

AUGUST 2019

SUNSENIOR NEWS

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Toni Fisher — A Foundational Lady

BY P.J. CONRADI

She was born Antoinette, with a multi-syllable Polish last name that is as hard to pronounce as it is to spell, in Milwaukee, Wisconsin. All four of her grandparents were Polish immigrants. They brought with them strong commitments to duty, propriety, and community and passed those traits down, as evidenced by Toni's father becoming a scout leader and youth sports coach. Toni followed suit, with her strong sense of right and wrong and steadfast work ethic bolstered by her strong Catholic culture and schooling. At age three, she moved to Maywood, a Chicago suburb.

Toni graduated from high school there with over 800 classmates, one of whom was Dennis Franz of Hill Street Blues and NYPD Blue fame. In a high school variety show, he had the lead and Toni served as the show's director. This seemingly foretold what was to be a life of leadership from behind the scenes—in this case, literally.



Toni Fisher

PHOTO BY RICHARD PAIN

Toni went on to Illinois State University to become a teacher, and there met her husband. They soon married and she became

pregnant. When he wanted to get a masters of education degree, she dropped out of school and moved with him, eventually taking a job in a smorgasbord restaurant, where she parlayed a talent for food preparation into what was to become a career and a flair for networking into a propensity that serves her well to this day.

Her work ethic drove her to learn as much as she could about the restaurant business, and she made a name for herself among the restaurant's food suppliers and equipment vendors. One of them knew of an opening for director of school foodservice in DeKalb, near Chicago. She won the job over multiple applicants. Her husband taught English in the district, but sometime later he abruptly resigned to pursue another career and the marriage eventually failed.

Now a single mom of two boys, she began planning to somehow put them through college. They honored her values, developed a strong

(cont' on page 27)

SCR Foundation

A charitable service organization by and for the residents of Sun City Roseville

BY TONI FISHER,
Public Relations Director



The Fun and Help Keeps Coming!

As announced last month, our second Bingo! Event will occur Sunday, August 11, 1:00-4:00 p.m. If you missed the advance ticket sales on the first Courier Day, tickets will be available at the door of the Ballroom starting at 12:15 p.m. before the event. As described last month, the cost is \$20 for fifteen cards of six games each plus \$2 for the final special game card. If you are up to a lively pace, for just \$25, two sets of game cards can be purchased for one player. Players must be at least 18 years old. We invite you to join in the fun as you share a relaxing, fun afternoon with friends and family as you work to win some of the prize money! You are welcome to bring snacks and non-alcoholic beverages to add to your enjoyment.

While the afternoon is a social event, any funds in excess of costs are added to donated funds and put to good use in support of our various programs benefitting all of Sun City. Whether we use funds to purchase outdoor benches along neighborhood walkways, lighting in School House Park, a specialized

(cont' on page 33)

Roseville Employees Donate Nearly \$70K to Local Charities

City of Roseville employees presented a ceremonial check for nearly \$70,000 to the City Council on behalf of the Roseville Employees Annual Charitable Hearts (REACH) annual employee-giving campaign at the July 10, 2019 Council meeting.

Co-chairs Suzanne Engelke with Public Works and Lea Estrada with Development Services presented the checks, along with REACH committee representatives from throughout the City.

More than two dozen non-profits received donations through REACH. The five charities receiving the largest donations were Shriners Hospital, SPCA (Society for the Prevention of Cruelty to Animals), Make-a-Wish Foundation, Placer County Food Bank, and the American Cancer Society.

Since REACH's inception in 2003, City employees have provided over \$1.8 million to local nonprofits. Every donated



Roseville Mayor John B. Allard III accepts ceremonial check from city employees to be used for local charities.

penny has gone directly to the recipients of those services.

"Our community groups greatly value the support they receive from city employees' voluntary contributions," said Engelke. "It's heartwarming to see the difference we make helping these worthy charities carry out their mission."

In addition to monetary donations, the REACH committee raises money and donates time and resources in other ways throughout the year. These opportunities are designed to be "hands-on" and range from giving blood, playing softball, cleaning a creek, to other volunteer events where employees volunteer during off-duty time

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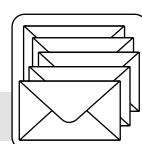
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Letters to the Editors...

Authors are solely responsible for the content of their letters.

Confidence in Cohesiveness

The election results are in and I think we can feel confident in knowing that our newly elected board members will serve us to the best of their ability in our best interest.

Speaking in their best interest, the Dance Club and the Bocce Club have expressed a need for more time and more space for their members. Again, I feel confident that something can be worked out between the board and these clubs and also that there is no need for animosity. It seems some people feel there is a distinction between our Board of Directors and residents. This kind of mindset does not bring forth a cohesive atmosphere. We, the residents, are the board members, the committee members and the club members contributing for the benefit of all.

Also for our benefit, Phase A has been passed. The majority of residents have voiced their agreement to continue to improve and expand our facilities here in Sun City.

I have lived here for almost four years and have been impressed with how well our community is managed. I feel confident that co-habiting together in a positive manner will ensure a continued quality future for all in SCR. I'm happy to be living here and meeting such great people.

Karen Kazwell

Village 1

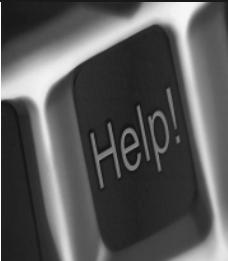
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Pleasant Grove Women Slate "Trip of a Lifetime"

Women's Ministries of Pleasant Grove Community Church has scheduled an upbeat fall kickoff for Saturday, August 10th. A fun-filled morning is planned, with laughter, refreshments and a special presentation, "Trip of a Lifetime" by speaker Elenor Kern. The event will be held from 9:30 to 11:30 AM in the PGCC Worship Center. Get ready for fall activities ahead by joining us for this FREE event.

**Reservations: Call Lois Coady, Minister to Women at
(916) 771-4447 • 1730 Pleasant Grove Blvd., Roseville, CA**



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Neighborhood Watch/Citizens Patrol

News About Our Speaker Program

BY P.J. CONRADI

Please stick with me; I am not rambling; I am I segueing.

As I hope you know, we host a meeting in the ballroom, at 10:00 am every second Monday (except December), which features guest speakers presenting on some subject under the umbrella of public safety.

Well, we amended that schedule for May and June, and even though I sent out several emails for each change, some faithful attendees showed up to the ballroom only to get the news then and there.

That added to my concerns about my reach. As I hope you also know, in addition to the purpose of promoting the meetings, I reach out to all residents to address current safety concerns or to provide perpetual recommendations.

For all of it, I am essentially limited to the NW email tree, this article, and a separate article in the eCourier. I use all three venues in hopes, and with an occasional plea—like now—that whenever you read something in those forums which you find interesting or important, you will spread the word.

Thanks for hanging with me. Here is the point: I am pleased to announce that, going forward, we will be additionally announcing the meetings on the web site's calendar. And, in the event of a schedule change, we will let you know in the "announcements" on the web site.

And, if you are still here, thanks. Here's stuff on the next two meetings:

August 12th — FBI Public Affairs Specialist Gina Swankie will offer vital information about the FBI's free apps, websites, and other resources that can help answer questions and keep us and our community safer. She presents in an engaging manner, drawing on her many years of experience and offering compelling examples.

September 9th — Police Captain Troy Bergstrom and Fire Division Chief Jason Rizzi will team-teach about planning for safety concerns. They are not only interesting and informative, but also two of the most entertaining speakers you have ever heard. Their presentation on Emergency Preparedness in February of 2018 bought down the house. This is a must-see.

Important Phone Numbers —

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

Citizens Patrol Office: 774-3853 citizenspatrol@scrca.org

Neighborhood Watch Office: 774-3817 neighborhoodwatch@scrca.org

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From City of Roseville

Community Input Shapes City's Approved Fiscal Year 2019-20 Budget

BY JOHN B. ALLARD II - Roseville Mayor

Optimism fueled by short-term projections and a relentless focus on efficiency defines Roseville's budget approach for the coming fiscal year, beginning July 1.

The Roseville City Council approved the Fiscal Year 2019-20 budget at our June 19 meeting. Community input through the city's EngageRoseville effort helped shape the priorities in city services included in the budget.

The citywide budget including utilities is \$554 million which includes a General Fund budget of \$158 million. The General Fund budget includes parks, recreation and libraries, police, fire, public works, economic development, and general government services.

Our Budget in Brief overview and full budget can be viewed at Roseville.ca.us/Budget.

Measure B



Roseville's fiscal position is expected to improve in Fiscal Year 2019-20 primarily due to the approval by voters of a half-cent sales tax increase (Measure B) in November 2018. The increase became effective in April 2019 and is estimated to generate \$16 million in revenue annually.

With the passage of Measure B, we are able to expand some of those highest priority services, maintain other essential services and stabilize our budget in anticipation of the next economic downturn.

We will be able to:

- Add five police officers to the streets,
- Complete citywide parks after several years of sitting dormant,
- Plan for an additional fire station to help with the increased call volume and City expansion,

(cont' on page 5)

From City of Roseville

(cont'd from page 4)

- Make road and traffic improvements, and
- Create an economic stabilization fund to help protect services through a recession, so we are not making permanent cuts to our quality of life for a temporary problem.

We'll be able to maintain:

- Specialized police and fire services like narcotics, K-9 and gang-suppression units,
- Recreation and library programs,
- Park maintenance standards,
- Streets maintenance levels, and
- Job-creation and business-recruitment initiatives

And we've been able to restore:

- Library hours,
- 4th of July fireworks,
- Fire training and investigations,
- Goat grazing for thatch management in open space

See a more complete list of the ways Measure B revenue will be used at Roseville.ca.us/MeasureB

Some City Commission Meetings to Begin Earlier

The starting time for several of the City's commissions will move to 6 p.m. after approval by the Roseville City Council at its July 10 meeting. The day of the month each meeting is scheduled remains unchanged.

Beginning in August, these meetings date and start times will be:

- Transportation Commission—6 p.m. on the third Tuesday of each month
- Public Utilities Commission—6 p.m. on the fourth Tuesday of each month
- Parks & Recreation Commission—6 p.m. on the first Monday of each month
- Library Board—6 p.m. on the fourth Monday of odd numbered months

In June, the City Council changed the start time of its meeting to 6 p.m. City Council meetings are held on the first and third Wednesday of each month. The Law and Regulation Committee meeting begins at 4 p.m. on the fourth Wednesday of each month.

The calendar on the city's website (Roseville.ca.us) lists all city meetings and is kept up-to-date with changes and cancellations.

All of these meetings, with the exception of the Library Board, are held in the City Council Chambers, 311 Vernon Street in Downtown Roseville.

The meetings held in the Council Chambers are broadcast live on the city's government access TV channel (Comcast channel 14, Consolidated Communications channel 73 and AT&T U-verse), are streamed live, and are available on demand on the city's website.

City Council meetings are also streamed live on the city's YouTube channel.

The Placer County Community Development Resource Agency (CDRA) regulates land use and development in the unincorporated area of Placer county. CDRA is where you will find divisions like Planning, Building and Engineering. The staff of this department is responsible for analyzing upcoming development in the county and working with the community to find the best method for implementing specific plans. Specific plans in our area include Placer Vineyards, Regional University and Placer Ranch.

From Your Placer County Supervisor

BY BONNIE GORE — *Supervisor
Placer County, District 1*



Tahoe City.

Customers with commercial and residential projects can now look up zoning requirements, apply for permits and more from the comfort of their home, business or mobile workplace anywhere, anytime, online. I want to highlight a couple of these services that will make access easier for anyone with a project in the county.

