

SUN SENIOR NEWS

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Paula Lavin — ET Go ~~Home~~ Away

BY P.J. CONRADI

Paula Lavin is intensely focused. She has a cause to champion and will not be deterred. If being the subject of a front page article will stimulate the matters she holds near and dear, she is fine with it, but expresses that it should not be about her, but rather her cause. However, her story is one molded by her circumstances, and refined by how she delves into them and strives to make progress, and it is thus much easier to identify her purpose if you understand her journey.

Those circumstances include having Essential Tremor (ET), a long term, debilitating, progressive neurological disease characterized by tremor. She has had it for about 30 years. She cannot be precise about when it started, because ET is difficult to diagnose. It is often diagnosed as Parkinson's Disease—or, said better, misdiagnosed as PD—because both present with tremors. In fact, although ET was defined in the 1800s, there has been little



Paula Lavin

PHOTO BY RICHARD PAINE

success in treating it, there is a huge lack of public awareness about it, and there is no known cure. ET can also affect one's voice,

and its tremors can occur in the torso, as well as in the extremities. Stress and anxiety typically worsen the symptoms. Paula's response was to see herself not as merely a patient, but rather as an enabler driven to educate as many people as possible about ET.

Paula Jean Cahn was born in San Francisco in 1940 and lived near Golden Gate Park. She has clear memories of her house in blackout condition, of everything being rationed, and watching troops depart for the war. By age six, she was consumed by sewing; both her father and grandfather were tailors. She lived in Oakland through high school graduation, attained a community college AA degree, and worked as a dental assistant and dental office manager. At 19, she married Marvin "Budd" Lavin, an Alameda County probation officer. They bought a home in Castro Valley, in which they lived for 36 years and raised three sons. She now has four grandchildren. *(cont' on page 29)*

SCR Foundation

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

BY TONI FISHER,
Public Relations Director

Friendly Competition Means Fun for All

We happily discovered that even the weatherman is a great supporter of our Sun City Foundation by making sure that the weather for our June 7 Annual Golf Tournament was better than we could have imagined. Cool, sunny weather, good friends and devoted golfers added up to a most enjoyable day for all who participated. Foundation Director Kent Hilburn added some new features this year, providing some new challenges that enhanced the experience.

One of the goals of the Foundation Golf Tournament is to meet that part of our Mission Statement which aims to satisfy the social needs of our residents. A side benefit is that any funds raised support many of our other programs supporting the physical needs of residents. We thank everyone who supported the event by participating. Several local businesses contributed to the event and also deserve our thanks. Topping the list of generous supporters is Realtor and Sun City resident, Lenora Harrison, a supporter of many events over the years, deserving special thanks. Others



(cont' on page 31)

From City of Roseville Once-a-decade Opportunity — Reviewing Roseville's City Charter

BY JOHN B. ALLARD II — Mayor

How we govern ourselves is at the heart of our democracy. For the City of Roseville, the document that governs how we conduct business is our charter. Every 10 years, the Charter Review Commission determines whether amendments should be recommended to the City Council as time, perspectives, and circumstances evolve and change. Once City Council decides which amendments to place on the ballot, the voters make the final decision.

The charter describes term limits, how the mayor is determined, how council vacancies are filled, the spending authority of the city manager, and how the City enacts, amends, and repeals ordinances. In addition, the charter covers the budget, council rules, bond sales, contract bids, municipal elections, and utility franchises.

At each meeting the Charter Review Commission discusses several sections at a time, makes recommendations, asks for additional research or holds topics for further discussion, and it takes public comment.

In the fall, the commission will begin



John B. Allard II

to take formal action on changes it plans to recommend to City Council. The City Council will consider the commission's recommendations and determine which ones it would like voters to consider in the November 2020 election.

Residents volunteering to serve were appointed by the City Council in February from a pool of applicants. Charter review commissioners are Rita Brohman, Sam Cannon, Peter Constant (vice chair), Kristine Dohner, Paul Frank, LaMills Garrett, Susan Rohan (chair), Robert Sanchez, and James Viele.

