically valid sample.

Elaine Anderson, who heads the Public Relations Committee, said many members listed new activities they'd like to see in coming years, with badminton, cooking classes, croquet, model building, roller-blading, an amateur radio club, archery, and reading and book discussions on that list.

Younger homeowners, many of whom continue to work at least part-time, also called for more activities at night and longer opening hours for club and craft rooms.

A separately tabulated survey of residents of Grandview Terrace also was made. The 288-unit lifecare community's residents are considerably older (80-plus) than the general population in Sun City West.

Grandview Terrace residents reported less use of Centers facilities, but still thought dues were a good value, Anderson said. Many residents there still participate in travel and entertainment offerings from the Rec Centers, play golf, and maintain social contacts in the larger community, she said.

Overall comparisons with 1991-92 show that although the

community is older, its gender ratio is almost unchanged: 48 percent male, 52 percent female.

Because Sun City West has been in existence 24 years, and because almost no new dwellings are being added, residents on average have lived here longer than in 1991-92. Very few residents have been here less than a year; 20 percent have lived here for more than 15 years.

Most who answered the questionnaire are year-round residents, although about 20 percent spend a significant time away from the community. Two-thirds of current residents said they lived in Sun City West 10-12 months; 15 percent were only here 4-6 months.

Participation in chartered club activities, which are generally group activity, dropped from about 59 percent to about 50 percent in a decade. Residents say they have less interest in dancing, bocce and crafts, and in golf and bowling, than they expressed 10 years ago.

Note: Surveys were given to owner-members—those who must be members of the Recreation Centers. Tenants, who make up less than three percent (about 650 individuals in winter) of all residents, were not surveyed; they may have different views on some issues.

Food bank project fires up SCW club

By ROSA De SIMONE
Daily News-Sun staff

Sun City West Metal Club members carry a torch for the Westside Food Bank.

That is, they held torches long enough to weld 14 metal carts to donate to the Surprise food bank.

Club members learned about the food bank's need for carts, which they use to transport donated food, and decided to volunteer their services, said member Maurice Griffin.

"They needed a donation for carts, and I donate to the Westside Food Bank all the time personally, so I talked to them and we volunteered because it's a good organization," Griffin said.

About five club members, who work out of the Fred P. Kuentz Recreation Center in Sun City West, volunteered their time and expertise to weld the carts that had to be sturdy enough to withstand heavy weights and frequent sanitization.

The project required about two weeks to complete, Griffin said.

"We're a little bit community oriented," Griffin said. "We're not up there (Kuentz) to make a profit, just enough to cover our costs for materials and replace equipment — and it keeps some of us busy."

The four-year-old Sun City

West Metal Club has also offered its services to area recreation centers and churches in need of everything from bicycle racks to chair racks. Either the club gives these items to organizations free, or charges them just for the materials used, Griffin said.

"They (the carts) truly make our job 100 percent easier," said Pat Andrew, volunteer coordinator for the food bank.

Andrew said by donating the carts, the Sun City West Metal Club saved the food bank money.

If the food bank purchased the carts from an outside source, the carts would have cost about \$200 each, Andrew said.

"It was a substantial contribution," she said.

Anyone interested in volunteering services to the Westside Food Bank may attend any of the following volunteer orientation tours:

- 10 a.m. Sept. 24.
- 10 a.m. Oct. 5.
- 2 p.m. Oct. 20.
- 10 a.m. Nov. 5.
- 10 a.m. Nov. 20.
- 10 a.m. Dec. 1.
- 2 p.m. Dec. 14.

The Westside Food Bank is at 13050 W. Elm St. in Surprise.

To become a member of the Sun City West Metal Club, call Griffin mornings at 546-0732.

THE WESTER Thursday, April 7, 2005

SCW

SCW Dems change name, set meeting

On March 16, the Sun City West Democrats Club voted to change its name to the Northwest Valley Democrats. The name change is reflective of a larger plan to increase the influence and expand the club throughout the Northwest Valley. As new residents continue to move into the Surprise and Sun City West area, the club plans to assimilate them into the Democratic organization.

Patty Diliberto, group president, says, "The group wants to reach out and welcome anyone who is looking for a place to be active and make a difference. We are interested in a more diverse group, people with new ideas and lots of energy. We are not limited to Democrats; we welcome Independents, reformed Republicans, and the apolitical. Many Democrats think they are alone in this state, which is largely Republican. We want them to know about our group and provide them a political home."

The once thriving club has discontinued meetings and ceased to be active. Diliberto and several other members stepped up last September to revive the group. It now boasts 176 members and continues to add new names each month.

Diliberto said, "This group is in the process of growing a grassroots Democratic organization that will be involved in local and state politics. Our goal is to support candidates who are willing to run for office at the county and state level. We need to show up for every open position and office. Republicans should not win by default. Our failure to provide serious contenders from both parties in every election is not good for government in Arizona."

The organization's candidate development committee is currently recruiting members of the community who have a background in community service and are interested in becoming politically active. Qualified candidates will receive guidance and support to overcome the sometimes challenging process to become an official candidate.

The Northwest Valley Democrats meet on the 3rd Wednesday

of each month at 6:30 p.m. Meetings are open to non-members and everyone from Northwest Valley communities. Meetings begin with a business session, followed by a guest speaker, usually a prominent Democrat. Previous speakers this year include: Jim Pederson, State Democratic Party leader; Randy Camacho, legislative candidate; Mike Newcomb, talk radio host, and Joel Foster from the Arizona Leadership Institute. A question and answer session follows the speaker and frequently produces heated discussion.

Krysten Sinema will be the featured speaker at the April meeting of the Northwest Valley Democrats. Ms. Sinema, State Legislator from District 15, will update the Democratic group on actions taken and upcoming bills in the current legislative session. The meeting will also include a discussion of citizen actions that can influence political outcomes.

The meeting will be held April 20, 6:30 p.m. at the PORA Building, 13815 W. Camino Del Sol, Sun City West. Everyone is welcome, reservations are not required.

For further information, contact Pres. Diliberto, at 623-556-4353.

Daily News-Sun • **Clubs** • Monday, Nov. 20, 2000

Tuneful club members lend an ear

JOHN SOKOLICH
DAILY NEWS-SUN

Listening is key to the Sun City West Organ and Keyboard Club, because even performing members become part of the audience at its monthly meetings.

The club, started in 1979 as a small group of people with like interests, expanded to more than 400 members today. But unlike most community clubs, where members participate hands-on, keyboard club members lend an ear at the meetings.

"At our meetings," club President Marge Nelson said, "one of our members becomes a bench warmer for the guest performer, while the other members become the concert's audience."

A bench warmer is a club member who performs an opening act before the headliner for the concert performs. Throughout the year, the club hosts eight concerts and three social events.

The club meets on the fourth

Monday of every month, September through May, and has a dues fee of \$10 per person, per year.

"Most of the members are the audience," Nelson said, "and they come to the concerts as listeners for the many artists we welcome through the year."

The club meets in Summit Hall at the Palm Ridge Recreation Center, a long way from its roots 20 years ago when members met in each others' living rooms.

"After the club started," Nelson said, "it started to expand, and the members held a lot of garage sales to raise money for the purchase of a club organ."

Because the club steadily expanded throughout the years, the meeting places went from homes to halls, and now the club welcomes an audience of sometimes 500 people during the winter months.

"It's a great place to meet people with similar interests and get to be friends with them," Nelson

said. "We are the only keyboard and organ club in Sun City West, so there is actually quite a big following."

But Nov. 27, the club is losing one long-time member and frequent performer.

Joanne Vandecar, who retired to Sun City in 1986, will give her final performance for the club on the 27th, before moving to Phoenix to be closer to her family.

With little formal training, save for a few piano lessons in her pre-teenage years, Vandecar still managed to become a professional organist. In 1940, she joined the radio staff at KTAR in Phoenix, and during World War II, she played in USO clubs for the soldiers.

When she came back to Arizona 25 years ago after a brief retirement in Long Island, N.Y., the 87-year-old performer became fascinated with computerized organs, and started to play performances in the new genre.

"Joanne is just such a great performer, and this concert is going to be very special," Nelson said.

The Nov. 27 concert is open to the public and will be at 7 p.m. in Summit Hall at the Palm Ridge Recreation Center. Doors open at 6:15 p.m., where a \$3 donation will be accepted.

The Sun City West Organ and Keyboard Club meets on the fourth Monday of every month, September through May, at 7 p.m. in Summit Hall. Musical inclination is not required to join.

"All people need to do is have a love of the music and some interest in organ and keyboard music," Nelson said.

For more information about the club, contact Nelson at 584-7729.

John Sokolich can be reached at jsokolich@aztrib.com or at 623-876-2526.

OVER

Joanne Vandecar finishes a song with a flourish in her home in Sun City West. Vandecar is a long-time member and frequent performer at the Sun City West Organ and Keyboard Club. She will give her final performance for the club on Nov. 27, before moving to Phoenix to be closer to her family.



STEVE CHERNEK/DAILY NEWS-SUN

Camera buffs focus on their hobby

By DEBBIE L. SKLAR
Daily News-Sun staff

SUN CITY WEST — For 15 years, members of the Photography West Camera Club have been keeping their retirement in focus.

"I've found Photography West and its many offerings a real asset to the community, a home for has-been photographers and for those who want to be," said Art Napoletano, president of the club. "That's why I am a member. I like any work of art. The pleasure of sight and sound as created by nature and man moves me deeply and often serves to motivate me."

The club, which has 300 amateur photographers, will celebrate its 15th anniversary at 10 a.m. Friday in the Stardust Theatre at Kuentz Recreation Center, 14401 R.H. Johnson Blvd., Sun City West. The special event will include a display of members' works and refreshments.

"The charter members will be there showing slides or snapshot presentations of their work over the years," Napoletano said. "It's a way for us to honor them for their work."

Leon Ginsburg is still shooting pictures 15 years after he helped charter the Photography West club. His love affair with his camera continues to grow stronger.

"I only use a Leica camera. I have

'I've found Photography West and its many offerings a real asset to the community, a home for has-been photographers and for those who want to be.'

**Art Napoletano,
president of Photography West Camera Club**

five of them, they're German," he said. "I've been shooting for 65 years and love it."

Ginsburg, who practiced medicine in Los Angeles for 40 years, said he has been taking pictures since he was a boy.

Ginsburg said he began taking pictures when he was growing up in Michigan. He later moved to California, where he attended medical school.

"Photography has always been in my blood," he said.

A love of photography could be attributed to genetics for George Mathes, another charter member of Photography West.

"I learned how to take pictures from my dad. He was a photographer for the Denver Post."

Mathes said he enjoys taking pictures because it gives him the chance to visualize his impressions.

"I especially enjoy nature photography," Mathes said. "It allows me to convey my emotions through an art form."

Ginsburg, too, likes nature photography, but not just mountains or scenics.

"I like to shoot insects, people and small objects," Ginsburg said.

Many of the original members are still active in the club today.

Art Bender, one of the charter members, said on Jan. 26, 1980, approximately 100 people gathered to sign the bylaws of the newly formed Photography West Camera Club.

George Montierth was elected president, Selma Sunde was vice president, Bill Wilcox became vice president of programs and Bender, vice president of workshops. The secretary was Helen Gilchrist and Bob Grupa was elected treasurer.

Most of the original members are still active in the club: Bender and his wife Mary, Joe Dracup, Olive Gassaway, Bob Geraughty, Chuck and Peggy Martin, Mathes, the Sundes, Abe and Claire Tafler, Howard and Flora Vogt, Ginsburg and his wife Kay, Pearl Closey, Rawleigh and Frances Decker and Al and Marcia

Bews.

Selma Sunde said her interest in photography developed in California thanks to a club there.

"I belonged to a club in California and thought we should have one here," she said. "I like pretty things and thought we should have a club here. I was the first one to go out and get members."

Vogt, a charter member, said group has grown by leaps and bounds.

"We've accumulated a lot of equipment," he said. "We never had color processing before, but now we do."

Vogt worked for Eastman Kodak as a chemical engineer, for 41 years.

The Photography West Camera Club meets at 10 a.m. Fridays in the Stardust Theatre at Kuentz Recreation Center. They also have a photo workshop for members at Beardsley Park, 12755 Beardsley Road.

The workshop is open four days a week for members to develop, print, and explore the possibilities of photography.

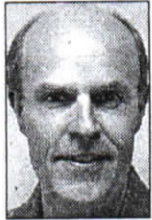
Napoletano said the club also takes field trips four times a year to different parts of the state to whet the creative appetites of members.

