

# SUN SENIOR NEWS

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## Jim and Gerri Junso — Retirement Renovation

BY RUTH MORSE

The newly painted silver-blue walls and recent flooring changes of Jim and Gerri Junso's residence in Sun City Roseville provide the perfect backdrop for the visual delights inside. The gorgeous red Japanese Wedding Coat displayed on the living room wall and the framed needlework in the dining room, done by Gerri and her mother, evoke good family memories and demonstrate artistic skills. The Junsos are in the process of renovating their home even though they have lived in it for more than nine-and-a-half years. They were not pleased with the previous monochromatic color, but, since it had just been redone before their purchase, they decided to wait until it was needed.



Gerri and Jim Junso

PHOTO BY RICHARD PAINE

For Jim, the long road to their home in Roseville started when he was born to a Lutheran family in Wisconsin. He spent most of

his childhood in South Dakota where his father was a farmer. Jim's grandfather, a Finnish immigrant, had been wealthy at one time and

owned major property. He could not read or write and had fifteen children with his first wife. Because of his illiteracy, his third wife took advantage of him and transferred all the property to her children. Jim's father grew up in South Dakota on a farm and decided he wanted to farm also after spending some time in Wisconsin. Jim, on the other hand, could not wait to leave the small community near Castlewood where he lived in his family's house with no running water or electricity. There were thirty-seven students in his high school graduating class. Jim said he had two choices of career in his hometown of Castlewood—farmer or teacher. And, since he wanted neither, he joined the Air Force right out of high school where he learned electronics.

Jim came to California courtesy of Uncle  
*(cont' on page 33)*

## SCR Foundation

Our Work Continues For Your Benefit

BY TONI FISHER,  
Public Relations Director

Preparing for  
Challenges and  
Enjoyment in 2019



As we look ahead to the new year, we often consider what might be in store. Will much of the year be filled with the enjoyment that comes from family, friends, various activities and, perhaps, personal achievements? Will any of our past challenges continue to face us? While these are unique to each of us, it can be enjoyable as well as productive to plan when possible.

Your Foundation also reviews the recent past then moves on to plan for the coming year. We will work to continue the many helpful services that everyone relies on. We look forward to producing the events that residents enjoy while raising funds in support of our services. Our recent Casino Night was a very successful fundraising event enjoyed by a sellout group of diners, dancers and "gamers." Two hundred attendees enjoyed every part of the evening and commended the lovely "Diamonds to Denim" decor. Director Nancy Schubach thanks all who contributed the fifty items for the Silent Auction as well as the many volunteers who assisted before,  
*(cont' on page 10)*

## Sun City Singers

BY JACKIE PROETT

It's January and the wheel is still turning! The calendar once again flips over into a new year and a new chance to make good decisions in this Ferris wheel of life. There is always something so exciting about a new year and new opportunities. We always learn from our last trip around. We remain "a work in progress" on this mysterious journey, but we have learned that music makes it all easier and downright enjoyable. Come join us and see for yourself.



Gentlemen

Our Christmas Concert was a "sold out" success. Many hugs and smiling faces greeted us on the way out. People commented on the beauty of some songs, the silly fun of others. Having Paul and Alyssa is like shining light on a dark road. They lead the way.

We wish that everyone could have attended our Christmas party on December 20. Food---yummy, talent---great, company---divine! Let's do it again! Everyone looked gorgeous, yes even the guys! What a tie will do!

While we were running in circles of Holiday luncheons, dinners, cocktail parties and church functions some elves were busily at work choosing music for our Spring Concert. When we return from our long winter nap on January 10 with our Christmas music in Concert order, we will receive a new packet of music that should warm up those cold winter days. Who knows when those elves get to nap?

Our Ferris wheel will pause to take on new passengers on that Thursday, January 10 at 2:30pm, Back of the Ballroom. Come join us. It's the ride of your life!

...

## Harmonicoots

BY BUD GARDNER

"Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything." Plato

We Harmonicoots had a productive 2018: We performed 20 community gigs, posted 11 Jamboree DVDs on YouTube, bought a new sound system, purchased 42 chromatic harmonicas with our Coots' logo engraved on them, taught 23 elementary students to play the harp, and booked Chris Bauer, a world-wide virtuoso, to be our headliner for our May 14, 2019, Jamboree under the theme: "Enchanting Harmonica."

Eager to continue the Coots' legacy, here are the 2019 Coots' Board of Directors: President/Head Coot, Bud Gardner; Vice-President, Sandy Chandler; Treasurer/Webmaster, Bill Kimura; Secretary/Publicity,  
*(cont' on page 3)*

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Gutter cleaning .....Varies by home model

Baywood \$107	Hearthwood \$122	Pinery \$99	Shasta \$99	Timberrose \$92
Calaveras \$99	Ironwood \$107	Plumas \$107	Sierra \$115	Turnberry \$115
Countryrose \$99	Meadow \$85	Regent \$99	Stonecrest \$122	Willow \$85
Delta Breeze \$122	Orchard \$92	Rosegarden \$85	Summit \$115	Wilshire \$129
Grove \$107	Parkland \$99	Rosetree \$92	Timberlodge \$129	Yosemite \$107

Window washing (includes inside & outside of windows, screens, and tracks) .....Varies by home model

Baywood \$149	Hearthwood \$239	Pinery \$139	Shasta \$145	Timberrose \$129
Calaveras \$169	Ironwood \$145	Plumas \$159	Sierra \$169	Turnberry \$155
Countryrose \$139	Meadow \$125	Regent \$145	Stonecrest \$219	Willow \$99
Delta Breeze \$229	Orchard \$129	Rosegarden \$115	Summit \$159	Wilshire \$259
Grove \$129	Parkland \$145	Rosetree \$139	Timberlodge \$239	Yosemite \$159

Lawn aeration .....\$25

Clean garbage can/cans .....\$25/\$35

Car/SUV or truck wash .....\$29/\$35

Haul items to the dump (small loads only) .....\$59-\$99

Odd jobs .....Varies

Yard work, weeding, teaching how to use electronics .....\$29/hour

Moving items, deep cleaning, painting .....\$35/hour

Work with ladder/drill, change batteries/air filter, hook up electronics .....\$39/hour

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Gutter screens or guards will not be removed during gutter cleaning

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Dear Sun City Neighbors  
My name is Evelyn and I recently sold my home at 7183 Shasta Lane. My realtor, Sherri Walker, was wonderful and I would love to know about her. She really gave the extra mile to every house I sold. She sent contracts to every house for sale. This brought me buyers and pushed the price up. She helped me make my home presentable, worked with all my family members, worked through all my mistakes to me and showed things that I wanted to see and helped me sell my furniture online. I am so thankful! She is a negotiator, kind, and a kind human being. If you are looking for a dedicated realtor who also lives here in Sun City, there is no one better!  
Evelyn McHugh

Sherri Walker sold my existing home and helped me purchase my new home. Sherri is truly interested in helping her clients. She goes well above the norm. She helps clients in all aspects of the buying and selling process down to the tiniest detail (ex. Securing moving boxes, getting rid of my appliances). If you are looking for a realtor who will be with you through the whole process and a truly quality person, Sherri is a pleasure to work with. She goes well above and beyond what most real estate agents do and really does care. If you are looking for a buyer or seller's agent, you won't be disappointed by choosing Sherri. I recommend you give Sherri a call.  
Rosemary Dince



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**kw**  
KELLERWILLIAMS

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Back issues are available to download there as well.

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**SUBMISSIONS**

The Sun Senior News - Roseville welcomes announcements from social clubs, schools, charitable organizations, non-profit organizations, local government and community events. Also, editorial contributions as well as articles, cartoons and photographs are welcomed and considered for publication. Deadline for submissions is the 15th of each month. Please submit via email to: egnews@egnews.com

All information submitted to the Sun Senior News - Roseville must be accompanied by your name, phone number and written consent. All letters received become the property of the publisher (EGnews Inc.). The Sun Senior News - Roseville reserves the right to edit letters for publication and liability purposes and are not guaranteed to be published.

# From the Editors



We wish you and yours a safe and prosperous Happy New Year as we begin our 24th year of publishing the Sun Senior News - Roseville. Did you know that you never need to miss an issue of the publication?



You can read the Sun Senior News - Roseville online. Perhaps you were traveling or someone borrowed your copy — no problem. Current and back issues are available online at: www.SunSeniorNews.com

— Enjoy, Gregg & Liz Goldthorpe



## Harmonicoots

(cont' from page 1)

Jennifer Martin; Membership, Gary Mills; Music Director, Don Rogers; Song Arranger, Gene Preston; Directors at Large: Ray DeBenedetto, Bill Hartman, Lou Leger.

On a sad note, Robert Keeling, a valuable 14-year member of the Harmonicoots, passed away last October. Robert served two years as Coots' President, taught many classes, including beginning and advanced harmonica, a Blues class, a Bass and Chord class, and repaired our harmonicas. The Coots' are grateful for Robert teaching them how to read music. He will be greatly missed.



Blasting off into the new year with a gusto, we are booking gigs, learning new songs, enjoying our Coots' weekly Thursday meetings, and recruiting new members. Rebecca Hellman and Carol Pottorff joined us this year.

We agree with Plato's wisdom. We encourage all SCR residents who love music, to go a step further: Don't just listen to music, play it. We offer one-on-one and group lessons for beginners with instruction/song books and Coots' harmonicas for a nominal fee. So—give wings to your mind, let your imagination take flight, and put playing music into your heart and soul. You will never regret it.

## All Tuned Up

BY LETHA DAWSON

There's nothing better if you're a musician than to have fellow musicians nearby and time set aside each week to sing some old songs and learn some new. So it is with ATU members, the musicians in your community group, All Tuned Up, your very own Sun City band, neighbors who meet every Thursday in Sierra Pines to strum a little, hum a little, and listen to each other croon a tune.

One can hear handsome cowboys, such as John Pope, Ted Ball, Charlie Kidd, Ken (cont' on page 12)



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# From City of Roseville

## Planning for Our Water Future

BY SEAN BIGLEY, *City of Roseville Water Utility Manager*

In the face of water supply challenges related to changing weather conditions and increasingly stringent state regulations, Roseville is continuing its initiatives of proactive, comprehensive planning to diversify

even more to diversify, use water efficiently, and build water infrastructure under the City's control.

Integrated planning underway  
We are taking a long-term, holistic



**Roseville's primary water source is taken from Folsom Reservoir, which is treated at the nearby Barton Road water treatment plant. Long-term planning is underway to bolster our water supply reliability including increased groundwater banking and better use of purified wastewater.**

water supplies and maintain a high level of reliability.

Since the early days when the City assumed water supply responsibilities from Roseville Water Company, our work to grow our locally-produced water supply continues. For the past 20 years, we've sought to increase water supply reliability by diversifying our sources of water and maximizing those supplies locally. Having all water infrastructure—water, wastewater, recycled water, stormwater – under one integrated utility service allows us to be more innovative and cost efficient because we can manage water resources at every stage of use.

Despite growing our available local supplies through our partnerships with other water agencies, outside forces can still dictate how much water is allocated and used in the future. What's clear is that ensuring water reliability for Roseville will require us to do

approach to plan our overall water strategy to serve our community through 2050, when our population will grow to nearly 300,000 residents. This approach to planning ensures we have options that we can pursue based on their best potential for success. We are starting this comprehensive effort now through our integrated water planning process because infrastructure projects take many years to evaluate and construct.

Options to secure a water reliable future  
The plan we are working on will increase water supply reliability and system flexibility, clear regulatory hurdles, and provide supplies at a reasonable cost to ratepayers.

• We're participating in efforts to bring new surface water supplies online by participating in local and regional infrastructure projects to relieve overall pressure on water supplies for communities in our region.

• We're evaluating what steps we can take to expand our ability to bank water in the groundwater basin so that it is available as another source when needed.

• Despite our successful water recycling program, used for irrigation, we only use about 20 percent of purified water because of infrastructure limitations. Work is underway to look at other best practices to maximize wastewater so that it can be put to beneficial use locally.

• We'll continue to partner with our businesses and residents to maximize efficient use of water. During the drought, Roseville residents reduced water use by more than 36 percent and adopted water-saving habits that will continue to provide water savings into the future.

To learn more about Roseville Environmental Utilities, visit [Roseville.ca.us/EU](http://Roseville.ca.us/EU).

offering multifaceted experiences for people of all ages."

"We greatly appreciate the county's support for @the Grounds to develop a much-needed and one-of-a-kind events complex to meet the community's needs," said Placer Valley Sports Complex Chief Executive Officer David Attaway.

The board took several actions today, including approval of a ground lease agreement with Placer Valley Sports Complex, to operate a portion of the fairgrounds at a cost of \$4 million for the period from Jan. 2, 2019, to Dec. 31, 2052.

The board also approved a series of real property transactions with the City of Roseville, including a purchase and sale agreement for 3.4 acres of county property for \$1.3 million. Roseville intends to use the land to accommodate potential future city facilities.

"This project would not be possible without the collaborative effort between the City of Roseville and Placer County," said Placer County Public Works and Facilities Deputy Director Mark Rideout.

In May, Placer Valley Tourism unveiled its \$10 million renovation of @the Grounds, at the venue formerly known as the Placer County Fairgrounds.

The project, a collaboration of Placer County and Placer Valley Tourism, improved facilities across the property to better suit today's gathering and meeting space needs, and restores many of @the Grounds' original, unique architectural features.

## Supervisors Approve Placer County Sports and Event Complex Project in Roseville

The Placer County Board of Supervisors unanimously voted last month to approve the Placer County Sports and Event Complex project @the Grounds in Roseville.

The project is a collaboration between Placer Valley Sports Complex, City of Roseville and Placer County. The initial phase will see construction of a 160,000-square-foot sports and event complex, with the potential for adding a 30,000-square-foot expansion and a 6,000-square-foot culinary building later.

The sports and event complex facility will be designed for hosting various sports events and tournaments such as volleyball, basketball, martial arts, dance and cheer competitions. The culinary building would include a demonstration kitchen, food storage area, meeting rooms, banquet rooms and offices.

"I am extremely proud to have this exciting and unique project be part of the fabric of the Roseville community and serve the entire region," said District 1 Supervisor Jack Duran. "The complex will be a tremendous venue

## Book Sale

Saturday, February, 2019 The Friends of the Roseville Public Library will hold a used Book Sale at the Downtown Library, 225 Taylor Street, Roseville from 10 am to 3 pm. Friends members enter at 9:30AM. This sale will feature thousands of wonderful used books on every topic under the sun! The prices are cheap and the selection is huge! Children's books, DVDs, music CDs, novels, mysteries, romance, we have it all.

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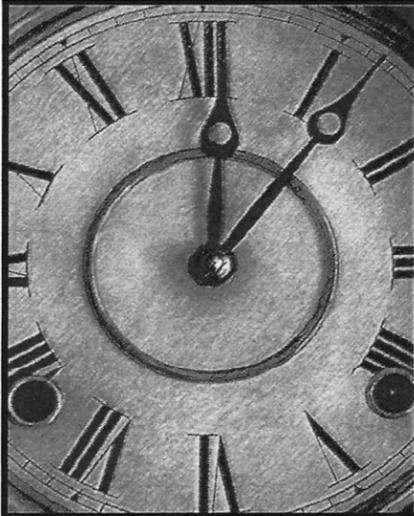
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## Ambassador Committee

BY PATRICIA MADDEN

Happy New Year. The Ambassadors have just completed a very full and exciting year. "New Year Resolutions" include planning some interesting and informative activities for the 2019. With the New Year, Ambassador Committee members take on new and additional responsibilities.

