

# SUN SENIOR NEWS

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## The Webbers — Small Town Caregivers

BY RUTH MORSE

Gus greeted me at the door along with his owners, Larry and Valerie Webber. Gus is a five-year-old dachshund/beagle mix who has a round body like a dachshund and white fur with brown spots like a beagle. He was well-behaved and very entertaining. During my visit at the Webber house, he spent some of the time in the backyard pacing slowly back and forth, pondering the right place to bury his toy bone. Valerie later dug it up for him so he could play with it again.

Valerie and Larry have lived in Lincoln Hills for about ten years. They both bring valuable skills to retirement that they have put to good use. Larry is a retired Placer County Sheriff Sergeant and Valerie retired from Kaiser. Larry likes to work out at the gym daily and has helped to rescue at least two people there — one who had actually stopped breathing and one who



Valerie and Larry Webber with their dog Gus.

fell and injured himself. As a former Vietnam vet, he also watches out for other veterans in Lincoln Hills and encourages them and others to accompany him for his daily workouts.

Neighbors gladly make donations of unwanted recyclables to Larry so he can turn them in and use the money for charity.

Valerie told the story about her younger son who had injured his leg. She was able to do a makeshift splint and they drove him to the hospital. They have also helped neighbors and friends without family members with practical day-to-day chores, including one couple they encouraged to move closer to them in Sun City from Sacramento.

Both Larry and Valerie learned their neighborly care skills in small towns where they grew up. Larry was born in nearby Auburn but raised in Newcastle. He attended high school in Auburn at Placer High School and then joined the Navy during the Vietnam War. When he returned

(cont' on page 27)

## March Madness — Lincoln Hills Style

BY DENISE BOWDEN

March is full of opportunities to celebrate, St. Patrick's, the first day of spring and the end of daylight savings and longer days. The Lincoln Hills Foundation recommends that you take a break from starting your garden and join us on Tuesday, March 19th for Bingo in the Ballroom.

Come as a group and reserve a table or come by yourself and make new friends. Tables for seven to ten players can be reserved in advance by sending an email to [bingo@lincolnhillsfoundation.org](mailto:bingo@lincolnhillsfoundation.org).

Cost is \$20 for twelve games. Don't forget to bring your dauber or purchase one on-site for \$1.50.

Doors open at 12:30 in the Orchard Creek Ballroom and the games begin at 1:00.

As usual Meridians Restaurant will offer its tasty pre-game luncheon special. Look for the complete 2019 Bingo schedule on the website at [www.lincolnhillsfoundation.org](http://www.lincolnhillsfoundation.org).



## Neighbors InDeed: A Little of This and That

BY JANET ROBERTS

Can you believe its March already! Perhaps the worst of the storms have passed but let's hope that we've had enough rain and snow to fill the reservoirs and build the snowpack.

Looking ahead: Time for us to be thinking about and planning for those house and yard projects. Call us at 916-223-2763 for referrals to the general contractors and landscapers who can help with those plans. Oh, and don't forget to get referrals for the folks who do fence and roof repairs after those winds we've been having. And as you go through the house and yard and find some small repairs that you can't do or you need some help to change thermostats or the sprinkler controllers, give us a call for the Handy Helpers. If you're having visitors who need some help with mobility, we can loan wheelchairs, walkers and transport chairs for their use.

A few numbers: What did Neighbors InDeed do in 2018? Our volunteers responded to 7,420 calls from residents — an average of 620 a month. Forty percent were for Handy Helpers, 47% were for referrals to vendors and public services, and 9% were for medical



Handy Helpers made 2,916 visits (243 a month) to residents to take care of 3686 requested tasks - mostly changing smoke alarm batteries, light bulbs, and furnace filters and lubing garage doors. We loaned 426 pieces of equipment. During the summer, our volunteers called half our vendor referral list and checked State licensing databases to ensure that the information we give you is up to date and accurate. What else did we do? The Handy Helpers presented at a Community Forum in October, and all NID volunteers had the opportunity to receive the seniors at risk training as described in the January Sun Senior News. I think you'll agree that the Neighbors InDeed volunteers provide valuable services

(cont' on page 41)

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**SUBMISSIONS**

The Sun Senior News - Lincoln Hills 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*

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# Letters to the Editors...

*Authors are solely responsible for the content of their letters.*

**Time to come together...**

The Lincoln Hills community spoke loudly and resoundingly in our election for BOD. Four new candidates were voted on to the board. Now it's time for the community to come together and support the changes we are asking for. I hope our voices are saying we want to come together as a community, we want a respite from the divisiveness we are experiencing in the world and we are willing to build our community together.

In my opinion, this doesn't mean elect new people to our BOD and go back to our complacency. It means rolling up our sleeves and getting to work. Ask to join a committee you are interested in; request to participate in a task force that is studying something that interests you, attend committee meetings and board

meetings, the Listening Post and/or watch the recordings of them. Participate! Make your opinions known in a way that is direct, yet respectful of those who have a different opinion. We may learn from others that there's even a better way of doing something than we had originally thought possible. Let's pull together with diverse opinions and collaborate to find the best solutions for our concerns and feel the sense of community that has been slipping away from us.

I hope to meet many new faces and get to know you. Look for me; I'll be one of the ones with my sleeves rolled up!

*Eliana White*

• • •

*Send your letters to the editor...  
 See same page for details!*

**LH Community Chorus**

BY BARRY MACKINTOSH

In our 2016 spring concert we sang "Surf's Up!"—a marvelous medley of Beach Boys and Jan and Dean hits comprising "Surfin' U.S.A.," "Surf City," "The Little Old Lady from Pasadena," "Little Deuce Coupe," "Don't Worry Baby," and "Kokomo." Having enjoyed that as much as anything in my ten years with the Chorus, I'm delighted that we're reprising it in "Songs through the Decades," our upcoming concert on April 28-30.

As its title suggests, this concert features favorites spanning seven decades of the last century, from the 1920s with "It Had to Be You" and "Ain't Misbehavin'" to the 1980s with "It's Still Rock and Roll to Me" and "Eye of the Tiger." "Surf's Up!" is one of three numbers on our program representing the 1960s, along with "Ob-La-Di, Ob-La-Da" and "The Sound of Silence." Another of my personal favorites is a 1950s medley of "All I Have to Do Is Dream," "Wake Up Little Susie," and "Bye Bye Love," titled "Tribute to the Everly Brothers." (For a preview, don't miss the

spot-on Everly Brothers impersonation by the Zmed Brothers in our Ballroom on March 7.) Others in the Chorus have their own

*(cont' on page 7)*

LINCOLN HILLS COMMUNITY CHORUS presents

## Songs THROUGH THE Decades

20s 30s 40s 50s 60s 70s 80s

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 Monday, April 29<sup>th</sup> at 7 pm  
 Tuesday, April 30<sup>th</sup> at 7 pm

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## Thoughts From Jack— Our Warranty is Up

BY JACK FABIAN

I've just been chosen as the president of the Flomax Club in Lincoln Hills, now numbering about 4,000 members, most of whom are age 75 or older, and most of whom have achieved the unordinary urinary condition in their lives. Approximately half of these guys are termed 'high frequency', and if you don't know what that means, you don't have a problem.

My young neighbor, in his 50's, thinks Flomax is the river flood stage during a torrential downpour. Ah, the good feeling of a downpour.

Age brings on a lot o' things you weren't anticipating. For example, I recently had to buy a new walker to help me get around. This mechanism has big wheels, good brakes, and can do 0 to 50 in 5 seconds; not a good idea to be holdin' on to this thing when it does that.

Since I got this thing, I went on-line and purchased a 14 inch mower housing and blade which I intend to mount down between the four wheels. This will allow me to cut the lawn in my back yard, and, with considerable caution, I can get a pedicure at the same time.

My wife just looked at this article and said, "I guess maturing is not necessarily a by-product of aging."

## Library March Author Event

BY JO JONES

Carolyn Cassady, active in "The Beat Generation", lover of Jack Kerouac but wife of Neal Cassady. Carolyn, known as both artist and author died in 2013.



Thanks to her family her thoughts, that are unrelated to "The Beats", are now being made public. The first book is "Travel Tips for the Timid". This is a light hearted illustrated narrative about "What Guidebooks Never Tell" explains her daughter Cathy Cassady.

Cathy will be at the Lincoln Twelve Bridges Library on Saturday March 30 to present a program about how her mother's book came into print and much more about the life and work of Carolyn.

Doors open at 6 pm for this free author event sponsored by the library and open to the community. Friends of the Lincoln Library provide light refreshments prior to the speaker's presentation at 6:30.

The library address is 485 Twelve Bridges. More information is available at friendsofthelincolnlibrary.org.

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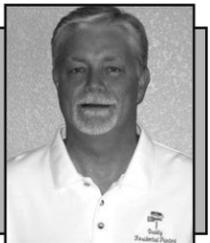
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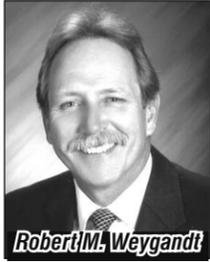
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# From Your Placer County Supervisor

BY ROBERT M. WEYGANDT, *Supervisor*



I have exciting news to report this month about a project that is vital to preserving Placer County's natural habitats and wildlife, as well as an update on the highly anticipated Placer County Conservation Plan.

First, the Placer County Board of Supervisors this month approved a purchase and sale agreement for \$2.3 million to buy a conservation easement over nearly 300 acres of restored wetlands and endangered species habitat near Lincoln - preserving the land forever.

The property, owned by Westervelt Ecological Services, represents a unique opportunity to preserve a piece of land that has multiple benefits for open space preservation, floodwater detention and habitat and agricultural conservation. The property holds approximately 50 acres of restored wetlands, riparian areas and vernal pools, including portions of Markham Ravine.

That is great news for those of us who are working to preserve habitats for fish and migratory birds, such as the tricolored blackbird and Swainson's hawk, both California endangered species.

Placement of a conservation easement over the property also helps accomplish the Placer Legacy Program's open space and

agricultural conservation goals and complements the PCCP.

The board also approved a contract agreement in the amount of \$7.8 million with Westervelt Ecological Services to perform conservation land studies and other necessary services to return the portions of the irrigated pasture and

Markham Ravine's floodplain into wetlands and species habitat.

Funding for the project was made possible through the newly rolled-out Western Placer County In-Lieu Fee Program.

While the program does sound like a mouthful, it is designed to allow project proponents to mitigate impacts on endangered species and wetlands through the payment of a fee in lieu of implementing the mitigation activity on their own.

The program supports the proposed PCCP, a progressive and proactive strategy for identifying where development should occur in western Placer County while preserving important natural and agricultural resources. If approved, it would streamline the federal, state and local permitting process. The PCCP would also ensure up to 47,000 acres of permanent land conservation in Placer County.

Last year, the board submitted the public review draft PCCP documents to the U.S. Fish and Wildlife Service for final review, listing in

the Federal Register, and local public review, which is anticipated later this year.

The plan is our best hope for achieving a workable balance between accommodating growth and protecting our county's natural resources.

Please stay tuned for further updates for your opportunity to review the plan and provide us with your feedback.

.....

## Lincoln Police Department — Volunteer Program

The Lincoln Police Department is recruiting for its LPD Volunteer Program. The program is open to Lincoln Residents who are 21 years old or older.

This ongoing recruiting effort is for those individuals who would like to volunteer either as Front Office Staff (informational, meet and greet) or Patrol (vehicle patrol, "eyes and ears" in the community). Qualified individuals will receive training on all aspects of Police Volunteer work.

For more information contact Roy Osborne at 916-645-4081.

## 2018 Tax Season is Here!

Lincoln AARP Tax-Aide volunteers are ready to assist you with your 2018 tax returns. The service will be available by appointment only this year at Granite Springs Church, 1170 E. Joiner Parkway. People can make income tax preparation appointments by calling 916-878-6249 beginning January 21st. The Intake/Interview Sheet, Form 13614-C, is required of all clients and is available in the Orchard Creek Lodge lobby or Kilaga Springs library. These returns will be filed electronically (e-file) with the IRS and California FTB.





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## LH Community Chorus

(cont' from page 3)

favorites, of course, but no one I've heard from recalls a better spring repertoire. We know you're going to love all our "Songs through the Decades" as much as we do, and we can't wait to sing them to you next month in the Ballroom. Tickets are now on sale and those premium seats will sell out first, so get yours soon.

For more information about us visit our website, [lincolnhillschorus.org](http://lincolnhillschorus.org), and contact our membership chair, Suzanne Rosevold, at 916-587-3035 or [suzannechorus@gmail.com](mailto:suzannechorus@gmail.com).

• • •

## LH Players

BY SUSAN STECZ

A wonderful Valentine's Dinner/Party was celebrated with 77 Players' members and guests at the Turkey Creek Clubhouse on February 13, 2019. Everyone enjoyed a delicious buffet dinner and danced the night away with the awesome entertainment of Paul and Jennifer Carroll.

When Neil Simon first wrote The Odd Couple in 1965, it probably did not occur to him that he would re-write it twenty years later, this time from a female point of view! After all, Oscar and Felix had become household names, not only because of the play itself, but also due to the movie in 1968 and the iconic television show that ran from 1970 to 1975.

However, re-write it he did, and in the not-so-humble opinion of the SCLH Players director, Merilee Thompson Imamoto, it is much funnier! The cast consists of two men and six women, two of whom are named Olive and Florence. These two mismatched friends impart on a "journey of discovery" that is both newly hilarious and yet imminently

recognizable to fans of the original. The poker players from 1965 have been replaced by "Trivial Pursuit" players with some very clever questions. And, the two upstairs neighbors, the Pigeon sisters, are now two dashing brothers from Barcelona, Spain, who struggle with their command of the English language.

Auditions are to be held on March 5th and 6th, and the four performances will run from June 6th to the 9th in Presentation Hall at Kilaga Springs. If you have any questions, please do not hesitate to call Merilee at 916-209-3903.

For more information, contact director Merilee Imamoto, [merilee831@gmail.com](mailto:merilee831@gmail.com)

Players meet every second Monday at 4:00 PM in the Kilaga Springs Presentation Hall. Guests are encouraged to attend and learn of exciting news about our fun club!

For more information about the LH Players, visit [www.lhplayers.org](http://www.lhplayers.org).

• • •

## LH Line Dance Group

BY JUNE WILLIS

There's a new line dance teacher at Sun City Lincoln Hills and her name is Cathy Paris. We are so fortunate to have this energetic and enthusiastic instructor join our other stellar instructors (Sandy Gardetto and Yvonne Krause-Schenck).

Cathy began Clogging in the early 1980's and she was quickly attracted to it when she found a teacher who could "break it down" so it was easier to learn the steps. Several of her friends wanted to learn clogging and asked



Cathy Paris

her to teach them. She agreed and that's when she discovered that she had been given the wonderful gift of teaching dance. She taught Clogging for about 15 years. Then in 2008, she was introduced to line dancing and would participate off and on over the years. She said that they did the same dances and rarely ever learned a new one until she was introduced to The Ballroom of Sacramento. This establishment had line dancing on Friday evenings and she decided to attend as she wanted to learn more challenging dances. She was pleased to discover a whole new realm of line dancing that really sparked her interest and her longing to teach returned. Four years ago, she discovered that the Placerville Senior Center had a room open for teaching on Thursdays and that's when she began teaching Line Dancing. Cathy says that she teaches Line Dance because she feels she has been given a gift and she wants to share her passion with others. She said, "I love to take things apart, break them down...then speak and share that discovery with others". For her, teaching involves so many elements, such as meeting new people, connecting with others, and the joy of music which just happens to speak and move her soul. Cathy teaches at several locations and we are so lucky to have her as a line dance teacher at Sun City Lincoln Hills where she teaches Absolute Beginner, Beginner, Easy Intermediate and Advanced classes. Please come and check out one or more of Cathy's classes and I'm sure you will be glad you did. One more important piece of information concerning The Line Dance Group and that is our first social of the year will be on Sunday, March 24 AT 1:00 pm in the ballroom at Orchard Creek Lodge. This social is open to all levels of Line Dance Group participants and we hope that you will put this date on your calendars. Come and join us as this dance social always proves to be a fun activity.

• • •

## Country Couples

BY NANCY MILLICAN

"Cupid's Gone Country" Dance—Exciting News! Country Couples is going on a field trip! All interested Country Couples members are invited to sign up for an opportunity to learn more about one of the largest industries in Lincoln, "Sierra Pacific Industries." On Wednesday, April 24, we will tour this fascinating facility. Learn what happens to all those

logs we see being trucked in on Lincoln Blvd! Signup sheets will be available at Saturday practices.

More exciting news! Country Couples members are going on a cruise! Sailing from San Francisco to: Astoria, OR; Seattle, WA; Victoria & Vancouver, BC and back to San Francisco. Date: October 13-20 (7-days). All Aboard!

Spring is around the corner. On Groundhog Day "Punxsutawney Phil" saw his shadow. YAY!

Sure, you could just do a happy dance in your living room, but joining a dance party like ours is infinitely more fun, with line type dancing in couples style, to get your heart pumping and endorphins flowing!

Cupid shot his arrow through the hearts of 63 Country Couples members to start off 2019 with our first dance of the year, "Cupids Gone Country."

A tasty diner of BBQ tri-tip, special basil salad, Italian Pasta salad and dessert buffet was served. We sat at festive tables, decorated with white table cloths, cowboy boots, white hats, glitter lights and netting, Cupid would be proud!

Decorations, as usual, were fantastic and thanks goes to our decorating team of April, Laurie, Rosanne, Peggy, Linda, and Sandy, our fearless leader. Good job ladies!

We free danced from 5:00 to 6:00 PM; music provided by: DJ Gordon Hunt. Dinner and socializing was from 6:00 to 7:00 PM. Gordon started us out by teaching us a simple line dance and then we really got into country dancing doing our dances, plus more line dancing. It was so fun to see 60 plus dancers on the dance floor, laughing and learning a new dance.

During intermission, red velvet cake with a cream cheese center was served. Our new chairperson, Jim Christie, gave a short (3

(cont' on page 8)



Valentine's party—Judy Rosenthal, Jennifer Carroll, Terry Schultze, Julie Africa, Meryl Bloom, Sarah Lambrose, and Jean Wilson.



Janice and Gary Sutcliffe, Rudy Schneider, Gail Harmon and Ernie Wilson.



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**Country Couples**

(cont' from page 7)

PAGE!) talk, thanking the many volunteers that keep our club running. We are thankful for ALL of them!

We danced some more and then it was time for Cupid to put down his bow, help clean up, and hugs all around.

Our next dance is casual, "Bring Your Own Lunch," Saturday, March 9, from 12:00-4:00 PM (KS). Music will be provided by: DJ Jim Keener.

If you have not received information regarding the upcoming Tour, Cruise, or would like information about Country Couples Dance Club, contact: Irene Hesson 916-434-6804.

**Ballroom Dance Club**

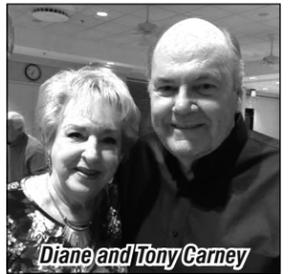
BY SUE DUMAS

And the "beat goes on..." The Ballroom Dance Club moved gracefully through the Waltz, under the skillful tutelage of Belinda and Nancy in February. We then danced our way into the rhythmic and playful Cha-Cha, starting Tuesday March 5, with Lead Instructors, Sal and Ruth. April 2 will feature our newest Instructors, Ed and Elaine teaching the Tango! Under the watchful eye of Ruth, our "Mardi Gras" Extravaganza on March 16, was super fun filled! Everyone dressed New Orleans style, and came prepared to party! Festive table decorations, with classic back drops, and a program of enjoyable dance music filled the evening air. This was a dessert event, with an impressive selection of cakes, pies and cookies. Dancers gave minimal thought to the calories in the delightful desserts as they "danced away" any concerns!

You may bring wine to our events. Wine can also be purchased from the KS Café. If you bring your own wine, there is a corkage fee to KS Café, per facility requirements. Coffee and tea and bottled water are provided.

Party Alert! Our next party will be an April Ice Cream Social! Check next months article for date and theme.

Come join in the fun! We welcome and encourage new people to join our social Ballroom Dance Club. Membership is easy and inexpensive; annual membership for the Ballroom Dance Club is \$7 per person and is open to SCLH residents, sponsored guests,



*Diane and Tony Carney*



*Millie and Chet Liebo*



*Wood McCann and Jeanne Cervantes*

(cont' on page 12)



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# Favorite Restaurants

BY MARTIN GREEN



I'm sure the name Boudin will be familiar to many readers, especially those from the Bay Area. I researched it (via Google of course) and found that Boudin goes back to Gold Rush days, with the first Boudin bakery established in San Francisco in 1849 by Isadore Boudin, son of a family of master bakers from Burgundy, France. Boudin is famous for the first San Francisco sourdough bread and today still "bakes daily using the same mother dough cultivated from a gold miner's sourdough starter." The flagship Boudin is at Fisherman's Wharf in San Francisco and there are 30 locations in California, one of which is in the Fountains here in Roseville. Boudin, says their website, is San Francisco's oldest continuously operating business. And I learned that the proper pronunciation is "boo-DEEN."