He said the club is also a member of the Photographic Society of America and the Arizona Camera Club Council.

SCW

SCW Porcelain Club members love to paint

"You forget everything," said Pauline Mello of Sun City West. "You're concentrating on it and it's the only thing on your mind. It's addictive. Sometimes I'm so absorbed, I don't even want people to talk to me."



Rich Kenney Jr.

Welcome to the Sun City West Porcelain Club and the world of China painting.

"We've painted jars, teapots, plates and platters," the Massachusetts native said. "I suppose I like the ones you can show off the best, like tiles, because you can frame them easier."

Pauline's sister is the one responsible for Mello's passion for porcelain painting.

"My sister had a studio and she had a group that did China painting and ceramics," she said. "I didn't like the ceramics but I loved the China painting and I thought when I retire, I'm going to do that. So when I retired, we came out here and signed up for classes."

Animal shapes are what Mello prefers to paint.

"I have a tiger and raccoon pieces hanging on the walls in my living room, but I've given away foxes, dogs and cats," she said. "If someone really admires something, I'll let them take it home. Of course, my doctor has one and different people who have been nice to me also have pieces."

For Jackie Mercer, it's the variety of items on which she can paint that she likes best.

"We can paint anything on anything," she said. "We can paint jewelry medallions, umbrella stands or vases. We can even paint glass lamps. I never get tired of it."

Mercer, who is from Oregon and came to Sun City West in 1992 from Alaska, got started in the hobby in 1976. She teaches the class and frequently creates the designs that club members



Submitted photo

The Sun City West Porcelain Club includes, from top left, members Mary Coffman, Pauline Mello and Rose Knapp. In the bottom row are, from left, Jackie Mercer and Lil Watson.

use to trace their paintings onto the various pieces.

"If the ladies say they want to paint pansies or roses, I just sit down with a pencil and start drawing," she said. "Sometimes I get ideas for designs from photographs or calendars or post cards. I took a bird off a magazine cover once."

Mercer said China painting isn't that difficult.

"I teach the beginners how to handle the brush and paint," she said. "They do have to practice to gain the skill, though."

Although she denies being a perfectionist, Mercer more often than not believes she can improve upon her work.

"I always look at a piece and say I can do better," she said. "It's a challenge to me."

Not getting lost in her porcelain projects is one of the challenges for Lil Watson who is from Michigan and moved to Sun City West in 1985.

"Once the class is going, people will ask me, 'Lil, are you still here?'" she said, laughing. "It's because I'm not saying a word. I get so engrossed in what I'm doing. You lose all sense of time."

One of her favorite accomplishments is a set of dessert

plates etched with flowers that she likes to use when entertaining guests.

"They're great conversation pieces and people comment on them as they're eating off them."

Watson points out that one must not only have patience when China painting, but one must exercise caution as well.

"You have to be careful when you're handling plates," she said. "You don't want to get your thumb in where you've already painted. Thumbprints are a problem."

A member of the club since 1986, Mary Coffman said she, Mello and Watson attended the initial class.

"I went to the first meeting and I was hooked in a hurry."

Originally from Illinois, she moved to Sun City West in 1978 from California. Her favorite work is a horse framed on an 8 by 10 tile.

"My husband had a quarter horse and I found one that kind of looked like it on a magazine cover," she said. "I traced it and fit it to a snapshot we had of the horse. I think I am proudest of that one."

Rose Knapp of Portland, Ore., who is treasurer of the

SCW Porcelain Club, discovered her most cherished hobby in 1973. Today, she sees her works displayed in her children's homes.

"Because I have seven children, it's interesting to go in their homes and see the things I've painted through the years," she said. "The thing I'd suggest to beginners is to take pictures of the pieces you paint because you can never remember all the things you've painted. Everything I paint I give away."

Including a bathroom sink.

"It's my most unique project," she said. "When my youngest daughter moved into a new home, I told her if she'd get me a border for the bathroom, I'd paint the porcelain sink for it. And, it turned out lovely."

Like her colleagues, Knapp finds the activity addicting.

"I have the 'China painter's syndrome," she said, "which is, nothing is ever right, which is, nothing is ever right. You can't paint a piece and say, OK, it's done. You go back and you pick at this and pick at that. It's a very patient, slow art."

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.



Photos by Diana Shaughnessy/Independent Newspapers

Sun City West Porcelain Club member Judy Anderson paints cedar waxwing birds on a vase.

SCW
CLUBS (PORCELAIN ART)
VF

Porcelain art alive in the Sun Cities

By Diana Shaughnessy
Independent Newspapers

Porcelain painting is an art still very much alive in the Sun Cities.

Popular in the 1900s, porcelain art is created every week by Sun City and Sun City West Recreation Centers chartered club artists.

But these artists are concerned about shrinking memberships in their clubs.

"I don't think very many young people do porcelain art any more," said Sun City club member Rose Knapp. "They don't have the time, or don't like porcelain painting because it isn't an instant art. It's very slow and detailed, with many steps before the final product. Young people seem to want instant gratification any more."

The Marinette Recreation Center club has about 75 members, while the Sun City West club, located at Beardsley Recreation Center, is down to 50 members.

"We had about 70 members 10 years ago," noted Jackie Mercer, the Sun City West club president.

Another club is located at Sun City's Fairway Recreation Center.

Porcelain art originated several thousand years ago in China, according to instructor Laila Rutherford.

"Marco Polo brought the art to Europe," said the Sun City teacher. "The word 'porcelain' comes from

'porcelana,' which refers to the interior of a seashell."

Once the art became popular with European ladies, it came to the United States in 1873 and was a turn-of-the-century art form here.

Porcelain is painted with a special dry-power paint. Pigments come from finely ground minerals and metals.

"The minerals are melted, then poured on to a marble slab," explained Ms. Rutherford. "Once dried, it is ground into the power we use for painting."

The dry-powder paint is mixed with oil to attain the proper consistency. Once a piece has been painted, it is fired at temperatures up to 2,500 degrees.

"A basic kit of about six pigments, brushes, palette and turpentine will run about \$50-\$60," said Ms. Mercer. "Then there is the cost of lessons and blank pieces of china."

Blank porcelain and china (the terms are used interchangeably) pieces start at \$1 and go up depending upon size, shape and intricacy. A small platter, for example, costs about \$9.

An artist can spend up to 20 hours painting six flowers on a small platter. Paints are applied in thin layers and kiln-fired between layers to fuse paint to the surface.

It can take several weeks to complete a work of porcelain

art. Members of both clubs insist anyone can learn to create porcelain art.

"You don't have to be an artist, but you must have the desire to learn," said Ms. Rutherford. "A good teacher can provide the training."

Martha Blocker of the Sun City West club agreed.

"We have people who come in and say they could never learn to paint china," she said. "I've been painting for 40 years on and off, and I started copying patterns. Now I do most of my work free-hand."

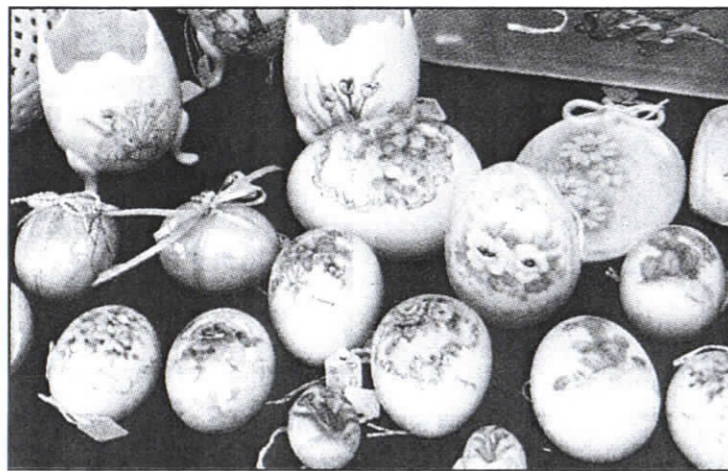
Porcelain art from the clubs is available for purchase. In Sun City, items may be purchased from the Marinette group 9 a.m.-4 p.m. Monday through Wednesday and on Friday.

In Sun City West, pieces may be purchased at the R.H. Johnson Village Store.

New members are welcome.

In Sun City, call 876-0740 for the Marinette Recreation Center Club.

In Sun City West, call club president Jackie Mercer, 546-4995, or treasurer Rose Knapp, 214-9175.



Painted porcelain eggs were popular items at an R.H. Johnson Recreation Center arts-and-crafts fair April 12.



Members of the Sun City West Model Railroad Club visit the site of the new garden railroad at Beardsley Park Recreation Center. [Submitted photo]

G-Scale railroad chugs soon into Beardsley Park

By Kim Antoniou

SPECIAL TO THE DAILY NEWS-SUN

Before long, blueprints, beams and hard work will be the way to a long-anticipated "chug-chug" of a garden-scale railroad making its way around a portion of Sun City West's Beardsley Park.

Plans for the club's G-scale railroad were approved at governing board regular meeting in the spring. During the summer, Rec Centers' workers graded and prepped an open area, approximate-

ly 15-feet across and 44-feet deep, west of the horseshoe pits and south of the parking lot at the park, 12755 Beardsley Road, where the track will sit. Additionally, a small retaining wall measuring 2-feet tall and 15-feet long was built to keep railroad admirers at a safe distance.

Recently, members of the Sun City West Model Railroad Club visited the park to examine the progress.

"As you can see, the Rec Centers have been exceptionally responsive," club presi-

dent Bob Rose said. "You can see the size of the area where the track will be set in, and the club is totally thrilled. This is fantastic. We are not just talking about it; this has become a reality."

G-scale is a scale for model railways which, because of their size and durability, often are preferred for outdoor use. Currently, in its club building at Johnson Rec Center, the Model Railroad Club runs HO and N layouts, both considerably smaller in size than a G-scale.

"A lot of potential members have come through our doors and come to find out, their main interest is in G-scale trains," Rose said. "Our hope here at the club is that G-scalers see what we are doing here and that our club will grow as a result of that." The club now boasts a roster of 79 members.

While the RCSCW will cover the cost of running water and power lines for the project, the club will be responsible for laying track and supplying G-scale trains for the

project, as well as "landscaping" with miniature villages, farms and other points of interest to give the railroad a realistic look. In an adjoining area, the club also will pour a 10-foot by 16-foot concrete pad, purchasing and placing a small building on it for storage purposes.

"It's not going to be 'wimpy' layout. The Rec Centers asked for a five-year plan, what we envision for the future," Rose said. "A lot more will start happening in October, when the winter people come back."

All Aboard

Model RRers hit the tracks in SCW club



Ron Nagy, left, president of the Model Railroad Club in Sun City West, along with Bob Butler, the club's vice president, run the trains at the club's shop.

BY LYNN CARBREY

Railroads can usually conjure up images of yesteryear, when trains were one of the only ways to travel.

The Model Railroad Club in Sun City West brings it back to life, albeit on a small scale.

The club was first chartered on Nov. 2, 1984, with 26 initial members. They began in a 20-foot by 40-foot tin construction shed but moved into more spacious quarters in January 1990. The tracks were

rebuilt in 2000 to allow for better operation at a spot across from the Rec Center offices off R.H. Johnson Boulevard.

Currently there are 76 members, including men and women. One of the newest members is a woman from Sun City West who comes in just to run the trains. She never was able to play with her brothers' trains, so she is living a lifelong dream.

There are 2,000 feet of track represents 25 scale miles. The trains

operate on digital command control or radio transmission. Some trains need only be turned on to run around the track, which contains tunnels, bridges, and mountain curves. There are 50 steam and diesel engines, 300 freight cars, 60 passenger cars and two trolley lines.

Of the members, about five worked on the railroad at some time in their working career.

Club President Ron Nagy said
See **All Aboard**, Page 2

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All Aboard, From Page 1

there are about 20 different railroads represented from the Western railroad to the central states and then back to the East Coast.

The trains scale model is 1/87th the size of an original car. The members are always changing and modifying the trains and the surrounding area.

One of the "cities" is Boulder City and has everything imaginable in the way of scenery. There are banks, businesses, and many activities going on through the use of miniature people doing outdoor cooking, hanging up the wash, and traffic on the many streets running throughout. At one end of the city there is a complete carnival set up and in motion.

One engine has a camera located on the front that transfers images to a wall-mounted television to show how it would really look if running on a regular track.

The other city is called Robertsdale, named because of all the members with the last name Roberts. Besides all the building found in a normal city, there is a wedding party, a downtown area, city hall, fire house and a cathedral. A round house for all the trains is also located nearby.

