



### PRESIDENT'S MESSAGE

Greetings to all SCCA members and residents of the Core! As I write this message, the year is ending. A lot has happened this past year. This has been a year of many challenges. We had two Directors, who for their own personal reasons chose to resign. We were able to continue to conduct business as a replacement Director, Pam Johnson was appointed and a quorum was always present. Many long hours were spent working through the details of concluding the services of our former management company and choosing a new one who would be the best fit for our 50-year old community and be the most prudent in managing its needs. The Board's ultimate decision to choose Avalon Management Group has been a win-win for this association. Mark Jones, President of Avalon, and his dedicated and talented staff have worked tirelessly to sort out all the details to aid in moving forward at a dramatically reduced cost to the Association. We now have a full time Activities Coordinator, Julissa Perez-Garcia, who, as she becomes more familiar

◆◆CONTINUED PAGE 8

## Annual meeting scheduled for election of directors

Date: Thursday, February 14, 2013  
 8 a.m. Registration of Hand-delivered Ballots  
 10:00 a.m. – Call to Order  
**Location: – 26850 Sun City Blvd. – Webb Hall  
 Sun City, CA 92586-2948**

We thank the Election Panel: Terry Campbell, Beverly Humble, Eileen Purcell, Edna Rae Bogut, and Sheila Neal for assisting in this very important annual event. This group hosted a "Candidates Forum" on January 5<sup>th</sup>, which was open to all

owners to attend and listen to the Candidates, and ask them questions. There was a turnout of about 80 people.

To vote in this year's election, you must own the SCCA home as of January 8, 2013. Ballots were mailed via first-class mail to owners of on file. The quorum requirement to hold the meeting is 2% of the 4,762 homes, or 95 members responding.

California Elections located in Escondido, is the company con-

ducting the election again this year. If you have any question about proper completion of your ballot, please contact them directly at randy@eddvote.com or by calling 800-233-9953.

Minutes from last year's Annual Meeting will be read and approved at this year's meeting. Read carefully before completing your Ballot and yellow return envelope. *Errors may disqualify your ballot. Failure to properly sign the yellow envelope*

◆◆CONTINUED PAGE 3



The 2012 Gold Medal Chair Volleyball team pictured left to right are: Jill Cherry, Ann Kuta, Dennis Cary (tall in back), Helen McCauley (front), Mary Owens and Steve Hamilton (last on right).

## Chair Volleyball? You've got to try it!

BY NADINE SANDERSON  
 COURIER CONTRIBUTOR

If you have not yet tried playing chair volleyball, we can tell you that it is even more fun than young folks' volleyball - just not nearly as physically demanding. We are all over 55, we all live in the core, and we all look forward to our play dates with baited breath.

There is no equipment needed and no special clothing is required, just be prepared to do a whole lot of

laughing. We play every Thursday morning at 9 a.m. in North Town Hall, and new players are always welcome. We stop playing volleyball at 11 a.m., but we are all still having such a good time that we then meet at IHOP at 11:10, where we eat together, but order and pay separately.

For more information, call Ann at 951 301-0176, or just join us on any Thursday morning at see for yourself what a good time is had by all.

### INSIDE THIS MONTH'S SUN CITY CORE COURIER

#### Candidate Statements

In order to assist you in making your selection for the election of the Board, each candidate submitted a statement of information or a brief biography.

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#### Coughing questions?

We all cough occasionally, especially. It's often nothing to worry about and will disappear on its own. But when does it mean something serious?

◆ PAGE 7

#### Coyotes roaming streets

Several coyote sightings within the Sun City community have been reported recently. They can hurt and even kill pets. Here's what to do.

◆ PAGE 14

THE SUN CITY CORE COURIER  
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# VOTE



Left to Right: Rosie Elrite, Jim Asbury, Pam Johnson, Lorri Sullivan

**ROSEMARIE ELRITE  
PALMA A. "PAM" JOHNSON  
LORRI SULLIVAN  
JAMES ASBURY**

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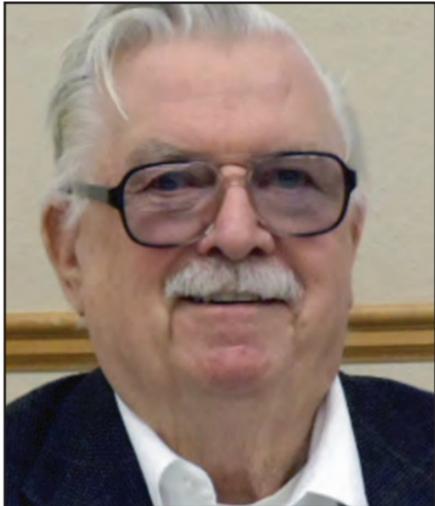
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# Candidates make statements prior to board election

In order to assist you in making your selection for the election of the Board, below we have listed each candidate's name, along with their statement of information or a brief biography exactly as submitted.



**James Asbury**

I would love to become part of the Board of Directors of Sun City because I believe I can make a difference in keeping our community safe, enjoyable and fun. I would like the opportunity to defend the rights of the 55 and older community. Keep our pools and recreation areas safe and enjoyable for everyone. We need a voice and I believe I can help make a difference and become that voice.



**Rosemarie ElRite**

My husband and I retired and moved to Sun City 13 years ago to enjoy life in an age restricted community. Since that time, I have been involved in volunteering my time serving the community by holding office on the SCCA Board of Directors for three two year terms. I was honored to serve as Board President this past year. We had a daunting task of changing Management companies which resulted in a significant cost savings for our

membership. For starters, Avalon Management Company's per door charge is only \$0.88 compared to the \$3.50 we were paying Merit. This cost went from over \$16,000 per month to a little over \$4,000. A saving of \$12,000 per month. We will also be using an Avalon recommended vendor to produce and distribute our bimonthly news letter at no cost to the membership, another savings of \$50,000 per year.