The City's Charter is our constitution as a city. It's important that our residents make their voices heard on these key policy areas. We want to hear from our community.

The commission meets 5:30-7:30 p.m. every third Monday from March 2019 through April 2020 in Council Chambers at 311 Vernon St. The meetings are broadcast and archived on the City's website and shown on COR-TV: Comcast 14 and Consolidated 73.

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SUBMISSIONS

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

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Letters to the Editors...

Authors are solely responsible for the content of their letters.

I'm Concerned

Is Sun City Roseville a place where active residents can follow their interests daily or is it a place where people, who do not reside in Sun City, can use our facilities for their social events and push us out of our activity space?

Before retiring in the San Francisco Bay Area, my husband and I visited Sun Cities in Tuscan, Phoenix, and Las Vegas. We loved the concept and lifestyle. When we were told a Sun City community was to be developed in Roseville, California, we were thrilled.

I was excited to hear that there was a Dance Club. After moving to SCR, the first club I joined with the Dance Club. I've participated in several classes and served ten years on the Club Council, three of those years as club president.

There has always been a struggle with the catering department about preemptions. Yes, big outside events make money for the community, but the ballroom belongs to the residents for their chosen activities. Or, why did I move here?

The suggestion has been made to change the dance class times to earlier times. This raises issues. First of all, how would this affect our teacher's schedules? We have great dance

teachers and do not want to lose them.

Most people here do not belong to one club. People golf, play bridge, play croquet, hike, bike ride, participate in art and needlework activities, exercise in the fitness center, gather in book groups, have church activities, serve on committees and club councils, etc. Changing the dance class times to the morning would be detrimental to the dance club, just as all the preemptions ruin the continuity of instruction. Residents should not have to quit dance classes because the time of the class conflicts with an activity they wish to continue or to quit an activity to be able to attend a dance class.

I suggest the solutions for these issues should not be a top-down decision but need to be addressed by the people who will be affected by any changes, the teachers, Dance Club Council and members of the dance classes.

*Jane McNally
 (21 year resident of
 Sun City, Roseville)*

• • •

*Send your letters to the editor...
 See page 3 for details!*

HEAL — Health and Environmental Alliance

BY JENNIFER MARTIN

This month's meeting on Wednesday, July 3, at 1:30pm in the Ponderosa Room will feature a viewing of Chasing Ice which the Huffington Post describes as "one of the most beautiful and important films ever made."

In the spring of 2005, acclaimed environmental photographer James Balog headed to the Arctic on a tricky assignment for National Geographic: to capture images to help tell the story of the Earth's changing climate. Within months of his first trip to Iceland, he conceived the boldest expedition of his life:

The Extreme Ice Survey. With a band of young adventurers in tow, Balog began deploying revolutionary time-lapse cameras across the brutal Arctic to capture a multi-year record of the world's changing glaciers.

As the debate polarizes America and the intensity of natural disasters ramps up globally, Balog captures ancient mountains of ice in motion as they disappear at a breathtaking rate. Chasing Ice depicts the photographer trying to deliver evidence and hope to our carbon-powered planet.

Join us to view this award-winning video. There are no dues to join H.E.A.L. (Health and Environmental Alliance) and all residents are welcome.

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SC Singers

BY JACKIE PROETT

It's July and time to dust off your red, white and blues! It's time to remember Lee Greenwood's words from our concert, "I'm proud to be an American, where at least I know I'm free. And I won't forget the men who died who gave that right to me." Think of those words on July 4.

The Singers are now FREE from rehearsals for our summer break. We have the warm days to mull over our successful Summer Concert. Over 400 friends and family enjoyed our trek from the dusty roads to the stars! Fun was had by all.