There are approximately 100 various and sundry buildings represented in both cities. On the mountainside

behind the two cities is a coal mine and some ore mines.

The scenery for the mountains and other areas is made of cardboard stapled together, covered with gauze, then sculptamold, and then painted with acrylic paint. The scenery surrounding the entire area is being changed all the time to make it look more realistic.

In a separate room there are N-scale trains, which are equal to 1/160th of the original size. This entire set was built by Richard Kroc, the club's treasurer, and his son-in-law to be set up in their home. Since it was too cumbersome to fit, it was donated to the club. The entire setup was built in San Antonio and includes the last version of the California Zephyr, which ran from Chicago to Oakland.

Along with Nagy and Kroc, board members are Bob Butler, vice president; Paul Graumnitz, vice president; and Jeff Latham, secretary.

The club has many visitors and is open Monday through Friday from 9 a.m. to noon. On an average day, about 25 visitors will pass through. During the holidays it increases to about 100 a day, and during the annual art fair they could see as many as 1,600 people pass through.

Nagy said they always welcome new members, and the only requirement is that they live in Sun City West.

By LORAIN TOWNE Staff Writer

"Wagonmaster." "Caravans." "Rigs."

It was part of the jargon heard March 4 in Johnson Social Hall, as more than 400 trailer travelers from the two Sun Cities gathered to share good food and caravan tales.

The newly chartered Recreational Vehicle Club of Sun City West played host for the potluck dinner. Everyone contributed towards the abundance of food.

Dennis Traynor, president, joined his wife, Kay, and his mother, Ella Bailey. Kay played the organ before dinner.

"My mother is visiting us, and she went to Mexico on our recent caravan trip," Dennie related. "She celebrated her 89th birthday while we were down there. Everyone on the caravan helped her celebrate with a big cake and party."

ELLA ADDED, "It's not really my 89th birthday; it's only the 50th anniversary of my 39th birthday. I enjoyed the trip. Everyone spoiled me."

Dennie introduced William and Margaret Chapman. "Bill is project consultant for Del E. Webb Development Co. He was invaluable to us in getting our club properly established. He put the paperwork together and got the facilities for us."

Bill added, "I helped them get the new compound for their rigs out on Dysart Road. It will hold 500 vehicles. It has a dump station, a wash rack, a place to fill their water tanks and security gates. The organization of this club is very similar to that of Sun City."

Bud Brown, caravan director, said, "Leona (his wife) handles the sign-ups, typing, all secretarial work. She is also in charge of entertainment for the caravans. She is a 'Lady Friday.'"

WHEN A member volunteers to be a wagonmaster, he receives tutelage in his responsibilities. With good pre-planning they encounter

no difficulties. Wagonmasters often give the tour a "dry run."

Tour plans include giving members such information as caravan structure, point of departure and time, return, mileage, route, important items to take, visa, insurance, customs restrictions, gasoline, facilities and detailed itinerary.

Bud and Leona were wagonmasters for the recent trip to Mexico. Twenty rigs went to Organ Pipe National Monument and Puerto Penasco (Rocky Point).

Leona reported, "We stayed at Organ Pipe for two nights. We had potluck dinner the first night. We stayed at Puerto Penasco for three nights. We had our own wine-tasting party one night."

BUD ADDED, "We are planning another caravan to Lake Havasu. At the same time, we will have a caravan repeating this tour to Mexico."

King and Carroll Farington were jubilant about the recent trip to Mexico. "King was assistant wagonmaster. We had 10 rigs in our section of the caravan. It was a beautiful trip," said Carroll.

Bill and Bea Merritt were guests of honor. Bill is president of the Travel Trailer Club of Sun City.

While enjoying the delicious potluck entrees, he said, "It's the only way to go to the Rose Bowl. That trip is under the auspices of 'Good Sam.' That's a national organization of recreational vehicle owners. You must belong to that to be eligible to go on the Rose Bowl caravan. They call it the 'Rose Bowl Samboree.'"

IT IS held on the campus of Pasadena City College. The students are on holiday break. We have the college facilities, showers, cafeteria, auditorium, reading rooms, etc. There is a viewing stand on campus. We walk across campus to our seats. It's wonderful," Bill exclaimed.

Bea told about the next potluck dinner for TTCSC. "We are doing something different for our entertainment. After dinner, we will have a fashion show. The models will all be members of our club. Daisy Patch is furnishing the clothes."

Bill added, "Not many of our men have been to a fashion show. It'll be fun to see our wives as models."

Dennis Traynor opened the business meeting by recognizing Bill Chapman.

BILL BROUGHT greetings from John Meeker, president of Devco, who wanted Bill to express his appreciation to the two clubs for their working together. It showed good spirit between the two communities, and he hoped other groups would emulate their example.

Bill Merritt announced, "From Sun City, we bring a hearty welcome and we are proud to be a part in getting this club started."

Dennie expressed appreciation for the courtesies extended by the Sun City club. "They let us use their compound, and we were invited to go on their caravans until we got organized."

William Woodyard, general manager of Recreational Centers of Sun City West, presented the charter to President Traynor.

"WE ARE most appreciative of the fine rapport between the Sun City and the Sun City West recreational vehicle clubs. I am happy to present you with your charter for the Recreational Vehicle Club of Sun City West."

Dennie introduced the officers of the new club: Joseph Schuessler, vice president; Marianne Schuessler, secretary; Glen Morin, treasurer, and Bud Brown, caravan director.

A suitable closing to the meeting was a request by Bill Merritt for all of the men to stand and salute the women who had brought such delicious potluck dishes.

The program was a slide presentation, "Sunny Mexico," given by Jim and Olive Cochrane. Jim is program and publicity director for TTCSC.

SCW



Dennis Traynor, president of the Recreational Vehicle Club of Sun City West, is flanked by his wife, Kay, left, and his mother, Ella Bailey. He received the charter for the new club after the potluck dinner.



*News-Sun
Photos by
Robert Filley*

Bill and Bea Merritt were guests of honor at the gathering in Johnson Center. He is president of the Travel Trailer Club of Sun City.

12/02



TAPPERS

A Short History

THE RHYTHM TAPPERS OF SUN CITY WEST was organized as a charter club for tap dancing in 1981, meeting in the R.H. Johnson Social Hall. They worked on several routines in 1982, and in the Fall of 1983 appeared in the Variety Show. In 1985 class moved to Beardsley Park Recreation Center. Lessons and practice were only once a week.

From 1983 until 1989 the club grew slowly but remained as one class meeting twice a week, with everyone learning the same routines at the same time. As the membership grew, so did the need for more room and for a new teacher and choreographer.



10

In 1989 the Club was fortunate to contract with a nationally known instructor, Nian Cadman. Lessons and practice were moved to the Stardust Theater stage when this new theater opened in March of 1989. In 1992, when the dressing room area was added to the back of the theater, both the stage and the back room were used for concurrent classes, a total of five classes, all being taught in the mornings. From the time Nian joined the group, a yearly show was added – a Christmas (Winter) Wonderland. In April of 1990 the Rhythm Tappers held their first “Dance & Dessert” social at R.H. Johnson Social Hall. In 1991 the name was changed to “Spring Frolic” and is, to this day, a yearly event.

'They want to be like us'

'Friendly' Soviets strive to copy U.S.

When the Sun City West Rhythm Tappers set out earlier this month to perform a three-week stint in the Soviet Union, they had no idea of what to expect.

They knew little of the likes and dislikes of the Soviet people. They didn't know whether or not the audiences would enjoy a tap-dance show, or even if they would understand and appreciate the music that accompanies the group's performance.

And, of course, they had no idea they would narrowly escape being a part of an attempted overthrow of the world's second most powerful government.

"If we would have stayed in the Soviet Union, I think we would have been protected by the Soviet people. We felt that close to them," says Debra Lowe, a member of the Rhythm Tappers and coordinator of the group's recent tour of the Soviet Union.

The Tappers staged three concerts during their three-week tour and left for home just 72 hours before a group of Communist hard-liners staged a coup.

Mrs. Lowe says she and her fellow performers saw nothing that would lead them to believe that an insurrection was pending. Just the opposite, says Mrs. Lowe.

See SOVIETS, Page 3

■ SOVIETS

"It clearly came across to us that these people would never go back to what they had," she says.

The people were "warm and friendly" and group members enjoyed their stay in the Soviet Union, she says.

"To watch them (the Soviets) walking down the street, you'd think they were very cold and distant because they would walk with their heads down and would not talk to anyone," recalls Mrs. Lowe.

"But they're not like that all. They're very warm and friendly and extremely loving people."

Mrs. Lowe says people may be adapting to their new-found freedoms very slowly, at least economically, but when it comes to art and music the Soviets hunger for Western culture.

"They seem to relate to us (United States) more than any other country. They want to be exactly like the United States," says Mrs.

Lowe.

Their audiences were enthusiastic and appreciative and, oddly enough, were familiar with many of the songs performed. For many Soviets, the Rhythm Tappers' performance may have been the first time they ever saw tap dancing.

"Everything they know about

America they learn through television," says Mrs. Lowe.

"You feel so sorry for them. They are poor, but they have tremendous pride," she adds.

"Even though they didn't have much money, people still bought us flowers. They really appreciated us and they wanted to show us their gratitude."

Club resurrecting ancient art

ROSEMALING:
Scandinavian peasant style of colorful designs

MUCE ELLISON
DAILY NEWS-SUN

1/15/2001

Rosemaling is an ancient art that may not immediately be familiar to the uninitiated.

The word derives from the ancient Norse and Goth languages. "It refers to painted decoration in Scandinavian peasant style that consists of colorful designs or inscriptions," says Webster's Third International (1966).

"Well, not quite," the 40 or so members of the Rosemaling Club at meets in the Kuentz Recreation Center in Sun City West could say.

The club also teaches *Bauernmalerei*, which club member Mil Westcott, who teaches it, translates as Bavarian traditional folk art, or German rosemaling.

"The German work has more stylized forms, bird and flowers, while the Norwegian art so taught here is more generally decorative curlicues and scrolls," she said.

The artwork is placed on woodenware crafted by others, generally by hand. It can go on wooden carved plates (Scandinavian) or on small jewelry or other objects (German).

"We paint on almost anything good," Westcott said.

The idea spread to the

Pennsylvania Dutch in this country in the early days of the Republic, and now appears on round decorative signs on many homes in the Amish and Dutch county in Pennsylvania and Ohio, said Elva Todd, one of the club's founding members back in 1980.

Rosli Masero was the main mover behind the rosemaling club and its only teacher at the time, shortly joined by Westcott, who took lessons from Masero, and began teaching in 1990 when Masero returned to Switzerland.

The folk art can be found in many museums in Europe and

elsewhere, and much of it represents a considerable investment of time, the club's women said.

Finished works are sold through the Village Store or at the annual fall Craft Festival, but the prices rarely represent a reasonable wage for the work involved.

On the other side of the club rooms, other women work on Scandinavian, or Norwegian, style decor. It varies by the part of Norway where it originated, said Dee Moum while working on an incised wooden plate.

A North Dakotan, she had

seen the finished work in homes, and had always wanted to try her hand at it, but had no time until retirement six years ago.

She spends 15 to 20 hours a week at the painting, "either here in the craft rooms or at home."

"My poor kids," she said. "Their houses are just full up (with craft work) and so is mine."

Moum said that the actual painting is about 10 percent of the work, with "the rest preparation, design transfer, wood surface primer and base coat and the like."

On a recent Monday, Lenore Gillespie, club president and a Norwegian specialist, was painting two flyswatter holders, of all things.

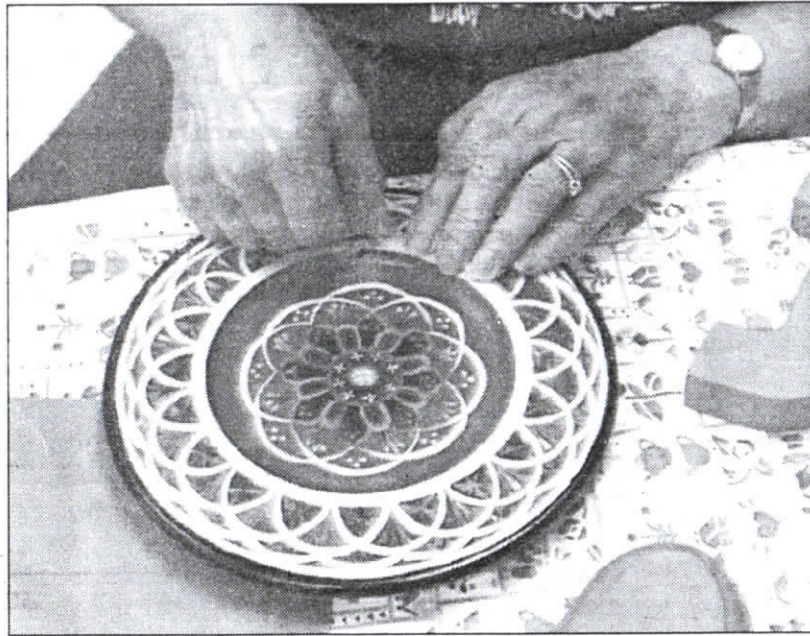
"Two because I have two daughters and they talk to each other, so if I send only one, and the daughter says, "Did you see what mom made?" the other one gets upset," she said.

