

SUN SENIOR NEWS

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Dan and Carol Larsen — Pontiacs, Plays and Programs

BY RUTH MORSE

In Dan Larsen's garage is a verdoro green 1969 Pontiac GTO that he has owned since it was new in 1968. It has only 84,416 miles on it, is in great condition, and Dan uses it occasionally in his community service work and for display in his car club, Rods and Relics. Not too far away from the car, the garage surpasses "man-cave" designation and reaches museum-level status with glassed-in displays of 1,287 metal car models, magnets, marshmallow Peeps, and solar-activated plastic toys. Wife Carol makes sure the collections stay out of the house, and Dan ensures that they are neat, organized and logged with a little bit of obsessive-compulsive disorder mixed in.

Dan was born in St. Louis and lived in the area until he was sixteen. He has a picture in his garage of a Soap Box Derby race he participated in when he was twelve. His love of driving and vehicles started early when he learned to drive, at twelve, on a farm tractor in a rural area of St. Louis. He had an F150



Dan and Carol Larsen

Photo by Jeff Andersen

pickup truck that he was able to drive into town at a young age because the area was rural.

When Dan was sixteen, his father was transferred to San Francisco for his job. Dan was in the first graduating class from Clayton

Valley High School in 1960, attended Diablo Valley College, received his BS degree from Sacramento State, and joined the California National Guard. He started his career with Kaiser Aluminum and retired as Account Executive from Bemis Packaging Company where he was an outdoor industrial sales representative and covered both California and Nevada.

Carol's trajectory to the Bay area was very different. She grew up in upstate New York in the town of Binghamton. When she was in her early twenties, she and a friend decided to move to California, and they drove out together. They had no jobs lined up and she had never visited California before the trip. Over the years Carol developed her interviewing skills which led to her favorite position with Charles Schwab Co., Inc. in San Francisco. There she worked for fifteen years and retired as Director of Professional Development. She

(cont' on page 37)

LH Community Chorus

BY BARRY MACKINTOSH

Following our summer break, on September 3 the Chorus will begin rehearsing for our mostly Christmas concert on December 8-10. We'll again be directed by Paul Melkonian and accompanied by Nina Malone, outstanding professionals who have contributed greatly to our success.

We invite new members to join us at the start of every season, so here's your opportunity if you like to sing. All voices are welcome, especially those with some choral experience. If you're unsure about committing yourself, visit and sing with us for three weeks with no obligation. You'll get plenty of help from computerized music files for home practice and sectional and full rehearsals Tuesday

afternoons.

For more information about the Chorus visit our website: www.lincolnhillschorus.org. To discuss joining us contact Suzanne Rosevold, our membership chair, at 916-587-3035 or suzannechorus@gmail.com.

• • •

Players' Club

BY SUSAN STECZ

Our next FREE READERS THEATER performances are Saturday, August 10 and Sunday, August 11 at the Presentation Hall in Kalaga Springs. Nick Gerenday will be directing Fred Ekman's "Happy Trails," and Producer Paul Gardner will direct Damon Runyan's, "Princess O'Hara." The cast is as follows —

"PRINCESS O'HARA": Princess - Jeri

Ferris, Broadway - Joe Nichols, Mitsy - Alice Crawford, Harry - Rudy Schneider, King O'Hara - Nick Gerenday, Louie - Alan Lowe.

"HAPPY TRAILS": Sam - Paul Gardner, Connie - Angela Blas, Dave - Elliott Levy, Susan - Sharon Lefkov, Clyde - Michael Deal, Molly/Sherry - Karol Mendez, Sydney - Susan Huch.

The Players Group will be auditioning Lincoln Hills residents for their biggest show of the year entitled

"Magic Moments - The Golden Age of Television." The show will be presented in the Orchard Creek Ballroom on November 21-24. Auditions will be held August 7 and 8 starting at 6:00 PM in the Presentation Hall in Kilaga Springs (see schedule below). There are many parts for actors, singers and dancers. We also need narrators and announcers who will introduce all the different segments of the show.

Wednesday, August 7: 6:00 PM - Dancers • 6:30 PM - Singers • 7:30 PM - Actors/speaking roles.

Thursday August 8: 6:00 PM - Bavarian Clock movement roles • 6:30 PM - Singers • 7:00 PM - Actors/speaking roles.

The Golden Age of Television was during the 1950's when The Ed Sullivan Show, Your Hit Parade, The Honeymooners, I Love Lucy, The Phil Silvers Show, and The Perry Como Show were popular. All of these wonderful shows from the past will be featured in "Magic Moments." The show will also feature solo and group songs that were sung by artists such

(cont' on page 3)



Lincoln Hills Community Chorus

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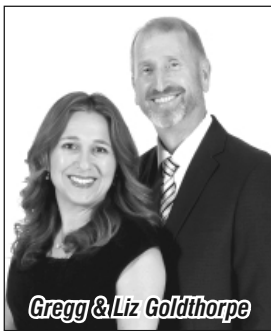
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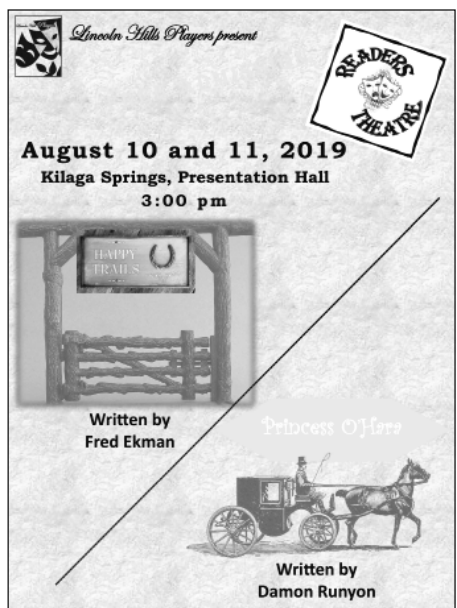
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Players' Club

(cont' from page 1)

as Rosemary Clooney, Elvis Presley, The Crewcuts and Perry Como. There will be plenty of laughs with skits from The Jack Benny Show and I Love Lucy. Rehearsals start in early September and will continue through show time.



Act One will have an opening number with singing and dancing to "Sh Boom." Next will be a comedy skit from Your Show of Shows called "The Bavarian Clock." There will also be solo songs for male and female singers and parts for actors in "The Honeymooners." We need Ralph and Alice Cramden, Ed Norton and Trixie, and their neighbor, Mrs. Stevenson.

Act Two starts off with singers singing "Lollipop" made famous by the Chordettes. Next will be the Old Time Cowboys doing a comedy routine and singing "Back in the Saddle Again," "Happy Trails to You" and "Ghost Riders in the Sky." We'll be looking for men to play sidekicks, Pat Buttram, Pat Brady, and Gabby Hayes. The Perry Como Show will need Perry singing one of the songs he made famous, and The Jack Benny Show will have Jack and a Spanish friend doing a hilarious skit. Next will be a solo song from Your Hit Parade and then Sargent Bilko with many parts for Bilko and his buddies. The closing number will have Buffalo Bob and the Merry Mouseketeers dancing to the famous song we all remember from the 1950's.

We hope you'll join us for the auditions in August, and be part of this fabulous show. For more information call director Becky Nicholson at 916-742-0337 or musical director, Ken Reiss at 916-408-8679.

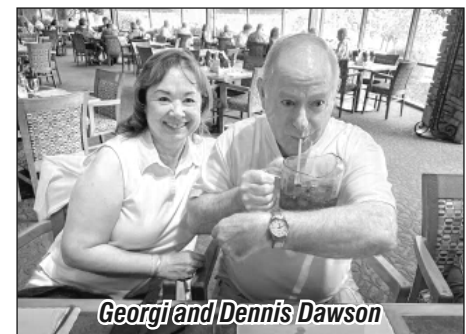
Guests are always welcome to attend monthly Players' meetings every second Monday of the month at 4:00 in the Kilaga Springs Presentation Hall. Dues are only \$5.00 per year. Come "play" with us!

For more information about Players, visit www.lhplayers.org

Country Couples

BY RICH & DONNA PICK

Well, here we are in the middle of summer and the Country Couples Club is going strong. Even though we have not had any organized dances in July or August we are keeping busy with Monday night dance classes; Beginners from 7:00 to 8:00 PM and Intermediate classes from 6:00 to 7:00 PM in Kilaga Lodge. You can check your Compass for details.



Saturday evening practice is also provided; Beginners from 4:00 to 5:00 PM and Intermediate from 5:00 to 6:00 PM in the Fine Arts Room at Orchard Creek Lodge, giving us the opportunity to practice what we have learned from the previous Monday night class.

Also, if you are a club member in good standing and have attended classes, you have an extra opportunity to review the dances you have learned on Friday mornings from 10:00 to 11:00 AM in the Fine Arts Room at the Orchard Creek Lodge. Even if you do not presently consider yourself a dancer, we have many opportunities for you to learn and practice.

Each time we get together to dance, whether it be in class or practice, it provides

(cont' on page 4)

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Country Couples

(cont' from page 3)

more opportunities for us to socialize with our dance comrades for a drink, snack, lunch or dinner. Most Saturday evenings a group of us will have dinner together at Meridians restaurant or another local restaurant here in Lincoln. Georgi and Dennis Dawson, picture included in this article, are enjoying a pitcher of coke at Meridians. We think that he is going to share it, but I wouldn't put any money on it!

While the temperature continues to rise outside, we can still get our feet moving in a cool environment. So if you would like the opportunity to meet and socialize with new and very friendly people, come join us and learn how to cha cha, rumba and waltz in country style. Our next dance is scheduled for September 28 in Kilaga Lodge.

Contact: Irene Hesson 916-434-6804.
Website: www.sclhcc.com

• • •

LH Line Dance Group

BY JUNE WILLIS

Remember the old adage, "Practice Makes Perfect"? When it comes to Line Dancing, truer words were never spoken. Our instructors teach an hour class several times a week and some participants take more than one class. There are five levels of line dance from Intro up to Level 5. The best way to move up levels is to practice. Practicing is not always



Ginger Fullerton - practice leader.



Annette Porecco, Brian Hope, Katie Christiansen and Marie Barnes.

an easy task on an individual basis. Our Line Dance Group is so fortunate to have practice sessions for each level. They are held on Saturdays and Sundays on a drop-in basis. If you are registered for a Line Dance class, you can automatically attend a practice session which corresponds to your level. We are fortunate to have "practice teachers" who are dedicated individuals who love to line dance and they have the skills to impart their knowledge to our classes. Upon interviewing some of the practice teachers, it is easily understood what drives them to give up their valuable time on weekends to volunteer. Marie Barnes and Ginger Fullerton are two of the several leaders who both agree that they lead the practices because it is fulfilling to see the progress the classes are making. Come and join one or more of our Line Dance classes and you will be able to benefit from the practices as well.

• • •

Ballroom Dance

BY RUTH WEHNER

This calendar year is passing by very quickly as we already are into the month of August.

Our dance event for Hot August Nights is on August 3rd from 6:00 to 9:00 at the Kilaga Lodge. The original Hot August Nights was held on August 1, in the Reno-Sparks Convention Center. The purpose was to relive the 50's and 60's for that one night, a time of innocence, prosperity, cars and the birth of Rock and Roll. A big parade of shiny, polished autos of that era rounded out the event. The attire of the times helps to put us in the spirit of our favorite fun dances. We have incorporated some of those great ideas for our Hot August Nights.

As was announced earlier, tango was taught by Ruth and Sal on the last two weeks of July and will continue on August 6 and 13. There are no classes on August 20 and 27.

Please join us on Tuesday afternoons to brush up on some dance steps for a free lesson and an hour of social dancing. Non members are welcome to attend a couple of lessons before committing to join the club. Singles and couples are welcome.

Annual membership dues are a bargain at only \$7 per person and is open to S.C.L.H. residents, sponsored guests, couples, and singles. Lessons are offered in the Kilaga Springs Lincoln room each Tuesday from 2:00 to 3:00 P.M. for beginners, and from 4:00 to 5:00



Christine and Pete Henshaw

for more experienced dancers. Open dance is from 3 to 4 P.M. during which you can practice many different styles of dance, including the current month's offering. Contact Ruth Algeri 916-408-4752.

• • •

Tap Company

BY LOUISE SEIDENVERG

On June 13th, forty members enjoyed our annual luncheon and meeting at The Timbers Restaurant in Roseville. The slate of officers for the year were introduced: Frima Stewart, President; Louise Seidenverg, Vice-President; Wendy-Jean Iannico, Treasurer; Freddie Dempster, Secretary. Alyson continues working on routines for each of the tap classes



Annual luncheon and meeting at The Timbers Restaurant in Roseville.

to present at the 20th Anniversary Show on October 25th, 1:00 -3:00 PM, Ballroom (OC). Practices for the show, will continue every Saturday mornings, between 8:00 and 10:00 AM at Kilaga Springs.

Discussion was opened to the membership by Carol Rose and Becky Nicholson regarding interest in a 2020 show.

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(more Club News cont' on page 7)

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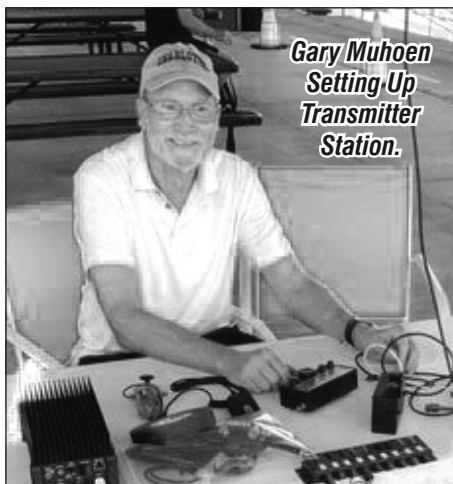
Lincoln Hills Holds First Amateur Radio Field Day

BY RUSS STEELE, KF6TAR

How did it go? Quite well, for the first time ever, according to the participants. In the fifteen year history of the Lincoln Hills Amateur Radio Group it had never held an Amateur Radio Relay League (ARRL) sanctioned Field Day. Field day has been held every year since 1933 by thousands of radio operators all across North America on the last weekend of June.

In the past, ARG members did not think they were entirely up to the task, so they joined other amateur radio groups in the valley to participate in this public service event. Feeling they may be missing out members challenged the ARG to hold its own fun event at the Lincoln Hills Sports Pavilion.

"Field Day is amateur radio's open house. Every June, throughout North America 40,000 Amateur Radio Operators set up temporary transmitting stations in public places to demonstrate amateur radio's science, skill, and service to the community. It combines public



**Gary Muhoen
Setting Up
Transmitter
Station.**

service, emergency preparedness, community outreach, and technical skills, all in a single event. It remains the most popular annual event in amateur radio."—ARRL

This year the ARG had four stations with temporary antennas set up to participate in a quest to see how many other amateur operators they could contact in four different

radio bands, 80 Meters, 40 Meters, 20 Meters, and 15 Meters, using various modes: Morris Code, Voice, and Digital.

Each station was battery powered with solar panels to charge spent batteries, demonstrating reliable emergency communications was possible when not connected to the power grid, which is often down in emergencies.

The Sports Pavilion was an ideal location with wide open spaces for the construction of temporary antenna farms on the north lawn. The shelter

provided shade for the operating stations, the operators, and visitors. But, more importantly, it was a central location encouraging citizens to drop by and observe the operators contact station across the nation. One couple from Pennsylvania was amazed when operator Gary made contact with a station near Pittsburgh while they were watching.

The most distant station contacted was one in eastern Russia, southeast of Moscow. The most distant state reached was



**John Griffin, at the Digital Station
waiting for the Starters Gun.**



**Stuart Gallant, Making Contacts on
40 Meter Band.**

Pennsylvania.

The tennis club came by and was given a demonstration as were multiple dog walkers." Not sure we made any converts of the dog walkers," said Walt, but they were interested in what we were doing. Two ladies who were former amateur radio operators came by to share their Field Day stories.

One old-time amateur radio operator came by to see some of the latest digital equipment, much different from the power-hungry glowing power tubes of the past. Transistors amplify the signals today using battery power.

With the tally of contacts in each band and mode submitted to the Amateur Radio Relay League, the ARG concluded the first Field Day as a huge success and started planning how to improve next years event.

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Mixed Media Arts Club

BY JILL SHORT

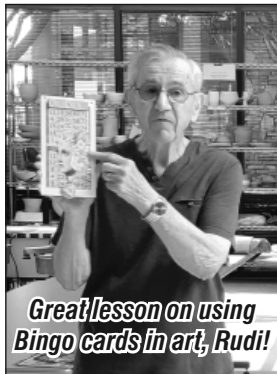
The Mixed Media Club will not be having a formal meeting in August. Instead, on Wednesday August 21 those who would just like to have a fun place to work together can meet informally at 1:00 PM in the Ceramics Room (OC). We have the room until 5 PM. Bring your projects and supplies and let's just have fun.

Those who attended the June 19th meeting had an interesting time learning about our member who was also our guest speaker, Rudi Franke. He showed us many of his fabulous art pieces. Then Rudi walked us through a fun way to use bingo cards. We had about 35 minutes to complete our projects. Yes, it was quick, but everyone finished. Making an art piece and working under a time constraint makes us really be free and unplanned with our work. Everyone's bingo art cards turned out amazing. When time was up, we voted on the best piece and Rudi gave a \$5.00 Sun City Gift Card to the winner. We all had such a fun time, thanks Rudi!

September 18th is our next General Meeting. Come to the Ceramics Room 1:00 PM (OC) and be ready to meet with some great people and learn something new in art. Our art challenge for July was using the colors red, white and blue and at least one stencil to create a mixed media art piece. Since we are not formally meeting during the summer hold onto the challenge and we will share it at our September meeting. Plus, you can share all the exciting projects you have done over the summer. For something different, our club is planning on providing everyone with fabric aprons at the September meeting. The new challenge will be to take the aprons home, decorate them and include the club's name, "Mixed Media Arts" on the apron. We will give specifics at the meeting. Don't miss out on the fun. We will start collecting the yearly dues of \$15.00 in September. We always welcome new people. Come and drop in to see what we do.

I know when I first started dabbling in Mixed Media there were words and terms that I heard others talking about and I had no clue what they were talking about. Well,

lets look at several of these terms and shine a little light on them.