Beverly and I went to the Fountain's Boudin many years ago, maybe shortly after it opened, but for some reason hadn't been back there since; although, I remember that we liked it. It turns out that Boudin is one of the favorite eating places of Beverly's brother Tommy and his wife Bette and we recently joined them there for lunch. The restaurant is middle-sized with booths and tables and is pleasantly light with windows along one side. There's also outdoor seating. When we came around 1pm, it was fairly crowded and there

were a number of people eating outside as it was a nice day.

You order at the counter and our orders were delivered to our table fairly quickly. You get your drinks from a machine in a far corner. Besides sodas, there's lemonade, Peet's coffee, and beer and wine are available. Tommy and Bette both had the barbequed chicken salad, served in huge bowls and, to our amazement, both finished their meals. Beverly had the clam chowder in bread and Caesar salad and I had the French dip on sourdough with clam chowder and a small salad. We remembered from the distant past that the clam chowder was good, and it was, and so was the sourdough sandwich. I had half of the sandwich and brought the rest home, with some salad, for a second meal.

Boudin has a pretty extensive menu for a place where you order up front. It offers soups, salads, sandwiches and even sourdough pizzas and breakfast scrambles and French toast. Their menu says "New from our Kitchen" are a sourdough patty melt, a turkey cranberry bacon melt and a tuna melt. Desserts are also available: cookies, brownies and bars. I'm sure Beverly and I will be going back there again to try some of their other lunches and maybe a cookie or two. Boudin's address is 1017 Galleria Boulevard; the phone number is 916-782-1849. It's open daily from 8 AM to 9 PM.

Our friends Jan and Martin Wolf took us to lunch at a Mexican restaurant new to us, Carmelita's, in downtown Roseville. Carmelita's was established way back in 1962 by Alberto and Carmen Heredia and was

voted "Best Mexican Restaurant of 2018" by KCRA Sacramento. Carmelita's website says "Inspired by Grandma Carmelita's Recipes." It's a rather small place, all booths, with kind of a skylight and also Mexican music, a plus or minus depending on your musical taste. I should mention that although in downtown Roseville on busy Riverside Avenue we were able to park just a block or so away.

Carmelita's has the standard Mexican dishes under the menu heading of "Classic," which come with rice and beans. Martin had the lunch burrito, Jan had the chimichanga, Beverly had enchiladas and I had my usual tamales. All of our meals were generous and satisfying. Besides the "Classic" dishes there are a number of "Rice Bowls," including steak Serrano, chicken chipotle and carnitas fajitas. Carmelita's has a larger dinner menu, which offers starters, soup and salads. Specialties include steak Tampiquena, chicken Serrano and chicken Chipotle. There are also several seafood entrees.

Carmelita's is at 204 Riverside Avenue; the phone number is 916-783-0411. Hours are: Monday-Thursday, 11 AM-9 PM; Friday, 11 AM-10 PM; Saturday, 10 AM-10 PM; Sunday, 10 AM-9 PM.

I'm sorry to say there were no e-mails this month but Paul Garcia and a couple of other players in the pool room recommended Moo Moo's for their burgers. I believe Moo Moo's has been reviewed here before but it never hurts to have a reminder, especially for readers in search of that perfect hamburger. Moo Moo's website states that it is "a whimsical, full table

service, casual dining restaurant, featuring a variety of cooked to order juicy burgers." There are 20 such burgers, all named Moo Something, such as the Classic Moo, sesame seed bun with Moo sauce, lettuce, tomatoes and red onions; the Double Moo; and the Monster Moo, triple decker toasted white bread, two 1/3 pound patties, American cheese, bacon, Moo sauce, lettuce, tomatoes and red onions. And there's a No Moo veggie burger.

Moo Moo's also offers a number of sandwiches, including a Rueben, Philly cheese steak, French dip and hot pastrami. Burgers and sandwiches are served with a choice of regular fries, beer battered fries, onion rings, sweet potato fries, coleslaw or a house green salad. Moo Moo's menu also includes a number of salads, such as chicken Caesar, Greek, garden, a chef salad and Moo's farm spinach salad, as well as hot dogs and fish and chips.

Moo Moo's is a small chain; ours is located at 2330 Sunset Boulevard in Rocklin. The phone number is 916-872-1261. Hours are: Monday-Thursday, 7:30 AM-8 PM; Friday, Saturday/Sunday, 7:30-9 PM/8 PM.

Last month I had a rundown of several restaurants reviewed here in 2018, including Ettori's Bakery and Café at 290 North Sunset Boulevard. Several readers have informed me that Ettore's has closed. It hadn't been opened that long but evidently ran into financial troubles. My apologies for this.

Please share your "Favorite Restaurants" by e-mailing me at [mgreensuncity.com](mailto:mgreensuncity.com).



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	Nov 3, 2019	\$1,299	\$1,599	\$2,299	
	Dec 3, 2019	\$1,399	\$1,499	\$2,099	

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	Jul 15, 2019	\$1,299	\$1,399	\$2,499	
	Aug 4, 2019	\$1,199	\$1,249	\$1,899	
	Aug 14, 2019	\$999	\$1,199	\$1,499	

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	**Oct 20, 2019	\$1,099	\$1,199	\$1,499	

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.

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<b>10 DAY MEXICO From SFO! Princess</b> Grand Princess ~ 2600 Passengers	Oct 3, 2019	\$949	\$1,099	\$1,269	
	Dec 18, 2019	\$1,399	\$1,599	\$1,799	

Sail round trip from San Francisco, California to Puerto Vallarta, Mexico; Manzanillo, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California. **^ROUND TRIP LINCOLN SHUTTLE TO SHIP AVAILABLE!**

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Sail round trip from Los Angeles, California to Huatulco, Mexico; Puerto Chiapas, Mexico, Puerto Quetzal, Guatemala; Transit the locks of the Panama Canal; Puntarenas, Costa Rica; San Juan del Sur, Nicaragua; Manzanillo, Mexico; Los Angeles, California. **INCLUDES Sacramento Airport Shuttle & Round Trip Airfare!**

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. Some restrictions may apply. See brochure for complete details. ^Round Trip Shuttle is \$100 per person.

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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside	Outside	Balcony
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<b>15 DAY PANAMA CANAL Princess</b>	Nov 17, 2019	\$1,729	\$1,829	\$2,469
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**Coral Princess ~ 2000 Passengers**

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. **INCLUDES LINCOLN SHUTTLE TO SHIP & SACRAMENTO AIR RETURN!**

<b>17 DAY PANAMA CANAL Holland America</b>	Apr 18, 2019	\$1,999	\$2,199	\$3,799
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**Volendam ~ 1432 Passengers INCLUDES SACRAMENTO AIR, 1 NT Hotel in FLORIDA & LINCOLN SHUTTLE RETURN!**

Sail from Fort Lauderdale to San Francisco visiting Cartagena, Columbia; Transit the Panama Canal; Puerto 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

<b>11 DAY CARIBBEAN &amp; CANAL Holland America</b>	Apr 10, 2019	\$1,299	\$1,399	\$1,799
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**Zuiderdam ~ 1964 Passengers**

Sail round trip from Fort Lauderdale, FL to Half Moon Cay, Bahamas; Oranjestad, Aruba; Willemstad, Curacao; Cartagena, Columbia; Transit the Panama Canal; Colon, Panama; Puerto Limon (San Jose), Costa Rica, Fort Lauderdale, FL. **\*\*\*Special SHORT NOTICE OFFER\*\*\* INCLUDES Round Trip Airfare!**

<b>26 DAY SOUTH PACIFIC SFO to Sydney Princess</b>	Sep 28, 2019	\$4,199	\$4,599	\$5,899
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**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 and the Great Barrier Reef.

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**Ballroom Dance Club**  
*(cont' from page 8)*

couples and/or singles. These free lessons are offered in KS Multipurpose Room Tuesdays from 2-3 PM for beginners and 4-5 PM, for intermediate dancers. Open Dance/Practice is from 3-4 PM. During this time, the dance music will span all ballroom dances, so come and enjoy!

Something to think about: Getting yourself moving increases your heart rate and can lead to lower blood pressure and lower cholesterol. Whether you are dancing a fast Salsa or a Waltz, ballroom dancing does just that, and can also improve cardiovascular and bone health for everyone! So, let us dance our way to better health!

We have all levels of skill and musicality, and our Instructors are wonderfully patient, dedicated, and gifted in their abilities. They make every effort to reach and teach everyone in their journey to become comfortable on the dance floor. The lessons are free and you are welcome to come with or without a partner.

You may join the Club anytime during the year. Annual memberships are valid from January 1 to December 31, calendar year. If you are interested in learning more about the Ballroom Dance Club, feel free to join us on most Tuesday afternoons for a free lesson and an hour of social dancing. Visitors are welcome to attend a couple of lessons before joining.

**Tap Company**

BY FREDDIE DEMPSTER  
The Tap Company was formed in 2000, with Alyson Meador teaching. The first classes were in the aerobics room - and no tap shoes!

Currently, Alyson keeps classes challenging and fun with a variety of exercises, techniques, and routines. Practices continue on Saturday mornings at 8:00 at Kilaga Springs. New activities are in the planning stages for this year.

**Mixed Media Arts**

BY JILL SHORT  
Mixed Media Arts Club had a busy January meeting. Our member, Jan Hess, shared about tangrams as she led us in a project. We all used a tangram pattern she provided to create our own artwork. There were all kinds of animals on the art pages; horses, ducks, and cats just to name a few, plus other creations. Those who took a moment and walked around the room got to enjoy all the impressive ideas of our members. The meeting was also our first art challenge reveal. How exciting to

*(cont' on page 13)*



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### Mixed Media Arts

(cont' from page 12)

see how each person took the prompt word, "new" and made something wonderful. Each piece was so different but said a lot about the person who created it. As Winnie-the-Pooh said, "The things that make me different are the things that make me." Speaking about the famous Pooh Bear, that leads us into our March art Challenge. The prompt for March is to get inspiration from children's stories and books and do a mixed media art piece. Let your imagination go and have fun. No other rules, or right or wrong way of doing things. Remember participation in the challenges is voluntary. As a reminder, the challenge prompt word for February was "Pareidolia" and will be shared at our March meeting. The February club meeting was a field trip, which will be discussed in next month's news article.

March is a great month to check out the Mixed Media Arts Club on the 20th. Our guest speaker, Marilyn Anhalt is going help us learn a technique from the Mixed Media Artist Dina Wakely. Don't forget to bring both your February and March challenge art pieces to share.

Heads up for the Mixed Media Art Club challenge for April - make a creative art piece using the prompt, "Black and White." No worries, you can use pops of color too. Can't wait to see what everyone does with that one at our April meeting on the 17th. Jan Stephens will be leading us in a fun art adventure at the meeting.

A good way to check out what Mixed Media is about is to sign up for the class that is taught twice a month here in Lincoln Hills. The Mixed Media Club originally helped to

bring Kerry Dahlin here to teach. Once you catch the Mixed Media fever you will also want to join the club. Mixed Media Arts Club meets the 3rd Wednesday of the month in the Ceramics Room (OC) at 1:00 PM. We love to see new faces and the club is a great place to kick back and just have a great time with some wonderful people, so come join us.

### Needle Arts Club

BY JILL SHORT

Come have some fun with The Needle Arts Club! Our general meetings are held on the second Tuesday of the month at 1:00 PM in P-Hall (Kilaga). You will hear what is happening in the club, see what others are making during sharing time, and listen to great guest speakers. As an added bonus, members have a chance to win a prize in our monthly drawing. The March 12 speaker will be Martha Wolfe, award-winning fiber artist from Davis, Ca. who has taught and exhibited around the world. She uses photography as a starting point for her art quilts. Her layering technique often creates new colors and adds depth to the image. In January she led a "Textile Tour to Japan" that included the Tokyo International Great Quilt Festival. The April meeting will feature, Pat Fryer,



Jeanne your paper pieced block looks great!

owner of Villa Rosa Designs in Grass Valley - the home of Rose Card quilt patterns.

Workshops on various topics are offered the first Wednesday of the month at 1:00 PM in the Sewing Room (OC). Taking the workshops is a fun way to get a taste of something new. In February, Debby Bainbridge, taught beginning paper piecing - a technique involving sewing fabric to a paper foundation following a numerical sequence. This sewing technique on a foundation allows one to work with very small and uneven pieces with great accuracy, as all sewing takes place along straight lines. It is a great way to make perfect points. By the time the workshop ended, everyone successfully made a block. For some of us that was an exciting surprise.

Learning to make silk embroidery flowers is something many people want to learn. Members will get that chance when Ginni Jannicelli holds her workshop on March 6th. There is a waiting list for this workshop. Workshops fill up quickly so make sure to sign up as soon as they are posted if you want a spot. Check the website for upcoming workshops.

Needle Arts Club has a wonderful subgroup, the Hardanger. This older art form was started in 1880 in Norway as a form of white work embroidery. It was originally worked with



The Hardanger Group loves to help new people.

white linen thread on evenweave linen cloth. Today it is made mainly using cotton thread and cotton cloth. Both white and colored yarns are used. The embroidery openwork features elaborate symmetrical designs created by blocks of satin stitches within which threads of the background fabric are removed. It looks so intricate that many people think it must be a hard technique to learn. Cutting the fabric looks a little frightening too. But, according to our members, it is not hard to learn. They are ready to teach others who would like to join them and desire to learn this art. Drop by on Tuesdays in the Sewing Room (OC) at 2:00-4:00 PM. Exquisite samples of the group's projects will be on display until March 12, in the display windows outside the Sewing Room.

Spring Needle Arts Retreat in Auburn is May 6-10. More information is on the website. If you can't go this time don't worry the Needle

(cont' on page 15)



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### Lincoln Hills Update

Model	ACTIVE Listings	Average List Price	PENDING Sales	Avg. Pending List Price	SOLD Last 2 Months	Average Sale Price
Santa Clara	1	\$975,000				
Carmel						
Santa Barbara			2	\$902,500		
Meadowgate			1	\$895,000		
Sonoma	2	\$774,500				
Springcrest	2	\$727,000			2	\$805,000
Marin	2	\$757,400			1	\$775,000
Tiburon						
Monterey						
San Mateo					1	\$590,000
Atherton	1	\$669,000			1	\$590,000
Napa	5	\$772,000	1	\$799,000	2	\$750,000
Shasta					1	\$620,000
Sausalito	2	\$649,000	2	\$663,500		
Ventura	1	\$559,000				
Annadel					1	\$560,000
El Dorado	1	\$549,000			3	\$518,300
Ventana						
Fremont			1	\$668,500	2	\$621,000
Orchard Crest	1	\$539,000	1	\$499,000	1	\$512,000
Plumas					2	\$545,500
Tehama			1	\$495,000	2	\$458,000
Tahoe			2	\$521,000	3	\$539,200
Santa Cruz	1	\$480,000	2	\$507,000	1	\$499,900
Mendocino	1	\$535,000			2	\$536,000
Baldwin						
Echo Ridge	1	\$648,900	1	\$584,900	1	\$486,500
Trinity	1	\$489,900			3	\$461,200
Lassen	1	\$485,000	1	\$455,000	2	\$448,700
Quail Cove			2	\$452,000	1	\$490,000
Alpine			1	\$430,000	5	\$458,800
Pine Hill	2	\$510,000	1	\$495,500		
Almanor						
Madera			1	\$399,000	1	\$415,000
Bridgeway			2	\$439,500	2	\$424,500
Calaveras	1	\$388,000			3	\$388,500
Sequoia	1	\$385,000	1	\$385,000		
Millpond					1	\$375,000
Mariposa			1	\$370,000	1	\$350,000
Woodleaf					1	\$328,000

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

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### Needle Arts Club

(cont' from page 13)

Arts board is working on future retreats. The 2019 Needle Arts Spring Luncheon sets sail on May 14 in the Orchard Creek Ballroom. Make sure you keep checking the website for more information

Did you know that guests can visit three Needle Arts meetings and/or subgroups? After three times we ask that you become a member. Once you join, you can attend meetings, luncheons, retreats, and weekly subgroups and receive up to date emails about what is going on. We want to encourage members to always keep their memberships current to continue receiving the membership perks. You don't want to miss a minute of Needle Arts Club fun and fellowship so if you are not a member get signed up soon. If you have forgotten to renew your membership, do that immediately.

For up to date information Check out our great website [www.sclhna.com](http://www.sclhna.com)

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### LH Painter's Club

BY JOYCE BISBEE

Our upcoming monthly Club meeting is on March 19, at 2pm in the Fine Arts Room at Orchard Creek Lodge. Artist John Hewitt will demonstrate his watercolor techniques and tell us about his upcoming workshop in Yosemite on March 28-30.

Members work is on display in Lincoln at Buonarroti's Ristorante until March 29 and Simple Pleasures Restuarant until May 6. Stop by and see our artists' work. The Club can use some volunteer help with producing these off site shows, if you would like to be involved please contact us - we will be happy to discuss what the job entails and provide training.

Our April 16 program will feature Sandy Linblad from Grass Valley. Sandy is a contemporary animal portrait artist and her visit will give us inspiration as we work on our art challenge for our May meeting. We have two "Challenges" each year with different themes. The challenge for May is "Animals" so Sandy's advice will be very welcome!

Non members of the Painters' Club are welcome to attend one or two meetings to see if they would enjoy membership. Dues are \$15 per year. Members who have not renewed their membership will be removed from the Roster this month and will no longer received communications about our events and programs.

For more information, contact President Joan Musillani at 916-712-4393

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### Paper Arts Club

BY LINDA LUCCHETTI

Our February project was "sew" much fun! Thank you to Shirley Rainman who presented her "Quilting with Paper Techniques." We made two unique and beautiful cards. Also, thank you to Becky Leo who arranged a special Valentine's Day treat table for us, with delicious cookies, candy and coffee.

Judy Perkin and Randi Lontz, Stampin' Divas-Folsom, and Stampin' Up demonstrators, will be here during our March meeting to lead our project - three lovely birthday cards you'll want to make and have for your repertoire. We look forward to meeting Judy and Randi, who together have a total of 20 years of stamping experience. In April, we welcome back Peggy Jo Ackley of Pink Ink Stamp Company for her "Stylish Stylus Workshop." This is sure to be a success, much like her class last year, so sign up by March 8.

The next Open Lab for "Members Only" is March 21 from 9:00 AM to 12:00 PM in our meeting room at the Kilaga Springs Lodge. Are you a paper crafter, card maker or scrapbooker? Come join us. See what your fellow members are working on, use some tools you may not have, or just get together to share with friends who enjoy the creative art of paper crafting. There's always 'free stuff' for the taking and you're welcome to check that out too.

Check out our display window in the Orchard Creek Lodge where our theme this month is all about animals.

We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room at Kilaga Springs. For further information, contact: Nancy Sealy at [nancyb1944@yahoo.com](mailto:nancyb1944@yahoo.com), or 315-702-7986.

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### LH Photography Club

BY DIANE MARGETTS

On the heels of our January photographic safari through Africa, the Club continued the African adventure with an emphasis on birds. Sal Acosta and Suzanne Hutchinson were our featured speakers at our February meeting. Through their presentation "Uganda, the Pearl of Africa", we were treated to spectacular Images of hundreds of mostly majestic birds, but also some birds whose physical uniqueness made up for their lack of beauty. One example is the elusive African Spoonbill. This shy giant looks like it would be quite at home in Jurassic Park. Next month will feature our own members' Show and Tell. Our last two presentations have raised the bar and expectations are high for some incredible mini presentations!

Although nothing quite as exotic as Africa is on our radar, we do have some pretty exciting field trips on the horizon. Members gathered at Yosemite in February for a rare opportunity to capture winter white landscapes and roaring waterfalls. Upcoming trips include Monterey to Morro Bay, High Sierra wildflowers and waterfalls and, later in the year, the Reno Hot Air Balloon Races. Many other local field trips will be scheduled as conditions present themselves.

The skill level of our photographers ranges from the newby—who is not quite sure what all of those camera controls really mean—to the professional. And our Special Interest Groups (SIGs) strive to strike a reasonable balance for all of our members. Our Round Table SIG is an open topic SIG; anything goes, from discussing basic camera shooting techniques to delving into more complex issues. February's Round Table SIG focused on an in depth look at panoramic photography. The March

Round Table will zoom in on comparisons and equivalencies of different camera sensors: full frame, APSC, 4/3rds and micro 4/3rds. The Club's Learning SIG also aims to offer topics of interest to all skill levels. The March Learning SIG will feature a topic that many members will appreciate: color photography vs black and white. The quarterly Print SIG, as the name implies, covers printing topics. This can vary from your own home printer to specialized printing sources for those oh-so-special images. In fact a past Print SIG spurred a February field trip to a local print lab and framing shop. Finally, our Enhancement SIG covers many different post-processing techniques and introduces members to various image enhancing software programs.