She also said that in the Norwegian art, "we do the shading and blending and backgrounds as we paint, while the German art sees that done first on the wood, with the design added later."

Paints come from the old country, and are the same oils used by canvas painters.

The club's room in Kuentz is open Monday from 9 a.m. to 2 p.m., and beginners are welcome, said Norwegian instructor Mary Azzarello. Club dues are \$10 a year.

Additional information is available from Gillespie at 584-0681.



MOLLIE J. HOPPES/DAILY NEWS-SUN

Dee Moum uses her hands to work on a carved plate at the Kuentz Recreation Center. The plate is an example of the Norwegian Rogaland rosemaling technique.



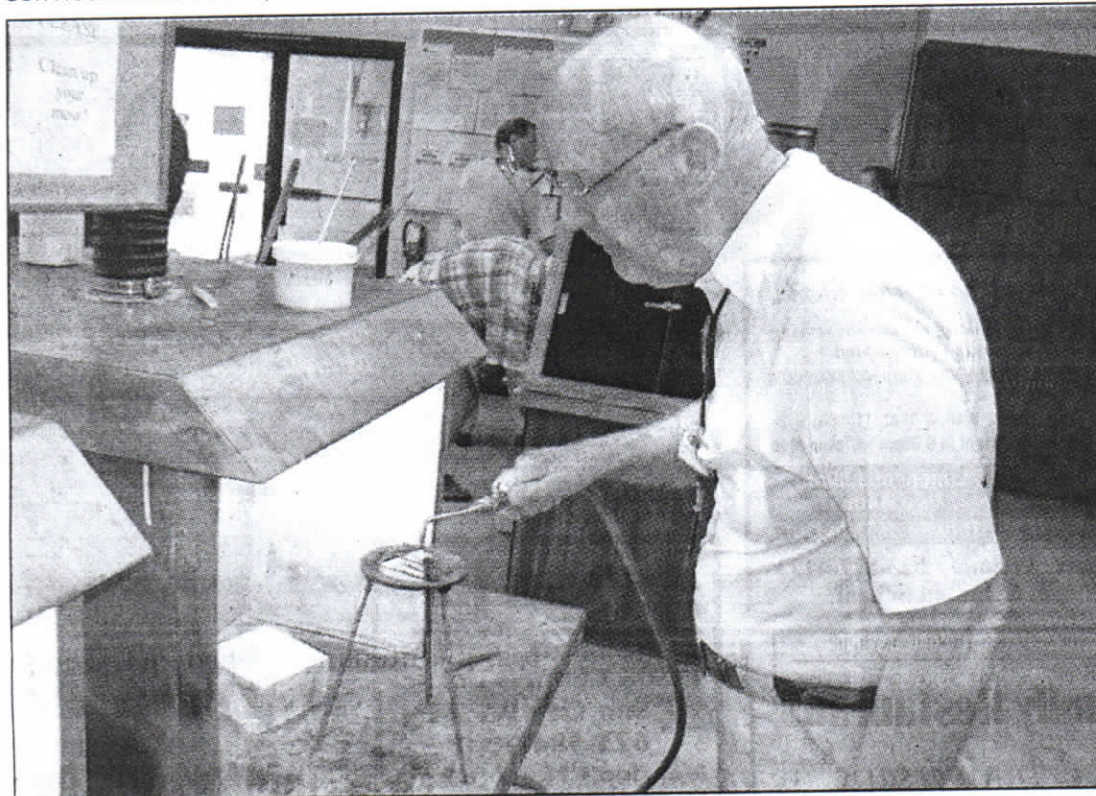
MOLLIE J. HOPPES/DAILY NEWS-SUN

Elva Todd shows off a chest she won in a drawing from the Rosemaling Club at Kuentz Recreation Center. Todd is one of the founding members of the club. She says her teachers painted the chest in the ancient decorative patterns of Northern Europe.



Photos by Erik Burg/Independent Newspapers

Arvine Laughlin, a member of the Toy-Ki silvercraft club, works on pieces for a necklace during an open workshop at R.H. Johnson Recreation Center, 19803 R.H. Johnson Blvd.



Ed Olsen solders a bezel to an earring.

Members of silvercraft club shine

While some clubs experience lean months when residents leave for the summer, the Toy-Ki silvercraft club at the R.H. Johnson Recreation Center, 19803 R.H. Johnson Boulevard, is busy all year round, said club President Chester Tomaszekiewicz.

With 451 members, Mr. Tomaszekiewicz said the club is second only to the computer club in participation.

"It's a members only class, but before starting, everyone must take a basic silver class," Mr. Tomaszekiewicz noted.

The club's hours are 8:30 a.m. to 3 p.m. Monday through Friday.

SCW residents raft with history

MARC BUCKHOUT
DAILY NEWS-SUN

John Stoops is at home on the water. A quick look at his Riv Rat license plate says as much.

"It's been a love affair for most of my life," said the 79-year-old Stoops, a Sun City West resident for the last 24 years.

A long-time canoeing enthusiast from his days in Missouri, Stoops was taken on a rafting trip upon moving to Arizona and has been floating down rivers ever since.

"I kid the hikers," he said. "They have to watch where they're stepping as they walk along, while I can just sit there and enjoy the scenery going by."

Stoops shares his enthusiasm with many as the rafting leader for The Sportsman's Club of Sun City West. With rafting season in full force Stoops and fellow rafters are heading out to destinations near and far.

On Tuesday Stoops was one of 16 group members that rafted down the Upper Salt River and he'll be back on Monday with seven more group members.

"People ask me all the time which is my favorite river and I always tell them my favorite is whichever one I happen to be on at that point," Stoops said.

Earlier this month (April 15) the group took a trip down with the Wild Rivers Expedition company on the San Juan River in Bluff, Utah. Cost for the rafting adventure was \$100 per person.

"My wife Harmony and I went last year and enjoyed it so much that we had to go again," Sam Pritchett said. "The trip we took is a 26-mile stretch from Bluff to Mexican Hat. You get to take some short hikes to

look at petroglyphs and then another to look at Pueblo cliff dwellings. The guides are knowledgeable about the history of the area and they serve you lunch."

Pat Rolfe, one of the board members for the Sportsman's Club, calls the trip down the San Juan River a good one for first time rafters.

"There isn't much white water," she said. "It's a comfortable rafting trip even for somebody afraid of water. Even if you couldn't swim I think you'd forget about it looking at the geology of the area. The archaeology and petroglyphs are so impressive."

Stoops, who has made the trip at least a dozen times over the years, said he never gets tired of the areas beauty.

"I'll be rafting as long as I'm

able," he said.

These day trips are just a warm-up for one of Stoops favorite trips. In May a group of 30 Sun City West and Sun City Grand members will enjoy a 6½ day rafting trip down the Colorado River in the Grand Canyon.

"The canyons are so beautiful and there are plenty of hiking trails to go on," he said. "I always take my camera and come back with some stunning photos."

Mort Frank, a Sun City West resident since 1997, will be joining Stoops on the May trip, which will be his third time down the Grand Canyon in the last five years. He has 1,000 pictures from last year's trip alone. This year, though, he'll be

See 'One of, C2

From C1

joined by his son Alan.

"I've done some rafting in the past but nothing compares to the trip in the Canyon," said the 66-year-old. "You can't be a wimp, you're going to get drenched at some point and you're going to be cold sometimes, but to lay

out at night when it's pitch black and to be able to see the stars so clearly, it's really beautiful. It's so peaceful and tranquil.

"People who see the Canyon from the rim or flying over in one of those planes don't really see the Canyon," he said. "You have to experience it from the inside. When you first get started there's a

little apprehension because the Grand Canyon has the highest rated rapids in North America, but once you're on the river a couple of days you get comfortable and you feel like a part of the river. On the sixth day it really hits you that tomorrow you won't be on the river any more and it's really kind of a sad thing. The trip is one of the most truly

wonderful experiences of my life."

For information on upcoming rafting trips contact Stoops at 584-2838, or simply attend a meeting of the Sportsman's Club of Sun City West, which take place at 1 p.m. the third Monday of every month at R.H. Johnson Recreation Center Social Hall West.



Sun City West residents view 800-year-old cliff dwellings nestled above the San Juan River in Utah. The side hike was part of a one-day rafting trip down the San Juan River, from the city of Bluff to Mexican Hat, Utah.

OVE

SCW



Sportsman's Club of Sun City West members take in the sites while floating down the San Juan River.

SUBMITTED PHOTOS

DAILY NEWS-SUN • SATURDAY, JAN. 18, AND SUNDAY, JAN. 19, 2003

THE GREAT OUTDOORS

SCW Sportsman's Club offers multitude of activities



SUBMITTED PHOTO

Hiking boots are recommended over tennis shoes, both for stability and for protection from cacti and other desert plants.



SUBMITTED PHOTO

Hikers in the SCW Sportsman's Club traverse First Water Trailhead in the Superstition Mountains.

OVER

MARC BUCKHOUT
DAILY NEWS-SUN

Retirement isn't a time to slow down, rather it means more time to play. At least that's the philosophy behind the Sun City West Sportsman's Club.

With a membership of more than 1,000 men and women — which makes it the second largest club in Sun City West — club members have an opportunity to take part in a gamut of activities.

The activities range from hiking to fishing, from bird watching to skeet shooting, rafting and a group called Big Wheels. The latter group sees Arizona from every angle as they take off-roading trips in high clearance vehicles.

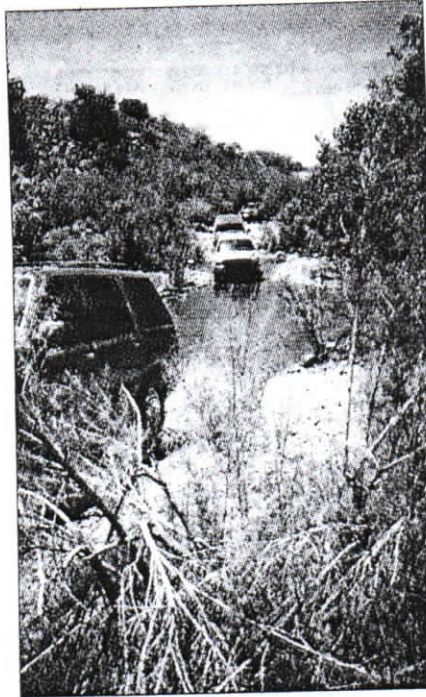
The Sportsman's Club also includes a travel group which takes trips to such destinations as Las Vegas and San Carlos, Mexico.

"The number 1 thing about the group is the camaraderie," said Bob Neill, who's been a member for most of the group's 21 years. "It's great for anyone that enjoys being outdoors and is willing to meet some terrific people. With the variety of activities available there's something for everyone."

The club meets the third Monday of every month for a general meeting in which all groups within the club come together. Meetings are at 1 p.m. in R.H. Johnson Recreation Center, Social Hall West, near the Sundome.

On Monday Scott Miller from Popular Sporting Goods will be the guest speaker. His presentation will focus on the basics for desert footwear and hydration. Also on the schedule is the election of a new president. The club is open to Sun City West residents with fees of \$4 annually.

"We have newcomers all the time," said Pat Rolfe, a board member for the Sportsman's Club. "At the same time we have members that are in their 80s that are still active in the group," the five-year member said.



SUBMITTED PHOTO

Big Wheels, part of the Sun City West Sportsman's Club, takes off-roading adventures. Here the group explores Cherry Creek, which is east of Lake Roosevelt and north of Globe.

Rolfe, who spends her time hiking and "Big Wheeling," said most groups schedule activities at least monthly, with some meeting more frequently.

Lew Schalm has been the head of the fishing group for the last five years. His group schedules events from October through May before taking the summers off.

"We take a number of three-day trips to places like Lake Alamo and Lake Roosevelt," he said. "On those trips we usually have 20 to 40 people. We get sponsors for a trip and put together a fish fry. The club has a deep fryer and I end up being the cook. We get some rolls and some salad, some other stuff, the only problem is we have to catch the main course."