Ask Placer

This emerging technology uses artificial intelligence and the Google Cloud Platform to help customers quickly find information by voice command on their mobile device (Google Assistant or Amazon Alexa) or through a web user interface on the county's website. Ask Placer is still in the testing phase, but when fully developed, it will be able to effectively hold a dialog with CDRA customers, answer specific questions or direct them to one of the new CDRA automated processes described below. Very soon you will be able to ask "Alexa" to help get your dream project started.

Permit and Zoning Guide

This application provides zoning, residential and business portals that allow

(cont'd on page 32)

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Harmonicoots

BUD GARDNER

"Without music, life would be a mistake"
Friedrich Nietzsche

Playing a musical instrument can delay the aging process. A report in the June 2019 issue of the AARP Bulletin stated, "Using MRIs Gottfried Schlaug, associate professor of neurology at Harvard Medical School, found an 'age-decelerating' effect on the brains of people who consistently make music. Just listening to music may not be enough."

"In 2004," says Head Coot, Bud Gardner, I read a similar article that said playing a musical instrument late in life can delay Alzheimer's up to 67%. That's why we started the Harmonicoots."

It does work. Today, the Coots are enjoying playing music and knowing we are extending our lives. Other SRC residents are enjoying the benefits of playing harmonica music. Forty-seven eager residents took Bud's six-week Diatonic class last February, and twenty-five are in his six-week Chromatic class this summer. Two enthusiastic residents came to the first class wearing "Chromatic Harmonica" t-shirts, as shown in this photo.

The Coots are actively performing gigs in the community and planning for their 15th Jamboree, scheduled for Tuesday evening, May 14, 2020. On July 16, the Coots' Ensemble performed at Roseville Commons retirement home, located just north of Trader Joe's. The Coots' Music Committee is contemplating this year's Jamboree theme and identifying many new songs for this year's Jamboree. Julie Iso will attend the SPAH International harmonica Convention in Tulsa, OK, this August to enjoy playing there and to make recommendations to the Coots' Board on fantastic harmonica players as possible headliners for our 2020 Jamboree.

We invite you to come on any Thursday at 1:00 PM in the Ponderosa room at Sierra Pines to hear the Harmonicoots play fine music, living a truly abundant life.

• • •



Sun City Singers

BY JACKIE PROETT

It's August and the Dog Days are sitting up and begging for attention. Unfortunately, a pat on the head won't make them go away. The only thing they'll fetch is more panting and dripping and dreams of a cold tile floor. These so called, "Care" dogs, don't give a care about comfort. It's all about Ruff-love!

Somehow, the Singers ignore those puppy-dog "tales" and staunchly plan to return to the Back of the Ballroom on Thursday August 15 at 2:30pm., when the AC, not the BowWows, becomes the villain. Bring a sweater!

The diabolically interesting thing about rehearsals in August, is the fact that our "Welcome Back" consists of a shivering packet of Christmas music. Boy! Does that, along with the AC, cool off the worst of the Growlers. When it's 102 outside we are singing about Sleigh Rides and mentally up to our necks in snow. It works every time.

President, Marla Shuman, has great news for us all. Nina Malone will return as Accompanist! Nina, who was ailing several months ago, is completely recovered and we welcome her back with open arms.

Our eventual move from Thursdays to Mondays for rehearsals is agreeable to both Nina and Paul. This change of days may be a problem for some people, but for others it's a blessing because now they can join Singers. We will no longer be bumped! Yea!

Enjoy the next couple of weeks of doing your own thing, but, think about bringing new members on the fifteenth. Everyone needs some music in their lives. They won't think you are treating them like dogs if you ask them to sit and stay.

• • •

SCR Dance Club

BY LINDA AUG

Summer is in full swing with the Dance Club! In June the current officers were re-elected for the 2019 to 2020 year. They are as follows: Shelly Winters – President; Susie Harper – Vice President; Charlie Baughman – Treasurer; and Linda Aug – Secretary. We also bid a big thank you to Bruce Oberlin who did a fabulous job as Line Dance Representative. The Dance Club Representatives include Gerri Junso and Mary Onodera – Line Dance; Mike Reed – Ballroom; Lali Hearn – Tap/Jazz; and

or Tee shirt. Thank you to Susie Harper and Gerri Junso for making this happen. You will find samples of shirt styles, colors and sizes at your dance classes. Order forms are available as well. Order your shirt now and wear it proudly to your classes and socials!

Whatever your dance passion is – the Dance Club has a class for you! Check out the kiosk in the lobby for classes and times and remember you can come to any class the first time for free. It is a great way to get some exercise, have fun and make new friends!

See you on the dance floor.

• • •



Susie Harper, Linda Aug, Charlie Baughman and Shelly Winters.

Carolyn Winter and Kathy Westcott – Clogging. Thank you to all who keep the dance club well-oiled and running smoothly!

On July 17, 2019 you may have heard a hoot and holler in the Timbers Ballroom. DJ Jim Keener kept the line dancers on the floor for a kick-up good time!

Mark your calendars for August 21, 2019. The Dance Club is hosting "Hot August Nights" with the live band Crystal Image. If you have not heard this band before, you won't want to miss this opportunity! This dance is open to all Sun City residents. Tickets will be \$10. More information will be at August Courier days or via your dance classes.

Many club members have been interested in getting an official Sun City Dance Club Polo

(more Club News cont' on page 9)



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Favorite Restaurants

BY MARTIN GREEN



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 LLB 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.

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 barbecue 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

Music & Laughter

BY JANE BOHN

Per usual, we started off the show serenading our happy birthday song to all those born in July. Following that was newer attendee and performer, Derek Tegg, who wowed the crowd with his upbeat piano selections. Here's hoping he continues to perform for us in the future. Cheewa James, a regular attendee when her calendar allows, contributed another one of her personal humorous stories, again without the use of a microphone. Fortunately, for me, she has agreed to host the show in August as I take my usual summer break. To our delight, Charlie Kidd performed once again and of course, invited the audience to chime in on some of his selections. Adding humor to the mix, our regular jesters Jan Montero and Ed Lick came prepared with their latest funnies. George Flaherty also contributed some funny, yet sage advice, on graciously growing old. Spontaneity ensued as Ray DeBenedetto, Lou Leger and Charlie Kidd performed a fun trio, again allowing our audience to sing-a-long. The hour flew by as these eight entertainers kept things lively with their varied performances. First prize of \$10 went to Cheewa James, second prize of \$5 went to newer attendee Jim Sexton, third prize of \$3 went to Doris Solkov and fourth prize of Chocolate Pirouettes went to George Flaherty. Here comes congratulations to our prize winners as well as a huge thank you to all our entertainers, our audience and our helpers Maria Hajgato and Nancy Stetz. Come join us

at our next "Open Mic" format Wednesday evening August 14, at 7pm, at our Sierra Pines Lodge. We look forward to seeing your smiles.

Fine Arts Club

BY JEAN STEPHENS

The 2019/2020 Fine Arts Club Officer roster is: President - Stella Maynard, Vice-President - Judi Harrison, Secretary - Joyce Vermette, Treasurer - Bobbie Powell, Class Coordinator - Perris Trout, Demonstrator Coordinator - Ellen Thomas, New Members at Large - Susan Edie, Jean Stephens and Nancy Vavul.

Our dues are now due and payable. Please write your check out and put it in an envelope (found in the back of the room) and insert it in the box. Remember to put your SCR account number on it.

Yikes, our General Membership Refreshment Chairperson is retiring her position. We desperately need someone to coordinate the monthly General Membership refreshment center (10 only). In addition, a sign-up sheet will be distributed at the General Membership meeting for you to sign up for a month. All instructions will be provided. Please let me know right away if you can help. We'd hate to see our refreshment center go..

• • •

Creative Arts

BY JILL PHARRIS

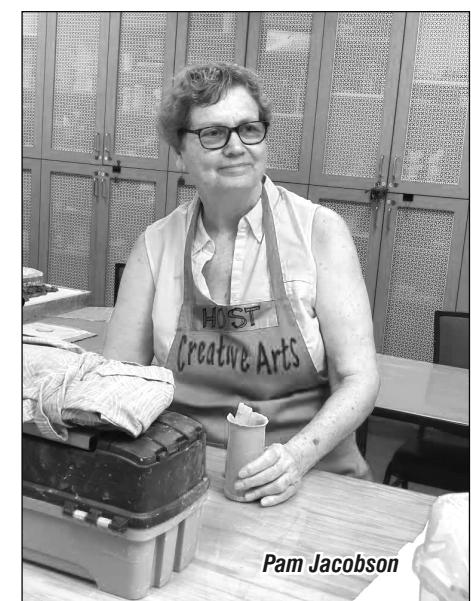
When you are walking through the hallway at Timber Lodge, be sure to check out Creative Arts window displays. The everchanging windows showcase mosaic, ceramic, pottery, stained glass, card making, and decorative painting artists. Admiring the art, you might be thinking, "This is great, but I can't do that."

You can do it! Each group has instructors, mentors, and many helpers. They will help you begin and assist you throughout your project. Talented artists, they enjoy sharing with others.

One of our pottery mentors is Pam Jacobson. Pam has been living in Sun City for about one year. A retired pottery teacher, as the saying goes, Pam has mud in her blood. She taught high school and junior high pottery in the Sacramento area. She has been creating with clay since 1970 and has almost 50 years of experience. Pam came to Sun City via Portland, Oregon. She worked at the Hoffman Center for the Arts in Manzanita, Oregon. As the "glaze guru" in the center's large clay studio, Pam was active in glaze making and inspiring artists' glaze choices.

She loves sharing her expertise and talent with the Creative Arts Club members. Pam often has special classes to fit the needs of the pottery members. Many of us have learned how and when to use stains on our pieces or how to use a particular piece of clay equipment. Pottery students have greatly benefitted from her instruction.

Creative Arts is open to all SCR residents.



There are class and open studio schedules on the wall next to the Creative Arts Room entrance.

The Creative Arts Club is having a pottery sale Saturday, August 24 from 10:00am to 3:00pm, at 172 Delta Breeze Court. Many members, including Pam, will have some beautiful pottery for sale.

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(more Club News cont' on page 11)



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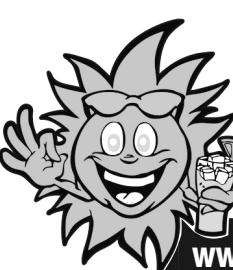
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Needle Arts Club

BY CAROLYN DESANTI

Our August 7 General Meeting at 2:00pm in the Ballroom will feature Pixeladies, Deb Cashatt and Kris Sasaki. Their studio is in Cameron Park and they make art out of headlines by combining imagery from collages then printing it onto fabric. This



A "Face" quilt made by Cam Jensen.

promises to be an entertaining and inspiring presentation. Hope you will find the time to join us.

All Needle Arts members were invited to attend the Thread Connection potluck at Sierra Pines on June 26 chaired by Peggy Voakes. Cam Jensen gave an awe inspiring trunk show enjoyed by all.

There will be another Thread Connection potluck gathering in January 2020. All needle arts members are welcome!

Dues are due for the July 2019 to June 2020 year, a bargain at \$10.

For information on classes and special interest groups, pick up a copy of our monthly newsletter from the corner of the Lobby of the Lodge or in the Needle Arts Room.

• • •



Cam Jensen with a helper displaying Cam's sunflower quilt.

Cinema Group

BY DICK FERGUSON

Join the Cinema Group for their August movie. "Stan & Ollie (2018)"

Starring Steve Coogan as Stan Laurel and John C. Reilly as Ollie Hardy, these two current-day comedians have earned several awards around the globe for their right-on portrayal of the famous film duo, Laurel & Hardy.



The movie focuses on details of the duo's personal relationship in their later years, relating how they embarked on a grueling music hall tour of Britain during 1953, while struggling to get another film made. Their tour is an instant hit, but Stan and Ollie can't quite shake the long-buried tensions of their past relationship. Hardy's failing health changes everything.

"Stan & Ollie" is full of tender moments between the men and their wives, but it saves its loveliest moment for the men.

