

THEATER

Theatre West presents fall play 'The Foreigner'

Two more productions coming this season

The Theatre West board announced its fall play, "The Foreigner," which will run Tuesday, Oct. 24 through Sunday, Nov. 5.

Tickets will now be sold at the R.H. Johnson Recreation Center, 19803 R.H. Johnson Blvd., box office beginning Monday, Sept. 11, 8 a.m.-3 p.m. Monday-Friday. Tickets can also be purchased online at www.suncitywest.com.

Theatre West meets the third Tuesday of every month from September through April at the Stardust Theater, located at the Kuentz Recreation Center, 14401 R.H. Johnson Blvd. Membership is \$5 for residents of Sun City West. Members and their invited guests are welcome to at-

tend the meetings.

The board's first meeting is 1:30 p.m. Tuesday, Sept. 19. Two skits will be performed — "Unleashed Dreams" and "Counterfeiters," written and directed by Priscilla Ebright, a new member to Theatre West. These two plays won the Lebanon (Pennsylvania) Community Theatre, One Act Playwriting competition based on a specific theme.

Theatre West is always looking for Sun City West residents, who are rec card holders, who might like to grace their stage or help with productions behind the scenes. Find out more by calling Jenny Kaupu, Ambassadors and Readers Theatre leader, at 623-584-8563 and Ruthann Peirona, new program chairman, at 602-708-2412.

Among the season of plays are "The Foreigner," "The Jury" and "The Odd Couple" (female version).



Pictured, from left, are Theatre West officers President Jamie Gunyuz, Secretary Pamela Gunyuz, Treasurer Fran DeWell and Parliamentarian Rosemary Dougherty. Seated are the new board members, Program Chairman Ruthann Peirona, Membership Chairman Craig Lee and Publicity Chairman Mary Lee. Not pictured is Vice President Judy Ross. [Submitted photo]

Indep Aug 23, 2012

Handi-Capables

Of Sun City West, AZ



The Handi-Capables Club is a non-profit organization to assist people with handicaps to remain active and useful, leading happier.

The club meets at Beardsley Pool on Mondays, Wednesdays, and Saturdays, from 9:00AM to 10:00AM, doing water exercises, practicing water therapy, or swimming in the reserved swimming lane.

Handi-Capables members are also invited to our Tuesday evening dinners (each pays own). We enjoy a good dining experience with friends.

Visit our web page:
<http://www.scwclubs.com>
under Health & Fitness
go to Handi-Capables

Web page categories include:

- Main Page
- Organization
- News
- Activities & Costs
- Calendar
- Class Album
- Dinner Album
- Facility
- Physical Therapist
- By-Laws
- Other Related Websites

For more info, call our club
president, Jack Takaht at
(623) 584-5313 or send mail to:

Handi-Capables Club of Sun City West
Beardsley Rec. Center
12755 Beardsley Dr.
Sun City West, AZ 85375



More than 100 people attend the Automotive/Restoration Club groundbreaking ceremony for the John S. Chaney Restoration Center Saturday. [Tina Gamez/Daily News-Sun]

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NEWS IN BRIEF

Auto club breaks ground for restoration center

By Tina Gamez
DAILY NEWS-SUN

The 500 members-strong Automotive/Restoration Club has finally broken ground on its new auto restoration building after experiencing some setbacks.

"We're really glad this day is here," said Cindy Knowlton, recreation manager for the Recreation Centers of Sun City West. "It's really appreciated by all the community. It's going to be a great asset to the association."

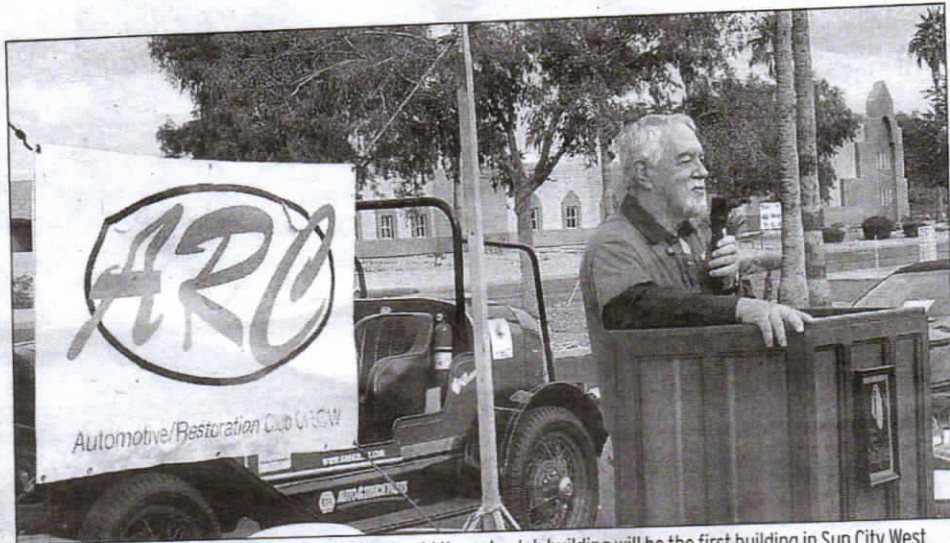
The groundbreaking Saturday for the John S. Chaney Restoration Center on the parking lot near the Men's Club of the R.H. Johnson Recreation Center turned out more than 100 people including members of the rec centers board and staff, and because it was on the parking lot, dirt was brought in for the ceremony.

The Recreation Centers of Sun City West approved the building idea in early 2013, and the original plans were for a 13,200-square-foot building that would include a showroom, paint booth and classroom. ARC would have needed to raise \$1.3 million.

But due to lack of contributions, the project was scaled back to just more than 6,000 square feet. Club founder Herb Clark said it will be built in phases with the first being the restoration center, second phase the showroom, and third the classroom.

"This will be the first building in Sun City West that is totally funded by its members," Clark said. "We're pretty proud of that."

RCSCW General Manager Mike Whiting said when officials first heard about the



Automotive/Restoration Club founder Herb Clark said the auto club building will be the first building in Sun City West that is totally funded by its members. [Tina Gamez/Daily News-Sun]

project, "I thought, 'I'm not sure this is going to work. But as we talked to them and saw how enthusiastic they were about this project, it became very apparent that this group was going to do good things.'"

The John S. Chaney Restoration Center is named after Suzanne Jones' dad. Jones is the club's treasurer and her husband, Tom Jones, is the president.

Chaney was an active member before he died. Suzanne said family came from out of town for the groundbreaking ceremony. "I'm so excited because this is what we worked for. It's really coming to fruition. . . Dad would be very proud."

Governing board member Diane Cheney said it's "probably the best run club I know anything about. They have handled everything magnificently since they began." Cheney added that the auto club wants to be independent. "They want to pay for this themselves. That was an



Tom Jones, the Sun City West Automotive/Restoration Club president, holds his grandson, Shane Harris, while they wait for the new club restoration building groundbreaking ceremony to begin Saturday. [Tina Gamez/Daily News-Sun]

amazing thing to find out, and I hope it sets a model for other clubs."

The rec centers' project superintendent was expecting the new plans from the architect on Monday after which Larry Griffith said they will be put out to bid. A contractor needs to be selected before a permit will be granted by Maricopa County.

"One of the forms that you submit to the county, is sup-

plemental information on the contractor," said Griffith. "That's one of the things that holds us up on the final permit process."

He said five contractors that have showed interest in the project.

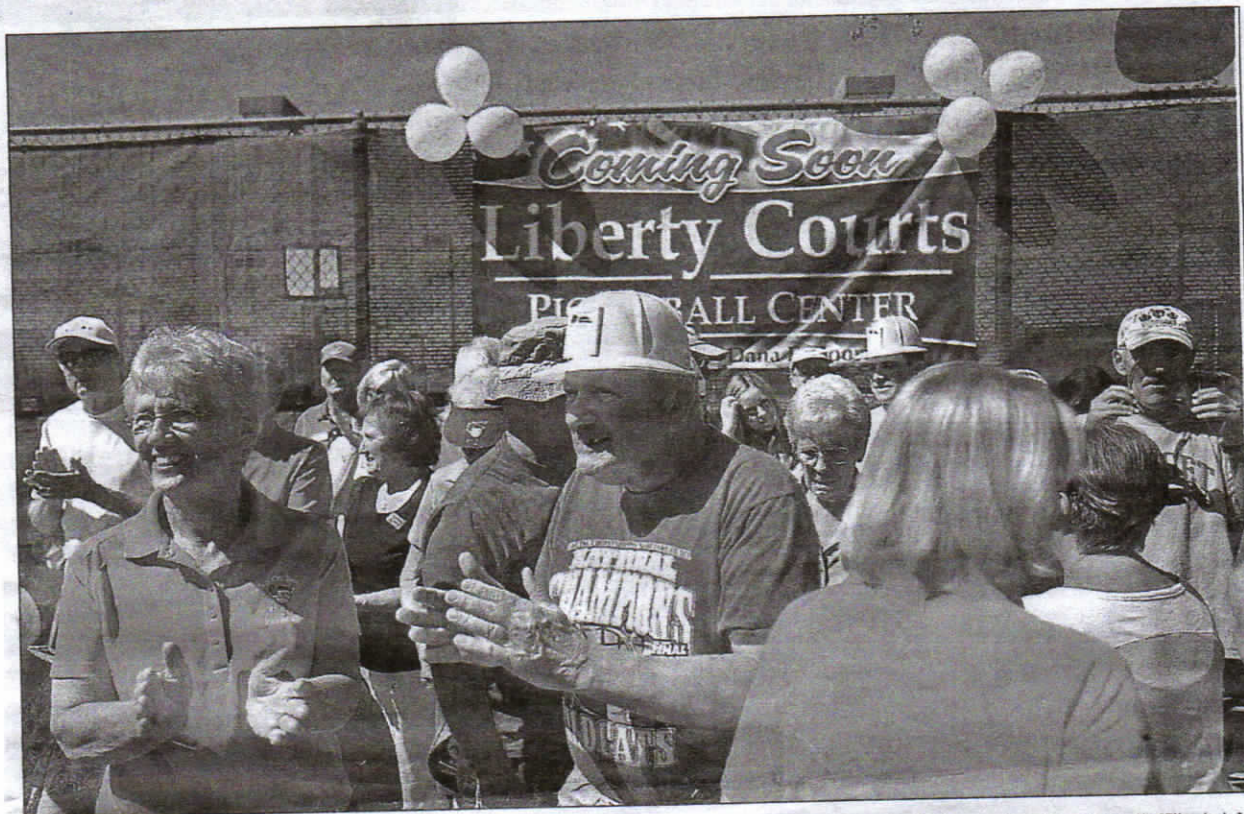
The club is still raising funds for the building. To donate, make a pledge, or learn more about the Automotive/Restoration Club, visit <http://restoration.scwclubs.com>.

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SUN CITY WEST



Some four months after ground was broken to construct new pickleball courts in Sun City West, the surfaces are expected to be ready for play next month. [File photo]

Pickleball Club contributes \$93,500 to new courts project

STAFF REPORT

The Sun City West Pickleball Club recently voted to add an additional \$23,500 to its financial commitment for the new Liberty Courts-Pickleball Center construction.

Originally pledging \$70,000 to the Recreation Centers of Sun City West, the club members agreed to a total of \$93,500 for the project.

Scheduled to be completed in early February,

the new center will be an 18-court facility with a post-tension concrete surface and state-of-the-art lighting, providing a venue for resident pickleball players and future Sun City West homebuyers.

Larry Ott of Larry Ott Realty, a major sponsor of the Pickleball Club's V-club volunteer program, said "many of the new home buyers in Sun City West fit the pickleball profile. They are ready to enjoy their new home in

the Arizona sunshine and to get outdoors for fun activities and healthy exercise. Because Sun City West now has a premier pickleball facility, Arizona residents from other area communities are also relocating here to Sun City West."

The year 2013 was a year of growth for the club, he said.

"We started the year with 696 members and will finish 2013 with over 835 members," said club president

Ken Holtz. "(It was) a tremendous year full of activity and 2014 should bring many more members."

The entire Sun City West community can use the new Liberty Courts center. Even though the club is helping to fund its construction, the facility will be the property of the RCSCW.

For information about the Pickleball Club, visit its website www.scwpickleballclub.com, or call Holtz at 623-215-5854.

General Information Chartered Clubs

SCW

1. **Agriculture Club:**

January 1, 1993 there was a division of the Garden Plots Club forming what is known as the Agriculture Club. Their purpose is to share their knowledge of gardening, horticulture, cultivation and harvesting.

2. **Arthritis Club:**

Involves participation in a program of limbering and stretching movements, gentle controlled isotonic and isometric movements in the water. The program is conducted year round.

3. **Basketeers:**

Brings together a group of persons interested in basket making for the purpose of developing a hobby and enjoyment through participation. The Club is just one of many that participate in the annual craft fair.

4. **Bocce:**

The purpose of the Club is to make the sport of Bocce available to the residents of SCW, to teach the game and to provide social activities for all Club members. The Club participates in an annual Intermural Program with Sun City and Sun City Grand.

5. **Bowling Association:**

They promote bowling and bowling interest by working with the Recreation Center and Bowling Lanes' Management to create an environment designed to sustain a high level of fellowship and friendly competition.

6. **Bunco Club:**

Dice game with the object to reach 21 points at the head table - the highest total of points wins at each other table.

7. **Calligraphy Club:**

This Club brings greater recognition of the art of calligraphy to the public, provide a forum for discussion and exchange of ideas and to teach the art of calligraphy. The Club adds flair to writing. Their classes renew old art.

8. **Canasta West:**

Meet to enjoy the game of Canasta.

9. Canine Companions:

An organization who has a mutual interest in owning and caring for a companion dog, where they can come together to share interests and undertake activities to provide mutual benefits and pleasure. Have had guest speakers about therapy dogs that are used for visiting nursing homes and hospitals.

10. Ceramics:

Had a craft display at the grand opening of R.H. Johnson Recreation Center in 1979. Their craft display drew many laudatory comments for its beauty and professionalism.

11. Clay Club:

The Club puts out a quarterly newspaper called "Mud Times" (President's Message). They have a window display at the Club sight and flyers describing the Club can be picked up at the visitor center. Shirley Lacey and John Knox attend Summer College learning new firing techniques, which they bring back to share with all the members of the Clay Club.

12. Club Espanol:

This Club performs a valuable community service in that they help SCW residents in their ability to communicate with their Hispanic neighbors.

13. Coin and Stamp Club:

In the fall of 1994 the Club sponsored a contest to design a special cachet to commemorate the opening of the new Sun City West Post Office. (A Cachet is a design or inscription on an envelope to commemorate a postal or philatelic event. A prize of \$50 was awarded.

14. Computers West:

Assists all members in educational training and development of their knowledge in usage and enjoyment of their computer systems. The initial membership roster indicates the Computer Club started with 39 members and has grown to over 3,400 members.

15. Copper Cookers:

It's a Club to learn, enjoy and participate in arts and craft activities of metal enameling (as well as other related crafts using metal & glass) to promote the ancient art of enameling on metal.

16. Country Western Dance:

The Club promotes fellowship, entertainment and sociability through country western dance and by providing instruction for such.

17. Creative Silk Flowers:

1996 the Club had an exhibit of some of their silk flowers at the Del Webb Hospital. The Club brings people together who are interested in active participation in developing skills in creating silk flowers and in artistic arrangements of these flowers.

18. Creative Stitchers: Promotes cooperation and interchange of ideas among the members who are interested or engaged in needlework. They maintain high standards of design and techniques in needlework as well as providing educational opportunities for members.

19. Crestview Bicycle Riders:

Provide members exercise and fellowship through bicycle riding. They meet daily, riding anywhere from eight to fourteen miles.

20. Cribbage:

The Club plays cribbage competitively for recreation, enjoyment, good fellowship and enhancement of card playing skills.

21. Dancing Arts Club:

Name changed from Ballet, Modern Dance to Dancing Arts Club.

In November 1999 the Club had a fund raising show called "Holly Follies."

The Club Provides classes by qualified instructors in Ballet, Modern Dance, Hawaiian, Irish Step, Tai Chi Chaun and Belly Dancing.

22. Encore Needle and Craft:

Nearly 3000 attended the 5th anniversary celebration of the establishment of the Recreation Centers of Sun City West, Inc. The members of Encore Needle and Craft graciously served as the hostesses. The manner in which Club members performed is a clear reflection of the pride placed on being a member of the Club and community.

23. Encore Round Dance:

The Club promotes fellowship and recreation activity among interested residents of SCW and to provide instruction & opportunity to practice the art of round dancing at all levels.

24. Energetic Exercise:

The Club works to improve the health and well being of people of SCW.

25. Fitness Club:

The Club promotes good health through a program of exercises taught by certified instructors and choreographed to music and fellowship of its members.

26. Five Hundred Card Club:

The Club brings together residents interested in playing five hundred on a regular and continuing basis.

27. Friends of the Library:

Organized to operate on a non-profit basis to promote, support and enrich the services of the Library. Assist the Library staff and provide financial assistance.

28. Garden Club:

Promotes interest and disseminate knowledge of gardening and horticulture. Club divided and a % of the Club became the Agriculture Club.

29. Handi-Capables:

A Club for SCW residents who have lasting and recurring disabilities.

30. Hillcrest Ballroom and Dance:

Promotes interest in Ballroom dancing and social activities.

31. Hot Shots Billiards:

A group of men that promote competition among Billiard Players.

32. International Dance & Social:

Promotes fellowship, entertainment, sociability and dancing to International music.

33. Johnson Lapidary:

Dedicated craftsmen working with gemstones producing beautiful jewelry that is displayed at the R.H. Johnson Recreation Center. They provide instruction in the art of lapidary work and provide facilities for the improvement of lapidary skills.

34. Johnson Lawn Bowls:

A group of people that promote and encourage game of mixed open lawn bowling, good sportsmanship and competition.

35. Karaoke Club:

This is the latest Club to receive a charter. The participants sing and entertain in a Karaoke style on a weekly basis.

36. Kiva West Duplicate Bridge:

This Club conducts duplicate bridge games.

37. Latin Ballroom Dancing:

The Club promotes interest in Latin and Ballroom Dancing and social activities.

38. Leather Carvers:

This Club promotes a general interest in leather art. To implement this purpose they provide instruction in leather crafting and make available equipment and supplies for projects. Beautiful purses wallets etc. is available at the Village Store.

39. Line Dancing:

Provides instruction in line dancing 3 times a week.

40. Mac Cro Knit:

Brings together people interested in learning to macramé, knit and crochet for the purpose of enjoying these crafts.

41. Maj Jongg Club:

A game of Chinese origin usually played by four persons with 144 dominolike pieces or tiles marked in suits, counters and dice, the object being to build a winning combination of pieces.