My "Bucket list" for the next two years is as follows as there are several priorities in the works: In early 2013, the membership will receive a restated and amended set of By-Laws. Our current ones have sections out of compliance with existing laws and will need membership approval.

The next area of huge cost savings is the use of water wise landscaping. Another area needing review is the potential disposition of the Ag Gardens as it has become a liability and maintenance responsibility. Increased security at Corbett Park is also being reviewed. The complacent and noncompliant ideology prevalent here needs to change to attract resident member occupied homes. If reelected, I will continue to serve this community with the best interests of the members in mind as I have no alliance with any self serving groups.



**Palma (Pam) Johnson**

I am presently serving the SCCA in an unexpired term and would like to continue on the Board. I feel I can continue to be a positive influence and bring fresh eyes to the needs of our community going forward.

**Annette Pellegrino**

My name is Annette Pellegrino, I have lived in Sun City Civic As-



**James Rzepka**

No comment

sociation since 1997, moving here from a senior area in Florida. If I am elected as a Board Member I will work with our new management company to:

To retain and secure our senior status

To keep a cost effective & professional Management

And above all continue to listen to your concerns and work to improve our Association with your help.



**Lorri Sullivan**

As your representative on the Board, I will help to provide an equal opportunity for each person's individual needs, problems and concerns to be heard and addressed. We need to "take back" control or our wonderful lives in the Core and be represented with dignity, respect and competency. Let's do away with favoritism and partionship. Our Voices need to be heard once again.

*These statements are directly from the candidates themselves, and not the Association.*

*Neither the Association, Election Panel nor the Board of Directors is responsible or necessarily endorses any of the views expressed in these statements*



## Annual meeting

▶▶CONTINUED FROM PAGE 1

*will also disqualify your ballot, so please **be sure to sign the envelope** where indicated!*

While we strongly encourage you to **mail your ballot in**, there will be a locked ballot box located at the SCCA Association office during normal business hours where you can drop off your ballot, or come to the meeting and hand it to the Inspector of Election from 8:00 to 9:00 a.m. on Thursday, February 14, 2013.

There are five open seats on the Board (three 2-year terms and two 1-year terms). The three candidates with the highest number of votes will be elected to fill the three 2-year terms and the next two will fill the two 1-year terms. You can cast up to five (5) votes (but only 1 vote per candidate).

The Candidates are: James Asbury, Rosemarie ElRite, Palma (Pam) Johnson, Annette Pellegrino, James Rzepka and Lorri Sullivan. Please read their Candidate Statements.

Once the new Board is elected, at a Special Meeting following the election the new board will elect their own officers and establish meeting schedules, etc.

**If you don't want to vote this year, please remember to return your ballot anyway** to insure the Association meets quorum and can hold the meeting. No quorum results in an adjourned meeting on February 21<sup>st</sup>, and new notices must be mailed, *at an additional expense to the association.* Thank you for your participation in this election!

**Return your SIGNED Ballot Today if you haven't already done so!**



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**News**

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The Views & Opinions expressed in the Articles and Advertisements in the SCCA Core Courier are not necessarily shared by the SCCA Board of Directors or Management

## COOK'S CORNER

### DELICIOUS LASAGNA

- 1 pounds ground beef
- 1 pound ground sausage
- 2 tsp Lawry's Seasoned Salt
- 2 cloves garlic, crushed
- ½ tsp Lawry's Seasoned Pepper
- 1 can (1 lb. 12 oz.) diced tomatoes
- 1 can (8 oz.) tomato sauce
- 1 pkg. Lawry's Spaghetti Sauce Mix with Mushrooms
- ½ pound lasagna (broad noodles)
- ½ pound Mozzarella cheese, sliced
- ½ pound ricotta cheese\*
- ½ cup grated Parmesan cheese

Brown the meat in a Dutch oven or deep

kettle. Add the Seasoned Salt. Add the crushed garlic and Seasoned Pepper. Simmer slowly for about 10 minutes. Add the canned tomatoes, tomato sauce and Spaghetti Sauce Mix. Stir thoroughly; cover and simmer for 30 minutes.

Meanwhile, boil the lasagna noodles in water (add 1 Tbsp. olive oil) until they are almost tender; drain and rinse.

Pour ¼ of the meat sauce into a 12x8x2 inch baking dish. Cover the meat sauce with 1/3 of the cooked lasagna noodles. Arrange ½ of the Mozzarella cheese and 1/3 of the ricotta over the lasagna. Repeat the layers 2 more times, ending with meat sauce and top with Parmesan cheese.

Bake in a 350 degree oven for 20 minutes.

Makes 6 to 8 servings. Serve with a green salad and garlic bread....ENJOY!!

### EXTRA NOTES

\*Cottage cheese may be substituted for the ricotta; however, drain thoroughly. You can also use ½ pound ground beef and ½ pound ground sausage....your choice. To freeze: Prepare as above, except for baking. Cover securely and seal with freezer tape. When ready to use, thaw, remove cover and bake as directed.

If you have a fabulous or special recipe you'd like to share with your fellow SCCA neighbors, email it to [manager@suncitycivic.com](mailto:manager@suncitycivic.com). One of these days we may just have a Cook-Off!

## ANNUAL MEETING AGENDA

Thursday, Feb. 14, 2013 at 9:00 a.m. ~ Webb Hall  
REGISTRATION OPENS (9:00 a.m.)

### INTRODUCTIONS

(including the inspector of the election)  
TURN MEETING OVER TO  
CALIFORNIA ELECTIONS  
MOTION FROM THE FLOOR TO CLOSE POLLS  
& REGISTRATION (10:00 a.m.)