Do you know what found objects mean? Everyday objects we walk by daily that are perfect for making art marks. Reusable items such as plastic knives, combs, brushes, straws and stirrers can be used to create the simplest of organic marks, such as lines, circles, dots and scratch marks. Pieces of bubble wrap, cardboard tubing, fruit netting and sponges will each leave an unusual imprint when coupled with paints, cotton swabs, gift cards, droppers all have the ability to create singular marks within a piece of art. Heavy-duty plastic cards are a great repurposed tool. Dipped in paint, the edge of the card can be used to make lines. These are just a few examples of "found objects."

Another interesting Mixed Media term is ephemera. Simply put, ephemera is paper items that were originally meant to be discarded after use but have since become collectibles. Think about show tickets, ticket stubs, playing cards, postcards, paper money, lottery tickets, post its, old maps, old flyers and old book pages, and more. Ephemera is almost always paper-based and is often written or printed items.

Several companies offer manufactured ephemera products. Tim Holtz is notorious for his ephemera inspired creations.

One final term we will look at is Artist trading cards, commonly referred to as ATCs. These cards are miniature pieces of art that are traded around the world. Artists create, trade and collect art at organized "swap" events, either in person or online. The only official rule for ATCs is the size: 2-1/2 inches by 3-1/2 inches. Now that the light has been shined on some terms, go out and find some found object to play with in your art and maybe put some ephemera items on it too or maybe make some ATC projects.

Hope to see everyone during our informal time this month.

• • •

(more Club News cont' on page 10)

From Your Placer County Supervisor

Highly-anticipated Placer County Conservation Program Reaches Major Milestone

BY ROBERT M. WEYGANDT, Supervisor

I'm excited to share that the highly-anticipated Placer County Conservation Program recently reached a major milestone and is closer to becoming a reality.

The purpose of this program, which we fully expect to become a national model for local, state and federal cooperation, is to conserve our uniquely rich natural resources while facilitating continued smart and sustainable development.

As long time resident of the rural Lincoln community, I understand that Placer County's scenic, natural landscape and popularity as a place to live, work, play and learn has created a great demand for growth.

How we balance protecting our quality of life while maintaining land development is perhaps our most important responsibility as a community.

With the PCCP, we have a plan to permanently conserve more than 47,000 acres of our precious open space and agricultural land in western Placer County and streamline the permitting process for locally-approved development projects.

More than 15 years in the making, it is now available for public review.

Back in June, the PCCP and accompanying environmental impact study were published in the Federal Register by the U.S. Fish and Wildlife Service.

On the same date, the county released the program's draft environmental impact report, which is now available for public review and comment through Aug. 20.



Robert M. Weygandt

If approved, the PCCP will protect a large, contiguous area of open space and natural habitat and establish a program for the effective conservation of natural resources. It will also create a more streamlined, cost-effective and predictable permitting process to promote sustainable and public infrastructure in unincorporated areas of western Placer County and the City of Lincoln.

From the very beginning, we were committed to achieving the most comprehensive conservation plan possible, one that would maximize protection of our natural resources while streamlining local, state and federal permitting processes.

What's more, the PCCP would be the first regional conservation plan in the United States to include endangered species permitting both for terrestrial species and fish species, as well as comprehensive wetlands permitting - protecting these species and wetlands, forever.

You have a part in this process, too! You are invited to attend public workshops that will be held in Auburn and Lincoln this August. I hope you won't miss this chance to be part of preserving Placer County's natural legacy for future generations to enjoy.

You're invited to learn more online at www.placerconservation.com.

Development will continue in Placer, but the PCCP will allow us to continue to grow in a responsible way while still conserving the natural and agricultural heritage that we are so fortunate to enjoy.

Lincoln Police Department Volunteer Program — Patrol

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 for the Patrol Function (vehicle patrol, "eyes and ears") in the community.

Qualified individuals will receive training on all aspects of field Police Volunteer work.

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



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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/	Inside	Outside	Balcony
15 DAY HAWAII from SFO! Princess Grand Princess ~ 2600 Passengers	Nov 3, 2019	\$1,299	\$1,499	\$2,599	
	Dec 3, 2019	\$1,149	\$1,249	\$1,939	
	Dec 28, 2019	\$1,409	\$1,549	\$2,079	
	Jan 27, 2020	\$1,299	\$1,499	\$2,199	
	Feb 21, 2020	\$1,379	\$1,479	\$2,239	
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California.		*ROUND TRIP LINCOLN SHUTTLE TO SHIP!			
10 DAY ALASKA From SFO! Princess Grand & Star Princess ~ 2600 Passengers	Aug 4, 2019	\$999	\$1,199	S/O	
	Aug 14, 2019	\$1,029	\$1,152	\$1,999	
	May 23, 2020	\$1,299	\$1,379	\$1,899	
	Jun 22, 2020	\$1,399	\$1,599	\$2,399	
Sail round trip from San Francisco, California to Juneau, Alaska; Skagway, Alaska; Glacier Bay, Alaska; Ketchikan, Alaska; Victoria, BC, Canada; San Francisco, California.		*ROUND TRIP LINCOLN SHUTTLE TO SHIP!			
7 DAY CA Coastal from SFO! Princess Grand Princess ~ 2600 Passengers	Oct 13, 2019	\$969	\$1,199	\$1,829	
	Oct 20, 2019	\$899	\$999	\$1,899	
	Mar 29, 2020	\$1,059	\$1,299	\$1,599	
Sail round trip from San Francisco, California to Astoria, Oregon; Seattle, Washington; Vancouver, BC, Canada; Victoria, BC, Canada; San Francisco, California.		*ROUND TRIP LINCOLN SHUTTLE TO SHIP!			
10 DAY MEXICO From SFO! Princess Grand Princess ~ 2600 Passengers	Oct 3, 2019	\$649	\$799	\$919	
	Dec 18, 2019	\$819	\$949	\$1,299	
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!			
15 DAY PANAMA CANAL Princess Coral Princess ~ 2000 Passengers	Nov 17, 2019	\$2,199	\$2,399	\$2,899	
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!					
10 DAY CARIBBEAN Koningsdam ~ 2650 Passengers	Holland America Feb 02, 2020	\$1,649	\$1,949	\$2,349	
Sail round trip from Fort Lauderdale, Florida visiting Half Moon Cay, Bahamas; Grand Turk, Turks & Caicos; Amber Cove, Dominican Republic; Kralendijk, Bonaire; Willemstad, Curacao; Oranjestad, Aruba; Fort Lauderdale, Florida. INCLUDES Sacramento Airport Shuttle & Round Trip Airfare!					
20 DAY Panama Canal Princess Coral Princess ~ 2000 Passengers	Apr 21, 2020	\$2,399	\$2,699	\$3,199	
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!					

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Various Ships ~ 190 Passengers INCLUDES SACRAMENTO AIRFARE & AIRPORT SHUTTLE! Sail from Amsterdam to Budapest visiting Kinderdijk, The Netherlands; Cologne, Koblenz, Wurzburg, Bamberg, Nuremberg, Regensburg & Passau, Germany; Melk & Vienna, Austria; Budapest, Hungary.				
8 DAY RHINE GETAWAY	Viking River Cruise Various Dates	\$2,499	\$3,299	\$3,599
Various Ships ~ 190 Passengers INCLUDES SACRAMENTO AIRFARE & AIRPORT SHUTTLE! Sail from Basel, Switzerland to Amsterdam visiting Breisach, Germany; Strasbourg, France; Heidelberg, Germany; Koblenz, Germany; Cologne, Germany; Kinderdijk, The Netherlands; Amsterdam, The Netherlands.				
12 DAY MEDITERRANEAN	Holland America Sep 24, 2019	\$2,699	\$2,999	\$3,599
Koningsdam ~ 2650 Passengers INCLUDES SACRAMENTO AIRFARE & AIRPORT SHUTTLE! Sail round trip from Rome (Civitavecchia), Italy visiting Dubrovnik, Croatia; Kotor, Montenegro; Split, Croatia; Koper, Slovenia; Rijeka, Croatia; Corfu, Greece; Catania, Sicily, Italy; Valletta, Malta; Naples, Amalfi Coast (Pompeii), Italy; Civitavecchia (Rome), Italy.				
17 DAY Europe Reposition	Holland America Apr 22, 2020	\$2,399	\$2,699	\$4,299
Veendam ~ 1350 Passengers INCLUDES SACRAMENTO AIRFARE! Sail from Fort Lauderdale, Florida to Amsterdam, The Netherlands visiting Horta, Azores, Portugal; Praia di Vitoria, Terceira, Azores; Ponta Delgada Sao Miguel, Azores; Brest, France; Cherbourg (Normandy), France; Le Havre (Paris), France; Zeebrugge (Brussels), Belgium; Brussels (Antwerp), Belgium; Scenic Cruising Scheldt River; Amsterdam, The Netherlands. Ask about extending your stay with another cruise or hotel!				
14 DAY AUSTRALIA&NEW ZEALAND	Holland America Jan 4, 2020	\$2,999	\$3,399	\$3,899
Noordam ~ 1972 Passengers INCLUDES SACRAMENTO AIRFARE & AIRPORT SHUTTLE! Sail round trip from Sydney, Australia to Milford Sound, New Zealand; Fjordland National Park; Port Chalmers (Dunedin), New Zealand; Akaroa (Christchurch), New Zealand; Picton, New Zealand; Wellington, New Zealand; Napier, New Zealand; Tauranga (Rotorua), New Zealand; Auckland, New Zealand; Waitangi (Bay of Islands), New Zealand; Sydney, Australia.				
28 DAY SOUTH PACIFIC/TAHITI	Princess Feb 1, 2020	\$3,199	\$3,399	\$6,999
Emerald Princess ~ 3080 Passengers INCLUDES SACRAMENTO AIRFARE & AIRPORT SHUTTLE! Sail round trip from Los Angeles, California to Honolulu, Maui and Kauai, Hawaii; Pago Pago, American Samoa; Apia, Western Samoa; Bora Bora, French Polynesia (2 Days); Papeete, Tahiti; Moorea, French Polynesia; many sea days and return to Los Angeles.				
28 DAY Tahiti/Bora Bora	Holland America Mar 21, 2020	\$3,799	\$4,199	\$5,299
Oosterdam ~ 1974 Passengers INCLUDES SACRAMENTO AIRFARE & AIRPORT SHUTTLE! Sail round trip from San Diego, California to Hilo, Hawaii; Honolulu, Hawaii; Lahaina, Maui, Hawaii; Bora Bora, French Polynesia (2 Days); Raiatea, Society Islands; Papeete, Tahiti (2 Days); Moorea, French Polynesia; Fakarava, Tuamotu, French Polynesia; Nuku Hica, French Polynesia; San Diego, California.				

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. *Lincoln Shuttle is \$100 per person round trip unless otherwise noted as included.



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Needle Arts Club

BY JILL SHORT

August is here and Needle Arts is still “dark” this month. That means we don’t have a General Meeting. Don’t despair, there are still other things going on in Needle Arts. Check out the great subgroups that are meeting during the week. The times and days the groups meet are on the Needle Arts website or the calendar on the Sewing Room window. Each group has wonderful women to get to know, so don’t be afraid to come on in.

Pat Barnhill does a great job keeping our Sewing Room neat. At times that can be tricky when large amounts of stuff are dropped off in the room as a donation. She can use our help. Please do not put items in Sewing Room storage closet unless they are clearly marked for who or what the intention is for. Unless items are marked “Property of Needle Arts” on the Sewing Room counter then they are up for grabs. Items not taken will be donated. Recently Pat took a trunk full of fabric, yarn, beads etc... to ReCreate (www.recreate.org). They explore STEAM (Science, Technology, Engineering, Art & Math) bringing lessons to “reuse” and teach hands-on projects to schools. Looking for something to entertain grandkids? Recreate offer classes & supplies at their studio, and their Thrift Store located at 8417 Washington Blvd, Roseville. The thrift



store has all kinds of art supplies. Donations have also been made to South Placer Jail for inmate quilting & knitting/Crocheting and other charitable organizations.

At the Needle Arts General Meeting on June 11, 2019, Dawn Cannon of Finely Organized, spoke to us on “Organizing Your Needle Arts.” She gave us ideas to help us maximize our use of space and ease of finding and storing our items. Do you know the song, “Let It Go” from the movie Frozen? She used that as a phrase throughout her presentation. When we have too much stuff, we can get rid of it and unclutter our lives. Just “let it go.” We need not just throw things away we don’t need anymore, there are plenty of places to donate items. After paring down it’s easier to organize. One of the great ideas Dawn taught us, was to think vertically and use same size containers that easily stack. Some of us were so encouraged that we went home and reorganized out spaces and even let go of some of our stuff. After the presentation members shared some of their beautiful completed projects. As always, our meetings are very informational and enjoyable. Our next General Meeting will be September 10 at 1:00 PM in P-Hall (KS). You have had a couple of months to complete some of your projects and hopefully we will see your projects in September during our sharing time. Our speaker in September will be Lorna Miser of Zombie Yarns 2019.

September is the month when we start collecting our yearly dues. The good news is Needle Arts will stay the same, \$20.00. The membership form can be found online on our website.

Mark your calendar for next year’s retreat at Mercy Retreat in Auburn which will be June 1-5th 2020.

For more information about Needle Arts check out our website at: www.selhna.com

LH Painters’ Club

BY JOYCE BISBEE

Starting in July the Club started meeting at 1:30pm rather than 2:00pm. The additional half an hour is a time for some social interaction with other artists, and new members. Be sure wear your Sun City name badge!

Featured at our August, 20th meeting will be artist Steve Memering who will be with us to critique some of our recent work. Members can be assured that Steve will compliment you on your work as well as offering a “gentle” critique!

There is still time in August to see Susie Spotts work on display at Buonarrotti Ristorante in down town Lincoln. Be sure to visit Buonarrotti’s before the exhibit ends later this month. Many thanks to Barbara Lee for showing her paintings in June and July.

Board members will be hosting new members to a wine and appetizer events starting in December. More details to come shortly!

For more information, Contact Joan Musillani at 916-712-4393.

Paper Arts Club

BY LINDA LUCCHETTI

Our “Demo Day” date has been moved to later this year. So, stayed tune for more information about that. In the meantime, during our August 1 meeting, we conducted a “Four Card Swap,” where each member brought a completed card, in addition to three ‘kits’ for three other members to create replicas of that particular card.

Usually, contributions to local food drives



take place during the holiday season. But, it’s this time of the year when donations to the community are just as important. So, with that in mind, our club has made a donation of \$100 to the Placer Food Bank that serves Lincoln through donations to the Salt Mine and direct distributions in their Farmers Market at McBean Park.

Our next Open Lab for members is scheduled for August 15 from 9:00 AM to 12:00 PM at Kilaga Springs. Stop by and work on a project or check out what others are doing and creating. It’s a great time for camaraderie and

(cont’ on page 11)

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Paper Arts Club

(cont' from page 10)

crafting. Are you a scrapbooker? We welcome you to join us.

We also 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, or 315-702-7986.

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LH Photography Club

BY DIANE MARGETTS

Members were treated to a surprise Show and Tell at the last General Meeting. Several have been quite busy and we're willing to share their experiences.

Show & Tell of photos from several members including beautiful orchid photos he and his wife took in Canada; a summary presentation on metal prints Print SIG; and a presentation of panoramic photos featuring a very wide (6' or 8' wide) mountain snow scene.

The Photography Club welcomes new members. 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. The 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>

• • •

Woodcarvers Club

BY LIONEL RAINMAN

How and when does an individual become interested in wood carving. It's doubtful that someone wakes up from a nap and decides to try wood carving. More likely it's seeing and/or reading an article about wood carving. Possibly a friend or relative is a wood carver. Maybe it was a merit badge projects in Boy Scouts. So now there is an interest, what's next. At this point they may not know the difference between a chisel and a gouge. A club is most helpful as they may get a rudimentary lesson on carving tools and basic cuts and now they are ready to try their hand at wood carving. With a block of wood and a plan or idea the chips start to fall. Of course the cuts may be a little rough in the beginning and detail lines varying in width and depth. Edges may not be rounded but it's a learning process. When finished they can't wait to show it off what they've accomplished. With a few more projects they are no longer rookie wood carvers and they may be offering advice to newest

members of the carving club.

The woodcarvers in our club have various carving and creative abilities and are always available to assist or advise other members or new carvers as well. Woodcarvers Club members have a large library of carving books, magazines and DVD's for plans and ideas. We have carving tools that you can use.

Woodcarvers Club meet every Wednesday from 1:00-4:00 PM in the Sierra Room at (KS).
Contact: Lionel Rainman (916)253-9534

• • •

LH Astronomy Group

BY BILL WEAVER

The LHAG is sponsoring a class this fall entitled "Introduction to Astronomy". This will be a five-week course for LHAG members only. The course is oriented to those with little or no astronomy background but is always a great way to update new information for the more advanced members. Classes will be held on September 3, 10, 17, 26 and October 1 in the Fine Arts Room at Orchard Creek from 6:30 to 8:30 pm. The final class on October 1 will include a classroom presentation followed by an outdoor sky observing session coordinated by the Telescope Interest Group.

Course materials will be provided, and the cost will be \$15 dollars per household. You may sign up by email or phone Ron Yelton at ryelton@aol.com or 559-289-8792. Class size is limited to 25 members on a first-come, first-served basis.

On Wednesday August 7 at 6:45 pm, join us at the Sierra College campus Planetarium

for a program on black holes presented by Professor David Dunn. There will be a five-dollar fee per person to attend and the program is open to all Sun City Lincoln Hills residents. Seating capacity is limited so make your reservations early by contacting LHAG President John Combes at jncombes@aol.com or (916) 408-7432. He will provide details and answer any questions you might have about this outing. For those who need a ride, carpools will be available at the OCLodge fitness center entrance leaving at 6:00 PM.

On Monday August 19, the Cosmology Interest Group (CIG) will meet in the Orchard Creek Fine Arts Room, at 6:45 pm. The lecture will include session 19: "A Telescope as Big as the Earth" and Lecture 20: "Galaxies and their Gas". For interest in attending, contact Morey Lewis (mlewis_cc@sbcglobal.net) for more information.

Thursday August 22, a Community Star Party will be hosted by the Lincoln Hills Astronomy Group at the SCLH Sports Pavilion. Solar viewing through telescopes with special filters will begin at 7:30 PM and night sky observing will start at 8:30 PM featuring spectacular views of the planets Jupiter and Saturn. Please contact Bob Collins at bobpcoll@community.net.com for more information.