42. Men's Club:

They exchange ideas and information for informal discussions to promote and encourage active interest in SCW activities.

43. Metal Club:

They made mail boxes and signs for the Recreation Centers. Help residents of SCW repairing or making new their old treasures and keepsakes. Spirit of sharing their Club and members talent to better the community. ✓

44. Mini Golf:

They promote good fellowship among its members, set up proper rules of play for its members and to plan and administer tournaments.

45. Mis-Cues Billiards:

Purpose is social, also to promote and maintain friendship and associations of its members.

46. Model Railroad:

Promote interest in railroading, both model and prototype and to provide members with the opportunity to:

- a) develop and expand knowledge
- b) meet, discuss and experiment with new development in model railroading.

47. Musicians:

Advance all forms of music as an activity for interested members.

48. One Partner Bridge:

Gather together and enjoy playing bridge.

49. Organ & Key Board:

Promote enjoyment of those who play organ and keyboard to meet together to share their talents and for those who do not play but enjoy hearing these instruments played.

50. Palo Verde Patchers:

Encourage and foster the art of Quilting in all forms. In 1983 Palo Verde Patchers generously gave to the Recreation Centers a beautiful and magnificently crafted quilt depicting SCW life style.

51. Pan Card Club:

They provide a facility to bring together members interested in playing Pan on a regular basis.

52. Photography Club:

Photographs displayed in the administration building. The Club does what it can to advance photography, videography and digital imaging as a means of personal expression and to fulfill the needs & interest of SCW residents in these fields of endeavor. They provide:

- a) Planned programs
- b) Contests.
- c) Interaction with other camera clubs
- d) Workshops
- e) Discussions

53. Pinochle:

The Club's purpose is to play Pinochle on a regular and ongoing basis.

54. Porcelain Painters:

Promote the art of Porcelain painting by the means of providing training, classes, necessary equipment, advise and support.

55. Racquet Club:

Known as Racquet Association until name changes to Racquet Club in 2000. 15th annual SCW Swing into spring tennis tournament held April 2000 with over 250 expected participants. ✓

56. Racquetball / Handball:

Promotes interest in the Racquet sports of table tennis, platform tennis, and tennis. Provides the opportunity for all members to learn and improve their play.

57. Recreational Vehicle Club:

This Club fosters and promotes interest in the enjoyment of Recreational Vehicles by its members. They provide opportunities to:

- a) Participate in social, recreational and informative gatherings.
- b) Engage in-group travels to destinations of interest.
- c) Exchange information on operational practices, mechanical problems and solutions & preventive maintenance procedures related to RVs.

58. Rhythm Tappers:

The Club promotes interest in tap/jazz and dance through instructions.

59. Rip n' Sew:

Fabricated the curtains for the new Strike Zone Eatery as well as for the Crooked Putter. Special aesthetic appeal is a testament of competency and talent of the members.

Published a cookbook the end of 1995.

60. Rockhounds West:

Collect, study, exchanges and exhibits rock and mineral specimens. Give the opportunity to develop and expand educational relationships.

61. Rosemaling:

A decorative work of Norwegian Folk origin consisting of painted or carved floral designs as on furniture or woodwork.

62. Saturday Ladies Contract Bridge:

63. Saturday Night Gamesters:

Games played, Pinochle, Bridge, and Mah Jongg

64. Sheepshead:

Bring together members interested in playing Sheepshead on a regular and ongoing basis.

65. Shuffleboard West:

Promotes fellowship, sportsmanship and wholesome entertainment for its members through organized play. Were once called Western Shufflers, the members at that time were 173, which was in 1979.

66. Singles:

Provides members an opportunity to meet, socialize and engage in recreational, community and civic activities on a regular basis.

67. Softball:

The Club promotes slow pitch softball for exercise and recreation in an athletic environment designed to sustain a high level of fellowship, sportsmanship and friendly competition.

68. Sportsman Club:

Chartered 3 times, first on Feb. 25, 1980, 2nd Charter July 18, 1995. The last Charter was granted Jan. 14, 1999. The initial membership for 1999 was 744. ✓

69. Stained Glass:

Magnificent job designing and fabricating stained glass panels for the Strike Zone Eatery and Crooked Putter adding a distinct element of class to the restaurants. ✓

70. Stardust Theatre Council:

Provides a common medium through which Clubs in the performing arts may coordinate events and resolve mutual problems.

71. Sun West Art Club:

Bring together a group of persons with a wide range of art experience, talents and desire for the enjoyment & development of a greater appreciation of art.

72. Theatre West:

Consists of residents interested in any or all phases of Theatre and participation in play production: to provide acting, training and experience. Presenting theatrical productions for the community choosing plays that will provide wholesome quality entertainment for the community.

73. Tole Artists:

Promotes interest in tole and decorative painting, offering opportunities for artistic self-expression, creative satisfaction and friendship through member participation.

74. Toy-Ki Silvercraft:

Provide instruction in the art of Silvercraft skills to include "space metal," brass, copper, gold and silver. Provide facilities for the improvement of such skills and learning. "Toy-Ki" is an Indian word which somewhat translates into "a flat-headed tribe who work with silver, or something to that effect."

75. Tuesday Contract Bridge:

Play mixed partner contract bridge.

76. Water Fitness Club:

Name changed from Turf and Surf in 1999. In 1996 there was an eight-week study of eight women ages 59 to 77. Aqua-fits spent 2 mornings a week for this study. After exercising they were pre & post tested as to strength, muscle and body composition. The study group was please with the results. Some of the women doubled the strength in their legs, went down a size, felt better and slept better.

77. Weavers West Guild:

Dedicated to the promotion of skill in hand weaving and spinning for all interested members of SCW. Achievement of this goal is pursued through sponsoring of lectures and programs maintaining a Club library, conducting classes and workshops, exhibits, public meetings and other activities designed to make comprehensive knowledge, inspiration and support.

78. Western Horseshoe:

Originally called Western Ringers. They make the sport of horseshoes available to Recreation Centers members, they teach the game and promote social activities. SCW took 1st and 2nd place with a 16-12 win over Prescott on Jan. 26, 1997.

79. Westerners Square Dance:

Promotes fellowship, entertainment and sociability through square dance and providing instructions in the various dance levels.

80. Westernaires Chorus:

The Club enables SCW residents to enjoy singing choral music and to perform concerts within the general area.

81. Women's Social:

This Club provides an umbrella of various social activities and social companionship. Every year the members host Toys for Kids program in December. This is the time for all the people in SCW to donate a toy for the children in the area who might not get a holiday gift. These women deserve a lot of credit for hosting this fabulous program.

82. Woodworking:

Operate a woodworking club and shop for the benefit & enjoyment of its members in the furtherance of woodworking skills. Promote fellowship-emphasizing safety in woodworking and in the operation & use of tools & powered machinery.

83. Yoga:

Promotes physical and mental well being through the practice of Yoga with the emphasis on gentle stretching, exercises, and diaphragmatic breathing and relaxation techniques.

Recreation Centers of Sun City West, Inc. Current Charter Club Contacts 20

<u>Club</u>	<u>Contact</u>	<u>Phone</u>	<u>Date Chartered</u>	<u>Initial Membership</u>	<u># of Members</u>
1. Agriculture Club	Marge Holt	214-0931	10-2-87	77	77
2. Arthritis Club <i>READERS club</i>	Robert Keeney	546-2111	8-27-86		155
3. Basketeers Club	Bonnie J Harais	214-1923	4-11-86		142
4. Bocce Club	Donald Richards	214-1280	4-87		1241
5. Bowling Association SCW	Kenneth Pavlik	214-8637	7-18-84	624	625
6. Bunco	Dot Nolan	975-3281	11-11-91	60	131
7. Calligraphy West	Magi Mueller	546-1826	11-20-89	50	142
8. Canasta West	James K. Hawley	546-4718	3-30-81		104
9. Canine Companions	Marjorie Piston	546-3646	3-10-94	114	321
10. Ceramics West	Leslie Knox	584-0578	2-6-80		387
11. Clay Club	Russ Neal	975-1309	10-11-85	126	197
12. Club Espanol	Christine Stelter	546-9687	12-15-80	63	106
13. Coin and Stamp Club	Ken Aldridge	975-4376	1-21-83	34	81
14. Computers West	Carl Elitz	214-1744	4-13-84	39	3417
15. Copper Cookers	Harry Reupert	214-8587	3-3-80	32	117
16. Country Western Dance	Richard Dreyer	546-9344	2-12-93	88	168
17. Creative Silk Flowers	Barbara Lewis	584-8434	12-15-80		76
18. Creative Stitchers	Mary Oster	546-0739	4-27-94	40/50	66
19. Crestview Bicycle Riders	Donald Molgaard	214-5881	9-22-81	90	103
20. Cribbage	Ron Ford	975-2132	1-15-93	75	33
21. Dancing Arts Club	Bobbie Sherrie	584-6731	5-30-91	58	56
22. Deer Valley Men's Golf	Edwin "Ed" Thill	214-7185	1-14-94	178	525
23. Deer Valley Women's Golf	Evelyn Ward	584-0259	1-14-94	77	265
24. Desert Trails Men's Golf	Bill Decker	546-9624	3-95	157	316
25. Desert Trails Women's Golf	Gail M. Vorreiter	214-7523	1995 11/21/94*	56	226
26. Echo Mesa Men's Golf	Willard Smith	546-4452	5-18-87		299
27. Echo Mesa Women's Golf	Mary Carlberg	975-9676	5-12-87		112
28. Encore Needle & Craft	Beverly Sheppelman	214-1158	3-3-80	53	129
29. Encore Round Dance	Paula Macon	546-9492	12-3-79	63	83
30. Energetic Exercise	Eileen Laorr	214-6945	10-1-79	65	237
31. Fitness Club	Carlos Wilson	584-5911	2-83*		921
32. Five-Hundred Cards Club	Elaine Mason	546-3375	3-19-90	65	121
33. Friends of the Library	JoAnn Dauer	214-9170	2-7-80		143
34. Garden Club	George Chott	546-6659	12-13-79		137
35. Golf Council	Alan Hick	584-1536	1-27-94	154	166
36. Grandview Men's Golf	Frank Joloiff	214-0785	1-13-86		505
37. Grandview Women's Golf	Joyce Darnell	584-7017	11-8-85		200
38. Handicapables	Dick Sheets	975-0715	8-20-84	186	175
39. Hillcrest Ballroom Dance Club	James E. E. Morgan	546-9497	11-5-79	208	206
40. Hot Shots	Lee Winters	584-4684	3-21-90	50	66
41. International Dance & Social	Anna Besmer	214-0875	1-8-98	120	408

* No record of charter date - Date shown is when tax ID # was received. Per Kathy, Rec Centers office

Recreation Centers of Sun City West, Inc. Current Chartered Club Contacts 2001

			membership		
			Charter	Initial	Current
42. Johnson Lapidary	Robert Lloyd	546-3890	10-18-79 -		224
43. Johnson Lawn Bowls	Jim Clark	214-9187	3-80*		256
44. Karaoke Club	Stan Braff	546-4217	5-22-00	58	99
45. Kiva West duplicate Bridge	Arthur Solkey	214-6281	12-15-80	52	587
46. Latin Ballroom Dance	Ernie Brothers	214-4804	5-20-94	59	182
47. Leather Carvers	Ronald Thayer	546-2755	12-29-82 -		93
48. Line Dancers	Liz Kinsella	214-8600	9-10-93 -	50	504
49. Mac Cro Knit	Nancy Nelson	214-8650	2-16-82 -	63	76
50. Mah Jongg	Pauline Wittert	214-6841	12-9-83 -	80	73
51. Men's Club	Jack Pleger	546-0549	5-7-80	108	554
52. Metal Club	Thomas Lynch	214-5654	5-6-87		515
53. Mini Golf	Edward Prezenignyi	214-2470	4-21-87	70	125
54. Mis-Cues	Nyla "Mic" Waite	584-8557	3-31-89	50	109
55. Model Railroad	Sherwin Kaplan	584-5853	11-2-84		69
56. Musicians Club	Janet Hochstatter	546-4167	1-12-84	76	201
57. One Partner Bridge	Ron Roose	544-4011	10-4-79 -	42	266
58. Organ and Key Board	George Powell	546-6922	11-1-81 ✓	70	398
59. Palo Verde Patchers	Betty Meyers	546-4801	6-5-81 ✓		160
60. Pan Club	Betty Rae Young	544-7264	5-17-88	55	26
61. Pebblebrook Men's Golf	Bill Vorriter	214-7523	5-11-89		494
62. Pebblebrook Women's 18'ers	Carol Lauterbach	546-9962	10-31-79 -	51	167
63. Pebblebrook Women's Niners	Becky Figgins	584-0621	11-3-81 ✓		91
64. Photography West	Gaither Randall	546-4927	1-21-80	100	574
65. Pinochle	Letha Berg	975-9107	12-11-79 -	62	86
66. Porcelain Painters	Rose Mary Knapp	214-9175	3-24-86	61	50
67. Racquet Club	Jack Stanfield	214-2277	10-19-79 -	59	708
68. Racquet/Handball Club	Glenn Melvey	546-9055	3-9-94	57	95
69. RV Club	Nikloas Brown	546-4165	1-27-81 ✓	61	444
70. Rhythem Tappers	Joann Henson	214-0937	6-16-82 =		224
71. Rip & Sew	Virginia Caldwell (1 st Vice President)	214-1331	2-6-80		415
72. Rockhounds	Thomas Horton	214-6110	11-20-79 -	74	142
73. Rosemaling	Lenore Gillerpie	214-0681	11-9-83 -	27	44
74. Saturday Ladies Contract Bridge	Jane Larsen / Bev Temple	975-1298 / 584-2010	6-25-85	50	111
75. Saturday Night Gamesters	Ray Raker	544-1170	'95-'96? 8/6/97*	81	96
76. Sheepshead	Jerome Kies	975-1933	11-3-88		50
77. Shuffleboard West	Lillian Sabourin	584-8595	11-19-79 -	173	64
78. Singles	Lois Liberty	975-5399	11-28-80		81
79. Softball	Ken Skinner	546-8983	3-9-87		256
80. Sportsman's Club	David R. Thomas	546-2323	2-25-80		857
81. Stained Glass Club	Jack Sebring	214-8317	8-27-85	88	223
82. Stardust Ladies 18'ers Golf	Geraldine Wells	584-6543	11-23-82 -		163
83. Stardust Ladies Niners	Jean Hudson	214-0441	9-16-98	82	77

**Recreation Centers of Sun City West, Inc.
Current Chartered Club Contacts 2001**

				<i>membership</i>	
				<i>Initial</i>	<i>Current</i>
			<i>CHARTER</i>		
84. Stardust Men's Golf	Dick Lauterbach	546-9962	2-28-83 ✓		365
85. Stardust Theatre Council	Sig Hjermsstad	584-5591	12-29-88		5
86. Sun West Art Club	Rita Kramer	214-1472	9-27-79 ←		390
87. Theatre West	Vera Keeler	584-3165	9-23-80	134	339
88. Tole Artists	Liz Hamilton	214-0896	12-4-87		42
89. Toy-Ki Silvercraft West	Sam Heller	546-2855	9-26-79 ←	35	515
90. Trail Ridge Men's Golf	Bob Zickau	975-9377	10-18-89	50	469
91. Trail Ridge Women's Golf	Marta Smith	214-4899	2-5-90	26	137
92. Tuesday Contract Bridge	Elaine Mason	546-3375	11-8-79 ✓	79	119
93. Water Fitness Club	Tiger Tague	546-3926	8-7-80	228	533
94. Weavers West Guild	Carol Kennedy	546-6245	5-23-80		117
95. Western Horseshoe	Basil (BJ) Queen	214-7765	2-8-84		33
96. Westerns Square Dance	Jim Hardwick	546-4428	9-79 ←		357
97. Westernaires Chorus	Dean Peel	546-1509	2-2-81 ✓	54	99
98. Women's Social Club	Millie T Smith	546-8328	12-3-79 ✓	143	1268
99. Wood Working	George Wildridge	546-6904	1982? 2/2/83*		853
100. Yoga	Bob Milne	214-6912	10-28-94	115	278



Charter Club Contacts 2002

Arts & Crafts

- | | | |
|--|--|---|
| • Sun West Art
Patricia Harns 214-1010 | • Leather Carvers
Emmet Rutherford 214-5413 | • Rip n' Sew
Jean Price 584-6693 |
| • Basketeers
Marilynn Barry 975-2599 | • Mac-Cro-Knit
Nancy Nelson 214-8650 | • Creative Silk
Flowers
Rosemarie Read 214-9712 |
| • Calligraphy
Marjorie Neumiller 214-6547 | • Metal Club
Tom Lynch 214-5654 | • Toy-Ki Silvercraft
Russell Claytor 546-6840 |
| • Ceramics West
Leslie Knox 584-0578 | • Encore Needle & Craft
Beverly Sheppelman 214-1158 | • Stained Glass
Crafters
Bill Werner 546-9281 |
| • Clay Club
Carolyn Schley 975-1255 | • Photography West
Frank Brodie 546-9647 | • Creative Stitchers
Helen Pepper 546-1387 |
| • Copper Enameling
Harry Reupert 214-8587 | • Porcelain Painters
Jackie Mercer 546-4995 | • Tole Artists
Donalu Diestter 584-9750 |
| • Johnson Lapidary
Robert Lloyd 546-3890 | • Palo Verde Patchers
Sherol Gibson 214-6975 | • Weavers West
Guild
Fran Whidden 584-9404 |
| | • Rosemaling-European
Folk Art
Mildred Westcott 584-3513 | • Woodworking
Bud Money 546-2484 |

Cards & Games

- | | | |
|--|---|--|
| • Kiva West
Duplicate Bridge
Arthur Solkey 214-6281 | • SCW Bunco
Betty Lucas 584-8562 | • Mah Jongg
Pauline Witter 214-6841 |
| • Saturday Ladies
Contract Bridge
Hazel Nowak 546-5917 | • Canasta West
Leona Szubra 214-7444 | • Pan Card Club
Marjorie Garrett 975-4131 |
| • Tuesday Contract
Bridge
Robert Gritton 975-4852 | • Five-Hundred Card
Elaine Mason 546-3375 | • Pinochle
Jeanne Denley 584-3150 |
| • One Partner
Bridge
Urban Hartman 544-4293 | • Cribbage
Russ Grose 214-1117 | • Sheepshead
Jerome Kies 975-1933 |
| | • Saturday Night
Gamesters
Mary Ann Wasinger 975-0039 | |