We begin this year by welcoming Rosemary Dinse as a new Ambassador in our group. She has been assigned to the Roseville Chamber meetings. Rosemary has lived in Roseville for 40 years and is familiar with the community and its business leaders. She will be trained and assisted by Connie deBlaquiere and Judith Shively.

Michael Hemmingway and Carolyn Friend will be attending the Rocklin Chamber of Commerce. This allows us to know what is going on in these communities and in return, allows the Ambassadors to continue to make them aware of Sun City Roseville. Ambassadors will highlight Sun City Roseville Spirit Days, to be held in April 2019.

Connie deBlaquiere and Rosemary Dinse will represent the Ambassadors and Sun City Roseville at Roseville 2019. This event is one of the largest trade shows in Roseville. Here, Connie and Rosemary will have the opportunity to promote Sun

City Roseville as the PREMIER Active Adult Community in Northern California.

We continue to give tours to prospective residents. On these tours, we review all activities and events available to residents, as well as to show them the facilities, such as activity rooms, the Fitness Center, the ballroom and restaurant. Ambassadors are pleased to let prospective buyers know there is "something for everyone" in our neighborhood. Whether they are golfers or not, we are proud to show off the beautiful conditions of our golf courses.

Numerous tours have been scheduled during this past month. Ambassador Leah Delury is responsible for staffing these assignment.

Ambassador Margaret Donnelly will work closely with Activities Director, Sharon Mowry for staffing many Sun City activities and events

This spring, the Ambassadors will host an informational meeting for Realtors. Karen Cochran and PenniLu Hansen will provide information about community guidelines for Sun City Roseville residents. This is helpful for newer Realtors.

We will again be hosting a New Resident Reception in the coming year. It is scheduled for February 23, 2019. The most recent reception, held on November 3, 2018, welcomed 113 new residents to Sun City Roseville. Sherry Hilger and Linda Aug will continue with



New Ambassador  
Rosemary Diense

(cont' on page 9)



## from the Gibsons

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## Roseville Update

Model	ACTIVE Listings	Average List Price	PENDING Sales	Average Pending List Price	SOLD Last 2 months	Average Sale Price
Wilshire						
Timberlodge	2	\$667,500			2	\$679,800
Hearthwood			1	\$525,000		
Stonecrest						
Delta Breeze	1	\$520,000	1	\$675,999	3	\$597,800
Turnberry						
Sierra			1	\$510,000	3	\$498,500
Summit						
Plumas			1	\$560,000	1	\$482,500
Ironwood			1	\$612,500		
Grove	2	\$482,000				
Yosemite	4	\$490,700	2	\$500,000	2	\$520,000
Baywood						
Calaveras	2	\$430,000	1	\$425,000	2	\$437,500
Parkland						
Regent						
Shasta	1	\$460,000				
Pinery						
Countryrose	2	\$417,000	4	\$428,200	4	\$430,500
Rosetree	2	\$377,400	1	\$355,000	4	\$397,200
Orchard						
Timberrose	1	\$369,000	2	\$361,200	2	\$405,000
Meadow			2	\$357,400	3	\$370,300
Rosegarden			3	\$349,600	2	\$322,500
Willow						

NOTE: The statistics above do not reflect any consideration in value for model options nor location.

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# Executive Director Comments

## 2007 New Year Resolutions Revisited for 2019

BY EARL WIKLUND

For those of us trying to make the 2019 year more successful and meaningful than perhaps the last few, here is one of my better columns from January 2007 that I hope you will enjoy. This has become a January Courier tradition. The things I wrote about then are still pertinent for me today and I hope for you as well:

How many of us make New Year Resolutions each year? I sit down at the end of each year, look at what I have accomplished in the current year and set resolutions for the New Year. I have been doing this for over 30 years and while I have not achieved each resolution, the majority of those I have attained have helped to shape the course of my life. I have to admit though; I have been losing the same 15 pounds for the past five years. But I also realize that many folks struggle with their resolutions so I have taken the liberty to develop a suggested list of ten resolutions you can use as a start.

I have always started with my physical well being so I have always (1) kept on schedule for annual physicals; sort of a preventative program. Closely aligned with this resolution is to be sure (2) that I am getting my proper exercise which helps to make the doctor visits go more smoothly. Walking the common area and preserves, club activities or visiting our Fitness Center should be of help for you on this resolution. Especially with the new classes at the Fitness Center that have

been added. While you're there, check to see if they are planning a seminar on (3) healthy eating and maintaining a proper diet. After all, you are what you eat. Visit the Timbers Restaurant to enjoy a fine meal and get that glass of red wine that they say is so good for the heart.

Trying to (4) learn something new each day is a game I have played for many years. Keeping the mind active can keep us alert for a longer period of time. Another way to do this is to (5) read at least twelve books during the year ... subject matter aren't important but comic books don't count. Here is your chance to read our governing documents for extra credit. One of the most fulfilling resolutions is to (6) volunteer your time, service and talent for a worthwhile cause. Whether it is a local charity, the Sun City Foundation or one of our Association committees, volunteering is very satisfying and reinvigorating. I have always struggled with (7) attending at least four cultural events each year. You might want to join the Activities Department for their next field trip to the new DeYoung Museum as one of your cultural events. Okay, a trip to the casinos in Reno gets you half credit.

Always a believer of the adage of (8) 'use it or lose it', I have always been very active. Maintaining a certain positive daily routine, pace and involvement within your limits is a mental energy builder. We can all stay active

by participating in the daily activities offered through our clubs. Take up golf; that really can be a mind teaser. While you are interacting with other residents and staff, give consideration to (9) doing a good deed for someone else each day. What a great feeling; especially if the good deed is done secretly. And remember, (10) you are as happy as you make your mind up to be on any day. Be happy and enjoy this New Year and all that our Community offers.

the frail elderly. They offer a comprehensive package of services which includes respite care, short-term counseling, legal/financial consultation and support groups. Michelle's presentation will highlight how Del Oro services might just hold the answers you've been looking for. Come join us for this free event at Sierra Pines on February 14 at 10:30am. Refreshments will be served.

Dial-A-Ride: Provides curb-to-curb public bus service and is an easy and inexpensive way for residents who no longer drive to attend various functions within SCR or shop anywhere in Roseville. Anyone can use Dial-A-Ride; it is not limited to seniors or persons with disabilities, although wheelchairs are accommodated. Roseville Transit ID's are required (not CA drivers' licenses). Reservations are accepted seven days a week from 8 a.m. to 5 p.m. by calling 916-745-7560. Service hours are: M-F 5:45 a.m. – 10 p.m. and Sat./Sun. 8 a.m. – 5 p.m. Discounted tickets for SCR residents are sold in Timbers Lodge Lobby the first Thursday of each month between 8:30am and 10:30am for \$10 for 10 one-way rides.

Thought for the Day: Don't let yesterday use up too much of today. — Will Rogers

## Sunshine Services

BY JENNIFER MARTIN



Michelle Nevins

General Meeting: Our first general meeting (February 14) will be of particular interest to all caregivers who need to be reminded to take care of themselves as well as their loved ones. Our speaker, Michelle Nevins, Executive Director of Del Oro Caregiver Resources Center, has a degree in Social Work, an MBA, and a Masters' in Leadership and Organizational Studies. An Adjunct Professor of Gerontology at CSU, Sacramento, she also serves on the Placer County Older Adult Advisory Commission. She'll speak on "Caring for the Caregiver and Del Oro Caregiver Resource Center."

Del Oro is a non-profit agency serving family caregivers of brain-impaired adults and

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## Ambassador Committee

(cont' from page 6)

the extensive planning and coordination that contributes to these very successful events.

Committee publicity and news will be undertaken by Patricia Madden. She will also continue as the Sun City Website Liaison.

The New Year, 2019 promises to be a busy one for the Sun City Ambassadors. As always, we review our activities, looking for opportunities to improve and update each of them.

Watch this article for news and announcements regarding Ambassador Events. Please know that you are welcome to attend the Ambassador Committee meetings held on the third Tuesday of the month. Our next meeting is January 16th, 2019, 2 pm, in the Card Room.

## Compliance Committee

BY KATHY CASTEN

Happy New Year from the Compliance Committee!

We are lucky to live in such a beautiful community. It is so nice to drive through the neighborhoods of well-maintained homes and yards. Your Compliance Committee appreciates and wants to thank you for

everything you do maintain the exterior look of your home.

Our Committee is being highlighted during the month of January. So it is a good opportunity to tell you about some of our responsibilities. We have an important role in keeping Sun City Roseville beautiful. We are responsible for monitoring the community for properties that do not comply with the Governing Documents – specifically, the Design Guidelines.

Each year, in accordance with our Committee Guidelines, we canvass the street view of all properties within our community. We agree with Community Standards on specifically what we will canvass each term. For example, last year we checked artifacts and landscape. This spring, we will be canvassing for house and fence paint.

Compliance Committee members also monitor week-end Open Houses on a rotation basis to ensure that realtors operate in compliance with the City of Roseville Sign Ordinance and our own Design Guidelines. You won't see numerous multicolored signs with balloons and spinners on our streets. Have you ever noticed that our community entrances are not littered with Open House signs on week-ends? That is just one of the things we check as our Association places just one sign at major entrances announcing that Open Houses are being held.

We can't thank our Community Standards Department enough for the

guidance they provide to us throughout the year. Their mission statement objective is "to maintain the architectural integrity of the community through education of the Governing Documents and the promotion of Community, Consideration and Respect." We work closely with Community Standards on the administration of compliance issues.

If you receive a phone call or letter regarding a compliance issue and have a question or need additional information, please give our knowledgeable staff a call. Ryan O'Connell, Community Standards Supervisor can be reached at 916-774-3863.

## Website Work Group

BY CHARLYN ROSS

STARTING OVER, ONCE AGAIN — The beginning of the year always feels like a starting over. In fact, we all started over when we moved to Sun City Roseville (SCR). Most of us downsized which meant eliminating unnecessary possessions, or replacing them to better suit our current needs. However, as you drive through our community you may notice there is hardly an open garage that doesn't have some unpacked moving boxes. Also, there are those items high on our closet shelves that have been forgotten. For others of us who have resided in SCR for a while we may suddenly realize our property may need some refreshing of the indoor décor or the outdoor landscaping.

The New Year seems to provide us with a spurt of motivation to accomplish some of these procrastinated tasks. We may be asking ourselves...

Why haven't I missed any of the objects in those unopened boxes?

What is that object on the top shelf of the closet?

Are some of my possessions looking a little dowdy or becoming dust collectors?

Has the hedge in the front yard grown too tall?

Don't lose that spurt of motivation. This could be a great time to do some clearing out, repairs, or improvements. There are two features available on our Resident Website, [www.scrs.org](http://www.scrs.org), which will help with those

projects—Classified Ads and Online Referral Book.

Classified Ads offer a convenient and maybe profitable method to get rid of unwanted items. To post a listing, log onto the Resident Website.

- On the "Sun City Roseville" menu, mouse over "Classified Ads."

- A sub-menu appears at the right to "Submit a Classified."

- Follow the instructions for submitting a classified ad and photo.

The Classified Ads feature is a bargain as it is free to residents and offers a two-for-one—submit a classified ad on the Resident Website and you can have it posted to the ever-popular Lodge's Classified Ads Bulletin Board, or vice-versa. If you might need assistance with uploading your ad or photo to the website, you can bring your information and photo to the Administration Office in the Lodge. The staff will help you post it both on the website and the bulletin board.

This feature makes it so convenient to get rid of items that are no longer needed. On the other hand, it pays to frequently review what is listed to the Resident Website's Classified Ads, as you never know what new "treasures" you might find to fill the space created by your New Year's motivation to de-clutter.

The Online Referral Book can be accessed from the "Sun City Roseville" menu as well. It is a marvelous reference to find service providers to handle some of your "re-doing" or "repairing" projects. SCR residents are encouraged to submit referrals to report favorable, as well as unfavorable reviews of their contacts with many types of service providers. A link on the Referral Book page allows you to complete your referral document on your computer, print it out, and take it to the Administration Office to have your referral posted to the website and into the binders at the Lobby monitor's desk. The alphabetized referral list spans many topics from air-conditioner to windows. It is always helpful to find a good, service person by hearing about a neighbor's experience.

An easy way to review the postings on either the Classified Ads or Online Referral features is to use the access buttons at the bottom of the Resident Website's home page. With these two useful website features you will be able to put that New Year's spurt of motivation to good use.



Compliance Committee

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## HEAL — Health and Environmental Alliance

BY JENNIFER MARTIN

Dr. Scott Sommer will be our guest speaker at our next H.E.A.L. meeting, January 2, 1:30pm, Sierra Pines' Ponderosa Room.



Scott began his journey in medicine after he was healed of childhood disease. He holds a BA from UC Davis in Nutritional Science and a Masters' degree from the Pacific College of Oriental Medicine in San Diego. Scott also has training in sclerology, iridology, and Advanced Nutritional Response Testing. He is a California Board certified acupuncturist and Chinese herbalist specializing in nutrition, kinesiology, ear and tongue diagnosis, nutritional medicine, weight loss, diet, and lab testing. After working with drug detox patients in the Sacramento area for 5 years, Scott founded the Natural Life Center now in Rocklin, CA.

Scott has recently received national recognition in the Marquis Who's Who three years in a row, as well as the prestigious platinum award from Standard Process, the nation's leading Whole Food Supplement company, for being one of the top alternative practitioners in the country.

He is writing a book, "The 12 Pillars of Longevity," featuring techniques he has used to properly assess and improve the health of

thousands of patients for nearly 20 years. Come join us for this free presentation on January 2 and start the New Year off a little bit wiser about taking care of your health

## SCR Foundation

(cont' from page 1)

during and after the evening.

One program funded by the Foundation but does not raise funds, is the Speaker Series, managed by the Activities Department and which fulfills part of our mission to serve the cultural, educational and social needs of our residents. Look for the first in the series, scheduled for January 14. Every one of the four speakers each year have been excellent and thought-provoking or just plain fun. For a mere five dollars, attendees can enjoy another speaker. Tickets are available at the Monitor's desk.

Can you help? The Foundation continues to seek volunteers to fill several Directors positions. Contact Chair Jim Viele, 916-771-2631. Jim will be happy to discuss these fulfilling positions.

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# Favorite Restaurants



BY MARTIN GREEN

Last month I referred to an e-mail by Susan Hoch about the Country Harvest Bakery and two other restaurants but had run out of space to go any further. Here's Susan's e-mail: "I rush to read your column in the Senior News, always full of good suggestions. Wanted to make sure you knew about Patti (Country Harvest) opening up. Ice Cream and Confections Store at 668th Fifth Street, Lincoln. There is indoor seating for about 10 people. They have ice cream cones, sundaes, an assortment of candies from the past, and much more. Stays open 5 nights a week until 8:00 pm. Great addition with that old town Lincoln feeling."