On Wednesday Sept 4, the LHAG General membership meeting is scheduled for 6:45 PM in the Presentation Hall at Kilaga Springs, Charles Dailey will present "Clues learned

(cont' on page 13)

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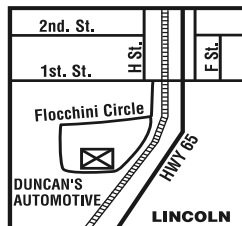
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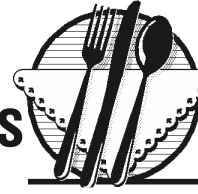
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Favorite Restaurants

BY MARTIN GREEN



I hope all Sun City residents who are barbecue lovers will read this column. Bob Boggs e-mailed: "I would like to put in a mention for *Back Forty Texas BBQ Restaurant*, which is at 1201 Orlando, just a block from the Riverside exit heading south on Hwy. 80. I am sure that they have probably been mentioned here many times but when my wife and I ate there last week I enjoyed my meal so much that I thought well, I would just drop you a line. I think that every time we eat there, but for some reason never get around to writing about it. We always seem to order their Early Bird Special and we both get the pork ribs which come with your choice of two sides plus a choice of bread. My wife chose the coleslaw and potato salad while I chose the beans and fresh corn on the cob. Other meats are available on the Early Bird Special, each with a different price. Every time we go there, which seems to be every two months or so, I think to myself that these are the best pork ribs that I have ever tasted. Succulent! Wow! Wonderful! Everything that I want in a BBQ restaurant. I just wish that they were closer."

There's an enthusiastic recommendation. Beverly and I have been to the Back Forty but it's been a while so I was glad to be reminded. The Back Forty website states: "Our concept is simple. Use only the freshest, finest ingredients, use only authentic Texas recipes, and treat our guests with good old-fashioned southern hospitality." The menu, in addition to barbecue, offers appetizers, salads, and sandwiches. "High Noon Lunch Specials" include bbq chicken plate, tacos, chopped beef sliders, and burgers. There's also beef ribs, beef brisket, tri-tip beef, and prime rib. The menu also has gluten-free items. There's a statement that "We don't bake BBQ in an oven; we slow smoke our meats for hours in our custom Southern Pride rotisserie smokers. This gives our meat a red appearance and may make you wonder if they are fully cooked... Trust us! They are fully cooked." There are other interesting things on the website which I'll try to get to next month. The Back Forty phone number is 916-726-4040. Sorry, I couldn't find the restaurant's hours.

Here's another BBQ recommendation, just as enthusiastic, from another Bob, Bob Schroeder: "Our favorite restaurant these days is *LBB Gastropub & Smokehouse* in Loomis, at the corner of Taylor and Horseshoe Bar Roads. They serve the best barbeque around. One of the offerings is the meat sampler, and you can get one, two or three meats for \$16, \$23 or \$28. The meats offered are pulled pork, brisket, tri-tip, bratwurst, ribs, and chicken, and they are all delicious. We've been there many times but I didn't tell you about it before because they were very busy and it was often hard to get a table. But they've expanded the restaurant so that problem is now solved.

"Other dishes include a pulled pork sandwich for \$12, Cuban sandwich for \$14, bratwurst sandwich for \$11, and a half rack of St Louis Style smoked ribs for \$19, plus a variety of sides and salads. They serve great craft beer from their nearby Loomis Basin

Brewery (hence the LBB name). The place has a lively and pleasing atmosphere and everyone seems to enjoy it. Good service, too."

The address of LBB Gastropub is 3640 Taylor road; the phone number is 916-824-1527. Hours are Wednesday & Thursday, 11 AM-9 PM; Friday and Saturday, 11:30 AM-10 PM; Sunday, 11:30 AM-8 PM. It's closed Monday and Tuesday.

In the June "Favorite Restaurants" review of the Japanese restaurant *Mikuni Kaizen* at the Fountains, I noted that Beverly and I were both fans of bento boxes and would be sure to try it out. We recently went to Mikuni with our friends Jan and Martin Wolf and all four of us did order bento boxes. I had the teriyaki chicken with crispy potstickers and the other three had the chicken teriyaki with California rolls. The bento boxes also came with a good helping of rice. I liked mine and the others were satisfied with theirs. Maybe the potstickers made the difference.

The Fountains Mikuni is a pretty large place, fronting on the main street of The Fountains with its back on a parking lot. Martin Wolf turned into Reserve off Roseville Parkway and, as the main street is usually full, parked in the parking lot. There's no rear entrance so we had to walk around to the front. Once inside and seated we found the restaurant was crowded with staff members busy serving everybody. Our meals were as usual in Japanese restaurants nicely presented and the portions were generous. Beverly and I both took about half of our bento boxes home for a second meal.

I got a takeout menu, which featured mostly tapas (which I thought were only found in Spain), followed by sushi rolls. The address of the Fountains Mikuni is 1017 Galleria Boulevard; the phone number is 916-780-2119. Hours are lunch, Monday-Friday, 11:30-4; Saturday and Sunday, noon-4; dinner, Monday-Thursday, 4-9:30; Friday and Saturday, 4-10; Sunday, 4-9. As noted in June's column, Mikuni is a local chain; there's a restaurant in Roseville at 1565 Eureka Road.

Bob Boggs's e-mail also stated that he could hardly wait "to try the new *Fourk Kitchen* restaurant in Lincoln. It is at 825 Twelve Bridges Drive just two traffic lights west of Hwy. 65. I have read they offer a four-course, fixed-price meal at \$44 a person, not including wine, which for many of us here in Sun City means a 'special occasion' meal. I am hoping to try it sometime in July and will report back."

The 'Fourk Kitchen' website says they take reservations only, are open four nights a week, Wednesday-Saturday and seat 24 persons a night. Happy hour starts at 5:30; you should arrive no later than 6:15 for dinner. There are four set courses that change monthly. That sounds like a different and interesting dining experience and I hope Bob will give us a report on it. Bob mentioned still another restaurant in his e-mail, in the Napa area; more on that too next month.

I'm happy that readers are e-mailing about their favorite restaurants and hope they'll keep it up. My e-mail address is mgreensuncity@yahoo.com. Thank you.

LH Astronomy Group

(cont' from page 11)

from Meteorites”.

Any questions regarding the LHAG and its sub groups should be directed to Vice President Bill Weaver at hamweaver@wavecable.com. Additional information about the LHAG and its subgroups can be found on its website at www.lhag.org .

• • •

OC Book Club

BY CATHIE SZABO

“One day, you will be old enough to start reading fairytales again.” C. S. Lewis, The Chronicles of Narnia

In the words of almost every child on almost every trip – “Are we there yet?” I surely think we are old enough to read fairy tales again! Perhaps we now can pick up those adult double entendres that flew over our heads as children. (See any Marx Brothers movie for prime examples!) Enough of that!

No double entendres, I think, in this month’s book club selection – The Invisible Library by Genevieve Cogman, but definitely a fairytale of sorts. Oh, what fun. Just imagine a universe of alternative worlds where an overarching invisible library is one of its most important institutions. Add in librarians charged with securing (OK – stealing) notable volumes from various worlds. Add a dose of two factions – dragons and faes (fairies). And don’t forget bad guys! Light reading for the summer in an action packed adventure as we

follow an apprentice librarian and her assistant as they carry out their tasks (err – robberies). No serious book here – just a different type of beach read.

Love the thought of this book - read the book, join the discussion on August 15 at 1:00 pm. Or if fantasy isn’t your thing, join us anyway to see if we can persuade to come in from the dark side. Will you be on the side of dragons or that of faes?

We meet the third Thursday of the month at 1:00pm in the Multi-Purpose room of OC. See ya there.

Our book schedule for the balance of 2019:
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, Joanne Johnson Felt at ivyarborcourt@aol.com, or Cathie Szabo at catsickle@gmail.com.

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Writer’s Group

BY ANDY DEXTER

It is with great sadness that the Writers Group has to announce one of our great writers and past president has passed. Bev Brannon was an active member of our group and contributed many good human-interest

stories for us all to enjoy. She was preceded in death by her husband of fifty-two years. Tom was also an active member of our group and they both leave a great gap in our club. In our very active senior community we understand that death is part of life and we must accept it. Bev described the many stages of grief she went through and wrote about it.

Starting at the blank screen, thinking about Bev, I remembered her article and I submitted for the SCLH WRITERS CORNER. I hope you will read it.

If you would like to share your stories, learn to write, or just enjoy our writings, join us at 6:30 PM on the 2nd, 4th and 5th Monday of each month in the Ceramics Room of Orchid Creek Lodge. We would love meeting you.

• • •

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

BY PATTI KINGSTON

Another school year is beginning and volunteers are anxious to get started in their schools and classrooms. Many are returning to the same school and teacher, and some are new and looking forward to a new challenge and opportunity. Comments during our spring survey of volunteers elicited



Scott Leaman, West Placer School District Superintendent.

comments such as, “I call it my happy day” and “I enjoy it more than anything else I do”.

All are invited to the SCHOOLS annual meeting on Thursday September 12 at 10:00 AM at Kilaga Springs. Scott Leaman, West Placer School District Superintendent, will be the featured speaker. His presentations are always topical and informative.

Please visit the SCHOOLS web site at <http://schoolssuncity.org>. You’ll find more information about the program, see the school web sites, read what teachers and volunteers have said, and see photos of volunteers in classrooms.

Call today for further information and questions. Contact: Cyndi Colloton at ccolloton@yahoo.com (Elementary) or Irma Mendez (High School) jmeidedm@aol.com.

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Genealogy Club

BY DR. BARBARA BRANCH

The next Genealogy Club presentation will be held on August 19, 6:30 – 8:30 PM in P-Hall (KS). Our presenter, Lynn Brown, is addressing “Understanding a GEDCOM”.

Lynn Brown has been a Genealogist for over 40 years and offers extensive background in Genealogy Computer



Lynn Brown

(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						
Carmel						
Santa Barbara	2	\$984,000			1	\$772,000
Meadowgate	4	\$785,700	1	\$759,000		
Sonoma	4	\$872,100	3	\$1,024,000	4	\$879,000
Springcrest	2	\$722,000			1	\$610,000
Marin					1	\$750,000
Tiburon	1	\$683,000				
Monterey						
San Mateo	1	\$609,000				
Atherton						
Napa	2	\$782,000	3	\$814,300	4	\$787,200
Shasta					2	\$636,000
Sausalito	1	\$599,000			4	\$654,700
Ventura			1	\$710,000	1	\$710,000
Annadel	1	\$749,000			1	\$595,000
El Dorado	4	\$577,800				
Ventana						
Fremont	5	\$609,000	2	\$710,000	1	\$615,000
Orchard Crest			2	\$519,500		
Plumas	3	\$560,200			2	\$562,500
Tehama	2	\$489,500			2	\$517,500
Tahoe	3	\$599,700	1	\$599,000	3	\$602,000
Santa Cruz	1	\$479,000	1	\$545,000	6	\$569,000
Mendocino						
Baldwin					1	\$510,000
Echo Ridge	1	\$549,000	1	\$645,000	2	\$530,000
Trinity			1	\$499,000	1	\$499,630
Lassen					1	\$469,000
Quail Cove					2	\$537,500
Alpine			3	\$504,500	1	\$514,500
Pine Hill	3	\$479,300	3	\$449,500	3	\$500,300
Almanor	3	\$469,600			1	\$456,000
Madera					1	\$444,000
Bridgegate			2	\$428,000	2	\$441,000
Calaveras	1	\$399,000	1	\$389,000	2	\$388,000
Sequoia	1	\$391,800	1	\$400,000	2	\$357,700
Millpond	1	\$385,000	1	\$379,000	1	\$419,000
Mariposa	1	\$369,900			2	\$372,300
Woodleaf					1	\$364,900

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

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- 4 – No Risk guarantee if not happy with our service. After 30 days, you have the right to cancel the listing – no questions asked.

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We love what we do and have the time, energy and desire to help our fellow residents who, for whatever reason, are leaving our community. We will miss them but we all have our own journey to travel.

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Genealogy Club

(cont' from page 13)

Research and Data Analysis. She is a certified Professional Genealogist and owner of Family-Quest Genealogical Consulting Services and is involved with the LDS Digital Scanning project.

Members should come a few minutes early to check in and receive your door prize ticket for an All-in-One Printer. There will be no social after this meeting. The multi-purpose room floor is being resurfaced.

Always check the LH Genealogy website for handouts and updates: <https://lincolnhillsgenealogy.com>. For more information contact Dr. Barbara Branch, 916-543-8219.

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Vintage Treasures

BY ELLEN STEELE

Our club was formerly ANTIQUE GROUP. The membership will remain the same, and the theme of the club, which has been and will continue forward, to appreciate and learn about items fifty years or older.

Our 2 September program will feature guest speaker Larry White from Grass Valley. Larry will share his collection of records from 1900 to 1958, including vintage record players. He will share his knowledge of music from that era. We all remember the wonderful music from the record players of our younger days. Let's take a trip down memory lane!

We meet in the Heights and Gables Room (OC), the first Monday of every month, from 10:00 to 11:30 AM. Followed by an optional lunch at the Meridian.

Contact: Pat LePage 916-543-9564, jplepage2396@gmail.com

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Apple User Group

BY RICH THAYER

When texting, what is the difference between blue text boxes and green text boxes? This was one of the questions answered in the presentation about texting at the July general meeting. Bill Smith and Sharon Worman demonstrated sending and receiving texts, creating texts by voice, creating group messages, attaching photos and documents, texting from a computer and an Apple watch, and more.

If you missed the presentation, check

out the video on lhaug.org. There you will also find a video of another July presentation, "Everything You Can Do in Notes on the iPad/iPhone" by Helen Rains. This was a test run for a new "learn, then do" type of seminar.

Don't forget to mark your calendar for the LHAUG Annual Banquet, which will be from 5:00 PM to 8:00 PM on October 28, 2019 in the Ballroom (OC). Seating is limited to the first 300 members for this popular event. See lhaug.org for ticket information.

Oh, by the way, the answer to the text box color question is: a blue text box indicates the text is being sent through Apple iMessage; a green text box indicates the text is being sent through SMS. Texts through iMessage are encrypted and sent directly to the receiver; texts through SMS are not encrypted and might be stored on network servers en route to the receiver.

Club Contact: Helen Rains by email at helen.lhaug@icloud.com.

• • •

Computer Club

BY KARL SCHOENSTEIN

Main Meeting Aug. 14, 06:30 PM "Computers for Classrooms" was founded in Chico in 1991, and incorporated in 2001 as a 501(c)(3) non-profit and have distributed over 6,000 refurbished computers every year to schools and seniors. As a Microsoft Authorized Refurbisher, our refurbished computer systems are loaded with Microsoft Windows 10 and Microsoft Office. Learn about urban mining and the capturing of metals for reuse. Discover how batteries are sorted and managed so that nothing goes to the landfill.

Find out why hospitals and government agencies are having CFC process their hard drives to provide the highest standards of data erasure or destruction by specialized equipment. Pat Furr presenter P-hall (KS)

Walk-In-Workshop: Aug. 20, 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.

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Postage Stamp Group

BY TIM MILES

We're into August already and the club has several new collections that have been broken down for consignment. The latest American Philatelist magazine has a huge article on stamps pertaining to the Apollo Moon Landing (First Day Covers, individual stamps, and other envelopes). It is quite an interesting article.

Take note that we are members of the Roseville Chamber of Commerce and if you, as members, have anything that the Chamber can help you with in anyway, contact Al Capparelli at 916-771-8288.

Please also know that we will handle the dispersal of any collections from folks who want to dispose of one. Call Al and he will advise you on the best way to achieve success. We meet at the Sun City Roseville Lodge (7050 Del Webb Blvd.) on certain Thursday nights, usually the second and fourth Thursday of the month. The actual dates will be posted in these articles because of scheduling problems due to use of the ball room. For instance, in August the meetings will be on Thursday, August 8 and Thursday, August 22 at 6:30 p.m. In September, due to scheduling difficulties, the two meetings will be on September 5 and September 12 (the first two Thursdays of the week).

Members should pay heed to Bob Simonoff's excellent minutes which he emails to every member. He lets us know what the meeting agenda is and what countries are likely to be discussed.

Our meetings are open to guests, so bring your "old" album and our membership will be happy to give it a quick perusal and give you a "ballpark" estimate of its current value. You'll be pleasantly surprised. We never go past 9 pm and parking is close.