Friday, August 16 • 1:30pm, Sierra Pines, Spruce Room. Admission is free!

For information: Dick Ferguson (916) 773-1298

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Boomer Generation Club

BY CAROLE MCCULLOUGH

Its summer and the August heat is here to stay, but our Boomers keep on trucken and having fun.

Wow what a amazing time we all had at the Third Annual Summer Bowling Event at Strikes Unlimited Bowling Alley. A mixture of good and not so good bowlers participated and feasted on pizza and salad. I know the bowlers appreciated the spectators who cheered them on.

Our next event is coming up in September. The council is working on plans for the September Karaoke and BBQ Night at Sierra Pines. Watch for the flyer and our website as we move closer to September 19th.

If you are planning on attending the Boomer Generation General meeting in August please be aware the meeting will be held on the third Wednesday of the month, so our members can attend Music in the Park on Thursdays. August 21, 2019.

July 1, our annual Boomer Generation Club membership dues are due. Dues are \$10 per person. Please checks only, and make them payable to SCRCA Boomer Generation Club. Drop your checks off at Diana Morales house, 116 Enchanted Court. Remember you need to be a Boomer Generation member to participate in our SIGs.

SIG (Special Interest Group): The SIG groups are still active during the warm summer months. Book Clubs, Bunco, Dining Out, Walking, Bowling, Movies Out and Boomer Golf. The Boomer Generation website has more information for each SIG group and the leader to contact.

It's never too late to join the Boomer Generation Club. If you just like to socialize and have fun, you are part of the Boomer Generation?

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(more Club News cont' on page 12)



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Singles

BY DAWN BECK

School Days already? All the shiny backpacks, lunch boxes, pencils, glue sticks, erasers, tablets are being advertised and purchased for the big day. We love to see our young family members enthused about learning and seeing friends. Sometimes we get ambitious and try to take classes ourselves, but we only do homework if we want to. We can have a much happier attitude.

Vice-President Vicki has arranged for a great speaker at the August 7 meeting. Greg Cayton, a certified nursery professional, from Green Acres will tell us how to take care of our yards with either too much rain or not enough. We've all been through both experiences, so anything he teaches us will be welcome.

Hot August Nights is the theme for our Saturday Night Social with hostesses Elaine Pitt at 661-202-8835, Bonnie Coleman at 916-774-0455, and Lee Rosendin at 916-513-8230. We will have Chevy's Mexican Buffet with Virgin Margaritas on Saturday, August 17. The price is \$19.00 for members and \$21.00 for guests. Reservations must be made by Thursday, August 15 at noon. Ken Roberts will entertain. Wear festive clothing!

Canasta with Cela Armstrong at 916-782-4722, Mexican Train Dominoes with Janet Shreve at 916-773-1816 and Hand and Four with Susan Bourquin at 530-249-0000 are available year round. Contact these ladies, join a group, and make some new friends.

Singles is open to any single person living

in Sun City. Please contact our Membership Chair, Pauline Battle, at 916-771-0890. Our meetings are on the first Wednesday of every month in the Ball Room at 6:00pm. We have a fellowship meeting afterwards in the bar area for newcomers to meet new friends among the more seasoned members.

•••

Veterans and Patriots Club

BY PAUL REGNIER

July started at 10 AM in front of our Lodge main entrance. We raised our Country's Colors just above our MIA-POW memory and hope flag. Taps was played in observance of the thousands that are lost and missing and never been returned to "home". Our President, Lee Schaefer, led this memorable non-meeting with knowledge and pride, Chaplin Carl Kube led us in a very appropriate prayer and Joe Lopez led us in singing our National Anthem.

It's August but no Hot August Nites in our courtyard this year. The Veterans and Patriots Club has their Ball Room Dance on Friday, August 23. The West 5th Avenue Quintet will provide the music and we will provide the dancing and laughter. Come and tap those rusty shoes or get out on the floor and dance. This night is all about our memories and what we want in our future. Did I mention the new stories that will be told surrounded by all the laughter. This is a NO Food event but there will be cocktails nearby. See you there.

At our June meeting, our club officially changed from the "Veterans Club" to the "Veterans and Patriots Club". The vote was

unanimous! It has been an excepted practice to thank those that have served in uniform for their service. Nowhere has there been a practice of showing thanks for all those that could not serve in uniform but guarded our great country anyway; our mothers, fathers, sisters, younger brothers and the many others that had physical impairments. Guard and fight they did and do. God Bless America and all our Veterans that can and do or did serve in uniform. God Bless all of our Patriots that do serve and cannot wear our national colors. We are America! God Bless

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Computer Club

BY P.J. PALMER

General Meeting – August 26 10:00am in Ballroom

Council Meeting – August 26 10:00am in Computer Room

Special Interest Group (SIGs):

Digital Imaging and Editing – August 2, First Friday, 10:00am, Computer Room. Explore Camera Usage. Learn to edit, process images, and improve photos on your computer. Call Charlyn Ross at 916-772-1447.

Genealogy – August 8, Second Thursday, 2:00-3:00 in the Card Room. Speaker to be announced.

Speakers and help for building your FamilySearch.org worldwide tree.

PC Forum – No meeting in August. Topics for more advanced computer users, but all are welcome. Alternate leaders of discussions. Let us know if you have a topic you'd like to

have discussed.

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

All 'Bout Apple – August 13: Second Tuesday, 7:00pm, in Aspen Room. All user levels of MAC computer, iPad and iPhone. Information: Charlyn Ross, 772-1447 or Dennis Studer, 899-8221.

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

August's theme: "Something Musical or Music Related". Members email up to three photos to PhotoSIG916@gmail.com by August 12. Contact Dennis Studer-yostuder@yahoo.com.

iDevices – will return Wednesday, September 25 at 6:00pm or check monthly Monitor calendars for help.

Need help with your Computer, Phone, Tablet, Printer? Stop by and pick up a monthly calendar and come into or call for an appointment with the Monitor familiar with your device.

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(more Club News cont' on page 16)

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Executive Director Comments

The Community's Future is Bright

BY EARL WIKLUND

We have all learned that to accomplish our goals and achieve our objectives takes planning, a commitment and the expenditure of energy in making the effort. The old adage that you need to file a flight plan before taking off in an airplane because you want to land at a predetermined destination as opposed to just landing anywhere, makes a lot of sense. That's also true for the continued success of our community. Unless we know the direction we are going in our goals and objectives and can take measure on how well we are doing in meeting those goals, we probably won't amount to much. After all, being the best active adult Community in Northern California doesn't occur without a plan in place and the commitment in executing the plan.

We have completed another successful fiscal year as of June 30, 2019. We can measure our success in a few different ways. Financially, we beat budget and remain very financially strong including the funding of our Reserve Fund at approximately 100%. We completed all the Board's goals and objectives which focused on the continual effort to promote volunteerism, improve resident communication and to continue to develop an updated annual strategic plan(s) to improve our common area facilities, grounds and golf courses. Our clubs and groups,

programs, services and events remain robust both in resident participation and the variety of interesting topics for residents. Our revenue producing amenities, Food and Beverage, ProShop, Activities and Fitness all continue to see strong results and increased resident patronage. Also, home values have recently reached record highs and remain in strong demand from new buyers.

The new fiscal year brings promise and optimism for the future. In July the Community elected two new Board members, bringing new ideas and heightened energy levels. The new Board also met in July for their two day Board Orientation where they are updated on operational and legal issues as well as beginning to discuss ideas to augment the Community's goals and objectives for the coming year. The Board will meet in their annual Board Retreat later this month and will review the direction of the Community and develop new goals and objections in support of that direction. These goals and objectives will be discussed with progress reports at each of the new fiscal year Board Planning Sessions and Board Meetings for additional resident input.

Looking into the new fiscal year, we are operating from a new Budget approved in April, have a strong financial foundation, a newly elected Board with a refined plan and

new energy, a resident Committee structure to support the effort, a strong and experienced management team to help keep us on track, development of master plans to maintain our facilities, common area landscape and golf courses and 5000 residents with an enhanced lifestyle filled with lots to do and enjoy. Yes, our Community's future is definitely bright and promising. Let's keep going on the path we have chosen with the commitment and energy to maintain Sun City Roseville as the best active adult Community in California. Enjoy your day!

Coffee booth at our June 22 Parking Lot Sale was a big hit. Kudos to our Director of Hospitality, Rebecca Hellman, who chaired this fundraiser, and to her husband, Dennis, who made the donut run three times. Thanks also to Karen Walkup, Pat Teihl, and Jennifer Martin for handling the booth and to Bob and Joan Watts who graciously pushed the donut/coffee cart around the lot.

Welcome Aboard: Sunshine Services is happy to announce our new Director of the Caregiver Relief/Individual Care programs, Melissa Shelton Kinoshita. Melissa is a retired nurse who has worked in many aspects of the health care industry. Sunshine's very grateful to Jean Hawkins who is stepping down after five years. We are most appreciative to Jean for her tireless work and dedication to Sunshine.

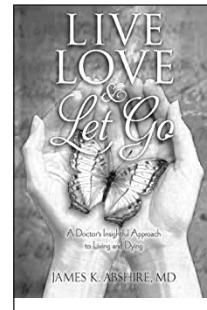
We also have a new Director of our Medical Equipment Loan Program, Sue Sequeira, who has been working for the MEL program for several years by compiling the number of loans generated monthly and preparing reports for the Sunshine Council. Sincere thanks to former Director Pauline Townsend for her great service to Sunshine for the past six years in leading this wonderful group of volunteers.

Thought for the Day: True peace is not merely the absence of tension; it is the presence of justice—M. L. King, Jr.

Sunshine Services

BY JENNIFER MARTIN

Sunshine Presents: Dr. James Abshire, author of Live, Love and Let Go, will be our speaker at our next Sunshine general meeting, Aug. 8th at 10:30am in the Spruce Room at Sierra Pines. Dr. Abshire will share his personal story of overcoming adversity as well as his secret to resiliency and hope. All residents are welcome to attend this free presentation. Refreshments will be served.



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Ambassador Committee

BY PATRICIA MADDEN

Along with other committees, the Ambassadors will be recruiting and interviewing potential new members. There are eight different jobs that your Ambassadors fulfill. Each Ambassador serves in an Ambassador job for two weeks. The first year a member, new to the job, works with an experienced person. The following year the role changed. For example this year's 'Chair, Ardis Wedemeyer is training the Vice Chair, Connie deBlaquiere. This rotation insures that everyone is comfortable in their job and makes for a smooth operating committee.

Ambassadors attended the Sun City Roseville Volunteer luncheon. The Sun City Ambassadors represent our "The 55 + Premier Adult Community in Northern California." at both the Roseville and Rocklin

Chamber of Commerce.

Approximately 86 new residents attended the New Resident Reception this month. Ambassadors Sherry Hilger and Linda Ugh coordinated the invitations and greeted these new residents with a beautifully decorated table carrying forth the 4th of July theme. The highlight of this reception is the opportunity for new residents to introduce themselves to the group. Ambassador Leah Delury was very busy discussing activities, volunteer opportunities, as well as important

contact numbers to new resident. It was agreed that two Ambassadors should staff this information table at the next reception.

All Ambassadors have worked hard at a variety of tasks this year. They admit it has been a lot of fun. You are welcome to attend our next meeting on August 20th, 2 pm, in the Card Room.



Ambassador Leah Delury at New Resident Reception Information table.

Compliance Committee

BY SCOTT TITENSOR

When is the Best Time to Maintain Your Roof? Now, when it's not raining!

Following is some important information, plus a few tips;

All the homes in Sun City Roseville have concrete tile roofs. While known for their long life, they are not maintenance free. Some have been known to crack, break and become covered with algae and moss. These conditions can result in leaks in your home. They also affect your homes visual appeal.