Dance

- | | | |
|--|--|---|
| • Country Western
Richard Dreyer 546-9344 | • International Social
Dance
Charles Luebke 584-9677 | • Encore Round Dance
Paula Macon 546-9492 |
| • Hillcrest Ballroom
Jim Morgan 546-9497 | • Latin Ballroom
Ernest Brothers 214-4804 | • Westerners Square
Dance
James Kinsella 214-8600 |
| | • Line Dancers
David Garber 214-7812 | |

Health & Fitness

- | | | |
|---|---|---|
| • Arthritis Club
Ron Rasmussen 546-5710 | • The Fitness Club
Mary Ellen Gayle 546-8733 | • Water Fitness
Margaret Sutton 544-2889 |
| • Energetic Exercise
Clara Singer 584-9331 | • Handi-Capables
Dick Sheets 975-0715 | • Yoga
Marilyn Mulholland 546-6121 |

Hobbies & Travel

- Agriculture
Gary Waldner 214-8918 ✓
- Coin & Stamp
Ken Aldridge 975-4376 ✓
- Computers West
Maureen Lansing 214-1750
- Garden Club
Stephen Sabo 584-3110
- Model Railroad
Ray Wyatt 546-0071
- Recreational Vehicle (RV)
Dan Telford 214-7880
- Rockhounds West
Tom Horton 214-6110

Music & Performance

- Dancing Arts
Bobbie Sherrie 584-6731
- Westernaires Chorus
Nita McCabe 214-6269
- Karaoke
Suzanne Schmick 975-1212
- Musicians Club
Janet Hochstatter 546-4167
- Organ & Keyboard
George Powell 546-6922
- Rhythm Tappers
Joann Henson 214-0937
- Stardust Theatre Council
Sig Hjermstad 584-5591
- Theatre West
Vera Keeler 584-3165

Social

- Canine Companions
Don Gerboth 546-4093
- Club Espanol
Thayer Soule 584-5956
- Friends of the Library
JoAnn Dauer 214-9170
- Men's Club
Thomas Rozmus 546-3803
- Singles Club
Marie O'Brien 214-7362
- Women's Social Club
Millie Smith 546-8328

Sports - Golf

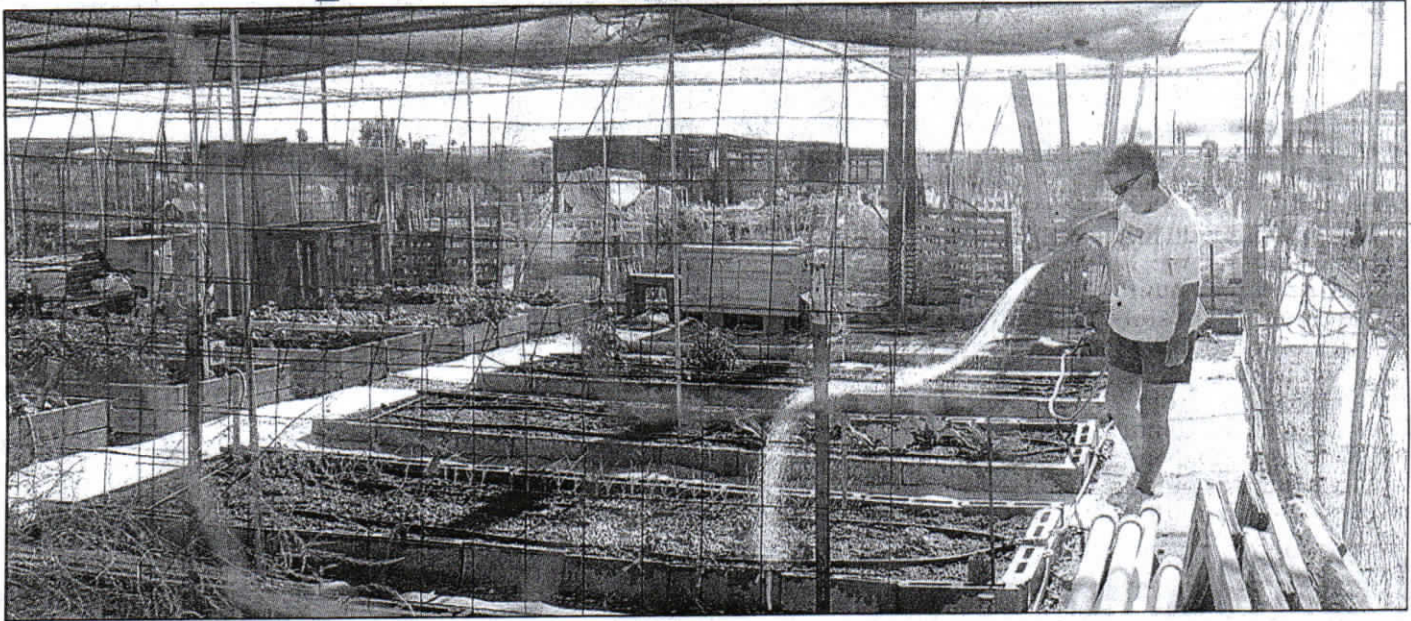
- Golf Council SCW
Frank Jolliff 214-0785
- Deer Valley Men
Edwin Thill 214-7185
- Deer Valley Women
Evelyn Ward 584-0259
- Desert Trails Men
Thomas Joy 546-4770
- Desert Trails Women
Betty Brixius 214-2094
- Echo Mesa Men
Jack Parkinson 546-4354
- Echo Mesa Women
Eva Spicer 584-1474
- Grandview Men
Frank Jolliff 214-0785
- Grandview Women
Sandi Zickau 975-9377
- Pebblebrook Men
Martin Lougee 214-8383
- Pebblebrook Women
Bethene Whyman 214-1437
- Pebblebrook Women Niners
Dixie Goodin 584-9035
- Stardust Men
Bob Byrnes 546-9962
- Stardust Women
Geraldine Wells 584-6543
- Stardust Women Niners
Dorothy Brauningner 584-4475
- Trail Ridge Men
Robert Zickau 975-9377
- Trail Ridge Women
Sandy French 214-6042

Sports

- Crestview Bicycle Riders
Earl Fray 214-5267
- Hot Shots Billiards
Bill Rogers 214-9138
- Mis-Cues Ladies Billiards
Mic Waite 584-8557
- SCW Bocce
Thomas Ralce 546-9929
- Bowlers Association of SCW
Cindy Arendale 546-3718
- Western Horseshoe
Basil Queen 214-7765
- Johnson Lawn Bowls
Doris Leibbrandt 546-5644
- Mini-Golfers
James Obrock 975-7162
- Racquet Club
Carol Lee Thompson 214-4840
- Racquetball/Handball
Joe Fjelstad 214-0649
- Shuffleboard
Elwin Hoelzel 584-7706
- SCW Softball
Matthew Szydowski 546-1949
- Sportsman's
William Ebert 214-9756

The leadership of the chartered Clubs is subject to change. The list will be updated as necessary.
If you are aware of an error or change in contact person, please call 544-6000 ext. 1051

Grey hair, green thumbs



MOLLIE J. HOPPES/DAILY NEWS-SUN

Betty Dickman waters her plot at the Sun City West Agricultural Club Friday. She has garlic, squash, cabbage, peppers and strawberries growing.

Agricultural club has 20 years of growth in Sun City West

MITCHELL VANTREASE
DAILY NEWS-SUN

Noel Baird polices the seven-acre lot of the Sun City West agricultural club, looking mostly for weeds, but also club members who speed in their golf cars through the garden.

"We just want to make sure everything is decent and in order because it's a privilege to have all this right now," he said.

Baird took visitors on a tour of the club's garden during an open house, celebrating its 20th anniversary Friday. There are 225 members who belong to the group with 172 plots under cultivation and 70 plots still untilled but available.

Residents can join the club for an annual fee of \$5, but they must buy fenced cages to keep the

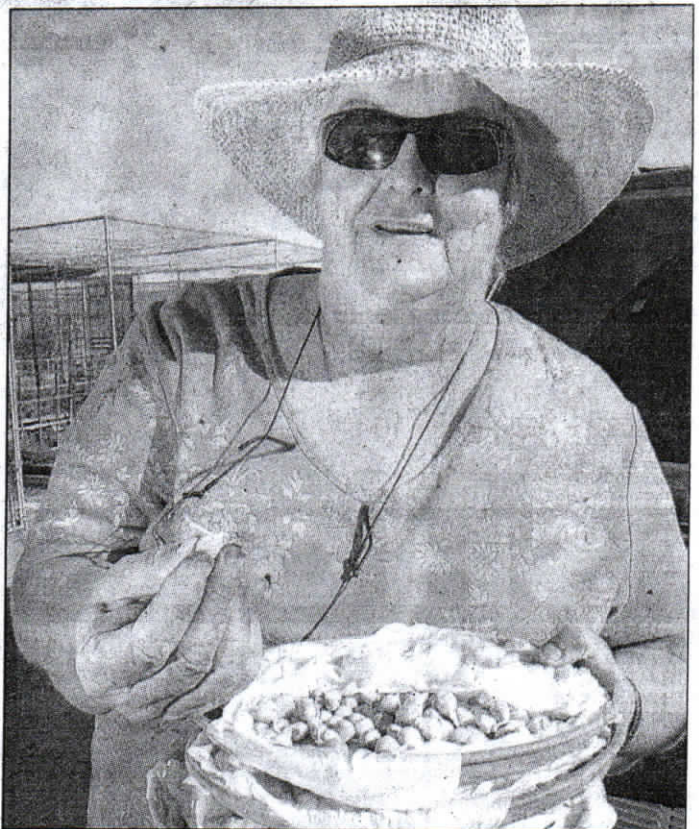
birds out. The garden also comes equipped with water outlets, so members have the opportunity to water their plants and vegetables.

Members are grateful, Baird said, that the agricultural club still exists. Sun City's Garden Club plots were sold to a developer a couple of years ago, giving members no place to use their green thumbs.

"The (Recreation Centers of Sun City West) governing board recently sent us a letter that we can have this plot for a very long time, so we have nothing to worry," Baird said. "It's so unfortunate what happened in Sun City."

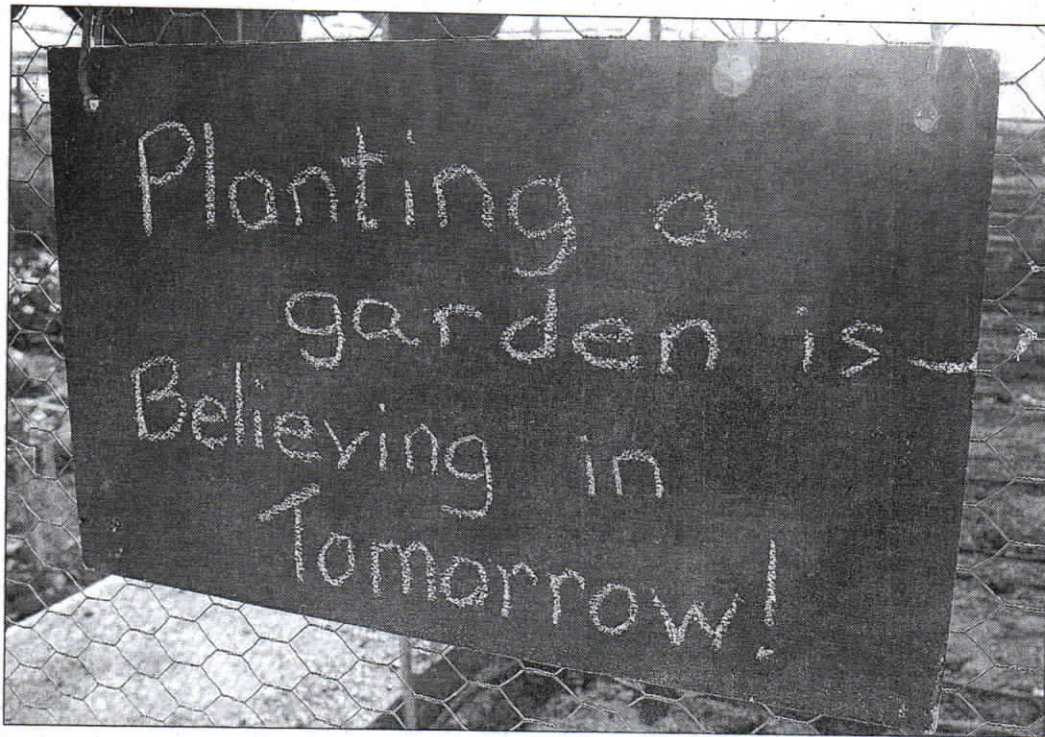
Paul Rankin has three plots with the club. He

See GROW, A5



MOLLIE J. HOPPES/DAILY NEWS-SUN

Sarah Ansay shows off the peas she's been preparing to plant for the past week. She says the secret is to presoak them and don't let them dry out before planting.



MOLLIE J. HOPPES/DAILY NEWS-SUN

Signage outside one of the garden plots at the Sun City West Agricultural Club offers hope to gardeners. Plots are still available for residents looking to get their green thumb dirty.

GROW: Gardeners share the wealth

FROM A1

grows lettuce, cabbage and broccoli. He has been a member for a decade, tracing his farming roots to his youth in Tennessee.

"I love being out here because it brings back so many memories," he said.

Sarah Ansay and her husband, Paul, bought their first plots eight years ago and can be found there almost every week. The Wisconsin cou-

ple have been married for 45 years and always had a garden, so that wasn't going stop when they moved to Arizona.

"We've always had dirt under our fingernails and can't help it," Sarah said.

The vegetables in Betty Dickman's garden are shared with her neighbors or donated to St. Mary's/Westside Food Bank in Surprise. She has planted a variety of food in the plots, from squash and beans, to tomatoes and strawberries.

"I always share out of my garden because I have such an excess that I grow," she said. "This is a passion of mine."

Dickman is glad the agricultural club has been around for 20 years.

"It's been a great hobby for me," she said. "There's something about coming to a garden that just makes everything OK."

Mitchell Vantrease may be reached at 876-2526 or e-mail mvantrease@yourwestvalley.com.

THE PHOENIX GAZETTE Friday, June 18, 1993

Growing their own



Fellow gardeners Lee Kingham and Norman Caldwell stand their ground in Sun City West.

It looks mighty nice," Raylan Evans shouts to a man several yards away tending his green beans.

The man nods in appreciation and returns to his work in the June morning sun.

One gardener kids another about how it will take a crane to remove the banana squash he's raised. One squash is at least a foot in diameter.

Camaraderie grows as high as the corn in the community garden run by the Agriculture Club of Sun City West. Evans, club president, calls it fellowship — 90 senior citizens with the common purpose of making gardens grow.

They trade gardening tips, make small talk and indulge in friendly competition, but mostly they share a sense of dedication.

Most club members get their hands dirty every day. In hot weather they begin their work as early as 6 a.m. Some garden throughout the morning, sun hats firmly on heads.

"For some of us, gardening is not a hobby, it's a lifestyle," Evans says, explaining he and other gardeners put a high value on home-grown, pesticide-free fruits and vegetables.

They are usually rewarded with bumper crops.

On Evans' two plots, seeds and cuttings planted earlier this year are yielding beans, Maui and Vidalia onions, carrots, tomatoes, squash and Armenian cucumbers.

He and his wife, Beverly, eat fresh vegetables two meals a day.

See ■ GARDENS, Page E2

OVER

■ GARDENS

From E1

A trim man, Evans believes a healthy diet has helped keep his prostate cancer in remission. Vegetables from his garden "taste like vegetables instead of shoe leather."

Gardener Melba Clark says she's making new friends in her neighborhood by sharing the wealth from her plot.

"Mine are Southern vegetables," she says in her Texas accent. "Squash, okra, black-eyed peas," with green beans, tomatoes and turnips for good measure. Some sort of melon is growing where she planted kitchen waste earlier this year. Here and there are roses, zinnias and daisies.

"I haven't used any bug killer of any type," she says proudly.

Members, all Sun City West residents, pay yearly maintenance and water fees and supply their own materials. The plots, each 20 feet by 40 feet, are monitored for compliance with club rules. In other words, weeds are a no-no.

Monthly meetings help keep things organized.

Most members concentrate on vegetables, with cantaloupe being a popular fruit to try. To save space, the gardeners grow the melons on trellises.

After a July and August hiatus, the gardeners return in September to plant winter crops such as broccoli, cauliflower, cabbage and eggplant.

The club also sees that surplus crops go to the Westside Food

Bank and missions in El Mirage and Surprise, Evans says.

Del Webb Corp. set aside 6.7 acres for vegetable gardening when the community began.

Located on a cul-de-sac on 137th Drive, the garden is one of the retirement community's best-kept secrets, he says. New members are welcome, as only about one-third of the 270 plots are being gardened.

Club members find it a nice way to grow whatever they want without worrying about breaking neighborhood covenants for backyard landscaping, Evans says. Community gardens also save on water bills.

Information is available by calling Evans at 546-6511.

SCW



SCW Rec Center general manager Bill Woodward, sitting left, looks on as SCW garden club president Morris Weingarten signs an agreement allowing residents to have their own garden plots. Sitting

beside Weingarten is SCW garden plot vice president Bob Allen. In back is SCW garden club director Violanda Barraco and chief garden master Ralph Coppola. (News-Sun photo)

SCW Rec centers offer garden plots

Sun City West Recreation Centers signed an agreement with the Sun City West Garden Club Thursday for use of about 6.2 acres of land. The land will be used for garden plots.

The land, owned by Del

E. Webb Development Co., is being leased to Rec Centers, which is helping the Garden Club subsidize the land. Located at Bell and Dysart roads, it will provide more than 200 plots.

Fees for use of the com-

pound will be established by the Garden Club. Persons assigned a plot will be required to comply with the club's operating rules.

Ralph Coppola, chief garden monitor, assisted by certified master gar-

deners, will provide detailed planting information at the compound at 8:30 a.m. Wednesday. The meeting is open to the public.

Preparation of the plots for planting should begin in about a week.

Ag club cultivates members

Daily News-Sun staff

SUN CITY WEST — Members of the newly formed Sun City West Agriculture Club will be showing off the fruits — or vegetables — of their labor during an open house.

In an effort to boost membership, club members will open their 220 garden plots at 137th Drive off Aleppo Drive to the public for viewing from 9 a.m. to noon Wednesday.

The club, which disassociated itself from the Sun City West Garden Club in December, has about 78 members, said Lee Kingham, secretary for the ag club.

"We had gotten large, and our interest is with vegetables, whereas the garden club is more interested in flowers and landscaping," Kingham said.

Kingham encourages Sun City West retirees to learn about gardening in Arizona.

"There are a lot of new people here who really don't know you can grow these vegetables," she said. "You can garden all year-round here."