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LH Travel Group

BY TEENA FOWLER

We will not be meeting this month. The next meeting is on Thursday, September 26th in the Kilaga Springs Kitchen at 6:00PM. Jay Fehan of Collette Vacations will present visuals and information about Collette trips being offered through our Travel Group. Our

committee will present information about the 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
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 NYC Fall Colors Tour (Oct 13-20, 2019 (Teena)

(Additional Date - OCT 4-11, 2019) Vintage Train Ride, Cooperstown, Maid of the Mist/Erie Canal cruises, West Point South Africa/Victoria Falls/Botswana. Dubai option (Oct 26-Nov 8, 2019 (Sheron) Egypt featuring Deluxe 4-nite Nile River Cruise (Feb 11-24/27, 2020) (Teena) Giza, Pyramids, Sphinx, Valley of the Kings, Aswan, Old Cairo, Karnak Temple (optional 3-Night Jordan post tour extension)

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

WWII Memorial, Smithsonian, Arlington Cemetery, Mt Vernon, Ford's Theater Puget Sound & San Juan Islands Cruise (Jul 11-18, 2020) Fly Seattle R/T (Teena) Anacortes, Friday Harbor, Victoria BC, Port Angeles, Port Townsend, Poulsbo Spotlight on New Orleans (Oct 10-15, 2020) Single hotel stay (Teena)

WWII Museum, jazz revue, swamp tour, St. Louis Cemetery, French Quarter Tour Croatia & Its Islands - Land & 7-Nite Small Ship Cruising along the Adriatic Coast (Sep 29-Oct 10, 2020) (Sheron)

Possible Trips - Crystal Cruise-Stockholm to Dover - (Jul 13-25, 2020) (Louise)

Ports: Tallin, Estonia, Helsinki, St. Petersburg, Gdansk, Poland and Copenhagen Crystal Danube Cruise - Vienna to Budapest - (Oct 27-Nov 4, 2020) (Louise)

Wachau Valley, Melk Benedictine Abbey, Bratislava's St. Martin's Cathedral & more Travel Group Committee Member Contacts - Sheron Watkins 916-849-9504 sheron55@att.net; Teena Fowler 916-543-3349 teenafowler@wavecable.com; Louise Kuret 916-408-0554 lkuret@sbcglobal.net

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(more Club News cont' on page 16)



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Lincoln Hills June Sales Snapshot

Address	Sq ft	Selling Price	Model
2357 Winding Way	1020	\$380,000	Mariposa
1330 Ivy Arbor Ln	1045	\$364,500	Mariposa
2012 Prairie View Ln	1322	\$422,000	Bridgegate
1290 Hillhaven Ln	1449	\$456,000	Almanor
1240 Silver Fork Ct	1466	\$459,900	Bridgegate/Ext
1505 Clairmont Ln	1515	\$450,000	Pine Hill
1755 Cliff Swallow Ln	1549	\$514,500	Alpine
630 Hopkins Ln	1663	\$536,000	Pine Hill *
1017 Truchard Ln	1674	\$499,630	Trinity
161 Calistoga Ln	1767	\$610,000	Santa Cruz**
1200 Lasso Lake Ln	1782	\$550,000	Santa Cruz
719 Orchid Ln	1782	\$559,000	Santa Cruz
2898 Coopers Hawk Loop	1785	\$555,000	Tehama
981 Gold Nugget Cir	1791	\$525,000	Tahoe
342 Daylily Ln	1793	\$485,000	Tehama
2780 Eagles Peak	1837	\$588,000	Plumas
2480 Rubicon Ln	1854	\$537,000	Plumas
1720 Stone House Ln	2068	\$696,000	Tahoe */**
1267 Fairway Valley Ct	2073	\$595,000	Annadel**
1170 Longhorn Ln	2128	\$710,000	Ventura**
2748 Black Hawk Ln	2277	\$628,875	Shasta
2300 Sutter View Ln,	2504	\$750,000	Marin
717 Rustic Ranch Ln	2636	\$807,000	Sonoma**
1377 Lasso Lake Ln	2831	\$905,000	Sonoma**/*

Per Sacramento mls reported sales 6/1/19 - 6/30/19
 * Casita • ** View or Golf Course

LH Italian Club

BY LINDA LUCCHETTI

During the Inaugural Dinner and Dance held on July 7, the Board of Directors for 2019-2020 was introduced. The elected officers and those appointed to positions are:



Karen Zimmerman, LHIC President

President, Karen Zimmerman; Vice President, Russ Baldo; Recording Secretary, Irene Pardini; Treasurer, Mario Tantillo; Social Events and Activities, Lilly LaPira and Karen Zimmerman; Membership, Sandi Graham; Publicity, Linda Lucchetti; Officer-at-Large, Ron Avanzino; Photographer, Tony Dipaola; Historian, Will Crews; Past President, David Conner; and, Webmaster, Al Soares.

On August 15, the Italian Club will present dinner and a play, as we reinvent the famous Shakespearean tragedy, "Romeo and Juliet." In this humorous version, our protagonists are now 72-years old. What will happen? Check the flyer on the website and sign up by August 6 to find out! As Will Shakespeare would say, "Anon!" Do it right away!

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 and learn more about us. Want

to join? Contact: Sandi Graham, membership, at 916-826-5711.

LH RV Group

BY STEVE BEEDE

Our RV Group Members are back from a wonderful and memorable multi-part trip from Oregon, to Couer d'Alene, Idaho, and onward to the famous Calgary Stampede in Canada. Next up are Rallies to Graegle in August, Marina Dunes in September, and a Fall Party in October. Planning for 2020 and 2021 Rallies is underway with 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 stevebeede5@gmail.com 916-752-6972, or check us out on our website at www.lhrvg.com.

(more Club News cont' on page 17)

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Lincoln Democratic Club

BY MARGARET DOBBS

August 15th from 5-8PM the General Meeting is a Barbecue at the Sports Pavilion on Del Webb Blvd in Sun City Lincoln Hills. Dinner, catered by Double Barrel Smokehouse, is \$25 per person with a No Host bar. After good food and conversation, be challenged by Guest Speaker, Christine Pelosi.



Christine Pelosi

Christine is an attorney, activist and author. She is Chair of the California Democratic Party Women's Caucus, and co-founded the Democratic National Committee's Veterans and Military Families Council. She has co-authored Democratic principles and platforms related to civil rights, voting rights, economic justice, women's equality, gun violence prevention and Fight for 15. Her mother, Nancy Pelosi, is currently serving as the Speaker of the House in the United States Congress.

Get your tickets online at <https://secure.actblue.com/donate/bbq19#>

Shalom Social Group

BY VIDA MORRISON

The Shalom Social Group is open to everyone of all religions and ethnicity. We meet every other month on Monday at 7:30pm. You

can see our calendar of activities in OC club bins. The month of July we had a Bagel Brunch which included a talk by the Astronomy Group president on the Hubbel Space Telescope. We are active weekly for Bocce Ball play every Sunday at 9:30, Bowling every Wednesday at 12:30, Billiards and Table Tennis by monthly. Our next membership meeting is on Monday, August 26th at 7pm at KC... check us out. Contact: Joanne Levy, 508-333-8590.

Lavender Friends

BY SANDI DOLBEE

How did baseball get to be called the national pastime? Some say it's because the sport is so old—older than either basketball or football, for example. Others trace it to a writer back in the 1850s. Whatever the answer, club members headed out to celebrate Lincoln's local team—the Potters—and some fireworks during a recent home game.

The event was organized by Marilyn Kupcho, who reports that 23 Lavender Friends showed up to see the Humboldt Crabs defeat the Lincoln Potters by 8-7 (it was tied until



Getting warmed up for a recent Lincoln Potters game

the ninth inning).

"We all had excellent seats (behind home plate and along the first base line) to see an exciting game," she reports. "We even saw a Lincoln Potter hit a grand slam homer."

Lavender Friends is a club of LGBT residents in Lincoln Hills, with events ranging from potlucks to fielding trivia teams to taking a swing at Topgolf. To learn more: www.lavenderfriends.com.

Bosom Buddies

BY VAL SINGER

Hope everyone had a good July. Now it's August and we have a lot going on.

August 8th at 11:30 is our officers' luncheon at the Timbers restaurant in Sun City, Roseville. Our new officers, Patty McCuen, president; Kathy Woodward, vice president; Corrine Ehlers, secretary, and Kay Brady, treasurer, will be installed at the luncheon. Let's have a good turnout to say thank you to these ladies for volunteering to fill these offices.

August 10th is the American Cancer Society's Relay for Life. It will again be at the Auburn Fairgrounds and, as we found out last year, it has lots of trees with lots of shade. Plan to go early because Awful Annie's is hosting the breakfast starting at 8:00am and it should be very tasty. The Survivor's Walk is 9:00am and Bosom Buddies is usually one of the first groups to walk.

After the walk our very own Peggy Ryan will be giving a speech outlining her journey through breast cancer. Peggy has spearheaded

the Relay for several years now and should be commended for the great job she has done. Way to go Peggy!!

Wear your shirts to the Relay. We will have two popup tents for shade with cutouts of stars hanging from them. As the theme of the Relay is, "Lights, Camera, Action", these stars are decorated with pictures of a movie star that has had breast cancer and, on the other side, there is a picture of a Bosom Buddies member. A group of our ladies decorated these stars and they should be quite a hit!

The speaker for September will be Ji Hye Park. She is the Head of the Sutter Lymphedema Clinic and she should provide us with some invaluable information.

If you have any questions regarding Bosom Buddies, please contact Marianne Smith (916-408-1818) or Patty McCuen (916-408-4185). We meet at Orchard Creek Lodge on the second Thursday of each month at 1:00 pm.

If you wish to go to lunch at the Meridians before the meeting, please call Val Singer (916-645-8553) and she will make the reservation.

We end each meeting by holding hands and saying: "Together we are strong; together we will make a difference; together we will survive! And, we will, hopefully with a little fun..."

(more Club News cont' on page 20)

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Broker Assoc.
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Michelle Cowles
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916-295-8532



Nick Cowles
#02066942
916-216-5877



Don Gerring
#00631339
916-747-5050



Steve & JoAnn Gillis
#01968756/#01018109
916-303-6420
916-316-0815



Yvonne Holm
#01969667
916-616-6555



Donna Judah
#00780415
916-412-9190



Wendy Judah-Olsen
#01764197
916-276-4194



Tish Leo
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916-257-3410



Jean Lund
#01966589
916-751-0712



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#00960821
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David Moody
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Pat Pelton
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Tara Pinder
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916-600-2836



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916-884-4564



Ann Renyer
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916-343-6044



Michael Renyer
#00894446
916-343-6044



Bill & Jan Rexrode
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Loree Risi
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916-716-0854



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Woman's Club of Lincoln to Host 4th Annual Home and Garden Tour

The highly anticipated annual Home and Garden Tour, sponsored by the Woman's Club of Lincoln, will happen on Saturday, October 5. This will be the fourth year the Woman's Club has hosted this Tour. According to Harriet Garland, Publicity Chair, this has become one of the most highly anticipated events of Lincoln. Last year over 350 people toured the homes and attendance is expected to reach 400 this year.

The Tour will showcase 5 very distinct homes of Lincoln including 2 historic homes, one in rural Lincoln and one in downtown.

Guests will enjoy viewing "The Chateau" in 12 Bridges. This 3700 sq. ft. semi-custom home situated at the end of the cul-de-sac pays homage to Tuscan design with Mediterranean flair. The interior of the home features a total of five bedrooms. The floors, lighting, wallpaper and tiling were all redone by the owners, Gina and Corey Farina, with each room designed to create its own unique personality. Their creative spirit manifests itself in this charming abode. The backyard is where the magic begins! Take a page from the Amalfi Coast or Mallorca; the stunning ambiance of a Mediterranean villa grips you the moment you enter. With its Las Vegas like entertainment center, barbecue, fountain, fire pit, overarching deck and 8 foot deep hand built pool, it is simply magnificent! The adjacent roses, fruit trees and plant varieties bring a sense of soothing tranquility for the perfect balance.

A charming piece of Lincoln History will be found in this two story craftsman home built around 1900. It holds a wealth of Lincoln history. Originally owned by the president of the first bank of Lincoln, and later by county supervisor, Charlie Wilson, it is surely a home that saw its share of entertaining. It was fashioned with an outdoor kitchen, Gladding McBean stamped bricks and a wrap around porch. Cindi and Fred Benzel purchased the home in 2002 and have been in the process of restoring and preserving the history of their beloved home ever since. Although the outside is craftsman, the interior has the sense of a lovely Victorian with columns, deep warm colors and a beautiful banister on the stairway. Original



Shearwater (Faria Residence) — Crystal chandeliers are the centerpiece of this gorgeous kitchen.



Vista de Madera (Horning) — This luxury master bath awaits for the ultimate pampering experience.

mosaic designed wood floors and brass and crystal chandeliers complete this picture.

The 4,700 sq. ft. Lincoln Crossing home has been aptly named the "treasure of tract homes". With 5 bedrooms, 4 1/2 baths and a great floor plan, it is an ideal home for entertaining. New floors, interior and exterior painting and a master bedroom remodel were completed before Jenny and Troy Tandy took occupancy in late 2016.

In January, renovation of the backyard began. The Hawaiian themed oasis is complete with a 5,000 gallon koi pond, massive rock waterfall, an in ground pool with a raised spa and a waterfall with swim in grotto. Stamped concrete and custom pavers are installed throughout the yard with a mix of tropical plants and succulents. The gas fire pit with curved seating wall delivers a camping feel.

The Live Oak Grove Ranch in rural Lincoln is definitely a home with a history. In the 1800s, the land on which it rests was a county park. In 1911, Emily Joselin, a psychiatric nurse and her husband, a psychiatrist built a sanatorium for their patients. In 1912, additional cottages were added for medical care and there was a doctor and nurse on site 24/7. A birthing cottage still remains standing, and there is a skylight in the family room where



Stonybrook (Tandy Residence) — Stepping into the backyard is like stepping into a tropical oasis.

surgeries were performed.

Because of its many halls and odd spaces, the current owners, Jessica and Tim Sprinkles, fondly call their home the "Winchester Mystery House". They have decorated it in a way respectful

of the era. All the original built ins are filled with books and vintage finds, and most of the decor comes with its own story of heirloom, heritage, or plain old Goodwill. This is a real historic gem!

"Vista de Madera" means view of the woods; but take one look at this lovely Catta Verdea home and you will see that it's so much more! This 5,610 sq. ft. home has 4 bedrooms, 5 1/2 baths, a bonus room, library and 4 car garage. It was completed in December 2018 by local builder Reynan & Bardis Homes who are known for creating distinctive homes and communities that carefully enhance the surrounding areas.

This home has many upscale amenities and a well designed floor plan. It is a smart home equipped with a state of the art security system, lighting, climate control and entertainment options, all controlled by a house iPad. The views are unmatched and one truly has the feeling of being "on top of the world". Owners Jamee and Darren Horning have made this exquisite home their own with

art collected on their travels.

Also on tour will be the Woman's Clubhouse, located at 499 E Street. Take a tour of this historic building in the heart of downtown Lincoln. According to Mary White, Vendor Chairperson, if you like to shop then be sure and visit the Woman's Club where they will be showcasing a host of boutique vendors including food, art, jewelry, home décor and more at their club house. Sweet and savory refreshments will be available to all at no charge. Visitors will also have

the opportunity to win various exciting prizes including a beautiful handmade quilt, a wine wall consisting of 20 bottles of wine and numerous other goodies. Each vendor will also supply a prize for some lucky winners.

The Home and Garden Tour is the major fundraiser presented by the Woman's Club each year. In the past the proceeds have been directed towards making the building ADA compliant. Phase 1 and 2 of this project are now underway. 2018-19 has been a particularly challenging year for the Club as the building is 100 years old and was in need of major repairs. A new heating and air system were installed, a complete new roof has been finished and the exterior of the building was recently painted. The proceeds from this year's home tour will now be redirected for necessary improvements and maintenance of the building. According to the tour Chairperson, Dori Childress.

According to club President, Vicki Reliford, the Woman's Club counts on the proceeds from the Tour to help throughout the year. Not only are funds used for building maintenance but also to help give back to the community by way of scholarships and other community needs. The Lincoln community has been so supportive of our need to preserve our building that it's important to us to show our gratitude and invest in Lincoln says Reliford.

Home tour hours are 10am-4pm. Tickets for the event can be purchased for \$30 advance purchase or \$35 if purchased on the day of the event. For further information contact Dori Childress at 916-645-7530 or Harriet Garland at 916-543-0541/916-343-1937



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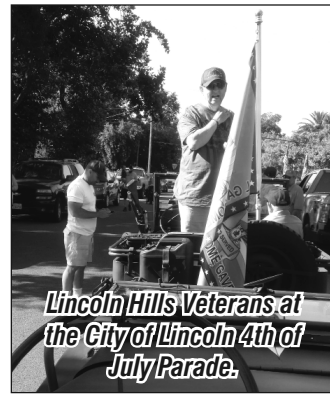
BY B.L. LEWIS

The featured speaker at the 1:00 p.m. August 15, 2019 general meeting in the Kilaga Springs Presentation Hall will be retired Air Force Colonel Joe Shriber, member of the Wild Weasels. Colonel Shriber completed three combat tours in Southeast Asia flying aircraft equipped with radar-seeking missiles with the task of destroying enemy surface to air (SAM) installations. Wild Weasel is the code name given to aircraft equipped radar seeking missiles and "was first used to take out an enemy SAM installation on December 20, 1965 by homing in on the enemy's radio emission". (from Wikipedia, the free encyclopedia) Don't miss this very exciting and informative meeting.

Good News for the 'Blue Water Veterans'; President Trump signed legislation granting presumptive status for disability benefits for veterans who served in the seas around Vietnam during the war. The "Blue Water" Vietnam veterans' act is now law.

Thank you and Congratulations to the residents of Lincoln Hills, 93 torn and tattered flags were turned in for retirement during the month of June, which is an all-time high for us. I ask you again do not wait until your flag is in shreds, turn it in when it begins to show signs of wear.

All veterans are invited to support the



funding of Lincoln Veterans Memorial at McBean Park in Lincoln. You can contribute by donating \$25.00 for a Memorial Coin; with a \$150.00 donation you can have a Black Granite Plaque with your name and service information inscribed; or you can make a donation of any amount to the Lincoln Veterans Memorial Coalition. Send your checks and information to LVMC, Treasurer, Larry Yaggi, 2300

Cinnamon Teal Lane, Lincoln, CA 95648.

Welcome Aboard to new members Bob McCollum, U.S. Marine Corps and Douglas Newnan, U.S. Navy. Congratulations to new Life member Ted Rosen, U.S. Navy. As of June 24, 2019, the group's paid membership stood at 218, including 116 life members and 20 Associate members. World War II veterans (including Spouses) total 21. The total membership was 259.

Remember to fly your flag proudly on Purple Heart Day, August 7, 2019.

In Memorium
Veteran Lorraine Bivalec, U.S. Army
LHVG Board Member 2004-2007 and 2010

The Veterans Group extends its deepest Condolences

to Lorraine's family and friends

•••

(more Club News cont' on page 21)



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LH Hearing Impaired Support Group

BY JOANNE MITCHELL

We will be taking a summer break in August so there will be no meeting of the Hearing Impaired Support Group. See you all at our September 26th meeting!

• • •

Wise Aging Resource and Support Group

BY CAROL EISENHOWER

We are a new support group for residents of Sun City Lincoln Hills, and we provide a forum for discussion, support, education, and sharing of aging-related resources for all residents wanting to plan for their older years, whether ageing in place or exploring other options. To date, we have heard from Neighbors Indeed, the Placer County Peer Counseling Service, and a speaker instructing us on why we need to plan for the future. Our meetings always include small group discussion to share ideas. In September, Marcia Van Wagner will lead a discussion on how to get information and help with aging decisions. The discussion will focus on the best way to get help when a crisis occurs.

Come and join the other 60 people who have discovered the comfort in sharing information and being heard. Every first Monday at 1 pm, Gables/Heights Room, Orchard Creek Lodge. Our next meeting is on September 2.