Roof repairs and replacement can be found in the SCR design guidelines, section 3.02 (j) which reads as follows:

(i) Minor roof repairs do not require ARC approval.

(ii) ARC approval is required for roof replacement. A sample of the roof tile and roof elevation plan is required. Reference 2.06 for Building Permit Requirements.

(iii) The style shall be either interlocking shingle or spanish shingle. Tiles must match as closely as possible the material, color, texture and method of attachment to what was originally installed by the developer.

Concrete roof tile manufacturers recommend that tiles be professionally cleaned at least once every 10 years to remove algae and moss. Gutters should be checked yearly, valleys and flashing should be checked occasionally. The schedule depends greatly on your home's exposure, tree leaves

and roof design. Following these guidelines should add to the service life of your roof and add to the appearance of your home.

Those that need to replace a few tiles will be happy to know that used concrete tiles closely matching your originals are available locally. Recently I visited Vintage Roof Tile, 2544 Q St. Rio Linda, CA. 916-243-9380. I was impressed with the large selection of new and used discontinued concrete roofing tile. SCR does not endorse vendors and there are other local sources.

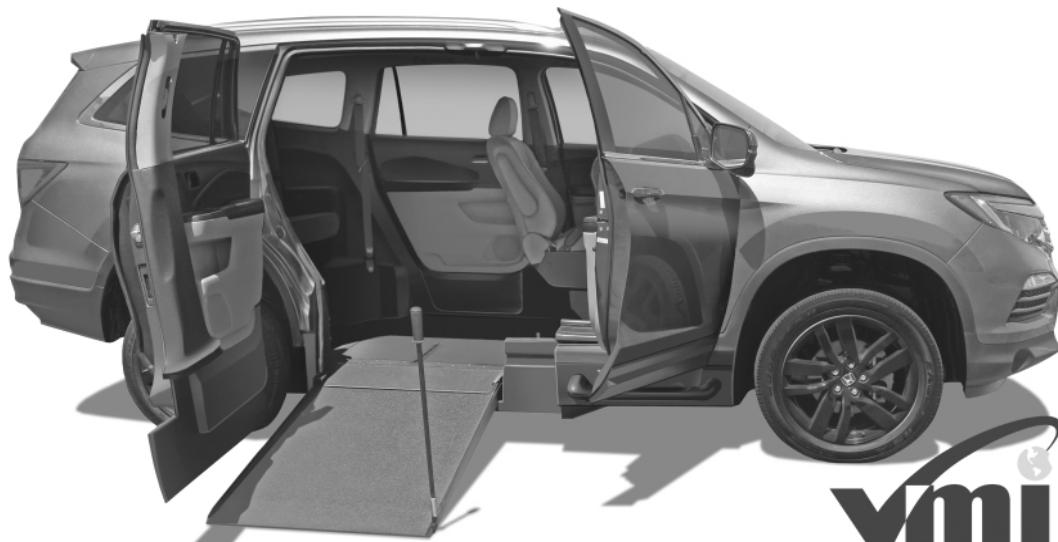
If you have any questions, please call Ryan O'Connell, Assistant Director of Community Standards at 916-774-3863

Website Work Group

BY CHARLYN ROSS

Important Website Information: *Electronic Mail Consent Form* — Each year the Association is required to provide its residents with information on its budget and finances. In the past this information has been mailed, incurring postal expense. The Association now has the ability to supply these required mailings electronically via email, to reduce the printing and postal expenses. In May, each lot owner received an Electronic Mail Consent Form to complete and submit. Implementation of this feature will begin October 1, 2019. Lot owners who do not submit this form will continue to

(cont' on page 15)



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Website Work Group

(cont'd from page 14)

receive all necessary documents by U.S. Mail. The Electronic Mail Consent Form can be accessed from the Resident Website Announcements area, and is also available in the Lodge, Administration Office.

Problem Receiving Association Emails—

Staff is aware that some residents are either not receiving Association emails, or are receiving such emails intermittently. This has mainly affected SureWest/CCI email customers. Information concerning this problem is available from the Resident Website "Announcements" area from the link at "Sun City Roseville Email Communications Update."

Why should you use the resident website?— In today's world we are learning to rely more on obtaining information using computers, tablets, and smartphones. Every business, medical facility, emergency contact, and news media focuses on bringing information directly to your Internet device. It is, therefore, reasonable to expect Sun City Roseville (SCR) to provide information that way too.

Your decision to reside in SCR was most likely motivated by the extensive activities and amenities our community has to offer. It is valid to expect that you should be able to access SCR information from whatever electronic device you are using. And you can, by signing onto the SCR Website, www.scrs.org.

Let me point out a few features for you to explore.

- Activities menu - Clubs & Groups; check out the ones whose activities interest you; keep up with their scheduled events.

• Sun City Roseville menu - Resident Directory; a quick way to find a resident's address, phone number, or email address. Photo Gallery - Various groups post photos from their events for viewing or downloading.

- Calendar Menu - Today's Events; click on List View and you can scroll through events for today and future days.

• Amenities Menu - Timber Creek & Sierra Pines Golf – contains flyover videos of our courses as well as details on rates, lessons, tee times, etc. Timbers at the Lodge Restaurant – transitions to the restaurant's website for information on events, specials, and menus. Resident Rates and Sierra Pines Facilities Rental – lists details for scheduling a private affair at either the Lodge Ballroom or Sierra Pines.

- Board & Committees menu – links to videos of the monthly Board Planning Workshop and Board Meetings to keep you updated on your community when you cannot attend the meetings in person.

A proposal is in the works to update Sun City Roseville Association technology for the near future, to add features that many residents have requested, such as ability to pay assessment fees and make restaurant reservations online.

On the first Wednesday of every month at 9:00 a.m. in the Lodge, Aspen

Room, a group of volunteers meet with the Association's IT Director, Redell Moore and Website Designer, Julia Schmunk to discuss ways to make the Resident Website, www.scrs.org, more informative, useful, and efficient. Residents are welcome to participate in those discussions.

Martin Green Has Another Book Out

Sun Senior Newswriter 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.

HEAL — Health and Environmental Alliance

BY JENNIFER MARTIN

At our next and last meeting for H.E.A.L., August 7, 1:30pm in the Ponderosa room at Sierra Pines, there will be a PowerPoint presentation: Edgar Cayce: The Father of Holistic Medicine.



Edgar Cayce

Also known as the Sleeping Prophet, Cayce was the most documented psychic of the twentieth century. He prophesized about the Stock Market crash of 1929, the start of World War II, the convergence of communications companies, and future medical advancements that might make diagnosis from a drop of blood a possibility. Cayce also started the Association for Research and Enlightenment which promotes many of his healing protocols which will be covered in our presentation.

Please note that this will be the last H.E.A.L. meeting, not only for the year, but for good. It's been a pleasure providing speakers, videos and presentations for the past three years, but there will be no more face-to-face meetings. For those of you who still want to receive health and environmental updates by email, please let me know at jnm813@gmail.com. Otherwise, I'm deleting all names from my H.E.A.L. emailing list as I close the group down. Thanks to all of you who have participated in H.E.A.L. I wish you all the best of health and happiness.



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SCR Democrats

BY TONI FISHER

Plans are being finalized for our annual End-of-Summer Potluck Brunch on our regular fourth Wednesday, August 28, 10:00 a.m.-1:00 p.m. We are sure to enjoy the company – and food offerings - of all who attend. Watch your email for details and mark your calendar. This event will be purely social to energize us for some busy months ahead as we participate in various aspects of the coming elections. One fun feature will be a straw poll to see where we stand regarding the presidential candidates. The second set of debates will have occurred at the end of July, providing a greater insight as to where each candidate stands and what plans they are offering for the future of our country, if elected.

As our August brunch is an annual event, another annual project included that day is collecting donations of school supplies for the students and teachers of the Woodbridge School. Each time we deliver our generous supply of needed materials, the staff lets us know how much they appreciate what we do for them. Of course, it is no surprise that, as good Democrats, we are committed to helping our community in a variety of ways and this is one way to thank the community of Roseville that has warmly welcomed us. By now, you should have received an email with suggestions for items to donate. You will feel good when you participate!

One final note: Your annual dues payment can be brought to the brunch.

• • •

Jewish Fellowship Circle

BY STEPHEN EMANUEL

Our 3rd Annual pizza and bingo party last July was a big success. Dave Sindrey and Harvey Lee did a great job in managing the bingo game but as usual missed calling my numbers.

Our first event of August is the Oneg Shabbat on Friday, August 2, at 7:30pm at Sierra Pines. Services will be conducted by Ruth Elkins and Ray Reamans who will also host the Oneg. August is the month in which we do not have another social event but we do have our book club. The meeting will be held on Monday the 19th, 7pm, at Marvin Boyd's home. The book is Legacy.

For information on upcoming events, please see our flyers in the lobby of the Lodge.

Did you know that Sally Priesand was ordained as the first female rabbi in America on June 4, 1972?

"Operation Moses" was the code name given to the evacuation of Ethiopian Jews by Israeli forces from the country of Sudan in 1984. Legend has it that those Jews were the descendants of King Solomon and the Queen of Sheba.

• • •

Heartland Club

BY RAYANN GOLDA

The Heartland Club will again host our Annual Halloween Event on Saturday, October 26, 2019. Details to follow.

If you want to become a member membership is \$3 per resident per year. You can mail your check to Joe Golda (Heartland Club 4144 Enchanted Cir, Roseville, CA 95747) or include it with your money for the next event.

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

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

Questions: Joe Flores (President) 580-3787.

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International Social Group

BY CYNTHIA SINDREY

The annual Bar-B-Que took place on July 24th and was a popular event because it brought in a few new members. We appreciate new members and welcome them to a group that socializes with people from all over the world, including America which we honored at the Bar-B-Que kudos to Jack Ellison for cooking and Cheewa James for a presentation. The next event will be an 'Asian Night' at which time the meal will be Asian food with appropriate entertainment. It is almost time for nominations for the board for 2020. We even have fun at our board meetings so anyone interested in serving on the board please contact us at the numbers below.

Flyers are always sent to our members for each event and also available on the rack at the Lodge.

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

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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

Postage Stamp Group

(cont' from page 16)

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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SCR Travel Club

BY GWEN MYERS

2019 Coming Trips —

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

September 21-23 Bus Tour to Nevada, featuring The Red Violin Concert; two nights at Peppermill, etc Contact Phyllis Melberg, pmmelberg@surewest.net

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

October 10-18 Great Smokey Mountains.

Contact: Phyllis Melberg (See above) Wait List December 8-15 – America's Music Cities Holiday (New Orleans, Memphis, Nashville) –

Contact: Pamela Cringle, (See above) Wait List 2020 Tours —

February 11-24-Treasures of Egypt – Contact Vicki Evans, evans1953@gmail.com

March 9-13- Spring Training in Arizona. Contact Joy Winston, joywinston4094@comcast.net, 916-773-2479

April 28-May 6-Tulip River Cruise - Contact: Phyllis Melberg (see above)

July 13-26– Crystal Cruise Symphony – Scandinavian Splendors, Stockholm to Dover.



Mackanic Island MI Grand Hotel.

Contact:

Beverly Lewis, bevlewis@outlook.com, 916-740-3695

August – (dates pending) Seattle, San Juan Island – Friday Harbor, Boeing Tour, Whale watching, Victoria BC and more. Contact: Gregg Hutchinson, gkhutch@outlook.com, 916-740-3695.

September 1-12-Croatia and Its Islands. Contact: Beverly Warrington, fwracing@hotmail.com, 916-783-4426

September 30-October 5 - Albuquerque Balloon Festival and Santa Fe – Contact Barbara Wells, barbwells@comcast.net

October 12-20.Niagara Falls and New York City – Contact Valerie Rice, rice741916@comcast.net, 916-771-5661

2021 – Planning stages – Africa, Ireland

Next Planning Meeting: Tuesday, August 6, 1:30, in the Club Room.