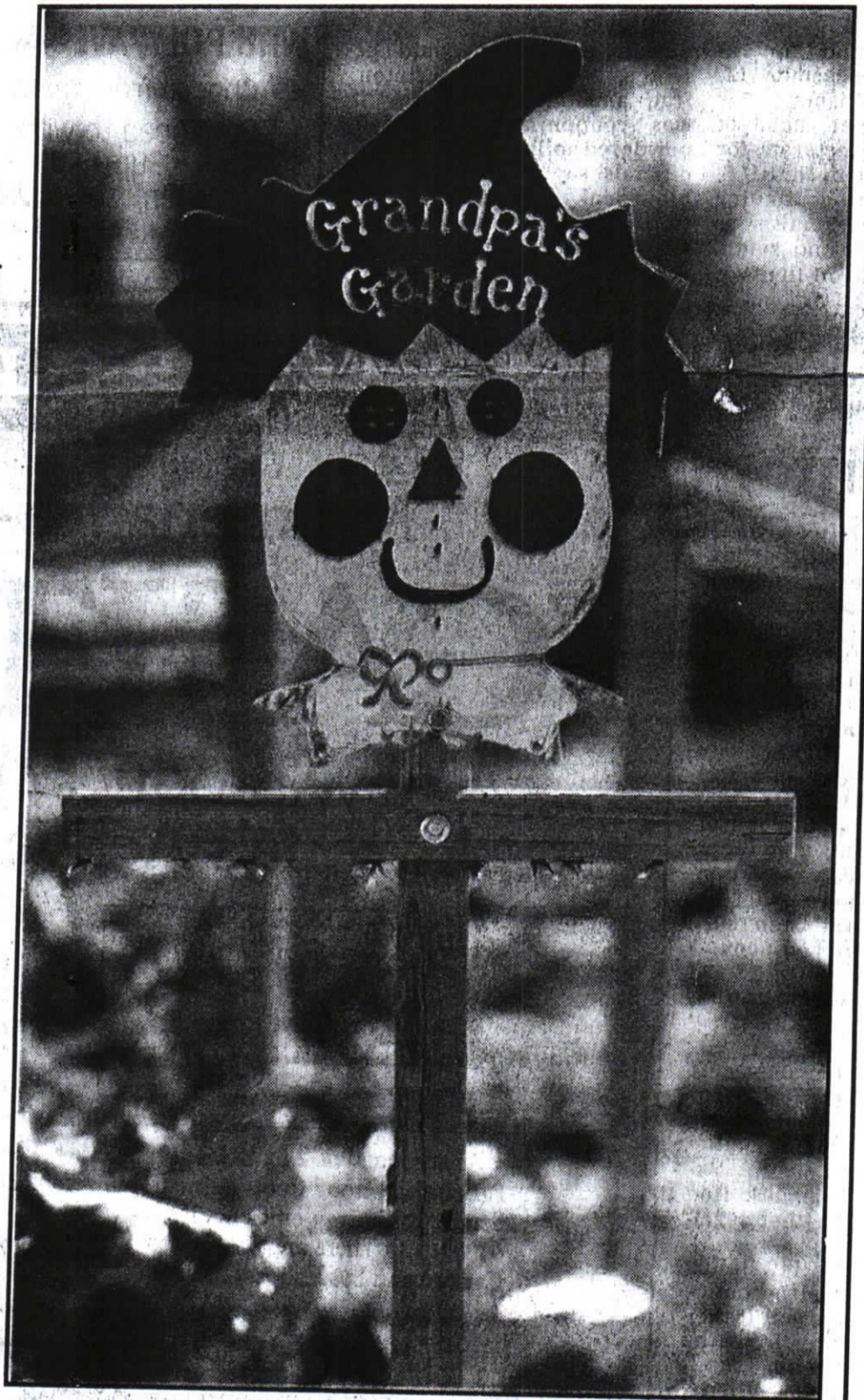
Gardening offers excellent mental and physical therapy for participants, Kingham said.

"There's such a feeling you get when working with that dirt," she said. "It's marvelous — you put a little seed in and watch how it grows."

The Sun City West Agriculture Club meets at 7:45 a.m. the third Tuesday of each month in the R.H. Johnson Recreation Center lecture hall, 19803 R.H. Johnson Blvd.

The one-hour meetings usually feature special programs on a variety of gardening topics.

To join the Sun City West Agriculture Club, call club President Raylan Evans at 546-6511.



A not-so-scary scarecrow greets visitors at one plot managed by Sun City West Agriculture Club.



Stephen Cherek/Daily News-Sun

George Vermazen looks for ripe snow peas in his garden at the Sun-City West Agriculture Club plots.

Gardeners fight aphids, climate for thrill of tilling Southwest soil

SCW

By FRAN SMITH
Staff Writer

The desert is sprouting vegetables in Sun City West this month.

From a spot of ground off Dysart Road that was hard caliche two months ago, Bob Allen is already pulling radishes, and Ralph Coppola's spinach is ready for the salad bowl.

The cherry tomato plants, though still small, are blooming. Frilly carrot tops wave in the breeze. The broccoli is almost ready to head.

FOR THOSE who till the soil in the community's new garden, there's little in Arizona more fascinating than watching what was parched and hard and barren-looking become productive.

"You can lose yourself

in this place," says Morris Weingarten, garden club president, as he leans on a hoe. "It's just wonderful to see what can be done. We're learning and we're teaching, and we're going to have more stuff to harvest here soon than we can give away."

Coppola, who is the garden master there, is a veteran of planting and harvesting, having poked his first seeds in holes in the ground in New Jersey 65 years ago and having spent 7 years in the Sun City area getting crops out of the desert. "I've been into a lot of things," he says, "but this is the most fun." He cuts out a weed on the edge of a row and goes on: "With just a little effort, you can grow \$600 worth of vegetables on one of these little

plots."

WOULD-BE gardeners coming from places like New Jersey and Nebraska are learning some special tricks to be successful in the Southwest.

A crust of calcium carbonate typical to arid regions, the caliche of Sun City West is hardly receptive to planting as new residents find it. Before the first row was formed or the first seed laid in the ground there, gardeners brought in decomposed chopped cotton, steer manure and nitrogen in the form of ammonia sulfate. They flooded each 20- by 40-foot plot and stirred up the soil mixture with a roto tiller.

"Now we've got something fine," Coppola boasts as he lets a handful of soil run through his



OVER

11/6/79

LLOYD MURPHY

fingers.

In addition, dry daytime summer temperatures of 110 to 120 degrees would roast many varieties of vegetables that thrive in Missouri and Illinois. Coppola and the other 13 master gardeners in the community willingly advise the curious that cherry tomatoes, black simpson lettuce and Detroit red beets are especially suited to the heat of July.

APHIDS TRY to hide under the broad leaves this month to suck the juices out of the tender, young plants. Keeping them washed off is a continual process. "Thank goodness for the lady bugs," says Lloyd Murphy. "They help take care of the aphids."

"The rabbits will find us too," Weingarten says. "We need a friendly coyote out here to keep us from being robbed in the night."

Instead of employing a coyote, the gardeners will likely build fences, however.

Those who garden know well the drawbacks—the heat, the aphids, the rabbits, the weeds, the back aches.

MOST OF them know equally well the advantages and the excitement.

Coppola, for one, loves the monthly "show and tell" sessions in the Sun City West garden.

"See, those carrots need thinning out," he'll suggest.

"Look at this triple cropping," he says. "This row has radishes, Swiss chard and egg plants all together. It's a perfect example of making maximum use of the space."

SINCE SOME crop is suitable for every season here, it's never too late to get out a hoe and a straw hat and tackle the soil.

The only costs are for the initial soil preparation materials (about \$40), water (average \$40 per year) and seeds (\$10 goes a long way).

And the master gardeners offer help and suggestions without charge.

There's room out there for 209 plots. Only 66 are planted now.

ANYONE interested in creating fresh vegetables out of raw materials of chopped cotton, manure, seeds, water and elbow grease may get information on getting set up from Lloyd Murphy, 584-2642.

"We love this business. We'll help anybody with any gardening problem," he says. "We even make house calls."



Bob Allen knows the importance of regular watering in the new garden off Dysart Road. His plot looks promising already. He looks forward to sampling his favorite vegetable—sweet corn.

SCW

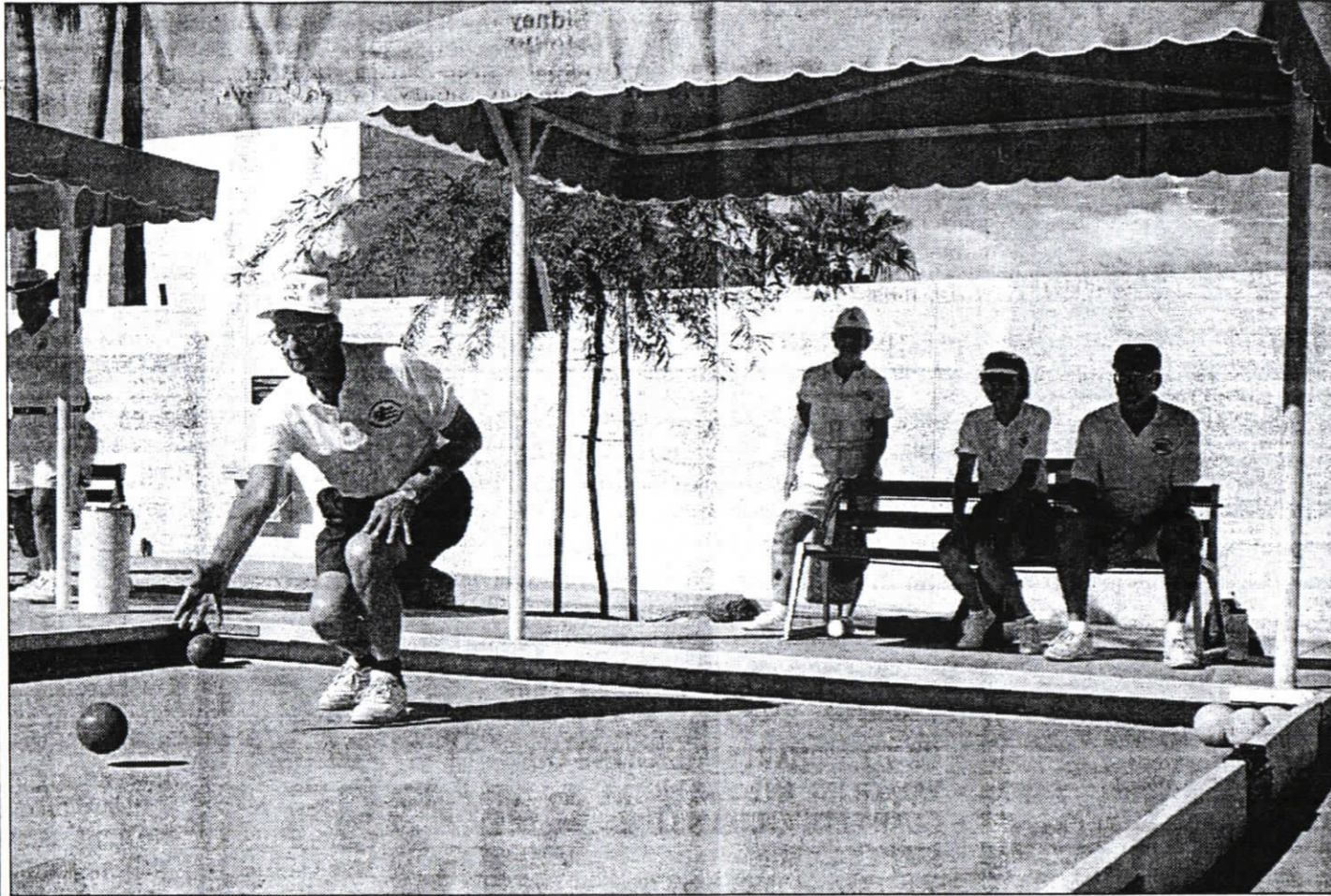


Producers

7-6-79

Sun City West Garden Club officers, from left, are Tony Barroco, procurement, supply and maintenance officer; Vi Barroco, public relations director; Ralph Coppola, chief garden monitor; and Morris Weingarten, president. The club's first meeting was held today in R H Johnson lecture hall. (News-Sun Photo)

Sun, fun and bocce, too!



Mollie J. Hoppes/Daily News-Sun

Vito Campabello rolls his bocce ball while Fran Sincich, second from left, Ann Ferguson and Lew Twining wait their turn on the Sun City West Bocce courts. The Sun City West Bocce Club has 1350 members, playing in 80 leagues. The club recently helped residents of Sun City Grand learn the game and establish their own bocce club.

Bocce balls Are Rolling

By Stan Steciak

The SCW Bocce Club recently had a meeting of team captains. The number of captains alone would fill a hall. Sixty captains for 60 teams and get this, 16 members on a team. That means 960 Bocce gals and guys. And to that, add 200 substitutes and reserves. The Bocce Club has to be the largest chartered club in SCW.

Pres. Penny Saxton told the captains of any rule changes. She said, "Improvements have been made at the Johnson Courts. Thanks to Ron and Jim, maintenance men, the benches have been redone. Thank you too member Lenny Hartowicz for making new game flags and to Roy Lange, monitor, for the new bright numbers on the score boards." She said many members have pitched in to clean and shine the Bocce balls, for the new season starting October 4.

She asked all captains to inform their players of any changes. Penny advised that Jenny and Al Koepke are the new Bocce club publicists. Pres. Saxton closed with these words, "Without good captains, our Bocce club would flounder. Thank you".

Other news at the meeting was that special Bocce Club jackets will be available for members to purchase. Ed McMullen is in charge. Also the members "kick off" party will be October 25, at the Social Hall. Captains have information. Here's a flash! On Wednesday October 27, a fun



Penny Saxton, president of the SCW Bocce Club addressing members. Sec'y. Alba Stamm is seated right. Photo, Stan Steciak

night is planned to help Del Webb's Sun City West celebrate its 15th birthday. Martha Moyer, Manager of Public Affairs, will lead a group of Webb people to challenge the Bocce club in a few games. The public is invited to the Bocce courts at 6 p.m. to watch the Webb team get "whomped".

The officers of the SCW Bocce club along with Pres. Penny Saxton are: 1st VP Marvene Walker; 2nd VP Warren Christiansen; Sec'y. Alba Stamm, and Treas. Jane Phelps. Coordinator and assistant are Warren Christiansen and Jim Bartell.

The Johnson Rec Ctr Bocce Courts are available for open play for all residents. Check with the monitor for times. Also, if you would like Bocce lessons, call Warren Christiansen at 546-6213.



Part of the 60 SCW Bocce Club captains get ready for the new season. How many do you know? Photo, Stan Steciak

SCW

THE WESTER

Oct. 7-13, 1993

Bocce bowls over Sun Cities

SCM



Stephen Chernex/Daily News-Sun

John Gletne and Emily Kraw watch as Shirley Divan takes her turn during a game of bocce at the R.H. Johnson Recreation Center in Sun City West.

By JONATHAN DALTON
Daily News-Sun staff

SUN CITY WEST — There is something mystical about bocce, from the sound of its name to the bizarre manner in which its following has developed.

Bocce (pronounced BOCH-ee) is a mom-and-pop restaurant to the Denny's of its cousin sport, lawn bowls. It is not uncommon for people to have heard of lawn bowls before they move to the Sun Cities. Bocce, however, is almost unknown except to those who play it.

"I think it's a rare individual who played bocce before they came out here," said Peter Cipriano, president of the Sun City Bocce Club.

Cipriano is a charter member of the Sun City Bocce Club, which began in 1980 with 20 members. There are now 150 members playing on courts at the Lakeview, Bell and Marinette recreation centers.

Cipriano said the club is holding a membership drive over the next calendar year, and hopes to expand its current facilities.

"We have no more than two courts in any one place," Cipriano said. "We hope that situation will get resolved by next year."

Expansion just took place in Sun City West, where 1,050 peo-

Bocce

ple — roughly five percent of the population — belong to the Sun City West Bocce Club.

Four courts were added at the R.H. Johnson Recreation Center to raise the total to 12.

Three sets of bocce leagues play each day, with groups starting at 9:30 a.m., noon, and 2:30 p.m.

"It's a game everybody can play," said Penny Saxton, president of the Sun City West Bocce Club.

Interest has been raised through one of Cipriano's pet projects, the Del Webb Invitational. In last year's inaugural competition, Sun City-Tucson beat teams from both Sun City and Sun City West in Tucson. The next invitational will be held in Sun City.

Both Cipriano and Saxton expressed hope that Sun City-Las Vegas and Sun City-Palm Springs will soon join the competition.

The boon in the Sun Cities appears to be a microcosm of renewed national interest in bocce.

Next spring, bocce will become an official event at the Senior Olympics. R.H. Johnson will be the site of the bocce venue.

"Bocce is for camaraderie."
See SC area, C2

Reporter discovers athletic calling in bocce

By JONATHAN DALTON
Daily News-Sun staff

SUN CITY WEST — The first thing that struck me was just how light the pallino is.

This fact also struck several spectators, as they were hit by the ball after I hurled it down the bocce courts at some insane velocity.

But from those humble beginnings, and the pending litigation that ensued, a potentially great career has emerged.

If you'll recall back to our first visit, dear readers, I vowed to find a sport I could master.

This week I did — bocce.

I was obviously quite skeptical when I first stepped onto the gray-carpeted courts of the

Firsthand follies

R.H. Johnson Recreation Center. But within moments of my first attempt, I had started to bond with my fellow players.

I can remember the advice of one such individual, who told me to hold the pallino — the cue ball-shaped object — in my right palm to judge its weight. Then he told me "don't throw it so damn hard."

From then on, I did not.

On my initial outing, I rolled eight balls, trying to finish before a massive thunderstorm descended upon the courts. The technique was iffy, my aim was somewhat worse.

But then, last Friday, I took the court with Warren Christianson, the trainer for the Sun City West Bocce Club.

Within 30 minutes, I was playing the angles off the padded plywood like an expert. By day's end, the pallino trembled any time it saw me step onto the court.

I will admit that the angles are easier to read when you have two or three consecutive throws to correct your aim as I did. Most players have just their one or two throws to do it.

Nevertheless, this is a fairly easy sport in which to excel if you have at least the eye-hand coordination of a goldfish. (Incidentally, I barely

See Writer rules, C2

SC area becomes bocce hotspot

— From C1

said Warren Christianson, a vice-president of the Sun City West club. "It's not ultra-competitive. You go out to have a good time and enjoy yourself."

Christanson holds training classes for those interested in learning bocce. Newcomers need only meet once before they can go out and play with any degree of confidence.

Bocce is an oleo, borrowing principles from lawn bowls, billiards, marbles and shuffleboard.

The object of the game is like lawn bowling — to come as close as possible to the cue ball-sized pallino.

Bocce balls are roughly the size of a croquet ball, but heavier. Each team — red and green — has four balls and scores a point for each ball it has closer to the pallino than its opponent.