For information contact: Ellen Altman, ellenreba@yahoo.com, 916-409-2014 or Jane Carhart, jzcarhart@hotmail.com 916-543-6938.

Website: lhwiseaggers.com

• • •

Low Vision Support Group

BY JOAN BRANT-LOVE

August Meeting – Tuesday 8/6, 2019, 2:00-4:00 PM, Fine Arts Room, Orchard Creek Lodge

“Use Your Remaining Vision Effectively” will be our topic. Our speaker, Toni Boom is an Occupational Therapist who has specialized in low vision rehabilitation since 2008. She will be reviewing the services offered by the Low Vision Clinic at Society for the Blind and how vision rehabilitation can help people use their remaining vision more effectively for everyday activities.

September Meeting – Tuesday 9/3, 2019, 2:00-4:00 PM, Fine Arts Room, Orchard Creek Lodge

Our speaker, Cory Hanosh of Northstate Assistive Technology, will bring the latest new items for those with Low Vision. Cory will also review OrCam, Portable Magnifier/Readers and audio programs such as Jaws, Magic, and Zoom Text. It's worth noting that Cory is the supplier for and operates the Retail Store at Society for the Blind in Sacramento. Products may also be ordered online at <http://northstateat.com/>

Video of Interest

The Lincoln Hills Apple Users Group

has a video on their website that provides instructions for using apps helpful to those with hearing or low vision challenges. Check it out at: <https://www.lhaug.org/> Select “Videos” at the top, scroll down to “Sight & Hearing Accessibility” and click on the box at the far right of that row. Hope this helps.

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

• • •

Alzheimer’s Caregiver’s Support Group

BY JEFF ANDERSEN

Starting with the initial diagnosis, the jointly shared/differently experienced journey of the Alzheimer’s afflicted and their caregivers has a lot of personal, legal, financial, medical and emotional challenges. One of the sneakiest challenges is coming to the realization that this kind of caregiving requires everything you have, and then some. Then there’s the reality check of recognizing you need help, followed by the hard swallow of asking for or seeking it.

For many, the journey with helping friends & family, and respite care, and in-home care will lead to having to consider the unthinkable as inevitable: placement in a memory care facility. These MC facilities are a far cry from the Nursing Homes of the past, but the imagery remains hard to shake and forms another barrier to overcome when you are forced to think about this drastic step. How do you know that time has arrived? What do you need to consider? Where could your husband

or wife go? Who can you talk to about this? What are your options? These and many other questions - and their answers - will be the topic of the presentation on August 28th. Ginger McMurchie, a Geriatric Care Manager, will be talking about how best to approach these vexing issues. You don’t know what you don’t know. Come and get informed.

Coming up, we have a Lincoln Hills Forum on September 12 about Alzheimer’s, and the Sacramento Walk to End Alzheimer’s on September 28th. We hope to see you at both. Don’t be shy - invite your friends and family to join you in the flesh, in spirit, in cash - or all of the above. Contact anyone from the Steering Committee on how to participate. Thank you.



JOIN US alz.org/walk

The Alzheimer’s/Dementia Caregiver’s Support Group meetings are held each month except December. The Peer/Speaker group meets at 1:00 PM each 4th Wednesday in the MultiPurpose Room (OC). All are welcome to attend, especially caregivers with recently

(cont’ on page 23)



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Alzheimer's Caregiver's

(cont' from page 21)

diagnosed family members. These fourth Wednesday meetings alternate monthly between group discussion moderated by an experienced counselor from Del Oro Caregiver Resource Center, and formal presentations by other professionals. The Women's group with Jo Fratessa is discussion only, and is designed for women who prefer a less crowded setting. The Women's group meets on the 1st Wednesday at 1:00 PM in the MultiMedia Room (across the hall from the Peer/Speaker group location). The Men's group with Al Roten meets on the third Thursday of the month at 10:00 AM at Granite Springs Church, 1170 E. Joiner Parkway in Lincoln. 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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Singles Club

BY SUSAN PLATT

At 4:00 PM on Thursday, August 1st, we will be traveling to Sully's in Rocklin for Cocktail Time! Sully's is a fun and active bar and it features a gaming area along with great food and drinks. Carpool and travel with your friends to Rocklin for a fun evening! Sunday, August 4th is the date of one of the Singles favorite events! Join us in the Sports Bar at Orchard Creek at 4:00 PM for our monthly birthday celebration. If August is your birthday month, we will buy you a drink of your choice and we will sing to you a loud and rousing rendition of Happy Birthday!

Tuesday, August 6th is our Activities Meeting, which will be held in the Ceramics Room at Orchard Creek. Join us at 4:30 PM and share your ideas of fun events for the upcoming months. We welcome new and exciting ideas for our member events. Our monthly Business Meeting will be held on Thursday, August 8th in the Ballroom at Orchard Creek. Doors open at 6:00 PM for this fun evening.

Saturday, August 10th at 9:00 AM is our 2nd Saturday breakfast. Join us in the Sports Bar and enjoy a delicious breakfast to start your

day. Gail, your hostess will be there to welcome you to this event. Dining Out for this month will be at Skipolini's in Rocklin on Thursday, August 15th at 4:30 PM. Reservations are needed for this evening, so please call Sue to reserve your spot.

Our famous trivia for the Singles will be back on Thursday, August 22nd! Be sure to join us at 6:00 PM in the Ballroom at Orchard Creek for Kathy's entertaining and interesting questions for this fun game!! Lots of great prizes and excitement are in store for this evening.

On Wednesdays, come to the Sports Park at 3:00 PM for a game of Bocce Ball. This is a great afternoon activity and a good time to enjoy good friends and the beautiful outdoors! Friday's are for Singles Golf. Please contact Bill Brown at ca.billbrown@yahoo.com for further information on playing golf at various courses.

We always welcome new members! Our monthly calendar and membership forms are available in the cubbies at the front entrance to Orchard Creek. Only \$15 a year to join us for all this fun!

• • •

Amateur Radio Group

BY RUSSELL STEELE, KF6TAR

Do you have an emergency to-go-kit? Every California family should have an emergency evacuation kit should they be required to evacuate. Kit details here: <https://www.cdph.ca.gov/Programs/EPO/Pages/PrepareanEmergencySupplyKit.aspx> All local amateur radio groups have their emergency radio-go-kits at the ready should we experience a local disaster. They are prepared to provide emergency communication should cell phones become overloaded or destroyed, and 911 is down. Our Amateur Radio Group (ARG) is also prepared to support the community should we have a local disaster. The ARG meets every Monday at 6:30 PM and holds a network at 7:00 PM on 443.225 MHz with a PL of 167.9 Hz. Summer meeting location is posted at <https://lharg.us> For additional information contact President Jim Darby at 916-408-8599, or VP Claire Schloenvogt at 916-253-9155.

• • •

RoadRunners Motorcycle Club

BY MIKE SMITH

On July 13, Road Captain John Milbauer led the club's monthly ride. Crossing over the Sierra Nevada

Mountains at Carson Pass, the riders made their way to Gardnerville, Nevada. A great lunch was served at

the J.T. Basque Bar and Dining Room. After lunch the ride continued to South Lake Tahoe and down to

Placerville before returning to Lincoln. Coming up on August 10, VP/Head Road Captain Don Heyde will be leading a ride over the Sonora

Pass to Topaz Lake, Nevada. The RoadRunners have scheduled rides on the second Saturday of the month, March – November. If you

like motorcycle touring and have a road worthy motorcycle or trike – check us out! The RoadRunners

meet on the fourth Thursday of the month at 5:30 PM Multipurpose Room (OC) Guests are always

welcome. The next meeting will be on August 22.

"Ride Safe – Ride With Friends"
Contact: Manny Perez 916-253-9121
manwil412@wavecable.com

• • •

SCLH Sports Car Club

BY PAM BERRY

We had a wonderful time at Awful Annie's! Tour leaders Tom and Michelle Breckon organized a trip following all the beautiful back roads in this area. Weather was perfect for the several convertibles of our club. Thanks to the staff of Awful Annie's we had excellent service and food.

The Haggin Museum in Stockton was very enjoyable and interesting. A private tour was given of the turn of the century building and many collections of painting and art. The tour then went for lunch and visited a Lodi winery. Thank you to leaders – Carl & Barbara Grondona, Ron & Elly Goleno, Gray & Sharon Musser, and Mike Schultz.

A favorite tour for our club is the Bill McAnally Racing Showroom in Roseville. Bill is an excellent host and guide that makes things interesting for both driver and passengers. It is sure to be a great tour followed by a fun



Tom, Michelle with Ron and Elly.

lunch at Lazy Dog.

Day tours allow members to enjoy a day on the roads usually with a lunch thrown in! We are looking forward to a visit to the Iron Hub Winery and lunch at Poor Reds plus a make up trip to Capay Valley (we got rained out earlier this year!). These trips plus the standing "Third Thursday" outings will keep our sports cars humming.

If you would like more information, please contact Jo Fratessa 916-408-7209 or lhsportscars.com.

• • •

Rod & Relics

BY ELNA RAGAN

One of the new activities that our Club does is meet at Round Table Pizza on Lincoln Blvd. at 5:30 p.m. the second Tuesday of the month. Nine Club members attended this month. It is a nice way of getting to know our members on a casual evening of conversation and fun.

"The Niello Concours Raduno is a gathering of motorcar owners for an evening spent enjoying the art of the automobile." On July 9, our Club was represented with seven vehicles on display. Over 70 vehicles participated in the show on the lawn in front of the Orchard Creek Lodge. It was a delightful evening enhanced by a soft breeze.

On Sunday, July 21, members of our Car Club took a road trip to enjoy brunch at Walnut Grove's Grand Island Mansion. This historic landmark in the heart of the Delta, dates back to 1917, when Louis Meyer built it for his socialite wife. It is an opulent riverfront estate combining the glamour of Hollywood with Italian renaissance. It's 24,000 square feet

(cont' on page 25)

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Martin Green Has Another Book Out

Sun Senior News writer Martin Green has another book out, an e-book called "Potpourri II," which is a collection of recent short stories published online, "Observations" from this paper and a few essays to boot. ("Potpourri I," a paperback and an e-book, came out in 2011). Martin's stories should be of special interest to Sun City residents because many concern aging. Other stories are about an oldster's recollections of things past, life turning points and what-might-have-beens. A good number of the "Observations" also concern aging, ways of coping with it, and also strolls down memory lane and remembrances of things past.

"Potpourri II" is available as a Kindle book on Amazon. The price is \$2.99. Type in "Potpourri II by Martin Green" in the search line. "Potpourri I" as well as Martin's other books, e-books and paperbacks, are also available on Amazon and on other sites like Barnes&Noble. The other books include five short story collections, "One Year in Retirement" and "The View From 85." Good reading for senior citizens.

Thoughts From Jack— Living in Today's World is a Mental Problem

BY JACK FABIAN

One thing all our politicians have leaned is the word "infrastructure"; they don't know what it means, but they all know how to say it. It's almost as popular as the word "collusion".

The new governor of our state of California has assigned a task force to investigate and propose a new system for running the DMV. He's already renamed it the Department of Minimum Velocity. No argument there.

I'm sure you've noticed that if you pay anything by check, they want the account number on the check you write. Why? They're not sure the one on the billing statement is right? Of the two, which is more likely to be correct, their statement, or the one being written by an 80 year old man with macular difficulties? And to make matters worse, the account number, for some reason, has to have 16 digits in it. That's because they have 467 billion customers. We made a wrong turn someplace.

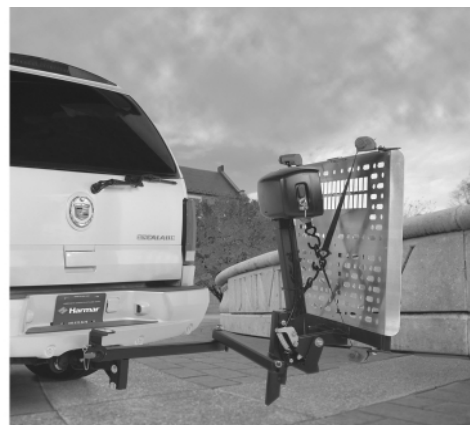
We should do what the ducks here in Beige City do; we should fly backwards and see where we've been. We may find out that where we've been may be a lot better than where we're goin'.



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Rod & Relics

(cont' from page 23)

include 58 rooms, a Grand Ballroom, and even a bowling alley. Mrs. Myers befriended actress Greta Garbo and many other Hollywood stars. Guests could arrive by steamboat or private boat. It was a very popular get-away during Prohibition, where liquor flowed freely and rumors abounded. Hot

August Nights in Reno is the 6th through the 11th. A number of our members will be attending the Car Show and taking in all that Reno offers.

On August 15, the Rods & Relics will present checks to three charities from the proceeds of our June 1 Downtown Lincoln Car Show: Ride to Walk, RRUFF Healing Heroes, and Women of Worth. The amount given will be shared in next month's newspaper article. 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! Check out our website and become a member of our Car Club!

Upcoming Events —

August 6, 20: 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 Club-related news.

August 15: The General Business Meeting will be held at the Turkey Creek Golf Course, 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.

Contacts: Chuck Barnhart, President 916-543-7301; Mike Carvidi, Membership Director 707-849-2834.

Website: www.rodsnrelics.net

Bird Group

BY RUTH BAYLIS

Nesting season is mostly over in our area. Hope you have enjoyed watching all the nestlings and fledglings. The quail chicks, ducklings, and goslings have been most visible and enjoyable to watch but invariably a few of the chicks fall into our storm drains and cannot always be rescued. Thanks to the Wildlife Heritage Foundation, who provide screens to cover many of our drains, many such tragedies have been averted.

It was a quiet morning birding on the Monte Azul trail in late June, only sighting 22 species, until a pair of eagles were spotted sitting on a cell phone tower near the water tanks above Boulder Court. We had plenty of time to observe them sitting and in flight, resulting in much discussion and research to determine if they were immature Bald or immature Golden Eagles. The birding experts that we consulted leaned toward immature Bald Eagles. Our walk along Auburn Ravine near the dog park two weeks later was very productive. We sighted or heard 33 species, an impressive new high for

this location. There were a couple of unexpected sightings, namely our first identifiable sighting of a Hutton's Vireo, and a flyover by a White Pelican. The

Pelican that we saw may

have been part of the group that was seen on Ferrari Pond the next morning.

At our July meeting we had a presentation by Kathi and Larry Ridley describing their "UnCruise Adventure" trip to the Sea of Cortez. We enjoyed the stories and photos of the sea life and birds that they encountered.

August is a quiet month for the Bird Group as it is too hot for both us and the birds. But here is a preview of events scheduled for September and beyond. Please check your email and our website, because while unlikely, there could be some date changes.

Sep 6, Fri, 8AM: Effie Yeaw Nature Center and Ancil Hoffman County Park, Carmichael. Effie Yeaw is a nature center surrounded by 100 acres of county park comprised of riparian woodland along the American River.

Sep 9, Mon, 1:30PM: Monthly meeting, Kilaga Presentation Hall. We will be welcoming back Ed Pandolfino whose topic will be "Bird



Migration: The More We Learn, The Less We Know."

Sep 27, Fri, 8AM: Lincoln Wastewater Treatment Plant. Starting our fall/winter birding season, we will be looking for early arrivals and late departures in the ponds and on the grounds of the treatment plant

Oct 10-12, Thurs-Sat: Moss Landing and Elkhorn Slough. The main feature will be birding by pontoon into Elkhorn Slough. Watch for Bird Group emails announcing this trip or check the events section of our website.

Oct 23, Wed, 11AM-1:30PM: Bird Group Potluck, LH Sports Pavilion. Save the date! More details will be provided later.

For a full listing of future events, birding tips, a photo gallery, bird lists from trips and MORE, visit our website: <http://www.lhbirders.org>

You can communicate with the Lincoln Hills Bird Group at email address: LH_Bird_Group@yahoo.com.

(more Club News cont' on page 26)

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Fishing Group

BY HENRY SANDIGO

I recently returned from a fantastic trip to Twin Bridges Montana, a fly fishing mecca. Twin Bridges is what Louis & Clark discovered as part of the Corps of Discovery Expedition (it wasn't known as Twin Bridges then) sponsored by President Thomas Jefferson, also known as the Lewis & Clark Expedition. Their mission was to go out and find the Passage to the Pacific Ocean. You'll have to read the book to find out what happened.

I found my self sitting in the guides boat looking up at a hill which Lewis allegedly climbed to the top to get his bearings. It's kind of cool really to be there looking at a bit of history.

Now, I'm not saying they discovered this part of America. It was already there. And it wasn't a fishing Mecca then either. By making a trail for the known "civilized" world of America those fellas help create this fishing hole for generations to enjoy. How it became THE place to fish, I haven't discovered. I presume it was a slow process. Today as I imagine it was back then, it is a great place to fish.

White fish are the predominant fish, natural as anything there at the time. Rainbows and Browns were introduced later by some entrepreneur. I suppose he or she were fishing people and wanted something to catch that was more spectacular then a White fish. I also found out in this trip there isn't a real catch & release policy or area, and spin fishing people fish here too, and take a few fish home. These



Cory holding my catch on the Jefferson and released of course!

rivers are not stocked.

Montana has about 900 thousand citizens where as California has about 10 billion (a joke) so don't contact me with the census data. Montana reminds me of the Bay Area when I was growing up. You could see for miles and easily look at the mountains, no cars or people walking or riding a bike, just a lot of open space and not many people.

Montana has many streams and rivers to choose from to fish. Many of them make up the mighty Missouri River by flowing into each other down stream and then becoming part of the Mo. Our guides took us down parts of the rivers we fished such as the middle or lower part of the Jefferson or the Beaverhead. I forget which one Lewis chose to get to Oregon, but it was the right one. Otherwise their trip would have been a bust.

The methods of fishing are different in the rivers. At times, we used "BB's" to bounce off the bottom while our flies were tied a few inches above and the Leader was attached to a bright Orange/Red or White indicator (aka Bobber).

(cont' on page 27)



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Fishing Group

(cont' from page 27)

As the boat moved swiftly downstream, it was our job to keep our eyes on the Indicator. If it slipped below the surface, immediately RAISE your ROD to set the hook? Fish On! On the other rivers (Big Hole, Madison, etc, we used what is called a DryDropper. The floating fly, a Chernobyl bug with bright White wings let us know if a fish grabbed our hook. The bottom fly is the Prince Nymph Jig hook, a bright blue apparition of some kind of bug that dwells in these rivers of Montana. If you were extremely lucky and the great rainbow grabbed your top fly, an explosion of water and excitement will be displayed. Your adrenaline is pumping, your aches and pains disappear, and you forget you're an old guy or gal for a few minutes. Even your guide is stoked, and if it is a 20+ inch bow or brown, then even more celebration can happen. High fives all around.