Next Council and General Meeting: August 26 @ 1:30 and 3:00 p.m. in the Ballroom. Speaker will be Jay Fehan of Collette Travel.

Attention: Send your photos (small and large group) to be featured in the Courier and Sun Senior News. Email to Gwen Myers at gwen.g.myers@gmail.com. Where/when photo taken?.

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(more Club News cont' on page 20)

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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside	Outside	Balcony
15 DAY HAWAII from SFO! Princess	Nov 3, 2019	\$1,299	\$1,499	\$2,599
Grand Princess ~ 2600 Passengers	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	Aug 4, 2019	\$999	\$1,199	S/O
Grand & Star Princess ~ 2600 Passengers	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	Oct 13, 2019	\$969	\$1,199	\$1,829
Grand Princess ~ 2600 Passengers	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	Oct 3, 2019	\$649	\$799	\$919
Grand Princess ~ 2600 Passengers	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	Nov 17, 2019	\$2,199	\$2,399	\$2,899
Coral Princess ~ 2000 Passengers				
Sail from San Francisco, California to Fort Lauderdale, Florida to visiting Cabo San Lucas, Mexico; San Juan Del Sur, Nicaragua; Puntarenas, Costa Rica; Fuerte Amador, Panama; Transit the Panama Canal; Cartagena, Colombia; Fort Lauderdale, Florida. INCLUDES LINCOLN SHUTTLE TO SHIP & SACRAMENTO AIR RETURN!				
10 DAY CARIBBEAN Holland America	Feb 02, 2020	\$1,649	\$1,949	\$2,349
Koningsdam ~ 2650 Passengers				
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	Apr 21, 2020	\$2,399	\$2,699	\$3,199
Coral Princess ~ 2000 Passengers				
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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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Outside Balcony
15 DAY GRAND EUROPEAN Viking River Cruise	Various Dates	\$4,999 \$5,499 \$6,299
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, Terceria, 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 Hiva, 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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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 waterfront estate combining the glamour of Hollywood with Italian renaissance. It's 24,000 square feet 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

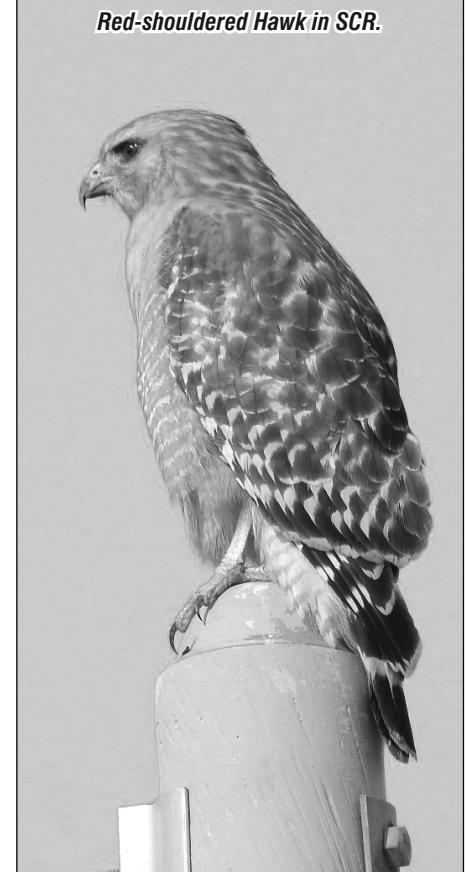
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SCR Birders

BY JANET MORELLI

SCR Birders are still on summervacation and plan to resume their scheduled field trips in mid-September. A new schedule for the next birding season (September 2019 to May 2020) will be available on the Birders' Group website (sres.org) under Activities/Clubs & Groups by the end of August. The first trip will probably be on September 19, but check the Birders' article in the September monthly publications (Courier and Sun Senior Times) for details, including date, time, and meeting place.

Red-shouldered Hawk in SCR.



A bird of prey, the Red-shouldered Hawk, is often heard by birders in SCR before being spotted. It is very vocal with its high, clear, repeated "keeyah, keeyah ..." voice. It is a solitary bird that usually hunts for large insects, reptiles, amphibians, small mammals, and birds from a perch at mid-level on a tree in dense woods that have clearings and nearby water. The chunky hawk can also be seen on power lines near a grove of trees. It can be identified by its reddish shoulders and wing linings, a longish black and white banded tail, a solid rust colored chest, and lighter rust barring on the underbody.

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(more Club News cont' on page 21)

SCR Garden Club

BY JUDY SINGLETON

There is no Garden Club meeting in August. Our September 2019 meeting on Tuesday, September 3, at 7:00pm will feature Christina Richter, the President of the Roseville Historical Society. Christina will be giving updates on the Fiddymont Homestead Project which is working to restore the Fiddymont home and grounds in West Roseville.

The Garden Club meets ten months a year (no meetings in July or August) on the first Tuesday (except as noted) of the month at 7:00pm at Sierra Pines. Annual membership is \$15.00. Please complete the membership form on the Garden Club resident web page and bring to a meeting or drop it with your check into the small mailbox on the front porch of 6132 Granite Flat Lane. Guests may attend a meeting with a speaker for \$5. For further information, call Judy Singleton at 916-666-7342.

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SCR Hiking Group

BY PETE GRADY

August 2019 Hikes — Join us to try out hiking. You can hike 3 times without joining.

We meet every Thursday at 7:45AM in the Tennis Court Parking Lot.

Carpooling is organized for the drive to the Trail Head.

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

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

August 1—Forni Meadows. #6(moderate to difficult). 9 Miles. \$10 Ride.

August 8 – Winnemucca Loop. #4(easy to moderate). 5 Miles. \$10 Ride.

August 15—Loch Levin. #6(moderate to difficult). 7 Miles. \$8 Ride.

August 22—Three Lakes. #4.5(moderate).

5.75 Miles. \$10 Ride.

August 29 - Castle Valley Loop. #4(easy to moderate). 6.5 Miles. \$10 Ride.

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SCR Senior Softball

BY RICHARD EPTING

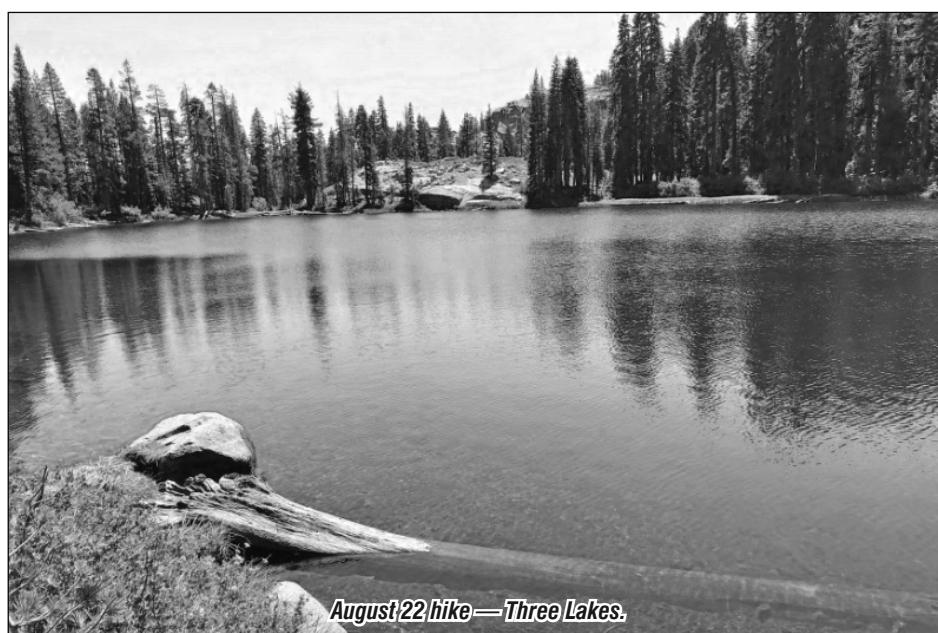
As of July 8, "Senior Softball" is in its last week before the play-offs. Competition is tight

as Team Eskaton and Team Excell Realty are tied for first place, and Team JenTam Realty, A/C Girls, and Coldwell Banker are only a couple of games behind. The Administration Game was much closer than last year, as Sun City Staff won by five runs. The Senior All-Star game, always a fan favorite, wasn't as close, but all the players seemed to enjoy themselves. If you can play competitive softball at 70 plus years, life has been pretty darn good to you.

August will be a very eventful month. The League play-offs begin on August 5th and will conclude on August 19. That same night we will host our annual Awards Banquet. This month, we have expanded the definition of the word player in "Player of the Month" to include those individuals who greatly contributed their time so that we could have our games. I myself was shocked to discover that our umpires are not paid. They don't receive a cent to stand there in the hot Roseville sun, occasionally receiving some verbal abuse, to umpire at our games. Wow, that's a "Field of Dreams" moment. So this month we want to salute our umpires: Richard Aug, Cary Diskin, Joe DiSessa, Erick Erickson, Patrick Maglione, Jack McKinney, Ken Minnick, Roy Meyers, John Ranaseski, and Mike Worsham. One of the League's managers, Erick Erickson, before each game tells his players to go out there and "have fun". I can assure you that if there were no umpires at our games the last thing Senior Softball would be is fun!

• • •

(more Club News cont' on page 24)



August 22 hike—Three Lakes.



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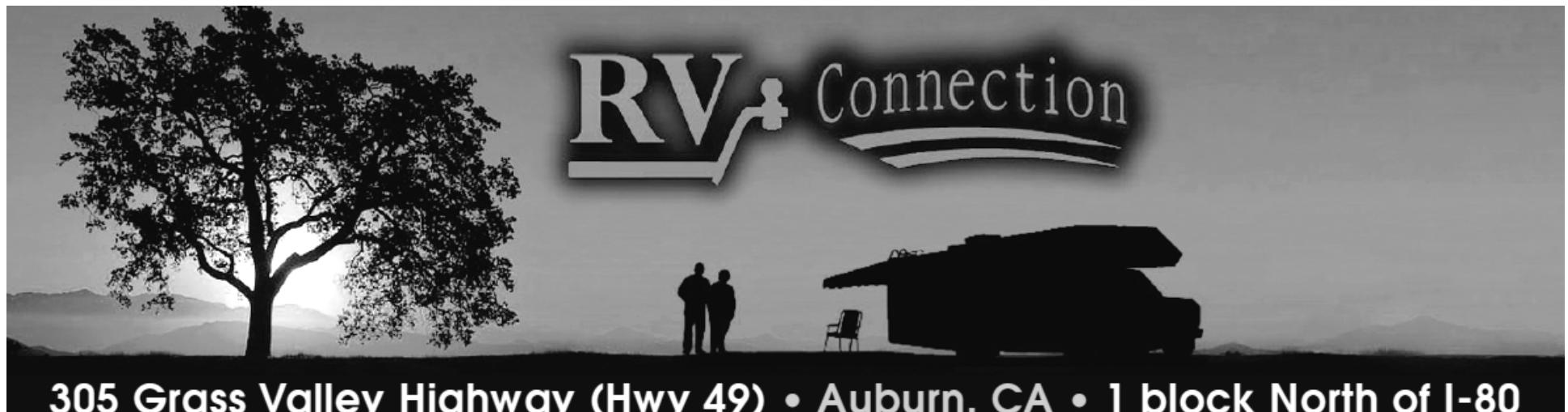


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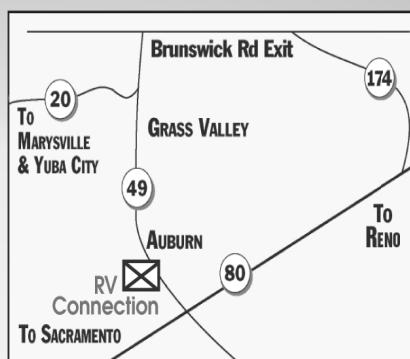
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Woman's Club of Lincoln to Host 4th Annual Home and Garden Tour

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 varietals 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.