The game begins with a coin flip to determine who rolls the pallino to the far side of the 70-foot-wide court. That team also rolls the first ball towards the pallino.

Unlike lawn bowls, bocce balls are perfectly round. Also, the courts are bordered by cushioned plywood, affording players comfortable with the angles to bank shots toward the pallino.

After all the balls have been rolled, the score is tallied and the first team with 11 points wins the game.

Bocce has one other quirk — in league play, it's perfectly acceptable for an opponent to run up the score. Scores are tallied over three games, with the team with the most overall points winning. Therefore, it is possible for a team to win two of three games and still lose the match.

Writer rules in bocce

— From C1

meet that requirement).

As I was walking off the court, I came up with an idea. I'm going to become the first free-agent bocce player. What I'll do is sign up on the leagues' substitute list, then rent myself out to the highest bidder.

If Ryne Sandberg and Mario Lemieux can pull down \$7 million a year for their sports, I can at least earn a cup of coffee by playing bocce, can't

I?

Well, there's always one other idea, and y'all are my witnesses.

I hereby challenge anyone in the Sun Cities to a bocce match.

This has massive pay-per-view potential, wouldn't you think?

Whatever happens, though, I'm ready.

For once.

Bocce Balls Abound at New Courts



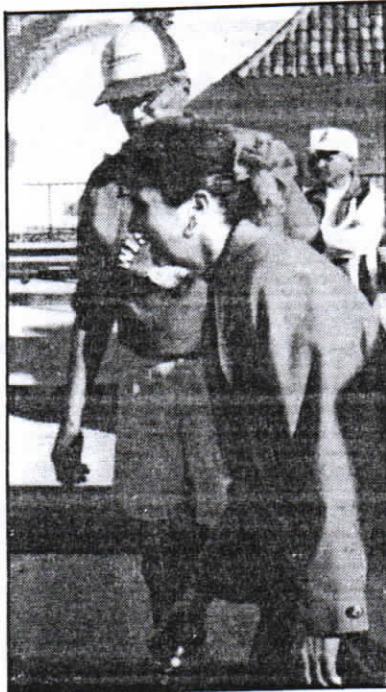
Happy officers of the SCW Bocce Club. Back row from l.: Anne Landrock; Pres. Penny Saxton; Jim Bartel; Warren Christiansen and Ralph McKinley. Front: Jane Phelps; Webb's Asst. Public Relations Mgr., Connie Watson and Alba Stamm.

Story & Photo,
Stan Steciak

The Grand Reopening of the Johnson Bocce Courts was an eventful time for 1,070 members of the SCW Bocce Club. Pres. Penny Saxton was in her glory while watching the 500 attending residents delight in the new courts and partake in the catered refreshments provided by the Del Webb Corp.

Martha Moyer, Webb's public relations manager and Connie Watson, assistant, were on hand to visit with the many residents. Officers of the Rec Center Board were present to help cut the Grand Reopening ribbon.

The new bocce courts are probably the finest in the country, thanks to the Rec Center Boards, Del Webb and club members. Bocce courts were included in this year's Rec Center's facilities upgrading. The extensive budget for bocce operations allowed for all new courts



In rear Warren Christiansen, Bocce instructor telling Martha Moyer how to roll out the 'pallino'.

and improvements, but did not allow for new carpet on four of the 10 (those four would remain with old carpet). The Bocce Club at a meeting decided "No, we want all 10 courts to have new carpet," and the members voted immediately to donate a 'one-time' \$2 BOCCE BALLS

Continued on Page B4

THE WESTER
Nov. 12-18, 1992

SCW

Bocce at The New Courts

Continued from Page B3

each so that the remaining four courts would have new carpet too. Saxton, officers and the members were happy to contribute so the courts would be in the best condition to host the Arizona Senior Olympic Bocce Tournament in March. This is an accomplishment to be proud of.

Nov. 6th was filled with bocce activities. The courts, all new with new sideboards and bumpers, were being used by the club. The new sideboards even have a way to be lifted so members in wheelchairs can gain access.

This is a great innovation. Instructors were there to explain the game. Warren Christiansen had the opportunity to show Martha Moyer how to roll the "pallino" effectively. The crowd applauded her. Who know, maybe Martha is a budding bocce star.

Pres. Saxton closed with "We are extremely grateful for the new courts. I have worked closely with Steve O'Donnell, Rec Centers manager and Ron Randle, assistant, to finally see these improvements come to a happy ending. Of course, thank you to the Del Webb Corp. too." Residents can view the new courts at any time.

SCW

Bocce takes hold in desert setting

12-9-81

By Roberta Landman
Staff Writer

In Brooklyn, wizened Italian gentlemen play bocce in the shadow of the El. Wives, daughters and sisters don't play the traditionally male-dominated sport.

Breathing noxious bus fumes, Brooklyn players roll the bocce ball over once-used trolley tracks on hand-hewn courts.

In Sun City West this week 19 bocce teams—women included—are staging a tournament on Del E. Webb-created artificial grass courts surrounded by cactus and sunshine.

WITH EYES on compet-

ing bocce teams, Lloyd Greenwood, president of the Sun City West Bocce Club, spoke of the resurgence of the age-old sport in desert country.

"We play bocce here from 7:30 a.m. to 5:30 p.m. six days a week.

"Del Webb does us a favor and opens at 7:30, before the Rec Center opens."

Bocce is popular with Westers, says Greenwood, because "it's an outside sport, where shuffleboard is inside. If you don't play golf, it's a good outside sport."

REDUCING the game to simplicity, Greenwood said the object is to roll

the bocce ball as close to the smaller ball, the pallino, without hitting it.

Two teams of two make up a side in the game he says is much like English lawn bowling.

The simplicity of the game, however, has not stopped people from clamoring to choose up sides.

TRAINER AND club second vice president Guy Lemon, who never played the game until moving to the retirement community, said that since September he has trained 103 bocce enthusiasts.

And 24 bocce hopefuls, he said, are on a waiting list for the winter training session to begin Jan. 11.

"They all come from New York and New Jersey with different rules," Lemon said.

BECAUSE the club has not been able to locate published bocce rules, Greenwood said, "we have our own rules. Even experienced players have to go through Guy."

Says Lemon, "I've never seen anybody yet who couldn't play bocce. My wife bocced the last game with a broken elbow and wrist."

The tournament at the Johnson Center bocce court will continue through Friday's 1 p.m. finals. Semifinals are scheduled for 10 a.m.



A Sun City West bocce enthusiast takes aim before rolling the ball down court.

(News-Sun Photo)

Ancient boccie captivates SC Westers

Saturday, February 2, 1980 NEWS-SUN

By RICHARD MOORE
Staff Writer

Although the game originated more than 2,000 years ago among the military and the nobility in Mediterranean lands, it still is popular, especially for many of the folks in Sun City West.

Boccie bowling, most commonly played in America's Italian communities, is one of the few pastimes which survived the fall of the Roman Empire.

Its popularity is gaining,

especially in retirement communities throughout the world.

NOT ONLY are a number of leagues being organized in the Sun City area, but boccie tournaments are held annually in Florida, Texas, Southern California, Australia, New Zealand, Canada, South Africa, the Caribbean and Latin America.

Object of the game, as in the game of bowls, is to bring the boccie (ball) to rest nearer the pallino (smaller ball) than any

opposing boccie, to protect a well-placed boccie, or to knock aside an opponent's boccie. Rebounds from the side walls are permitted.

At the end of each round, a team receives a point for every ball nearer the pallino than the nearest opposing ball.

Sound complicated?

NOT REALLY, says Sun City West resident Ralph Coppola, an expert boccie player.

Backing up a bit, it may be important to discuss first what a boccie court looks like.

Westers and visitors who have strolled past the miniature golf course at Johnson Center probably have seen the boccie courts and thought they were practice greens for golfers.

THE BOCCIE court, or campo, is about 75 feet long and eight feet wide. It has a level surface, usually made of sand or clay, enclosed with boarded ends and sides.

Each player or team in turn rolls or tosses four wooden or composition balls, called boccie, four to five inches in diameter, toward a much smaller ball, called the boccino or pallino.

Coppola and his wife, Josephine, helped arouse interest in the sport when they moved to Sun City West. Last year, the Coppolas, along with Mr. and Mrs. Phil Corbell, won the local championship conference and both couples say they are ready to take on challengers.

"WE NOW have eight leagues in Sun City West and we've sent invitations to other leagues, such as the Sons of Italy in Scottsdale," Coppola said. "Next year, we hope to sponsor a Maricopa County championship tournament where the winners can

challenge other state groups."

Coppola describes the strategy of the game as a cross between billiards, bowling, shuffleboard, and horseshoe pitching.

HE SAID one of the reasons it has become so popular in Sun City West is because little physical effort is required.

"With this age group, the real challenge comes in developing a strategy and skill for the game," he said.

In order to become an active member of the Sun City West Boccie Club, a person must be a resident of Sun City West and must complete a four-hour basic course taught by Coppola for league competition.

Classroom instruction deals with the etiquette of the game, as well as scoring.

"RIGHT NOW, we have 172 club members," Coppola said. "The conference champions are the two highest teams from each league elimination."

League champions are determined by the team with the highest number of points after nine weeks of consecutive play.

Names of the teams have been selected appropriately.

"SINCE everyone here has come from somewhere else, we decided to use the hometown names for each team," Coppola said. "I suppose it can become difficult when we have 20 couples from Chicago wanting to participate."

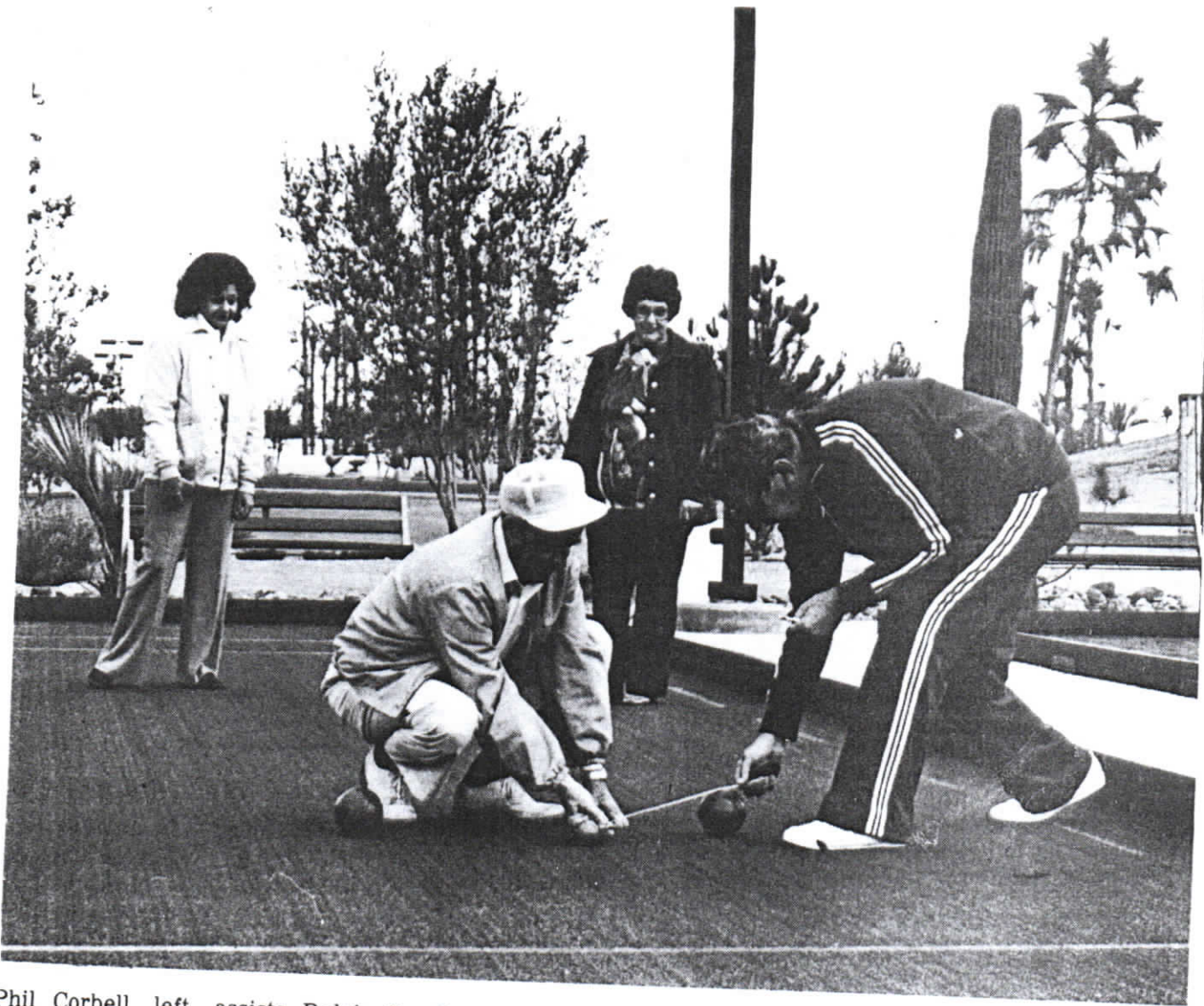
Persons interested in learning more about the game may contact Coppola, 584-1499.

"We're always interested in recruiting more people to participate," he said. "And it doesn't take too long to learn to play well."



Mrs. Phil Corbell, left, anxiously awaits results as Mrs. Ralph Copolla rolls her boccie toward the pallino in Sun City West.

OVER



Phil Corbell, left, assists Ralph Copolla measure distance between the bocce ball and the pallino. The object of this ancient game is to toss or roll the bocce

as closely as possible to the smaller ball. Wives of the men keep close watch on the measurement.

(News-Sun Photos)

SCW Bocce club 10-30-79 opens league play

The all-new Sun City West Bocce Club begins competitive league play Wednesday at Johnson Center.

Organized just last week, the club already has elected its first officers and established three league divisions.

Chairman is Ralph A. Coppola; Phil Corbell is vice chairman, Evelyn Cavallaro will serve as secretary and Josephine Coppola is the first treasurer/recorder.

With a four-hour induction and qualification session under their belts--the course was directed by Coppola--the first league opens play at 1:30 p.m. Wednesday. The National and American leagues--the former plays first--are composed of eight teams each, with a husband-wife or male-female combination for one team. Wallace Lustig will be official referee for the National league while Leonard Cavallaro will officiate when the American league opens at the same time Thursday.

Still in its formative stage is the International league; details of its composition will be announced at a later date.

Openings in the club and leagues are available. Contact is either Coppola, 584-1499, or Corbell, 584-2121.

Bocce opens

Sun City West's Bocce Club got competition off to a roaring start late last week with new officers directing the first week of play in National and American leagues. While officers Ralph Coppola, chairman, and Flip Cavallaro, field ref, busied themselves measuring distances under the watchful eye of Josephine Coppola, recorder, Wallace Lustig, field ref, Phil Corbell, vice chairman and public relations director, and Evelyn Cavallaro, secretary, Leonard Jacobus was taking aim and firing on an adjacent court. Action comes each Wednesday.

(News-Sun Photos)



SCW BOCCE
(As of Nov. 1)
NATIONAL LEAGUE
POINTS

Sterling Hts., Mich. (4)	
Mary & Edward Zielonka	31
Cleveland Hts., Ohio (7)	
Virginia & Edward Peters	30
Des Plaines, Ill. (6)	
Carl & Louise Falzone	27
Mineola, N.Y. (2)	
Shirley & Wally Lustig	27
Upper Marlboro, Md. (5)	
Barb & Phil Corbell	27
Ogden, Utah (1)	
Jo & Ralph Coppola	26
Lake San Marcos, Cal. (8)	
Claire & Jim Walker	16
Westchester, Ill. (3)	
Estille & George Muller	16
AMERICAN LEAGUE	
Bayville, N.J. (3)	
Ronnie & Joe Monteleone	33
Hamden, Conn. (1)	
Evelyn & Flip Cavallaro	29
Prescott, Ariz. (2)	
Betty & Bob Morris	27
Royal Oak, Mich. (8)	
Lee & Charlie Kulich	27
Westchester, Ill. (4)	
Altemesa & Miles Fencka	24
Hicksville, L.I. (6)	
Mildred & Len Jacobus	23
Glen Ellen, Ill. (7)	
Carmella & Chester Kroajeki	22
Downers Grove, Ill. (5)	
Ann & Mike Viccarrelli	17



July 22, 1999

SCW Clay Club's 'Empty Bowl' project benefits needy

By Diane Holloway

The Sun City West Clay Club spent one day in June just making bowls to be donated to the annual Waste-Not-Want-Not Program to feed the hungry. After they are made, the bowls will be sold for \$10 each at Lombardi's Restaurant in Arizona Center on Oct. 15, and the proceeds will make food available to the needy. The club will make bowls throughout the summer for the project but set aside all other work the one day to make bowls to feed the needy.

On Oct. 15, those who buy the bowls will get the bowl filled

with spaghetti, a biscuit, a bottle of water and the satisfaction of knowing that they contributed to a worthy cause. Geri Wieland, coordinator of the Empty Bowl project for the SCW Clay Club, said, "Those in the club who make the bowls can do a good deed, perfect their pottery skills, and have a good time doing it."

The clay was donated for the project by Marjon, supplier of pottery and ceramic products and tools. But the labor to create the bowls is donated by the club members.

"The neat thing about this project," said Geri, "is that some

people in our club have never

See 'EMPTY BOWL', Page B3



'EMPTY BOWL': Project benefits needy, from Page B1

done this before. Yet it doesn't take long to produce bowls by one of two main techniques, hand building it or throwing it on the pottery wheel."

"We'll make these pots throughout the summer," said club Pres. Hank Hanson, "but some 20 of our 250 members are here today working on the project. Some, like Jim Clark, have produced very artistic pots using methods like Raku and other processes."

Geri and Hank said, "We'd like to invite the public to come by our club and see our pots. In fact, we'd like to invite them to join us and get involved in the fun of making pottery."

The club is housed at Beardsley Recreation Center but various clay products, except the Empty Bowls for the needy, are sold at the Village Store at the R.H. Johnson recreation Center at 19803 R.H. Johnson Blvd.

Clay Club members Jim Clark and Empty Bowl Coordinator, Geri Wieland, (above) show the variety of bowls produced by members to benefit the needy. The Sun City West Clay Club is participating in the project to make bowls throughout the summer to raise funds for the Waste-Not-Want-Not Project. Jane Short is shown throwing a pot on the pottery wheel for the Empty Bowl project.

Photos, Diane Holloway



THURSDAY, OCT. 9, 2003

Sun Cities computer groups

ERIN REEP
DAILY NEWS-SUN

One of the best ways seniors can acquaint themselves with new technology is through joining a computer users group.