"Not sure if you have ever reviewed Green Elephant in Loomis or the Ugly Mug in Loomis. Green Elephant is at 5911 King Road. Very popular restaurant that serves Burmese, Thai food. Vegetarian options. Very busy restaurant and worth the wait. Delicious food,

"The Ugly Mug is located at 2509 Taylor Road, Loomis. It is a full restaurant, with outdoor seating. Open for breakfast and lunch. Specials every day. Food and presentation outstanding. Their country home fries and Bloody Mary are the best."

Susan had e-mailed me about the Country Harvest Bakery before, over a year ago. I

dug out this e-mail and she'd written: "I discovered a wonderful gem of a restaurant in Lincoln. Only breakfast and lunch. No alcohol. Seats 20 people. Country Harvest Bakery and Café. Owner Patti Storer is the owner and chef. Wonderful take out bakery. All home made. Homemade fudge, the cakes are fabulous. Soup is changed every day and it is delicious. The menu has vegetarian choices."

Evidently Country Harvest had closed in the interim but is now open again and, from Susan's enthusiastic description, you should go there at once. I found several websites for Country Harvest and they had different hours so I'd advise you to check; the phone number is 916-409-2377.

Beverly and I don't drive very far anymore and we haven't been to Loomis for a while so I'm glad that Susan reported on two restaurants there. The Green Elephant (interesting name) features Burmese and Thai cuisine (that might also be interesting). The restaurant has several soups, including Burmese cat fish chowder, and a large selection of sushi rolls, having names such as dragon and dragon fly, five cracker and rainbow. Entrees include butter chicken, chicken curry, garlic pepper pork, beef curry, spicy meat balls, teriyaki chicken and teriyaki salmon. Again, please check the hours; the phone number is 916-652-6325.

The Ugly Mug (another interesting name) has a variety of egg dishes and waffles on their breakfast menu. For lunch, there are burgers and sandwiches. "Michael's Standby" is a grilled turkey, Ortega chili, pepper jack and tomatoes with an upside of cranberry

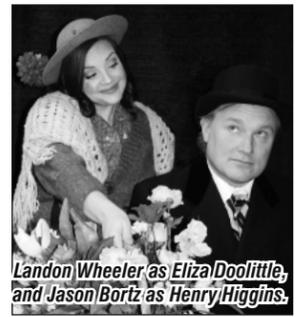
on sourdough. "Laura's Favorite" is roast beef with similar fixings on a hoagie. Lunch platters offer salsa chicken, Maui chicken and godmother's black bean burrito. "Deli favorites" offer fresh roasted turkey breast, carved roast beef, hot turkey and homemade meatloaf. And once again, please check the hours; the phone number is 916-652-5241.

Beverly had knee replacement surgery recently so we haven't been going out to eat much; actually, not at all. However, our neighbors, Beverly and Nelson Schmidt, brought us a great Thanksgiving meal so instead of going to Mimi's as has become our tradition we may ask them to do it again next year. And our son David and his wife Laura brought us a three-piece lunch from Marie Callenders---shepherd's pie, Caesar salad and a slice of pie---that I would definitely recommend. I looked at Marie Callender's website and they have "new" lunch combos, duos or trios, with four items: (1) choice of turkey croissant club, home-style meatloaf, albacore tuna melt; (2) side salad, southwest avocado with Cajun-grilled chicken, or classic Cobb; (3) bowl of soup; (4) choice of over 20 pies. I'd say that, judging from the meals we had, this is a good deal.

As always seems to be the case around the holiday season there were no e-mails; I assume people were busy shopping and partying. I hope to get some e-mails this month; my e-mail address is mgreensuncity@yahoo.com. Thank you and Happy New Year.

# My Fair Lady

You don't have to travel to New York to see a revival of one of America's most beloved musicals, My Fair Lady.



Landon Wheeler as Eliza Doolittle, and Jason Bortz as Henry Higgins.

Tickets are already selling well for the show which opens February 15 and runs on weekends through March 2, 2019. The show features Landon Wheeler as "Eliza Doolittle," the spunky flower girl who becomes a beautiful lady, and Jason Bortz as "Henry Higgins," the proper English professor who manages her conversion. They are supported by a marvelous cast of actors, singers and dancers led by director MaryEllen Vogt, music director Tamie Crane Rogers and choreographer Jeff Teague.

My Fair Lady, which opened originally in 1956, is currently enjoying its fourth revival on Broadway, and was the award winning 1964 movie. It has featured such famous stars as Rex Harrison, Julie Andrews and Audrey Hepburn in the leading roles.

Tickets are \$17.50-\$19.50 and are available now for this limited run at [www.lincoltheatrecompany.org](http://www.lincoltheatrecompany.org) or by calling 916-409-7030. Call the box office for discounts on groups of 10 or more.

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## Neighborhood Watch/Citizens Patrol New Year's Resolutions

BY P. J. CONRADI

'Tis the season of resolutions, so here are some you can adopt to make you safer—during any season. I hope they convey that many safety practices are just plain simple. Some involve stuff you already know, but merely do not practice, and some may involve stuff that just never occurred to you. So, please repeat after me—I resolve:

- to promptly call the police if I think something is suspicious
- to put outgoing mail in the box shortly before the letter carrier arrives, and retrieve incoming mail shortly thereafter
- to look for packages on my neighbors' porches and to call them if I see one, which could lead to mutual alerts and securing of packages
- to exchange travel plans with my neighbors
- to seek parking spaces which allow me to pull through to the space ahead, such that later I can nose out, rather than back out
- to look around for knuckleheads in public parking lots
- to, before I embark to any public place, secure in the trunk, or hide the rear compartment, any such purse, briefcase, or

backpack which I will not be carrying after I park

- to keep my garage door closed except when I am in it
- to look back to ensure the garage door did not bounce back up
- to leave outside lighting on overnight
- to never leave valuables, or the garage door opener, in my car when parked in the driveway
- to chat about these resolutions

As you can see, these resolutions are straightforward and easy to adopt. There are many more in the guidebook, "Residential Security and Safety" on our web site, under the Resources tab, plus you will find there other buttons connecting to valuable safety information. Coming soon is another entitled, "Financial Crimes and Scams Against Seniors". Please resolve to read all that stuff.

You could also resolve to attend our meetings at 10:00 every second Monday to hear very informative public safety speakers, to help arrange a Neighborhood Watch gathering, or to volunteer once per month in Citizens Patrol.

Have questions? Call me at 916 774 3817.

### Important Phone Numbers —

*P.J. Conradi, Citizen Patrol & Neighborhood Watch Director*

*Citizens Patrol Office: 774-3853 citizenspatrol@scra.org*

*Neighborhood Watch Office: 774-3817 neighborhoodwatch@scra.org*

*Roseville Police/Fire - Emergency: 9-1-1*

*From your cell phone: 916-786-6444 • Roseville Police Non-Emergency: 916-774-5000*

### All Tuned Up

(cont' from page 3)

Roberts, Dale Melberg, and Gene Ballard sing old Hank Williams Country Western tunes. Or one can swing with ATU members who have a "blues" bent, like Carolyn Winter, Bill Muncy, John Shinn, or Gary Mills. ATU has members such as Arlene Bailey, Jean Duffin, Patti Falkenberg and Sandra Pugh who lead the group beautifully in standards like Autumn Leaves and Moon River. Dennis and Janet Fisher and Carver Sears pick a little Blue Grass and get our feet tapping with Irish jigs. Some members don't fit into any category, such as our talented Joe Lopez, Ray DeBenedetto, and Lou Legere, but each in his own style, pushes the clouds away and brings us sunshine.

When we cruise down a river, there's no better stream to float on than the sweet waters of ATU's ukulele players. Oh my, they're sweet! The ATU musicians will be on stage to entertain you at their next Sun City Show in the Timber Creek Ballroom, February 11, 2019.

If you have not already purchased your ticket, call any ATU member or purchase one at Courier Days, \$5.00 per seat. Music is the nectar of longevity. Save February 11, 2019. Show time: 7:00 P.M., for the bestest band in "Sun City Land"---- All Tuned Up.

### Music & Laughter

BY JANE BOHN

Hooray for the wonderful New Year of 2019. We have been given the gift of more time to enjoy the wonderful things available to all of us here in Sun City. With all the activities, clubs, groups, games, et cetera, to choose from, we have no reason to say we are ever bored. In that regard, we hope you will check out our group called Music & Laughter. We not only provide entertainment for you for an hour at our Open Mic format, but we always have fun giving away a few prizes to some of our lucky attendees. All this for a dollar entrance fee. To all you new folks who haven't checked us out we hope you'll start the year off right and come to our next gathering on Wednesday evening, 7 o'clock, January 9 at our Sierra Pines Lodge located at the corner of Del Webb and Whistlestop Way. As many of our loyal fans know, we always gather on the second Wednesday of the month at 7 o'clock. Our current flyer is also available at the main lodge located in the Club and Group section on the left, as you enter. Bring your smiles and come join the fun. We look forward to meeting and greeting you there.

• • •

(more Club News cont' on page 13)

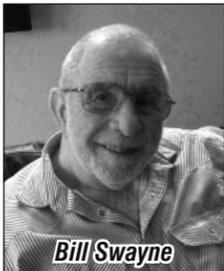
## SCR Dance Club

BY LINDA AUG

Happy New Year! As 2019 arrives, it is the season to try new activities, make new friends and get some added “steps” into your day! The Dance Club has the answer for you! Any Sun City resident can come to one dance class free of charge before deciding to join. We offer a variety of classes. Check the class times and locations at the flyer kiosk. Or just drop by any of the classes and talk to the members or the dance instructors!

Did you know there was magic in the air on December 17 in the Timbers Lodge? If you peeked into the ballroom you would have seen the room beautifully decorated as the Sun City Dance Club featured their annual holiday event “Holiday Magic”. All guests were entertained with magical performances by the Tap and Jazz dancers, Cloggers, Line Dance 2 dancers and the Ballroom dancers. The decorations twinkled thanks to Gloria Nelson. DJ Jim Keener’s magic wand kept the dancers moving on the dance floor. Thank you to all who helped make this a holiday event to remember!

This month’s dance instructor spotlights Bill Swayne who began teaching Line Dance classes and square dancing in the early 1990’s. Bill became a Line



Bill Swayne

Dance instructor in Sun City in 1995. Bill states “I want to have my classes upbeat and enjoyable, and to get a bit of exercise and have a good time.” Bill states what he enjoys about teaching are the dancers. “I have met so any wonderful people over the years.” Don’t miss “Introduction to Line Dancing Workshop” on January 5 at Sierra Pines from 1:00pm to 3:00pm. Bill will be introducing the basic steps and the most popular line dances.

See you on the dance floor.

## Creative Arts

BY PAT TEILH

A huge thanks go to the volunteers to help make the 2018 Holiday Party as big success as it was and thanks to Gerri Junso for her leadership in that regard. We hope all who attended enjoyed the party as much as the volunteers did in making it possible.

We encourage anyone who has any interest in making creative art pieces from any of the class disciplines to check out the class schedule posted at the front of the class room door. If you are interested in joining our club, come visit to see what discipline interests you.

The majority of us can reap great benefits from engaging in different art disciplines, and some may improve the quality of life through doing any type of creative art. Taking part in artistic activities and engaging in therapeutic processes with art are both valuable in many unique ways. Take care of all aspects of your life, join an art discipline.

In an article I read about seniors and art

it said, as we age participation in an art class positively affects our health. Seniors active in art classes have better physical health, fewer visits to the doctor, require less medication, and fall less frequently than those not involved in arts. Participants in art classes also have decreased rates of depression and loneliness, as well as higher morale and better hand dexterity. They also have improved mood and confidence that flows into different areas of their lives.

## Needle Arts

BY CAROLYN DESANTIS

Our December Home Tour was once again a real crowd pleaser. A special “Thank You” to Shirley Conzelman, her committee and the beautiful homes making this event so enjoyable.

Let’s talk about Needle Arts donations; “Judy Dolls” made by Judy Ellison and her team of six women who work tirelessly making about 250 dolls per year. They donate financially to Stand Up Placer, Placer County Salvation Army as well as Sierra College former Foster

Youth Guardian Scholars with proceeds from sales of these dolls. The dolls also go to hospitals and Christmas stocking at Sierra College. Your Needle Arts Club delivers afghans, quilts, hats, slippers, pillowcases and Christmas Stockings that include a Judy Doll. Again, a team of Needle Arts members work to make the stockings as well as stuff them with age appropriate items. In addition we have sent a donation to the Camp Fire victims, the Foundation and the Sierra College Foundation. “It does take a village”.

We can all be proud of what our club does for others.

Our first meeting of the New Year is “What’s Happening in Needle Arts”. This meeting should be of interest to current Needle



Jean Erickson, Margaret Sweeney and Judy Ellison.



Needle Arts Members who met to stuff the Christmas stockings made for Sierra College Foster Youth.

Arts members as well as nonmembers. Residents who are not members are welcome to attend Wednesday, January 2, at 2:00pm in the Ballroom.

Wishing you a Happy and Healthy 2019, Happy New Year!

(more Club News cont’ on page 15)

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### Fine Arts Club

BY SUSAN EDIE

Happy New Year! Time to get going on those new year's resolutions. Sign up for a painting or drawing class and have fun with new or old friends. A class is a wonderful motivational tool to get your art flowing. Our four great instructors will help move your art to new heights, whether you are a beginner or advanced artist. Hope you join us.

Our membership meeting is the second Thursday of each month. Following a short business meeting we have great demonstrators from the greater Sacramento. This month Connie Rodriguez, a contemporary artist from Northern California will be sharing her experience in painting both non-objective and expressionistic styles. Connie's background is in Jungian Psychotherapy and her study of dreams and archetypes can often be found in her work. This should be an exciting demonstration and a great way to kick off the new year. Thursday, January 10, 1:00pm. Everyone in the community is welcome.

On Thursday, January 24 at 1:30pm we will be meeting to discuss the Annual Art Show and Sale which is scheduled for March 15, 16 and 17. Susan and Judi will be leading the discussion and, as always, will be looking for new ideas and input from all members.

• • •

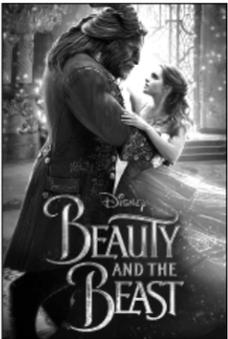
### Cinema Group

BY DICK FERGUSON

Join the Cinema Group for our January Movie — "Beauty and the Beast" (2017)

With an enchanting cast, beautifully crafted songs, and a painterly eye for detail, *Beauty and the Beast* offers a faithful, yet fresh retelling that honors its beloved source material. It is the story of a selfish prince who is cursed to become a monster for the rest of his life, unless he learns to fall in love.

The film grossed over \$1.2 billion worldwide, becoming the highest grossing, live-action, musical film, and making it the second-highest-grossing film of 2017. It received Academy



Award nominations for Best Production Design and Best Costume Design.

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For additional information call Dick Ferguson, 916-773-1298.

• • •

### Singles Club

BY DAWN BECK

January will seem quiet after all the parties and festivities of the Christmas holidays. Some of us will be glad to rest up and others will want the socials to continue. The Singles Club always has a nice balance with a speaker at our meeting and a social in the middle of the month. Even the most active members will have new events to enjoy.