### VOTE TABULATION and ESTABLISHMENT OF QUORUM

(Announced by California Elections)  
(Members are welcome to "observe" the tallying of the votes which will take several hours, and when completed, the meeting will be convened.)

CALL ANNUAL MEETING TO ORDER

(At approximately 1 p.m. after tabulation ends)

- PLEDGE OF ALLEGIANCE
- OFFICIAL DISMISSAL OF
- 2012 STANDING COMMITTEES
- (Note: Newly elected Board establishes any new committees for 2013-2014 term)
- BYLAWS
- FINANCE
- MAINTENANCE
- WAYS & MEANS
- APPROVAL OF 2012 ANNUAL MEETING MINUTES
- (Approved at actual Annual Meeting by those present at meeting)
- RECOGNITION OF RETIRING BOARD MEMBERS

### ELECTION RESULTS (Announced by California Elections) & OATH OF OFFICE

- RECESS\* FOR ORGANIZATIONAL MEETING OF THE BOARD &
- INSTALLATION OF NEW BOARD MEMBERS
- RECONVENE-ANNOUNCEMENT OF NEW BOARD MEMBERS & POSITIONS
- ADJOURNMENT OF ANNUAL MEETING

\*A Special Meeting of the newly elected Board of Directors will be held following the election to elect officers and to take such other actions and make such determinations as may be needed after the election.



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Wednesday, February 13th  
Contact: Louise Journee, 679-6336  
Cost: \$43

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Wednesday, February 20th  
Contact: Nicky Tompkins, 246-1360  
Cost: \$60

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Cost: \$1,599 ppd, \$1,899 pps

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# Christmas proves very festive as 200 celebrate

BY DOUG SPOON  
COURIER CONTRIBUTOR

More than 200 residents of the Sun City "core" community of Menifee gathered in Webb Hall Saturday night for a celebration of the Christmas season.

Participants in the "Christmas with the Core" program enjoyed a turkey dinner, served by youth affiliated with the Menifee Rotary Club. Many door prizes were given away and entertainment was provided following the meal.

Greg August, city council representative to District 1, attended the event along with fellow council member Tom Fuhrman, who came dressed as Santa Claus. Many local businesses contributed gifts for the prize drawings.



Rosemarie ElRite, SCCA president, greets guests at the "Christmas with the Core" event held last month.

## Avalon Management SCCA's new managing agent

**Avalon History:** In 1979, the owner, Mark D. Jones, AMS®, PCAM®, started serving on the Board of Directors of his own Homeowners Association, and within a year was appointed President.

After serving for several years he was asked by local real estate brokers to help out a community which was left in the lurches and without money when the developer went bankrupt. This was the start

of Avalon Management.

Since then, Mr. Jones has been heavily involved in what is now known as the Common Interest Development (CID) industry. Starting with education from Community Associations Institute (CAI), Mr. Jones has been actively involved with legislation, education, and the development of standards within the industry.

Avalon today encompasses mul-

tiple locations, 24 full time employees, and cares for over 24,000 homes in 48 communities, with a current market value of well over five billion dollars.

To ensure that your community is properly cared for, every Avalon manager works toward or holds the Association Management Specialist (AMS®) or Professional Community Association Manager (PCAM®) designation. We are pleased to be

the Managing Agent for the Sun City Civic Association (SCCA).

Be sure to visit the new, special website created especially for your community by Avalon. You'll find this site user friendly and informative!

Visit [www.SunCityCivic.com](http://www.SunCityCivic.com)

Next issue watch for articles on the Association Administrative Staff and the General Manager!

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# Be prepared with a basic disaster supplies kit

The internet is such a resource! There are many government sites you can visit to get all the information you need to be prepared for any disaster. Try going to [www.ready.gov](http://www.ready.gov) today!

Be prepared! Establish a basic emergency supply kit - it could include the following recommended items:

Water, one gallon of water per person per day for at least three days, for drinking and sanitation

Food, at least a three-day supply of non-perishable food

Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both...

Flashlight and extra batteries

First aid kit

Whistle to signal for help

Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place

Moist towelettes, garbage bags and plastic ties for personal sanitation

Wrench or pliers to *turn off utilities*

Manual can opener for food

Local maps

Cell phone with chargers, inverter or solar charger

Once you've gathered supplies for a basic emergency kit, you may want to consider adding the following items:

Prescription medications glasses

Pet food and extra water

for your pet (if you have one)

Cash or traveler's checks

and change

Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container. Or take a picture of them with your phone or digital camera. Try using the Emergency Financial First Aid Kit (EFFAK) developed by Operation Hope, FEMA and Citizen Corps to help you organize your information.

Emergency reference material such as a first aid book or free information from the FEMA web site.

Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate (or just get chilled easy).

Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing.

Household chlorine bleach and medicine dropper - When diluted, nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.

Fire extinguisher

Matches in a waterproof container

Feminine supplies and

personal hygiene items

Mess kits, paper cups, plates, paper towels and plastic utensils

Paper and pencil

Books, games, puzzles or

other activities for you and friends to pass the time with

Other often forgotten items:

Denture needs

Contact lenses and supplies

Extra eye glasses

Ask your doctor about properly storing prescription medications such as heart and high blood pressure medication, insulin and other prescription drugs.

If you live in an area where it can become very, think about warmth. It is possible that you will not have heat. Think about your clothing and bedding supplies. (And if don't forget shade for those hot areas! You may have one extreme to the other, so be prepared for both!) Be sure to include one complete change of clothing and shoes per person, including:

Jacket or coat

Long pants

Long sleeve shirt

First Aid Kit

Shade cover

In any emergency a family member or you yourself may suffer an injury. If you have these basic first aid supplies you are better prepared to help your loved ones when they are hurt.