Schalm — who explained that

UPCOMING EVENTS

Monday: Fly tying — Immediately following Monday's Sportsman's Club Meeting, those interested in fly fishing can attend a fly tying class in the roundup room at the Men's Club. Beginners and those with experience are welcome. The necessary materials will be furnished for \$2.

Tuesday: Big Wheels — High-clearance vehicle accessible trip on Butterfield Pass, Robbins Butte and Margie's Peak Trails near Gila Bend.

Tuesday: Trap/Skeet shooting — Group meets every Tuesday at the Ben Avery Clay Target Center.

Thursday: Hiking — B hike (easy/moderate) five mile loop west of Cholla Mountain, Cathedral Rock Trail, McDowell Sonoran Preserve, North Scottsdale area.

Feb. 4: Big Wheels — Four wheel drive trip to Coke Ovens via Battle Ax Trail east of Florence.

Feb. 5: Hiking — C hike (easy) three mile total Thunderbird Park, Glendale.

Feb 26-28: Fishing — Fish fry trip at Alamo Lake. A \$2.00 sign-up is required.

April 14-16: Canoeing and Rafting — San Juan River, north of Monument Valley. A one-day trip covering 28 miles of geology and the largest Kachina Plate in the Southwest, plus a cliff dwelling we will climb to. Raft trip is \$100 plus tip.

those interested in going on an outing sign up at the monthly meeting and then the group arranges carpools — said he has trips for all kinds of anglers.

"If you want to catch bass or crappie we go to Lake Mohave, Alamo, Pleasant, Roosevelt and Powell," he said. "If trout fishing is your thing we take trips to Big Lake in the White Mountains, or Woods Canyon and Willow Springs on the Mogollon Rim. Some of our trips we get hotels and then others we camp."

For those new to Arizona or fishing in general Schalm said he and other Arizona veterans are more than willing to get newcomers up to speed on what lines and lures work best in Arizona.

"We'll get them pointed in the right direction," Schalm said. "Everyone has a good time."

Group adopts highway

Club removes roadside trash

By TIFFANY MEANS
Daily News-Sun staff

SUN CITY WEST — Sportsman's Club members Monday hunted trash on a track of highway they are proud to call theirs.

Members of the Sun City West club removed chunks of tires, and startled a rattlesnake, along Grand Avenue from Litchfield Road to R.H. Johnson Boulevard.

"We thought Grand Avenue needed a little cleaning up. We filled two big dump trucks with bags of trash," John Stoops, Sportsman's Club vice president, said.

The club adopted the roadway through the Arizona Department of Transportation's Adopt-a-Highway program.

Although the program started in 1988, as of a year ago, no one had adopted any Phoenix-metropolitan highway area, said Tom Warne, assistant district engineer of District 1, ADOT.

Now, 26 non-profit groups, See Local, A5



Daily News-Sun photo by Mollie J. Hoppes

COMMUNITY PRIDE — Bob Plumb helps members of the Sportmen's Club clear Grand Avenue of debris. The local club has adopted a section of the highway to keep it garbage free.

OVER

-From A1

including the Sportsman's Club, have become responsible for about 50 miles of highway borders, he said.

The Sportsman's haul of two dump trucks of trash is average for a first-time collection. Second visits usually generate only one dump truck, Warne said.

Warne estimated that the state cost for litter pick-up from roadways is more than \$400,000 a year.

"Anything that these groups pick up is certainly benefitting us (Arizona) from a monetary standpoint," Warne said.

To encourage other groups to adopt a highway, as well as to reward those who already have, the state posts signs along the road announcing who has cleaned it, Warne said.

"People have a certain sense of pride about their section of roadway and it's wonderful. We have all kinds of groups, but the trend is community-minded people," Warne said.

Groups interested in joining the program may call Warne at 255-6584, who will provide information packets that explains the enrollment process.

The state provides a safety briefing, all materials, including safety jackets and plastic bags, and hauls the trash away. The group must agree to clean the highway at least twice a year, Warne said.

The Sportsman's Club is the first Sun City West group to adopt a highway. Bell Lions Club in Sun City is working on enrollment, Warne said.

For the Sportsman's Club, the project is an opportunity to repay services provided for them by the community, Stoops said.

The club also used the project as a chance to collect cans and bottles to donate to the Lions clubs, Stoops said.

"We ran onto one rattlesnake and it tried to get away as quick as it could," Stoops said.

The three-hour task was difficult, but members responded positively to the task they felt was worthwhile, Stoops said.

"We're happy to do it. The cleanliness of our natural resources and outdoor areas is very important to us," Joe Brenneisen, Sportsman's member, said.

Sportsmen plan club for SCW

1-4-80
Sun City West resident Karl F. Culler has called a Wednesday meeting of community residents interested in forming a SCW sportsman's club.

The gathering will take place at 9 a.m. at Johnson Center.

Culler indicated that the purposes of the club will be to promote outdoor activity, particularly camping, fishing, hunting, sport shooting and the like.

Additional information is available from Culler at 584-2950.

11-8-79

Buffalo Roast coming

Every year when the Sportsmen's club sponsors its annual Buffalo Barbeque, Justin Jed Smith gets the same question. "What does buffalo taste like?"

His standard response comes without reservation, "Buffalo tastes like the best beef you ever ate in your life."

The club is planning one of the biggest bashes ever Sunday at Heading Ranch with approximately 1,300 pounds of buffalo meat available.

"All the excess meat will be sold after the barbeque at \$2.50 per pound," said Smith, the event co-chairman.

The barbeque will be catered by Tom Sharp of Phoenix.

Entertainment for the picnic will be Arizona's official state ballet, the Ballet Folkorico of Guadalupe. Members of the ballet range from 3 to 16 years of age and all will be dressed in the traditional costumes of Mexico.

Similarly, all the dances will be authentic duplicates of the ballets performed at festivities in Mexico.

The barbeque will begin at noon at Heading Ranch, six miles north of Sun City on 99th Avenue. Price for the meal and entertainment will be \$5.50 per person.

Tickets may be obtained from Justin Jed Smith, 974-9870.

SCW Stamp and Coin Club

An organizational meeting was held last week in which the Sun City West Stamp and Coin club was formed.

Franklin Barnett, co-chairman pro-tem, told the group both stamp and coin collectors would meet together until additional members join.

Separate clubs eventually could be formed if a sufficient number of persons were interested, he said.

Annual dues were set at \$3 per member.

The group will meet 2 p.m. on the second and fourth Tuesdays of the month in Johnson Center arts and crafts room.

The next meeting, Jan. 22, will be conducted by chairmen pro-tem Barnett and Walter Herner. Election of officers also will be held.

Herner is expected to give a short talk on stamp collecting, while Karl Kluge will talk about coin collecting.

Seventeen members paid their dues at the organizational meeting and have been named charter members of the club. They are Walter Herner, Franklin

and Joan Barnett, Garland Lewis, Edward Hinske, Karl Kluge, Helen Gorzel, Charles Leh, Edward Lucas, Gunnar and Evelyn Langhus, Carl Wintrich, Ardith and Glenn Mochel, Evelyn Repko, and Marie and Matt Trzeciak.

For further information on the club, persons may contact Herner, 584-1026, or Barnett, 584-1212.

THE SUN CITIES SADDLE CLUB

SCW

Horses are a vital part of the history and folklore of the West. Many people who migrate here from the Midwest and East have a great desire to participate in horse riding activities or just to be around horses and horse people. The Sun Cities Saddle Club helps them to fulfill these desires.

The club has trail rides every Thursday from October to the end of May. Some members own their horses, and stable space is available at the Sun City Stables, located near the Agua Fria River bed, south of Bell Road at 115th Avenue. Most of our members rent horses from a veteran horse supplier, who delivers the horses by special rig, to trail heads all over the Valley.

Rides start from various places in the Valley, like Lake Pleasant, the

Superstitions, Estrella and McDowell mountains, and also in the Carefree, Cave Creek and Wickenburg areas.

Once a month the club has a special ride which will include a three-hour trail ride followed by lunch for the riders and non-riders at specialty eateries like Los Caballeros, Wickenburg Tennis Club, The Horny Toad and South Mountain Park.

The 4th Tuesday of each month the club has a membership meeting at 9:30 a.m. at the Wooddale Center, 9940 W. Union Hills Dr., Sun City. List of rides for the following month are distributed and new members are introduced.

Membership in the club is limited to residents of Sun City and Sun City West. Total number now equals 136,

of which 30-40% are from Sun City West, the number one source of new members. They are so enthusiastic.

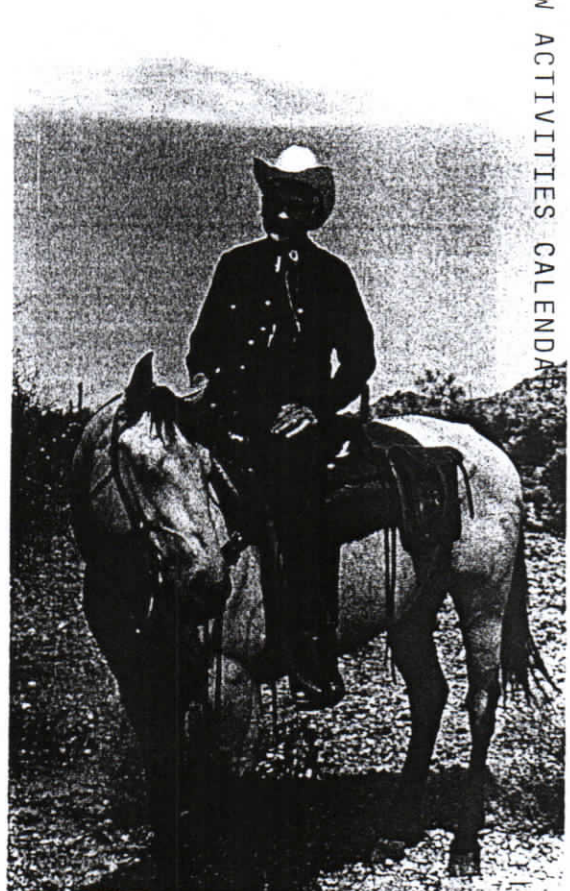
The riding season ends with a two-day outing in mid-May. This will feature an afternoon ride the first day, a dinner dance that night and a morning ride the second day. These events are held at resorts outside of our area — in Tucson, Payson, Prescott, Patagonia and Death Valley.

The club is truly Western — open, friendly, cooperative and our activities bring some members closer to their fantasies of being cowboys or cowgirls.

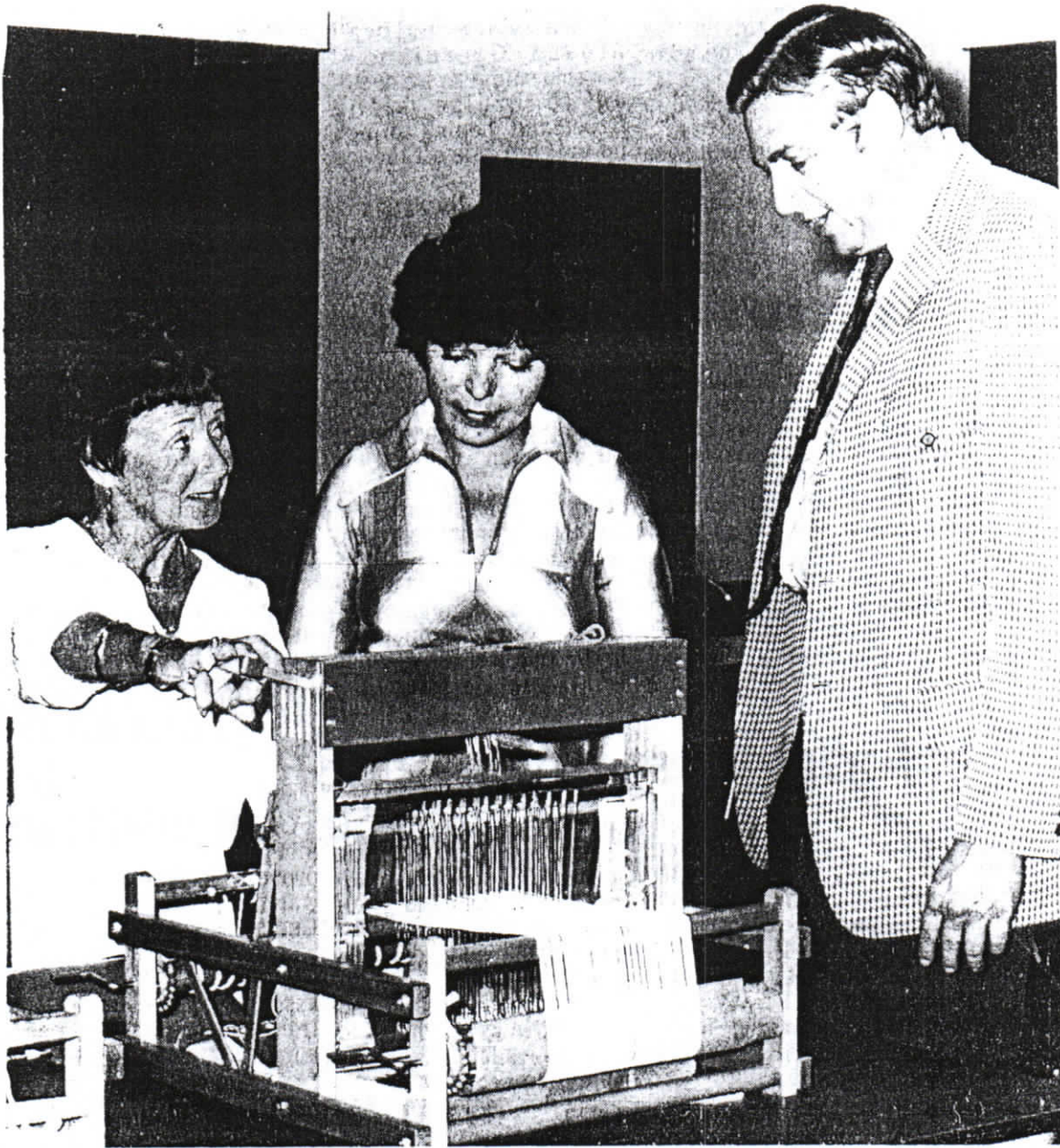
Residents wishing more information about the club should call Membership Chairman Lowell O'Grady (584-9596) or Secretary Dave Roberts (584-2607).