Our Club welcomes new members and joining is so easy. Just check our website for an application, fill it out and bring it to a General Membership Meeting or one of our SIGs. Meeting schedules are posted on our website. Hope to meet you at an upcoming meeting.

Contact: Diane Margetts; 916-955-1809  
Website: <http://www.lhphotoclub.com>

• • •

### Antique Group

BY ELLEN STEELE

Please join us on Monday, April 8th for a presentation by two of our long standing members of vintage and antique jewelry, with some being made into works of art! Vintage jewelry can create beautiful art one can display throughout a home. Vintage jewelry can be turned into amazing and really unique art works. What a great way to spark one's creativity and create something stunning at the same time. Who wouldn't adore receiving a gift made with vintage jewelry?

Members are invited to bring or wear a piece or two of their vintage jewelry that is 50 or more years old.

Join us in the Heights and Gables Room (OC), the first Monday of every month from 10 to 11:30 am. Followed by an optional lunch at the Meridian.

Contacts: Pat Le Page 916-543-9564 or Jo Quirarte 916-408-7140.

• • •



Paper Arts February meeting

(more Club News cont' on page 17)

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**In Loving Memory —  
Curtis P. Balko and Lois M. Balko**

Curtis P. Balko and Lois M. Balko (Curt and Lois) slipped the bonds of earth in love to remain together today, tonight, and for all tomorrows. Together for 60 years they passed on Wednesday, January 16th.

As eternal partners they embraced family, enjoyed friends and strangers alike, were active in the community of and in service to the Catholic Church, cared for and provided guidance to their children and grandchildren, traveled far and wide, tended to their home, and most importantly remained steadfast in their devotion to each other in life, and now beyond.

Curt and Lois are survived by their children, Daryl, Katie, Rob, and Doug, and their eleven grandchildren. May they and we find peace not in being consoled but by consoling, for it is in giving that we receive. Mom/Grandma and Dad/Grandpa, till we meet again. Your loving children and grandchildren.

A memorial service was held at St. Joseph's Catholic Church in Lincoln, on February 13.



*Curtis and Lois Balko*

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### Woodcarvers Club

BY LIONEL RAINMAN

Learning To carve... It's been said there are three ways people learn, that is, they learn by observation, by reading, and touching the wet paint. The same can be said about learning to carve as it is beneficial to be observant, to read and to touch the carving knife to wood to experience learning to carve by carving.

The hardest part of any carving project is getting started. Once begun, the creative juices flow and the project takes on life. There is also no correct way to do the carving process. Each carver should develop one's own approach, technique and style which may be learned by observing fellow carvers as well as trial and error of self-experience. Every carving project is a learning project and a practice exercise but with each carving project what was learned before applies to what is being learned in the next project. The more one carves the more one learns and the better one becomes.

Come visit the Woodcarvers while we are in action. Wednesdays from 1:00 PM to 4:00 PM in the Sierra Room at (KS)

Contact: Lionel Rainman, 916-253-9534

### S.C.H.O.O.L.S.

BY PATTI KINGSTON

We have many requests by teachers for volunteers in our Lincoln K through 5 classes. It's a rewarding opportunity to make a difference with children in our Lincoln community. Our volunteers enjoy and are enthusiastic about their time in the classroom. SCHOOLS has had a very positive response from new and returning volunteers, and there is always more demand on the part of the



Volunteer John Tewart in Ms. Swesey's class, First Street Elementary School.

teachers for help in the classroom. There is a special need in first and second and third grade classrooms. We need you to volunteer. Request your grade level and decide on how much time you can offer. No classroom or teaching experience is required.

If you would like to know more about volunteering in Lincoln schools, visit our website at <http://schoolssuncity.org>.

SCHOOLS has a steering committee to organize the volunteer program every year. There are many tasks to be completed by members of the committee. In addition to selecting and placing the volunteers, we have an annual meeting in the Fall at Kilaga Springs and an annual pot luck picnic in the Spring at the Sports Pavilion. We are looking for additional members for the committee. If you are interested please contact one of the committee members listed below or Patti at [pkjngston@att.net](mailto:pkjngston@att.net).

Call today for further information and with questions. Contact: Crystal Elledge (Elementary) 543-8617 [ceelledge@sbcglobal.net](mailto:ceelledge@sbcglobal.net); Irma Mendez (High School) [jmeidm@aol.com](mailto:jmeidm@aol.com)

...

### Writer's Group

BY ANDY DEXTER

We Americans celebrate and memorialize people in our history that have contributed significantly to our country. Christmas day, Presidents day, MLK birthday just to think of a few. March 17th is a day Ireland celebrates Saint Patrick's many accomplishments. One of our writers wrote a poem about Saint Patrick's Day. If you would like to hear more stories and poems composed by your local authors, please join us at 6:30 PM on the second, fourth and fifth Mondays in the Ceramics room of Orchard Creek Lodge. See Ya!

### SAINT PATRICK

BY JAMES FULCOMER

Saint Patrick of the Emerald Isle drove out the ones who did beguile,  
Fair Eve, the mistress of the Garden, who for her sin received no pardon.

Serpents banished from that shore would be dismissed forevermore.

With snakes now gone from field and fen, the Leprechauns could dance again.

He pacified the warlike Celts, by introducing Paddy-melts.

Foregoing Stout and local ale, his exhortations did not fail,

to convert the common folk. (without a single Irish joke.)

With Shamrocks and with surplice green, he made the Glockamorra scene.

His Gaelic sermons entertaining, despite some whining and complaining.

So finish off your Irish stew and give Saint Pat his rightful dew.

Orangemen won't interfere, when colleen barmaids serve green beer.

The Patron Saint of ancient Erin, we'll raise a Guinness to his calm.

...

### OC Book Club

BY CATHIE SZABO

"The person who deserves most pity is a lonesome one on a rainy day who doesn't know how to read" – Benjamin Franklin

Rainy day in March or not, any day is a good day to read; just ask any member of the OC Book Club. And for March, we are diving into *Before We Were Yours* by Lisa Wingate.

Based on a real-life scandal, Ms. Wingate tells the tale of two generations touched by the scandal of children forced into an orphanage. How does the story of children snatched from their parents influence a present-day family? Is the present-day family damned by their past or do they find an alternate path? Read the book and join in our discussion on March 21 at 1 pm in the OC Multi-purpose room. Or come to the meeting, listen to the discussion and decide if *Before We Were Yours* should join your other books-to-be-read list.

The OC Book Club is a group of die-hard book readers whose tastes range from current best sellers to tried and true classics and our book selections, hopefully, reflect that broad spectrum. Newcomers are always welcome to come and listen or, read the book and join in the discussion. And all our members are welcome to recommend books for consideration as next

(cont' on page 19)

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## OC Book Club

(cont' from page 17)

year's selections.

For the balance of 2019, we will be delving into the following books:

April – *Notorious RBG* by Lynne Cheney

May – *Killers of the Flower Moon: the Osage Murders and the Birth of the FBI* by David Grann

June – *Evil Under the Sun* by Agatha Christie

July – *Rocket Men* by Robert Kurson

August – *The Invisible Library* by Genevieve Cogman

September – *The Things We Don't Say* by Ella Casey

October – *The Tea Girl of Hummingbird Lane* by Lisa See

November – *The Woman in the Window* by A. J. Finn

(and voting on selections for 2020)

December – Holiday Luncheon

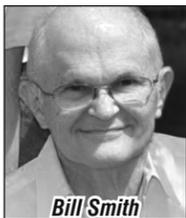
For further information about the OC book club, contact Maureen Deal at [modeal2010@gmail.com](mailto:modeal2010@gmail.com), Joanne Johnson Felt at [ivyborcourt@aol.com](mailto:ivyborcourt@aol.com), or Cathie Szabo at [catsickle@gmail.com](mailto:catsickle@gmail.com).

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## Apple User Group

BY NANCIE WISEMAN ATTWATER

The club is fortunate to have as one of our speakers - retired from a career in computer science, he has been a part of the program committee for 12 years. Bill is active in getting refurbished iPads sent to help a



Bill Smith

ministry to children in the slums of Sao Paulo, Brazil. An active skier for 63 years, he and his wife Lillie have lived in Lincoln Hills for 15 years. They have 3 children, 7 grandchildren and one great granddaughter. One of the grandchildren is a founder of a software development company focused on the design of software for app developers, one is a software development manager at a large aerospace company, and another works at Facebook.

Bill was an early user of Apple products with the Macintosh SE in the 1988. In 1992 he reluctantly switched to Windows since he was leading the development of systems using Windows PCs. After he retired and had one more virus on his PC, a grandson helped him remove the virus and ended the conversation with, "Grandpa, why don't you get a good

computer?" He switched back to Apple in 2007 and soon, thereafter, has completely converted to a full complement of Apple Products.

The Apple group will have another seminar on the health features of the Apple Watch in March. Bill personally experienced the value of the heart monitor of the watch a few months ago. The Watch is a huge asset to monitored heart rhythms and is widely excepted by the FDA and doctors.

Go to our Website for the calendar of all the lectures and activities - [lhaug.org](http://lhaug.org)  
Contact Helen Rains 916-408-4505.

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## Computer Club

BY KARL SCHOENSTEIN

Main Meeting March 13, 06:30 PM  
The computer was no longer an electronic typewriter with memory. Our homes are a new world of electronic wonders unheard of just a few years ago: Smart door locks, smart refrigerators, smart ovens, smart phones, smart television and now SMART EVERYTHING. Just like Dorothy said while clutching her dog, Toto "It doesn't look like Kansas anymore, Toto." Just as surely as a tornado picked up Dorothy in a sepia Kansas and dropped her in a Technicolor OZ, we are all now on the yellow brick road to our future and there is no turning back. (KS P-hall)

Walk-In-Workshop: March 19, 1:00PM - 3:00PM in the Computer Lab at Orchard Creek. Our more experienced computer members will provide assistance to any of our Club members who would like hands-on help in utilizing computer hardware components, the Windows operating systems, or application programs.

Ask The Tech. March 22, 10:00 AM Our regular monthly meeting where all members can come to get solutions to their technical and non-technical Windows PC, Android Phone and Android Tablet problems. (OC Multi Purpose Room).

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## LH Amateur Radio Group

BY RUSSELL STEELE, KF6TAR

The Lincoln Hills Amateur Radio Group is as an emergency communications group for the Lincoln Hills residents and the City of Lincoln. To provide emergency communications, we operate a repeater at 443.225 MHz with a PL code of 167. We are available if there is a natural disaster or terrorist attack. Should cell towers or local communications infrastructure be destroyed, we have portable radio equipment with antennas and batteries to

handle emergencies. If you are an amateur radio operator and live in the Lincoln Hills community, we would like to know your call sign. If you are interested in our group you are welcome to come over any Monday night at 6:30 to the South Gate Entrance Building to join in the conversation, participate as a net control operator, just visit and talk about radio. We thank all the visitors to our table at the Lincoln Hills Expo. We enjoyed answering your questions and hope you will follow up and join our organization.

Additional information about the LHAR Group can be found on our website at [www.lharg.us](http://www.lharg.us) or contact President Jim Darby at 916-408-8599; or VP Claire Schloenvogt at 916-253-9155.

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## LH Veterans Group

BY B.L. LEWIS

The St. Patrick's Day Luncheon/meeting will be held on March 14, 2019 at 12:00p.m. in the Orchard Creek Ballroom. The no-host bar opens at 11:30 a.m. and the menu includes three choices: Corned Beef and Cabbage with Potatoes; Chicken Piccata; and Vegetarian Quiche. All meals include rolls and butter, iced tea or coffee with cake for dessert. There will be a door prize drawing for members who have paid their 2019 dues. The price is \$24.00 per person and the reservation deadline is March 5, 2019.

U.S. Army veteran, Sgt. Thomas Clark Jr., is the guest speaker and will be talking about his uncle, George Harvey Gibson EM3/c, a crew member of the USS Oklahoma (BB-37). Gibson died on December 7, 1941 when his ship was hit and sunk by nine torpedoes from enemy aircraft during the attack on Pearl Harbor. Tom, who grew up hearing stories about his uncle George and the sinking of the Oklahoma really became very interested after he had served two years in the Army. During an extensive research project of the Oklahoma Tom found a notice from the Defense POW/MIA Accounting allowing family members to send a DNA sample for testing on the remains being exhumed from the National Memorial Cemetery of the Pacific where Gibson was buried. Tom sent a sample and within weeks received notification that George Harvey Gibson was officially accounted for on February 12, 2018. Tom will tell the rest of the story in his presentation.

Lincoln Hills resident, Janet Hamil a member of "Flag Legacy" collects flags that are to be retired from veteran's organizations. The blue fields (canton) are removed and laundered; The embroidered stars are cut out,

trimmed and slipped into a plastic bag with an insert that reads: A Flag's Legacy – From a tattered flag the Stars shine on. The Star is a symbol to honor your service to our Country. Thank you!

The Stars are then given to veterans as a Thank You for Your Service.

The Lincoln Veterans Memorial, Challenge Coins (medallions) are available and on sale for \$25 donation to support the memorial construction. Donations and coins can be purchased from Doug Cooper (916-770-5026) or Larry Yaggi (916-543-5344).

Welcome Aboard to new members, Chuck Cadwaller, U.S. Army; Dick Goote, U.S. Navy; Bill Jensen, U.S. Navy. Congratulations to new life members Herb Cantwell, U.S. Army; David Fuentes, U.S. Army; Robert Hallums, U.S. Air Force; Gretchen Wallen-Sutton, U.S. Air Force. As of February 8, 2019, the group's paid membership stood at 193, including 116 life members and 19 Associate members. World War II veterans (including Spouses) total 22, total membership was 233. Remember to proudly fly your U.S. Flag on National Vietnam War Veterans Day, March 29, 2019.

In Memoriam  
Robert "Bob" Frank, U.S. Air Force,  
George Kaminski, U.S. Navy  
The Veterans Group extends its deepest Condolences to  
The family and friends of these veterans

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## Astronomy Group

BY BILL WEAVER

The Lincoln Hills Astronomy Group (LHAG), comprised of about 100 Sun City Lincoln Hills (SCLH) households, attended a fascinating presentation in February by NASA Ambassador Tim Pinkney about the search for and presence of water on the planets and moons in our solar system. Continuing with the primary objective to educate and update LHAG members on all aspects of astronomy, Professor Charles Hunt, Ph.D. (ret.) returns to the monthly March meeting to discuss the creation of the heavier elements and how they are distributed throughout our Milky Way Galaxy.

In addition to the monthly full membership meetings, two LHAG subgroups; Cosmology Interest Group (CIG) and Telescope Interest Group (TIG), hold monthly meetings of its members who focus their interests in specific areas of astronomy.

The CIG members usually attend a

(cont' on page 20)

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### Astronomy Group

(cont' from page 19)

lecture or video series each month about the science of the origin and development of the universe that often involve lively discussions. These presentations are primarily oriented to the non-scientist level and intended to satisfy the general knowledge and curiosity of the membership. The presentation at the March meeting will focus on lecture #11: "Pulsars and Gravity" and #12: "Pulsars and the 300-Foot [radio astronomy] Telescope".

Depending on weather conditions, the TIG members participate in a monthly star party and set up telescopes and related equipment to view prominent objects in the Cosmos. This activity provides an opportunity for members to learn more about their specific equipment and the latest amateur observation gear. These sessions also provide captivating experiences for individuals without observation equipment to just view heavenly objects in real time. When weather conditions prohibit visibility of the Cosmos, the TIG members may schedule a session indoors to discuss observing methods, astrophotography and related equipment.

The LHAG Steering Committee is currently planning to develop and conduct a short educational series on astronomy for its members. The course will overview the basic components of astronomy with the objectives to enhance subject-matter knowledge and create a comfort level of understanding that will sustain proactive membership. Stay tuned for more information on dates, time and location.

The LHAG was recently invited to participate in the STEM Expo on March 2,

2019 at the William Jessup College in Rocklin. This exciting, free, one day artistic event is open to the public and features Science, Technology, Engineering and Mathematics [STEM] as educational opportunities and viable career paths - showcasing elementary through high school student-generated work - connecting students with their community. The LHAG will set up an information table at the Expo with displays, staffed by member volunteers.

Residents of SCLH are very welcome to attend any one or all the following meetings of the LHAG and its sub-groups:

The LHAG meets on the first Wednesday of the month at 6:45 p.m. in the Kilaga Springs Presentation Hall. Guests are asked to sign in at the meeting Check-in table.

The CIG meets on the 3rd Monday of the month at 6:45 PM in the Fine Arts Room of the Orchard Creek Lodge.

The TIG meets on the 3rd Thursday of the month at 6:45 PM. in the Multi-purpose Room of the Orchard Creek Lodge or at the specified observation site. Interested parties should check the LHAG website for last-minute schedule changes due to changed weather conditions.

Any questions regarding the LHAG and its sub groups should be directed to Vice President Bill Weaver at hamweaver@wavecable.com . More information about the LHAG and its sub groups can be found on its website at [www.lhag.org](http://www.lhag.org) .

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### LH Italian Club

BY LINDA LUCCHETTI

Lights, Camera, Action. Movie Night is set for March 8 at 5:45 P.M. in Presentation Hall at the Kilaga Springs Lodge. Our featured film is the 2018 romantic comedy, "Little Italy". Set in New York City, the son and daughter of rival pizzeria owners get caught up in a family feud while their longtime friendship blossoms into romance. Ice cream, cookies and coffee will be served after the movie in the Multipurpose Room. Check the website for more information.

The Spring season of the Italian Club Bocce Ball League rolls out Wednesday, March 6. This league is restricted to members of the Lincoln Hills Italian Club. Questions? Contact Ron Avanzino at 916-409-5401 or by email at [rpa9621@gmail.com](mailto:rpa9621@gmail.com)

The club will present "All Things Lazio" on April 13 from 12:30 - 3:00 P.M. The Italian Club occasionally offers events which highlight the various regions of Italy. Perhaps your ancestors are from Lazio, a central Italian region bordering the Tyrrhenian Sea. Its principal city, Rome, is Italy's capital and was at the heart of the ancient Roman Empire. Its iconic ruins include the Coliseum, an amphitheater that seated thousands. Join us and learn more about this fascinating area, its rich history, geography and various foods.

The Italian Club offers a special activity each month that is sure to be entertaining and fun. Check out the events calendar on our website for more information.

If you are a Sun City resident of Italian heritage, check out our website at [www.lhitalianclub.org](http://www.lhitalianclub.org) and learn more about us. Want to join? Contact: Sandi Graham, membership, at 916-826-5711.

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### Shalom Social Group

BY JUDY GANULIN

The Shalom Social Group started 2019 with a well attended general membership meeting. The main speaker was Dave Lewis of the Big History Group, who presented several video modules from his group's history of civilization on earth project. Before his presentation new board members introduced themselves, as did new and returning members.

Our Women Together had a luncheon in February. Audrey Gould spoke on "Lean, Mean, Fat-Burning Machine," explaining how to lose or maintain weight by burning fat.

We finished February with our annual Ice Cream Social, always a favorite event.

For more information please contact Joanne Levy, 508-333-8590.

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### Travel Group

BY TEENA FOWLER

There is no meeting scheduled for this month. The next meeting will be on Thursday, April 25th at 6PM in the Kilaga Springs kitchen. Ilene Ferguson, Alamo Travel president, will present information and visuals about Alamo Trips being offered through our Travel Group. Our committee will present information about other trips listed below.

You do not have to be a member of the Travel Group to attend our meetings. See our website for detailed information about all our booked trips.

[www.LincolnHillsTravelGroup.com](http://www.LincolnHillsTravelGroup.com)  
Cuba Land Tour (Apr 3-10, 2019) (Judy)  
Cayo Santa Maria Isle, Havana, Hemingway's Home, Museums and more

(cont' on page 21)

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**Travel Group**

(cont' from page 20)

Canyon Country – Arizona & Utah (Apr 26-May 3, 2019)

Scottsdale, Oak Creek & Grand Canyon, Bryce & Zion Natl Parks, Lake Powell, Las Vegas

Tulip River Cruise thru Holland & Belgium (Apr 18-26, 2019) (Teena)

Amsterdam, 7-Nite River Cruise, Volendam, Ghent Bruges, Antwerp, Keukenhof Gardens

(Option: This cruise may be combined with the Italian Lakes Region land trip below.) Italian Lakes Region – Stresa to Venice (Apr 26-May 9, 2019) (Teena)

Bologna, 4-nites in a Tuscan Villa, Italian Riviera, Cinque Terre, Lucca, Florence Siena Crystal Athens-Rome 7-day Cruise w/1-Nite Athens/2-Nites Rome (May 2-13, 2019) (Louise) Athens, Santorini, Valleta, Giardini Naxos, Sorrento, Rome. Everything is included!

Paul Gaugin Tahiti & The Society Islands 7-day Cruise (Oct 11-20, 2019 (Louise)

Papeete to Papeete, Bora Bora, Moorea, Huahine, Taha'a All inclusive adventure.