Cindy Thomas from the Roseville City Council Planning Department is our January speaker. She is also Vicky Schmuhl's next-door neighbor. Maybe more of us should get acquainted with our neighbors and find out their special abilities. Vicky spends a lot of her time and makes many phone calls to obtain interesting speakers for us.

The first Saturday Night Social of 2019 will be a potluck with our annual White Elephant gift exchange. Now is the time give to away that wonderful gift that you can't use. Be sure you wrap it so no one can tell what the treasure really is. Sign up at the January 2 general meeting to bring a meat dish, side dish, salad or dessert or pay \$10 at the door while guests pay \$12. You can bring your own wine or beer. The Social begins at 6:00pm at Sierra Pines.

You must make reservations no later than noon Thursday, January 17 by calling Leora Cranmer at 916-773-9936 or Nancy Schaefer at 916-742-2853.

Our game coordinators are Cela Armstrong for Canasta, Janice Shreve for Mexican Train and Susan Borkland for Hand and Foot. No skills are necessary and you will be welcomed.

Anyone single in Sun City Roseville is eligible to join our Club. More information is available on the website. General meetings are in the ballroom at 6:00pm on the first Wednesday of each month. Contact Pauline Battle, membership chair, for further information at 916-771-0890.

• • •

### Boomer Generation

BY CAROLE MCCULLOUGH

I am writing this month's article with my pants a little tighter, promising myself I will get outside and walk this afternoon... oh, all that rich eating and parties.

As you read this article, I hope you have purchased your ticket to the Boomer Generation After Holiday Party, January 26. A fun evening is planned featuring a Mardi Gras theme and a delicious buffet dinner. We will dance to a new band, The Rhythm Method 4. Tickets can be purchased for 45.00 per person. Watch for the flyer and our website for more information.

As we start the New Year, I would like to introduce our two new Event Coordinators, Colleen Knight and Barbara Victorino. These ladies will work together to plan our 2019 Boomer Generation Events. Please welcome them and let them know how much they are appreciated. Remember the ladies are volunteering, so let's support these ladies by volunteering where you can. Volunteer is one of the privileges living here in Sun City Roseville and part of what makes our events successful.

There are numerous events happening in 2019 please attend the Boomer Generation meetings to hear what is being planned. Council meeting is January 9, (Timbers Lodge) and the General meeting is February 21 (Sierra Pines). Goodies are always served!

Featured SIG (Special Interest Group): Many of the SIG groups celebrated the Christmas Holidays. The Book Club celebrated with a holiday game night. I heard everyone enjoyed the evening. For more information on the SIG groups look on the Boomer Generation Website. There is a SIG for everyone and if not please feel free to start a new SIG.

Looking forward to writing about our 2019 happenings!

• • •

### Heartland Club

BY RAYANN GOLDA

Happy New Year! Plans are being made for the next Heartland Club event, "Walking in a Winter Wonderland." It will take place on Saturday, January 26, 2019 at 6 pm at Sierra Pines.

Dinner will feature lasagna, French bread, salad and dessert. We are excited to present a Variety Show which we know will delight

you. All this for only \$15 per person.

Please note that Ray Ille has taken on the position as Treasurer. So send or drop off your checks to his address: Ray Ille (Heartland Club 5416 Campcreek Loop, Roseville, CA 95747) or include it with your money for the next event. Phone: 916-780-1660.

If you would like to become a member, dues are \$3 per resident per year. You can include that with your check for the event if you have not already paid your dues for the year.

The Heartland Group is open to all Activity Card (previously referred to as Association Membership Card) residents of Sun City. We think you will be comfortable with the group whether you are single or couples. There you have it; a mix of residents who come to have some fun. You won't be disappointed.

The Heartland Group meets four times a year usually on the last Saturday of January, April, July, and October. The membership year runs from July to July.

Questions: Joe Flores (President) 580-3787.

• • •

### International Social Group

BY CYNTHIA SINDREY

First and foremost the International Social Group would like to wish everyone a very "Happy New Year". We will be celebrating with our first event of 2019 at Sierra View Country Club where we will be having a 'Bringing In The New Year' party which will include dinner, then music and dancing by Mike Branson who is returning by popular request. Singles and couples are invited and rides will be available if needed. We are a social group that enjoys meeting people from all over the world and even if you were born in America you are still international. Dues for 2019 are \$10 per person which covers all administrative expenses, complimentary non-alcoholic beverages and some entertainment. We meet every other month usually on the fourth Wednesday evening at Sierra Pines unless a field trip is being arranged. Flyers for the events and membership applications are available on the rack in the Lodge.

For further information please contact: Cynthia Sindrey, President 916-773-5151 or Gini Christiansen, Co-President 916-772-0506

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(more Club News cont' on page 17)



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## The Journey Within

BY LESLIE LAFAYETTE

Note: *All the quotes in this article in boldface and italics are from Saying Yes to Life (Even the Hard Parts) by Ezra Bayda.*

Happy New Year, dear reader, may 2019 be a joyous journey.

**"True happiness has no cause. It is the natural state of our being, when unobstructed."**

I love that quote, because I always thought I had to do something, buy something, be something, change something... to be happy. But that isn't necessarily so. This is just one idea that I have tried to embrace since I began thinking about Buddhist teachings.

I'm not a Buddhist—for one thing, I could not begin to consider myself in this league—it takes many years of study and practice just to know that there is so much more to know. Also, many people consider it a religion, and my religious background is Catholic and Jewish so both sides of my family would be confused. But if one thinks of some of the teachings of Buddhism as a philosophy, it can be a helpful and positive source of inspiration.

Buddhism addresses the concept of Happiness more directly than any philosophy or religion I have studied. In fact, happiness seems to be at the center of the Buddhist teachings. The ideas are simple, but like so many simple ideas, they are far from easy.

Buddhist philosophy seems to run against the grain of human nature. It asks us to desire nothing, and to cling to no one. This is a very difficult concept for one like myself who not only desires, but actually clings, to chocolate, for example (and it definitely clings to me). And, thus, an important philosophical question arises: Can I be happy without chocolate?

**"On the spiritual path none of us is separate, and each of us must do our own work."**

To study and attempt to practice Buddhism is to find oneself on a journey within, a path from which one wanders incessantly and must return to again and again. (Wandering Incessantly would probably have been my Indian name in Dancing With Wolves.) It takes a lot of discipline for most of us to incorporate some of the ideas and teachings of Buddhism into our lives.

Sometimes those who write about, study, and practice Buddhism make it seem deceptively easy. In his book, Buddhism Plain and Simple, Steve Hagen writes: "If we're not expecting to get anything from being awake, what reason do we have to awaken? There isn't any reason. You already know what not being awake is. It's confusion. It's pain. It's suffering... If you're getting tired of that, why don't you stop?" Well, yeah! Why don't we?

Whatever religion we practice or ideas we espouse, taking a walk on the Buddhist path can lead us to a different horizon, one that's exciting and invigorating. What are some ideas we might learn?

**"Letting life be requires mercy toward ourselves."**

As someone who has been hard on herself (do you blame or punish yourself? are you forgiving to others but never to you?), Buddhism reminds me to be kind to me. If we

are not willing to forgive ourselves, who can we forgive? How judgmental are we toward ourselves? How often do we judge others?

**"In this moment, is my view life-centered, or self-centered?"**

One of the hardest parts of walking a Buddhist path is remembering to always be kind. All of us are kind sometimes, but always? That comes more easily to some than others. I have to work at it. For me, it's a battle with my impatience. I have no idea why I'm in such a hurry, why my needs should take precedence over others', why I sometimes don't think before I act, when kindness in others can move me to tears. But unkindness is just not an option. Perhaps if I begin with simple courtesy in all situations that can become an act of kindness. (Yes, this even includes telephone salespeople!)

**"Seeing clearly your own unkindness begins to transform it."**

**"Speak kind words, words rejoiced at and welcomed, words that bear ill will to none. Always speak kindly to others."**

Are you thinking that perhaps you are too old to begin thinking about something so new, or are you distracted, dealing with infirmity and poor health? Some of the words I read bring me great comfort, particularly in the last year when I and someone close to me both dealt with changes in our health.

**"Health is not the absence of illness; it is the state of being undefeated by illness."**

I am not brave enough. I think many women feel that way about themselves. On my path to explore some ideas from the Buddha's teachings, not only do I forget to be kind and forget to be brave, but I wander away from the road so often. I get lost or I choose detours. I certainly become discouraged. So I remind myself it is not only the destination of enlightenment and peace that I seek; there is reward in the daily mindfulness, the awareness of every step I take. Perhaps (more likely undoubtedly) you are farther on this path than I—it wouldn't take much! Or perhaps you are curious. Any change requires courage.

**"You can run from your fears or you can live from the heart—the choice is yours."**

For you, Buddhism may be of interest, a religion, or not even on the radar screen. I try to remember that every journey has a place to begin, but not necessarily a destination. The long and winding road can be its own reward. Namaste. The divine in me honors the divine in you.

Books on Buddhism I Have Read and Enjoyed: Ezra Bayda, *Saying Yes to Life (Even the Hard Parts)*. Steve Hagen, *Buddhism Plain and Simple*. Walpola Rahula, *What the Buddha Taught*. Thich Nhat Hanh, *Our Appointment with Life, The Buddha's Teaching on Living in the Present*. David Nichol, M.D. and Bill Birchard, *The One-Minute Meditator, relieving stress and finding meaning in everyday life*. Sharon Salzberg, *Loving-Kindness, The Revolutionary Art of Happiness*

Leslie Lafayette is a writer and journalist, resident of SCLH, and definitely a spring chicken. You can e mail her at [leslielafayette@gmail.com](mailto:leslielafayette@gmail.com)

### Jewish Fellowship Circle

BY STEPHEN EMANUEL

Happy New Year to Fellowship members and your extended families. We hope that you had a memorable (in a good way) 2018. On December 4 we had our traditional Chanukah dinner complete with potato latkes and musical entertainment by Sylvia Wishnoff. It was also the evening when we installed our slate of officers for the coming year: Bob Persky, President; Sherry Bleiweiss, Vice president; Cora Rose, Treasurer; Beverly Karfiol, Secretary. Our Board of Directors are Rita and Ed Abbott, Marge Cowan, Diane Parlin, Manny Herschel, Orin Lazar, Phil and Janet Zeitman, and Stephen Emanuel. We have added a new position: Coordinator of Supplies, Gail Harris. Best wishes to our new council members in guiding the JFC to a successful and fulfilling 2019.

Our first event in January is our Oneg Shabbat service on Friday, January 4 at 7:30pm in Sierra Pines. Services will be led by Sy Karfiol and the Oneg hosted by Rita Abbot. On January 12, the Chabad of Placer County is hosting a mega-challah Bakeoff at Lincoln Crossing. The cost is \$20. Call Malkie Korik (916 500-4522) for more information.

The very next day, January 13, the JFC is presenting an enjoyable movie at 7pm in Sierra Pines. Popcorn will be provided. Don't forget our free lox and bagel brunch in February for paid up members, the only one of its kind in Sun City.

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### SCR Travel Club

BY GWEN MYERS

2018 ended with a bang with the trips to Branson MO and Cambria CA. The Cambria Trip 2 was made in December. The annual holiday lunch was held at Sierra Pines to a "full house."

Upcoming trips: Fliers are in the Lodge kiosk or go to the SCR Travel Club on SCR.com to review. Registration is completed by trip registrars at monthly meetings or contact the registrars listed below..

2019 —

March 10-22 Italian Vistas-Contact: Donna Grover, donnapetersongrover@gmail.com

March 21-29 Explore Tuscany – Contact: Donna Grover

April 14-22 Sail the Pacific Northwest (Columbia River) – Contact: Joy Winston, joywinston4094@comcast.net

NEW! June 8-15 Magnificent Michigan featuring the Mackinac Island Lilac Festival – Contact Barbara Wells, barbwells@comcast.net

August 1-12 Norwegian Coastal Voyage - Contact: Pamela Cringle, itshouse@comcast.net

August 13-20 Discover North and South Dakota - Contact: Pamela Cringle (see above)

September 21-28 Journey Through the Clouds – Calgary to Vancouver BC - Contact: Phyllis Melberg, pmelberg@surewest.net



Heading into Fantastic Caverns in Missouri.

NEW! October 10-18 The Great Smokey Mountains – Contact: Phyllis Melberg (See above)

Reminder: The next meeting will be on January 28 at 3 pm in the ballroom. Our speaker will be Jay Fehan from Collette Travel who will present their upcoming trips for the Travel Club including a possible additional one.

Note: Please email large and small group photos from your recent Travel Club trips to Gwen Myers, gwen.g.myers@gmail.com. Include what trip and the where the photo was taken. Thank you.

• • •

### Postage Stamp Group

BY TIM MILES

The Holiday Season is over and we are into the New Year. Our first meeting is Thursday, Jan. 10 at 6:45 pm at the Sun City Roseville Main Lodge located at 7050 Del Webb Blvd., which is approx. 5 blocks further west beyond the Sierra Pines Meeting Rooms. There is a receptionist available at the front desk to direct you, if needed, to the designated meeting

room close by.

We also have a dinner at Claim Jumper restaurant located at 250 Harding Blvd, Roseville, coming up this month on Thurs Jan 17th. Tickets are \$25 apiece, payable at the Jan 10 meeting. June Stark will collect and note your choice of available entree. - looks like another nice night out for the group.

Since this is the first meeting of the New Year, please note that 2019 dues are being collected at the Jan 10 meeting. They are \$20 per member for the year. Contact Al Capparelli at 916-771-8288 should you have any questions. Steve Emanuel, our treasurer, will be on hand to accept our checks. Given all the different things available to a member, it is really worthwhile to belong.

We feature talks, access to albums, stamps and all the other accouterments of the philatelic genre. We have door prizes, interesting briefings, lots of "table" goodies for the collector, and any philatelic info needed. We finish at a reasonable hour and guarantee a good time.

It is still "up in the air" as of this writing whether or not the USPS is going to hike the postal rate five cents on first-class. While on this subject, be sure and check your front doorstep sometime during the day as packages are being left and the delivering parties aren't even ringing the bell.

See you at the Jan. 10 meeting.

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(more Club News cont' on page 19)

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### SCR Democrats Club

BY TONI FISHER

We closed out 2018 with a relaxing social afternoon, enjoying each other's company and a variety of tasty holiday cookies contributed by members. Our "Getting to Know You" game enhanced our fun as everyone learned a little more about our fellow Democrats. Coupled with this, our generous members also brought their gift donations for the Woodbridge School Giving Tree project. It was gratifying to see the many gifts, especially since, for the first time, all children in the family were on our donation list. We could easily imagine the families enjoying a wonderful Christmas morning.

Since the past year was filled with political presentations and activities, our plan for this month is to move in a different direction with a representative of the Roseville Police or Fire Department speaking on various topics regarding keeping safe in our homes and other helpful facts. The speaker will also answer questions about the city. Details are still being finalized, so watch your email for more. As we move through the new year, we are looking for program ideas for our monthly meetings. Share your suggestions with Program Director Tom Roth. Check your resident directory for his phone number.