From left to right: Ann Jewett, Club Treasurer; Chuck Billingsley, Past-President; and Chuck McEndree, Parade Chairman on his famous horse, "Goldie."



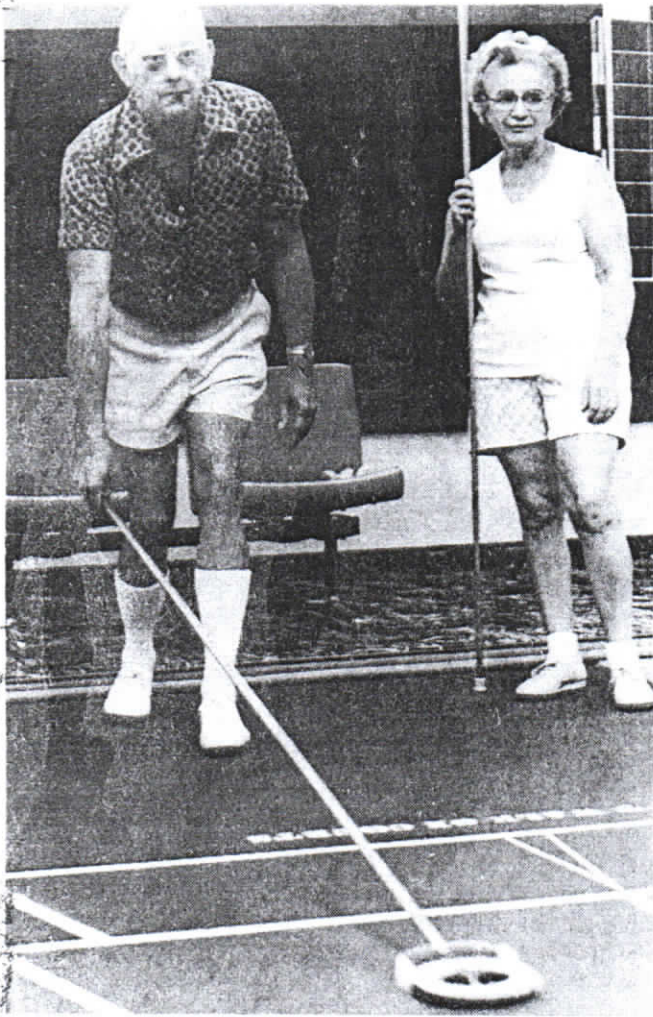
Sun City Wester Lowell O'Grady and his favorite horse "Powder" were captured enjoying a day at Estrella Park.

10-20-79

Look-see

Among the many visitors getting a look-see at Sun City West during Friday's first birthday open house were Marina Figueroa and David Parker, who learned about the operation of a hand loom from Sheila Long, hostess for Sun City West Weaving Club, at left. More pictures of the festivities in R.H. Johnson Center will appear in Monday's issue.

(News-Sun Photo)



CLUB ORGANIZED

SCW shufflers active on courts

Sun City West's Western Shufflers have become very active at the community's shuffleboard courts located at the Johnson Rec Center. The recently-organized club plays almost daily. Among those enjoying recent competition were Bob Kingslend and Cornelia Meusey, top left, Ruth and George Schuetz, top right, and, perhaps proving that shuffleboard not only requires physical exertion but also acute observation, Charles Visconti. (News-Sun Photos by Rick Smith)

The Western Shufflers — 160 strong — are off and running (make that shuffling) in Sun City West.

Originally started as the Sun City West Shuffleboard Club, the group now has officially organized and taken on the new name.

Club members will find courts reserved for their play at 1:30 p.m. each Monday, Wednesday and Friday, 9:30 a.m. Tuesday and Thursday and 6:30 p.m. Friday.

Round-robin competition is held each Wednesday

afternoon and again on Friday evening.

William Halfter is available for instruction at 9 a.m. each Monday except the first Monday of the month when a club meeting is held.

The shufflers meet and compete at the courts located in the Johnson Rec Center facility. Information about membership and play is available from Robert Porterfield, club president, 584-1598, or Shirley Meindle, secretary, 584-1079.



Table service

SCW residents deliver wins in Utah

By JONATHAN DALTON
Daily News-Sun staff

SUN CITY WEST — Jo Splistiser clenches her paddle as she speaks, unwilling to let its familiar feel stray far from her right hand.

She and the paddle have spent considerable time together, including a recent journey to the World Senior Games in St. George, Utah.

Splistiser won gold medals in both singles and doubles table tennis, and earned a silver in the mixed doubles with Henry, her husband of 20 years.

This game bears little resemblance to pingpong, a backyard pastime throughout the country.

Sure, the table is the same size and still is green, and the ball is still the same.

But the strategy involved — planning two or three shots ahead based on the kind of rubber an opponent has on his paddle — is unheard of in a backyard tilt.

"The first thing you do in a competition is check your opponent's paddle to see what kind of rubber they use," Jo said. "If you don't do that, you don't know what's going to be coming."

"If you're thinking attack, you can almost sense your opponent will hit a ball that you can drive."

The paddle is everything in table tennis. Jo said her paddle cost close to \$85, including \$20 for each slab of rubber.

This scenario is much different than the one Henry faced when he started playing in 1943.

Henry was in an Army hospital and played a couple of hours every

'This was a big attraction because the tables are right there and you can play anytime. No place in the country has facilities like this.'

Jo Splistiser

morning and afternoon. In time, he became more interested in other sports, and enthusiastically returned to table tennis only when health problems forced him indoors.

"I played tennis most of the time," Henry said. "Table tennis was something if we could get a few of the guys together. I've probably played more since we came out here six years ago than I had all the previous time added up. It's been enough to fill in. All I miss is the activity, the aerobic part of playing tennis."

Jo started playing table tennis after her first husband passed away, and was immediately enamored with the sport.

She married Henry in 1973, and it was he who suggested she take some lessons. Jo went to clinics where she would play six hours a day.

When Jo, 63, and Henry, 75, played together Henry would spot her seven points. That handicap was soon abandoned.

In 1986, the couple moved to Sun City West from Maryland. Not surprisingly, the table tennis room at the R.H. Johnson Recreation Cen-

ter was one of the main reasons.

"This was a big attraction because the tables are right there and you can play anytime. No place in the country has facilities like this," Jo said. "Besides, Washington, D.C. was too hot and wet in the summer, and too cold and wet in the winter. We came out in the hottest part of the summer and had no problems with it."

And the rec center has never been the same.

Between them, Jo and Henry have 21 medals from Senior Olympics competition in Maryland and Arizona. Henry has more trophies on the mantel than Jo, 19 to 15, but he diversified and earned accolades in tennis and race walking as well.

Amazingly, the table tennis is only one part of an extensive fitness regimen. Henry said they fast-walk from their house to the rec center two miles away, make a few circuits of the par-fitness course, then return home. They also are in the weight room for two hours twice a week.

In part for them, the rec center has singles play on Saturdays and Sundays where only doubles play had previously existed.

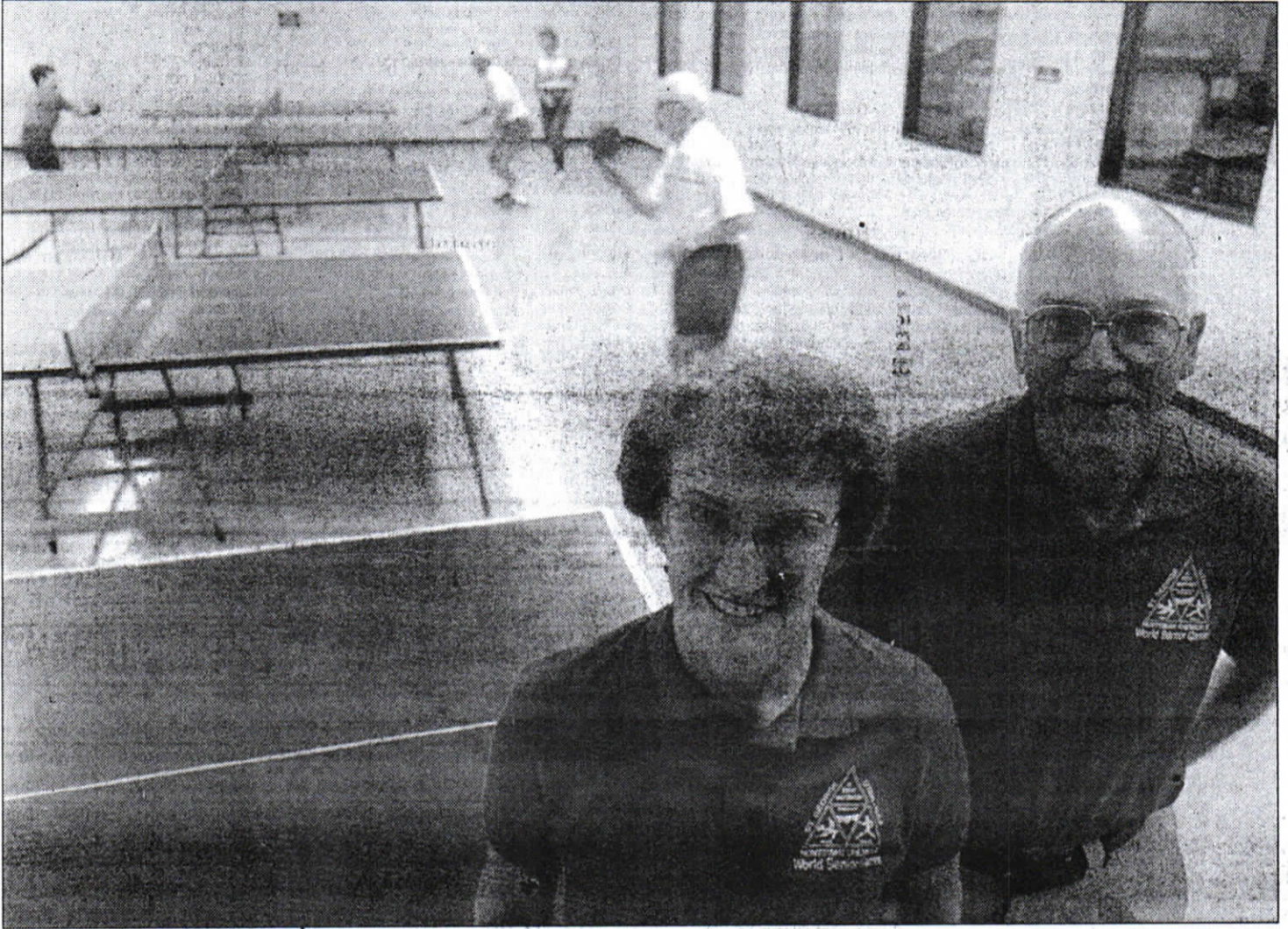
"Doubles doesn't really help you for singles," Jo said.