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

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

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

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

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The Loss of a Spouse

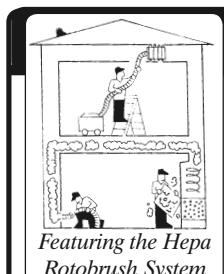
brings a unique pain. People who are widowed haven't just lost a loved one — they've lost an entire lifestyle. To help you in your grief we are hosting a 2-hour seminar by the GriefShare organization.

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Bocce

BY PAUL KECK

Well, we started off the year with a very wet, cold winter and we are now in the middle of a hot summer. Turnout for Monday morning practice and Wednesday socials was down in the spring due to wet weather, and now it is down due to hot weather. Monday morning practice had such a low turn-out that it was canceled. Wednesday socials are still active and we hope participation will improve.

Tournament winners for June and July:

June 1, men's blind draw

1st: Paul Roberts and Reggie Leipsic

2nd: Bob Daily and Paul MacWilliamson

3rd: Gregg Hutchison and Ken Lane

June 15, mixed blind draw

1st: Jack McKinny, Aud Bair, Arlene Lizotte, Jerry Bice

2nd: Jack Ramos, Darlene Flora, Bill Pagano, Bill Taylo

3rd: Linda Fredericksen, Brad Davies, Jean Nakao, Bob Ritzman

July 6, women choose partners

1st: Linda Fredericksen, Bev Lewis

2nd: Bobbie Dunk, Sydney McKinney

3rd: Susan Moore, Carol DelSarto

Upcoming Events —

August 2: Mini league awards, 6:00pm at the Bocce courts. BYOP

August 3: Tournament, mixed blind draw, 8:00AM

August 17: Tournament, mixed choose partners, 8:00 AM

August 18: Council meeting Cedar Room,

7:00PM

August 31: Tournament, mixed blind draw, 8:00AM

Looking for Volunteers—A nominating committee was appointed in July to recruit volunteer officers for 2020-2021. Being an officer in a club is a great way to meet people and have a voice in the club's success. Clubs can't survive without volunteers, so stand up and make a "make a difference."

For more information, contact Rosemary Dinse: 916-782 7356.

• • •

Pickleball

BY BOB VERZELLO

Karen Baumann reminds us that we have a social coming up on August 5 at 5:30 pm on the Bocce Courts. Let her know ASAP if you plan to attend. She can be reached at 916-474-5409 or at gusbaum@aol.com. The event will be preceded by a Pickleball Club Council meeting, open to all members, in the card room at 4:30 pm.

Wayne Miller conducted a successful pickleball clinic in June. As a result, we may see some new faces showing up for regular play. Thanks to Wayne for helping interested Sun City residents learn about our exciting and healthy sport.

Wayne and Gary Pyle competed in a pickleball tournament in Bend, Oregon in June. They really enjoyed the local food and brews. But they didn't want to talk about their

(cont' on page 25)

Roseville Update

Model	ACTIVE Listings	Average List Price	PENDING Sales	Average Pending List Price	SOLD Last 2 Months	Average Sale Price
Wilshire						
Timberlodge			1	\$750,000	1	\$790,000
Hearthwood			3	\$635,000	2	\$707,500
Stonecrest						
Delta Breeze					1	\$685,000
Turnberry					1	\$520,000
Sierra	1	\$557,000			2	\$522,500
Summit						
Plumas					4	\$512,000
Ironwood					1	\$535,000
Grove					1	\$575,000
Yosemite	1	\$494,000	2	\$544,000	5	\$495,400
Baywood					1	\$544,000
Calaveras					1	\$460,000
Parkland						
Regent					1	\$535,000
Shasta			4	\$454,700	1	\$430,000
Pinery						
Countryrose			6	\$435,700	6	\$428,100
Rosetree	1	\$436,500	3	\$417,600	4	\$415,500
Orchard			1	\$425,000	5	\$411,800
Timberrose			2	\$382,200	7	\$388,800
Meadow			1	\$365,000	4	\$368,100
Rosegarden	1	\$369,900			2	\$372,000
Willow						

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

"We appreciate the opportunity to compete for your business"

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Pickleball

(cont' from page 24)

results except to say that they competed against much younger players because there weren't enough competitors in their age group.

Elaine Zilanka, SCRCA's Fitness Director relayed information from Chris Hall that repairs to cracks and installation of new poles at the pickleball courts will take place in October.

Sadly, founding member Cliff Gee passed away in May. But we're happy to welcome back returning member Ed VanPatten. And, we expect to see Al Bowen back on the courts this fall after having surgeries on both ankles.

Playing tip: One way to improve your game is to look over the official pickleball handbook that is now in the ball and paddle chest at the courts. It includes information on fundamentals, strategy, technique, rules, etiquette and more. It's a productive way to spend your time when sitting out a game.

• • •

He & She Golf Club

BY KATHIE DE VITO

Summer golf is in full gear. We can look forward to longer carries and rolls!

Tournament play for June is reported below:

Timber Creek (18 holes)

June 10:

1st: Sol & Nancy LaBrada and Sam & Bev Simpson

2nd: John Raniseski, Suzie Everett, Ken Shahoian and Diane Ayres

3rd: Rodger Page, Jean Nakeom Steve Hennessy and Jerri Lehnhoff

4th: Rich Aug, Wally Barr, Jim Dachauer and Kathie De Vito

CTP: Hattie Donavan 2'1" and Jim Dachauer 7'1"

June 24:

1st: Rodger Page, Barbara Treleveaven, Jim Dachauer and Jerri Lehnhoff

2nd: Sol & Nancy LaBrada, Diane Ayres and Steve Spivey

Sierra Pines (9 holes)

June 10:

1st: Michael & Pam Hemingway and Mitsuko Cameron

(Tie) Steve & Elizabeth Gustafson, Gary Pelzman and Marge Donnelly

2nd: Bob Niznik, Denise Gilbert, John Desmond and Janet Morelli

3rd: Bob & Pat Horning, Jim Hackbarth and Arlene Lizotte

4th: Dirk & Kathy Fowler and Ed & Evon Steele

(Tie) Bill Dulin, Lisa Giles and Hideko Gongaware

CTP: Women: 1st - Pam Hemingway 32'0"

Men: 1st - Bob Horning 21'4" 2nd - Michael Hemingway 26'10"

June 24:

1st: Keith & Roxanne Warloe, Dale Bailey and Chris Bernasconi

2nd: Steve & Elizabeth Gustafson, Lou Steck and Pam Cabezas

3rd: Terry & Diane Dooley, Jim Hackbarth and Arlene Lizotte

(Tie) Gary & Irma Beckman and Ed &

Barbara Clegg

(Tie) Dirk & Kathy Fowler and Michael & Valerie Wilson

4th: Kraig Weir, Ann Carter and Ed & Evon Steele

(Tie) Bob & Pat Young, Gary Pelzman and Marge Donnelly

CTP: Women: 1st - Linda Osgood 17'1.5"

2nd - Diane Dooley 18'6"

Men: 1st - Stu Foster 15'4" 2nd - John Desmond 17'3"

Group play in July:

Open Play: July 1, 15 and 29 Pines (8am) and Timbers (7:30am)

Tournament: July 8 and 22 Pines (8am/10:30am) and Timbers (7:30am)

• • •

Golden Niners

BY RALPH FRIEND

The month of June could be called "First Tee" scholarship month as the Golden Niners donated a First Tee scholarship to a very deserving young lady. A scholarship of \$1200.00 was awarded to Katelyn Harris a senior who graduated from Antelope High School. She not only successfully participated in golf while at Antelope High School, but she carried a 3.79 GPA through those years.

Katelyn first started with First Tee of Sacramento eleven years ago, during that time she has volunteered over 175 hours to the chapter, reached the ACE Life Skills level, and attended numerous national opportunities. These opportunities include the Pure Insurance Championship at Pebble



Beach, a Life Skills and Leadership academy and a Par Three Championship.

This year she was one of only three participants in the country awarded the John Deere "Power of Good" scholarship award awarded by First Tee. In addition, Katelyn was named to the First Tee Scholars class of 2019. Katelyn plans to attend and play golf at Portland State University this fall. Her plans are to go into the business field, with emphasis on Human Resources Management.

First Tee is a national organization dedicated to building the core values of honesty, integrity, perseverance, sportsmanship,

(cont' on page 27)



Wise Villa Winery



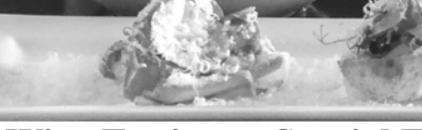
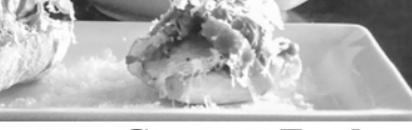
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Golden Niners

(cont' from page 25)

respect, confidence, and respectability in our youth through their involvement in golf. These core values are taught directly through consistent modeling by caring adult members like the Golden Niners.

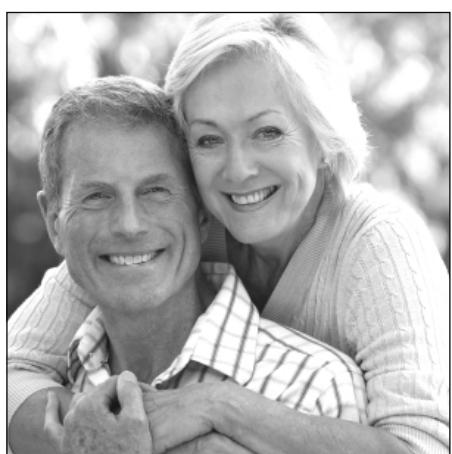
First Tee was established by the World Golf Association in November of 1997, as a not for profit organization. Its initial focus was on creating access to those not previously exposed to the game of golf. It has since broadened its focus to that of a youth development organization that teaches life skills using golf as a platform.

Members of Golden Niners made donations individually and collectively as an organization to provide this scholarship. It is our intention to make the First Tee scholarship an annual project of our club.

The Golden Niners thanks Katelyn and her mother for coming and joining our club in a round of golf at Sierra Pines on Tuesday, June 25.

• • •

(more Club News cont' on page 28)



Traveling... Don't Miss an Issue!
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**SUN SENIOR PROFILES***Getting to know you...***Toni Fisher**

(cont' from page 1)

work ethic, got good grades, and developed skills in music and sports. This all combined to get both sons into Northwestern University and to earn endowment scholarships such that she was able to pay a flat fee each year whether one or both of sons were at the university.

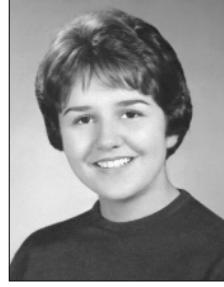
The tuition she paid was a full third of her income, but she counts it all as blessings now as both graduated and have become quite successful. She leaks the pride one would expect, and, of course, understand. She is now a devoted grandmother to four grandchildren who live in Granite Bay and Clovis. Both granddaughters are enrolled in the El Dorado Music Theater program and one has had featured roles in several productions at the Harris Center, departing from Toni's behind-the-scenes preferences.

Adhering to her upbringing, Toni's only course was to become the best and most involved school food service director she knew how to be—or, better said, that she could learn how to be. She promoted herself within that field by winning all three food service director jobs for which she competed, eventually having 36 employees who served thousands of meals everyday school was in session, and even some during summers. She developed healthy snack programs and religion-based meal protocols. Schools which had contracted with private companies for student meals dumped them and contracted with Toni's district, which subsequently delivered over 2000 meals to twelve other schools.