Here are a list of Sun Cities computer clubs:

● **Apple Macintosh Computer Club of Sun City** has classes at 9 a.m., Monday through Friday, at Sundial Recreation Center. For information, contact Ted Olney at 974-6997.

● **Computer Club of Sun City** meets 8 a.m.-noon, Monday through Friday, at Fairway Recreation Center. For information, call 933-8953.

● **Sun Macs Computer Club of Sun City** has classes at beginning and intermediate levels, and in the following topics: troubleshooting, word processing, database, photography, Quicken, genealogy, Excel spreadsheets, graphics and more, at Sundial Recreation Center. For a schedule, call 876-1169.

● **Macs West, Macintosh Users Group of Sun City West** meets at 1 p.m. Tuesdays at Palm Ridge Recreation Center. For information, call Bernie Ginsberg at 546-2346 or Dick Springer at 546-1691.

● **Computers West Computer Club of Sun City West** has various meetings at Palm Ridge Recreation Center. At 10:30 a.m. Mondays, learn Windows XPA. At 8 a.m. Mondays, join a beginners computer discussion group. Join an open discussion of PCs at 10:30 a.m. Thursdays. There are other special events coming up on Oct. 7 and 14. For information, call 214-1546.

Additional funding OKed for computer upgrades

By Diana Shaughnessy
Independent Newspapers

An additional \$200,440 for the Recreation Centers of Sun City West computer upgrade was approved by a divided governing board last week, after a lively discussion among the board and audience members over whether the expense was warranted.

The total computer upgrade, encompassing three phases, will cost \$370,360. Funding will come from the Asset Preservation Fund, which was established to repair and upgrade facilities currently in use.

New SCW residents are required to deposit \$800 into the APF upon moving into the community.

Phase One of the upgrade, which was approved at the Feb. 27 governing board meeting, gave RCSCW administrators \$170,000 to install conduit and fiber optics, purchase a DS3 system for connectivity with 10 T-1 receivers, and allow for a proprietary rewrite and installation of the membership software.

The funding approved March 27 will pay for phases two and three.

Connectivity is the centerpiece of the upgrade, with phase two including kiosks at all seven golf courses, on which residents can reserve tee times, and phase three connecting such facilities as the sports pavilion, village store and library to the recreation centers' computer network.

Board member Patrick McBurnett was against the idea of further funding.

"I have objected from the beginning about combining membership and golf," he said. "The extra bells and

whistles are not needed by golfers. The tee time system works fine, and I feel this upgrade is not necessary."

Golf Committee Chairman Tom Cook and board member Carolyn Jennings disagreed.

"Both computers went down at Desert Trails during a recent tournament, creating a scheduling nightmare," Mr. Cook said. "Industry standards say computers should last about four years. The computers at the golf courses are eight years old and we are running out of spare parts.

"The computers need to be replaced and we need to upgrade our software. It is needed whether we want it or not."

Ms. Jennings is a member of the Sun City West Computer Club and once served as treasurer.

"The club has over \$100,000 in hardware assets," she said. "That figure does not include software, which we update on a regular basis. I feel the amount requested is not out of line."

Eighteen months ago, a workshop was presented to board members outlining the computer upgrade plan, Mr. Cook noted.

"At that time, we went over such things as hardware, software and connection locations," he said.

The motion to approve phases two and three of the computer upgrade at a cost of \$200,440, with funding provided by the APF, passed 4-2, with newly appointed board member David Wilson abstaining, Mr. McBurnett and board President Bob Finn voted against the measure.

"Phase One is the most costly part of this upgrade," said Roger Smallwood,

RCSCW information system manager, who presented an overview of phases two and three at the March 27 meeting.

"We might want to consider having a special workshop meeting to discuss the more technical details of the upgrade."

Phase Two, with an estimated cost of \$145,440, addresses many golf concerns, with hardware upgrades for the Pro Shops, main office servers addressing golf, terminal, tee time and CGS software, and miscellaneous support items such as internal mail Internet upgrades, spare parts and labor for installation.

Included in Phase Two are touch screens and remote member kiosk stations at all seven golf courses. The screens will allow starters and residents to locate and reserve tee times at every course.

The purchasing of equipment for Phase Two is expected to begin soon after the July 1 budget has been approved.

Phase Three completes connections to other facilities, such as the sports pavilion, facilities maintenance, village store, golf maintenance and the library, and is estimated to cost \$55,000.

No time frame has been established for this last phase.

Mr. Smallwood said he was uncertain whether any employees would be cut as a result of the update, but he said existing employees would "be able to function more efficiently" and no additional staff would be needed for technical support.

In other board business:

■ Mr. Finn questioned a lease contract he was asked to sign. Discussion revealed

the board has approved leasing maintenance equipment for the golf courses.

■ Mr. Cook reported club liaisons will be established for the Charter Club Committee.

■ Mr. Cook reported that the Arizona Senior Citizens Forum, which lobbies the state legislature on issues of concern to the Sun Cities, plans to become self-sufficient after June 2003. The forum is funded by the Recreational Centers of Sun City West, the Property Owners and Residents Association and the Sun City Home Owners Association. Mr. Cook noted the forum also is working on a Web site.

■ Charter Club members in the audience expressed negative opinions about a suggested 10 percent fee to be charged by the recreation centers to contracted club instructors. Information was presented by Mr. Cook, who asked board and audience members for direction regarding the idea. No decisions were made.

■ Golfer reaction to a recent range-ball price increase was heard. General Manager George Grimstad apologized to golfers for the sudden increase. The price for range balls increased from 50 cents to \$1 for 12-16 balls in an attempt to compensate for balls being lost.

■ Walter Urbach presented information about requested new racquetball courts. The courts have been approved for construction in budget year 2005-06, but Mr. Urbach wondered if construction could take place sooner. He was advised to send his request to the properties committee chaired by Stan Warner.

Computers West Club drives home need for blood donors

JOHN SOKOLICH
DAILY NEWS-SUN

Just one pint of blood can save the lives of three people.

With technicians able to separate blood into plasma, platelets and red blood cells, three people can benefit from one person's donation of a single pint. With that fact, residents in Sun City West this weekend potentially saved the lives of more than 100 people.

"I've given blood a lot through my life," Dale Kinyon said while donating Saturday. "I think it's just a good way to

help people."

A mobile unit from United Blood Services was parked in the lot at Palm Ridge Recreation Center Saturday, as many residents made their way through the donor line, each giving a pint of their blood.

"Just one of these bags of blood that we get today can save three people," said Nikee Kemp, senior donor care specialist. "Blood is used for so many different things for patients, that it is important for people to give. One day it can be them who needs it."

According to data compiled by United Blood Services, one out of ever 10 hospitalized patients need blood — the conditions vary from accident victims to cancer patients, but the need is primary in any of the cases.

Because there is no substitute for human blood, Kemp said it is necessary for blood banks to always have enough supply because in many instances, seconds make all the difference to patients in need.

See Computer club, A5

From A1

"There is always a need for blood donors," she said. "Statewide and nationwide, blood supplies are getting lowered faster than they can be replenished."

About 13.9 million units of whole blood are donated in the United States each year by approximately 8 million volunteer blood donors. These units are transfused to about 4.5 million patients per year.

The need for blood is great — on any given day, approximately 32,000 units of red blood cells are needed. Accident victims, people undergoing surgery and patients receiving treatment for leukemia, cancer or other diseases, such as sickle cell disease and thalassemia, all need such blood.

With the blood being able to be separated,

approximately 26.5 million units of blood components are transfused each year, according to the American Red Cross.

But with Saturday being the first time she's been able to give blood, Sun City West resident Sarah Koehn said she was proud of her donation, no matter where it ends up.

"Before I lived in Sun City West, I didn't weigh enough to give blood," she said. "But now that I do weigh enough, I was able to help someone. The process is painless, and I think more people should give."

The donor day was sponsored by the Computers West Club, which was heeding the calls of many advertisements asking for blood donors.

"It's been all over the country with the shortage, so we wanted to do something to help," said Tiffany Coleman,

the club's community service coordinator. "I figured with our club being so community oriented, a couple of our members would be able to spare a pint."

The success rate was so high that Coleman had to refer people to another blood drive, which will take place later this month.

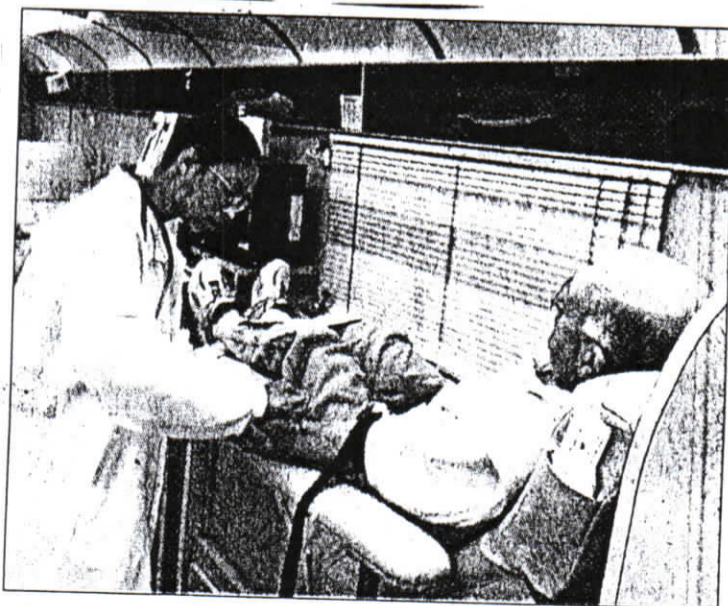
"We had a lot of club members participate, and a lot of non-club members participate as well," she said. "It's great to see that so many people have an interest in this, because it is a very important issue."

With Saturday's drive a success, residents still wishing to donate blood can go Thursday to Shepherd of the Hills United Methodist Church, 13658 Meeker Blvd. For information, contact the church at 584-2280.

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



STEVE CHERNEK/DAILY NEWS-SUN
Barbara Beeghly of Sun City West parts with a pint of her blood in a United Blood Services van at Palm Ridge Recreation Center Saturday.



STEVE CHERNEK/DAILY NEWS-SUN
Nikee Kemp, a phlebotomist for United Blood Services, prepares to draw blood from Dale Kinyon of Sun City West.

THE WESTER Thursday, October 7, 1999

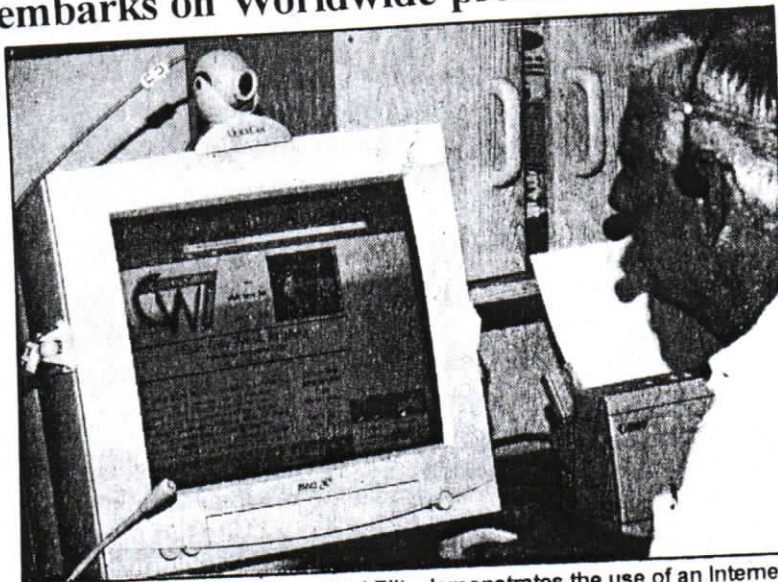
SCW Computer Club embarks on Worldwide promotion

By Carl J. Elitz

The SCW Computer Club has embarked on a promotion with Visitalk.com, a Phoenix-based company, which hopes to be one of the next most talked about Internet services companies in the country. There is currently technology available that allows two computer users to see and hear each other through their computers anywhere in the world as long as they want, for nothing more than the cost of a local phone call.

Sadly, very few people make use of this wonderful tool simply because it is difficult to find those you want to talk with and they are required to both be online at the same time and at a prearranged channel. Another major problem is that currently, transmission of voice and picture is being done mainly through phone lines which are much less effective than cable modems, DSL lines, and microwave technologies such as Speedchoice. These choices, which are currently available, solve this problem.

Visitalk.com has addressed the first problem of the necessity of both parties having to pre-arrange their communication with the introduction of a directory and



The future arrives in SCW, as Carl Elitz demonstrates the use of an Internet camera with his computer.
Photo, Bob Bamick

switching system for IP communications. Any person in the world can register with them free and receive a 12-digit number which acts as an international phone number. This means that you can actually "ring" your friends and relative anywhere in the country (or world) as long as both parties are online. If they are not online, you can leave voice message which they can pick up

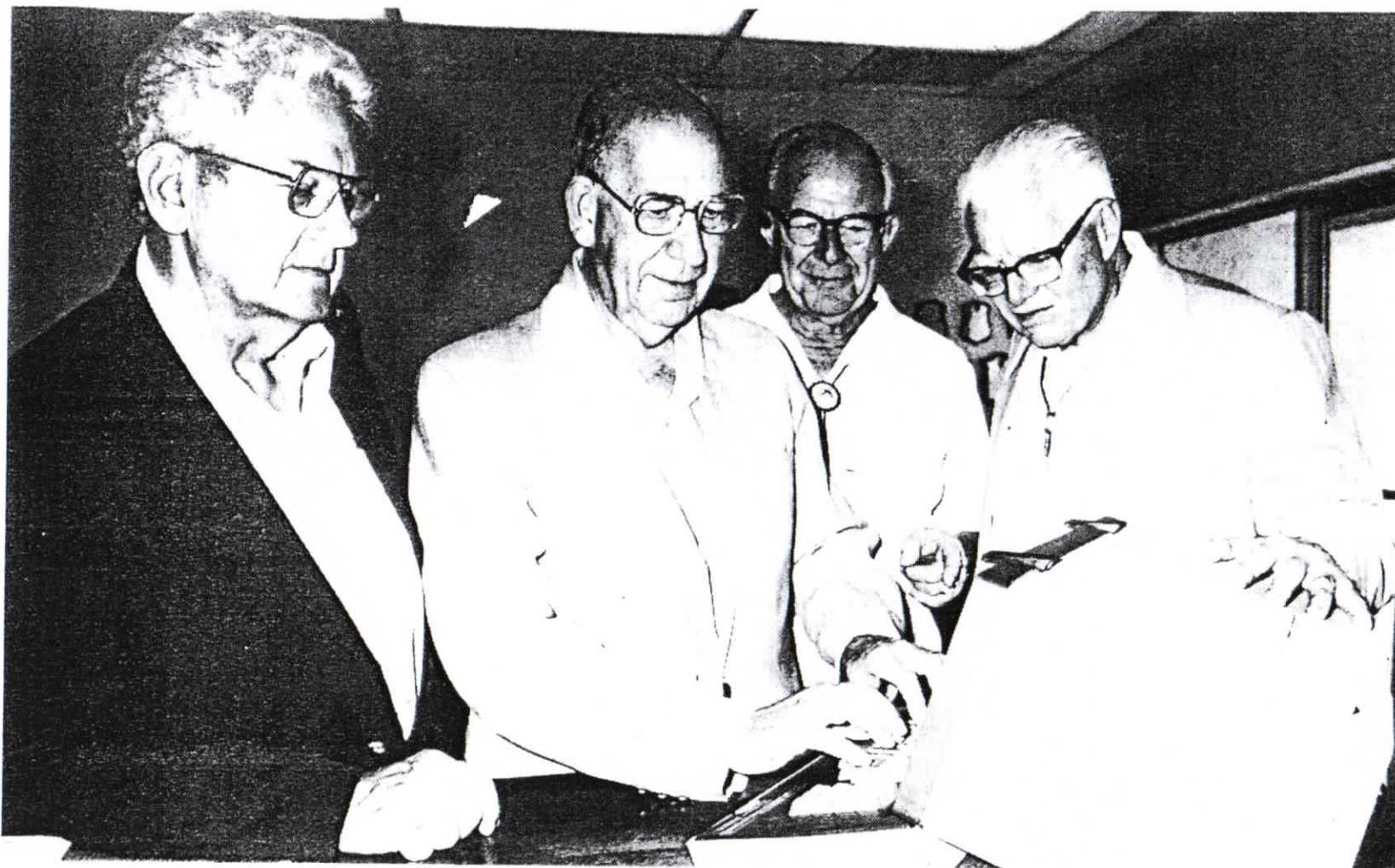
when they do go online just like an answering machine.

Recently, a presentation was given by Visitalk.com to the Internet Users Group, a sub-division of the SCW Computer Club. This Group was so impressed it invited Visitalk.com back for another presentation at the IBM general meeting. The Club and Visitalk.com have agreed that for each person anywhere in the world who goes to the site (www.visitalk.com) and fills out the free registration, that person will receive a \$10 certificate good on any purchase made online at buy.com.

In addition, if a person uses the reference number 20011116975 in the "referring PCN" box during registration, the SCW Computer Club receives \$5 per person to be paid in a lump sum shortly after Dec. 15 when the offer ends.

Needless to say, the SCW Computer Club is ecstatic about the arrangement and hopes to raise \$5,000 for its efforts.

SCW



4-7-89

New computer club forms

Computer buffs in Sun City West are forming the Computer West Club. Andy Wielkiewicz, left, is president, Dave Gilchrist is treasurer, Chuck Martin is vice president and Lloyd Dixon is

secretary. The first meeting will be 1 p.m. Tuesday in the lecture hall of the arts and crafts building in Johnson Center. Anyone interested may attend.

Fig 14-4

(News-Sun photo)

DAILY NEWS-SUN SATURDAY, FEB. 26, AND SUNDAY, FEB. 27, 2005

Copper Enamelists of Sun City West celebrate 25 years of craft and community

CLAUDIA SHERRILL
DAILY NEWS-SUN

To the uninformed or uninitiated, cloisonné might represent the sum total of copper enameling.

However, the Copper Enamelists of Sun City West are quick to point out that cloisonné is but one of many copper enameling techniques taught and practiced by club members.

Maxine Kaiser, the club's coordinator of teaching, said new members must take four 4-hour classes on the basic techniques of copper enameling, which she describes as "a very sophisticated art form," not a hobby.

See COPPER, AA8

Copper enameling as an art form has been around since 5000 B.C., examples have been found in such diverse locales as King Tut's tomb and Mediterranean burial sites, Kaiser said.

The four basic techniques are swirling, stenciling, crackle and limoge, also known as wet packing.

"Each technique is a project of how to fire glass on metal — specifically copper — with chemicals added for stability, so the color remains permanent," Kaiser said.