Speaking of fun, did we ever luck out on the weather for our Wrap party and Ice Cream Social! The Naughty Nineties cooled to Enjoyable Eighties so that Root Beer Floats and Chocolate Sundaes could be relished before they melted! Good Audience comments were shared and ideas for the future were suggested. Hats off to the Hospitality Committee! Scooping Ice Cream is hard!

Our new Board of Officers will be installed at our first meeting back from vacation on Thursday August 15 when the retiring Officers and Committee Chairs will turn over their



*Director, Paul Melkonian —
The Rhinestone Cowboy!*

books to the incoming Council. This is always an exciting meeting when we receive packets of Christmas music to help cool off the Puppy Dog Days of August.

Until then, enjoy summer fun, Fireworks, family, cook-outs, bus-trips, concerts in the park and all the other wonderful opportunities that Sun City Roseville has to offer. Also, for all Newcomers, feel FREE to join us on Thursdays, beginning August 15, 2:30 pm at the back of the Ballroom. Music is the red and white that chases away the blues!

• • •

Harmonicoots

BY BUD GARDNER

"It was the best one ever!" said many people who attended our 2019 Jamboree last May. Chris Bauer, this year's headliner, stunned the audience with his world class harmonica play which included William Tell Overture, Saber Dance, and other amazing tunes. His performance wowed everyone, especially those who had never attended a harmonica concert of any kind before. Adding to the success of the night was an appearance by Tom Stryker, past president of the international harmonica association (SPA) and a surprise visit on stage by last year's dynamic performer



Bud Gardner, Chris Bauer, Mary Ann Chittick, Tom Stryker, and Gene Preston.

and our first female star ever, Carolyn J. Dolan. Tom and Carolyn performed several songs with Chris and then all of them joined the Harmonicoots for the closing number, making it an endearing, memorable Jamboree. The 2019 Jamboree is now up on YouTube. Go to: Harmonicoots, 2019 Jamboree, to view the show.

This spring, in support of Big Day of Giving, the Harmonicoots donated two dozen American Freedom harps to the Sacramento Society for the Blind. Head Coot, Bud Gardner, traveled to Sacramento twice to give lessons to the blind students and kickstart their learning to play the harmonica. Randy Owen, a music coordinator with SSOB, told Bud, "You were a hit!"

The Coots ended their season with a potluck dinner at Sierra Pines on June 4 where certificates of appreciation were awarded to Lou Leger, Lucy Martin, Gene Preston and



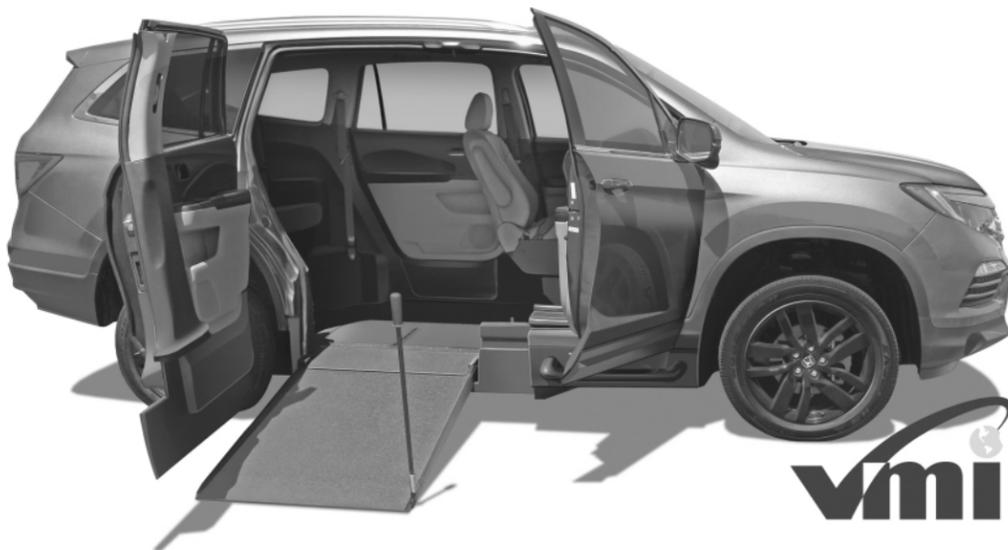
Bud Gardner teaching at Society for the Blind

Mary Ann Chittick for outstanding teaching and conducting.