One of the benefits of working for a school district is the work schedule. Most employees kickback during vacations and breaks, but not Toni, who used the extra time to join the boards of both state and national associations of food services directors. Throughout her career, she networked with other directors, and with food equipment manufacturers, to both keep on top of trends, and to consult. Among



Toni Fisher with her 10 year old granddaughter Noelle Fisher, who acted in Willy Wonka at the Harris Center last Fall.



Toni Fisher's High School Graduation Picture.

the programs she developed was one providing excess food to local food banks. These efforts led her to conferences and meetings in at least 43 states and Washington,

D.C., where she advocated before Congress eight times for school nutrition programs. She has also traveled to some seven European countries—although not yet to Poland, which remains on her bucket list.

With her sons established in California and enticing her with grandkids, Toni retired. Moving to California was a formidable project, but she was up to the task and conducted a thorough investigation with the assistance of her Granite Bay son's mother-in-law, who is a realtor. In 2010, Toni's research led her to Sun City Roseville. Unfortunately, she fell off a ladder and dislocated a shoulder. After a year of unsuccessful rehabilitation, she opted for surgery, finally moving here in 2011.

After her arrival, she became familiar with the Osher Lifelong Learning Institute, and took several classes at Sierra College. She met some SCR folks there, one of whom was involved in the SCR Democrats Club. Being a nearly lifelong Chicago area resident, where almost everyone has a "D" after their name, when she learned the club needed a secretary she took the job, and later became their chair. Such

clubs are "chartered" by the Placer County Democratic Committee. Being the chair required that she join that organization, as well, where she served on several committees. Among the good works of the SCR Democrat Club is a program to supply families of a local school with Christmas presents, packaged such that families can determine the "to" and "from" issues. They also donate school supplies to both teachers and students, and "fill the barrel" each fall at the Placer Food Bank. She learned to save toiletries provided to hotel guests, and now teaches others to cull them for the Gathering Inn, the organization supported by numerous local churches to provide for homeless folks. She pursues such important activities vigorously, but in near anonymity.

No one enjoying all this labor can hide completely, and Toni caught the eyes of active members of the Sun City Foundation. Over the past four years, she has served two 2-year terms on that board of directors and doubled up variously as their secretary and public relations director. She emphasizes the respect she has gained for the talents and strong commitment of every Foundation board member with whom she has worked—and it is likely that each would echo such sentiment back at her.

She is especially proud of both their developing the Alternative Living Considerations document, which helps residents who are considering moving on to preview various extended living facilities in the area, and their Survivors Guide, a binder in which residents can record data that would be important to family members in the event of medical urgencies, such as medical, financial, and insurance information.

As the ink on this article dries, Toni Fisher is beginning a term as chair of the Foundation board of directors. One of her first goals is to make the Alternative Living Considerations and Survivors Guide programs better known to all residents. This falls right in line with her lifetime of efforts to improve matters, and lives, from behind the curtain, although it may become harder for her to avoid center stage.

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Sierra Pines Ladies Golf

BY LYNNDA DUNN

So many of y'all seem to be enjoying these beautiful mornings. Quite a long list of ladies playing at 7:30am and not so many at 10:00am. Some of us still like that relaxing time with our coffee before facing our demons on the golf course. No matter it is such a pleasure to meet our friends for a fun morning of golf.

Sierra Pines Ladies who had Chip-ins in June were Cathy Hurst (2), Shelly Weisman Aud Bair, Rhonda Bubbico, Janet Morelli, Linda Osgood, Sharon Lee-Gieser, Marlene Bell, Diane Feist (3), Marge Donnelly, Mary Ann Chittick, and Annette Eastman. Whew, Hope I didn't miss anyone.

Birdies for June were made by Annette Eastman, Carolyn Freese, and Marge Donnelly. Great golf!

Marge Donnelly and Cathy Hurst each Broke 50 in June. What an awesome group of lady golfers. Congratulations to each of you.

Sierra Pines Ladies Golf was well represented at the Valley Hi Invitational in Elk Grove. Barbara Simon's foursome won First place on the Front Nine Holes followed by Linda Ryan's foursome at Third place. And to top it off BJ Dumm was closest to the pin.

Candi McDonald's group placed Second on the Back Nine Holes. Of course, our very own Candi McDonald won closest to the pin.

As if that wasn't enough to make SPLG proud Jan Rivera, Tena Johnson, and Candi McDonald took Honors in the Accuracy Contest. Wow!



Barbara Simon and Judy Grossetti planning?

Wednesday August 14 at 2:00pm Council meets at the Pines clubhouse.

Don't miss the social hosted by Barbara Clegg and Arlene Lizotte following the general meeting Wednesday August 21 at 2:00pm at the Pines clubhouse. Y'all are missing important information if you aren't attending the meetings. Do y'all know where the defibrillators are located and how to use them? Please learn in case I decide to pass out. Just joking but it is important information that was presented at the last meeting.

See y'all soon smiling and bright eyed ready to play golf.

• • •

Timber Creek Women's Golf Club

BY BARBARA MILLS

Our Handicap Championship Tournament was played in June and the overall winner was Minell Fredricks from the red tees and Doe Townsend from the white tees, each winning \$30. Congratulations, Minell and Doe!

The Most Improved Players for June are:

Mary Jorgensen (1st Flight); Linda Acuff (2nd Flight); and Doe Townsend (3rd Flight).

Our regular golf day on Wednesday was July 3 and in the spirit of the 4th of July holiday, there was plenty of "red, white, and blue" golf attire and flags flying from several carts! We played an "alternate shot" format through the green which was a lot of fun and really sped up the round so we had an early "happy hour" on the patio!

Some of our members played in the Bill Gould Memorial Scholarship Golf Tournament on July 12 which benefits The First Tee program and funds scholarships for young golfers. It is always a special day on the golf course to play along with these young and talented players!

On July 17 we enjoyed a wonderful 9/18 Hole Mixer with the Sierra Pines Ladies Golf Club. Dana Eggert was the Tournament Chair and with her committee planned a delightful champagne brunch at Sierra Pines. It was another fun opportunity to socialize and we



Handicap Tournament Winner - Minell Fredricks and Handicap Tournament Winner - Doe Townsend.

hope this will be an annual event!

The monthly General Meeting will be held August 21 and even if you don't play that day, do come to the Birch/Aspen Room at 1:30pm and keep up-to-date on our Club's activities.

• • •

Timber Creek Men's Golf Club

BY TOM DEVITT

The Timber Creek Men's Golf Club (TCMGC) held its Member Member tournament on June 11th. The tournament had 50 two man teams in 4 flights. The game counted both scores on the Lakes course and best ball on the Oaks course. The Miller flight was won by Victor Tom and John Pal and the Faldo flight was won by Ed Lick and George Ferris. The Crenshaw flight was won by Larry Daddio and Dave Hanford and the Feherty Flight was won by John Dean and Don Meyers. The Horserace knock out competition was run after the regular competition. The team winners were Gary Beckman/Ray Onadera, Tom Devitt/Martin Wolf, Royce Harnsberger/Rich Myhre, and Mike Bergman/Ken Hansen. Closest to the pin winners were Dale Walters, John Quintel, Sid Treleaven and Bob Bauman. Another great job was done by the TCMGC tournament committee. A hole in one was recorded by Tom Schuster on the 6th hole of the Timber Creek course on May 22. The TCMGC 12 man NCGA tournament team has started its season. The team is made of 20 members, 12 of which play in each match. The team is captained

(cont' on page 28)

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Timber Creek Men's Golf Club

(cont' from page 28)

by Jay Dameron supported by the proshop staff. Halfway through the competition the team's record is 2 and 1, winning home matches against Haggin Oaks and Whitney Oaks and losing to Turkey Creek at their course. The competition runs thru August. The NCGA 4 ball Senior Net qualifying round was held on June 25. The teams of Roger Exline/Tony Garcia and Tony King/Ray Ortega go on to the next qualifying round in early July. The final round is held in Monterey in August at Poppy Hills.

There is no TCMGC General Meeting in July.

The next general meeting of the TCMGC will be on Wednesday, August 7 at 8:30 AM at Sierra Pines.

• • •

Table Tennis

BY KAREN YEATES

On Tuesday, August 20 we will be hosting our Lincoln Hills table tennis counterparts for an afternoon of friendly play followed by a great barbecue and social time on the patio. We will play from 2:00pm to 4:30pm at Sierra Pines. The cost is \$7 per person to offset some of the lunch expenses. Please sign up during regular play time. There is a manila envelope with a membership list inside along with a white envelope. Put your check in the white envelope (no cash please) and put a check mark next to your name on the membership list. If you can't stay the entire time, come for whatever time

you have available. Also please remember that we do not play on Tuesday August 6 due to a scheduling conflict at the Pines.

• • •

SCR Tennis Club

BY DIANE BARNETT

Tennis isn't just for the young! Look on our Tennis courts and you will see folks in their 80's playing tennis. Health benefits of tennis for seniors include upper and lower body strength, as well as helping maintain a healthy weight and a low percentage of body fat. The aging process is often associated with decreased lung capacity, weakened heart, hypertension, loss of strength and muscle mass, increase in body fat, low bone density, and cognitive declines. But these symptoms, research suggests, are not directly a result of aging. Instead they are, frequently, a consequence of inactivity. All these factors can contribute to poor health and mental and physical frailty in seniors. Yes, your body changes as you grow older, but staying fit and active as long as possible can help prevent dangerous health declines.

Of course, tennis is a strenuous activity, and you may find that you are not able to push yourself quite the same as a younger player would. So, it is important, to pay attention to your heart rate as you play tennis and take a break if you feel short of breath, dizzy, or fatigued. Older players can be more prone to dehydration and electrolyte loss while exercising, so drink plenty of water, and pay attention to the temperature so you don't become overheated.

As with all forms of exercise, it's important to be aware of your body's particular needs. If you are unsure whether tennis or any other physical activity is right for you, talk to your doctor about how to exercise safely. But if you do not have a prohibitive injury, and you want to stay physically and socially active, think about taking up tennis. The SCR Tennis Club is just the place to do that! Contact Ray at 759-7528 to get started.

• • •

Cycling

BY DIANA RISCHLING

Active Sun City residents have many opportunities for exercise, travel and socializing. The cycle club added an educational dimension to the Sun City experience in June when thirty members visited the Van Dyke Farm and Rice Dryers located just west of Roseville. Owner Connie Van Dyke showcased her family's farms and business, answered questions and even allowed the group to be "weighed" on the massive truck scales! Good thing there were lots of us contributing to that readout! We learned about the importance of our local northern California rice crop, including how it is harvested, dried and distributed internationally. Thanks to Jeff Holland, who arranged the tour, and to Nick Ford and Quentin Miller who led the rides.

The backroads around Lincoln were the venue for another club ride in June. The morning was comfortably warm, the roads

smooth though a bit hilly, but made a great experience for the two groups of cyclists led by Ron Morones and Quentin Miller. Lunch at Awful Annie's was the perfect way to refuel and relax afterwards.

Officers for 2019-2020 were elected at our June meeting. They are: President - Susan Glover, Vice Presidents/Rides - Jeff Holland and Quentin Miller, Vice Presidents/Social - Lori Javor and Elizabeth Gustafson, Secretary



Ron Morones and riders in Lincoln.

- Carol Morones, Treasurer - Carolyn Purdy.

If you want to learn more about cycling, please attend our monthly meeting held at 8am at Sierra Pines on the third Monday of each month.

Upcoming events —

August 20: Tahoe Ride, Truckee to Sunnyside - Pete Franz.

August 28: Ice Cream Social
September 13: Loomis Ride with Lunch at Indian Creek - Seamus Flanagan

October 9: Folsom Ride - Michael Wilson
October 28-30: Monterey Trip - Craig Morkert

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(more Club News cont' on page 30)

Gorgeous Plumas Model had multiple offers and sold over asking price at \$533,000.