Knowing how to treat minor injuries can make a difference in an emergency. You may consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection and assist in decontamination.

Two pairs of Latex or other sterile gloves if you are allergic to Latex

Sterile dressings to stop bleeding

Cleansing agent/soap and antibiotic towelettes

Antibiotic ointment

Burn ointment

Adhesive bandages in a variety of sizes

Eye wash solution to flush the eyes or as general decontaminant

Thermometer

Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.

Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies

#### Non-prescription drugs

Aspirin or non-aspirin

pain reliever

Anti-diarrhea medication

Antacid

Laxative

Other first aid supplies:

Scissors

Tweezers

Tube of petroleum jelly or other lubricant

This is just a start of your plan to take care of yourself and loved ones. Start planning today!

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# Coughs and what they can mean to your health

BY DOROTHY FOLTZ-GRAY  
SPECIAL WRITER TO LIFESCRIPT

*We all cough occasionally, especially in winter when colds hunt us down. It's often nothing to worry about and will disappear on its own. But when does it mean something serious? Here's how to translate different types of coughs...*

Go to any movie theater and you'll hear coughing, as common as the rustling of popcorn bags. Most of us think of coughs as harmless, usually just a symptom of a cold.

But "a cough is never normal," says critical care pulmonologist Nicola Hanania, M.D., director of the Asthma Clinical Research Center at Baylor College of Medicine in Houston, Texas.

Coughs always signal that something's wrong – that excess mucous, stomach acid, smoke or even a medication (most commonly blood pressure drugs) has irritated nerves in passages leading to the lungs. The resulting cough is working to clear them.

Because types of coughs vary wildly, it's often hard to diagnosis a bigger problem. A simple cold may bring dry barking or wet, productive hacking. But so can bronchitis or pneumonia, even GERD.

But you don't want to go running to your doctor every time you cough. So when should you seek medical help? Here's the most important question to ask yourself: How long does it last? After eight weeks, a cough is considered chronic and is unlikely to disappear on its own.

But it's best to seek medical help long before – after just two weeks of an unexplained cough, many doctors say. And beware: If that cough, even one caused by a simple cold, comes with fever, blood, green or yellow phlegm, chest pain or shortness of breath, head to your doctor fast, says pulmonologist Peter Dicipinigitis, M.D., director of the Montefiore Cough Center at Montefiore Medical Center in Bronx, New York.

Here's a guide explaining the conditions that cause coughs and how to soothe and get rid of them:

## 1. Colds and Flu

"Almost all coughs due to the common cold come and go without trouble," Dr. Dicipinigitis says.

Still, they can be a big hassle if they keep you up all night or doubled over during the day.

**What to do:** The first and best line of defense? Drink at least a quart of water or other fluids daily, Dr. Hanania says. "Fluids keep the [respiratory] system hydrated and the cough moist."

Moist trumps dry because they aren't as painful and you can hack up whatever's in the lungs more easily.

But don't take over-the-counter (OTC) cough suppressants unless coughing keeps you up at night, Dr. Hanania advises. That's because, true to name, they suppress the cough – keeping the mucous in.

If you take anything, "a mucolytic [an expectorant such as MucinexDM or VicksDM] may soothe the cough" and make it more moist. Their active ingredient, dextromethorphan, is taken in doses of 30 milligrams or more to be effective, he says.

"If the cough is mild, it's best to wait it out and let the cold go away," Dr. Dicipinigitis says. But whether your cough is mild or severe, see your doctor if you have high fever or colored discharge. And if you have chest pain or difficulty breathing, go immediately to a physician or the emergency room.

## 2. Post-nasal drip

Most types of coughs are caused by post-nasal drip, triggered by allergies, fumes or an upper respiratory infection, says Margaret Lewin, M.D., assistant professor of Medicine at Weill Medical College of Cornell University in New York City and medical director of Cinergy Health in Miami, Fla.

"The sinuses produce fluid that drips down the throat and that produces a cough, because your body won't let you drown in your own secretions," she says. The cough can be dry or wet, accompanied by a tickling or sore throat.

Whatever the trigger, it's working to clear mucous and secretions.

**What to do:** If you suspect the drip is caused by allergies – something only an allergist can verify – try an antihistamine, Dr. Lewin says. If dry air could be the culprit, use a humidifier at night, when post-nasal drip tends to be worse. If the drip stems from a cold, try a decongestant like Sudafed and a nasal spray like Afrin.

But don't use such products more than three days, she says. After that, decongestant sprays cause nasal tissues to swell and you're back to stuffy, even without a cold. You can also rinse your sinuses with saline solution using a neti pot, a teapot-like vessel available in drugstores. The rinse helps stop the drip and gets rid of the cough too.

According to Dr. Lewin, see a doctor if:

Your sinuses are painful, but you have no signs of a respiratory infection, like achiness

The cough and drip lasts more than two weeks

You have to travel on an airplane

## 3. Sinusitis/Rhinitis

Sinusitis, an inflammation of the sinuses, causes that tickling, dripping sensation down the back of the throat that triggers various types of coughs.

Rhinitis is inflammation of the nasal passages, which also leads to post-nasal drip.

**What to do:** Rhinitis, sinusitis and post-nasal drip are classic allergy symptoms, Dr. Hanania says. Try an antihistamine, "especially at night to block the dripping that makes you cough in the morning," he says.

Antihistamines block histamines (the substances released by cells in response to allergens) and cause reactions like a drippy nose. You can also try nasal spray decongestants, but again, they help symptoms without addressing inflammation, Dr. Hanania says.

## 4. Allergies

Do you wonder why you cough all spring? Coughs related to rhinitis, sinusitis and post-nasal drip all can be triggered by allergies.

**What to do:** For starters, avoid

whatever triggers symptoms: dust, perfumes or animals, Dr. Hanania advises. And try OTC antihistamines.