"Singles is so much quicker, you don't have time to think, just react," Henry said.

"In doubles," said Jo, "all you really have to do is get out of your partner's way. Our games have improved a lot with the singles play over the past six to eight months."

SCW

Winning look



Stephen Chernek/Daily News-Sun

Jo Splistiser, left, won gold medals in singles and doubles table tennis at the World Senior Games and earned a silver in mixed doubles with Henry, her husband of 20 years.

MCS

SUN CITY WEST
WOMEN'S
SOCIAL CLUB



Kuentz Recreation Center
546-4236
Monday thru Friday
9 a.m. to 4 p.m.
Saturday
10 a.m. to 4 p.m.

The purpose of this club is to provide an umbrella of various activities under which women of SCW will have the opportunity for social companionship.

PLEASE JOIN
US!

*Do You want to:
Enjoy a friendly card game?
Learn a friendly board game?
Enjoy lunch with new friends?
Join a circle of new friends?
Receive a quarterly news-
letter outlining fun activities?
Help out on a committee
hosting the Toys for Kids or
Appreciation Breakfasts?
Or just plain have fun?
We would like you to join us.
We are looking for new
friends too!*

General Meetings:

*February, April,
September & November.
2nd Tuesday
9:00 a.m.
Palm Ridge Recreation
Center.*

*Refreshments
&
Entertainment.*

Membership:

*Open to all women
who have a home in
Sun City West.*

Special Socials



Socials w/different themes are planned for members enjoyment. Sometimes it is a light supper or a Sunday Champagne Brunch followed by open card & game playing. Occasionally guests are invited to join us. Fun is always in the air.

SCW

Spring Luncheon & Holiday Luncheon

Held once a year at another location to accomodate members and guests.

Games



Thursday afternoons are set aside to teach new games and a "game of the month". A good way to meet new friends and an opportunity to learn and teach your favorite game. No partner required.

Salad Luncheons



Members and their guests are invited to enjoy a potluck salad luncheon every month. An amazing display of food always makes this activity a great event.

Friendship Coffee



Join us for a cup of fresh brewed coffee on the last Thursday of the month. An orientation program will be presented. Your questions are welcome.

No Partner Progressive Bridge



Every Tuesday at
12:45 p.m.

Santa finds local helpers

SUN CITY WEST CLUBS: Woodworkers enlist help on Christmas Toy Project from tole artists, sewers

KATY O'GRADY
DAILY NEWS-SUN

Through a collaboration of talent, three groups of Sun Citians ensured some lower-income children celebrate a more joyous Christmas this year.

Sun City West Woodworking Club members have undertaken the festive effort for a few years, and this year were joined by members of the Sun City West Tole Artists and the Rip 'N' Sew Club of Sun City West.

For Christmas this year, the woodworkers hand-crafted more than 600 wooden toys to donate to various organizations that will pass them on to area children who are less fortunate.

"I took on this project five years ago," said Gene Nieman, club director and Christmas Toy Project chairman. "Now I have about 10 guys" helping out.

Aside from Nieman, the nine woodworkers who participated this year are Max Soldenwagner, co-chairman of the Christmas Toy Project; Frank Aukerman, George Mundt, Jack Trager, Sam Uren, George Lewis, Ed Campbell, Bob

Olsen and Joel Forrest.

The woodworkers created the toys throughout the year to ensure

they had enough for the various groups, which this year include the Westside Food Bank, Sun City West Sheriff's Posse, Nadaburg School, Dysart Unified School District and Clinica Adelante.

"Each year, I try to get different names to give them to," Nieman said.

Included in the toys are 60 cradles Campbell made.

Campbell and the woodworkers found ready help in the Tole Artists who, led by President Liz Hamilton, painted the cradles and small rocking-horse toys. Members of the Rip 'N' Sew Club, with President Virginia Caldwell, also jumped right into helping by cutting and assembling comforters and pillow sets for the cradles.

"We have about 600 toys for the kids," Campbell said. "Among that are 60 doll cradles that were more of a community project than the other

toys. I personally made 60 of those doll cradles."

About two years ago, Campbell started his effort to ensure the woodworkers had something for girls by making about 20 cradles. He made about 30 last year and doubled that for this Christmas.

"The first year, I did it because people we gave the toys to said, 'You don't have anything but for boys,'" he said.

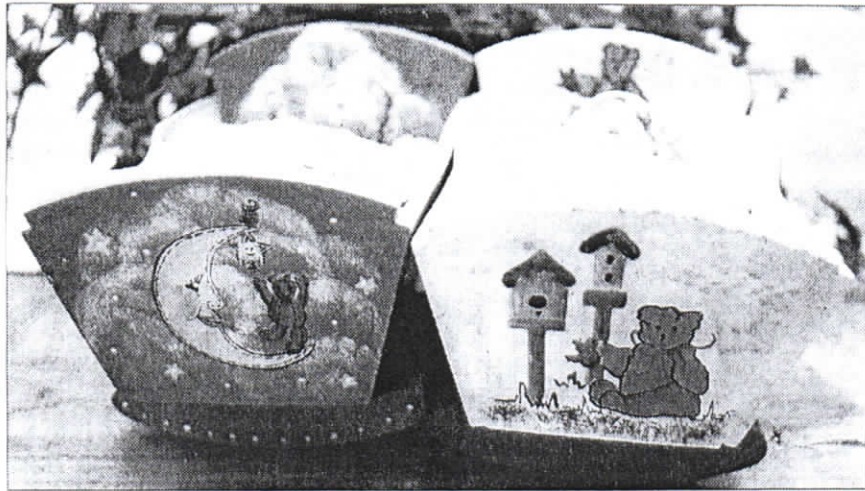
Campbell said it took him about 75 hours to make the cradles.

"My wife and I, through a special price that Walgreen gave us, bought 60 dolls to put in the cradles," he said.

For the last two years, Adam's Cabinets West has donated wood for the toys and Woodworker's Source has donated wheels.

"This is a community project by the wood shop, the tole painters and the sewing club," Campbell said.

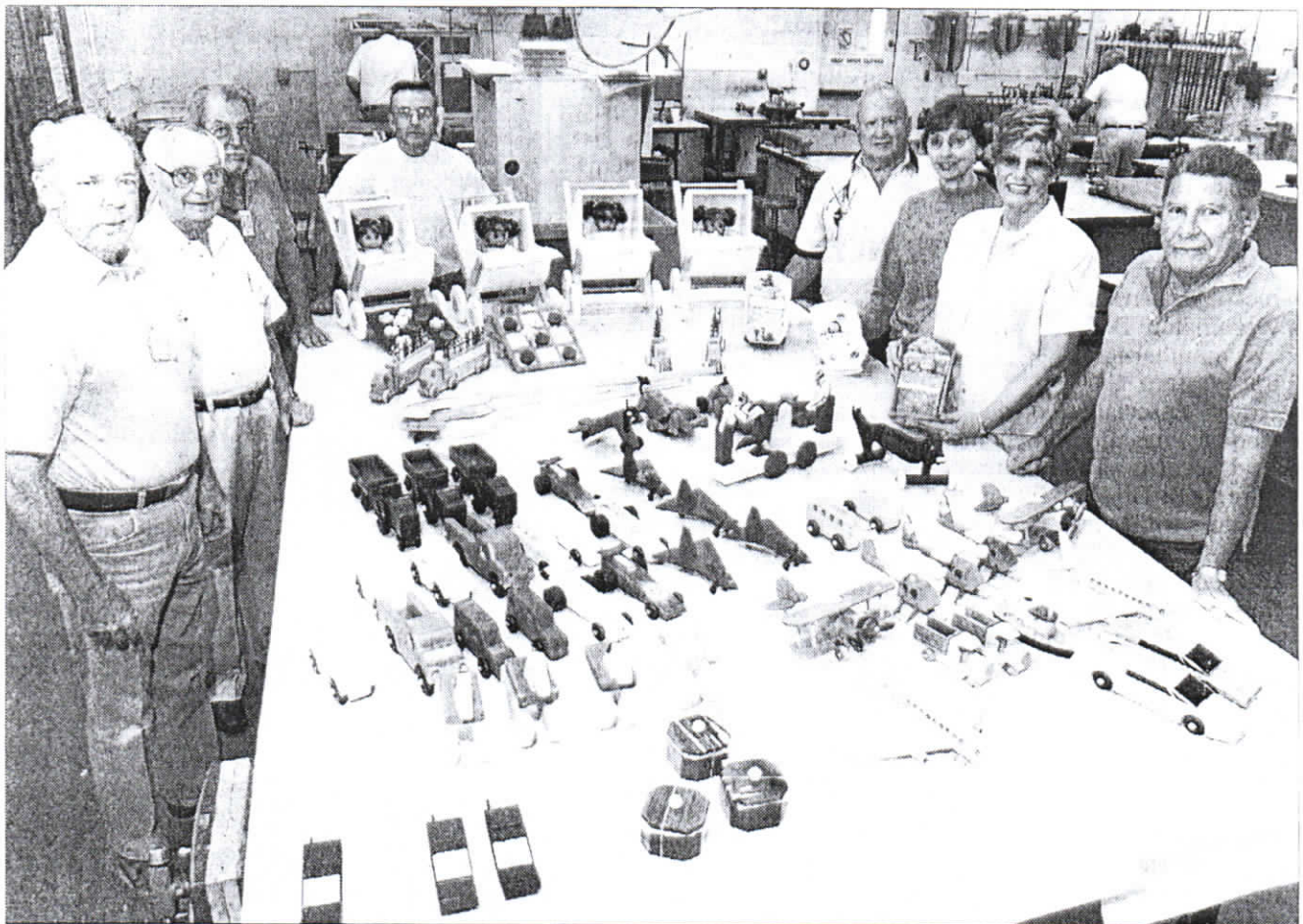
OVER



SCW

JOY LAMBERT/DAILY NEWS-SUN

Sixty cradles like these were made for needy children through the combined efforts of the Sun City West Woodworking Club, the Sun City West Tole Artists and the Rip 'N' Sew Club of Sun City West.



MOLLIE J. HOPPES/DAILY NEWS-SUN

Bob Oisen, left. Joel Forrest, George Mundt, Gene Nieman, Ed Campbell, Liz Hamilton, Virginia Caldwell and Jack Trager made these toys for needy children. Hamilton is president of the Sun City West Tole Artists, Caldwell leads the Rip 'N' Sew Club of Sun City West, and the men are members of the Sun City West Woodworking Club.

Daily News-Sun • Monday, Oct. 30, 2000



LISA GOETTSCHE/DAILY NEWS-SUN

Max Soldenwagner, Chuck Johnson, Frank Aukerman, Ed Campbell, Ed Littell, Jack Trager and Gene Nieman, members of the Sun City West Woodworking Club, spent hundreds of hours chiseling and painting 500 wood toys for donation.

Hard work is child's play

ERIN SELIGMAN
DAILY NEWS-SUN

In a nearly windowless industrial crafts building in Sun City West, Santa's helpers work furiously all year to make toys for children of low-income families.

Built with the sweat, love and pride of 13 members of the Woodworking Club of Sun City West, the 500 handmade masterpieces completed for this Christmas are durable, require no batteries and are very well-made.

"They really do make some wonderful toys," said Gene Nieman, club chairman and coordinator.

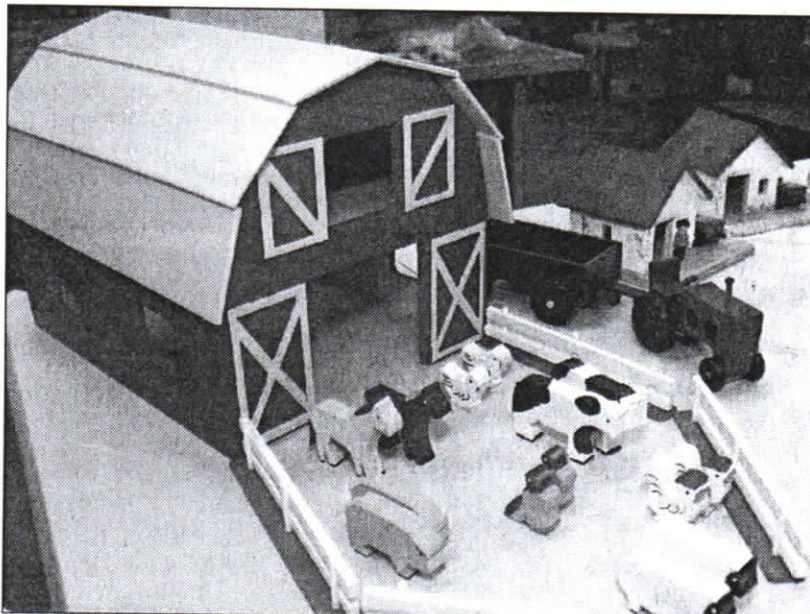
Nieman said the baker's dozen volunteered roughly 3,000 hours on this year's holiday task.