New to Sun City? We invite you to explore our club by attending a meeting as a guest. We meet the fourth Wednesday of the month from 9:30 to 11:30 in Sierra Pines. The coffee will be ready, the treats tasty and our members will welcome you!

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### Sun City Republicans

BY CAROLE VAILLANCOURT

Our annual December holiday brunch was well attended and enjoyed by all.

Please note as our routine, we will not be meeting in January!

Our next meeting at Sierra Pines is on 7th of February at 7PM. An invitation has been extended to State Senator Jim Nielsen, we are waiting for confirmation from his office.

Please be aware that due to unforeseen, unplanned conflicts our scheduled speaker may be subject to substitution!

We continue to represent the Republicans at Courier Days each month, volunteers are needed to assist our Treasurer in this

endeavor, please call Asdghig, at 916-780-7701.

For further information regarding our active group, please call Carole Vaillancourt at 916-81-2468.

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### Computer Club

BY P.J. PALMER

General Meeting – Monday, January 28, 10:00am in Ballroom. Speaker will be a surprise.

Everyone is welcome at this meeting.

Council Meeting – Monday, January 28, 9:00am in Computer Room.

SPECIAL INTEREST GROUPS (SIGs):  
Digital Imaging and Editing – January 4: First Friday, 10:00am, Computer Room. Explore Camera Usage. Learn to edit, process images, and improve photos on your computer. Call Charlyn Ross at 772-1447.

Genealogy – January 10: Second Thursday, 2:00-3:30pm in the Computer Room. Share your favorite story or Research find.

PC Forum – November 1: First Thursday 3:00pm in Computer Room. Topics for more advanced computer users, but all are welcome. Alternate leaders of discussions.

Android Phone Help – January 16: 3rd Friday, in Computer Room for help with Android Phone and Tablet help with Tom Gottdiner 1-3pm.

All 'Bout Apple – January 8: Second Tuesday, 7:00pm, in Aspen Room. All user levels of MAC computer, iPad and iPhone. Information: Charlyn Ross, 772-1447 or Dennis Studer, 899-8221.

Photo Sig – January 16: Third Friday, 10:00 am, Computer Room.

January's theme: "Geometric Shapes" \* Time Sensitive (Photos MUST have been taken in the last year. Members email up to three photos to PhotoSIG916@gmail.com by January 14. Contact Dennis Studer-yostuder@yahoo.com.

idevices – Discontinued until further notice – check the monthly Monitor calendars for help.

Please double check the room and time of your favorite meeting as they may have changed! Direct Line to Computer Room: 916-771-7032

Also our Calendars and SIG meeting notices are on the Sun City Website, scres.org

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### SCR Birders

BY JANET MORELLI

The planned bird watching trip to Woodridge Ecological Reserve in Lodi on November 15 had to be cancelled due to the unhealthy air quality caused by smoke from Camp Fire in the Paradise area. Plans were being made to reschedule the trip to Thursday, November 29, but those were dropped due to heavy rain predicted for that day. Meanwhile, SCR Birders are reminded to be flexible and - patient.

Two field trips are scheduled for the month of January. The first one will be on January 3 when the Birders will go to Cosumnes River Preserve in Galt. According to the Preserve's web site "the preserve is home to more than 250 bird species". SCR Birders identified at least 50 species in their last visit to this site. The bird watching will be done on the two trails by the visitor center. Please bring a bag lunch on this trip, a pair of binoculars or a good camera, and money for your carpool driver.

The second field trip in January will be on January 17 when the Birders will visit Colusa Wildlife Refuge near the town of Colusa. The last time the Birders visited this area, they identified 40 species including many ducks, geese, and shorebirds (Pintail, Shoveler, Gadwall, Bufflehead, Greater White-fronted Goose, Black-necked Stilt, and Long-Billed Curlew). This will be a birding-by-auto trip with some walking. Bring a bag lunch, binoculars (or good camera), and money for your carpool driver.

For both of these trips in January, Birders will meet in the Timber's lobby at 8:15 am for introductions and driving instructions. For more information, call Janet Zeitman at 916-771-5235 or Janet Morelli at 916-782-6393.

• • •

### SCR Garden Club

BY JUDY SINGLETON

Having problems with a tree in your yard? Do you need to replace a tree? Don't know what tree to buy or where to put it in the yard? Not sure how much to water? Come to the Garden Club meeting on Tuesday, January 8 (this is a special date) at 7:00pm



"Stealing" gifts during the annual Garden Club holiday brunch.

at Sierra Pines and learn about the best trees for our climate, where to place them in your yard, and get your tree questions answered. Lani Houck, a certified arborist and the President of the Roseville Urban Forest Foundation, will be our guest speaker. If you want to send a picture or question about a tree to Lani in advance of the meeting, send an email to lani.houck@rosevilletree.org, mention the SCR Garden Club and include your address, she will check out your lot using Google Earth and answer your questions at the meeting. If you are not a Garden Club member, but would like to attend this meeting as a guest, the charge will be \$5.00.

Our December meeting was our annual Holiday Breakfast and Gift Exchange which was a fun time as usual. We were entertained by Pearl and the Pine Nuts, had a delicious buffet, and lots of lovely gifts were opened, stolen, and enjoyed by the members.

The Garden Club meets ten months a year (no meetings in July or August), normally

(cont' on page 20)



Opening a gift during the Garden Club gift exchange.

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**SCR Garden Club**

(cont' from page 19)

on the first Tuesday of the month at 7:00pm at Sierra Pines except January 2019 when the meeting will be Tuesday, January 8. Annual membership is \$15.00. Please complete the membership form on the Garden Club resident web page and bring to a meeting or drop it with your check into the small mailbox on the front porch of 6132 Granite Flat Lane. For further information, call Judy Singleton at 916-666-7342.

• • •

**SCR Hiking Group**

BY PETE GRADY

January 2019 Hikes

Start time 9AM

Join us to try out hiking. You can hike 3 times without joining.

We meet every Thursday at 8:45AM in the Tennis Court Parking Lot.

Carpooling is organized for the drive to the Trail Head.

Rides vary in cost as do the hike distance and difficulty.

Please go to the SCR Website and Hiking Group to get more details on the hikes.



Hiking Group

January 3: Cronan Ranch. (#5 moderate). 6.5 miles. \$6 Ride.

January 10: Hidden Falls. 7 Pools Loop. (#4.5 moderate). 5 miles. \$6 Ride.

January 17: Sweetwater Creek to Falcon Crest. (#4 easy/moderate). 5.25 Miles. \$6 Ride.

January 24: Sterling Point to Rattlesnake Bar. (#4.5 moderate). 7 miles. \$6 Ride.

January 31: Foresthill Divide. (#4/4.5 easy/moderate). 5.5/6.5 miles. \$6 Ride.

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**SCR Cycle Club**

BY DIANA RISCHLING

Monterey is beautiful any time of the year but it was spectacular in late October. Thirty-five club members spent three days biking along coastal trails in the mornings, sightseeing or relaxing during the afternoons and socializing in the evenings. Phil's Fishmarket in Moss Landing was our first day's meeting place. After a hardy lunch we were ready for the bike ride into Monterey. The following morning one ride followed the scenic

Seventeen Mile Drive highlighted by a coffee stop at Pebble Beach. The ocean view from the patio was picture perfect. Carmel was the destination for another group of riders that day but eventually all met back at Lover's Point in Pacific Grove for a picnic lunch. Each evening after wine and cheese at the hotel we were welcomed at a local restaurant for dinner. Planning this trip was a challenge, but under the capable leadership of Craig



Cyclists Carl Zuchold, Quentin Miller, Steve Gustafson and Craig Morkert enjoy the ocean view in Monterey.



Monterey Trip Committee: Seamus Flanagan, Ginny Taylor, Craig Morkert and Quentin Miller.

Morkert, Seamus Flanagan, Quentin Miller and Ginny Taylor the details fell into place and the trip was a huge success.

Several members enjoyed riding through Lodi vineyards at the Giro d'Vino event in early November. The skies were blue, the wind was calm and the roads were flat making for a relaxed 35-mile visit among the vineyards. Several club members also participated in the

(cont' on page 21)

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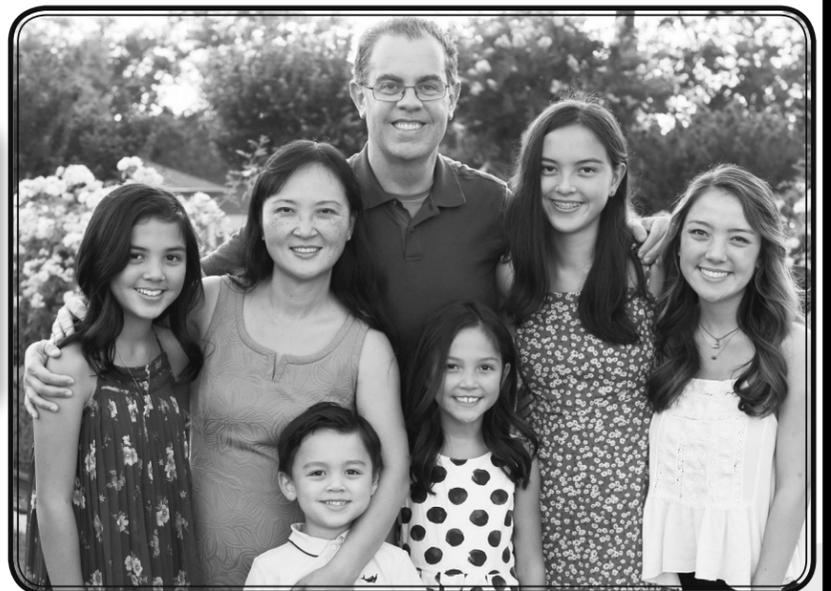
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WOODCREEK DENTISTRY

## SCR Cycle Club

(cont' from page 20)

Fall Foxy Ride which originated in Davis and meandered through the farmlands of Yolo county with a lunch stop in Winters. Again the weather could not have been better for this end of season ride.

As the morning temperatures become colder cyclists often start out a bit later in the mornings, bundle up more, and shorten the distance but we are still riding. Find out more about cycling options by attending our next meeting, the third Monday in January, Sierra Pines, 8am.

• • •

## Water Fitness

BY BARBARA WOOLMAN

It's a New Year, and time to get going on that "new you!" Shake out that bathing suit, and join a water fitness class.

If you think this is a 'wimpy workout', we welcome you to try it to see what you can (or can't) do in the water! If you give it your best shot, you will be amazed at the intensity of a water workout.

We offer many classes at different times, and you should find one that fits your schedule. Our specialty classes, which run as announced, are also available.

Our classes run on MWF at 8 and 9 a.m., and on TTH at 8, 9, 10, 11 a.m. as well as 4:30 p.m. You may take three trial classes to see which one you like best. Try us out! (Members

are not eligible for trial classes.)

Working out in the water can give you a whole new perspective on 'getting fit'. Aquatic fitness refers to vertical exercise in the water. It has evolved from "water aerobics" to a well-rounded workout format targeting cardiovascular endurance, muscular strength, core stability and range of motion.

You may ask yourself, "What is the difference between swimming and aquatic exercise?" When swimming laps, you streamline each movement to propelyourbody forward with the least amount of effort (like a sailboat). With vertical exercise in a water fitness class, surface area and resistance are deliberately created, and this increases the challenge (like a barge).

A water workout is probably one of the best ways to start a New Year's Resolution and get fit. Come on in for in some great fun with other people, and regain your sylphlike self!

• • •

## Bocce Club

BY PAUL KECK

A new year already? Well, one of the good things is the bocce club is now accepting sign ups for everyone who wants to participate in a club that provides non-strenuous sport activity and great opportunities for social activities and developing new friendships. The success of the bocce club is largely due to the very tuned-in club officers who promote member interaction and participation. Contact me (Paul) at 916-749-3484 for more information on the Bocce club.

Our first general meeting is January 28, 2019, 7:00pm at the Pines. The meeting will feature 2019 sign ups. Membership dues of \$12 will be accepted. Checks preferred, made payable to SCR Bocce Club. Twelve bucks is a great deal for all the activities provided.

Everyone who pays that night will get a free color coded bocce events calendar and be entered in a drawing for Sun City gift cards. Also, those attending will hear about some exciting events planned for 2019. Whoo-hoo, don't miss it.

Winter League — The winter league was a new idea from Rick Rivera. We started on Thursday afternoons in November and had a few missed days due to rain, but the league is fun and we will complete the schedule in January because the elves needed to take a few days off in December to help Dwight, a.k.a. Santa.

Winter Wonderland Party, December 2, was a great party featuring good food, the Crystal Image band, dancing and general carrying-on by the attendees. Thanks to Linda Sanders and crew for a nice evening.

• • •

## Pickleball

BY BOB VERZELLO

Welcome to new member, Jeff Robinson. Due to growing Club membership, as well as some special requirements for hosting guests and tournaments, we are planning to change the two present courts and two portable courts to meet USAPA standards this year.

Club president Gary Pyle won another gold medal. This time he won the Men's Singles

for those aged 80+ at the USA Pickleball National Championships held recently in Indian Wells, CA. Overall, there were over 2,300 registered participants representing 47 States, six Canadian Provinces and two European countries. This represented significant growth over previous years. Participants played on 45 courts at the Indian Wells Tennis Garden facility.

On December 10, our Club held its annual Christmas dinner party at the Timbers Solarium. This article was due before the dinner, but we expect another fun time together.

Each month, we try to include another playing tip taken from various sources. This month's tip from "Mo" at PickleballCoach.com is about "Hitting Down Sidelines." Mo advises to keep your elbows high when hitting the ball down the sideline and follow through a little shorter for a straight volley. The shot need not be hit hard. A soft hit can be even more effective. One of the best times to aim down the sideline is when your opponents are moving towards the middle of the court or are doing a lot of poaching. And, a sideline shot to the opponent's backhand is usually more effective than to their forehand.

A summary of all the pickleball playing tips included in 2018 articles is available in the ball chest. Also, you should have received an e-mail copy in December. If you didn't get a copy, let Bob Verzello know and he'll send one to you.

• • •

(more Club News cont' on page 22)



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### SCR Senior Softball

BY RICHARD EPTING

The Senior Softball League will begin practicing on Jan, 9, 2019. Practices will be at James Mahan Park, located at 1095 Amington Drive, in Roseville. They will be held every Monday and Wednesday at 9:00 a.m. Warm-ups (and seniors definitely need warm-ups) will begin at 8:30. These practices, which are free, will continue into late February, at which time teams will be chosen. We are planning to have a 20 game schedule, three all-star games, a double elimination play-off, and a season ending "awards dinner".

Anyone who is interested in playing may pick up a registration form at any practice or email Jimmy Hebner at jimmyhebner@gmail.com. If we receive your registration and check before January 31, the discount registration fee is \$85. After January 31, the fee will be \$99 for the season. If you have any questions about the Senior Softball League, come out to a practice at Mahan Park and we'll answer any of your concerns.