Niagara Falls to New York City Fall Colors Tour (Oct 13-20, 2019 (Teena) Waitlist only. Additional date – OCT 4-11, 2019!

Vintage Train Ride, Cooperstown, Maid of the Mist & Erie Canal cruises, West Point, NYC

South Africa/Victoria Falls/Botswana. Dubai option (Oct 26-Nov 8, 2019 (Sheron)

Egypt featuring Deluxe 4-nite Nile River Cruise (Feb 11-24, 2020)(Sheron & Teena)

Giza, Pyramids, Sphinx, Valley of the Kings, Aswan, Old Cairo, Karnak Temple

New Orleans – Single Stay French Quarter Deluxe Hotel – (Apr 15-20, 2020) Teena

Jazz Revue, Swamp Tour, WWII Museum/ Mardi Gras World, St. Louis Cemetery

Washington D.C. Single hotel stay (May 7-12, 2020) (Sheron)

WWII Memorial, Smithsonian, Arlington Cemetery, Mt Vernon, Ford's Theater

Croatia & Its Islands – Land & 7-Nite Small Ship Cruising along the Adriatic Coast

3 Dates offered: June 23rd, Aug 18th, Sept 29th (Sheron)

Planned Trips: Puget Sound & San Juan Islands (July 2020) (Teena) – American Cruise Lines

Rhine & Moselle Cruise (Fall 2020) (Teena) – Teena) – Collette

Travel Group Committee Member Contacts — Sheron Watkins: 916-849-9504

sheron55@att.net; Teena Fowler: 916-543-3349 sfowler@starstream.net; Louise Kuret: 916-408-0554 lkuret@sbcglobal.net; Judy Peck: 916-543-0990 Judyvolk@outlook.com

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**Postage Stamp Group**

BY TIM MILES

March is here and we have two meetings scheduled for the first and third Thursday of the month (March 7 and 21) at 6:45 pm. We'll be at the Sun City Roseville Main Lodge (7050 Del Webb Blvd). Plenty of parking and easy access is available) We are affiliated with the Roseville Chamber of Commerce and it is attracting new members. We had a couple of newcomers at our last meeting.

If you haven't paid the 2019 dues yet, contact Steve Emanuel or Al Capparelli (916-771-8288) for any questions. Also , the club has recent additional collections and philatelic

supplies available. The St. Valentine's day meeting was about both foreign and domestic stamps. Some members bring whatever albums they have questions about and there is always somebody available to assist.

After the wonderful dinner at Claimjumper's Restaurant in January that she so ably organized, June Stark broke her wrist in a fall as she was leaving so keep her in your thoughts and prayers. She was missed at our meeting.

Please feel free to drop in at any of our meetings and bring your "olde" stamp album with the high school collection and see what things are worth now. You never know until you ask. We have all the catalogs and research publications plus a lot of the hobby accouterments at all meetings. There are also additional stamps available at rock bottom prices, way under catalog value.

**SCLH Republican Club**

BY HARLEY F. PINSON

Our next meeting is Tuesday, March 26, in P-Hall (KS). Doors open at 6:00 PM, program begins at 6:30 PM.

Our speaker is Raul Rodriguez, a prominent speaker on behalf of enforcement of immigration laws and the upholding of the U.S. Constitution.

Mr. Rodriguez has been a prominent speaker at the Legal Immigrants forum in Florida and at many other conservative gatherings. In addition, he was profiled in the Washington Post as a key Latino supporter of President Trump.

For more information: info@RepublicanClubSCLH.org

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**Singles Club**

BY SUSAN FOSTER-PLATT

We kick off the month of March with our Birthday Celebration! This is a fun time for all. We meet in the Sports Bar (OC) on Sunday, March 3rd at 4:00PM. All members with a birthday this month receive a complimentary drink of their choice and Dennis leads us in a fine rendition of Happy Birthday! We will be planning our Activities for the upcoming spring months on Tuesday, March 5th. Join us and share your ideas for fun events at 4:30PM in the Ceramics Room (OC)

For Cocktail Time at 4:30PM on Thursday, March 7th, we are headed to Orchid Thai, which is located in the Twelve Bridges Shopping Center. Great food, cocktails, a comfortable environment, and good friends will make this evening a special one.

Gail will welcome you to Sports Bar/ Meridians at 9:00AM on Saturday, March 9th for the 2nd Saturday breakfast. Come and enjoy breakfast with friends! A great way to start your day. Our Business Meeting will be on Thursday, March 14th at 6:00PM in the Ballroom. (OC) We will have a short meeting followed by a speaker.

For Dining Out on Thursday, March 21st at 4:30PM, we are traveling to The Cheesecake Factory at the Galleria. Reservations are needed for this dinner, so be sure to call Sue to sign up for a good time and a great meal.

Bingo is back! One of our favorite meetings includes bingo with lots of great prizes. We will be enjoying another fun evening of this on Thursday, March 28th at 6:00PM in the Ballroom (OC).

(cont' on page 23)



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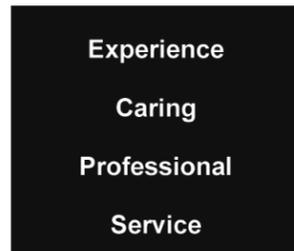
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### Singles Club

(cont' from page 21)

Remember, we play Bocce Ball at 2:00PM on Wednesdays at the Sports Court (weather permitting) and Fridays are Singles Golf Day. Please contact Bill Brown at ca.billbrown@yahoo.com for further information on golf.

Upcoming events in the spring: A very special wine tasting in April and a bus trip to see the Rivercats play in May. Sign up to join us for only \$15 year. Our membership forms are located in the cubbies at the front entrance of Orchard Creek.

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### Alzheimer's/Dementia Caregivers

BY JEFF ANDERSEN

We return to the in-the-round sharing format for the March 27th meeting, facilitated by Stefani Wilson. During this time, caregivers have an opportunity to talk about their challenges and hear from their peers about how they manage the ever-changing decline in their partner's cognitive abilities. It's valuable to learn how others deal with these changes, and to know that you are not always alone. The focus of these meetings is on caring for yourself. These are open meetings. There is no membership, but there is camaraderie. We also have a good lending library of books and videos you can borrow to learn more about the disease and how to care for yourself. Join us. You are welcome.

The Alzheimer's/Dementia Caregiver's Support Group meetings are held each month except December. The Large group meets at 1:00PM each 4th Wednesday in the MultiPurpose Room (OC). All are welcome to attend, especially caregivers with recently diagnosed family members. The program for the Large group gatherings alternates monthly between group discussion moderated by an experienced counselor from Del Oro Caregiver Resource Center, and formal presentations by other professionals. The Small group is discussion only, and is designed for those who prefer a less crowded setting. The Small group meets on the 1st Wednesday at 1:00PM in the MultiMedia Room (across the hall from the Large group location). The caregiver's groups and programs are supported by the Lincoln Hills Foundation. More information is available from our Steering Committee members Valerie Jordan 909-625-7443, Cathy Van Velzen (916) 409-9332, Jo Fratessa 916-408-7209, and Al Roten 916-408-3155.

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### Bosom Buddies

BY ALISON SHELTON

Did you know that radiation for the treatment of cancer has been around for more than 100 years? It has been used since 1896, shortly after X-ray was invented. Our February speaker, Dr. Charlotte Kubicky—a radiation oncologist from Sutter Health – explained the different types of radiation and the many



Dr. Charlotte Kubicky

to socialize and learn more about each other. Bosom Buddies encourages its members to be involved, and one of the best ways is "to do lunch." To make a reservation before our next meeting, call Patty McCuen, 916-408-4185.

Bosom Buddies welcomes breast cancer survivors as well as those still undergoing treatment. Our meetings include speakers



advancements made, especially in the past few years. Some of these improvements include shorter courses of treatment, fewer side effects, less fatigue and an improved quality of life.

More children die of cancer than from most major diseases combined. One organization that raises money for pediatric cancer research is St. Baldrick's. For those who follow the lists of saints, you won't find him, he didn't exist (the key word here is "bald"). But, the organization certainly does. One of its fundraisers is the "shaving of heads." On March 2, a number of volunteers will step up at the Galleria Mall to have their heads shaved to raise money for this worthy charity, and one is our own Peggy Ryan. For every dollar donated to this cause, 73% goes towards research to help find a cure for cancer in children.

"Be healthy, look healthy" is the theme of our March meeting when Nancy de Ross, of Sacramento Make-up Design Studio, will show us some of the wigs and "age appropriate" make-up available in her store. A major part of dealing with cancer and recovery is feeling good about ourselves, and Nancy will give us advice on how to do so. Sacramento Make-Up design Studio, located here in Lincoln, offers services, workshops and a boutique that carries the latest in natural products.

Before meetings, members and guests are invited to get together for lunch at Meridians. These informal gatherings give us the chance

on such subjects as the latest medical developments, dealing with cancer, the benefits of meditation and massage, cosmetic and beauty tips to help us feel better as well as creative projects. What is most important for us, though, is being here for each other; and, that we're able to do with the help of a generous grant from the Lincoln Hills Foundation.

We meet the second Thursday of the month (except for July) at 1:00 in the Multi-Purpose Room (OC). April and August are luncheons at places yet to be determined; and December, of course, is our popular holiday party.

We begin our meetings with an inspirational poem or short reading and end by forming a circle, joining hands and saying, "Together, we are strong; together, we will make a difference; together, we will survive." And, we intend to do that with a little bit of fun.

For more information about Bosom Buddies, contact Mary Ann Smith, 916-408-1818 or Patty McCuen, 916-408-4185.

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### Hearing Impaired Support Group

BY JOANNE MITCHELL MD

The next meeting of the Hearing Impaired support group will take place on Thursday March 28th, at Orchard Creek Lodge multi-purpose room, from 2:30 PM to 4:30 PM. A topic and speaker have not yet been selected.

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### Low Vision Support Group

BY JOAN BRANT-LOVE

March Meeting – Tuesday, 3/5, 2019, 2:00-4:00 PM, Fine Arts Room, Orchard Creek Lodge

Sun city Lincoln Hills Neighborhood Watch will be joining us to review their many programs that help to keep us safe. In addition to safety precautions, they will get us up to date on the latest scams and review their Vial of Life program. Presenters will be Linda Minor, Executive Director, and Pauline Watson, Secretary.

April Meeting – Tuesday 4/2, 2019, 2:00-4:00 PM, Fine Arts Room, Orchard Creek Lodge

Senior Driver Ombudsman, Jerrod Sieberg, with the CADMV will be our featured speaker.

Excerpted from Bloomberg Businessweek, February 4, 2019

GoCheck Kids is the first iPhone app registered with the U.S. Food and Drug Administration to screen young children for correctable vision impairment with a simple photo. Among other things, it's meant to reduce the risk of permanent vision loss among the 18 million American kids younger than 6; most medical practices can't afford the industry-standard \$20,000 screening devices used to diagnose rare eye diseases.

Users So far, 4,000 pediatricians in 43 states have used GoCheck to screen 900,000 kids, detecting about 50,000 at risk of vision impairment.

How It Works

A pediatrician uses the app on her iPhone to photograph a child's eyes, highlighted by the phone's flashlight, from a distance of about 3½ feet. GoCheck software analyzes how light refracts off the patient's eyes to identify risks for nearsightedness, farsightedness, or eye cancer or other diseases.

If the software identifies a risk factor, a screening team confirms it and sends an alert to the child's electronic health record, which notifies the pediatrician for a referral.

To learn more: <https://www.gocheckkids.com>

Low Vision Support Group Contact: Cathy McGriff 916-408-0169.

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(more Club News cont' on page 24)

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### LH RV Group

BY STEVE BEEDE

Our RV Group Members are now returning after a fun filled RV trip to Southern CA and Arizona. Next up is our Rally to the historic town of Solvang March 18-22 for wine-tasting, golf, shopping, and of course Danish pastries. Then it's off Santa Cruz in April, and then a multi-part trip from Oregon, to Couer d'Alene, Idaho, and onward to the famous Calgary Stampede in Canada. And there's more for the Summer and Fall. Plus planning for 2020 and 2021 is underway. All Rallies include lots of fun dinners, happy hours, golf, and trips to museums, theaters, and anything else the participants dream up.

We meet in the Placer Room (KS) at 4:30 PM on the second Thursday of each month where we discuss up-coming Rallies; gain RV education; and get to know each other better through shared appetizers. Residents with an interest in RVing are welcome to visit, meet new friends, and discuss the joys of RV travel.

Contact: Steve Beede at [sjbeede@att.net](mailto:sjbeede@att.net), 916-752-6972, or check us out on our website at [www.lhrvg.com](http://www.lhrvg.com).

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### RoadRunners Motorcycle Club

BY MIKE SMITH

The arrival of March signals the start of another riding season for the RoadRunners. First up will be a ride led by Road Captain Dan Harlander through the Sierra Foothills to Mount Aukum on March 16. The club has some great rides on tap this year, covering Northern California from the Redwoods to the Sierras. The RoadRunners have scheduled rides on the second Saturday of the month,

March – November.

If you like motorcycle touring and have a roadworthy motorcycle or trike – check us out! The RoadRunners meet on the fourth Thursday of the month at 6:00 PM Multipurpose Room (OC) Guests are always welcome. The next meeting will be on March 28.

“Ride Safe – Ride With Friends”

Contact: Manny Perez 916-253-9121 [manwil412@wavecable.com](mailto:manwil412@wavecable.com)

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### SCLH Sports Car Club

BY PAM BERRY

Gentlemen, Start Your Engines! Well it wasn't quite that dramatic but the first sports car trip of the year is an event.

Brave souls took off on a trip to Sattui Winery and Rutherford Grill in between the



rainstorms. They were rewarded with pleasant weather and lots of sunshine. Good friends, good wine, and food made for a perfect day.

After the moist winter, we are looking forward to driving through the countryside with friends. Everything will be green and growing and the wind fresh. We will start at Lockeford Sausage Company for their delicious Dakota Smoked Sausage plus so many varieties it will be hard to decide. Next will be the town of Jackson and Teresa's Place for a wonderful meal in cozy surroundings. One of their specialties is seafood lasagna – very good.

We will be wearing the green and enjoying an early St. Patrick's Day celebration at the Boxing Donkey – Irish Pub. The Menu will be Corned Beef & Cabbage, Irish Stew, and Fish & Chips. It is shaping up to be another successful social for our Club.

For more information please contact:

Jo Fratessa 916-408-7209 [mfratessa4@icloud.com](mailto:mfratessa4@icloud.com)

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### Rods & Relics

BY ELNA RAGAN

The Club has been working hard in preparation for our Downtown Lincoln Car Show being held on Saturday, June 1. Committee planning has started, and meetings have been held. We are busy lining up trophy and major sponsors and have The Waffle Farm and Caliber Collision signed as Platinum Sponsors. Over the years, we have donated \$163,696.00 to local charities from the proceeds from our annual Car Show. The charities to benefit this year are: RRUFF Healing Heroes, Women of Worth, and Ride to Walk. Our Club also donates time to help at the Lincoln Library book sales, provides

a car-related magazine subscription there, and sponsors a Little League Baseball Team in Lincoln.

Rainy weather challenged Car Show enthusiasts attending the Sacramento Autorama that was held February 15 – 17 at Cal Expo. The Expo showcased street rods, customs, and classics. Three of our Club members had their vehicles on display in the Butch Gardner Clubhouse. Club President, Ray Geiger, drove his '29 Ford Sport Coupe there on Wednesday and ran into some showers. George Funk, Club Treasurer, drove his '41 Graham down on Thursday between rain clouds and escaped getting his car wet. Rich Ragan, Car Show Chair, drove his windowless '23 T-Bucket Roadster on Thursday and was drenched the last six miles of the trip. Many people stopped and visited with our Club members and said they enjoyed the extensive variety of vehicles on display in all of the buildings.

On February 21, Board member elections were held at the General Business Meeting for the following three positions in our Car Club: Treasurer, Activities Director, and Member-At-Large. More information regarding the elections will follow in the April newsletter.

If you own a 1975 or older American-made or American-powered vehicle and enjoy getting together with like-minded auto enthusiasts, come out to the get-togethers listed below!

Upcoming Events —

March 5, 19: Breakfast at the Waffle Farm in the Twelve Bridges Shopping Center. Members start arriving at 7:45 a.m. Join us for a tasty breakfast and to catch up on Car

(cont' on page 25)

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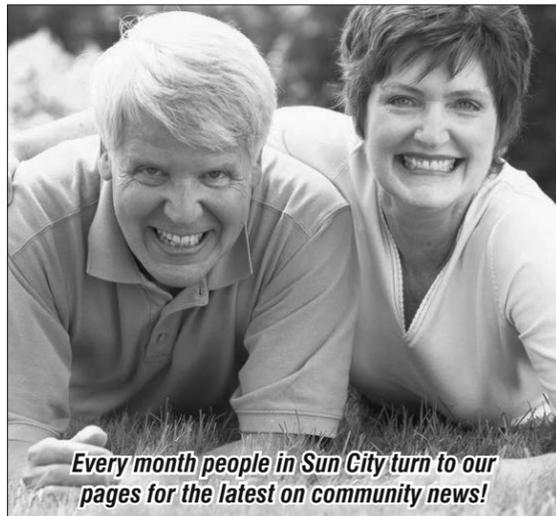
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## Rods & Relics

(cont' from page 24)

Club-related news.

March 21: The General Business Meeting will be held at the Turkey Creek Golf Club, 1525 Highway 193, Lincoln. Dinner is available from 5:00 p.m. on and may be followed by a speaker at 6:00 p.m. The General Business Meeting starts at 6:15 p.m.

Contact: Ray Geiger, President 1-916-543-0464

Mike Carvidi, Membership Director 1-707-849-2834

Website: [www.rodsnrelics.net](http://www.rodsnrelics.net)

• • •

## Bird Group

BY DON BAYLIS

January and February are, like the previous few weeks, part of the peak birding season. We went on two trips this month, one being our regular trip to the foothills above Linden and Stockton, the other being an educational visit to International Bird Rescue and then birding on nearby Grizzly Island.

Every year we have scheduled a trip into the foothills above Linden, even if a couple of years we were rained out. We travel to Linden, then pick up a bag lunch from the wonderful Rinaldi's market. We then bird upstream along the Calaveras River, spotting waterfowl like mergansers and diving birds like kingfishers.

On Waverly Road, we pause often to view raptors like eagles, ferruginous hawks, rough-legged hawks, peregrine falcons, and burrowing owls. We then encircle Salt Spring Valley reservoir, often again spotting eagles and hawks, but now finding waterfowl like ruddy ducks. This year we viewed 53 species, a tie for most species ever.

Our February 8 trip to the International Bird Rescue (IBR) facility and Grizzly Island was quite different. International Bird Rescue is a mostly volunteer effort focused on rescuing birds and other wildlife from the effects of oil spills. The State of California provides their building in Codelia (the intersection of I-80 and I-680) for northern California, and a similar facility in Los Angeles for their Southern California branch. The state also provides partial funding, and names them the primary group to coordinate efforts during oil spills. We were given an extensive tour of the facility by Isabel Luevano, the wildlife center manager. We saw the veterinary and surgical area, where much of the "routine" rescue work is carried out. Their dedicated veterinarian alternates weeks between northern and southern facilities. We also saw the staging/triage area where up to 350 birds may be

processed during major spills. Then was the washing area, with six wash stations and 6 separate rinse stations, where oiled birds are carefully cleaned and rinsed. Outside, we saw the tanks of warmed salt water where injured birds can be fed and recover their strength. There is also an aviary large enough that birds up to the size of pelicans can fly and recover muscle tone before being released.

After lunch in Suisun City, we drove miles into the Grizzly Island Wildlife Refuge. This island is just above water level in Suisun Bay, and is lined with sloughs. For the total trip, we observed 51 species of birds, both the species we would expect to see in this habitat like ducks and blackbirds, but also sightings of less common species such as Great-Horned Owl, Loggerhead Shrike, Sora, and Tundra Swan.

Our March 11 presentation will continue our focus on the International Bird Rescue group by presenting their executive director, JD Bergeron, to speak about their work.

Our regular meeting on February 11 was our yearly refresher course by Heath Wakelee on housing and feeding bluebirds and similar beneficial birds in our yards. In addition, Julie Knapp, one of our members, brought in several feeders and bluebird boxes to give us a leg up on welcoming these beautiful birds a home in our yards.

Day trips are planned as follows:

• March 8 is our scheduled late winter trip to Vic Fazio at the Yolo Bypass. Rain forecasts suggest the area may be flooded, so check your email and/or

the group website for up-to-date information. Departure from Orchard Creek.

• March 22, the Twelve Bridges Trail, a Lincoln city trail along the southern branch of Orchard Creek on the other side of Twelve Bridges Dr. This is primarily a walking trip. Carpool from Orchard Creek or meet at the Coyote Pond end of the trail.

• April 5 will be a walk along the trails of Traylor Ranch Bird Sanctuary and Nature Reserve about 5 miles from Lincoln Hills. Carpool from Orchard Creek.