After a brief hiatus, the Coots resumed their regular meetings on June 13, the same day Bud began teaching a six-week class on chromatic harmonica to 27 eager SCR residents.

• • •

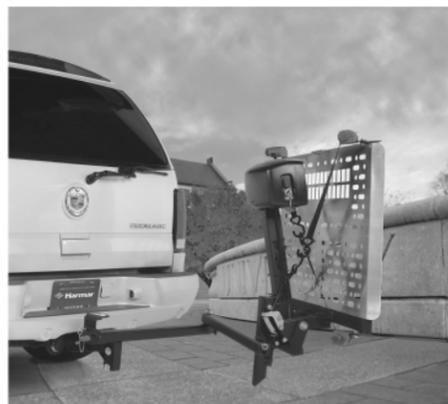
(more Club News cont' on a 5)



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Music & Laughter

BY JANE BOHN

Following our usual format, we started the show off with our audience chiming in to our Happy Birthday song to all those born in June. Another array of performers arrived to treat us once again, to some delightful Music and Laughter. Singer/guitarists, Charlie Kidd and Ken Roberts started off serenading us with some great harmonic duets. Also during the evening they each did their individual songs, often encouraging audience participation. Christine Hohmann, our captivating story teller, once again surprised us with one of her fabulous tales. She never uses a script and always adds fun gestures as she allows the audience to take the journey along with her. Ray DeBenedetto, a surprise addition to Music and Laughter, performed a great duet with Ken Roberts, again allowing the audience to chime in on the chorus. Jan Montero and Ed Lick, our regular jokesters, provided us with their latest humorous tales. Needless to say, the hour went by quickly and it was time to award prizes. First prize of \$10 went to Ken Roberts, second prize of \$5 went to Darlene Andreotti, third prize of \$3 went to Doris Solkov and fourth prize of Chocolate Pirouettes went to Tom Roth. Thank you to all our entertainers, our audience and our helpers Maria Hajgato and Nancy Stetz, who always keep me organized. We closed the show with God Bless America and reminded our fastidious audience to mark their calendars for our next gathering, which will be Wednesday evening at 7 o'clock, on July

12. We always meet on the second Wednesday of the month at Sierra Pines Lodge. Come join us and have your spirit lifted as you listen to your neighbors entertain you.

• • •

SCR Dance Club

BY LINDA AUG

Stars and Stripes decorated the red, white and blue tables and the dance floor was rocking at the Election Dinner Dance held in the Timbers Ballroom on June 19. A standing ovation goes to our line-up of performers. Dancers and performers from the Wil Rogers



Follies, Line Dance 1, Tap and Jazz, and Clogging filled the playbill. Thank you to DJ Bill Swayne who kept toes tapping with a variety of music that filled the dance floor. An All-American buffet of fried chicken with all the fixings was a culinary success and reminded guests of summer picnics at Grandma's house. Thank you to Gloria Nelson who twinkled the ballroom with a patriotic theme. It was a

Yankee Doodle Dandy of a night!

The Dance Club ended the year with 237 members and welcome more. Do you want to pull out your tap shoes or dust off your boots? Is ballroom dance or learning to clog your passion? Do you wish you took tap dance lessons as a child but didn't? Well, now is your chance and its not too late. Pick up a schedule of classes at the flyer kiosk and come to any of our classes. The first class is always complimentary.

Mark your calendars so you don't miss out on our upcoming events. July 17 will be a Line Dance Social and "Hot August Nights" is coming to Sun City on August 21 featuring a live band Chrystal Image. More information will follow.

Dance Club membership dues of \$12 are now due. Pick up a membership form at the flyer kiosk and bring to one of your dance classes or see us at Courier Days!