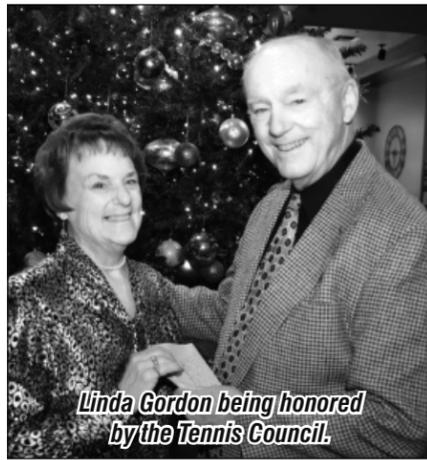
For those of you who are new to Sun City, slow pitch softball is a great experience. The majority of our players are on Social Security, and some were even born when FDR was president. Softball is a safe way to stay in shape and meet some really nice people at the same time.

...

### SCR Tennis Club

BY DIANE BARNETT

December was a busy month for the Tennis Club. Besides the usual tennis play in the early frigid mornings, Tennis Club Officers combined their Council meeting with a Christmas party that included incoming President PJ Conradi and his spouse and Tennis Club Vice President, Sue. Many thanks to our outgoing President, George Flaherty who was in attendance with his lovely wife, Diane. A big thank you goes out to Kathy and Dirk Fowler for opening their home for this event. Linda Gordon, Tennis Social Chair, was honored by the Tennis Council for



Linda Gordon being honored by the Tennis Council.



Tennis Council enjoying the Christmas Party.

her dedication and endless hard work that she donates to the Tennis Club planning the socials and dinners that have become memorable events not to be missed.

A highlight in December was the annual Christmas Party, held in the Ballroom, with 105 people in attendance. Ray Barnett was Master of Ceremony, again, this year. Ray never fails to entertain as he led the group through the Christmas party agenda for the evening. Thank you Ray for all you do for the Tennis Club as well. Following a delicious dinner, members and guests danced into the evening with music by Crystal Image. Our resident photographer, John Desmond was out of town for the week, but that did not stop our annual photography moment as Steve Butkovich stepped in and took pictures, with John's camera, so we would not miss a single "Kodak moment."

The Tennis Club is a wonderful Club to be a part of, so if you want to get back into the game of tennis, are new to the game, or just want to meet new friends, contact Ray Barnett at 916 759-2578 and he will get you pointed in the right direction. Happy New Year to all and to all a good night!

...

(more Club News cont' on page 23)

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### Table Tennis

BY KAREN YEATES

Final reminder – January 11 at 6:00pm – pot luck party at Sierra Pines.

The holidays are officially over and now is the time to carry out those perennial New Year's commitments of eating healthier and getting more exercise. Table Tennis can certainly give you a boost in your exercise routine. Maybe you want to give it a try but hesitant because you haven't played in years. Or maybe you're a newbie? The best time for newcomers is on Saturday mornings around 10am or on Tuesday and Thursday around 3:30pm. However, anyone is welcome to come during our normal playing times of Saturday 10 – noon and on Tuesday and Thursday afternoons at between 2pm – 5pm. We play in the Spruce Room at Sierra Pines.

Since we are focusing on the benefits of exercise in the new year, did you know that nearly all muscles are used in a good table tennis game. Just watch Olympic top-rated players – it's exhausting. Wonder how the top competitive players get ready? Here are the training drills that they do: 50-yard sprints, jumping rope (both fast for speed and slow for stamina), practicing with a weighted racket (50 to 100 repetitions of each stroke), calisthenics, weight training and then they round it out with running or cycling to build up stamina in the legs. The more drive and desire you have, the further you will go. But that's not for everyone. Some want to relax and enjoy the game and have fun while getting

some exercise. It's all good. However much you want to put into the game is totally up to you. Remember, table tennis began in 19th century Victorian England as a parlor game for the upper middle class and they used the lids of cigar boxes for paddles!! We've come a long way.

### Croquet Club

BY MARIAN R. APPLGATE AND DEBBIE PHILLIPS

You should have seen this! Vickie, Lee, Sally and I (Marian) were playing nine wicket. I had a lucky run and zipped through the nine wickets, but missed the stake by two inches. Lee followed by setting up to her 4th wicket. Sally (going for the 3rd wicket) hit Lee, took two and headed for me. She hit me clear across the court and at the same time landed near her 3rd wicket for a clean shot, hit Lee again, cleared 7 and headed for 8 and 9. Vicki aimed for Sally, missed and landed four feet from the stake (where I wanted to go!)

My turn, I headed for the stake again. Lee set up for her wicket and Sally set up for the 8th wicket. Vicki hit me and sent me across the field again! She then hit Sally, who was near, and smashed her across the field out of bounds. Then she headed for her wicket. I hit again across the court toward the stake (again) and missed it by four inches. Lee set up for her wicket and Sally brought her ball inbounds, took a sight and hit her ball clear across the entire field, made the 8th wicket and had an easy shot through the 9th and hit the

stake for a win! And folks, that's why we call them "Sally Shots!" Sally does make them a lot!

A great game! Now, come out and join us in this New Year! You never know until the last shot is made who the winner will be!

### He & She Golf Club

BY VERNITA HILLWIG

What a great way to celebrate the season. Members of our club joined together in the Timbers Ballroom on November 30 to socialize, win prizes, and enjoy a wonderful buffet. Janie Monahan and Evon Steele assembled a great team of party planners and

a picture of all of them is shown. Thanks go to all of you!

Our club voted in new 2019 Council members at our November meeting. They will take office on January 1. Our president, Vernita Hillwig, will continue in that role for another year. Kathie DeVito will be Vice President, Ellen Thomas and Darlene Reber will share the role of Secretary, and Bill Dulin will continue as our Treasurer.

With winter upon us, we have suspended our open play days until March, and then, as with our tournaments, all will depend on the

(cont' on page 24)



Members at the November 30th Social.

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## He & She Golf Club

(cont' from page 23)

weather.

And speaking of our tournaments, let's celebrate the winners for November! At Sierra Pines on November 12 the first-place foursome winners were Bob Niznik, Denise Gilbert, Dale Bailey and Chris Bernasconi. Closest-to-the-pin first-place winners were Diane Dooley and Bob Niznik. On November 26, the first-place foursome winners were Duane Kreun, Lynnda Dunn, Dale Bailey, and Chris Bernasconi. Closest-to-the-pin first place winners were Hideko Gongaware and Keith Warloe.

The first-place winning foursome at Timber Creek on November 12 was Barb and Bill Wells and Buck Taylor (with a blind draw). On November 26 the first-place foursome winners were Jim Sherrard, Vernita Hillwig, Jean Nakao and Rodger Page.

The He & She Golf Club always welcomes new players, either singles or couples. We're the only SCR golf club that gives you the option to play either at Sierra Pines or Timber Creek. More information about the club is on the SCR website or in the Timber Creek lobby kiosk area.

## Timber Creek Mens Golf Club

BY TOM DEVITT

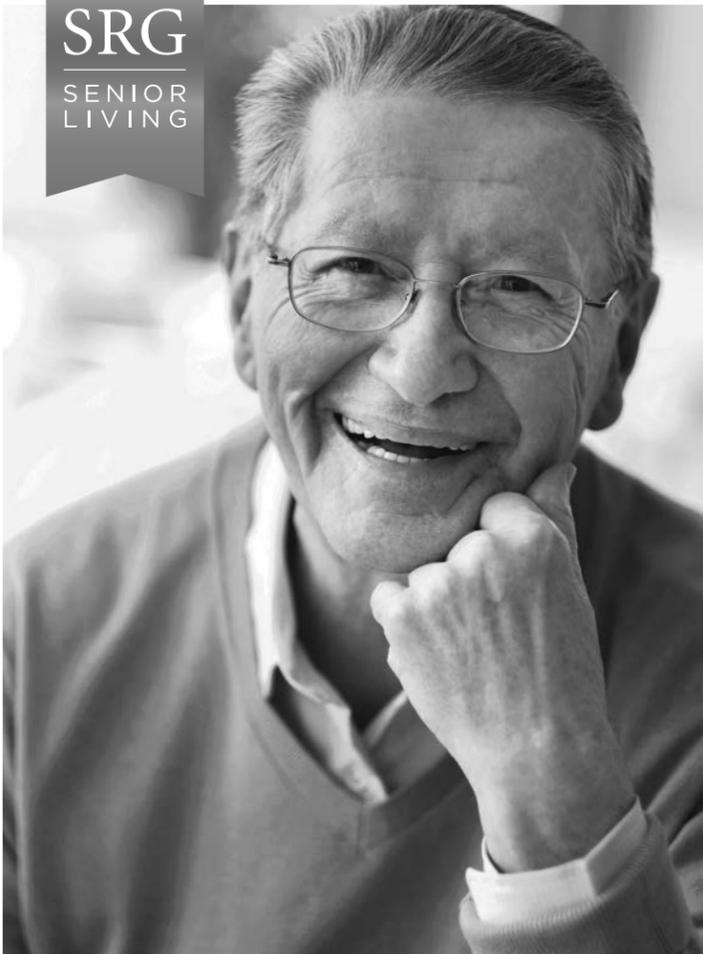
The annual Timber Creek Mens Golf Club (TCMGC) Holiday breakfast and skills challenge was held on December 5 and attended by 145 members and guests. The club champions, John Quintel and Roger Exline were recognized for their victories in the medal and stroke play tournaments. Joe Hoban, the 2018 president was thanked for his service. The TCMGC officers for 2019 were introduced. They are Tom Devitt-President, Ken Hansen-Vice President, Tom May-Treasurer and Tony King-Secretary. Tom Werth and Dick Gilberg are leaving the TCMGC council and were thanked for their years of service. The Club welcomed Roger Exline and Fred Haseley to the TCMGC council. The council consists of Bob Dunn-tournaments, Bill Aaberg-NCGA liaison, RAMP-Joe Mastrantonio, Ernie Bell - membership/CVS, Fred Haseley - Audio/Visual, Roger Exline - Handicap, and Bill Hagopian - webmaster.

The Turkey Trot tournament was held in November and the payouts, over \$2400, were donated to help the victims of the Camp Fire in Paradise. The Last Chance tournament will be held on December 11 and ends the tournament schedule for 2018.

Bob Dunn met with all the golf clubs and SCR staff to develop the TCMGC tournament schedule for 2019. In addition to the normal monthly tournaments, Bob has scheduled pizza

(cont' on page 25)

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**Timber Creek Mens Golf Club**

(cont' from page 24)

mixers, the popular \$10 steak lunch and the putting challenge making for a full year of golf and good times.

Last year 38 residents joined the Men's golf club as new members. If there are any residents that have an interest in joining the Timber Creek Men's Golf Club, please inquire at the Pro shop or contact Ernie Bell, our Membership Chair, at 797-2355 or via e-mail at Bellgolf@surewest.net.

Next up, general membership meeting on February 6, 2019, Sierra Pines at 8:00am. The first tournament for 2019 is the Valentine's Day Tournament on February 12.

• • •

**Timber Creek Women's Golf Club**

BY BARBARA MILLS

Happy New Year, 2019! First, a big "thank you" to Gail Quintel, our 2018 out-going Captain for a great year! The newly elected officers for 2019 are: Captain, Cookie Hennager; Co-Captain, Vernita Hillwig; Secretary, Robin Shaffer; and Treasurer, Barbara Treleven.

We ended the year with our traditional Holly Jolly Tournament played on December 5, a fun game we play from the red and white tees.

The Most Improved Players for November are: Lynne Peaslee (1st Flight); Kathy DeVito (2nd Flight); and Nell Shull (3rd Flight).

Our Holiday Luncheon was held on



Cookie Hennager

December 12 in the Ballroom to celebrate the many accomplishments made this year. Awards were presented for Birdie/Chip-in winners, Eclectic awards, and the most-improved golfer in three flights based on the player's handicap index at the beginning of the year versus their ending handicap index. The most coveted award was presented to the Most-Improved Golfer of the Year (to be named in the February Courier). For our Christmas charity this year Captain Gail Quintel chose The Crohn's & Colitis Foundation of America.

A special "thank you" to our Committee Chairs for their excellent efforts in 2018: Lynne Peaslee and Mary Jorgensen, Tournaments; Doe Townsend, Handicapper; Paula Hau and

Lynne Peaslee, Membership; Judy Bickell, Rules; Johnice Swallender, Hospitality; Minell Fredricks, Directory; Kathy Casten, Web Site; Sherill Pahl, E-mail; Barbara Mills, Media; Nancy Gould, Parliamentarian; and Carol Roden, Holiday Luncheon.

We welcome our new members for 2019: Linda Acuff, Kathie Sutter, Kim Aaron, and Suzanne Myers.

January is the start of posting Chip-Ins and Birdies continuing through October. Be sure to record them in the book in the posting room by the Pro Shop.

As the New Year begins, we are reminded of the wonderful community we live in and all the advantages we enjoy here.

• • •

(more Club News cont' on page 26)



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### Sierra Pines Ladies Golf

BY LYNNDA DUNN

I hope y'all are remembering all the fun events with SPLG throughout the year. The final big bang was the Holiday Luncheon. Did you hesitate when you spotted such lovely ladies; taking a minute to recognize your golf buddies? The ballroom was transformed into

a holiday gala. We were ready to cheer the winners for the year. In fact so many winners I am unable to list every single one of them.

Breaking 50 were Judy Grossetti and Sharon Lee- Giesser. White Tees were Shelby Rosen and Janet Zeitman.

Eclectic First Place: Flight A Hideko Gongaware, Flight B: Darlene Flora, Flight

C Janet Morelli, Flight D Susan Macaulay, White Tees Janet Zeitman

Putt for Points First Place winners: Pina Colada: Sharon Young, Bloody Mary: Wendy Suter, Margarita: Arlene Lizotte, Martini: Hideko Gongaware Bet these ladies thought they would be rewarded with the drink their

Jane Monahan reserved the Solarium at the Timbers to welcome New Members to SPLG. We are so happy to have new golfers joining us. Looking forward to seeing y'all on the course.

Tee time for all golfers is 9:00am. Come on all sleepy heads and get out of that nice warm bed to play a round with the late players. Think of how much fun to play with those smiling early risers.

Council meets first Wednesday, January 9 at 2:00pm. Be sure to attend the regular meeting Wednesday, January 16 at 2:00pm to hear all that is new...even new rules changes. Maybe something to help my game?

Don't miss the social after the business is taken care of hosted by Arlene and Barbara. SPLG is great for on and off the course fun!

As we look back remember how blessed we are to live in this great community. Wishing y'all the healthiest, happiest, and most fun filled New Year!

...



Barbara, Faye, Darlene, Pam and Arlene.



Janie, Pat, Maddi, Gail and Sharon.



Ladies Enjoying Lunch!

group was named after! So sorry maybe next time.

Most Improved Golfer: Barbara Stearns Great job ladies... congratulations!

November also had winners. Closest to the Pin: November 7 Roxanne Warloe, November 14 Maddi Robison, November 21 Arlene Lizotte, and November 28 Karen Hawkins.

Most Improved Golfers: First Flight Monica Konkel, Second Flight Cathy Hurst, Third Flight Lynnda Dunn, Fourth Flight Barbara Clegg. Before you ask...I did not alter the results.

(more Club News cont' on page 27)

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### SCR Billiards Club

BY GERRY CRISTONI

Happy New Year!

Congratulations to our November tournament winners.

November 6: Men's 9 -Ball, TIE: Norm Pilliard and Bill Force. Ken Arena and Paul Garcia.