Other, more advanced techniques that build on the basics are separation enamel, foil and torching, to name three. Cloisonné is a technique that uses copper wire to make a design on a piece of metal, and then filling in that design with wet pack, or limoge.

The Copper Enamelist club has been around for 25 years, and is celebrating its anniversary with an open house from 10 a.m. to 4 p.m. in the club room at Beardsley Recreation Center.

Members will display items that are made using copper enameling techniques and will answer questions of visitors. Door prizes will also be awarded.

Examples of the club's talent may be seen in a mural that hangs in the lobby of Del Webb Hospital, and a wall plaque that hangs on the exterior of Beardsley Recreation Center.

The club claims 95 members and is open from 8:30 a.m. to 4 p.m. Monday through Friday. Kaiser shares teaching duties with Shelly Wisowoty and Hedda Orr.

Nearly 20 members were

in the club room, working on different projects during a Feb. 14 visit. Mary Weber joined the club in 1982. She had previous experience, having taken lessons at the YMCA in Dayton, Ohio.

"I was delighted the club was here," Weber said. Her involvement in the club has led to stints as secretary, vice president and president. Her favorite items to work on are bowls, refrigerator magnets and framed panels.

Tink Fairtile is a 20-year member, who moved to Sun City West from New England.

"I moved here on a Friday in 1985, into a rental home. On Monday I was in class with Jack and Jean Brady (the club's founders)," Fairtile said.

Fairtile likes to make fish pendants and gives them to friends as gifts.

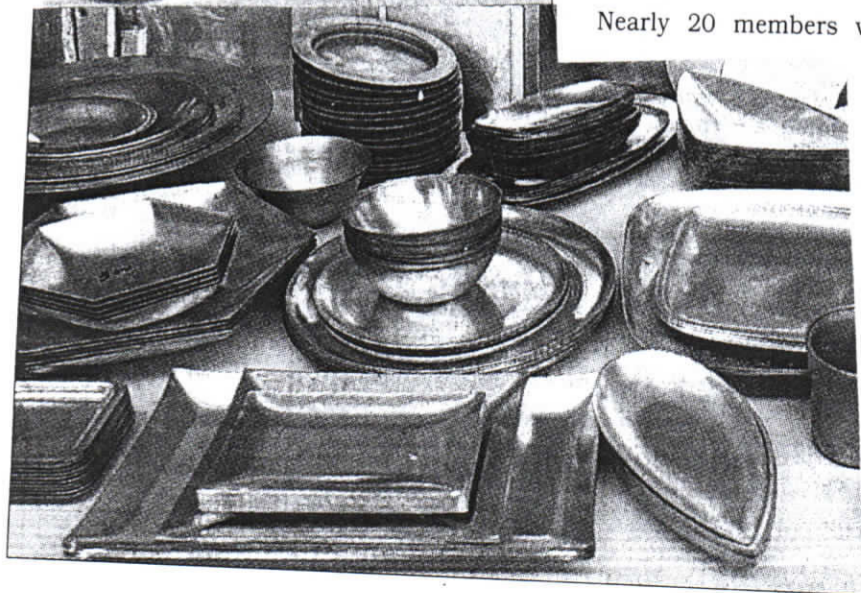
"The most outstanding thing about this group is friendship," Fairtile said. "We are one big family, very close-knit."

The family feeling and friendship were echoed by other members, and demonstrated when everyone crowded around one table to sit together for lunch.

Jean Rader, who has been a member for 18 years, likes to do pieces using limoge and swirl techniques. Rader joined the club in 1987, one year after she and husband, Bill, moved to Sun City West from a town northwest of Chicago. She commented on how supportive members were when Bill, who also was an active member, passed away.

Harry Reupert considers himself more of a newcomer to the club, having joined shortly after moving to Sun City West in 1995.

"I was out for a walk and I stopped to talk to a guy about a tree in his yard. I noticed a set of house numbers and asked him



OVER

where he bought them," Reupert recalled.

"He said his wife made them and told me I should come down and check out the club."

The guy was Bill Rader, and Reupert found camaraderie and friendship in the copper enameling club. He enjoys the crackle and swirling techniques and has made plates, which he gives to his family as gifts.

"They're probably in a closet somewhere," he laughed.

Reupert also made a Flat Stanley for his granddaughter, who is a 3rd-grade teacher. Flat Stanley is a popular character in elementary schools who travels via the U.S. mail. Reupert's Flat Stanley was different, however, in that it was big and enameled on both sides, and by all accounts, was a hit with the kids.

Reupert, a master plumber — "so I'm really familiar with copper tubing" — was happy to find such a unique group.

But, more than being unique, Reupert said, is "everybody makes you feel welcome. Even after finishing the beginner courses, "everyone shares knowledge" with each other.

Membership in the Copper Enamelists is \$15 annually and members purchase the raw materials for their pieces from the club.

Copper pieces are bought preformed from American Metals in Chicago, and the enamels, either opaque or transparent, can be purchased by the ounce.

Kaiser said each piece begins with a plan, shape,

technique and colors that will be used.

The enamel is placed on the copper, either in very fine powder form or tiny chunks, and the piece is placed in one of seven kilns the club owns to melt the enamel.

"The technique determines the temperature and time of firing," said Kaiser.

The kilns are front-loading, she added, because workers need to see the entire piece, which cannot be done with a top-loading kiln. The front-load feature also makes it easy to reach into the kiln to swirl enamel and perform other tasks.

Each kiln's temperature is upwards of 1,500 degrees, and pieces are fired more than once as the enamelist builds up layers of color for richness, "to get the brilliancy and color that you need," Kaiser said.

Pieces are also counter-enameled, meaning front and back, which reduces the stress and increases the stability of the copper so there is less chance of chipping or cracking.

Kaiser was first introduced to copper enameling in 1957 as she pursued a master's degree in curriculum at the University of Denver.

"We learned a little bit of everything," she said, "and I took it back to the middle school."

Aside from being an art form, Kaiser said that teaching copper enameling also teaches other skills and abilities, such as patience, attention to detail and following directions, some of which may be lacking in adolescent boys and girls.

After taking early retirement in 1977, Kaiser moved to Sun City, where she picked up her skills again. When she moved to Sun City West in 1981, she sat with the Bradys, who were conducting the classes for beginners, and demonstrated what she knew. She bypassed the basic classes and soon was teaching them herself.

Sharon Gricol, club president, has been a member for just 2½ years, and was introduced to the craft by her sister-in-law, Janette Gricol.

She identified items in the club's display cases outside the club room and explained the various techniques used in each.

In addition to copper enameling, club members also are learning glass fusing and bead making, both of which are techniques that also use melted glass.

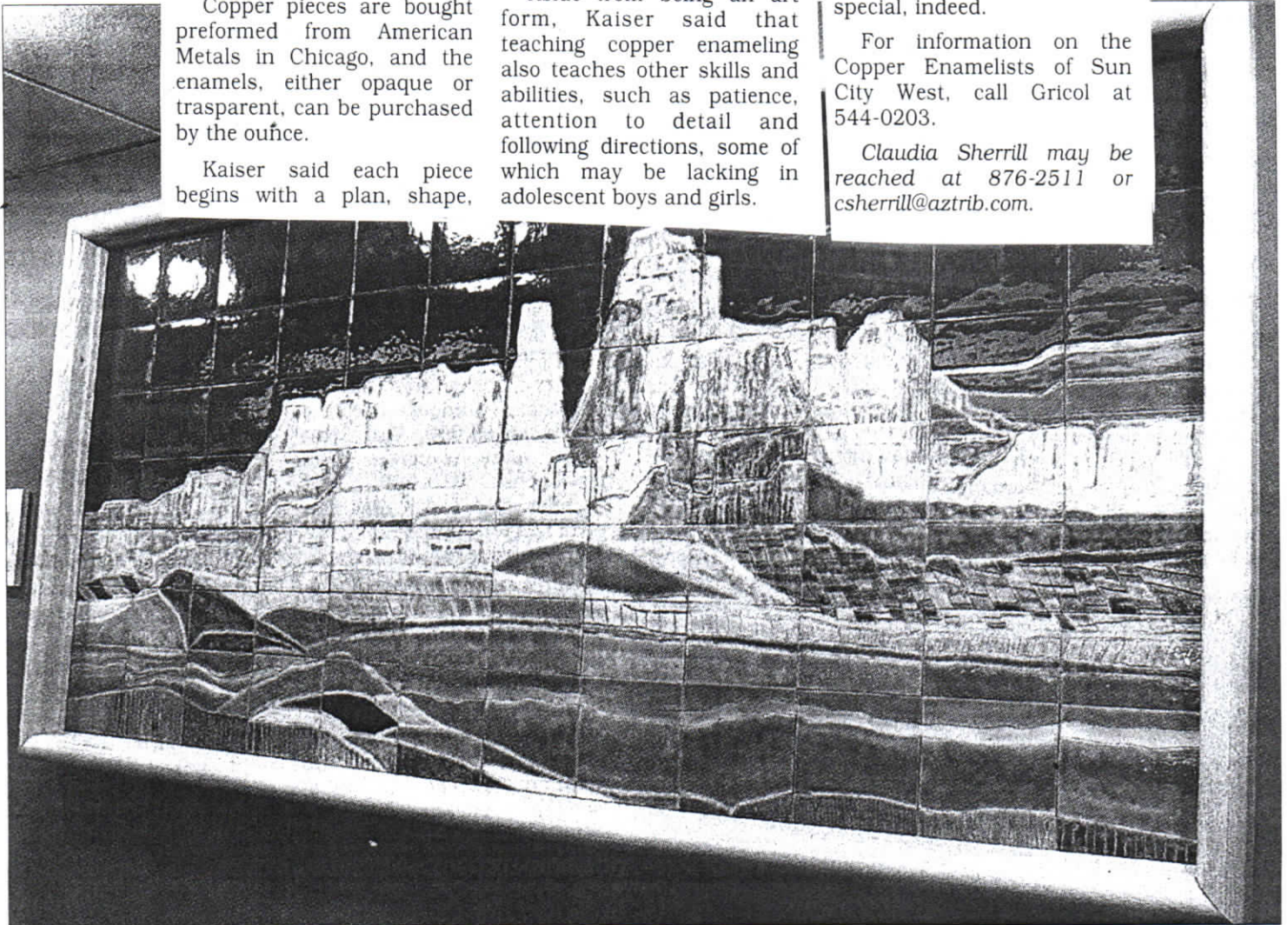
Other items crafted by club members are jewelry, bolas, plates, Christmas tree decorations and bowls. All said family members received most of their creations, but also pointed out that the club participates in craft festivals in Sun City West, and members also submit items to the Village Store for sale.

"We have a Quality Control committee that approves items for the store," Reupert said. "That way, what is displayed represents the best we have to offer."

What they have to offer is special, indeed.

For information on the Copper Enamelists of Sun City West, call Gricol at 544-0203.

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



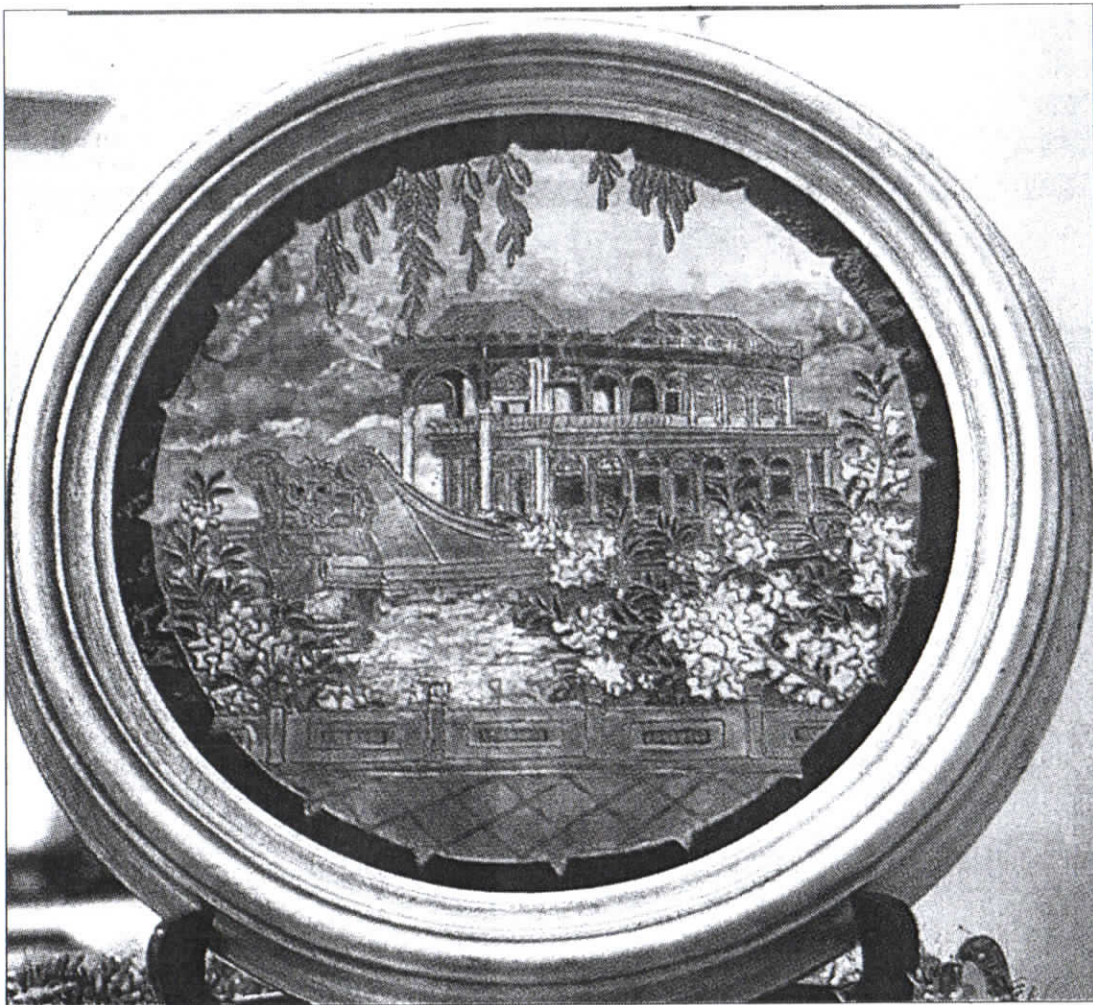
PHOTOS BY MOLLIE J. HOPPES/DAILY NEWS-SUN

The Copper Enamelists of Sun City West made this mural that hangs in the lobby of Del E. Webb Memorial Hospital.

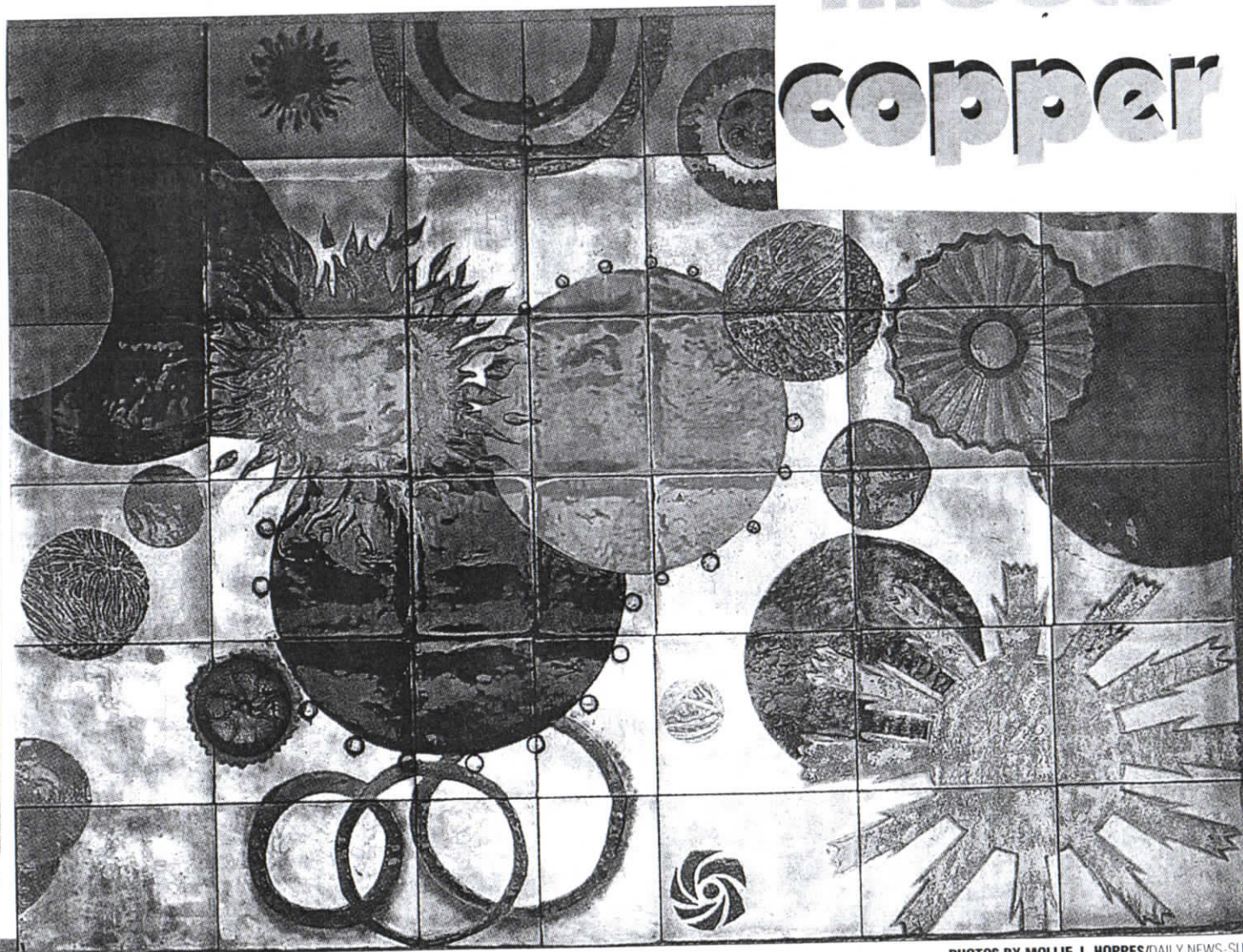
Daily News-Sun

SATURDAY, FEB. 26, AND SUNDAY, FEB. 27, 2005

Glass meets copper



Club member Doris Shumway created this cloisonné picture at the Copper Enamelist Club of Sun City West. The group meets daily at Beardsley Recreation Center.



PHOTOS BY MOLLIE J. HOPPES/DAILY NEWS-SUN

Members of the Copper Enamelists of Sun City West created this wall plaque, which graces the exterior of Beardsley Recreation Center, the club's meeting place. The group is celebrating its 25th anniversary with an open house March 5.