• April 26 we will honor the birthday of John James Audubon with a walking tour of Canyon Oaks/Elderberry Trail. The Ash-throated Flycatchers should be in as well as other passerines and we might find a Hooded Merganser or two. This walk is a mile or two on unpaved trail with some elevation gain. We will meet on Hidden Hills Lane at the foot of the trail at 8:00 AM. Hidden Hills Lane is directly off Stoneridge Blvd opposite Spring Valley Parkway.

Detailed bird lists for all trips are available on our website, [lhbirders.org](http://lhbirders.org), along with photo galleries of each trip by our photographer members.

Our programs are held in KS Presentation Hall at 1:30 PM on the second Monday of the month. Day trips leave from the Orchard Creek parking lot west of the pool at 8:00 AM unless otherwise specified. Please check Events on our [lhbirders.org](http://lhbirders.org) and your email for updates and weather cancellations. Bird lists for each trip are posted on the website under Lists.

Contact: [LH\\_Bird\\_Group@yahoo.com](mailto:LH_Bird_Group@yahoo.com)  
Web Site: [lhbirders.org](http://lhbirders.org)

• • •

(more Club News cont' on page 28)



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**The Webbers**

(cont' from page 1)

from the military, he started college at Sierra College and that is where he met Valerie.

Valerie grew up in a small area in Wyoming called South Pass City. Her great grandfather patented a mining claim there after moving from Pennsylvania in 1870. The Webbers and Valerie's two brothers return to the area every summer where they still have claim to twenty acres. South Pass City is a fully restored historical town with thirty-seven buildings and a population of four. When Valerie was young, her father moved the family to Coalinga, California because he was working with the Bureau of Reclamation. To her at the time, Coalinga was a big city with a population of 4,000. Coalinga is known for the Harris Feed turnoff ("you know, the stinky one") on the 5 freeway. After graduating from high school, Valerie moved to attend school at Sierra College.

Valerie and Larry have been married for forty-eight years. Both graduated from Sacramento State after Sierra College. Valerie's degree is in Clinical Science and Larry's is in Criminal Justice. They have two sons and three grandchildren. One son lives nearby in Newcastle with his wife and two children. He works as a foreman for Foothill Fire, installing required fire systems in buildings. He met his wife at Del Oro High School in Loomis, and his children are now going to the same schools that both he and his father attended in Newcastle. The other son has been a Marine for eighteen years. He and his wife have one son.

After marriage, Val and Larry moved to Newcastle where they continued to live until they moved to Lincoln Hills ten years ago. They have considered moving back to the small town off I-80 but they haven't found the perfect house yet. They moved originally because Larry tired of caring for acres of fruit trees.

The Webbers have some fruit trees and a raised vegetable garden in their backyard in Lincoln, but that is much more manageable.

Val worked at Kaiser in the labs for many years, rising to the level of Assistant Administrative



Lab Director. She enjoyed the work and it gave her a very practical knowledge about injuries since she worked closely with the emergency rooms.

Larry is a retired Placer County Sheriff Sergeant. He spent thirty years with the department, twenty-five of them as a sergeant. His brother, who now also lives in Lincoln Hills, was an Under Sheriff. Larry worked in many different areas of Placer County and, for

a while, worked in the narcotics division. He had a great team and he feels like they really made inroads into the safety of the area. He also worked closely with the Coroner. One of the side advantages of working and living in



PHOTO BY JEFF ANDERSEN

Placer County for so long is that Larry is very conversant in the history of the area and even likes to give people tours of ghost towns such as Iowa Hill and Dutch Flat. He makes a great tour guide since his love of the area and his family's history in Newcastle stretches over generations.

His father played baseball in Newcastle before World War II on a field that is the second oldest in California.

One of the stories that Larry really enjoys telling is the history of his mother's life. She was, by all accounts, a very unusual woman with many talents. She left her home in Minnesota as a teenager and escaped to Los Angeles where she joined the circus as an aerialist. Her first marriage was to a fellow aerialist and they actually had their wedding ceremony in the lion's cage. Working without nets, she fell and injured her shoulder. She realized it could have been much worse and so she begged her husband to leave the circus.

He refused. That decision led to their divorce. Larry's mother went on to meet and marry Larry's father, but she never really stopped her creative and physical pursuits. Among other things, she wrote poetry, did oil paintings, and, while always a good dancer, gave dance lessons in the family's house. Larry's home was the only one he knew of that had a plie bar and mirror in the three-car garage. Later

in life, she attended Sacramento State and obtained her degree. Larry and Val not only have documents and pictures of her interesting life, but they also display her paintings in their house and remember her with great fondness. Larry believes his mother's story would make a great movie some day.

Besides time at the gym, Larry and Val keep busy in their neighborhood. Larry tends to his backyard garden and helps the neighbors. Val is in a knitting group and loves to go "junking" to such places as the nearby Gypsy Chic Vintage Market. She is also the keeper of generations of family memorabilia.

The Webbers love their family history stories that span generations and are being carried on to the next generations. Their families are both rooted in small places with important links to the migration of families to the West coast in the 1800s. They love their neighborhood and the people they have come to know in Lincoln Hills and it gives them great satisfaction to use their skills to assist others on a daily, practical level. They are definitely an important example of the happiness that comes from being involved with helping others.

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**Lincoln Hills January Sales Snapshot**

Address	Street	Sq ft	Selling Price
207	Bloomfield	900	\$325,000
286	Lariat Loop	1120	\$375,000
240	Bloomfield	1322	\$429,000
406	Plover	1531	\$458,000
228**	Timberland	1531	\$441,950
1555	Grand Pheasant	1531	\$489,000
3011	Coopers Hawk	1549	\$460,000
1112	Ivy Arbor Lane	1602	\$442,500
235	Mountain Quail	1673	\$476,000
1863	Homewood	1715	\$528,000
2157	Longspur	1785	\$499,900
1705**	Glenbrook	1791	\$532,750
2090	Laurelhurst	1873	\$512,000
883**	Bridalveil	1910	\$622,000
216	Calistoga	1967	\$545,000
2346**	Kingfisher	1967	\$515,000
1100	Sun Valley Loop	2390	\$590,000

\* \*\*Listed or Sold by Paula

Per Sacramento mls reported sales 1/1/19 - 1/31/19

**Garden Group**

BY LORRAINE IMMEL

Victoria "Tora" Rocha will be the guest speaker for the March 28 General Meeting (2:00 PM, KS). "Bees as Pollinators and Plants That Attract Them" will be the focus of her presentation. Tora founded the Pollinator Posse in 2012, to hand rear monarch butterflies at Lake Merritt to increase their survival rates. She says, "Our future flies on the wings of pollinators!" In her current role as a Parks Supervisor, she is in charge of the landscaping of public spaces downtown and around Lake Merritt, Oakland Ca. Her domain includes parks, the grounds of buildings like City Hall and the main library, the Morcom Rose Gardens, and of course, the Gardens at Lake Merritt.



Tora Rocha

Toro may now be known for her gardening prowess, but her 36-year career with the Oakland city government started in a much different, but no-less exciting job: an elephant trainer at the Oakland Zoo. After that she work at Fairyland, including a part-time job in landscape maintenance where she was inspired by a group of dedicated and talented horticulturalists. "That's where I got the [gardening] bug, being around people that passionate," Rocha said. "I love taking a

blighted area and making it beautiful. There's nothing more fulfilling, [especially] when all your hard work can benefit the community."

In addition to the presenter these events will be offered:

Home Depot donated plants will be given as door prizes (to members with a ticket) if registered by 2:00 PM. If your name is called as a winner, remain in your seat until all tickets are drawn and Carol Thompson (who coordinates this) will place your matching ticket on the plant you won. Then collect it after the meeting.

Brown Bag Sales are available before and after the meeting...please support this endeavor by donating and buying pots/pottery/yard saplings/garden art-figurines and books, etc. Proceeds go for Civic Garden Projects.

Master Gardeners will be available 20 min before the meeting to answer any questions you have... bring samples of specimens in a baggy if you want.

...

**Shooting Group**

BY JOHN KIGHTLINGER

Would you like to join a friendly group of residents enjoying recreational shooting sports? The shooting group may be just what you are looking for. Our purpose is to make friends among residents who are interested in enjoying safe recreational shooting sports. If you have not shot in years, or have never shot before, you will find the group welcoming with members available to help. You may join our shooting activities on any of our scheduled dates, regularly or intermittently. Just come out and have fun!

(cont' on page 29)

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2200-2499 sq ft .....	\$129
2500-2799 sq ft .....	\$139
Remove & reinstall downspout to unclog .....	\$35
Window washing (includes tracks and both sides of all windows & screens) .....	Varies
Homes smaller than 1300 sq ft .....	\$125
1300-1599 sq ft .....	\$139
1600-1899 sq ft .....	\$155
1900-2199 sq ft .....	\$169
2200-2499 sq ft .....	\$185
2500-2799 sq ft .....	\$199
Odd jobs .....	Varies
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Yard work, weeding, teaching how to use electronics .....	\$29/hour
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Single story homes or first story of two story homes only  
 Odd jobs are billed at a minimum of one and a half hours at the applicable rate

## Shooting Group

(cont' from page 28)

Weather permitting, we meet on Tuesday of each week for Trap and on Thursdays for Skeet at Coon Creek Trap and Skeet, 5393 Waltz Road, Rio Oso, CA 95674, just minutes from Lincoln. You may join us for either trap or skeet, or both. Occasionally other shotgun sports such as International Trap, Sporting Clays and 5-Stand are enjoyed. We have no fees but each shooter must pay the Coon Creek clay targets fee. For more information about shotgun shooting sports contact John Kightlinger at 916-916-408-3928 or johnnpat@sbcglobal.net

Generally, the rifle and pistol activities occur on Tuesdays at the Lincoln Rifle Club located at 150 Lincoln Boulevard. For information about rifle or pistol shooting please contact Jim Trifilo at 434-6341 or trifilom@gmail.com.

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## LH Fishing Club

BY ERIC KNAGGS

I have seen silly fun listings that say, "You know you're a true football fan, rock hound, etc.," but I have never seen one for trout fly fishermen. I looked on the internet, but could not find one there either. So I made one up as follows: You know you're a true trout fly fisherman if three or more of the following signs apply to you. If ten or more apply, you are advised to seek professional help immediately!

You think a swarm of mosquitoes is the best thing since slice bread.

The sign on the side of the road by a stream says "No Fishing" and you pull over



to wait for it to fall down.

You believe a sign posted "No Fishing" on a tree means you are not suppose to fish the tree.

The severe sunburn acquired on your last fishing trip was a one inch wide strip of skin at the back of your neck, on your hands, and at the gap between the tail of your shirt and the top of your pants.

Your kids bring you a "pretty feather" they've found, and you contrive to steal it. You know you've done it. Don't lie.

You find a split bamboo fly rod at a garage sale, and you tell the little old lady selling it that it is old, antiquated, and not much use to anyone, but you will give her a dollar for it.

You sob uncontrollably when watching the movie "A River Runs Through It."

You're driving through the desert, see a mirage, and wonder what time the hatch starts.

You bring a landing net to a baseball game to catch foul balls.

Your son falls in the water while fishing, your wife screams that he may drown, and you reply, its good practice since I fall in the water all the time."

Someone talks about performance rods and length and you don't think about sex.

Your family puts flies, feathers, and chenille on your birthday cake instead of candles.

Considering the purchase of a new fly rod and other gear at a fly shop, you wonder if all three of your kids really need to attend college.

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## Hiking Walking Group

BY STEPHANIE HUNTINGDALE

Despite the wet weather in February, the hiking club has still continued to have some hikes. Hikes are planned in winter months to use paved trails and avoid muddy ones. 23 members participated on the recent Dry Creek Hike. Some members of the hiking club even

head to the sierra for snowshoeing activities. Staying active is what it is all about.

The hiking and walking group is putting a team together to participate in The Lincoln PACE Race taking place on Saturday, May 4, 2019. This is a 5K or 10K run/walk. Interested? Go to the club website. On the front page you can register or if you have questions contact the organizers.

Trekking Poles. In my research I found many pros for using poles. First, they can enhance the muscle building of the upper body. You use muscles that you don't ordinarily use while hiking, like your biceps and triceps. By engaging these muscles and other upper body muscles you create more of a full body workout. Poles can help improve your posture, balance and stability. I use them most often for the balance and stability. Hiking can put added stress on ankles, knees, and hips. This especially happens on steep accents and descents. Adding poles to your hike transfers some of the weight and reduces the strain on the lower body. We are fortunate to have an excellent gym here and trainers to help you design a workout that can help with bad knees and lower back pains. When I started using poles I noticed a significant difference right away. I wouldn't hike without them. Poles can also be used as a medical splint in an emergency.

There is a learning curve to using poles and they can cause frustration in the beginning. They get in the way. Occasionally I have to set them aside especially on a short rock climb. I prefer to use my hands and sometimes, my bottom! They can get caught, give you a feeling of being out of balance until you get used to them. Like your jacket, when you don't need them, what do you do with them? I would say

(cont' on page 30)

Dave Cryderman



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# Out & About in Lincoln...

BY RICHARD PEARL

March 1st and 2nd – Lincoln Theatre Company Choristers will stage “My Fair Lady, one of the most-beloved musicals of all time.” Tickets are available at: [www.lincoltheatrecompany.org](http://www.lincoltheatrecompany.org) or 1.916.409.7030. All seats are reserved and priced at \$15.50 and \$17.50.

March 2nd Chocolate Ball (Saturday) – Who doesn’t love chocolate? This is the fifth year for this semi-to-full formal attire dinner dance hosted by the Lincoln Downtown Association. Location: our Orchard Creek Ballroom. The event includes a no-host bar, chocolate-themed appetizers, plus a three-course special dinner...and dancing. 6:00 PM through 11:00 PM. Tickets (\$85 per person); check for any last minute availability. Contact [downtownlincolnevents2019@gmail.com](mailto:downtownlincolnevents2019@gmail.com) ASAP.

Throughout the spring: Wine and Craft Beer lovers, remember that there are numerous local adult beverage locations within 30 minutes of Lincoln. See [www.placerwine.com](http://www.placerwine.com) for information about the 19 wineries in Placer County. See Placer County Wine and Ale Trail for info on the eleven craft beer establishments.

Upcoming Events —

April 12th – April 28th – Lincoln Theatre Company Choristers will present “Steel Magnolias,” a great story about the strength

and solidarity of Southern women. Tickets are available at: [www.lincoltheatrecompany.org](http://www.lincoltheatrecompany.org) or 1.916.409.7030. All seats are reserved and priced at \$15.50 and \$17.50.

April 27th (Saturday) – Lincoln Rotary Wine Fest. 1 PM thru 5 PM. Location – downtown Lincoln, centered at Beermann’s Plaza (5th Street). The 8th annual Wine Fest features 20 Placer County wineries paired with yummy food from Lincoln restaurants and other food providers. Also: live music, specialty vendors, and the ability to purchase wine directly from the producer. Tickets: \$35 ordered on-line via the website – [www.lincolnwinefest.org](http://www.lincolnwinefest.org); \$40 at the gate.

May 11th (Saturday). Tour de Lincoln (bicycles). This annual event offers a wonderful spring day of riding the scenic back roads of Lincoln and South Placer County. Special pre-registration discounts. See information at: [www.tourdelincoln.org](http://www.tourdelincoln.org).

If you have a community event in or around Lincoln – but outside SCLH - and would like it published, contact Richard Pearl at: [pennyrich@aol.com](mailto:pennyrich@aol.com)

## Hiking Walking Group

(cont’ from page 29)

3 or 4 day hikes and you’ll be a pro. Also, in reading, there are some concerns that poles have an ecological impact on the trails. The concern is damage to vegetation, soil and rocks. Keeping your poles on the trail surface minimizes the impact and the advantages far outweigh this concern.

How do you pick trekking poles? There are so many choices to make: Adjustable, Shock-Absorbing, Standard, Ultralight, Locking Mechanisms, Grips, Wrist Strap, No Wrist Strap, Aluminum, and Carbon Fiber. UGH!!!! HELP!!!! Don’t fret my friends, REI to the rescue! Seriously, REI has an excellent article on How to Choose Trekking Poles even a video, copy and paste this in your browser [www.rei.com/learn/expert-advice/trekking-poles-hiking-staffs.html](http://www.rei.com/learn/expert-advice/trekking-poles-hiking-staffs.html). Take a look and talk to the experts.

If you haven’t tried trekking poles, weigh the numerous benefits against any drawbacks. Talk to the pole users in the hiking club and decide if they would be a worthwhile addition to your hiking gear.

Mark your calendars and plan on joining one of these hikes. It is very important for you to check the website, [www.lincolnhillshikers.org](http://www.lincolnhillshikers.org), on the morning of the hike as rain and mud usually means the hike is canceled or now we may have an alternate trail.

Upcoming Easy Hikes: March 28, Sugar Pine Reservoir (Forresthill), April 9, Griffith Quarry (Penryn)

Upcoming Moderate Hikes: April 4, Deer Creek, Sue Geisler Memorial Hike (Nevada City), April 13, Angel Island (SF Bay)

Upcoming Moderate/Strenuous Hikes: March 21, Stevens Creek Trail (Colfax)  
Hiking-Walking Group Website: <http://www.lincolnhillshikers.org>

Call Art McGrath Hiking Group President, 434-5540 with questions about the Hiking Group.

Call Debbie Schryver, Walking Group Coordinator, 666-1741 with questions about the Walking Group.

...

(more Club News cont’ on page 33)



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### MARCH / APRIL

#### Yacht Club?

Ahoy, residents of Sun City Lincoln Hills! Are you a salt water sailor or power boater; owner or crew; 6-pack ticket holder, or higher? Perhaps a reader of Latitude 38? Do you have neighbors who are? I don't see any boating oriented clubs listed in the COMPASS pages. Would you like to meet and swap sea stories, compare racing tactics, or bareboat charter adventures? Let me know? Maybe lunch at the Sports Bar will lead to a Yacht Club.

Call: Norm Trondsen: 916-209-3402 or ntrondsen@yahoo.com

#### Multiple Sclerosis Group

All Veterans and SCLH Residents living with disabilities are invited to attend the Tuesday, March 5, Multiple Sclerosis Meeting, 1:00 PM, Kilaga Springs, Sierra Room.

The Meeting promises to be inspiring and informative.

President of the Semper Fi Assoc., Richard Martinez, Marine Corps Veteran and President of Lincoln Veterans Memorial Assoc., will share his experience with those who have developed Multiple Sclerosis.

For additional information: Jeri Di Fiore 916 408-7565 and leave a message.

#### Craft Beer Enthusiasts

A new club/group is starting in Lincoln Hills. We plan to visit a local craft brewery each month.

Upcoming events —

Sat. Mar 16: Fort Rock Brewery (Folsom)

If you would like more information, please call Phil Hermanson at 530-320-7469 or email: philhermanson1@gmail.com

#### Parkinson's Support Group

The Parkinson's Support Group of Lincoln welcomes "The Fall Prevention Lady" at its March 19th meeting. Kelly Ward is a FallProof Balance & Mobility Specialist and will talk about "Fall Prevention 101." Join us as we gather from 10:00-11:30 at Granite Springs Community Church on E. Joiner Parkway. For more information contact Brenda Cathey at 916-253-7537.

#### Lincoln Democratic Club

For our March 21st meeting, local students who traveled to attend the Washington DC "March for Our Lives" in 2018 will show a video they created and share their experiences as people active in reducing gun violence. Updated information on the status of legislation for gun related issues will be provided. We meet the third Thursday of the month at the Granite Springs Church, 1170 E. Joiner Parkway, Lincoln. Doors open at 6:15 PM for a social time, business meeting is at 6:45 PM, followed by the program. Please see the club website at <http://www.democraticclublincolnca.org>

#### Bocce Ball Players

Sign Petition for getting Lattice Sun Shades behind the bocce ball courts and new benches, one at each end of the courts, through the community enhancement fund (CEF).

Sign the petition at Kilaga Springs Lodge on Mondays 1:30 pm to 3:30 pm in California Room and Thursdays 1:00 pm to 3:00 pm in Placer Room (kitchen) thru Nov. 2019, starting in January.

#### Semper Fi Association

Semper Fi Association, open to all active and inactive Marines, plus Navy Corpsmen, meets at the Legends Sports Bar & Grill (at the Woodcreek Golf Club), 5880 Woodcreek Oaks Ln., Roveville on the first Monday of the month. Breakfast (optional) available at 8:30 a.m., meeting starts at 9:00 a.m. Contact Mike Scott, 916-435-4940, or Richard Martinez, 916-543-7965.

#### Grupo De Conversacion

Nos reunimos para practicar y mejorar nuestro español. We meet every Tuesday at 4:00 pm in the "Living Room" area of Kilaga Springs Lodge, call Manuel 408-8163.

#### Sons In Retirement Branch 13

Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its monthly luncheon on Tuesday, March 19 at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. A three course gourmet lunch costs \$20pp. Arrive at 11:30 AM; luncheon adjourns at 1:30 PM. 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 at 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.