## 5. Asthma

"The second most common cause of coughs is asthma," Dr. Lewin says. "Some people, instead of loud wheezing, get only a cough."

Asthma, a chronic bronchial condition that causes air passages to tighten, can crop up suddenly after an upper respiratory infection or exposure to irritants like perfume, paints – even exposure to cold air.

**What to do:** "Avoid whatever triggers the asthma, whether environmental allergens or exercise," Dr. Hanania says. A workout can sometimes trigger asthma, probably because of a person's sensitivity to changes in temperature, humidity and air pollution, he says.

"If you have shortness of breath, wheezing or a cough that lasts more than two weeks, go directly to your doctor," Dr. Lewin says.

## 6. Smoker's cough

"Many smokers think of it as a morning cough," Dr. Hanania says. But a cough can be a sign of a more serious disease like COPD (chronic obstructive pulmonary disease) or lung cancer.

COPD is an umbrella term for emphysema and chronic bronchitis. Chronic, or long-lasting bronchitis, is an inflammation of the airways that comes with a deep, phlegmy cough, primarily brought on by smoking, Dr. Dicipinigitis says.

About "50% of people with COPD – 12 million out of 24 million – haven't been diagnosed," Dr. Hanania says.

Emphysema, also linked to smoking, occurs when the lungs' air sacs are damaged, which leads to shortness of breath.

Lung cancer doesn't always produce a cough; that usually occurs if the cancer is irritating the airways.

**What to do:** "Quit smoking. Now," Dr. Hanania says.

"If smoking is the cause of the coughing, the cough typically goes away four weeks after quitting," Dr. Dicipinigitis says.

▶▶ CONTINUED PAGE 8

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## President's message (cont.)

►►CONTINUED FROM PAGE 1

with our community will be able to schedule events to appeal to everyone. Blanca Cortez will continue as our Code Compliance Coordinator. I know by now, many of you may have had a chance to meet our very capable General Manager, Nancy Davis and our new Administrative Assistant, Roxie Holliday along with our newest staff person, Katy Shupe as the Office Receptionist. Maintenance is now under the direction of Tom Willingham, Maintenance Supervisor, who has the expertise we've needed and has saved the Association significant amounts of money by providing repairs using the maintenance staff we have onboard.

More wonderful news is that in 2013, this new version of the Core Courier is being published and distributed to the membership *at no cost to the Association*. The publisher plans to include more pictures along with club news and activities and so we will need you to provide pictures to our office for inclusion in future issues.

Also underway, is a total revision of our By-laws using the 2003 version as a starting point and including all the pertinent Davis-Stirling,

Civil and Corporate Codes to clarify the conduct of the Association as adjunct to the CC&R's and Declarations. The Bylaws plan to be sent to the members for a vote in late January or early February. The Rules & Regulations along with the Facilities Use Procedures have been updated and were sent to the members for their 30-day review period and expect to be adopted by the Board in January, 2013.

Just some of the future projects include updating the asphalt parking lot, considering water-wise landscape, upgrades in our halls as we are able to build our Reserves. Shoring up and improving the security and access at Corbett RV Park is also under investigation. The future of the area known as the Ag Gardens is also being looked into and will also be incumbent on the members participation when the time comes to make a decision.

I have spent considerable time writing about the future. Now it is time to acknowledge endings. It has been my pleasure to have spent the past year as President of the SCCA and be a part of shaping the future. Thanks to all of you and my fellow Board members for this opportunity.

Respectfully,  
Rosemarie (Rosi) ElRite  
President SCCA



### Needlecraft Club

Club members have a variety of knitting, crochet and other needle arts backgrounds. We socialize while "supporting each other's habits". We work on personal projects as well as donations: cozy soft dolls for traumatized youngsters; lap robes, scarves and hats for veterans; baby clothes for stillborns; warm 'n sturdy slippers for women victims of domestic violence. Come join us on Thursdays from 1:00 to 3:00 p.m. in the West Room outside Webb Hall. Contact President Mary Dempsey at [mmdempsey@aol.com](mailto:mmdempsey@aol.com) or 951-244-5830 for more information.

## Coughs and what they can mean to your health (cont.)...

►►CONTINUED FROM PAGE 7

### 7. Acute bronchitis/Pneumonia

Acute – sudden, but short – bronchitis is essentially a cold or a viral infection, Dr. Dicipinigaitis says. It can also be bacterial. Pneumonia, an infection of the lungs, also can be viral or bacterial.

**What to do:** For mild bronchitis,

treat it as you would a cold.

If you have chest pain, head to a doctor or emergency room immediately.

### 8. Whooping Cough (Pertussis)

Caused by bacteria and initially wearing the trappings of a cold, highly-contagious whooping cough

– a dry hacking – has been one of the types of coughs that has been recurring over the past decade, either because people weren't vaccinated as children or their childhood vaccination, DtaP, has lost its kick, Dr. Dicipinigaitis says.

"The cough is typically high-pitched and so persistent that peo-

ple can become short of breath," Dr. Hanania says. "But it can be missed – just as in a cold."

"More than 20% of people who cough for more than two weeks have whooping cough," Dr. Lewin says.

**What to do:** Put a humidifier in your bedroom, which will loosen the phlegm and soothe lungs.

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## SUN CITY CLUBS

### Corbett Parkers RV Club

Only a mile from Sun City Civic Association, Corbett Park RV Storage Park accepts California licensed RV's only, with proof of insurance, for a mere \$150.00 *per year!* Yes! When everyone else is paying that much *per month*, our rental fee is currently only \$150.00 per year. The facility is a secured, fenced and gated lot. There is a \$5.00 key deposit and Corbett Parkers club members pay \$10.00 per rig, per year. The following is a list of our planned events and meetings for 2013. Please consider joining us! To rent a space, go to the Sun City Civic Association Administrative office for details.