Now, I just mean to give you a bit of an insight to fishing. It can be anywhere in the world or just a few minutes from home home in California. Even if you are my age, 78, and just beginning to mature into the excitement of fishing. It beats sitting home and doing nothing for the rest of your retirement life.

Keep your interest in fishing high. Go out when you can even for an hour or for the trip of a life time.

Join our club - Lincoln Hills Fishing Group. Contact Ralph; email at ralphtonseth@comcast.net

...

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!

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.

...

Garden Group

BY LORRAINE IMMEL

In lieu of a General Meeting in August and back by popular demand from last year's survey, we will be having our Summer Social "Gardeners Table Talk" again this year, Thursday, August 22, 8 am-10:30 am, Sports Pavilion with 4 new topics. We offer this opportunity to socialize while learning new gardening tips from each other.

This is not a drop-in social as each person is assigned a TABLE ROTATION for each of the topics. (Members have already received their invitation by email...or mailed to them- and had June/July sign-ups available at the general meetings with all

the details.) There is a charge of \$5 and it is for members only. There will be a waiting list once all the spaces are filled. Registration deadline is August 12.

Contact: Send \$5 check (SCLH Garden Group) to Lois Wagner, 1825 Springvale Lane, Lincoln, 916-253-7153.

Planning Ahead...next year's Plant Sale. If you have any plants or seedlings, yard items, garden art, etc, would you please consider donating them to the Plant Sale. Co-Chairs Marie Salers (916-408-3895) and Linda Bringle (916-645-3862) would like you to save them for the April (first Saturday) Plant Sale-2020. Perhaps split, re-pot in small pots now, groom



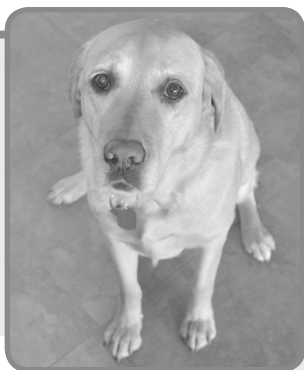
Gardeners Table Talk & Social

and care for them to be ready for the sale. (Proceeds go to Lincoln Civic Projects.)

The Garden Group has monetarily assisted many local projects over the years... Salt Mine, Lincoln High School Agriculture Curriculum, downtown Landscaping Projects, Library plantings, Boy Scouts, Phoenix High School Alternative Education and Old Fruitvale School, etc. Thank you for your generous donations!

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(more Club News cont' on page 29)



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Sun City Hiking Group

BY STEPHANIE HUNTINGDALE

“It’s a smile, it’s a kiss, it’s a sip of wine... it’s summertime!” Kenny Chesney. I can add it’s so many wildflowers and pleasant hikes to enjoy the earth’s abundance to that statement. So far we have had some great weather and have been enjoying our hikes in the Sierras. This year’s rain and snow have created an abundance of wildflowers and a forest that is more green than brown. The “sip of wine” helps soothe the muscles when you get home.

A fun, annual event for the hiking club is the summer BBQ at the Huntingdale’s in Truckee. This year 31 hikers joined the Burton Creek Hike in Tahoe City. If you missed it, plan on coming next year.

A call for volunteers! Our hiking club officers have served their two year terms and the nominating committee is seeking individuals that want to help out. We need officers to keep our club going forward. Have you been enjoying the rewards of having the hiking club? Have you been a hike leader and want to contribute a little more? Have you done nothing and now feel it’s time to help out? We are looking for you. We need you. Please contact Debbie Schriver, she is our walking coordinator and on the Nominating Committee, 916-666-1741.

In July we had our quarterly hike leaders meeting to schedule hikes. Take a look at the website, www.lincolnhillshikers.org to see Upcoming Hikes. It’s never too late to schedule a hike. If you’ve never been a hike leader, there are many hike leaders willing to help you. Take a chance; you’ll be rewarded by many happy hikers. Also, remember to take a look at the Photo Gallery, a great way to enjoy the scenery if you are unable to join the hikes. Many wonderful photos!

That’s it for this month. Enjoy your summer vacations and remember to take a hike!

Check the website.

Upcoming Easy Hikes: None this month.

Upcoming Moderate Hikes: August 13, Summit Lake, (Boreal)

Upcoming Moderate/Strenuous Hikes: August 29, Rubicon Trail, (Tahoe)

Upcoming Strenuous Hikes: August 8, Showers Lake (Carson Pass), August 22,



Dardanelles Lake, (Tahoe)

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.

I, Stephanie Huntingdale, give EGNews, Inc. permission to publish this article and to have the right to condense or edit this article as they see fit.

• • •

Water Volleyball Club

BY ROSEMARY ELSTON

The Water Volleyball Club Outdoor Pool event on June 23rd at Orchard Creek was a splashing success. Thirty-two members from the recreational and competitive levels competed in the fresh air from 5:30 to 7:30. The next outdoor play event at the Orchard Creek Pool is scheduled for July 21st from 5:30 to 7:30. Plans are underway to add a theme for members’ fun and enjoyment (hats anyone?). If the Orchard Creek Pool can accommodate thirty-two players it can most certainly hold two or three more folks — come and join the fun in the water.

Monthly trainings at the Kilaga Springs Pool have continued through the summer months. Blue and Red Ball trainings in May and June covered blocking spiking, and defense. To review training content check out the training notes on the Water Volleyball Club Facebook Group. Trainings have been well attended by Club members; interest has been very solid for members wanting to improve their skills and advance to a more competitive playing level. Thank you to Russ, our awesome Training Administrator, and the volunteer trainers.

Another well attended Ladies Night was held on July 3rd. The pool was again packed

with ladies from all levels, Recreational and Competitive, enjoying the comradeship that occurs on Ladies Night. Harriet and her helpers select the teams, assign captains and organize the night for the benefit of all who participate. The ladies are able to use a shorter net designed and built by the Club’s talented Equipment Manager, Dave. As a participant in several Ladies Nights, it is such a pleasure to play with the women of the Water Volleyball Club. Go ladies!

On July 9th, the Steering Committee completed the final process for the approval of the Competitive Player Absence Policy. Members can review the document on the Club Website or Club Facebook Group. The Steering Committee sadly accepted the resignation of Cynde for Recreational Play Coordinator --- thank you for an awesome job! The vacancy and job description will be posted to the membership via email, the website and the Club Facebook Group. Finally, a process for the Reporting of Incidents will be posted on the whiteboard at the Kilaga Springs Pool. The Reporting of Incidents process is required for all Sun City Lincoln Hills Clubs. E-mail: scwhatervolleyball@gmail.com Website: www.lhwatervolleyball.com

• • •

Mad Hatters Bocce Group

BY PAUL MAC GARVEY

Thanks to everyone for making our Bocce Brunch on July 11 a big success. The food was great and we didn’t have many leftovers to finish. We tried that “Pick a Card” team selection again and that worked out fine but the idea of a playoff round seems to get in the way of the social aspect of the brunch so we’re going to have to figure a better way around that.

Looking ahead on our social calendar it seems our next planned event will be a repeat of our very successful Bocce for Dessert outing last September. If you will recall we skipped our standard Thursday morning play session and instead played Bocce in the evening, beginning at 6:30 PM, followed by a dessert social. People seemed to like that idea and we had forty people show up. We almost ran out of Bocce balls. We are looking at a potential date of September 26 for that event.

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

• • •

Pickleball

BY MIKE GARDNER

Why not jump right into pickleball?

All residents are invited to play in our fun Fall Classic tournament September 12-14.

No experience? No problem.

There will be special brackets for newer players.

We also offer a free introduction, whether you sign up for the tournament or just want to check out one of the fastest growing sports in the U.S.

The introduction is offered most Wednesdays at 1 PM. Paddles provided. No reservations needed, but please wear tennis shoes.

Details are on our new Website. Visit us at <https://lhpclub.com/>.

We party as well as play.

Our members-only ice cream get-together is August 7, an Oktoberfest party October 3 and holiday gala December 11.

We also have benefit events.

Upcoming: a mixer on the courts to raise funds for Canine Companions for Independence it will be on Sept. 7.

• • •

Table Tennis

BY DENNIS ZARO

A group of Lincoln Hills tablet tennis players has been invited by Sun City Roseville for play at their facility on August 20. This is a good time to be away. The KS Multipurpose Room is scheduled for closure to table tennis on the following dates: August 20, 23, 25, 27, and 30. These closures are due to floor refinishing.

All skill levels age welcome from beginners too advanced. Players are encouraged to participate at one of five tables that best matches their skill level. Just remember to wear tennis or soft soled shoes. Play times (except those listed above) are: Sundays, 9:00 AM to KS closing except the first Sunday of the month when play starts at 12:30 PM, Tuesdays, 6:00 to 9:00 PM, and Fridays, 8:00 to 11:00 AM.

Free loaner paddles and lessons are available. Also, a robot serving machine is available for practice on Fridays. For more information contact Tim Frank at Timcfrank@gmail.com.

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(more Club News cont’ on page 33)



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Woman's Club Mad Hatters Tea a Great Success!

The first Mad Hatter's Tea, sponsored by the Woman's Club of Lincoln, on Saturday, June 29, was a smashing success. The event was a sell out with 95 women attending. Many of the guests got into the spirit by donning hats fit for a Kentucky Derby gala. Tables were set with linens, china and of course tea pots. Centerpieces were replicas of the Mad Hatters hat – each individually decorated by a committee of members. Guests were greeted by Rhonda Workman Foster, who was dressed as the Mad Hatter and Fran Neves, dressed as the Queen of Hearts. The outside of the building and the courtyard were enhanced by original posters designed by more artistic members. Typical tea fare was provided consisting of tea sandwiches, breads such as scones, cinnamon bread, lemon bread and miniature muffins. The menu ended with a wonderful assortment of macaroons, miniature fruit tarts, and cookies.

Guests were entertained by a Vintage Fashion Show presented by Myrna's Vintage Fashions, owned by local resident Myrna Erickson.

Funds raised by this event will go towards the ongoing maintenance of the historic clubhouse, located at 499 E Street. The clubhouse is on the National

Register of Historic Places in the United States. For the past 95 years it has been a great building in our little town of Lincoln and we are so proud that it is now a Historical Building.



Rhonda Workman Foster (The Mad Hatter) and Fran Neves (Queen of Hearts) welcome everyone!

The Woman's Club of Lincoln is a fun group of enthusiastic ladies from diverse backgrounds who come together to socialize and be involved in their community. Please feel free to come to one of our monthly meetings held on the 4th Tuesday of every month. Social time starts at 12:00 noon followed by a short business meeting and then a program. There is no charge to attend.

The Woman's Club is also available for rentals – private parties, business meetings, etc. Rental information can be had from Barbara Araujo at 916-792-9830.

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AUGUST / SEPTEMBER

Chicago — Chicago!

If you are from Chicago, or any place even remotely near there, that “Toddling Town” is calling you! We are planning to gather together to meet our “Friends from Chicago and Environs” to share stories and memories of our beloved “City of Broad Shoulders” - Chicago. We have selected a time, date and place and hope you will be able to join us for an evening of laughter with a bunch of Midwest party goers.

So here's the scoop:

Date: Wednesday, August 14th

Time: 5:00 PM Social Hour - 5:30 Buffet Supper of Soup, Salad and Dessert.

Place: Turkey Creek Clubhouse - 1525 Highway #193, Lincoln.

Cost: \$15 per person - cash at time of dinner which will include a raffle ticket for a chance to win one of our wonderful “Chicago” themed prizes.

We need to know if you are coming by Wednesday, August 7th so that we can plan for enough food and fun for everyone!

Wear any of your favorite Chicago team paraphernalia or bring any Northern Illinois mementoes to share with our friends. Please email Joan Buckmaster: joanbuckmaster@yahoo.com to join our list of party goers with your reservation.

If you have any questions, please email Diane Marten dianemarten@sbcglobal.net See you there!

Glaucoma Support Group

Do you know the symptoms of Glaucoma? Are you challenged with your eye drops? If you have questions, we have answers. Please join us at our next meeting of the Glaucoma Support Group on August 14 at 4:00 in the Multimedia Room (OC) For additional information, please contact Bonnie Dale at 916-543-2133.

SCLH Republican Club

Our next meeting is Tuesday, August 20, in P-Hall (KS). Doors open at 6:00 PM, program 6:30 PM – 8:00 PM (including Q & A). Our speaker is Dr. Nathan Herzog, Ph.D., Dean of Education at William Jessup University. Dr. Herzog's topic will be “The State of Higher Education and the Decline of Culture and Values.” Dr. Herzog will share insights into the current political realities on campuses. Dr. Herzog's mission is to train future educators to teach with compassion and excellence. For more information, including membership: info@RepublicanClubSCLH.org

CPR/AED/First Aid Class

The last class presented by the Lincoln Hills Foundation is filling up. The class will be Sept. 11, 2019 at Orchard Creek Lodge Multimedia Room from 9:00 Am to Noon. Get

your application at Lincolnhillsfoundation.org and mail it with a check for \$10 or \$20. It is explained on the application. Call 916-434-0749 for more information.

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? 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

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 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 appetizer meetings 6pm on the first and third Tuesday of the month and breakfast meetings 7:30am on the second and fourth Tuesdays all at Buonarroti's 460 Lincoln Blvd. Guests are welcome. Info: Kiwanislincolnca@gmail.com or 916 581-2045 or lincolnkiwanis.org

Kiwanis Club of Lincoln Foothills

Kiwanis Club of Lincoln Foothills has two lunch meetings per month: First and Third Fridays at 11:30 a.m. at Turkey Creek Country Club, 1525 Highway 193, Lincoln.

Nice lunch available for \$13. Guests are welcome! RSVP & additional Info: Rae Cook 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.

Senior Peer Counseling

Senior Peer Counseling provides free, inhome 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.

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

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 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.

Woman's Club of Lincoln

Woman's Club of Lincoln meets the 4th of every month, 12:00PM, Social followed by a meeting and program. 499 E Street, Lincoln. Everyone welcome, no admission free.

Lincoln Parkinson's Support Group

The Lincoln Parkinson's Support Group meets the 3rd Tuesday of each month at the Granite Springs Church, 1170 E. Joiner parkway from 10:00 AM to 11:30 AM. The Group provides a great opportunity for those with Parkinson's and their caregivers to connect with each other and to receive information about living with Parkinson's. The format consists of informative speakers and an occasional general discussion. The next meeting will be August 20. Come and join us. Ginny Nevins 916-543-0757.

Winter Bowling League Forming

This is a Sr. League 55+ Thursday Sun Sr.

Location: Strikes Rocklin

Start Sept. 5th at 9:30 AM

Contact Carol Torno, Secretary

650-218-9656 (cell)

catorno68@gmail.com

Grief Support Group

GriefShare is a weekly Christian faith based seminar/support group for people grieving the death of someone close to them. Whether the loss is recent or some time ago, you are welcome. It is a place where you can be around people who understand how you feel and the pain of your loss. At GriefShare, you'll learn valuable, practical information that will help you through this difficult time in your life. A new group starts Tuesday, September 10 2019 (9:30 AM to 11:30 AM) at Granite Springs Church at 1170 E. Joiner Parkway in Lincoln. We meet weekly for 13 weeks, ending on December 3, 2019. Contact Cheryl Edwards at 916-505-5777 (please leave a message if you want a call back.) Cheryl can also be reached by email at 63cheryle63@gmail.com if you want to find out more about this group.

Volunteers Needed

AARP Foundation Tax-Aide is looking for volunteers as counselors, greeters, and schedulers to help taxpayers complete their 2019 income tax returns in Lincoln during the 2020 tax-filing season. Some knowledge of computers is required to assist in providing our free e-file service. Volunteers need to commit four hours in one day per week during February 3rd through April 15th. To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2019 tax season, please email yorke1946@gmail.com with your name, address, phone number, and positions(s) you are interested in.

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SCLH WRITER'S CORNER...

Stage Three, or Two, or One!

BY BEV BRANNON

It has been over a year since my husband passed away—actually, one year two months and twenty-one days. I know because I went through every one of those days—and I am finally at stage five in the grief process, according to all I have read and been told. I think I have it all behind me now.

The therapists, of course, have their opinions about what one goes through after the loss of a loved one, and they each write with their own authority of how people process grief. When I read some of these writings it makes me wonder if these writers have ever lost someone, or if they are merely expressing what they have been told by another therapist who read something once in a college class, a long time ago.

Denial. Anger. Loneliness. Bargaining. Acceptance.

For me, I missed a few of the stages. There was no denial. I knew it was coming, and I didn't bargain, either. The doctors were very clear in their explanations of my husband's medical condition. His time had come. But there is loneliness. Fifty-two years with someone and then nothing...

Then there is that one stage called anger. That one I definitely felt, and it lasted quite a while. It started out when one day I happened to think of something Tom had done which really ticked me off. Don't have a clue what it was now, but that one thing reminded me of something else

he had done which I didn't like, which reminded me of another thing, and A begat B and B begat C and on and on it went. Fifty-two years of stuff!

If you are a male, you probably will not understand this at all and think I am just some vindictive female. But a tip to all males, in the brain-file of all women there is one folder for stuff-husbands-do-which-ticks-me-off.

In the past when I wanted to tick Tom off, I would dredge up one of those old items from my brain-file and hit him with it right out of the blue. He would look at me with this look of, "What in the blankity-blank are you talking about?" (Tom had quite a vocabulary.) So, then I would have to go through the long process of reminding him of when and where he had done some terrible misdeed, which had almost destroyed my feelings. All the while trying to make him pay attention to what I was saying, as he had already forgotten the subject of our discussion, which was not one-sided. So, I filed that away in that favorite folder, and went on with our new topic of discussion.

No, perhaps you can understand why the anger stage took me a while to navigate. I could dwell on each transgression as long as I wanted, I could beat it to death. I didn't have to change the subject until I blankity-blank wanted to. (Every so often, one of Tom's favorite words slips into my mind.) Then one day, I reached the end of the file and I closed it.

I called my friend, told her what I had done, asked her if I was weird, and she said to me, "Do you feel weird about it?"