Shined and prepped for Santa's sleigh, the toys include Model T cars, a barn with various animals, rocking horses and baby cradles, all designed by their makers and built from a simple slab of wood.

This isn't the first time Sun City West resident Jack Trager, who built 15 pull toys this year, has given his time to make children happy. He recalled his time in the Navy when members of every division would donate money to buy toys, clothes or a nice dinner for children living in nearby orphanages.

"I just feel it's the same thing," he said of the club's toy program, now in its fourth year.

This year, for the first time,



LISA GOETTSCHE/DAILY NEWS-SUN

The Sun City West Woodworking Club constructed a menagerie of farm buildings and animals that can keep a child busy for hours.

the woodworking club's holiday spirit convinced other groups to help further the mission. Members of the Sun City West Sewing Club made blankets for the baby cradles. The ladies of the Tole Painting Club used their artistic skills to brighten up the cribs and rocking horses. And the Woodworkers Source and Adams Cabinet donated supplies.

Helping Santa distribute the toys this year will be volunteers at Westside Food Bank, Interfaith Services, the Sun City West

Sheriff's Posse, Sun City West Fire Department, Dysart preschoolers and Centro Adelante Campesino in Surprise.

"It's really a good program," Nieman said, adding of Santa's little helpers, "These guys really worked hard on the toy projects. They deserve a lot of credit."

The 13 toy makers are part of Woodworking Club of Sun City West, which boasts more than 800 members. Open to all Sun City West residents, the club requires \$25 in annual dues.

THE WESTER Thursday, August 19, 1999

Woodworkers make toys for children

By Dorothy steck

The SCW Woodworking Club is building its supply of wooden toys for Christmas for needy children in surrounding communities. "Last year over 200 wooden toys were given away, and the projection for this year is 400," according to Gene Nieman, chairman of the Christmas Toys Project. Nieman started the project and has been working on it for the past three years.

Since last February, the Woodworkers have been steadily sizing, cutting, and completing a wonderful variety of toys. One workshop table was completely filled with finished boats, dump trucks with a moving dumper,

puzzles, airplanes, and cars. Specially made for girls are dollhouses and brightly painted cars with a lady bug logo on each. Bob Olsen said all his grandchildren are girls and so he knows how much the girls' toys will be appreciated.

Woodworkers Jack Zook, Bob Olsen, George Mendt, Ed Littell, Max Soldenwaggner and Walt Creamer are eager to talk about, and take great pride in, what they have created by volunteering their time and talents.

While the woodworkers have donated their time, other organizations have donated some of the

See **WOODWORKERS**, Page B4

WOODWORKERS: Make toys for children, from Page B1

materials, Wheel and axle pegs were donated by Woodworkers Source store on Black Canyon Highway, and American Wood Mark Cabinets in Phoenix made wood donations.

In November the Woodworkers committee will decide exactly what toys will be given to which organizations. Last year the club donated toys to the Posse, SCW Fire Dept., Westside Food Bank,

Interfaith, SCW Women's Social Club, and to the Dysart School District for distribution to migrant pre-schoolers.

Nieman commented, "Even though it's been hard work, it's been a lot of fun, and the kids enjoy it. What we really appreciate are the letters we receive from the children who get the toys for Christmas."



The SCW Woodworkers take a break from making Christmas toys for the needy. Shown are (back row, l. to r.) Max Soldenwagner, Walt Creamer, Bob Olsen and Ed Littell. (Front, l. to r.) Gene Nieman, chairman of the project, and George Mundt. Below Ed Littell lines up the wooden toys that move and roll, cars and boats.

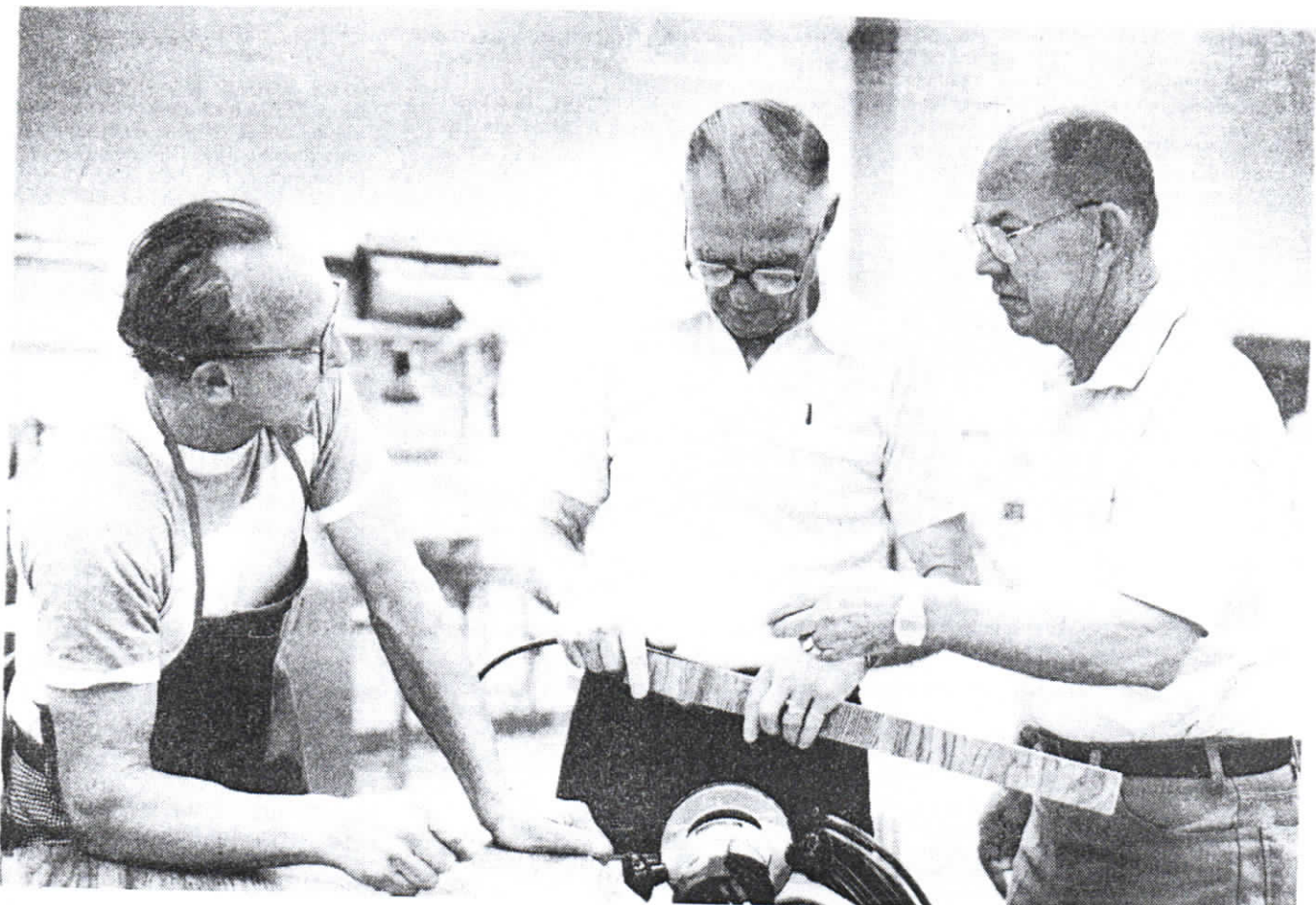
Photos, Dorothy Steck



Sun City West Woodworking Club carves own niche



Ken Russ is building a pine-wood rocking horse for a neighbor.



Shop monitor Thomas O'Lear, left, and Vern Willert, center, help Fred Waters solve a problem that's come up with the moulding for cabinet doors he's making for his garage.

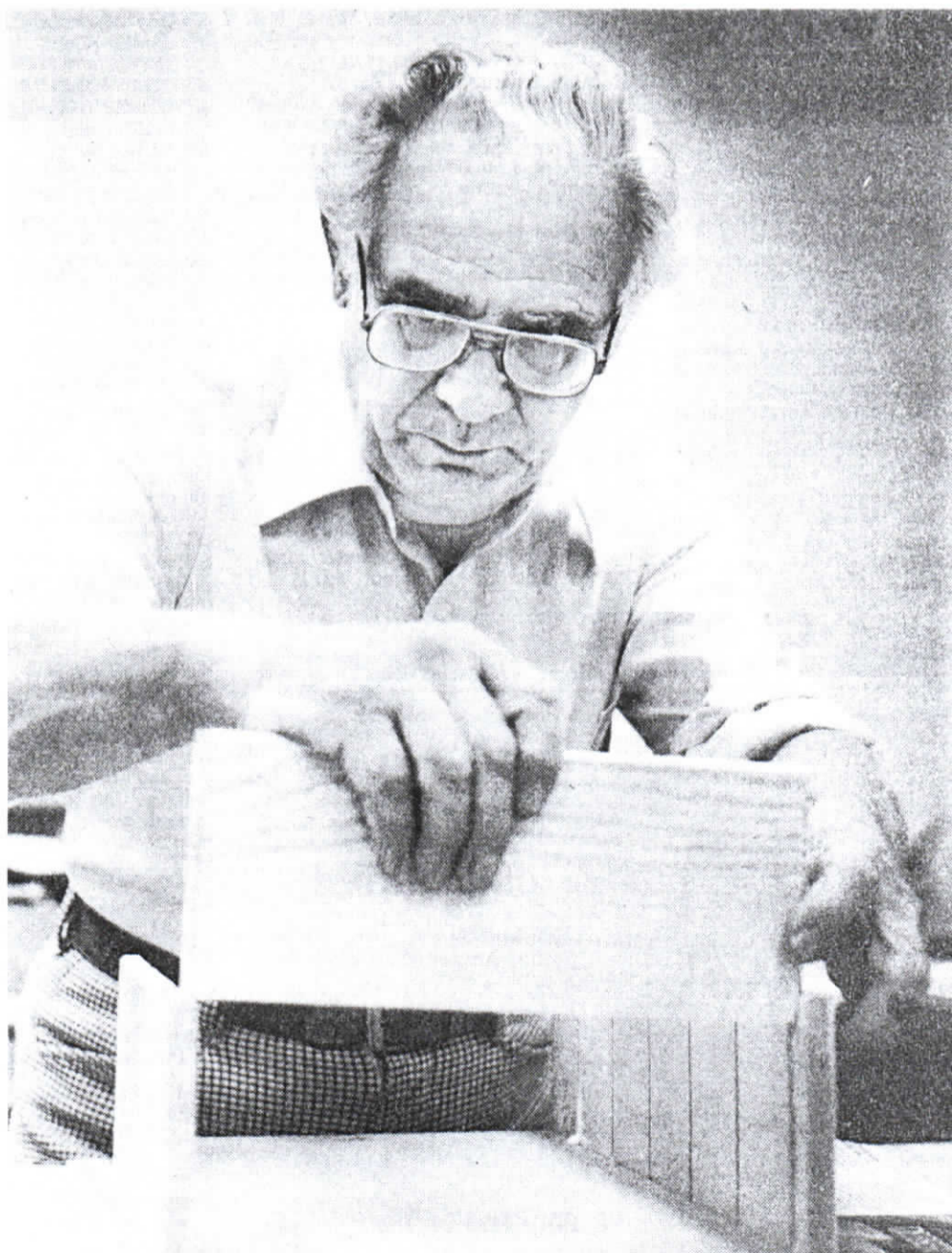
OVER

SCW

Founded in 1979, Sun City West Woodworking Club now boasts 300 members and has a roomy workshop in the back of Johnson Rec Center. An initial fee of \$10 for a required safety course and a \$5 annual membership dues gains a new member access to nine major woodworking tools, including band and table saws, planers and lathes. The shop is open from 8-4 weekdays, except Tuesdays which are reserved for the training course and business meetings held the first Tuesday of each month in Johnson lecture hall.



Hanafan uses another lathe to shape a maple dowel which will become part of a hanging bookshelf he's making for his wife.



Morris Weingarten assembles a drawer for a sewing cabinet he's making for his wife.