#### Lincoln American Legion Post #264

Meetings 7:00 P.M. the first and third Wednesday of the month at the Veterans Memorial Hall 541 5th St, Lincoln. The business meeting for members is the first meeting and the second meeting is general information for everyone. All U.S. military veterans that have served in time of war or recognized conflicts are eligible to join. Contact us at ph: 916-409-6750 & e-mail: commander@lincolnlegion.org. "For God and Country"

#### LH Lions Club Meeting

The Lincoln Hills Lions Club meets the 1st and 3rd Thursday of each month at noon at the Lincoln Veterans Memorial Hall, 541 5th Street. We brown bag it so bring your lunch and a drink and come join a group of service minded men and woman who are interested in improving our community while having fun. Call Sue and Bob Olin for info 916-543-0002.

#### Lincoln Kiwanis Club Meeting

Lincoln Kiwanis dinner meeting is at 6:00 p.m. on the first Tuesday of the month and breakfast meetings are from 7 to 8 a.m. all other Tuesdays at Buonarroti's, 460 Lincoln Blvd. Guests are welcome. Info: President, Christy Auld at 916-253-7074 or 916-300-3941 or lincolnkiwanis.org.

#### Kiwanis Club of Lincoln Foothills

Kiwanis Club of Lincoln Foothills dinner meeting is at 5:30 p.m. on the first Wednesday and 11:30 a.m. on the third Friday of each month at Turkey Creek Country Club, 1525 Highway 193 in Lincoln. Lunch available for \$13, dinner available for \$15. Guests welcome. RSVP and information: Rae at 916-251-6241.

#### Rotary Club of Lincoln

We have weekly meetings Thursday noon (12-1:30) at the Lincoln Woman's Club 5th and E Street. Interesting speakers and service to the community. For info visit LincolnCaRotary.org or call us at 916-844-2582.

#### 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

#### 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.

#### Family Mental Illness Support Group

This group is for SCLH residents who have immediate family members who experience serious mental illnesses such as bipolar disorder, schizoaffective disorder, schizophrenia, obsessive-compulsive disorder, clinical depression, etc. We meet on the second Friday of the month at 2pm. For more info: Dede Ranahan at 408-4541 or dederanahan@gmail.com

#### LH Airport Co-Op

The Lincoln Hills Airport Co-Op is open to Lincoln Hills residents to share rides to and from the Sacramento International Airport.

The cooperative works on a point system. Drivers earn points taking travelers to and from the airport while travelers spend points to receive rides. Membership is \$15 per year (Jan-Dec) per household. To join, visit our website [www.lh-airportco-op.org](http://www.lh-airportco-op.org) click the membership tab, download the application, mail, along with required documentation to the address on the application. Call Barb Iniguez at 916-408-7812 for more info.

#### Lincoln Caregivers Support Group

The Lincoln Caregivers Support Group meets at the Twelve Bridges Lincoln Library on the third Thursday of each month. We meet from 9:00-10:30. Please enter through the Employees entrance at the back of the Library. For more information contact Seniors First at 530-889-9500.

#### Soroptimist International of Lincoln "Purses with Purpose" Luncheon Benefit

Soroptimist International of Lincoln is having their annual "Purses with Purpose"

Benefit Luncheon on March 16, at the Orchard Creek Ballroom. Please join us and help support the programs and scholarships we provide to women and girls in our community. To obtain tickets for this fun event, call Connie Pool 916-300-5573 or Joanie McCoy at 916-759-5962. Please check out the flier for more information.

Soroptimist International is a non-profit global volunteer service organization whose vision is to improve the lives of women and girls in local communities and throughout the world.



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## Ladies Golf—18 Holers

BY CANDICE KOROPP

Two stroke play events closed out the month of January. Thirty players played on both playdays on the Orchard Course, but the first tourney on the 24th had a twist: counting putts, and 26 ladies opted in for that challenge. Candy Koropp and Donna Sanderson split the pot, as they tied with 32 putts apiece. Koropp also won first place in Flight One, after a sloppy front nine. Second place went to Patti Tilton, three shots behind. In flight Two, Karen Thom had a net sub-par round of 67, the low of the day, to claim first place. Linda Chappelle captured second. In the Third Flight, Mikie Briggs won over Julie Storer. No one hit the green to get the CTP.

On the last day of the month, on a sunny day, Flight Four was led by Rosemary Heckman, one shot better than second place, Julie Storer. Cheryl Dewildt placed first in Flight Three, followed by a tie between Chris Biswell and Nancy Gadsby. Biswell won the tiebreaker. In Flight Two, Ofra Unger took first by a couple of strokes over Judy Emge. And, Koropp edged Tilton for first place in Flight One. Tilton claimed the CTP on Hole 11, with about 11 feet of putts. Birdies were tallied by Kathi McCoy on Hole Three and Eight, Tilton on Six and Koropp on #17; and Suzanne Hutchinson recorded a chip-in on #11.

In February, thirty-three gals played the Hills, getting this round in before a series of storms. The NetChix winner was Unger, with a net 70. First place went McCoy, who edged Kathi Botelho in a tiebreaker with nets of 73. Third was awarded to Tilton, missing the tiebreaker by one stroke, to complete Flight One. In Flight Two, all were knotted at 71, but Judy Habecker won the tiebreaker for first, followed by Lissi Bedford for second, and Donna Brinkerhoff, third. Again in Flight Three, two players tied with 71, but Maureen Senn came away with the win in the tiebreaker over Emge. Diana Lilienthal was third. Habecker excitedly watched as her ball tracked toward the cup on #16. It rolled just by the edge to stop two feet away. She made the birdie putt and won the CTP, to top it off. Of course, she was all smiles describing it at lunch. Congrats to all of the winners.

Our second week, was rained out. But a “Sip and Shop” coffee/get-together in the ProShop and Sports Bar was substituted by our Captain, Valerie McElroy, so not as to waste a Valentine’s Day opportunity with our club.

• • •

(more Club News cont’ on page 35)

# Neighborhood Watch

BY KATHY GIRE

**Alerts:** An unknown person stole items from the backyard of a house in the 400 block of Daylily Lane in Village 41BC on January 22.

Someone also stole a bag of items that was put out on curbside for the Disabled Veterans on Yerington Lane in Village 11. The Disabled Veterans will come to your house for a scheduled pickup if you let them know.

We experienced some fog recently, and someone reported that a car hit a deer at Twelve Bridges and Rossi Lane in Village 35.

**Scams:** A scammer contacted a resident alleging that her computer was infected with a virus. The resident paid \$300 to have the computer disinfected. The scammer was brazen enough to call back to get more money, but the resident hung up.

### Mission Statement

- To strengthen neighborhood ties
- To increase personal safety and security awareness
- To be the “eyes and ears” of the Lincoln Police and Fire Departments
- To encourage emergency preparedness.

Lincoln Hills Community Forum and Neighborhood Watch

Present Police and Fire Safety Symposium  
Join us on Wednesday, March 20 from 1:00 PM - 3:00 PM at the Orchard Creek Ballroom. Our speakers are Doug Lee, Police Chief of Lincoln, and Bill Hack, Lincoln/Rocklin Fire Chief.

Chief Lee believes the community plays a crucial role in helping reduce the crime rate. He also believes in providing important services in the area of safety. He will talk about emergency and non-emergency calls, lost pets, vehicle and home break-ins, and scams of many kinds. Fire Chief Bill Hack has revitalized the Fire Department and works closely with Chief Lee. He believes in developing a pro-active fire and disaster response service delivery. He will speak about emergency and non-emergency calls, the Vial of Life Program, carbon monoxide and smoke detectors, reasons for falls, tips to fire prevention, and fire preparedness and evacuation plans.



Judith Doughty and Ingela Orlove

Neighborhood Watch Runs in the Family! Mail Box Captain Judith Doughty, pictured on the left, retired from Mail Stations #3 and #4 in Village 42A. Her step-daughter Ingela Orlove, a Village 43C Mail Box Captain since May 2017, was honored to present her step-mother with the Neighborhood Watch Executive Director’s Recognition Award for serving as Village 42A Mail Box Captain since July 2006.

Give a round of applause for our newest Mail Box Captains:

Orville & Normita Callison, Village 39

Jennifer Forsyth, Village 26C

Paul & Connie Jacobs, Village 29

Maryellen Kordas, Village 29

Nancy Krebs, Village 25A adopted a second mail station

Rhoda Ladd, Village 6 (came back)

Sharon Micheli, Village 38B adopted a second mail station

Christine Uebele, Village 12 adopted a mail station

Jill Valeriotte, Village 38B adopted a second mail station

The following villages are in need Village Coordinators: 16B, 19B, 20, 22A, 24A, 24C, 26C, 32A, 35B, 38B, 38C, 39, and 40B. Please contact Executive Director, Linda Minor at 707 235-0778, or Secretary, Pauline Watson at 916 543-8436 if you are interested in “adopting” a Village.

On March 13, the Sun City Lincoln Hills Association will present their bi-monthly new resident orientation in the Orchard Creek Ballroom. Mail Box Captains should notify any new residents in their villages about the event

which runs from 2:00 PM until 4:00 PM. It is also helpful for the Captains to review Chapter 4, Section 4.04 “Guidelines for Welcoming New Residents” in their Captain’s Handbooks.

### Wire Transfer Hacker Warning

In this day and age, “Hackers” can take over your email communications. This is especially important when doing business and there will be money or personal information transferred. Here are some suggestions to help prevent being “hacked.”

1. Do not use contact information (phone number, email, and website) that is provided by someone with whom you are doing business. Call them to confirm any personal information, email, or money transfers.

2. Even when something looks or sounds legitimate, do not act on any change of writing or Electronic Funds Transfer (EFT) instructions that you receive electronically (via email). Always call the original person you are dealing with to confirm a change.

3. Whenever possible use alternatives to wire transfers of EFT for small transactions, make the payment in person, by check or credit card.

“Hackers” can create legitimate looking documents allegedly from banks or lending institutions. Be aware and contact a relative, friend or neighbor for advice if you receive an unsolicited letter, email, phone call asking for money or personal information.

March has several events to talk about, but celebrating Saint Patrick seems to be the most popular. He is associated with Ireland, but he was actually born in Scotland. His birthday is assumed to be March 17, but that was the date of his death. The “wearing of the green” was connected to the luscious green grass of Ireland but the color of St. Patrick’s robes was blue!

“Corned beef” was unheard of in Ireland until the late 19th century when immigrants bought corned beef from the Jewish Delis in New York City. And those snakes? In truth, the Emerald Isle owes its lack of slithering snakes not to St. Patrick but to the Ice Age and geography. Even if the snakes could reach the glaciers, they were too cold for the reptiles.

In my home as a child, every year my mother served the corned beef and told the story of the snakes. Every year my father would declare that was not true; he would say that the snakes left voluntarily.

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## AAUW 2019 Women of Distinction Spy plane pilot featured as event key note speaker, honorees are Lincoln Community Activist and Sierra College Professor

The American Association of University Women proudly announces that Air Force Colonel Merryl Tengesdal, Ret., former pilot of the U-2S spy plane, highlights the Women of Distinction fundraising dinner on March 28, 2019 in Roseville as its keynote speaker. The dinner, open to the public, is set for Roseville's Falls Event Center at 5:30 pm and is the fourth annual fundraiser presented by the nonprofit American Association of University Women-Roseville South Placer branch (AAUW-RSP). The 2018 honorees Dawn Clayton (General Manager of Thunder Valley Resort) and Susan Rohan (former Mayor of Roseville) are the honorary chairs for this event.

"We're excited to have one of the Air Force's most highly skilled pilots as our speaker," says Kate Tiongson, of the AAUW-RSP Event Committee. Colonel Tengesdal flew missions out of Beale Air Force Base, worked at North American Aerospace Defense Command (NORAD) and the U.S. Northern Command (NORTHCOM) and will tell stories of her military days. "Colonel Tengesdal has broken barriers and been a role model for women and girls, as are our two honorees," Tiongson concludes.

The 2019 Honorees— Kris Wyatt and Megan Seely—were selected "based on their accomplishments and on being a role model



Air Force Colonel Merryl Tengesdal, Ret.



Kris Wyatt



Megan Seely

and advancing equity for women and girls, which is central to AAUW's mission," notes Event Chair Sanchia Spadow.

Lincoln community activist Kris Wyatt is a retired teacher and counselor from Lincoln High School. Since her retirement, Wyatt has been elected to the Western Placer Board of Education and joined the board of the Lincoln Community Foundation and Friends of McBean Park Stadium. She also continues to be active with Lincoln High as an advisor for the Interact Club. Wyatt was chosen for her extensive service to the Lincoln community, marked by her leadership with the Lincoln Community Resource Collaborative, Rotary, and the Lincoln County Foundation. "Most notable is Kris' continuing dedication to mentoring young people and serving as an

outstanding role model for women and girls in the South Placer communities" notes Sanchia Spadow.

Megan Seely is a professor and chair of

and girls". "Megan was chosen to receive this award for her outstanding service for the young women in our community, as a role model and her lifelong advocacy for girls and women" advises Sanchia Spadow.

AAUW-Roseville South Placer Branch is a 501 (c) 3 non-profit organization. For more than 15 years, the Branch has awarded scholarships to Sierra College students; funds raised also help send local middle school girls to Tech Trek (STEM summer camp), support Sierra College Leadership and go toward high school scholarships. Women of Distinction event tickets (\$90 each) include dinner and are available until March 15, call Linda at (916) 708-5463. The event also features a raffle with prizes including wine country getaways and golf packages.

**Traveling... Don't Miss an Issue! The Sun Senior News Available On-line at: [www.SunSeniorNews.com](http://www.SunSeniorNews.com)**




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- ★ Beer Garden - Sponsor Booths - DJ
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EVENT	REGISTRATION NOW THROUGH MAY 4
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Kids Run	FREE

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**FOR MORE DETAILS: [www.lincolnpacerace.org](http://www.lincolnpacerace.org) ★ 916-625-4031**

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## Lincster Golf

BY SUSAN PHARIS

The Lincsters will hold their first general meeting of 2019 on March 13. This meeting will have an interactive presentation on the new rules of golf. The meeting will also cover important information on Golf Genus, the new website that the Lincsters will be using for signing up to play golf with the club. This new system should be in place this month, March. Hopefully all members will be able to attend this very important meeting. Also coming up in the future, on April 24, will be the annual Bring a Friend Tournament.

After several rained out play days, the ladies were able to tackle a somewhat wet Orchard Course on February 6. Winning Flight A was Kay McAdam with a net of 35. Sandra Braa won Flight B with her net of 35. Flight C had a tie between four players, all who had nets of 40: Carmen Farrington, Bev Johnson, Claren Bolton, and Pat Dangerfield. Flight D winner was Kathi Carlock with a net of 34.

The Lincsters held their first "Fifth Wednesday" tournament, the Grandmother's Tournament, on February 2. There was a total of 89 players on both the front and back nines of the Hills. Winning the coveted "Grandmother's" trophy was Ingela Butters on the front nine, and Colleen Connell on the back nine. A walking cane was awarded to the second and third place winners, Margie Jewett and Kay Seenberg, front nine, and Henrietta Fujihara and Bev Johnson on the back nine. Thank you to Alice Stanwood and her committee for an enjoyable event. Committee members were Marie Bossert and Cindy Atkinson, planning; Carol Sexton and Anita Bronner, scoring; Barbara Gordon and

Mary Cannistraci, decorations; Judy Reich, drawing tickets. The next "Fifth Wednesday" event will be May 29.

## Men's Golf Club

BY DOUG HINCHEY

The 4 man scramble was postponed two weeks, results in the next issue. March 5th will be a two man scramble, followed March 26th is the NCGA 4 Ball Qualifier, 2 Man Better Ball. The Presidents Cup match play tournament will start May 7. This year all matches will be played within the Tuesday proshop sweeps. No more hassle scheduling your next match, it's the following Tuesday! Website: mgclh.club

## Mad Hatters Bocce Group

BY PAUL MAC GARVEY

It's that time of year again. The Board of Directors has granted Special Olympics use of the Bocce courts for their annual tournament. The tournament itself will be held on Sunday, April 28 from 8:00 AM to 4:00 PM and they will be using ten courts. Prior to the tournament, Special Olympics will be using the Bocce courts every Saturday morning between 9:00 AM and 10:30 AM from March 9 through April 27 for practice sessions, again using ten courts. We may be asking some of you to volunteer to referee these matches, which brings us to our next subject, our Bocce balls.

We currently have three different brands of Bocce Balls in the Bocce Locker at the Sports Plaza. We have the heavy newer sets in the black bags, we have the older lighter sets in the blue bags and we have the small sets in the trays at the bottom. Surprisingly the black bag sets and the blue bag sets are about the

same size at around 107mm plus or minus a mm but the ever so slightly smaller black bag balls are heavier than the slightly larger blue bag sets. We currently have eleven adult Bocce sets and one kids set in the locker. One adult set was stolen several months ago and never replaced. Our players find it irritating when we mix the different sets on the courts as the weight difference forces adjustments. We were talking to Deborah McILVain about finding a way to come up with a purchase plan whereby we could eventually come up with twelve Bocce sets that are all the same. New Bocce balls are purchased out of the maintenance budget so it's really a problem of deciding what, where and when to buy new balls.

That brings us to what we really wanted to talk about. Many of you will remember Brenda Spencer. Brenda has moved to Texas but she left the idea in our minds of purchasing blue and white Bocce ball sets instead of the standard red and green color scheme. If you've played Bocce on a sunny day or under the lights in the evening then you know that sometimes, depending on direction or ambient light, it can be hard to tell the difference between the dark red and dark green balls at the other end of the court (not to mention color blindness.) There is no real contrast difference under certain lighting conditions. White and blue balls would eliminate that contrast problem. They are commercially available but we would have to get all the different groups that use the association sets to agree to the untraditional change. If you are reading this and have an interest or opinion please contact Paul at the number below.

Contact: Paul Mac Garvey, 916-543-2067, pmac1411@aol.com; Bob Vincent, 916-543-0543

## Pickleball Club

BY MIKE GARDNER

We want to welcome you to our sport. The Pickleball Club will again offer what we call "Welcome Saturday" to introduce Lincoln Hills residents to the fastest growing game around.

"Welcome Saturday" events are free. They will be held at the courts March 23, April 20, May 25, Sept. 28 and Oct. 26. The program begins at 11 AM. No reservations or paddles are required, but please wear tennis shoes.

Welcome Saturday was launched to serve the needs of residents who cannot attend our weekly introduction classes. Cal Meissen will continue to offer that free introduction class most Wednesdays, weather permitting, at 1 PM. No reservations or equipment needed.

Club members: It's almost time to start signing up for our first tournament of the year.

April 1 launches the registration clock for the President's Cup to be played two weeks later.

The April games kick off our tournament schedule, which includes separate competitions in May and September.

We also offer lessons and leagues that are open to members-only.

We do more than play. We can also party.

The lineup of social activities in 2019 included a series of birthday parties by age group in February. On tap are: spring mixer, summer party, ice cream social, Oktoberfest and holiday gala.

Dues are just \$15 a year. For more information, go to [www.lhpickleball.com](http://www.lhpickleball.com)

(more Club News cont' on page 37)

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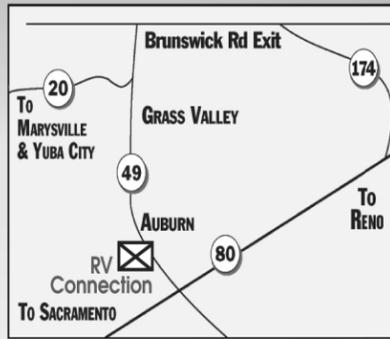
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### Tennis Group

BY LINDA BURKE

Any tennis player in Sun City Lincoln Hills that would like to get involved with tennis – please stop by the courts for Drop-In Tennis - Wednesday or Saturday from 9-11am. It's fun and a great way to meet other tennis players and it's FREE! If you are not already a LHTG member pick up an application at the Pavilion.

Lot's of rain and cold in February - Due to weather the VALENTINE'S DAY TOURNAMENT which was to be held on February 14th ! was cancelled.

Upcoming Events —

Next up - The St. Patrick's Day Men's and Women's Doubles Tournament, Saturday, March 16th. Individual Sign Ups to find which "Lucky" Partner will help bring you a "Pot of Gold". This is a Mix & Switch WD and MD Fun Tournament. Includes Prizes, Breakfast snacks and an Irish Food extravaganza. Pick up an entry form at the Pavilion or on our website <http://sclhtg.com>. Any Questions contact Greg Burke, Tournament Director: 916-209-3463 or Email: [burkegbp@aol.com](mailto:burkegbp@aol.com)

Our popular Mixed Doubles Championship will be held Friday, May 3rd – Details to follow soon.

Being a member of the LHTG means you have a say! So, if you have not already joined, applications are online at <http://sclhtg.com> or at the Tennis Pavilion. We have so many players who support us year after year – A Great Big Thank You!