"No, not at all."

Then you're not weird," she said.

I looked at those five stages of grief and decided I was ready for the last one, Acceptance.

In memory of Bev Brannon — member of the SCLH Writer's Group.

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Tennis Group

BY LINDA BURKE

Live, Love, Laugh and Tennis...

There is still a lot going on for the rest of the year - so join in the activities. Check out the calendar of events or go to our website.

Tournament after the summer break – Men’s Doubles Championship - Wednesday, September 25 - mark it down! Flyer with all the info to be posted on the bulletin board soon. So start thinking about a partner now!

Also coming in September is the ever popular Lincoln Hills Intramural Tennis (LITT) night play. This is one of the best ways to meet and play with tennis players of all levels.

Ball Machine Practice is held starting at 8:00am. This is a drop-in practice to help work on skills. Contact Steve Bringman at stevebringman@yahoo.com for further information.

Social drop-in time has changed to summer hours, Wednesday & Saturday from 8-10am. If you are new to the Tennis Group, it is a great way to meet other tennis players - open to all Lincoln Hills residents.

• • •

Coyote 60s

BY GAGE JOHNSON

Coyote 60s Capture Elk Grove Summer Classic—Fresh off their victory in Reno as the Coyote 65 team, the Coyote 60 version with the same nucleus of the team, travelled to Elk Grove on June 22-23 to attempt to continue their success in this early season. With all 4

bracket teams from the NCSSA group 5, this double round robin tournament would provide a stern test for the team.

Saturday began well with the Coyotes posting a 23-15 win over Woodland OMG. However losses to the Viejitos 22-19 and the Stixx 17-12 had the Coyotes with their backs against the wall for Sunday’s competition. Knowing they had to run the table to have a chance to win the tournament, the Coyotes did just that posting wins over the Stixx 25-18, the Viejitos 16-12 and the Woodland OMG 14-13. Those 3 victories propelled the Coyotes to the tournament title for their 2nd consecutive tournament.

Leading the offense were Pat Sabia, Karl Hess, Henry Mutz, Mitch Miladinovich, Paul Josse and Tom Young. Solid defensive efforts were on display by Josse, Mutz, Young, Joe Bellah, Dave Andreini and Bec Cannistraci with Hess, Josse and Jim Stapleton providing stellar pitching.

Next up for the Coyotes was the Carson City Summer Invitational held on July 20-21.

• • •

Coyote’s 80s Softball

BY GAGE JOHNSON

The Coyote 80s played in Lodi the last weekend of June and came away with the championship, going 4-1. Each player was awarded a bottle of wine and a shirt. The leading hitters were George Bungarz, Ron Morin, Frank Pulino, and Larry Manley. A homer was hit by Gym Mikaelson and three triples by John Parks. Great defense by Pete



Savoia, Frank Pulino, Rowan Carlson, John Parks, Gym Mikaelson, and George Bungarz. The 80s next tournament will be the Manteca Hall of Fame this month.

• • •

Lincsters

BY SUSAN PHARIS

The Lincsters held a ‘Seniors Rule’ Tournament on May 29. Approximately eighty-eight players participated; play was on either the front or back nine of the Hills. The tournament was a non-postable game and was created to promote better pace of play. The new rules were designed to be advantageous for golfers 55 years and older. The following are some examples of these ‘Senior Rules’. Rule 1.a.5: A ball sliced or hooked into the rough shall be lifted and placed on the Fairway at a point equal to the distance it carried or rolled into the Rough with no penalty. The senior player should not be penalized for tall grass which ground keepers failed to mow. Rule 6: There is no penalty for so-called “out of bounds”. If penny-pinching golf course owners bought sufficient land, this would not occur. The senior player deserves an apology, not a

penalty. Rule 8.K.9(S): Advertisements claim that golf scores can be improved by purchasing new golf equipment. Since this is financially impractical for many senior players, three strokes may be subtracted from the gross score for using old equipment. Rule 9.k.34(a): If a tree is between the ball and the hole, and the tree is deemed to be younger than the player, then the ball can be moved without penalty. This is so because this is simply a question of timing; when the player was younger, the tree was not there so the player is being penalized because of her age. Following the tournament all players gathered in the golf course tent for a Seniors Rule’ lunch and awards. All awards were determined by random drawings. The tournament provided much enjoyment and many laughs for those who participated.

Play on June 19 was on the back nine of the Orchard. First flight was won by Sara Cannon; second flight winner was May Lyau. Third flight was taken by Carmen Farrington, and fourth flight was won by Kathi Carlock. On June 26, playing the back nine of the Hills, Madelyn Merola and Phyllis Patrick shared the top spot in Flight 1; Jeannine Wuschnig took second flight. Third flight was won by Marcia Bush, and fourth flight winners were Jane Steffes and Gunilla Christol. July 3 play was again on the back nine of the Orchard. Linda Salmon won flight 1, Mary D’Agostini took second flight, Hyeja Busse was the winner in the third flight, and Pat Shafer took fourth flight.

• • •

(more Club News cont’ on page 34)

 <p>Holly Stryker Cal BRE# 01900767 916.960.3949 strykerhomes@gmail.com www.LiveLincolnHills.com</p>	 <p>Dave Cryderman Cal BRE# 01199609 916-813-9544 dcryderman@comcast.net www.DaveCryderman.com</p>	 <p>Shari McGrail Cal BRE# 01436301 916-396-9216 shari@mcgrailteam.com www.SunCityShari.com</p>
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Ladies Golf—18 Holers

BY CANDICE KOROPP

Sunny warm weather is bringing out the ladies on Thursdays this summer. At the end of June, 42 gals played the Hills in a Stroke Play contest. Also, there were winners in each flight for lowest putts in the round. In flight one, new member Sharon Knoll won the low putts with 30. It was Lissi Bedford who had the low putt total for the day at 27, and she was the winner in flight two. The flight three leader was Carol Tilley with 33; and in flight four, it was Diana Lilienthal with 29. For the stroke play competition, Candice Koropp placed first in a tiebreaker over Patti Tilton, each scoring 69, in flight one. But only a stroke behind, Pat McNiff topped Kathi McCoy in a tiebreaker with 70, for third and fourth place respectively. Bedford was the day's low net and winner for first place in flight two with 67. Lynn Lapera ended up second in a tiebreaker with June James (71). In the third flight, Cathy Kramer joined us in a rare appearance and won the tiebreaker over Yeong Ja Hur (68) for first place. Ofra Unger and Sandy Tamanti had 69 apiece, but Ofra took the tie. And, in flight four, Pat Morgan prevailed in a three-way tiebreaker with 75. Millie Sams was second and Joyce Watson end up third. Carol Tilley was fourth. The CTP belonged to Judy Hazen who stiffed her ball about four feet from the hole on Hole Seven and drained the putt for a birdie. What a nice welcome to our club, Judy. Other birdies were recorded by McCoy on one, Kramer on 12, Koropp on 13, and Jody

Watson on 16.

July fourth produced more than fireworks. It was our regular playday and 38 ladies took the tee on the Hills. Red, White and Blue decorations and duds were predominantly and proudly displayed in this NetChix event. The July NetChix, Dee Arts, carded a net 70 for the win. In flight one, Donna Sanderson edged Reta Blanchard for first place with 73. However, Blanchard lit it up with a spectacular chip-in birdie on Hole One from over a hundred yards out. What a blast! Suzanne Hutchinson placed second with 74 and Koropp was fourth (75) in a tiebreaker over Tilton. Judy Emge shot a 70 for first in flight two, followed by Judy Habecker in second with 72. Karen Thom, third, took the tiebreaker over Edda Ashe, each with 78. In flight three, Dell Parker was first with 71, one shot clear of Pat Robinson, who was second. Lilienthal was third with 73, as she edged Tamanti in the tiebreaker. Finally, in flight four, Katie Sween shot 73, for first, three strokes clear of Dori Knorr. Patricia Morgan tied Ida Ciccio, but Morgan's back nine was enough for third. Finally, a few gals added a little sparkle to their rounds with birdies: Arts on seven, McCoy on eight, and Trisha Ramirez on 16. It was a nice way to celebrate.

LH Men's Golf

BY DOUG HINCHEY

The annual Memorial, also known as our Member-Member tournament, will be Monday and Tuesday on September 16-17.

Starting with the fun putting contest

followed by the elimination horse race before winners are declared. Tuesdays two man better ball tournament will be followed that evening by dinner in the Ballroom with the players significant others and our friendly sponsors. Awards for the two days will culminate the evening!

Before all this fun is our pick your partners Four Man Scramble on August 20. Thanks to all who use our sponsors for your services needs. They are listed on our website, mgclh

LH Billiards Group

BY STEVE FOWLER

Congratulations to the July 12th Challengers Tournament Winners from left to right—First Place with 7 of 7 Games: Bob Soriano. Second Place with 6 of 7 games Bill Kim.

The Billiards Group offers tournaments to all residents for beginners, intermediate, and advanced players. 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.

We have many subgroups for all skill levels. Mentoring Training (new and returning players), Rookies, Breakers and Upstarts Groups are for beginners and midlevel players who haven't played in a while. They help to introduce players to the way the other groups operate. The Co-Ed and Players Groups are



for midlevel players with the Challengers, Cue-Masters, Rack-N-Roll are for advanced players, and the Ladies Group for midlevel to advanced players. Most groups have timed games.

We encourage advanced sign up for Tournament play but frequently standby and walk in players can play. The signup binders are located on the Kilaga Springs Billiards Room Fireplace Mantle. The groups have differing advance sign up procedures. Some groups will recognize tournament winners with an email message weekly. Photos of some of the winners are published in the Compass Magazine and the Sun Senior News.

Our Holiday Party is set for Friday December 13th, in the Ballroom at Orchard Creek Lodge. Signup Forms are available on the bulletin Boards at Both Kilaga and Orchard Creek Billiards Rooms. You do not have to be a billiards group member to attend any LHBG Social Function but you must be a

(cont' on page 35)

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LH Billiards Group

(cont' from page 34)

Sun City Lincoln Hills Resident, or the guest of a LHBG Member.

We play by the American Pool Players Association Rules that can be downloaded from 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 billiards rooms. Contact Tony Felice at 916-955-0501 atfelice3@gmail.com for information on the below listed tournaments, membership application and social functions.

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 available on the Billiards Room Bulletin Boards at both Kilaga and Orchard Creek Lodges.

• • •

Cribbage Club

BY DON LLOYD

The SCLH Cribbage Club plays Tuesdays from 8:00 AM until 12:00 PM in the Card Room at Orchard Creek Lodge. After beginning with an hour of preliminary games, the six game mini-tournaments

starts at 9:00 AM. We play four handed partner games using a rotation system. Every

game you end up with a new partner. Lately we have had 20 or more competitive players that enjoy cribbage.

Our June weekly winners were: Gary Lancaster, week one; Dan Quick, week two; Don Lloyd, week three and Dan Quick, week four.

New players are always welcome!
Contact: Don Lloyd 916-884-4554

• • •

LH Thursday Afternoon Bowling

BY JENNIFER IWIG

I hope everyone is having a great summer, and fun bowling. Linda went on vacation to Europe, she will be back Aug. 8th. The top three teams as of the week 7/11 are: Ten Pin Alley; Roll X's; and The Rolling Pins. The season High Scores; Team Scratch Series, No-Tap 2042, Roll X's 1984, Pinsetters 1741; Team Scratch Game, The X-Men 698, Ten Pin Alley 663, Alley Cats 610; Team Handicap Series, Here for the Fun 2689, 4-2 Play 2623, Gutter Girls 2559, Team Handicap Game, It Is What It Is 911, [UN]lucky Strikes 889, Pin Droppers 869, Men Scratch Series, Dave Fisk 634, Billy Clift 578, Larry Johnson 553, Scratch Game, Dennis Shea 234, Marv Zamba 227, Jerry Gordon 203, Handicap Series, Jim Immel 771, Marty Maisel 717, Wayne Bullen 693, Handicap Game, Fred Egli 273, John Bache 262, Jesse Reuter 261; Women Scratch Series, Marie Messina 582, Masako Ryan 549, Linda Ziemann 499, Scratch Game, Pat Fisk 206, Karren Lusignan 204, Kathy Houston 200, Handicap Series, Debra Scott

696, Judy Hawthorne 686, Robbie Crowley 674, Handicap Game Jean Abelle 259, Kristen Steen 255, Jennifer Iwig 252.

Just a remainder winter league start right after the summer league is finish. If you would like to meet a lot of great people and have fun on Thursday afternoon we love to have you join us at Strikes Unlimited. You can connect Linda Ziemann at [916]408-2397 or Strikes Bowling Alley.

• • •

SCLH Duplicate Bridge Club

BY LYNNE WHITE

Our duplicate bridge club is so fortunate to have an amazing social committee. Year after year, our chairpersons find creative and fun things for our membership to do. We have many committees manned by volunteers who give so selflessly of their time. Some of the committees are behind the scenes and the work that the volunteers do isn't always fun, but necessary to run a large bridge club.

In June, we played our regular scheduled game and then came back to the Club a few hours later with a large assortment of appetizers and drinks. We had approximately 100 attendees. The social committee put on a program

which included panel discussions, singing, poetry and even an emcee. We had a lot of laughs and fun. Reflecting on the camaraderie, I would say it ranks as one of the top reasons living in Lincoln Hills is so special. Here are some of our partygoers who have a history of bridge plus other interests. Sheldon and Piper Fein met many years ago at our club. Piper grows fabulous fruits and vegetables, Sheldon is always available for bridge questions and answers. Phil Sanderson and Margaret Holtze met last year. Phil counts skiing as one of his

passions. Margaret is a fan of sports. Pat and Dudley Lewis came to Lincoln Hills where Pat learned to play bridge. Dudley enjoys golf, but Pat couldn't possibly have a bigger fan than Dudley!



Phil Sanderson and Margaret Holtze




Sheldon and Piper Fein



Pat and Dudley Lewis

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

(cont' on page 41)



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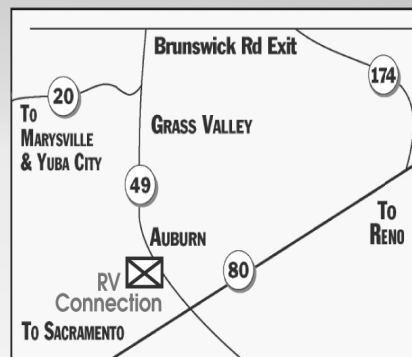
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LH Foundation Bingo — Returns in August!

BY DENISE BOWDEN

Bingo in the Ballroom with the Lincoln Hills Foundation is Back! Mark your calendars for Thursday, August 22nd.

We welcome back all of our regular players and always look forward to new players joining in the fun. Come with friends or come alone and meet our enthusiastic players.

Reserve your table for seven to ten players in advance by sending an email to bingo@lincolnhillsfoundation.org. Keep in mind that unfilled seats at reserved tables are intended for all players to use making this a great opportunity to extend hospitality and make new friends.

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

Author Event at the Twelve Bridges Lincoln Public Library

Author R. Franklin James, grew up in San Francisco, graduated from UC Berkeley, and went to work in fields that were law related. But she always wanted to be a writer.

In 2013 her first mystery novel "The Fallen Angels Book Club" had its debut. This was followed by others in what is known as the Hollis Morgan Mystery Series. The last book was in 2016 "The Trade Test"

James now lives in Placer country and has released the first book in what may be a new mystery series. "The Appraiser" is available and

will be reviewed at the Author Event on Thursday August 29 at the Twelve Bridges Lincoln Public Library.

Doors open at 6:00 PM with light refreshments offered by the Friends of the Lincoln Library. The author presentation at 6:30 PM is free and open to the community.

Additional information can be found at the website: friendsofthelincolnlibrary.org

SUN SENIOR PROFILES *Getting to know you...*

Dan and Carol Larsen

(cont' from page 1)

was fortunate to meet Mr. Schwab in person and appreciated the strong moral compass he provided for the company as it was in line with her beliefs.

The couple dated for more than a decade before marrying in September 2004. Dan has two children, a son, Ryan, and a daughter, Sarah, from a previous marriage. Ryan's family lives in New Jersey. Sarah's family, who lives in Kentucky, just celebrated their daughter's high school graduation with honors. Dan has two brothers—one that lives in Sun City Roseville and one that lives in Stockholm, Sweden. Dan's niece from Stockholm now lives in the Seattle area. Her brother went to school in the United States but returned to Stockholm. Carol's sister lives in South Carolina. The Larsens have visited family in both the United States and Europe many times.

Dan and Carol wax poetic about living in Lincoln Hills and their many and varied volunteer activities. They moved to the area from San Ramon when their new house was built in 2005. They were surprised to find Dan's friends of 61 years, Herman and Gita Tijsseling, were already living here. Dan was in their wedding in 1963. Over the years the Larsens have become an integral part of the community—both Sun City and the surrounding town of Lincoln. Dan has an impressive list of past and present involvement including the Lincoln Hills Foundation, CERT (Community Emergency Response Team), the Compliance Committee, Neighborhood Watch, Mailbox Captain, and The Rods and Relics Car Club. Each June the Club has a car show in downtown Lincoln and this year they showed 427 classic cars. Over twelve years, the club has donated \$164,571.00 for local charities



Carol and Dan Larsen with Dan's displays of 1,287 metal car models.



Carol and Dan Larsen

PHOTOS BY JEFF ANDERSEN

not including this year's donation.

Together the couple are members of the LHAUG computer club, collate inserts every month for the Compass, and support projects at Phoenix High School in Lincoln. They also assist in setting up the books for the quarterly Twelve Bridges Lincoln Library book sales. Besides Carol's Human Resource skills which she uses to help family and friends with resumes and interviewing tips, she also volunteers with AARP Tax Aide during tax season and with the Creekside school in the administration office. This year AARP assisted in preparing over seven-hundred free tax preparations for low to middle-income seniors. Carol also was a member of CERT for five years, on the Elections Committee for ten years, and is currently an Ambassador for SCLH where she shares information with prospective residents that may be interested in moving into the community.

The couple still makes time for travel, one of their passions. They travel with Gerry and Bonny Esker, who are their travel agents, plus several other friends. They have done some amazing trips including Amsterdam, China

and Australia, and have Tokyo on their 2020 list. Just for fun, the Larsens and twenty-seven of their friends will soon be going on what they call "a cruise to nowhere" that begins in Long Beach, stops at ports including Mexico, and ends back at Long Beach. Just for the fun of it.