- CORBETT PARK BUSINESS MEETING  
MARCH 7TH, 2013  
9:30-12:30 IN CIVIC HALL
- CORBETT PARK LUNCHEON  
JUNE 6TH, 2013  
9:30 - 12:30 IN COURTYARD
- CORBETT PARK BUSINESS MEETING  
OCTOBER 3RD, 2013  
9:30 - 12:30 IN CIVIC HALL

### Jewelry Club

The Jewelry Club meets every Tuesday, from 1:00 to 4:00 p.m. in the West Room (across from North Town Hall). Come learn how easy it is to

make your own jewelry. What a unique gift to give others, a piece of handmade jewelry created by you. Supplies can be bought locally at Michael's Craft store in Menifee, online, or even at garage sales. It's a new and exciting skill to learn. We teach each other - no formal classes. If you have a jewelry skill you would like to teach others, we'd love to have you join us.

So easy, you will be surprised with the end results. We also are now able to fix jewelry if it breaks, and find ourselves being the go-to-person for friends and family members with broken jewelry. It's easy to repair and it only takes seconds.

Come make new friends and learn a new craft - men or women - all Core members welcome. If you've always wanted to try it, this is the time. No commitment - come when you can. Dues \$5/year. Come to the first jewelry making group, see if you like it, we'll tell you what supplies you need, then come back the following Tuesday to learn how to make your jewelry

piece. We have lots of laughs while we are working on our craft - we'd love to have you join us.

### The Sun City Players Club

We invite you to join us on the second Monday every month (except December) in Webb Hall at 3:00 p.m.

We are a DRAMA CLUB and have fun. We need actors, stage crew, electricians, carpenters, make-up artists and costume assistants.

We are a lively group and we would like you to join us if you live in the SCCA CORE.

Refreshments and entertainment is provided at our meetings. Please call DONNA 951-679-1514

### Merry Makers Club

If you like to sing come join the Merry Makers on the first three Mondays of the month at 1:00 p.m. in the Trophy Room.

The group meets in the Trophy Room the first three Mondays of the month at 1:00 p.m. to practice. The fourth Monday at 9:00 a.m. we visit two convalescent home to entertain the residents.

This group performs together in song, dance and skits but we are not professional entertainers so the group comes together for the joy of singing!

If you like to sing and spread fun and joy to others please come and join us.

◆◆CONTINUED PAGE 10



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## SUN CITY CLUBS

◆◆CONTINUED FROM PAGE 9

Contact: Evelyn McCaffery, President of the Merry Makers at emc-caf6801@aol.com or 951-246-9967.

**Garden Club**

The SCCA Garden Club or SCGC meets on the 3<sup>rd</sup> Tuesday of each month at 9:30 a.m. in North Town Hall. Our Dues are \$5.00 per year.

For more information please contact Connie Eredia at (951) 672-8480.

**Sun City Lawn Bowls**

Sun City Lawn Bowlers Bowl five days a week, Tuesday through Saturday at 1 p.m. with the schedule shifting to evenings at 6:30 p.m. during the hot weather months.

For more information please contact office.

**Tops**

We meet every Friday in Webb Hall at 7:15 a.m. until 8:15 a.m. to start weighing in members. We begin our meetings at 8:30 a.m. and end at 9:45 a.m. For more information please contact Tom Hall or Pauline Hall at 951-301-6328.

**Computer Club:**

Meetings: 1st and 3rd Monday of each month, 10 a.m. to about 11:00 a.m., East Room, SCCA

Campus area at the intersection of Sun City Blvd & Cherry Hills.

*Basic Computer Class  
January-March 2013*

The Sun City Computer Club will be offering a free basic computer class to club members starting Jan 7th, 2013 at 10 a.m., East Room, SCCA campus area. The class will meet at least the 1st and 3rd Monday of each month through March 4th (5 meetings) People attending the first meeting may decide to meet every Monday (9 meetings) if interest warrants. People attending the first meeting will also help decide what topics will be taught in the class. You can suggest topics, in addition to the topics listed below, by sending emails to pres@suncitycomputerclub.org If you'd like to join the computer club, attend a club meeting or come to a computer class meeting or email the club treasurer at tres@suncitycomputerclub.org. Annual dues are \$5.

*Prerequisite:*

No prior knowledge of computers is required, just a desire to better use and understand your computer.

*Class Instructor:*

Dr. Griffith Hamlin, Sun City Resident and Retired computer Scientist and software developer.

*Class Objectives:*

Learn the basics of using your

computer to better perform common tasks. Also, Basic knowledge of how computers operate may help you diagnose some problems when things go wrong.

*Class Syllabus:*

The list of topics covered by the class will be finalized by the interests of those attending the first class meeting. The list of possible topics so far is:

1. COMPUTER BASICS:  
Operating systems, applications and web applications
2. INTERNET BASICS:  
Web browsers and websites
3. WINDOW BASICS:  
Desktop, control panel, hard disk, files and folders
4. E-MAIL BASICS:  
Outlook express, gmail, yahoo mail, hotmail...
5. MICROSOFT WORD:  
Writing Documents
6. MICROSOFT EXCEL:  
Creating spread-sheets
7. MICROSOFT POWERPOINT:  
Creating Presentations

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For more information please contact Randi Hewitt 951-672-2014 or r.hewitt@mchsi.com



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**HULA CLUB**



Sun City's Hula Club, Na Hula Makules (the hula oldies), enjoyed a festive month of December sharing our passion with others. We took our annual holiday hula show "on the road" to several venues, from our own association to the Air Force Village West retirement community in Riverside. The joy we get from our dancing is magnified when we have an opportunity to entertain others. Now we're looking forward to 2013, to learning new dances and preparing a program for summer season performances. If you like to dance, we'd love to have you join us. We'd also love to provide a fun show for your club or organization. Just give us a call. Our club contact information is available at the SCCA office.