See you on the dance floor.

• • •

Creative Arts

BY PAT TEILH

Creative Art activities enrich the lives of individuals, families, and communities through the creative process. Utilizing art ideas one can engage the mind, body, and spirit to improve cognitive and sensory-motor functions, foster self-esteem and self-awareness, cultivate emotional resilience, promote insight and enhance social skills.

People have the instinct to express themselves and engage with others. It is an

instinct that remains crucial throughout life. For older adults, maintaining regular social interactions and engagements is encouraged as changes may occur. Companionship and activities with others can provide comfort and stability through life changes.

There are both physical and mental benefits from expressing yourself by creating something. Creating an art piece enables for improvements in flow and spontaneity, provides an outlet for grief, and helps you with self-identification and self-expression, bolstering confidence and self-esteem.

It also allows you to escape the worries of life and shift your focus toward your creation. During the process, outside influences don't affect your work so you dedicate your time to your creation. Being able to fully focus on something helps the mind relax and expand, which will help you focus in other areas of life as well. You may be more creative than you think and there's no right or wrong way in being artistic. Being part of a creative arts class can arouse mental activity as much as physical, and is often the perfect hobby for those who prefer to expend their energy internally. While partaking in group classes, however, one can socialize confidently with other members while still allowing for silence.

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(more Club News cont' on a 11)

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Favorite Restaurants

BY MARTIN GREEN



A few months ago, I reported on a restaurant recommended by a so far unknown caller, Susie's Country Oaks Café. The restaurant's website indicated it had a full complement of breakfast dishes as well as lunch specialties and a recent visit by our LEO (Let's Eat Out) group verified this. Susie's is a pretty large place with a long counter, tables and booths and large windows in front. Our group was seated in a back room and had one new member for this occasion, 20-month-old Tyler. I was across the table from Tyler and we passed the time waiting to be served by rolling two toy cars back and forth to each other. It was a good way to pass the time; why hadn't I thought of doing this before?

Both Beverly and I had the waffle with bacon and two fried eggs, and both were well satisfied, as was everyone else. Tyler had the fish and chips lunch and was very well satisfied with it, especially the chips. Susie's, we were told, had been in this shopping center for years but had moved to its present location four months ago. The address is 500 Cirby Way; turn into the shopping center at Melody Lane before getting to Riverside. The phone number is 916-786-0274. Hours are Monday-Friday, 6 AM-2 PM; Saturday, 6 AM-3 PM; Sunday, 7 AM-3 PM.

Sandi Janisch e-mailed about two other breakfast places and more. She wrote: "I am relatively new to Lincoln Hills — a little more than two years, and I've gotten some good tips about the restaurants you review and/or suggest. I've discovered 2 restaurants my husband Joe and I really like. The first one is Huckleberry's Cafe on Fairway Drive. Joe and I have had breakfast there 3 times and we've enjoyed everything we've ordered. I vaguely remember seeing this restaurant in your column, but it was a while ago. Anyway, it's a breakfast and lunch place with a decidedly country theme."

Sandi is right; Beverly and one of her lunch groups went there shortly after Huckleberry's opened, in the location where the Original Pancake House was, but with a very different interior; as Sandi indicated, very country. In last December's "Favorite Restaurants", I noted that Huckleberry's website stated it provided "Southern cooking with a California twist." Also, there were "options for guests over 60," breakfasts at \$6.99 and lunches at \$7.99. The address is 10000 Fairway Drive; the phone number is 916-771-7017. It's open daily from 7 AM to 3 PM.

Sandi goes on: "The other restaurant is Mimosa House in the Nugget Market Plaza on Pleasant Grove and Fairway Drive. I have been there several times and really enjoy not only the food, but the wait staff and the ambiance. It is open for breakfast and lunch and the mimosas are to die for." I believe our LEO group has gone to Mimosa House but it was a long time ago. I looked at the restaurant's website and the breakfast offerings are so extensive they could fill a small book. I'll just mention that they include many types of Benedicts (classic, California, Florentine),

many skillet (two eggs any style with such things as bacon and onions; ham, bacon and sausage, chicken apple and mushrooms; plus breakfast burritos; many types of pancakes; several types of French toast; and even lox and bagel. And there's much more; I'll let readers discover that for themselves.