When the Larsens are not busy with their trips and activities, they enjoy their home with its great backyard and view.

They are on a hill with a view of open space and beautiful oak trees. While I was there, we saw flying turkey vultures and various other wildlife. They have seen foxes, snakes, and coyotes. There is a great water fountain in their backyard. The Delta wind helps to keep the house cool during the hot summers.

Dan and Carol have found a sweet spot in their relationship, their retirement, their community, and their varied interests. They love each other, their relationships with family and cherished friends, and their community service, helping the next generations by volunteering with local schools. Dan's hobbies keep him entertained and Carol's balance in the rest of the house with its Asian touches such as Sherri Melcher's pottery keeps it a relaxing and enjoyable place to visit.

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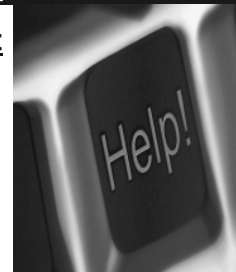
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Observations on Some Articles

BY MARTIN GREEN

Road Map for Retirement: The full headline for the Wall Street Journal article by Carol Hymowitz is "Looking For a Road Map for Retirement? Good Luck" and its message is that, as she concludes: "There is no single road map or retirement plan, only the ones we construct for ourselves." Before that conclusion, Ms. Hymowitz, a fairly recent retiree, notes that "many of my baby boomer generation can expect to live to 85 or 90, which gives us 15 to 20 more years between midlife and frail old age than prior generations. The question is what to do with those years."

Ms. Hymowitz, a journalist, started free-lancing but writes that after back-to-back assignments, she realized that she was working as hard as before she retired. This struck a chord as after I retired I became a freelance writer, for two papers; I also worked at a volunteer center and became president of my swim and tennis clubs. I too realized I was working as much as before retiring and cut back. She also writes that she's "intentionally leaving time to meander and loaf," something that as I've become older and older I find myself doing more and more.

The Case for Doing Nothing: This brings us to the next article, you've just read the title, by Olga Mecking in the New York Times. She writes that it's time to stop running from place to place and laboring over long to-do lists just to show how busy and important you are. There

are good reasons for this; such busyness can lead to "burnout, anxiety disorders and stress-related diseases.." Instead, she recommends doing---what? Nothing. Evidently, the Dutch (Ms. Mecking is from The Netherlands) have a word for it---niksen. Niksen is defined, sort of, as being like a car whose engine is running but isn't going anywhere.

Well, I guess that without knowing it I've been practicing "niksen" the last few years, i.e., doing nothing or certainly not much, and I definitely feel as if I haven't been going anywhere. One of the ways of practicing "niksen" is to just sit and gaze out the window and this has become one of my favorite activities. Niksen is supposed to improve your creativity, better your problem-solving, and enable you to see more clearly. I'm not sure if it's done any of these things for me but I'm glad to find out that both of these writers endorse meandering and loafing and if my wife Beverly asks why I'm sitting around doing nothing, I'll refer her to these two articles.

Nora Ephron and The Alternative: I've written about Nora Ephron several times before. In addition to writing the movie "When Harry Met Sally" and writing and directing movies such as "Sleepless in Seattle," "You've Got Mail" and "Julie and Julia," Ephron wrote many articles worth reading, some on the subject of aging. One of these articles was "Considering the Alternative," as in "Sure

it's bad to be old but consider the alternative" something we've heard in our retirement community many times.

Ms. Ephron, says two things in this article that have stayed with me. One is that "the honest truth is that it's sad to be over sixty. The long shadows are everywhere---friends dying and battling illness. A miasma of melancholy hangs there, forcing you to deal with the fact that your life, however happy and successful, has been full of disappointments and mistakes little ones and big ones. There are dreams that are never quite going to come true, ambitions that will never quite be realized. There are, in short, regrets." The other is: "Why do people write books that say it's better to be older than younger? It's not better." Now that's, as the saying goes, telling it like it is.

But the primary reason I bring Ms. Ephron into this "Observations" is something else she wrote, two lists, written, I believe, when she knew she had a terminal illness---"What I Won't Miss" and "What I Will Miss." The "What I Won't Miss" list includes e-mail, technology in general and bills. This, of course, led me to think about things I wouldn't miss. The first thing that came to mind were those robocalls that have become a daily intrusion into our lives. The second thing is the requests for donations that make up most of my daily mail. These come from organizations I've contributed to but always want more, and more, plus organizations I've never heard of but have somewhere gotten my name and put it into their computers. Then, like Ms. Ephron, I won't miss the bills that make up

the rest of my mail.

After this, I won't miss going to airports and having to deal with those security lines, one of the biggest waste of taxpayers' money around, and then the airplane flight itself, in a seat that barely allows you to move, a narrow aisle, a tiny restroom and inedible food, if any food at all. I also won't miss paying my taxes, knowing the many things, like so-called airport security, they'll be wasted on. I won't miss those cable so-called new shows where people from opposing parties shout at each other, interrupt each other and in between utter inanities. The same goes for all of those TV pundits, none of whom know anything but make solemn pronouncements anyway. As for television, in general, I won't miss shows with obligatory sex scenes, characters whose every other word is an obscenity, kids who are supposed to be cute, zombies, werewolves, vampires and human beings who are even weirder. I don't watch "reality" TV but I won't miss it anyway.

I won't miss rap music, any kind of "modern" music, political debates, politicians, most sports commentators, weather-people and former federal prosecutors. I won't miss spam, pop-up ads on my computer, those strange things that happen on your computer like when your screen suddenly goes blank, websites that ask for your password and then tell you it's invalid. Come to think of it, maybe, like Ms. Ephron, I won't miss technology.

Okay, that's enough of my "won't miss" items. Possibly more in the future. I'll end this column as you knew I would---time for "some".

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Neighborhood Watch

BY KATHY GIRE

The Neighborhood Watch partnership with Lincoln Police Department has helped to keep Lincoln one of the 15 safest cities in California.

The Run Away Tortoise! On June 18 someone's pet tortoise went missing from a residence in Village 38B. Its owners were on vacation and the tortoise possibly got out from a gate left open by a gardener.

Mary Shelton says thanks to "Jack" for trying to nab the tortoise and to Mail Box Captain Anne who knows the owners and spread the word. Thanks also to the people who went looking. The tortoise was found hiding in some bushes.

Around June 28, an unknown person passed a counterfeit \$100 bill at a garage sale in Roseville. His description was a male with a ponytail hairstyle. The subject became very aggressive and angry when the resident hesitated in accepting the \$100 bill. Finally, the resident accepted the money which did turn out to be counterfeit. If you are confronted with a similar situation, call 911 and have the police respond. Marking pens that detect counterfeit bills are available online, so it would be wise to get one before you have your event.

One of our residents recently received a text message that said the resident's account had been locked out and to call the bank.

The resident called the number listed and gave the "alleged bank employee" personal information to clear the lock-out. The resident became suspicious and called the bank's 1-800 number. The "Scammer" had already tried to get into the resident's account. Fortunately, the resident's daughter had transferred all the money in that account to another just before the incident.

On July 1, a resident in the 1800 block of Glenbrook Lane reported that when he was away from his house between 2:00 PM and 10:00 PM, an unknown person entered his residence and stole numerous pieces of jewelry. The suspect had smashed the large glass pane in the outside door leading into the rear bedroom. The house alarm was activated but did not go off. (It is possible that the alarm was not activated because the door itself was not opened.) The suspect only entered the one room. Lincoln Police took fingerprints and photographs. This took place in Village 26C.

A resident on July 3 reported that when she came home at 3:00 PM on Huntsman Court in Village 29 there was a large white van occupied by a "Hispanic looking male" in front of her residence. The resident parked in front of the van and got out of her car. The vehicle immediately turned around and sped away.

Red Flags for Phone and Email Scams

- Requests for personal information
- Urgent or threatening language
- Spelling errors or bad grammar
- Link to a site that seems unrelated
- Missing contact information in an email

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

The following villages are in need of Village Coordinators: 16B, 20, 22A, 24B/E, 24C, 26C, 29, 32A, 38B, 38C, 39, 40A and 40B

If you are interested in knowing more about Neighborhood Watch, please contact Linda Minor at 707 235-0778 or Pauline Watson at 916 543-8436.

National Night Out — Still Time to Plan

There still is time for you to plan an event for your mail station. Any one of the local restaurants would be happy to accommodate you. Maybe by the time you read this, the weather is hot. It doesn't have to be outrageous, maybe an ice cream social, even breakfast would be nice. Take a look at our window display at Orchard Creek Lodge that may inspire you to plan an event. Remember National Night Out represents the kind of spirit, energy, and determination that helps make any neighborhood safer throughout the year.

Volunteer Appreciation Program —

We appreciate our Neighborhood Watch Volunteers for working so hard. Anyone who works for us (and spouses are also welcomed) is invited to a Volunteer Appreciation Dessert on September 13 from 6:30 PM until 8:00 PM in the Kilaga Springs Multipurpose Room. Mark this on your calendar! We thank you for being a 2019 Neighborhood Watch Volunteer.

August 15 deadline is right around the corner when our volunteers will review and update their Resident Contact Information forms, Coordinator's List of Mail Box Captain's reports and Director's list of Coordinators and Emergency Contact Information forms.

The Volunteer Appreciation Program will continue to be implemented. Our goal is to have all reports reviewed and updated and appropriate copies provided to either the Village Coordinators, Directors, or Executive Director and Secretary by August 15!

To cheer you on, those volunteers who submit their Resident Contact Information reports by August 15 and Village Coordinators who submit their Coordinator's List of Mail Box Captains reports to their assigned Directors by August 15 will have their names entered into a drawing for a chance to win one of four \$25 Association Gift Cards at the Volunteer Appreciation Dessert on September 13.

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SCLH Duplicate Bridge Club

(cont' from page 41)

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.

• • •

Social Bridge Club

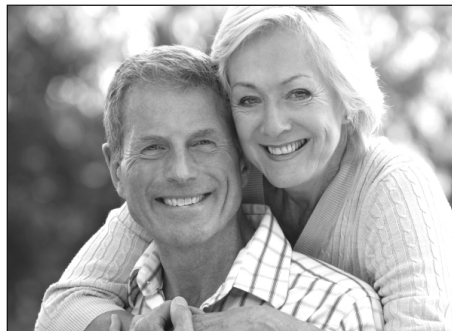
BY JODI DEELEY

Our Lincoln Hills Social Bridge Club meets once weekly and everyone is welcome to come. We have \$5 dues per year which covers the expense of tallies, score sheets, and jumbo cards. Play with your partner first then rotate around with single players. We are meeting in the Kilaga Springs Sierra and Terra Cotta Rooms on Fridays at 12:15 PM. We start playing at 12:45 PM.

Winners for June were: First Place: Phil Sanderson, Bob Belknap, John Griggs, and Jay Southard. Second Place: Judy Olson, John Woodbury, Ada Towers, and John Butler. Third Place: Linda Scott, Jerry Kluball, Jodi Deeley, and Jyoti Sitwala. Fourth Place: Ralph Madsen, Viren Sitwala, Flo Hunt, and Bob Belknap.

To sign in before coming, please call Pat Mullins at 408-292-1865 or Joe Phelan at 916-408-4066 for July and August.

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SCLH WRITER...

Cycle-ists! O Cycle-ists!

BY TOM FRADY

(with apologies to Walt Whitman)

Come my tan-faced elders,
Follow well in order, get your helmets ready,

Have you your cell phones? have you your spare tubes?
Cycle-ists! O Cycle-ists!

For we cannot tarry here,
We must ride my darlings, we must bear the brunt of wind chill,
We the elder sinewy faces, all the rest shake their heads,
Cycle-ists! O Cycle-ists!

O you graybeards, Lincoln graybeards,
So impatient, full of action, full of manly pride and friendship,
Plain I see you Lincoln Graybeards, see you riding with the foremost,
Cycle-ists! O Cycle-ists!

Kilaga we leave behind,
We file out upon a younger more crowded road, bumpy road,
Old but strong the road we seize, byways of effort and The Ride,
Cycle-ists! O Cycle-ists!

We pelotons steady rolling,
Down the avenues, through the passes, up the mountains steep,
Conquering, spinning, daring, venturing as we go the well-known ways,
Cycle-ists! O Cycle-ists!

See my riders, resolute riders,
To those swarms upon our rear we must never yield or falter,
Full kit-clad poseurs, catching us, frowning there behind us urging,
Cycle-ists! O Cycle-ists!

Lo, the darting spinning wheels.
Heed the clarion calls, all you Treks and Giants.
Car back! Car up! Clear!

All the mystic words in screams.
Cycle-ists O Cycle-ists.

We, too, with our creaking body,
We, a curious cluster, picking, wandering on our way,
Through these neighborhoods amid the shadows, with our carbon steeds pressing,
Cycle-ists! O Cycle-ists!!

Have the elders halted?
Do they droop and end their climbs, wearied over there beyond Baxter?

We take up the task eternal,
and the burden of the climb.
Cycle-ists! O Cycle-ists!

Ah! the delectations sweet,
Ah! the pastry abounds at Karen's, Ah! the latte and bagels at Depoe Bay
Not just GU shots and Clif Bars, not for us the tame enjoyment,
Cycle-ists! O Cycle-ists!

Has The Ride now ended?
Was the road of late so toilsome? did we stop discouraged aching on our way?
Yet a passing hour I yield you in your tracks to pause oblivious,
Cycle-ists! O Cycle-ists!

Till with soundless e-mail,
Far, far off the daybreak call--hark! how loud and clear I hear it wind,
Swift! to the lot of Kilaga!--swift! spring to your places again,
Cycle-ists! O Cycle-ists!

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

Out & About in Lincoln...

BY RICHARD PEARL

It's definitely the Dog Days of Summer; perhaps it's time to hit the Placer County Wine Trail!

August 2 & 3 - Lincoln Theatre Company Choristers will stage "Beauty and the Beast, a great musical for all ages." Tickets are available at: www.lincolntheatrecompany.org or 1.916.409.7030. All seats are reserved and priced at \$15.50 and \$17.50.

July 12 thru August 12: Art League of Lincoln. Unni Stevens will show her Paint & Sip students a Caribbean scene with another in her popular series of classes using acrylic techniques. Expressions in Watercolor is the featured exhibit in the Art League's Gallery 580. Jan Miller, Bobbi Pilliard joins with Yuba City artist Helen Park in displaying their art in the Lincoln City Hall's Rotunda gallery. Grandkids 8-12 special: two watercolor classes. More details at: <http://all4art.net>.

August 2 & 3 - Lincoln Potters baseball games. Collegiate wood bat. Lots of action, and only \$8 per ticket. Games start at 7:00 pm. McBean Park; 65 McBean Park Drive. Ticket information: info@lincolnpotters.com.

Major Upcoming Events —

- Food Truck Mania: Tuesday, September 3 — Food, beer, wine, music. It's all in Downtown's Beermann Plaza. 5-8 pm.

- Chamber of Commerce Golf Tournament: Friday, September 6th — Contact: info@lincolnchamber.com 916-645-2035.

- Lincoln Showcase: Saturday, September 28. Wine, beverages, food. Beermann's Plaza, Lincoln. 6:30 - 10:00 pm. \$45 per person advance purchase. www.lincolnchamber.com

If you have a special event outside our "compound" walls but in Lincoln or in the immediate surrounding area, contact Richard Pearl at: pennyrich@aol.com



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CASH PAID! MILITARY & VINTAGE ITEMS Medals, patches, documents, photos, weapons, helmets, model trains, old toys, other antiques & collectibles. George: 916-768-4694.

• • •

WANTED: 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 YEAR CAR, TRUCK, SUV in any condition. Pay Top prices. Montie Boatwright, LH resident. 916 434-5089.

• • •

WANTED! Cars-truck-SUV's all years all makes. I pay top dollar! Always more than CarMax 17 yr Lincoln Hills resident: Les Van Pelt 916-837-7659 or lesvp@yahoo.com

• • •

MY CADILLAC IS DYING (SMOG). Want older sedan (15) years. Resident traveling locally. Clare 916-409-9090.

• • •

SUBOR/PERMANENT player for Sunday various games Noon to 3:30. 916-396-4263.

• • •

HAVE FUN PLAYING Chinese Mahjong Wednesdays noon - 3:30 pm Call 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

WANTING TO START NEW discussion group in Lincoln Hills. Topics people aren't hearing about. Climate engineering, harmful 4/5G technology, failing health care system. More information email: norcaltom@gmx.com.

• • •

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

• • •

INTERESTED IN CIVIL WAR History. Join the Sacramento Civil War Roundtable, lectures, raffles and discussions on all aspects of the Civil War. For more information, please call 916-408-4092 or on the web, SacramentoCwrt.com.

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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

- ◆ First 15 words are FREE (for SCLH residents only), additional words \$1 each
- ◆ ONE AD PER HOUSEHOLD, PER MONTH
- ◆ *Any Real Estate or Business Ads* are not free. Please see "Business Ads"
- ◆ Lost and found items/pets.

BUSINESS ADS

- ◆ Anything of a commercial nature, including pet sitting, real estate, rentals, timeshare/condos, etc.
- ◆ 15 words for \$35. Additional words \$1 each.
- ◆ \$65 for three months, same ad! (15 words only) additional words \$1 each

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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Recent Sales in Lincoln Hills

1330 Ivy Arbor Lane	Mariposa	\$364,500
440 Stockman Lane	Mill Pond	\$372,000
2357 Winding Way	Mariposa	\$380,000
1613 Hackberry lane	Bridgegate	\$400,000
2012 Prairie View Lane	Bridgegate	\$422,000
1505 Clairmont lane	Pine Hill	\$450,000
1290 Hillhaven Lane	Almanor	\$456,000
1240 Silver Fork Court	Bridgegate	\$459,900
342 Daylily Lane	Tehama	\$485,000
1017 Truchard lane	Trinity	\$499,630
444 Stags Leap Lane	Alpine	\$510,000

*information herein deemed reliable but not guaranteed *

NEED HELP GETTING YOUR HOME READY TO SELL?

Let us help you get your home ready. We work with our sellers to Upgrade your home and we manage the process.

We have many contacts for everything from paint to landscaping clean ups.

THINKING OF BUYING TOO? WE OFFER A BUYER REBATES!