**PET CORNER**

**SUBMITTED BY PAT THURMAN**  
CORE COURIER CONTRIBUTOR

We moved to Sun City about 11 years ago and at that time we had 4 dogs and a couple of birds. The move from 2 acres to the size of our Sun City lot was quite a change for all of us except for the birds.

Our dogs had all of that space to run and play and barking was heard from all of the neighbors dogs and ours too when they all had something to bark about.

In Sun City, we should think how we could exist here together without upsetting our neighbors. Where we live, we have dogs and cats all around us but there are neighbors sprinkled in amongst us that have no pets, and appreciate their peace and quiet and not awakened in the middle of night from a catfight or dogs barking.

The hardest thing for us was making sure we had a doggie door and that the dogs did not go out during the day or night to talk to their friends! This all takes time and patience from our pets, our neighbors, and us. With persistence, it was achieved.

During our experiences with our neighbors, we have learned that some of them enjoy walking their dogs at night. In the summer, this can be the only time for some of us to do it but there are the risks of meeting up with coyotes, skunks, other dogs running loose and the occasional human troublemaker. Even in the daytime, coyotes are on golf courses and streets looking for water and food. Their food includes our dogs and cats! It is becoming more and more common here in Sun City so we all have to be aware of this factor so we can protect our pets and ourselves. The best way to do this is not to go out walking after dark. I can hear some of you groaning over my last statement, but why risk yourself or your pet and the possibility of a very large vet bill, doctor bill, or death? We have to stop thinking in the past when "It always happened to the other guy attitude" was easier to believe but in today's world this is not the case. We only walk in the daytime and we walk together trying to be alert at all times of cars and other mishaps that can happen to us and not just the other person! Please protect your animals today so you will not regret it tomorrow.

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### SUN CITY CLUBS



Friendship Club

Pictured is Sheila Neal, Nancy Jacobson and Shelly Neal with collected foods for the Community Cupboard.



Sheila and Randi Hewitt are pictured with toys that were collected Friday, Dec. 7 at the Friendship Club. Then the toys were dropped off at the fire station on Saturday. Canned goods were also collected for the Community Cupboard.



Friendship Club

Marlin Jay, Beverly Humble and Sheila Neal are pictured with toys collected for children in Menifee.

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**CODE OF ETHICS**

**PURPOSE**

The purpose of this policy is to establish rules of decorum for anyone attending any meeting of the Sun City Civic Association (SCCA).

The policy is intended to facilitate the conduct of SCCA meetings in an open and orderly manner and in an environment safe for all persons in attendance.

**SCOPE OF APPLICATION**

This policy applies to all persons attending SCCA meetings.

**POLICY**

The Code of Conduct is intended to promote meetings that welcome debate of SCCA policy issues being discussed by the Board, Management, staff or Committees in an atmosphere of fairness, courtesy, and respect for differing points of view.

**1. SCCA Meeting Decorum:**

a) Persons in the audience will refrain from behavior which will disrupt the SCCA meeting. This will include making loud noises, clapping, shouting, booing, hissing or engaging in any other activity in a manner that disturbs, disrupts or impedes the orderly conduct of the meeting.

b) Persons in the audience will refrain from creating, provoking or participating in any type of disturbance involving unwelcome physi-

**Failure to comply with this Code of Conduct which will disturb, disrupt or impede the orderly conduct of the meeting may result in removal from the meeting, imposition of monetary fines, and/or possible arrest.**

cal contact.

c) Persons in the audience will refrain from using cellular phones while the meeting is in session.

d) Appropriate attire, including shoes and shirts are required in all meetings.

**2. Signs, Objects or Symbolic Material:**

a) Objects and symbolic materials, such as signs or banners, will be allowed in the meeting with the following restrictions:

No objects will be larger than 18 inches by 18 inches.

No sticks, posts, poles or other such items will be attached to the signs or other symbolic materials.

The items cannot create a building maintenance problem or a fire or safety hazard.

Note: Materials to be utilized by presenters for a scheduled agenda item may exceed size restrictions.

b) Persons with objects and symbolic materials such as signs must

remain seated when displaying them and must not raise the items above shoulder level, obstruct the view or passage of other attendees, or otherwise disturb the business of the meeting.

c) Objects that are deemed a threat to persons at the meeting or the facility infrastructure are not allowed. SCCA staff is authorized to remove items and/or individuals from the meeting if a threat exists or is perceived to exist.

**3. Addressing the Board/Committee:**

a) Persons wishing to address the Board/Committee on any item must complete a Request to Speak form and submit it to the Secretary of Chair prior to the close of the Open Forum portion of the meeting. The Chair will announce names in the order the forms were received, who will then be allowed to speak at the meeting.

b) If you are able, please make

your comments from the microphone at the front of the room. If you are unable to do so, you may address the Board/Committee from your seat; however, please speak loudly so that the Board/Committee can hear you.

c) Provide your name and address at the beginning of your remarks for the formal record.

d) Meeting attendees are usually given three (3) minutes to speak on any agenda item and/or during open forum; the time limit is in the discretion of the Chair of the meeting and may be limited when appropriate.

e) Speakers' comments should be addressed to the full body. Requests to engage an individual Board, Committee or staff member in conversation will not be honored. Abusive or threatening language will not be tolerated.