### Table Tennis

BY DENNIS ZARO

Did you play ping pong as a kid? You still can, and all are welcome including beginners. Seven tables are available for all skill levels of play from raw beginners to advanced. The beginners' table is in the kitchen. Here, the objective is to keep the ball in play without slamming. Guest paddles are available. Just wear tennis shoes rather than street shoes. We play doubles, and partners are rotated after each game. Games are played at

the Multipurpose Room (KS). Play times are: Sunday, 12:30 PM to KS closing, Tuesday, 6:00 to 9:00 PM, and Friday, 8:00 to 11:00 AM. On Fridays a robot ball machine is available for 15 minutes of practice.

Free lessons are available. For more information contact Tim at [timcfrank@gmail.com](mailto:timcfrank@gmail.com).

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### LH Water Volleyball Club

BY ROSEMARY ELSTON

The Sun City Lincoln Hills Water Volleyball Club currently has 117 members. Over the past two months, three new members have joined our club. The new members have participated in an orientation, received the assignment of a club mentor, obtained instruction in rules and strategies for water volleyball and were introduced to water play in the pool. According to reports from new members, the support provided by volunteer members has increased new member confidence, skill development and enthusiasm for the sport of water volleyball. Many thanks to the the volunteer members whose time and effort enhanced the level of play and safety in the water.

Two exciting events have taken place over January and February: first, member training on passing and setting the ball occurred on January 23rd and second, Ladies' Night with sixteen women transpired on February 6th. Both events promoted member skill development and opportunities for member interaction. Again, these events are planned, coordinated and executed by volunteer members under the guidance of the Steering Committee.

The Steering Committee approved the play schedule for the 2019 year. The new schedule includes changes in days of play, additional play formats and potential opportunities for increased competitive play at both the recreational and competitive levels. To take advantage of the new play schedule, members can review the schedule posted on the whiteboard in the Kilaga Springs pool area or the Water Volleyball website.

The Sun City Lincoln Hills Community Association is soliciting articles for the creation of a 20th year Anniversary Book highlighting the many wonderful clubs in our community. The Water Volleyball Club will be represented with an article and member photographs. What a great opportunity to celebrate the contributions of our club to the Sun City Lincoln Hills community. If you are interested in joining the Water Volleyball Club send an e-mail to [sclhwatervolleyball@gmail.com](mailto:sclhwatervolleyball@gmail.com). Our website is [www.lhwatervolleyball.com](http://www.lhwatervolleyball.com).

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### LH Billiards Group

BY STEVE FOWLER

Congratulations to our recent Breakers Tournament co-winner Joey Colmery who tied for first place, with five of six wins. Joey showed up at the Kilaga Billiards Room a few months ago asking me if this is the place where you can get free pool lessons? Turns out Joey had never been in a pool room, and knew nothing about the game other than she wanted to learn to play pool. Special? It happened to be Joey's 90th Birthday. Now she knows the lingo, .e.g., stop, draw, follow shots, so forth, and she executes them well as you can see. The Billiards Group offers tournaments to all residents for beginners, intermediate, and advanced players. Who knows, there may be another Joey out there. Please join us in the fun and make new friends. The Billiards Group offers free lessons to residents at Kilaga Springs Lodge on Tuesdays 9:00 to 10:00 AM for new and returning players. You do not need anything to play, just show up and see what we have to offer. Remember it's free. Contact Tony Felice 1-916-955-0501, or [atfelice3@gmail.com](mailto:atfelice3@gmail.com) for further info.



Joey Colmery

News. The Billiards Group has social functions a couple times a year.

We have regularly scheduled tournaments with Couples, Upstarts, Breakers, Players, Challengers, Rookies and Women's being free. The Cue Masters and Rack-N-Roll tournaments require an entry fee of \$2 to play that day. All monies collected are paid out as prizes.

We play by the American Pool Players Association Rules that can be downloaded from [www.poolplayers.com](http://www.poolplayers.com)

A copy of the APA Rules including any revisions/additions to include individual tournaments, e.g., Challengers, Upstarts, etc. are contained in binders on the fireplace mantles in both billiard rooms. Contact Tony Felice at 916-955-0501

[atfelice3@gmail.com](mailto:atfelice3@gmail.com) for information on the below listed tournaments, or membership application. The Club dues are \$10 a year. Membership year is Jan 1 through December 31 of each year. Dues paid in the month of October, November and December will be counted current for the following year. Membership Forms are also available on the Billiards Room Bulletin Boards at both Kilaga and Orchard Creek Lodges.

- Billiards Group Schedule —
- Recommended Playing Levels
- All tournaments are held at Kilaga Springs Billiard Room.
- Level: Beginners
- Rookie Tournament – 8 ball singles play. Monday 10:00 AM to 12:30 PM.
- Mentoring – Learn how to play pool. Tuesday 9 AM-10 AM.
- Level: Novice - Intermediate Players
- Breakers –Saturday 10:00 AM to 12:30 PM. 8 Ball.
- Ladies Group -Tuesday 12:45 PM- 3:00 PM.
- Co-Ed -Wednesday 4:15-6:30 PM. 8 Ball.
- Upstarts Group -Thursday 11:45-2 PM. 8 Ball (beginners to intermediate).
- Players Group - Thursday 2:15-4:30 PM for midlevel players. 8 Ball.
- Challengers Group: Friday 9:45-12:00

(cont' on page 39)

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Kindly RSVP to [roseville-marketing@oakmontmg.com](mailto:roseville-marketing@oakmontmg.com) or call LaDonna at 916-993-3140, as space is limited.

*There will be special door prize drawings during the event.*

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## The Spring Chicken<sup>TM</sup> The Princess and the Pea

BY LESLIE LAFAYETTE

The first time I began to doubt that a certain someone and I were “Meant For Each Other” was when I was visiting at his place and we began to do the Dance of the Thermostat. This is not unusual between couples; for that matter it became common in large offices too as various individuals attempted to control the temperature.

Finally, corporations locked up the thermostats and no one could touch them, which doomed many to perpetual chattering teeth and wearing many layers of clothes which made them look fat. Even in summer - especially in summer - women abandoned their pretty spaghetti strap sundresses and bundled up like November in Minnesota (I think this is where we got those big shoulder pads in the 80s) because the thermostat was out of play.

But in my boyfriend’s home I was too warm and he was too worried about the utility bill. In desperation I would creep into the hall and push the lever down one degree. Before long he would push it back up. I offered to contribute to the utility bill. He assured me it was just not that hot. I was working on a book so I went back to my own place. The temperature cooled down and so, eventually, did our relationship.

I’ve always been jealous of those who move through the world unfettered by personal preference. I don’t know if their willingness to take the first table offered in a restaurant or not drive around looking for a better parking place is saintly, emotionally mature, or just lazy although I prefer to believe the third.

You might recall the movie “When Harry Met Sally.” Sally was my hero, although when I went to see the film with friends every head turned to look at me as she described exactly how she wanted her sandwich, and with her pie she wanted vanilla or no ice cream at all and on the side, not on top, of the pie. Now these were not terribly difficult requests but our culture does not have much patience for those of us who want it the way we want it and request it that way. It’s not cool, it’s not laid back, and yes, I know, we’re viewed as something of a pain in the posterior.

The trouble escalates when we are paired with someone who has no idea of what is bothering us. We could be sitting under the fan (there’s that pesky A/C again, cooling off the food at an alarming rate) and the music could be too loud so we cannot hear each other, a child of Attila the Hun might be kicking the back of my chair and my companion takes no notice of any of it and is having an annoyingly good time. Do I bring up these things or do I say nothing?

Suffering in silence is highly overrated and certainly unrewarding so why would someone choose it as a lifestyle?

I think I inherited my particular (some would say picky) nature from my Hungarian mother who, on a road trip with Dad and me, would leave us in the car at the motel while she took a few keys from the manager and inspected the rooms, choosing the one with the best view, the cleanest, the quietest. Or

the annual trip for a Christmas tree which required at least three lots searching for just the perfect tree. She ordered her toast well done which meant “put it down twice” and dry, butter on the side and if it arrived all pale and slathered, back it went. Do I have fond memories of these times? No, but neither do they upset me. I said I would never be like my mother (in so many things) but let’s face it, I look and there’s my mother’s hand at the end of my arm.

Perhaps you have a friend, a wife or a daughter like me. I’m jonesing for a little understanding here. Like the young princess who had a terrible night’s sleep, bruised by a single pea despite the 25 mattresses and 20 quilts between it and her, this only proves our sensitive, delicate, royal nature. Right? Can we help it if we’re uneasy because you’re driving on the curves too fast? Because you took the wrong road even though we told you we really like another one that was straighter? The woman behind us at the movie is crackling her candy wrapper incessantly and look, there are two seats 8 rows up that will be quieter. Why are you giving me that look? You ought to be giving it to her! When the princess complained of her discomfort, she was considered royalty but all we get are side eye and sighs. It’s not fair, is it. (I wish I could insert a pouting lips emoji here.)

Do not hate us for our insistence that an aisle seat is the only way to fly and the colorist at the salon really should supply fluffier neck pillows for the uncomfortable sinks. (Dentists could use more pillows too.) Think of the perks you’ll get that you didn’t even know you wanted when we get the best table in the restaurant or find the window washer who really leaves them sparkling (because we fired three previous washers) ...you should really call all of your Princess friends for referrals!

As for us, we really will try to go with the flow and Zip It if possible, especially when we’re at your home for dinner and don’t like something on the menu or think the guest towels aren’t soft enough. The Princess may have been admired when she complained about the pea, but we know better than to wind up in the pea soup ourselves. Only, would you mind turning down the thermostat just a tad? It’s getting unseasonably warm, don’t you think?

*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)*

### LH Billiards Group

(cont' from page 37)

PM. 8 Ball (1/15) intermediate to advanced players.

Level: Advance Players

Rack-N-Roll Billiards Group – Every Monday 2:30 to 5:00 PM

Teams play straight 8 Ball, 8 ball with 1/15, 8 ball rotation, 8 ball with tower or 9 ball. All games are singles games (played with no partner).

Remy Giannini 916 543-8790

CueMasters: 12:45 PM Sign in with a start time of 1 PM. Meets 1st Wednesday for Singles 8 Ball (1/15), Meets 2nd Wednesday for Singles 9 Ball, Meets 3rd Wednesday for Doubles 8 Ball (1/15).

• • •

### Tuesday SS Bowling League

BY JOHN VOGELI

Let me start this piece with an acknowledgement of excellence. Roy "Perfecto" Hackman a couple of weeks back rolled a perfect 300 game. However that is not the biggest news, because that was his 3rd "perfecto" since September 2018. Lucky me got to see first hand two of them in the Lincoln Hills PM 2018-2019 league, when he rolled one against my team and the other one on the lanes next to our match. Sure was pretty to watch though. I have been informed that Roy has a total of 11 "Perfectos". Great job Roy and may you have 11 more, except leave me off that list. Now onto some personal and team accomplishments. With a couple of weeks left until our 3rd Qtr position round "Pin Pals" (Curt Clawson, Rumiko Asbell,

Claudia DeHart, Russ Asbell) are in the first position with "Alley Oops" (Rich Connell, Arlene Donaher, Bill Byall, Doug Tran) a couple of points back of that with EZDuzit (Bernie Pratt, Patrick Heredia, Pete Farrar, Owen Brosh) and Roll X (Helen Rodante, Jack Uchman, Dennis Thompson, Rex Miller) are only a couple points back of that. So as of this article there are a number of teams with a chance to be our Third Qtr Champion. I will update the third Qtr results in my next article. Now on to some individual accomplishments.

Dave Harriman 219, Roy Hackman 211, Ron Basnett 205 lead the men high averages, with PK Lewis 189, Wendy Green 171, and Claudia DeHart 167 the best in the womens category. In the Team scratch series "We Don't Care" (Donald Lewis, CJ Johnson, Jim Gothier, PK Lewis) is leading the way with a 2527 pins. The best team scratch game is 849 by "Something Missing" (Carol Torno, Bob Vincent, Roy Hackman, Ron Basnett). The best team handicap Series is 2797 by the "Pin Pals" (Curt Clawson, Rumiko Asbell, Claudia DeHart, Russ Asbell). The best team Handicap game is 1040 by "EZDuzit" (Bernie Pratt, Patrick Heredia, Pete Farrar, Owen Brosh). Best scratch series CJ Johnson 748 for the men and PK Lewis 662 for the women. Best scratch game Roy "Perfecto" Hackman 300 for the men and Helen Rodante with a 226 for the women. In the handicap high series Jeff Mattimoe has an 831, with Debra Scott with a 760 for the women. The high handicap game for the men is 306 by Jack Uchman and 293 for Bernie Pratt representing the women. A very nice performance by all of the aforementioned bowlers and teams, keep up the great bowling.

If there is anyone out there that is interested in joining a league and meeting new

friends and competitors then you ought to visit Stacey Pudge at Strikes Unlimited Bowling Lanes in Rocklin or call: 916-626-6361.

Remember have fun and don't let that "damn" ten pin and them \*\*\*\* splits ruin your fun, its only a game, yeah right. All the best til next time.

• • •

### Thursday AM Sun Senior Bowlers

#### Strikes Unlimited, Rocklin

BY CLAUDIA DEHART

Amazingly this bowling season has gone by quickly with only 8 more weeks until the end of the season.

We had some great bowling this month:

Karen Egea 205 game (+66) & Susan Moore 202 game (+62).

Dennis Thompson 242 game (+82), Cliff Harada 227 game (+77), Ross Underwood 192 game (+76), Ralph Cristoni 248 game (+75), Richard Bronson 247 (+75), Dan Rogers 235 game (+73), Norm Zimmerman 206 game (+65)

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

• • •

### LH Thursday PM Bowlers

BY JENNIFER IWIG

Hi LH Thursday PM Bowlers hope everyone is having a great time. The standings are as following: Team Scratch Series: Split Personalities 2031, Sleepers 1974, and It Is What It Is 1902. Team Scratch Game: 4 Shades of Grey 738, Strike Force 689, #Fab4 649. Team Handicap Series: Here For the

Fun 990, Bowling Buddy 932, The Go-Getters 930. Men's Scratch Series: Roy Hackman 661, Randy Dvorak 627, and CJ Johnson 626. Scratch Game: Sam Munoz 225, Dave Fisk 224, Bob Barrows 222, and John Habein 222. Handicap Series: Rex Miller 741, Bob Goldberg 738, and Masako Ryan 727. Handicap Game: Ed Petroni 279, Mike Hart 278, and Mel Reitman 268. Women's Scratch Series: Marie Messina 545, Sue Mattimoe 474, and Karen Markle 462. Scratch Game: Dee Maher 201, Toin Brown 181, and Sharon Dvorak 166. Handicap Series: Gail Ramsden 730, Linda Bacon 702, and Jennifer Carroll 696. Handicap Game: Margie Habein 267, Marion Munoz 258, and Donna Speranza 257. Congratulations to all. So happy to see Linda back with us!

• • •

### Cribbage Club

BY DON LLOYD

The Sun City Lincoln Hills Cribbage Club plays Tuesdays from 8:00 AM to 12:00 PM, in the Card Room at Orchard Creek Lodge. After beginning with an hour of preliminary games, the six game mini-tournament starts at 9:00 A.M. We play four handed partner games, adding a two handed or three handed game when necessary. We use a rotation system to mix players and lately we've had 20 or more to enjoy the competition.

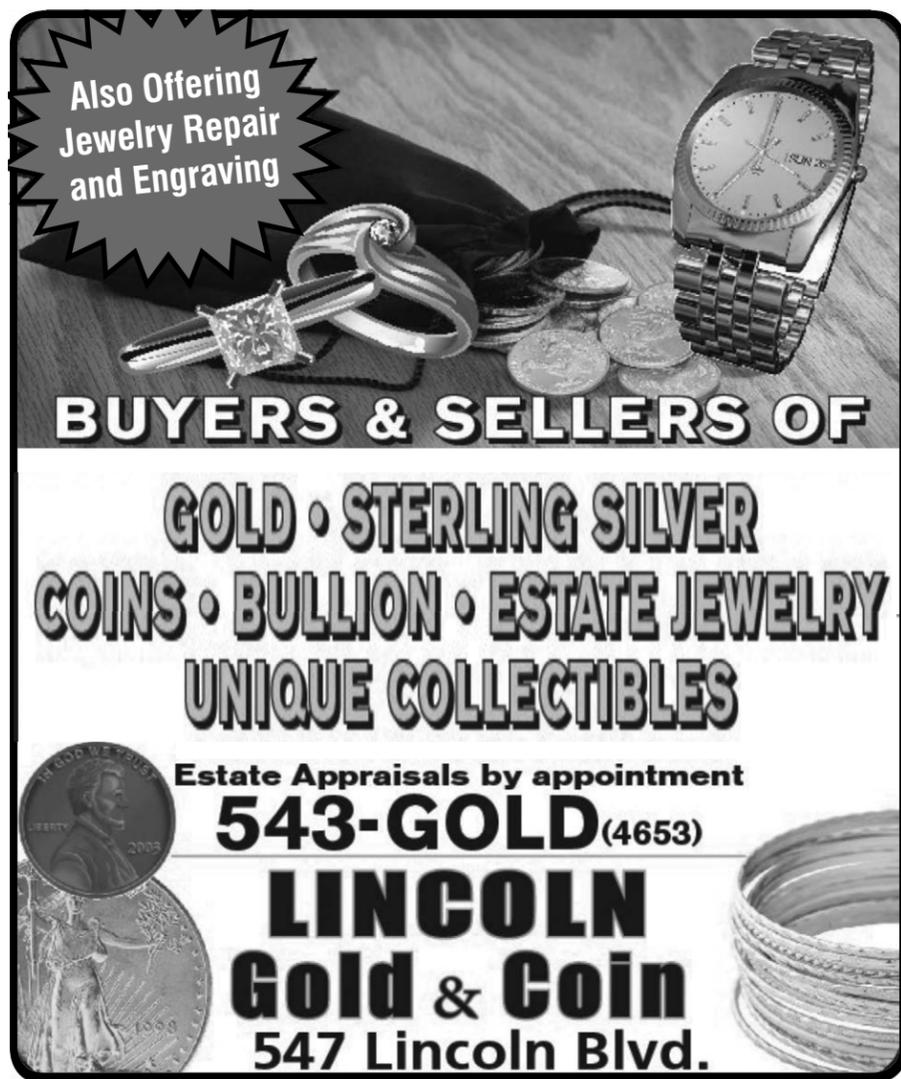
Our January weekly winners were: Dennis Morin (week one); Mel Switzer (week two); Brian Yates (week three); and Sharon Cuchetti (week four).

We always welcome new players to come and join in the fun.

Contact: Don Lloyd 916-253-7614

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(more Club News cont' on page 41)

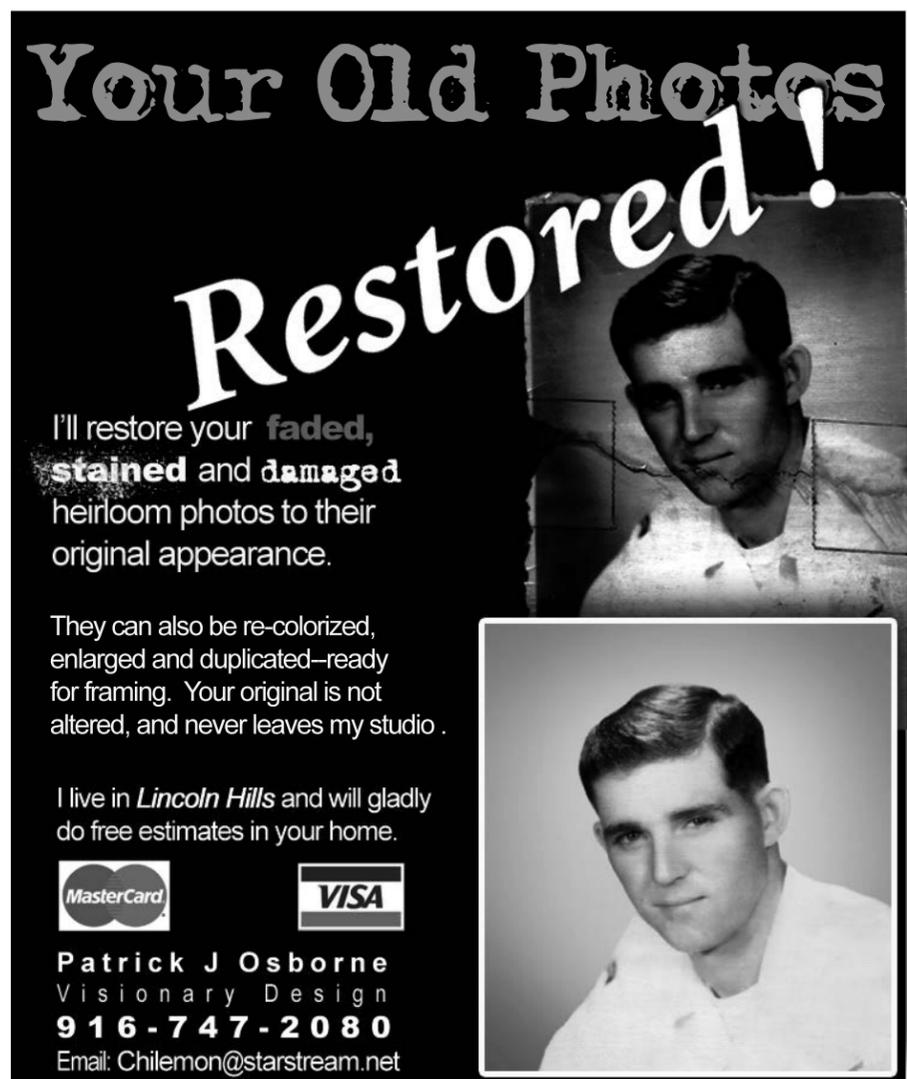


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# Observations on This and That

BY MARTIN GREEN

Forgetting: Last month's column was called "Observations on Reaching a Certain Age," in which I discussed my feelings on reaching 89 years old, mostly disbelief. One of the aspects of old age I've observed is that I'm forgetting things more often, not necessarily that I'm forgetting names and places or where I put my glasses or car keys (although there is that sometimes) but when I have a number of things to remember I can't seem to remember all of them. For example, if I'm going to Safeway and the bank in the same shopping center I might remember my shopping list, the check I'm going to deposit and the deposit slip but I'll forget to take the bags I need now that Safeway is no longer providing or else charging for them, one of the benefits of living in the great state of California. So, I'm pretty aware of the forgetting syndrome and when I recently I came upon an article in the Wall Street Journal headlined "The Secret Benefits of Forgetting" it of course immediately caught my attention.