November 13: Open 8-Ball, Bob Daly and Ken Neal

November 20: Mens 8-Ball, Derek Tegg and Gary Evans

November 27: Open 8-Ball, Ken Neal, Derek Tegg, Joe Lopez and Norm Pilliard.

• • •

### SCR Monday Morning Bowlers

BY OLGA WIDNES

November was a short month due to the Thanksgiving Holiday. But before we establish the winners we want to thank all the bowlers for the wonderful desserts we donated to Strikes to host a Camp Fire evacuee Thanksgiving dinner. I'm sure everyone enjoyed them. And now for the winners - 600 Series was Roland Stiarwalt, 200 game winners were Lynn Henricks, Ingrid Zurawski and Joe Shirley. 50 pins over was Frank Almaguer. New Year!

• • •

### Tuesday SS Bowling League

BY JOHN VOGELI

As of this writing there are two weeks left in our second quarter, one week of regular bowling, then the position round. The "Alley Gators" (Mike Johanik, Nettie Cavalli, Marilyn Edwards, Debra Scott) are leading the way followed by "Shuda Been" (John Cho, Sue Mattimoe, Jeff Mattimoe, Dave Harriman) with "Spare Us da Split" (Pat Basnett, Bob Houser, John Bache, Steve Worrell) in contention. The week of January 7th (Jan. 08) the second quarter Champion will be decided, and we will have our second entry into the finals in May. Now that I've covered the standings I would like to update the stats for the ending of the 2018 calendar year. We have had some outstanding bowlers and team efforts this season. For instance CJ Johnson had back to back 279 games, Roy Hackman had a 279 game, Jeff Mattimoe had a 723 scratch series, his first 700 series, and PK Lewis a 645 scratch series. That is some of the highlights so far this Fall. Here are some other accomplishments at the end of the year:

Individual High Averages Men: Dave Harriman 219, Roy Hackman 208, Ron Basnett 204.

Individual High Averages Women: PK Lewis 189, Wendy Green 169, Claudia DeHart 168.

Most Improved Average Men: Richard Wong 142 to 156, CJ Johnson 191 to 203, Dale Mellberg 188 to 198.

Most Improved Average Women: Debra

Scott 137 to 150, Karol Rich 147 to 159, Pat Fisk 154 to 162.

Team Scratch Series: "We Don't Care" (Donald Lewis, Jim Gothier, CJ Johnson, PK Lewis) 2527.

"Rock'n Bowl" (Gene Garmin, Jill Munyan, Mike Becze, Dale Mellberg) 2221.

Team Scratch Game: "Shuda Been" (John Cho, Sue Mattimoe, Jeff Mattimoe, Dave Harriman) 847.

"Stars & Strikes" (John Vogeli, Renee Gann, Blaine Eisenbeis, Randy Dvorak) 789.

Mens Scratch Series: CJ Johnson 748, Dave Harriman 733, Donald Lewis 665.

Womens Scratch Series: PK Lewis 662, Helen Rodante 589, Claudia DeHart 555.

Mens High Scratch Game: Roy Hackman 279, Ron Basnett 258, Joe Ortiz 258.

Womens High Scratch Game: Wendy Green 225, Pat Fisk 216, Pat Basnett 203, Vonda Ortiz 203.

That is a nice round of applause for all the team and individual results up to the end of 2018. If you just retired or been retired and need to fill some of that ole work time, come on out to Strikes Unlimited in Rocklin and look up Stacy Pudge

or call her at 916-626-6361, you may also get ahold of our league secretary Linda Zierman at 916-408-2397 or lzierman@sbcglobal.net. So 2019 is just around the corner, come on out to Strikes and see if you can keep from leaving "that damn 10 pin", its what makes this house famous, sort of.

• • •

### Thursday AM Sun Senior Bowlers Strikes Unlimited, Rocklin

BY CLAUDIA DEHART

Congratulations to the Whatever team (Stan Young, Carol Torno, Karol Rich & Mike Becze) for winning the 2nd Quarter.

We had some great bowling this month: Karol Rich 213 game (+66), Jo Anne Dunn 201 game (+58), Sandy Manildi 203 game (+57), & Ellen Asbury 201 game (+51).

Bill Taylor 257 & 246 games/691 series, Randy English 241 game/646 series, John Cho 244 game/619 series, Montie Boatwright 245 game/610 series, Stan Young 227 game/610 series,

Walt Peterson 215 game (+65), Richard Bronson 233 game (+59),

Come join the fun and meet new friends. If you're interested in bowling, you can contact me by phone at 916-645-9345.

• • •

(more Club News cont' on page 30)



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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/	Inside	Outside	Balcony
<b>10 DAY MEXICO From SFO! Princess</b>	Jan 17, 2019	\$659	\$679	\$869	
<b>Grand Princess ~ 2600 Passengers</b>	Feb 21, 2019	\$749	\$778	\$1,189	
	Oct 3, 2019	\$1,029	\$1,179	\$1,349	
Sail round trip from San Francisco, California to Puerto Vallarta, Mexico; Manzanillo, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California. <b>^ROUND TRIP LINCOLN SHUTTLE TO SHIP AVAILABLE</b>					
<b>15 DAY HAWAII from SFO! Princess</b>	Jan 27, 2019	\$1,099	\$1,299	\$1,599	
<b>Grand Princess ~ 2600 Passengers</b>	Apr 6, 2019	\$1,699	\$1,799	\$2,699	
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California. <b>^ROUND TRIP LINCOLN SHUTTLE TO SHIP AVAILABLE</b>					
<b>10 DAY ALASKA From SFO! Princess</b>	May 16, 2019	\$1,289	\$1,389	\$1,929	
<b>Grand Princess ~ 2600 Passengers</b>	Jun 25, 2019	\$1,599	\$1,699	\$2,799	
	Jul 15, 2019	\$1,669	\$1,699	\$2,899	
	Aug 4, 2019	\$1,299	\$1,489	\$2,289	
	Aug 14, 2019	\$1,289	\$1,389	\$1,949	
Sail round trip from San Francisco, California to Juneau, Alaska; Skagway, Alaska; Glacier Bay, Alaska; Ketchikan, Alaska; Victoria, British Columbia, Canada; San Francisco, California. <b>^ROUND TRIP LINCOLN SHUTTLE TO SHIP AVAILABLE</b>					
<b>7 DAY CA Coastal from SFO! Princess</b>	Mar 30, 2019	\$1,069	\$1,199	\$1,569	
<b>Grand Princess ~ 2600 Passengers</b>	**Oct 13, 2019 & Oct 20, 2019	\$999	\$1,099	\$1,399	
Sail round trip from San Francisco, California to Santa Barbara, California; Los Angeles, California; Ensenada Mexico; San Diego, California; San Francisco, California. **Sail round trip from San Francisco, California to Astoria, Oregon; Seattle, Washington; Vancouver, BC, Canada; Victoria, BC, Canada; San Francisco, California. <b>^ROUND TRIP LINCOLN SHUTTLE TO SHIP AVAILABLE</b>					
<b>15 DAY PANAMA CANAL Princess</b>	Feb 15, 2019	\$2,399	\$2,599	\$3,999	
<b>Coral Princess ~ 2000 Passengers</b>	Nov 17, 2019	\$2,149	\$2,349	\$2,669	
Sail from San Francisco, California to Fort Lauderdale, Florida to visiting Cabo San Lucas, Mexico; San Juan Del Sur, Nicaragua; Puntarenas, Costa Rica; Fuerte Amador, Panama; Transit the Panama Canal; Cartagena, Colombia; Fort Lauderdale, Florida. <b>INCLUDES LINCOLN SHUTTLE TO SHIP &amp; SACRAMENTO AIR RETURN</b>					
<b>17 DAY PANAMA CANAL Holland America</b>	Apr 18, 2019	\$2,299	\$2,599	\$3,999	
<b>Volendam ~ 1432 Passengers</b>	<b>INCLUDES SACRAMENTO AIR, 1 NT Hotel in FLORIDA &amp; LINCOLN SHUTTLE RETURN</b>				
Sail from Fort Lauderdale, FL to San Francisco visiting Cartagena, Columbia; Transit the Panama Canal; Puer Caldera (Puntarenas), Costa Rica; Corinto, Nicaragua; Puerto Quetzal, Guatemala; Puerto Chiapas, Mexico; Huatulco, Mexico; Manzanillo, Mexico; Puerto Vallarta, Mexico; Cabo San Lucas, Mexico; San Francisco, CA					

Prices are per person; based on double occupancy and subject to availability. Other items not included in the cruise prices are airfare-unless otherwise noted, taxes, transfers, fuel surcharge & travel insurance. For new bookings only. Some restrictions may apply. See brochure for complete details. ^Round Trip Shuttle is \$100 per person.



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CST # 2033380-40 December 2018a edition



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**Days & Destination                      Cruise Line ~ Sailing Date                      Starting Price/ Inside Outside Balcony**

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**21 DAY Europe Reposition Holland America** Apr 14, 2019                      \$2,899    \$3,299    \$4,799  
 Veendam ~ 1350 Passengers                      **INCLUDES ROUND TRIP SACRAMENTO AIR!**  
 Sail from Fort Lauderdale, FL to Venice visiting Ponta Delgada, Azores; Malaga, Spain; Cartagena, Spain; Civitavecchia (Rome), Italy; Kereira, Nisos (Corfu), Greece; Dubrovnik, Croatia; Kotor, Montenegro; Split, Croatia; Ravenna (San Marino), Italy; Venice, Italy. Ask about extending your trip in Italy.

**10 DAY FRENCH RIVIERA** Celebrity                      May 2, 2019                      \$1,199    \$1,499    \$1,999  
 Constellation ~ 2170 Passengers                      Jul 8, 2019                      \$1,299    \$1,749    \$2,599  
 Sail from Rome (Civitavecchia), Italy to Barcelona, Spain visiting Livorno (Florence/Pisa), Italy; Portofino, Italy; Nice (Villefranche), France; Provence (Toulon), France; Sete, France; Valencia, Spain; Palma De Mallorca, Spain; Barcelona, Spain. Ask about non-stop flights from Oakland from only \$699 round trip!

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 Various Ships ~ 190 Passengers                      **INCLUDES Your home to Sacramento Airport Shuttle & Round Trip Airfare!**  
 Sail from Amsterdam to Budapest visiting Kinderdijk, The Netherlands; Cologne, Koblenz, Wurzburg, Bamberg, Nuremberg, Regensburg & Passau, Germany; Melk & Vienna, Austria; Budapest, Hungary.

**28 DAY San Francisco to Sydney Princess** Sep 28, 2019                      \$4,199    \$4,599    \$5,999  
 Golden Princess ~ 2600 Passengers                      **INCLUDES LINCOLN SHUTTLE TO SHIP & SACRAMENTO AIR RETURN!**  
 Sail from San Francisco, California to Sydney, Australia visiting Hawaii; Bora Bora, French Polynesia; Papeete, Tahiti; Pago Pago, American Samoa; Auckland, New Zealand; Tauranga, New Zealand; Napier, New Zealand; Sydney, Australia. Ask about extending your stay in Australia.

Prices are per person; based on double occupancy and subject to availability. Other items not included in the cruise prices are airfare-unless otherwise noted, taxes, transfers, fuel surcharge and travel insurance. For new bookings only. Some restrictions may apply. See brochure for complete details.

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### Sun City Bridge Club

BY JEAN ECCLESTON

The Team Behind the Scene — Mike Coakley – Webmaster: Mike has managed Bridgewebs site for approximately five years. Bridgewebs was designed to provide inexpensive web sites for clubs without a web site. All information for the Monday duplicate game is on Bridgewebs. Numerous features are: Game Results, Hand Records, Photos, Finding a Partner, Club Luncheons, and Council Members. Mike also wrote a program to tract the Monday duplicate game costs, such as ACBL game fees, director cost and others. He also does the ACBL month end report and stays current with ACBL Head Quarters. He also makes game score corrections as necessary and assists both Arlene and Ginny with ACBL and Duplimate issues. Lastly, Mike wrote a program to process the Bridge Roster currently maintained by Jerry Cochran.

Arlene Coakley – Communications/ACBL Representative/Club Manager: Arlene is responsible for putting out e-mails to members when someone needs a partner, flyers for bridge luncheons, and members who want to share information about what is happening to them or who might need assistance. Arlene has been the past President six times. This is

her third year as ACBL Representative and has also done it before. She has been doing e-mailings for many years.

Ginny Taylor – Boards: For the past three years, Ginny has set-up the duplicate boards for the ACBL games on Mondays. The Duplimate machine shuffles the cards and places them in the boards while at the same time recording the cards in each hand. These Hand Records are posted on Bridgeweb for analysis by the players. Ginny has been the past President for six years and she has served on several boards including, Board of Directors and other Associations Committees.

We owe a huge debt of gratitude to these three who have contributed so much to our Monday ACBL game. Thank you all!

### Mah Jongg

BY CINDY FAULKNER

We wish everyone a happy and healthy 2019 with lots of Mah Jonggs throughout the year. We look forward to seeing you at Monday play 12:30 pm to 3:30 pm and on Friday play 9:00 am to 12:00 pm and joining us for lunch afterwards.

The Mah Jongg Club orders the cards as a group and in October, we receive \$1 back for each card ordered for our designated non-

profit, which is the Sun City Foundation. This benefits all of us. This year we received \$159 for the Foundation from our card purchases. We encourage all Mah Jongg players, club members and non-club members, to purchase their cards from the club to boost our contribution to the Foundation. The cut-off date for ordering your cards is January 15, 2019.

This year the cards will be \$8 for the small card and \$9 for the large card, same price as last year. Ordering is easy, the order form will be in the card room for you to fill out your purchase, or mail your checks to: Sidnee McKinney, 217 Calaveras Ct., Roseville CA 95747 or phone 916 783 – 1976 if you have questions. Please make all checks (no cash) payable to SCRMJC. All cards are mailed directly to you around the end of March.

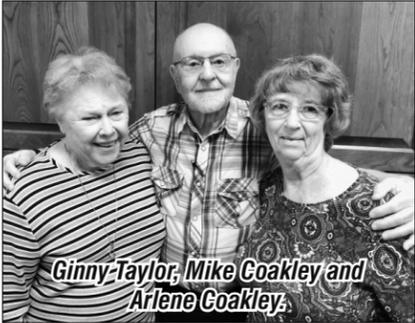
Classes to learn Mah Jongg will start March 29, 2019, with class continuing April 5, 2019 and April 12, 2019 from 9:00 am to 11:00 am in the card room, if interested call Cindy Faulkner at 916 772-0682.

There will be a luncheon in Sierra Pines in February. Watch for the sign-up sheet during play in January with all the details.

### Bunco

BY PAT OBERLANDER

Winners for November 12 —  
Most Buncos: Susan Lynch  
Most Games: Gayle Brooks  
Booby: Sandy  
Winners for November 26 —  
Most Buncos: Bev Woods



Ginny Taylor, Mike Coakley and Arlene Coakley.



Bunco Winners!



Most Games: Yoshi Polgar  
Booby: Shirley Segale

Come join us! We play in the card room at the lodge on the 2nd and 4th Monday of each month. No luck needed, just roll the dice and the fun and laughter begins. The cost is \$4. Sign-in starts at 8:30am and start playing at 9am. Good way to meet neighbors and loads of fun. You don't have to commit to every time, but once you start, you'll be hooked. Make a New Year resolution for 2019 to come join us! We'd love to have you...