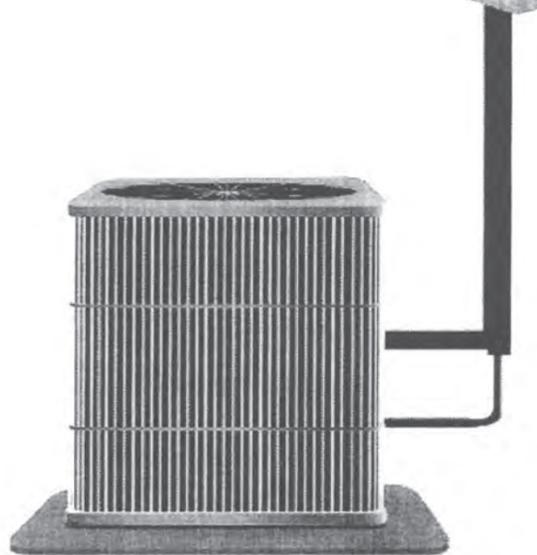
f) Speakers will not bring to the podium any items other than a prepared written statement, writing materials, or objects that relevant to the presentation.

g) If an individual wishes to submit written information, he or she may give it to the Secretary, Chair, or other administrative staff at the meeting.

h) Speakers and any other members of the SCCA will not approach the dais at any time without prior consent from the Chair of the meeting.

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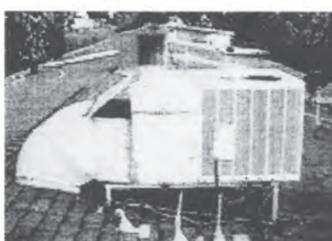
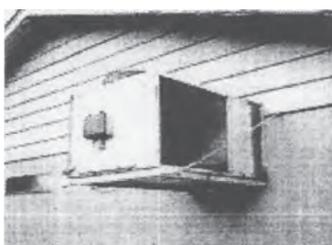
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# Coyote Warning! Hints to protect your pets

You hear so many stories about coyotes, but really don't pay attention or believe it until it happens to you. When cities encroach into wildland areas and then connect it with a golf course, we are bound to see them.

Several coyote sightings within the Sun City community have been reported recently. (About three coyotes were seen on Morgantown Street as recently as January 5<sup>th</sup> at around midnight! One walked through a residents back yard and then out into the street where it was joined by two more coyotes, who would then split up – search backyards – and then meet up again!)

The following information is being provided by the SCCA to educate residents on what to do if a coyote is spotted.

In recent years, we have heard experiences of residents who have seen their pets snatched by coyotes, or heard of small dogs and cats being picked up by owls and hawks. Wildlife specialists have confirmed birds of prey can and do pick up small pets, even in our local area.

The Department of Fish and Game (DFG) has put out a brochure called "Keep Me Wild," saying wild animals are in trouble and the problem is people who are careless with food and garbage.

The brochure goes on to say coyotes play an important role in the ecosystem, helping to keep rodent populations under control. They are by nature fearful of humans. If coyotes are given access to human food and garbage, their behavior changes. They lose caution and fear. They may cause property damage. They might threaten human safety. They might be killed.

Relocating a problem coyote is not an option because it only moves the problem to someone else's neighborhood, says DFG.

The Department of Fish and Game provides these "coyote country" precautions:

- Never feed or attempt to tame coyotes. The result may be deadly conflicts with pets or livestock, or serious injuries.
- Trim ground-level shrubbery to reduce hiding places.
- Put garbage in tightly closed containers that cannot be tipped over.
- Remove sources of water, especially in dry climates.
- Bring pets in at night, and do not leave pet food outside.
- Be aware that coyotes are more active in the spring, when feeding and protecting their young.
- If followed by a coyote, make loud noises. If this fails, throw rocks in the animal's direction.
- If a coyote attacks a person, immediately contact the Menifee Police Department, Department of Fish and Game or any law enforcement office, **not the Association!**

Allowing coyotes access to human food and garbage is reckless and deadly, says DFG. Coyotes primarily hunt rodents and rabbits for food, but will take advantage of whatever is available, including garbage, pet food and domestic animals.

Coyotes prefer to be as far from humans as possible, but as with other species, a loss of habitat has left them few choices. To prevent problems in residential areas and yards, food and shelter options must be eliminated.

Here are more actions that are recommended to help prevent coyote encounters:

- Do not encourage coyotes by feeding them. The majority of cases of bold

or aggressive coyotes occur when people feed wildlife.

- Keep pet food and water dishes inside. (This is a real draw for coyotes!)
- Keep your yard well-illuminated when outdoors at night with your pet. Install motion-sensitive lighting around the house.
- Walk your dog on a leash and do not leave small dogs out alone.
- Do not allow spills to accumulate below bird feeders. (Better yet, put away bird feeders at night to avoid attracting rodents and other coyote prey.)
- Keep grills and barbecues clean. Even small food scraps may attract animals.
- If possible, do not keep garbage cans outside.
- Use enclosed compost bins, not exposed piles. Do not add pet waste, meat, milk or eggs. Cover compost piles.
- Keep ground clear of fruit from trees. (This is the season for this, so clean this up quickly!)
- Protect vegetable gardens with heavy-duty fences.
- Use welded wire to prevent animals from accessing openings under decks, elevated sheds, concrete slabs and porches.
- Use frightening devices, such as sirens, sensor lights or motion-activated sprinkler systems or lights to discourage animals from approaching your house at night.
- Clear all bushes and dense weeds near the home where coyotes may find cover and small animals to feed upon.

#### **If you encounter a coyote:**

- Be confident and bold. Make **loud** noises and make yourself look larger by raising your hands above your head.
- Do **not** be submissive, turn your back or run.
- If you are uncomfortable, leave the area calmly, facing the coyote as you leave.
- Always keep yourself between a coyote and children or pets.



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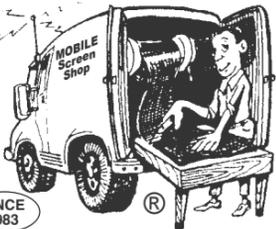


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