The article starts by saying: "Many people worry that forgetting names, facts or tasks on their to-do lists is a sign of aging or mental decline. A growing body of research offers a more welcome excuse. Forgetting stuff can actually be a by-product of rigorous thinking, smooth decision-making or heightened creativity." Not only this, but "contrary to the notion that forgetfulness reflects a withering

of brain cells, scientists say it can actually be driven by the growth of new neurons in the hippocampus, a brain region linked to memory." Okay, that's more like it. I'll take rigorous thinking or maybe heightened creativity as the reason for forgetting those bags and I'll also take those new neurons in my brain.

The thrust of the article is that by forgetting some things we leave room for remembering more important or pressing matters. "The brain balances remembering and forgetting gracefully to facilitate optimal use of memory." Further, "One of the biggest obstacles to thinking of something new and different is our old ideas, our current perspective and things we already know. Forgetting is at the heart of getting around that." If this is the case, I'm now making more optimal use of my memory and my creativity is growing by leaps and bounds. So there is hope for us old guys yet. Interestingly, the article ends by citing an expert on memory who "sometimes finds himself walking into his kitchen and realizing he's forgotten the reason he wanted to be there in the first place — such as picking up a grocery list from the table." The expert says: "It's usually a sign that I have to let my mind wander a little, and carve out more space to process that problem or decision." So if you notice me wandering around Sun City with a bemused look on my face it's because

I'm letting my mind wander. I'd still like to remember that grocery list, as well as those bags, the next time I go shopping.

Changes in Our Lifetime: In contemplating the fact that I've now been around for almost a century, a pretty long time, I couldn't help but think that there've been a lot of changes during my (and our) lifetime. For some reason, the first thing that came to my mind was air travel, maybe because the airplane ride I took from New York to San Francisco when I came out to California marked a pivotal point in my life. I don't recall the details of that plane ride but I do know it was on a propeller-driven plane and so must have taken much longer than it does now. On the other hand, I'm sure I had a lot more leg room and was served a meal that was actually good. I also remember a stewardess, they were called that then, gave me a blanket so that I could take a nap. To sum up, air travel may be faster but it's certainly not better.

I could go on to other things that have changed such as work, entertainment, sports, communication but as faithful readers know I usually wind up by concluding that despite all of our advances the old ways were in many ways better. At this point, I want to look at one thing that I've come to believe has made lives better, technology. I've written here about my adventures, or misadventures in "technoland" and they've been many. Still, I have to say I've

come to terms with most of the tech aids we have today. Not that I've gone over completely to the dark side. I still like to read real books, don't tweet or post on Facebook and my phone is not that smart. But I've used my PC to write my articles for years and e-mail them in. We use Skype to see our son, daughter-in-law and grandkids in Ireland. We use our kind of smart phone to get rides on Lyft. Now that shopping and driving places have become arduous we've been using Amazon to buy things. I do read books on my iPad and have become used to doing so. I also use my iPad to get the latest sports scores, especially since our print newspaper no longer reports on the previous night's games. Our most recent discovery is the websites that can be used to order meals from restaurants. Without driving at night we'll be able to have dinners from some of our favorite places. We'll see how that works out.

As we know, technology has developed self-driving cars. I'm not sure if they'll be the norm in our lifetime; I somehow doubt it. And I'm not sure if I'd feel comfortable being in one. I do hope that technology develops robots that cook, clean, also drive and pick up things that fall to the floor or ground. As it is, Alexa, our Echo Dot, reminds us of things (see the section on Forgetting above) and if I can't remember or don't know something I go to Google, which provides information about anything and everything.



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## Neighbors InDeed

(cont' from page 1)

to residents in our community.

Service information: If you didn't have your furnace filters changed after the Paradise fires, now is the time to do it. There were a lot of particles in that air that settled in the filters and made them less efficient. If you need help give us a call at 916-223-2763. Also, for those of you who use Super Shuttle, they are offering Lincoln Hills residents a 10% discount with Promo code HN9RQ.

Amazon: Someone nice here in SCLH made a recommendation to Amazon that Neighbors InDeed be entered in their AmazonSmile Program. Amazon will donate a percentage of your purchase(s) to Neighbors InDeed every time an item is bought and you select Neighbors InDeed on AmazonSmile as their charity of choice. NID has been registered and we are now part of their program. There is no requirement for the buyer to donate or purchase a minimum amount. Check it out and register to shop on AmazonSmile! For more information on AmazonSmile, go to our Home Page on [www.neighborsindeed.org](http://www.neighborsindeed.org).

Reminder: As always, please remember that we will never answer the phone, but if you leave us a message at 1-916-223-2763, we will return your call as promptly as possible between 9 a.m. and 5 p.m., Monday through Friday.

## SCLH Duplicate Bridge Club

BY LYNNE WHITE

Many people come to bridge late in life. After completing successful careers, raising families and moving to Lincoln Hills, taking on the challenge of duplicate bridge is impressive. If you are a new player or you are returning to bridge, please come to our games. We have mentors for guidance who share their love of the game. When our talented teachers are able to share knowledge with an enthusiastic new player, it is a win/win for everyone.

If you can find a hobby or interest that you want to study in detail, it can certainly be one of life's great joys. Duplicate Bridge is widely regarded as one of the World's finest mind sports. Added to that is fun, love of a challenge, meeting new people and keeping

your brain sharp. In addition, when you retired with a lifetime of skills in logic, reasoning, quick thinking, patience and concentration, this is the game to keep that going. If you can play any level of bridge, you will never be bored!!!

We are an invitational club with games open to residents of Sun City and their invited guests. We play in the Kilaga Springs Lodge every Wednesday and Saturday at 12:30 p.m. We have 2 to 3 sections catering to different levels of play. We also have a Friday game starting at 5:00 p.m. with one section and all levels of play. Our game table fees are only \$2 per person for members and \$5 for guests. For additional information about our club, please visit the club website. You will find many resources, including members to call for further information [www.bridgewebs.com/lincolnhills](http://www.bridgewebs.com/lincolnhills).

• • •



Good friends, good time playing Bridge in Monterey.

## SCLH WRITER...

### After The Rain

BY JEANIE ROBERTSON

After the rain, the skies overhead  
Turned to a bright azure blue.  
And billowy clouds  
As white as fresh snow  
Were sailing along in my view.

Yes, after the rain a rainbow appeared  
With the promise of sunshine ahead.  
And people in search of  
The big pot of gold  
To the end of the rainbow were led.

After the rain, the world was refreshed  
The dust didn't cling to the trees.  
The branches were covered  
With glistening leaves that  
Swayed to and fro in the breeze.

Rose petals unfolding had glittering drops  
Like dew, many droplets remained.  
And the world washed clean  
Was a sight to behold  
When you looked out after the rain.

*We welcome your submissions such as  
humorous observations and poetry.  
Please see page 3 for submissions information.*

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## SUN SENIOR NEWS CLASSIFIEDS

### SERVICES

MATT'S MAINTENANCE 916-747-7444. Handyman Services/Home Maintenance tasks in SCLH. Second generation SCLH resident! CSLB#1039543.

SALLY'S SENIOR CARE: Companionship, Medical appointments, Salon, Pets, Movies, Groceries, Shopping. SCLH resident 916-408-4359.

QUALITY HOUSE CLEANING by local Sun City specialists, SK Sparkling Home. Licensed, bonded, insured. 916-587-2741.

TILE - NOBLE TILE & STONE - Floors, Backsplashes, & Showers, 20+ years experience. Call Today 916-899-1022. Ca Lic-914517.

PIANO TUNING, REPAIRS & EVALUATIONS. Call Dennis, Associate Member, Piano Technicians Guild, 916-543-6545.

HAPPY CAT AT HOME-Kitting Sitting of Lincoln. \$12.00 per visit. SCLH cat-loving resident. 9165219968/HappyCatLincoln@gmail.com

SCOTT'S HANDYMAN SERVICES. Quality work, reasonable rates. Electrical, gardening, fence repair, power washing, window cleaning, gutter cleaning, & more. Please call 916-225-2551.

HANDYMAN - JUST FIX IT. Call or Text Bill Woods. Over 40 yrs experience. Licenced & Insured. 916-801-1001

DRIVER AT YOUR SERVICE SCLH Resident Airport Train Doctor Appointments Shopping Errands Call Cindy 916-747-1882

\$\$SAVE MONEY WHEN SELLING HOME. LH Resident/RE Broker will list your home for only 1.5%! Full service, less cost! DRE#01195871. SELL n SAVE w/ Cindy. Action Realty: 916-595-2635 . www.sellinsavewithcindy.com

AIRPORT & CRUISE PORTS Sacramento \$75, Oakland-SFO-Pier \$250. License TCP25881. Since 2006. Apex Transportation 916-344-3690

CHAMPION HOUSE CLEANING CAREGIVER Brighten up your day with a helping hand around the house. Colleen 530-786-9265

PET SITTING in my home. I will love and spoil your furry child just like my own. Sandy 916-960-6800

NEED A RIDE to doctor's appointment, airport or shopping? Call your SCLH neighbor Dianne! 916-434-8961. SAC Int'l. \$50. Lic#106453.

TENDER, LOVING CARE, your dog will feel safe and secure in my home. \$30 per day. please call Marcia - 916-408-8608

GARY'S SPRINKLER REPAIR: Lic# 869624. Valves replaced, drip systems checked, timers, broken pipes. 916-223-3706.

LAMINATE/LVP/LVT. \$650 for a 10'x12' room - complete. Over 50 colors. Labor only quotes also Avail. Randy 916-847-4357. Lic#852123

HEALTH CARE MANAGER/Health Advocate as a Caregiver with 20+ yrs experience References available. Please contact Susan (916) 759-8964

HEALTHY FEET PLUS: RN specializing in in-home foot care and health coaching for diabetics and those with problem feet, difficult nails and calluses. Call Debbie at 916-698-3176.

LONG-ARM QUILTING SERVICE. Edge-to-edge starting at \$0.02 per square inch. SCLH resident. Call Laurie 530-320-2763.

TILE - FLOORING - Remodel kitchen baths, etc. Professional, licensed, insured. Call Matt Fahrner 916-613-2300.

MATT'S MAINTENANCE 916-747-7444. Handyman Services/Home Maintenance tasks in SCLH. Second generation SCLH resident! CSLB#1039543

HAPPY CAT AT HOME-Kitting Sitting of Lincoln. \$12.00 per visit. SCLH cat-loving resident. 916-521-9968 HappyCatLincoln@gmail.com

## Michelle's Current Listings



### 2260 Lamplight Lane – Orchard Crest Model

Pride of ownership is shown throughout this fabulous Orchard Crest model w/paid Solar. Features incl. engineered wood & tile floors, Corian counter, kitchen island, endless kitchen cabinets, built-ins in great room, bump-out w/ slider in the master bedroom, home office/den & inside laundry. The backyard was featured in this year's Sun City Lincoln Hills Garden Tour. The climate controlled greenhouse is a gardener's dream along w/ the custom water feature & many plants. Come Live the lifestyle!

**Priced at \$539,000**



### 103 Snapdragon Place - Tehama Model

This ever-popular Tehama floor plan is a Buyer's dream. Perfectly sized on a spacious lot, this home will attract lots of prospective Buyers. Inside, you'll find maple cabinets, Corian counter tops, oversized floor tiles in the entry, kitchen, bathrooms and laundry room, ceiling fans, raised vanities in the bathrooms, large walk-in closet in the master bedroom and loads of windows making the home light and bright. As an added bonus, you're within walking distance to Kilaga Springs Clubhouse, pool and shopping. Come live the Sun City lifestyle!

**Priced at \$469,000**



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# SUN SENIOR NEWS CLASSIFIEDS

## FOR RENT

FOR RENT: MAUI Condos 2BR/2BA from \$195/nt. By SCLH owner Gil Van Valkenburg. 605-207-0567. Maui, Oceanfront - www.homeaway.com/368171. Maui, Wailea - www.homeaway.com/368174.

FOR RENT: \$1725./mo. Small house near Strolling Hills, OC Lodge. 916-434-6459.

## FOR SALE

REDWOOD COFFEE TABLE \$3,000. 40 Province Posters Framed \$300 Unframed \$300 1-916-253-7342

OAK DINING ROOM set, Round table, 2 (21 inch leaves) 4 chairs, Glass door Hutch \$700 OBO. 916-434-8622.

NEWTON BATTERY 14" lawn mower plus trimmer. Just right for SCLH. \$100 Great shape. 916-543-4203.

BOLIVIAN WOOL COST with hood L \$50. Obermeyer ski jacket women 12 new \$50. 916-408-4899.

OAK DRAW LEAF DINING set includes 4 chairs \$125.00. Call 916-396-4253.

MEN'S AND WOMEN'S GOLF clubs. Used very little, newer bags on pull carts, many extras. Men's 14 piece, metal shafts, \$159. Women's 12 piece graphite shafts, \$195. Both \$300. 916-408-5817.

LIGHT BLUE beautifully upholstered chair and matching ottoman. Perfect condition. \$160. 916-580-8924.

LIKE NEW OUTDOOR furniture. Includes high-end 4-pc sectional with 4-shape configuration, green tweed cushions \$450. Matching oversized rocking chair and ottoman \$275. Fireplace: 2pc bronze metal with tiles top/propane side table \$275. Large gas BBQ \$100. 4' Fountain gray multiple containers with lights \$125. Statues: 4' bronze hand painted garden girl \$150, 3' St Francis \$45, 3' bird bath \$45, tall burgundy vase \$45, mister fan \$75, pots, more. 916-409-0218 or 805-540-8811.

2 RC GORMAN plates 1-\$800 1-\$300, 2 WWI posters \$600 each. 1-707-536-8361.

GOGO PRIDE Scooter one year old \$500. Pride Recliner Lift Chair excellent condition burgundy \$400. Call 530-518-4703.

KITCHEN TABLE, Ethan Allen Country French 1 leaf-4 chairs \$550. Call 916-223-2445.

MEN'S SNOW SHOES, Atlas model 830 from REI, asking \$120, 916-408-2355.

GOLFCART 4 Seat Rare Solar/Electric Hybrid. Driven only 25hrs. \$5,700 OBO 916-838-8227.

## WANTED

BUYING OLD COINS, pay cash, free appraisals, discreet, I pay more! Private collector, SC resident. Call Jerry 1-916-772-4268.

CASH PAID! MILITARY & VINTAGE ITEMS Medals, patches, documents, photos, weapons, helmets, model trains, old toys, other antiques & collectibles. George: 916.768.4694

ANY YEAR fishing boat, travel trailer, motorhome. Montie Boatwright, LH resident. 916 434-5089.

RECORDS 1950's and 60's: Jazz, Blues, Rock, Country, etc. Buying small and large collections: LP's, 45's, and 78's Also looking for reel-to-reel tapes (all types) and music memorabilia. Call 530-273-8490.

ANY CAR, truck, SUV. Any year. Paying Top Prices. Montie Boatwright, LH Resident. 916-434-5089.

SUBOR/PERMANENT PLAYER for Sunday various games, noon to 3:30pm. 916-396-4263.

PERSON with a heart for those with Parkinson's to facilitate monthly meetings. Contact: Brenda 916-253-7537.

CARS, Trucks, SUV's I pay top dollar, always more than CARMAX, for appraisal, call Les Van Pelt, 15 yr LH resident. 916-837-7659.

NEED MAHJONG player for Wed. Noon to 3:30 pm 916-396-4263

NON-PROFIT Organization in Lincoln needs Board Members. Ride To Walk looking for new, energetic board members. Enjoy helping individuals with disabilities. Applicants need good understanding non-profit, experience in leadership. ridetowalk@sbcglobal.net or 720 Sunrise Ave. #D-110 Roseville 95661

## ANNOUNCEMENTS

HARMONICA Group forming, players and newbies. Looking at Sunday PM. Contact Lucy at 916-402-2142.

BASKETBALL Tuesday mornings Lincoln Community Center Gym. Contact Gage Johnson for details: Gage.retired@gmail.com 916-409-9619.

FINAL SEWING Fabric/Craft Sale. \$2/yard quality cottons, fleece. Batting, craft florals, wreaths. March 15-16, 9AM-4PM. 225 Norden Ct., SCLH.

CENTRAL CALIFORNIA Lab Retriever Rescue CCLRR have a pressing need for temporary homes for the homeless dogs that we take in as strays, dogs that owners can no longer care for and dogs brought to the animal shelters. These labs need a loving home so eventually they can be adopted into a forever home. It will be much appreciated by these sweet dogs. Call 916-849-3728 for more information.

## Classified Ads should be Emailed by the 12th of each month to: CA@egnews.com

**FREE ADS — INCLUDE	BUSINESS ADS
<ul style="list-style-type: none"> <li>◆ First 15 words are FREE (for SCLH residents only), additional words \$1 each</li> <li>◆ ONE AD PER HOUSEHOLD, PER MONTH</li> <li>◆ Any Real Estate or Business Ads are not free. Please see "Business Ads"</li> <li>◆ Lost and found items/pets.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Anything of a commercial nature, including pet sitting, real estate, rentals, timeshare/condos, etc.</li> <li>◆ 15 words for \$35. Additional words \$1 each.</li> <li>◆ \$65 for three months, same ad! (15 words only) additional words \$1 each</li> </ul>

Classified Ad Submissions —

**WHEN:** By the 12th of the month, please email the information below to: CA@EGnews.com

**Subject Line** should be SCLH Classified and your Phone Number (Example: SCLH Classified 916-123-4567)

1. Contact name and phone number.
2. Which category to place your classified ad in: (Service, For Sale, Wanted, Announcement)
3. Classified ad text - including the phone number you want readers to call.

SCLH residents get FREE non-business Classified Ads; limited to 15 words; one per household per month.

**Non-business Ad** items include selling personal used items such as furniture, tools, books, rugs, electronics, personal car, golf cart, etc.

**Business Ads** include anything of a commercial nature or service, including pet sitting, real estate, rentals, timeshare/condos, any service etc.

**Business Ads** are 15 words for \$35 for one-month. Additional words \$1 each. (\$90 for three months for the same ad.)

If your classified ad is determined to be "business" related, we will email you an invoice that will allow you to pay immediately with a credit card, or mail a check.

\*HINT on Word Counts: A "word" is anything separated by spaces, or as reported by word-process software like Microsoft Word.

If you have any questions, please email us at: CA@EGnews.com



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<b>2346 Kingfisher Lane</b>	<b>El Dorado</b>	<b>\$515,000</b>
<b>1863 Homewood Lane</b>	<b>Mendocino</b>	<b>\$528,000</b>
<b>1705 Gleenbrook Lane</b>	<b>Tahoe</b>	<b>\$532,750</b>
<b>216 Calistoga Lane</b>	<b>El Dorado</b>	<b>\$545,000</b>
<b>1815 Homewood Lane</b>	<b>Sausalito</b>	<b>\$585,000</b>
<b>1100 Sun Valley Loop</b>	<b>San Mateo</b>	<b>\$590,000</b>
<b>1350 Strolling Hills</b>	<b>Pine Hill</b>	<b>\$595,000</b>
<b>883 Bridaveil Lane</b>	<b>Freemont</b>	<b>\$622,000</b>
<b>1778 Monument Drive</b>	<b>Fremont</b>	<b>\$650,000</b>
<b>796 Castleberry Lane</b>	<b>Sausalito</b>	<b>\$712,111</b>
<b>966 Gold Nugget Circle</b>	<b>Springcrest</b>	<b>\$835,000</b>

\*information herein deemed reliable but not guaranteed \*

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