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# BULLETIN BOARD

## JANUARY / FEBRUARY

### Introduction to Line Dance

Never line-danced or just want to brush up? Come to Sierra Pines, Saturday January 5, 2019 for a 2 hour Introduction to Line Dancing. Sign-in is at 12:45 p.m.

Cost is: \$3. Bill Swayne will be the instructor. Join us for a fun afternoon. For added information call Bill Swayne at 772-1156. This class is sponsored by the Sun City Dance Club.

## ONGOING —

### Care Program

Home from the hospital, live alone and need assistance? Sunshine Services' Individual Care Program offers 40 hours of care per year. Our Caregiver Relief program offers 4 hours of respite per week for 2 years for 24/7 caregivers of residents who can't be left alone. There's a \$5.00 per hr. co-pay for both programs which employ licensed home health workers. Call Jean Hawkins at 916-781-7705.

### Vision Support Group

If you've been diagnosed with an eye condition, have a family member who has, or have become a caregiver, joining a support group may be the most important thing you'll ever do. For that reason, Sunshine Services is hosting a Vision Support Group which meets on the second Wednesday of each month in the Poker Club at Timbers Lodge to share common concerns and find solutions to your vision-related difficulties such as macular degeneration, glaucoma, cataracts, and other eye-related diseases. For details, call Diane Wilson at 916-837-1109 or Jennifer Martin at 916-781-2830.

### Dial-A-Ride Tickets!

Sunshine Services sell Dial A Ride tickets in the Lodge Lobby. Tickets are sold the first Thursday of the month from 8:30 - 10:30 am. Funded by SCR Foundation, tickets cost residents \$10 for 10 one way-rides.

### All Tuned Up

All Tuned Up meets every Thursday, 9-10:45 A.M., at Sierra Pines, Ponderosa Room. All musicians are welcome. Sun City Roseville has a lot of talent. We want people with and without instruments. Come and sing or just listen. For more information, call Letha Dawson at 916-872-8019.

### Do you speak French and/or Spanish?

FRENCH - 3rd Tuesday 2-4 PM. SPANISH - 3rd Wednesday 2-4 PM. Have fun retaining or improving your language skills with videos, games and other activities. Fluency not required, but some knowledge of the language is helpful as activities are not lessons. - Sandy Haley sjhwme@comcast.net, 792-2881.

### Tuesday Evening Men's Poker

Got the Tuesday night blues, how much idol and reality TV can you watch! All right I made my spiel, come on down to the lodge and join us in the poker room from 6 to 9:30pm for some friendly action of poker. Our games are 95% "split the pots" and remember we don't have a yearly dues. Questions, give me a call Ed Day at 771-0638.

### Grief Support Group

If you are experiencing grief, loss, or transition, you may be able to find support and encouragement as you grieve and heal.

Diane Wilson, Health and Wellness Chaplain, is available to receive Individual Grief Support telephone calls and emails.

Karen Bolte, Sutter Health Bereavement Chaplain facilitates the Sunshine Services Grief Support Group, which meets on the 2nd Wednesday of each month, 9:00 to 10:30 a.m., in the Club/Poker Room. Please contact either of us at 916-837-1109 for further information and questions about the group, or to schedule an appointment for individual support.

### Alzheimer's Support Group

Alzheimer's Support Group meets the 3rd Thursday of each month, 6:30pm at SCR main lodge.

## COMMUNITY —

### Semper Fi Association

The Semper Fi Association meets the first Monday of the month at 9:00 am at the Legends Restaurant at Woodcreek Golf Course, 5800 Woodcreek Oaks Blvd. in Roseville. Come early to purchase breakfast before the meeting. For more info: Semper Fi Association: Don Witt, Public Relations Chairman, Phone: 916-573-1704 Ext: 0001. Email: semperfiassociation@gmail.com Web: www.semperfiassociation.org Marines and Navy Corpsmen especially invited. Hope to see you there.

### Sons In Retirement Branch 13

Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its monthly luncheon on Tuesday, January 15th at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. This is a good opportunity for retired men new to the area to meet other retired men. A three course gourmet lunch costs \$20pp. Arrive at 11:30AM; luncheon adjourns at 1:30PM. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending the luncheon as a guest, please contact Chet Winton (916-408-8708).

### Sons in Retirement Branch 98

The Rocklin/Roseville Branch of SIR meets monthly on the 2nd Wednesday in the ball room of the Timbers at Sun City Roseville beginning at 10:30a.m. Join retirees for fellowship, lunch, golf, fishing, cards, and even bocce ball... many other activities also available. Call Tom Werth at 782-3536 for more information.

### Retired Law Enforcement

Retired Law Enforcement Officers Group — Our members are either retired or active law enforcement officers and we have quarterly breakfast meeting with guest speakers. Please join us for some camaraderie with America's finest. Contact Chuck Schmidt, RLEO Coordinator: 530cms@gmail.com

### Parkinson's Support Group

If you have been diagnosed with Parkinson's Disease or care for someone who has, we invite you to join us at the monthly West Roseville Parkinson's Support Group for informational and inspirational discussions with others on the journey.

4th Tuesday, 3:30 pm – 4:15 pm  
Sierra Pointe Senior Living  
5161 Foothills Blvd., Roseville

Contact for more information: Jim Morris 916-359-4859. Parkinson Association of Northern California: 916-357-6641

### Senior Peer Counseling

Senior Peer Counseling provides free, in-home peer support; to Placer County residents age 55+ who are experiencing depression, anxiety, substance abuse, family conflict, change in independence and other age-related adjustment issues. Please call: 916-787-8859.

### Essential Tremor Support

Essential Tremor will now be meeting on the first Saturday at Kaiser Permanente, 1600 Eureka Rd, Roseville Woman's and Children's building B16. Our meeting starts at 10AM. For further information call Paula Lavin 771-4866.





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# Jim and Gerri Junso

(cont' from page 1)

Sam, and, at the end of his time in the military, Jim moved from Merced to Modesto to attend Modesto Junior College (MJC). He then attended college at San Jose State where he earned a Bachelor of Science Degree in Engineering.

Gerri's life started when she was born to a Jewish family in Los Angeles. After being in a Jewish neighborhood in Crescent Heights, the family moved to Modesto when Gerri was a teenager. In Modesto, there were only a few Jewish families in her school. The family moved initially because her father had an opportunity to manage a dress shop. When her father discovered that the dress shop was not a good fit, he did public relations for an insurance company in Modesto. After Gerri graduated from high school, she went to Modesto Junior College which is where Gerri's and Jim's paths crossed. The couple married in 1965 and moved to San Jose.

After San Jose State, the couple moved around—from Lodi, to Long Lake, Minnesota, to Modesto, to Camarillo—where Gerri worked as an aide in a special education class for fifteen years. Her teacher encouraged her to complete her credentials for becoming a special needs teacher so Gerri took coursework and completed her Bachelor of Arts at Cal State Northridge and earned her teaching credential and Master of Arts in Special Education at Azusa Pacific University. Gerri worked in the classroom for twenty-nine years in public schools before retirement.

While in Camarillo, Gerri became involved with the Educational Resources Development Trust, a non-profit cultural exchange program. Gerri helped set up a "Matching Cities" program between Camarillo and Kota-Cho, Japan. The wedding coat displayed in the house is a present from Camarillo's matching city to Gerri for her years of service. She loved the relationships that developed with the students and advisors and even speaks a little Japanese.



*Jim and Gerri Junso pictured by Gerri's picture at 4 years old and at 18 years old.*

PHOTO BY RICHARD PAINE

While in Lodi, Jim worked for General Mills. He was given an opportunity to supervise five plants if they moved to Minnesota so they did but only for sixteen months. When the family first visited Minnesota it was beautiful—the leaves were turning. But the reality of the weather became clear when the winter snows and winds started. At one point, a large plane that Jim was on skidded on black ice. Gerri and the girls loved life in Long Lake, but Jim couldn't forget the hardships of his childhood in South Dakota. So, they decided to return to California and moved back to Modesto. Jim went on to work for another "general" company, General Foods. After a time at General Foods, Jim did many other jobs including a stint at a funeral home for three years. He was also self-employed with various jobs.

They moved to Roseville after retirement because all of their three daughters and their families no longer lived nearby. The oldest daughter and her family lives in Murrieta,

but the two younger daughters and their families live nearby in Granite Bay. They are able to spend time with the grandchildren, such as attending sports events and they enjoy the opportunity to do so.

In marriage, opposites attract and that is true in this case. Gerri is extroverted and extremely active in the Sun City community. She lists Chair of the Election Committee, past president and member of the Creative Arts Club Council, coordinator of the Creative Arts Club Holiday Luncheon, Jewish Fellowship Circle, Neighborhood Watch Village Communicator, Dance Club Council, Book Club, Boomers Club and Margarita Monday coordinator among her many activities. Jim is content with his reputation as the "fix-it" man for the neighborhood, bike rides with his neighbors—sometimes as far as Lincoln and back—and participation in line dancing, one of Gerri's favorite groups also. He went unwillingly at first, but now really enjoys it. He also was very active in Jessica Morse's recent political campaign. They love the community in Sun City, stating, "The best thing we ever did was move here. We came for the amenities



*Jim and Gerri Junso on their wedding day—February 2, 1965.*

but we were surprised by the people who have become the best friends we have ever had."

Along the way, the couple brought their legendary building skills to bear on such things as a gorgeous twenty-eight-hundred square foot home in Modesto, a cabin in Blue Lake Springs, near Calaveras Big Trees/State Park that they built themselves. The couple believes that if someone tells them that they can't do something, they take it as a dare and are

obligated to follow through. A good example is the cabin that was built on a thirty-degree down slope making the structure four stories on one end and one story on the other. After retirement, they have bought, repaired, rented and kept up with three different duplexes in three different areas. This added income has allowed some very special trips such as their recent Alaskan cruise.

From very different backgrounds and with opposite personalities, Jim and Gerri bring a united front to their retirement years, enjoying the activities nearby and actively looking for ways to assist their neighbors and family while enjoying their renovated house with its memories hanging on the newly-painted walls. While there have been some physical struggles of late, their attention to exercise and good attitudes have kept the problems to a minimum. They have great memories from their many adventures together and skills that have served them well in retirement, definitely making them a great asset to their neighbors in Sun City Roseville.



*Jim and Gerri Junso—1937*

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# Observations on the Year Past and Some Other Things

BY MARTIN GREEN

The year 2018 is now past and it's tempting to just forget it, but tradition decrees that you look back and say something about it so here goes. For one thing, in the age of Trump and tweets, Facebook and whatever else is out there, we had no shortage of news, with one event coming after another. Just off the top of my head there was the constant battle between our two so-called political parties, notably the Judge Kavanaugh nomination to the Supreme Court, the interminable midterm elections and of course the endless Schueller investigation. There was also North Korea; they're going to scrap all of their nukes, or are they? And Brexit; is England in or out? And riots in Paris; those unruly French. Is Macron in or out? And what about Syria? What's going on there anyway? Whatever, if it's Syria it can't be good. Then there's the Wall, ICE and the caravan, maybe caravans. Natural disasters of course abounded, most pertinent for us the wildfires in California, especially the one that destroyed the town of Paradise and created unhealthy air conditions for our area and beyond for weeks.

The one good thing about this 24/7 onslaught of news events is that you forget the one that seems so important today as the next big item comes along tomorrow. One notable recent event that hasn't been forgotten as of this date (but will probably have been forgotten by the time this appears) is the passing of our 41st president, George H.W.

Bush. It's interesting how much better his presidency has become with his passing. As I recall, he was labeled a wimp, called a lapdog and endlessly lampooned on Saturday Night Live. Now he's become a war hero, his resume is outstanding and he might even have been a great or at least a pretty good president. One thing there's no question about is that he was modest, unassuming, cared about others and was a devoted family man and patriot. Maybe some of these virtues will rub off on today's motley crew of politicians. Yes, this is being incredibly optimistic.

It's also always interesting at the end of any year to note the prominent persons, like President Bush, who've passed away during that time. I'm usually surprised at how many of deaths I've missed. I do remember a few, the first person coming to mind another war hero, Senator John McCain. Another one is the author Philip Roth, who I mentioned in one of my "Observations" as saying how pleasantly surprised he was to have lived another day, a sentiment that I'm sure resonates with us Sun City oldsters. Unfortunately, as must happen to us all, there came a day that he didn't. Then there's someone else I mentioned here, Charles Krauthammer, the writer and TV personage, whose life and death were so exemplary. Finally, Dwight Clark, who made The Catch which launched the San Francisco 49ers dynasty, who had ALS at an early age

and who also exited with class.

But I did some research, i.e., I Googled, and found out quite a few deaths that I'd missed. There was Stephen Hawking, perhaps the world's best-known scientist. I hadn't known or had forgotten it. I also hadn't known that another author, the flamboyant Tom Wolfe, had died. Roger Bannister, the first 4-minute miler, is gone. How'd I miss that? Also gone in the entertainment field are Steven Bocho, who created the ground-breaking TV show, "Hill Street Blues," David Ogden Stiers of another ground-breaking TV show, "Mash,"; Harry Anderson, the judge of "Night Court,"; and John Mahoney of "Frasier,"; in the sports field, Red Schoendeist of the Saint Louis Cards, Hal Greer of the Philadelphia Sixers and Rusty Staub of the Mets. A little shock to come upon each of these names.

Well, enough of deaths. I can't end the year without some observations on a subject I often touch upon here, that of aging (yes, there is, I'm afraid, some association between aging and death). I recently came across an article in the Wall Street Journal headlined: "A Retiree Discovers the Joy of Being a Sports Fan." Being a life-long sports fan and a retiree I was of course interested. The article was by a lady named Robbie Shell and said, among other things, that she's become "part of a diverse community of people who share a passion" (for sports), that being a sports fan has given

her a greater appreciation of things she valued when she worked full time, such as teamwork, grace under pressure and humility and that she liked the "the discrete unambiguous ending" of sports when "resolution on many different fronts--politics, culture, the economy, the environment--is so uncertain. There is closure in sports." I agree. After reading the front page of a newspaper (see above) it's a relief to turn to the sports section and after watching TV newscasts all week it's a relief to watch the football games on the weekend.

Finally, still more or less on the subject of aging, when this appears I will have had another birthday (on December 30th) and so am now 89 years old, pretty close to 90; and to think that I'd once thought that 90 was old. Once again I did some research (Google again) and found out a surprising number of notables who are still around at 90 or over. There's Bob Dole, 94, and Jimmy Carter, 92, recently seen at President Bush's funeral; Henry Kissinger, 93; Bobby Doerr, Red Schoendeist's contemporary, 98; writer Russell Baker, 91; Angela Langsbury, 91; and Doris Day, 94. So there is life after 90. I'm glad to know this. And life will go on despite the current turbulence in our nation's politics and society. I know this because I've lived through the Great Depression, World War II, Korea, Vietnam, the Cold War, reality TV, rock music, Facebook and so on. And there's always the next game to watch!



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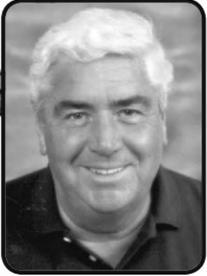
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