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SCR Billiards Club

BY GERRY CRISTONI

Did you remember that your annual dues were due as of July 1st? The dues are as follows: \$15.00 for dues and \$15.00 for lockers. Make your check out to SCRBilliards and place in the billiards box attached to the sign in podium. Get yours in now!

Be on the look out for an E-blast stating when the September general meeting will be and when the executive meeting will be. A copy of the E-blast will also be posted on the Presidents board.

Want to learn to play billiards or learn new shots, check out the DVD's, Volume I, II and III in the billiards library.

The tournament winners for July were:
Men's 9 Ball: Ken Lane and Paul Garcia



Tim Connolly and Norm Pilliard, Paul Garcia and Ken Evans, Don Warden and Jerry Crosby.

Men's 8 Ball: Tim Connolly and Ken Neal
Men's 8 Ball: 3 way tie: Tim Connolly and Norm Pilliard, Paul Garcia and Ken Evans and Don Warden and Jerry Crosby

• • •

SCR Bridge Club

BY COLLEEN TOVEY

Outgoing and Incoming Council Members were treated to breakfast in the Solarium on June 24. Special thanks were extended to Sally Graham, last year's President, by Judith Shively, this year's President.

Our club is encouraging all Sun City residents to join us in the game that is the ultimate mental exercise. Last year the Alzheimer's Association published a large study that demonstrated the benefits of combining cognitive training and social activity - two of bridge's chief benefits (according to the Association)

There are lessons available for players at every level! All are held in the Card Room.

New to bridge? Show up at 9:00am on Wednesdays to learn basics and play a few



Sally Graham - outgoing president, receives flowers from incoming president - Judith Shively.

hands with help from more experienced players. Willi Williams will conduct a beginning class before play.

Is your bridge rusty or are you still learning basics? Willi Williams leads the Bridge Workshop from 12:30 to 3:30 every Wednesday.

Do you want to sharpen your bridge skills? Starting September 10 from 9:00 to 10:30 Bob

Boggswill be teaching an intermediate bridge class covering competitive bidding, no trump bidding, and tactics to improve play and defense. Cost of this class including materials is \$25.

A reminder to members: if you haven't paid your dues, they are \$10. You may leave your check made out to SCR Bridge Club in the box in the Card Room.

Some dates for members to put on their calendars are Monday, September 2, a potluck after bridge at the Pines and Monday, September 16, the Lincoln Exchange.

We send warm wishes and a special thank you to Harriet Ruderman, one of our instructors, as she leaves our community.

• • •

(more Club News cont' on page 33)

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BULLETIN BOARD

AUGUST / SEPTEMBER ONGOING —

Sun City Republican Group

As is our policy, we are dark in August. Our next meeting is on September 5, 2019. Our speaker will be Carl Burton, Chainman Sacramento County Republican Party. For more information regarding our Active group, please call Carole 781-2468.

Sports Car Group

Welcoming all sports car enthusiasts living in Sun City Roseville. All past, present, and future owners of European, American, and Asian models encouraged to join in to discuss your passion, whether car shows/touring, technical issues, or competition. Meeting time/place TBD. email scrsportscarclub@gmail.com or call 916-258-2354.

Sunshine Programs

Home from the hospital, live alone and need assistance? Sunshine Services' Individual Care Program offers 40 hours of care per year. Our Caregiver Relief Program offers 4 hours of respite per week for 2 years for 24/7 caregivers of residents who can't be left alone. There's a \$5.00 per hr. co-pay for both programs which employ licensed home health workers. Call Melissa Shelton-Kinoshita at 916-865-4913 for details.

Dial-A-Ride Tickets!

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

All Tuned Up

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

Do you speak French and/or Spanish?

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

Tuesday Evening Men's Poker

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

Grief Support Group

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

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

Karen Bolte, Sutter Health Bereavement Chaplain facilitates the Sunshine Services Grief Support Group, which meets on the 2nd Wednesday of each month, 9:30 to 11:00 a.m., in the Club Room. Please contact either of us at 916-837-1109 for further information and questions about the group, or to schedule an appointment for individual support.

Alzheimer's Support Group

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

COMMUNITY —

Semper Fi Association

The Semper Fi Association meets the first Monday of the month at 9:00 am at the Legends Restaurant at Woodcreek Golf Course, 5800 Woodcreek Oaks Blvd. in Roseville. Come early to purchase breakfast before the meeting. For more info: Semper Fi Association: Don Witt, Public Relations

West Roseville Parkinson's Support Group for informational and inspirational discussions with others on the journey.

4th Tuesday, 2:30 pm – 4:00 pm
Sierra Pointe Senior Living
5161 Foothills Blvd., Roseville

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

Senior Peer Counseling

Senior Peer Counseling provides free, 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.

Essential Tremor Support

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

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.

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

Parkinson's Support Group

If you have been diagnosed with Parkinson's Disease or care for someone who has, we invite you to join us at the monthly

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SSN WRITER...

Where the Heck is My Ball?

BY ALISON SHELTON

Golfers come in different sexes, shapes, ages and from a variety of ethnic and geographical backgrounds. Even though most wear somewhat the same uniform (collared shirts with the occasional sweaters), different colors and patterns set them apart from each other. When found on a course with club in hand, however, there is one indisputable similarity golfers share: an abnormal attachment to the golf ball.

Most serious golfers have a couple dozen balls in their bags and another 500 at home. Every gift giving occasion wouldn't be complete without a box of golf balls under the holiday tree, beside a birthday cake or alongside the Father Day's tie. When in doubt, give a pack of golf balls. If you want to be different, buy the ones that look like little soccer or basketballs or have them personalized with cute expressions or the golfer's name. Any person who plays golf more than twice a year is bound to have more golf balls than a Hollywood starlet has diet pills.

No matter how many golf balls a player owns, the only one that matters is the one being played at the time. The golfer loves that ball. Just look at what happens when a drive goes wrong. A player blames himself, the golfer next to him, the pro, driver or iron, sun, wind, geese, sound of atoms splitting in

the air – anything but the ball.

When a golfer drives his ball into the unknown, everyone around him plays into the tragedy: "Did you hit it into the pond? Do you think it went over the trees?" There's genuine sympathy for the player who goes in search of his errant ball. Others join in, doing what they can short of tacking "Have You Seen This Ball" posters to trees. I have seen players less distressed at losing their car keys than losing golf balls.

The player himself is consumed with one purpose – to find that ball! He will wade into a pond wearing his \$350 FootJoys, climb a tree for the first time in 30 years or shove his arm as far down a gopher hole as possible. In search of the ball, a golfer will trapse into grasses despite warnings of poison oak or rattlesnakes. Nothing matters except finding that ball.

A golfer who would never consider holding up players by taking more than a couple of practice swings thinks nothing of making others wait an hour while he clears away leaves, fallen twigs, rocks, anything that could hide a ball. The same golfer who adheres to every rule of the course ignores the "out of bounds" signs as he crawls over the wire fence.

There are golfers among those who

give true meaning to the phrase "disposable society," who throw away paper plates, aluminum cans, empty bottles, car batteries, anything that will fit into a dumpster. Yet, no matter how much money any player earns, that lost ball is irreplaceable.

Some players prepare themselves for the possible loss by snatching up range balls, or "water balls," as they call them, to be used for those particularly hazardous holes. Others have purchased new products on the market such as special dark glasses or range telescopes that help locate lost golf balls.

I've come up with my own idea and am looking for someone to market it – a tiny microchip in each golf ball that can be activated by clapping one's hands. Granted, this special ball probably will cost close to \$50, but considering the unholy alliance between player and his golf ball, I think I might be on to something.

*We welcome your submissions such as
humorous observations and poetry.*

Email: egnews@egnews.com

Placer County Supervisor

(cont' from page 5)

users to easily research potential development projects in the county. With only a few clicks, customers can find parcels with compatible zoning, display permit requirements and receive fee estimates. This intuitive interface also offers a link to the application process, should the customer wish to obtain a permit online through e-Permits.

Online customers can now also pay for an e-Permit, schedule an appointment, conveniently locate zoning, land use or other parcel information and search through CDRA's historic permit archive.

To learn more about these services or to begin using them, visit the eServices webpage, available at placer.ca.gov/eServices.

The West Placer Municipal Advisory Council will not meet in August; however, August 14 I am hosting a community meeting at the Dry Creek Joint Elementary School District Office at 8849 Cook Riolo Road. The meeting will begin at 6:30 p.m. I hope to see you there! The MAC will resume regular meetings on September 11.

Have an awesome August and I look forward to seeing you soon!

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SCR Foundation

(cont'd from page 1)

exercise machine for the Fitness Center, the Survivor's Guide binder or a handicapped accessible golf cart, the well-being of our residents tops our list of reasons for the purchases.

Our funding also underwrites the cost of the van and supplies used by our Home Maintenance volunteer teams as they answer residents' requests for help with many of the needs around their homes. "Great service; they know what to do!" "The volunteers are always ready to help. Kudos and thanks to all of them!" "All the volunteers have been wonderful, working hard to fix or change anything!" "The service was done well and fast. They were very pleasant and I appreciated the phone call before their arrival." These are just a portion of the comments sent by residents following a visit from the Home Maintenance volunteers and that is the only reward team members need to keep doing what they do so well. If you enjoy doing this type of work and have somewhat of a talent for it, you might consider joining the group. Call our phone number, 916-774-9040, and one of our helpful volunteers will call you back and put you in touch with the right person.

Mah Jongg Club

BY CINDY FAULKNER

The 2019 – 2020 Board member will be hosting the Mah Jongg Club Paid Up Members lunch on August 23, 2019 at 11:30 am in the Partial Ballroom breakout rooms, Cedar, Aspen, and Birch. It will be a catered Soup and Salad Buffet. This lunch is free to members who renew by July 31, 2019 but this year we are going to do something a little different. In order to sign up for the "free" lunch, we will be collecting a check for \$10.00 payable to SCRMJC. This will be handed back to you at the luncheon but if you do not show up, it will be deposited into the club bank account. This will prevent wasteful spending of the club money by members who sign up and do not attend. Non members will be charged \$18.00. We will play after our delicious lunch.

Please wear your name tag since we have many new members to this luncheon and play on both Monday and Friday.

Dues will be collected in the card room. The member roster will be in the card room to verify your information, especially phone numbers (some people are ditching land lines for cell phone only) and email address, which change from time to time.

Lessons will be given on Friday September 6, 13, and 20 from 9:00 am to 11:00 am in the card room in the lodge. The lessons are free and each lesson builds on the prior one so all three classes should be taken. If you are interested in taking lessons, please contact

Cindy Faulkner at 916 772 – 0682. You must sign up in order to ensure that we have enough Mah Jongg Cards for the lessons.

All Mah Jongg play is fragrance free.

• • •

Bunco

BY PAT OBERLANDER

Winners for June 10 —

Most Buncos: Sidnee McKinney, Pat Oberlander, Yoshi Pulgar and Geri Panyko.

Most Games: Karen Munoz

Booby: Shirley Segale

Winners for June 22 —

Most Buncos: Kathy Herbst

Most Games: Audie Gould

Booby: Linda Solomon



Bunco winners!



Bunco winners!

Hot August Days! Join us to beat the heat at Bunco on the 2nd and 4th Mondays. We start with signing in at 8:30am and the fun and games begin at 9am. Good way to meet neighbors and have lots of fun. We'd love to see you. We're in the card room at Timber's Lodge. You don't have to commit to every time, but once you start, you'll be hooked. Come on down!

• • •



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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 insanities. 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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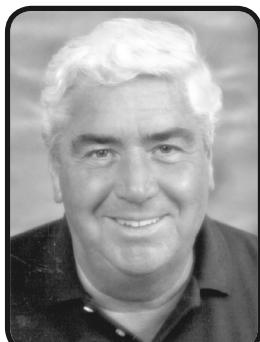
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