OF SUN CITY WEST

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SCW COPPER ENAMELISTS, summer schedule, 8:30 a.m.-4 p.m. Tuesday, Wednesday and Thursday, **Beardsley** studio room. No monthly meeting until September. We are always seeking new members. Information: 584-3300 or 546-6477.

Steve Cherek/Daily News-Sun

Maxine Kaiser looks over her "frog heaven in a turtle pond" indoor fountain she created using copper enameled frogs and turtles in the Copper Enamelists club at Beardsley Park Recreation Center in Sun City West.

DAILY NEWS-SUN

MONDAY, DEC. 6, 2004

LET'S GET PHYSICAL



Women in the Energetic Exercise Club of Sun City West work out in the R.H. Johnson Social Hall in Sun City West.

STEVE CHERNEK/DAILY NEWS-SUN

OVER

Experts say exercise more important than dieting

AMANDA MYERS
DAILY NEWS-SUN

There's good news for chocolate-loving women everywhere. A new study by the University of Pittsburgh says elderly women should worry more about exercise than weight.

That makes Clara Singer of Sun City West smile. After gaining 25 pounds a few years back as a side effect to medication, the 80-year-old struggled to get it back off.

"I was crying I was so mad!" said Singer. "It came off very slowly."

But off it came ... well, most of it.

"I'm always wrestling with five pounds," Singer admitted.

Worry not, say researchers, who studied 171 community-dwelling older women aged 50 to 65. They concluded older women who were overweight and physically active had levels of physical function similar to normal-weight older women.

That's good news for Singer, who is also the president of the Energetic Exercise Club of Sun City West. Three days a week for 45 minutes a day she's on the floor with at least 80 others bending and stretching and marching and jumping.

"It's so wonderful to see all these people exercising," said Singer, who said she's "doing just fine" despite her doctor's reminder about the extra pounds.

The study's author and physical therapist was Jennifer Brach of the University of Pittsburgh School of Health and Rehabilitation Sciences.

"Weight loss may be detrimental to health in older persons, so it may be best to focus on increasing physical activity, rather than focus solely on weight," Brach said in the study's release.

So while the study doesn't recommend converting to a diet solely made of cheeseburgers, what it does advocate is not losing sleep over the number on the scale.

"People still equate thin with fit, which is totally wrong," said Mariette Chagnon, an exercise specialist with Sun Health. "You can be overweight and a lot fitter than people who are thin."

Chagnon said when many older people try to lose weight, they lose

muscle as well. So building more muscle might mean a higher weight, but it also means greater strength.

"You want to be stronger to manipulate your own weight."

Chagnon said this includes being able to go up and down stairs without difficulty, having better balance and also being able to prevent falls from loss of stability. She urged her clients to think more about wellness than weight loss.

She added that building muscle through exercise will in turn help take care of those extra pounds.

Whereas one pound of fat burns just two calories a day, on average, one pound of muscle will burn 35 to 50 calories a day, said Chagnon.

Chagnon said she thinks the message of fit over thin is getting through to the older community slowly but surely.

"I think they are updated lately. People are more into exercise now."

Christine Klusovski of Sun City West is an exercise enthusiast and another energetic exerciser in Singer's club. Klusovski said she isn't afraid to admit she's not the ideal weight for her height, but said with a smile, "I can't give up eating!"

So she's there, three days a week, bending up and down like everyone else because, she said, it's good for her, not because she's adamant about being a size 3.

"Besides, at my age, who cares?"

Chagnon said everyone should care, at least enough to do some exercise every day, even if it's just a walk. Ideally, however, she advised covering the three elements of health: cardiovascular, strength training, and flexibility.

Chagnon said the American College of Sport Medicine recommends cardiovascular exercise three to four times a week for 20 to 40 minutes each day, strength training twice a week for 20 to 30 minutes and flexibility exercises for 10 to 15 minutes every day.

"Even just stretching," said Chagnon, who suggested yoga, which is also a good way to relax.

"In order to stretch a muscle, it has to relax."

Amanda Myers may be reached at 876-2513 or amyers@aztrib.com.

Thursday, March 4, 1999 THE WESTER

Energetic Exercise Club proudly observes its 20th Anniversary

By Marie Scotti

Members of the Energetic Exercise Club endorse the concept that proper exercise can lead to a healthier, safer and more satisfying lifestyle. The Exercise club celebrated its 20th anniversary with a dinner held at the Lakes Club in Sun City. One of the first clubs organized, it gained its charter on Oct. 1, 1979.

Dick Muncie, a member of the club and a well-known performer in Sun City West was master of ceremonies during the event. He recognized the Pictorial Collage Committee which consisted of Linda Ceroni, Genevieve Guest, James and Mildred Kolbaum, Ed and Eleanor Parks, Clara Singer, Ruth Swaggert and Roger Thielman.

A scrapbook featuring the history and events of the club was on display during the program. Ceroni, past president years 1990-91 and 1998, initiated the idea for a club scrapbook and made all the arrangements to develop the book. She reports the assembly of the book took four months and believes it is the only club in Sun City West which has a scrapbook.

The current officers are: James Kolbaum, president; Mildred Kolbaum, vice president; Clara Singer, secretary and Samuel Allen, treasurer.

Recognition of charter members was on the program. Charter members are: Carolyn & Joe Ady, Millie Cazier, Ruth Woodyard, Gretchen Szetela, Edna Bothell, Bernice Johnson, Cindy Carlson, Mary Bender, Dorothy Moll, Leona Brown, Ann Eckert, Howard Cain, Anita Thomas, Eleanor and Ed Parks.

Pat Patterson, who served as president of the Exercise club in 1985-6 and 1996 presented the history of the Club's organization, which was prepared by Eleanor Parks, historian. She and her husband, Ed, are still actively engaged in the club today. Ed is the custodian of the master tape.

Shortly after the recreational facilities of Sun City West were finished, Del Webb asked the residents to start clubs. Carolyn and Joe Ady had just moved to Sun City West from Sun City where they were members of Bill

Lennon's exercise class. On Aug. 1, 1979, Carolyn and Joe organized the exercise group in Sun City West with the help of Miller Cazier and Ruth Woodyard.

Bill Lennon came over from Sun City to help get the group started. Most of the exercises are universal, meaning apparently for all ages and movable body parts, targeted for a mature clientele. If you do all the exercises you have gone through 98 different movements of which you did 15 each for a total of approximately 1,280 moves.

Prior to the club applying for a charter, they needed a name for the club. A contest was held. Jean Brady Jensen was the winner and the name "Energetic Exercise Club" was chosen.

Bill Woodyard, general manager of the Recreation Centers of Sun City West, granted the club its charter.

At first, Joe Ady called the exercises and if he was absent, Ed Parks filled in for him. Joe and Ed got together in 1981 in the kitchen of Joe's home to make a tape. Joe called the exercises while Ed did the exercises on the kitchen floor. Only two changes were made in the original tape, which is the same tape the club uses today.

The equipment requirement in 1979 were an exercise mat and a stick same as is being used today. Joe Ady remained as the club's exercise director until 1984.

The Exercise club has grown from about 30 members in 1979 to about 300 today. The dues were raised from \$1 per year to \$2 per year in 1999.

Entertainment for the evening was presented by Ron McCollor. Ron, a member of the Energetic Exercise Club, has performed in the community and is well known for having a natural comedic flair.

McCollor said: "We all need exercise and what better place to participate than Energetic Exercise at 7:55 a.m. with all of you wonderful people. Only God should know what anyone looks like at 8 o'clock in the morning, but we have our fun, don't we? There are certain things that occur during this class that are



Organizers of the Energetics Exercise Club in 1979 (above, from l.) are Ruth Woodyard; Millie Cazier; Bill Woodyard, general manager of the SCW Recreation Centers in 1979, and Carolyn and Joe Ady. Below, is the Energetic Exercise Collage Committee. (Seated, from l.) Eleanor Parks, Genevieve Guest, and Past Pres. Linda Ceroni. (Standing, from l.) are Ed Parks, Clara Singer and Jim and Mildred Kolbaum. Not in photo are Ruth Swaggert and Roger Thielman. Photos, Marie Scotti



unique and I'd like to cite some of these things. I'm sure you could add to the list but let me illuminate and exaggerate some of these things."

"It is inconceivable that a tape that is 20 years old has survived in its original form. It's almost like Bing Crosby's White Christ-

mas. To tamper with the tape would be sacrilegious—lightning would strike down the editor. We forge ahead doing our exercises while airplanes fly over. I won't say the tape is antiquated, but I believe that the planes have propellers. I have heard the tape so many times, that whenever a

plane flies over wherever I am, I drop to the floor and do 15 push-ups.

"The Smithsonian Institute in Washington D.C. has reserved a place for the Energetic Exercise tape. It will be placed right between a tube of Ben-Gay and a piece of P.V.C. Pipe."

The Exercise club meets each Monday, Wednesday and Friday morning from 8 to 9 a.m. at the R.H. Johnson Social Hall.

INDEPENDENT

February 3, 1998

Exercise club celebrates 20th anniversary

By MARK CASSIO
Independent Newspapers

A Sun City West fitness club's members have kicked, stretched and twisted for nearly 20 years.

The Energetics Exercise Club of Sun City West gained its charter Oct. 1, 1979, said Eleanor Parks, 82, club historian, original member and first elected treasurer. The club plans a 20th anniversary celebration Feb. 12.

Carolyn and Joe Ady, Milly Cazier and Ruth Woodyard founded the club, Sun City West's second oldest. It is exceeded in seniority only by the Silvercraft Club, which chartered a month earlier.

Energetics has grown from about 30 members in late 1979 to about 300 today, Mrs. Parks said. An average 125 attend workouts each Monday, Wednesday and Friday morning from 8 to 9 a.m. at RH Johnson Social Hall.

New members are welcome to attend. Mrs. Parks recommends new members consult a physician before starting an exercise routine.

Aside from increased membership, little has changed during the club's 20-year existence. The exercises, developed by Sun City's Bill Lennon, remain unchanged, Mrs. Parks said.

She describes the one-hour routine as "general universal exercises" with 92 different movements. Though the exercises work many

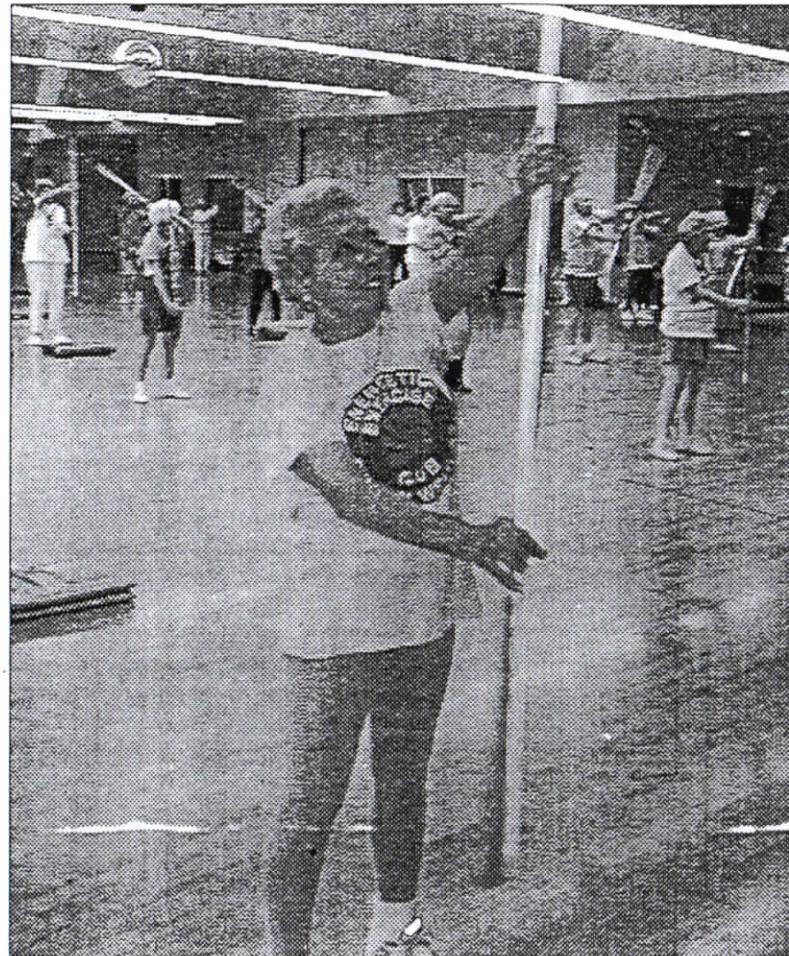


Photo by MARK CASSIO/Independent Newspapers

Linda Ceroni, past president of the Energetics Exercise Club of Sun City West, participates in a recent club class at R.H. Johnson Social Hall. The chartered club celebrates its 20th anniversary this year. New members are welcome to attend one-hour exercise classes 8 a.m. Mondays, Wednesday or Fridays.

muscles and improves blood circulation, they are not considered aerobics, she noted.

"We're still here. So it must have been some help," Mrs. Parks said of the exercise group's health benefits. Her husband Ed, also an original member, actively participates at age 86.

Armed only with floor mat and three-foot pole or stick, members perform movements following instructions from Mr. Ady's taped voice. Each exercise movement involves 15 repetitions.

If a participant feels pain or discomfort with a certain exercise, Mrs. Parks simply advises, "Skip it and do the next one."

"Do the exercises that are comfortable for you," she said. "You don't want to do anything that hurts."

Frances Buchholz, who underwent replacement surgery for both knees and a hip, encourages everyone to participate. People with physical limitations "can still do it, you just have to modify things a little," she said.

A group leader on stage demonstrates each exercise to aid proper execution by all participants. Three leaders, chosen by club officers each month based on performance and interest, head one class per week.

Jim Kolbaum and wife Mildred serve as Energetics co-chairmen for 1999.

Brief History of Energetic Exercise Club

Shortly after the recreation facilities of Sun City West were finished Del Webb asked the residents to start clubs. Carolyn and Joe Ady had just moved to Sun City West from Sun City where they were members of Bill Lennon's exercise class. On August 1, 1979 Carolyn and Joe organized our exercise group in Sun City West with the help of Milly Cazier and Ruth Woodyard. Bill Lennon came over from Sun City to help get the group started. Most of the exercises are universal, meaning apparently for all ages and movable body parts, targeted for a mature clientele. If you do all the exercises you have gone through 92 different movements of which you did 15 each for a total of approximately 1,280 moves.

Before we applied for a charter we needed a name for the club. It was decided to have a contest, and everyone was asked to submit a name. Carolyn Ady was in charge of selecting the name; she chose the one submitted by Jean Brady Jensen: "Energetic Exercise Club".

On October 1, 1979 Carolyn and Joe Ady applied for a charter, and on that same day Bill Woodyard, general manager of the Recreation Centers of Sun City West, granted our charter. We were assigned the use of the R.H. Johnson Social Hall Mondays, Wednesdays and Fridays from 8 a.m. to 9 a.m.

At first Joe Ady called the exercises-no microphone, just his voice from the small, crude stage at the front of the hall. If he was absent Ed Parks filled in for him. It soon became apparent that a tape of the exercises would be a fine addition to our club. Joe and Ed got together in 1981 in the kitchen of Joe's home to make a tape. Joe called the exercises while Ed did the exercises on the kitchen floor. While they were taping planes from Luke Air Force Base flew over and created a lot of noise in the tape. After a few months Ed did some work on the tape to eliminate as much noise as possible. In one of the exercises the count was not audible so in 1987 Bob Blinn filled in the count for that exercise on the tape. These are the only two changes made to the original tape which, by the way, is the same tape we use today.

Our equipment requirements in 1979 were an exercise mat and a stick (same as we use today). The dues were \$1 per year.

Joe Ady remained as the club's exercise director until late 1984. He was an ardent fitness advocate and his long service and devotion to the club were invaluable. We really appreciate what he and Carolyn did for our community in extolling the virtues of a regular exercise program and doing something positive about it.

In the early days of Sun City West, different clubs were asked to perform various civic functions, and in December of 1981 Energetic Exercise conducted the election for members to the Advisory Board of the Recreation Centers of Sun City West. That was its name before it became the Governing Board.

In the past as is the case today the Johnson Social Hall is closed for renovation for a week in the summer. During this week we need to have another place to do our exercises. The first summer Lucille Johnson, who was Bill Woodyard's assistant and in charge of allocating space, assigned the Energetic Exercise Club the use of the Lawn Bowl greens. In short order the lawn bowlers let Lucille know that under

no circumstances were we to jump up and down on that tender new grass. Our club members also complained because we were in full sun, on bare concrete next to the walking track. Nevertheless, this summer arrangement prevailed for at least a couple of years. Then Lucille arranged for our club to use the entrance of the racquet ball court and mini golf area. We enjoyed that concrete haven until the Beardsley Recreation Center was completed in 1985. The steamy, slippery area around the west end of that new swimming pool was our Beardsley hangout for several years. After the Palm Ridge Recreation Center was opened we were assigned use of that auditorium, with class starting at 7 a.m. That is the present arrangement and schedule for summer 1999, in all probability.

As a developer, Del Webb has always had some kind of fitness program. They've engaged as speakers such famous fitness gurus as Jack La Lanne and Richard Simmons. In 1988 Channel 22 TV made a video of the club during our exercises.

In 1985 the Recreation Centers approved the use of the Sun City West sunburst as our logo. We had patches made and sold them to our members to display on their exercise outfits. President Keith Chapman was responsible for this project. Eventually T-shirts displaying the logo were offered for sale (they are still available!); that was an initiative of our then club president, Charlie Pouliot. Bob Blinn also used the logo as the pattern of our trustworthy sign (I think he's the one who first put that 's' on energetic). The sign was originally prepared as a marching banner for a fitness parade which Del Webb sponsored back then, along with such shenanigans as the regular Fourth of July bash on the hill between the Crestview complex and the Sundome, overlooking fireworks launched from a barge on the golf course pond below.

In 1991 Johnson Social Hall received a new wooden floor and a new sound system which was a great improvement then, but in 1999 seems to be in dire need of replacement. In 1998 we had our first "Breakfast in the Park"; it was considered a big success. In October we started on a book to record the history of the Energetic Exercise Club, hoping to have it finished in time for our 20th anniversary dinner on February 12, 1999 at the Lakes Club in Sun City. It would seem that we have accomplished our goal. We hope we have recorded the main club events of the past 20 years, and that in future years the people who follow will be more diligent about noting our club's contributions to fitness in the community.

In 1999 inflation set in as we had a 100% increase in our dues from \$1 to \$2 per year.

(Prepared by Eleanor Parks)

(Read at Lakes Club, Sun City, on 2/12/99)