The website notes that they have received a number of awards, including for best Benedicts and for best mimosas. The address is 761 Pleasant Grove Boulevard; the phone number is 916-784-1313. Like Huckleberry's, it's open daily from 7 AM to 3 PM.

Finally, Sandi writes: "Also wanted to thank you for calling to my attention through your column 3 Hermanos here in Lincoln. Joe and I have become regulars and absolutely adore the crispy tacos. I order mine with carnitas and Joe goes vegetarian. I've never been a taco fan and never ordered them in Mexican restaurants, but the crispy tacos are all I order at 3 Hermanos."

I had a little difficulty locating a menu for 3 Hermanos online but finally found one on my iPad and the restaurant, besides the crispy tacos, offers the traditional dishes we're used to seeing in a Mexican restaurant. These include burritos, quesadilla, chimichanga, tostada, any number of different tacos, and combination plates that include chile relleno and tamales. There are also a number of dinner plates that offer pork, chicken, and steak. 3 Hermanos is at 900 Sterling Parkway in Lincoln. The phone number is 916-253-9107. It's open daily from 9 AM to 9 PM.

Lincoln not only has Mexican to offer but also pizza. Mal Stock e-mailed: "I've sampled pizza on the east coast, the west coast, and a few points in between, but in my opinion, the best of all is right here at Old Town Pizza in downtown Lincoln, 436 Lincoln Blvd. Suite 202; 916-645-7677. They serve sandwiches, salads, soft drinks, wine, beer and they are family friendly. But there is no getting away from the fact that the main attraction here is the pizza, with a crunchy crust, mounds of cheese, and your favorite topping, all at an affordable price. In mid-August, they will be relocating to 6th Street and Lincoln Blvd."

That's what I'd call a pretty enthusiastic recommendation. I'll just list some of the "specialty pizzas" you can get at OTP, all of which have something to do with trains or railroads. They include the veggie train, caboose, choo choo chicken, bbq boxcar, porter pesto, steam engine, and conductor. There are two more; the Lincoln luau and the margarita. And you can "load your own pizza," sizes from small to family, the base price for one topping and added prices for added toppings. The hours for OTP are Monday-Thursday, 11 AM-9 PM; Friday and Saturday, 11 AM-10 PM; Sunday, 11 AM-9 PM.

Well, it's nice to have received all of those e-mails and there's one more, about Fat's Asia Bistro on Eureka Road in Roseville that I'll get to next month. Please continue to share your "Favorite Restaurants" by e-mailing me at mgreensuncity@yahoo.com.

From Your Placer County Supervisor

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

Happy Independence Day! I remind myself every day how fortunate we are to live in the greatest country on earth! I encourage you to take some time this Fourth of July to remember the men and women in our armed forces, law enforcement and emergency response services who allow us to live peacefully in this country and enjoy the quality of life we often take for granted.



Bonnie Gore

We are blessed to be served by excellent firefighters in our community. Placer County Fire, CAL FIRE, and the Roseville Fire Department work in collaboration to keep our community safe and as residents we must also do our part to support them by acting swiftly in the event of a catastrophe.

Our community rests on what is called the "Wildland Urban Interface." As defined, it is not necessarily a place but rather a set of conditions. In the case of South/West Placer, our suburban and agriculture-residential communities abut to a vast dry grassland with hot, high winds in the summer. Many of our homes have wooden sidings with decks, barbecues and shrubbery. Often it is not the direct flames that threaten structures but the embers from distant fires that ignite roofing

or dry trees.

It is so important that we understand our situation and do what we can to prepare for fires and have a plan of action, if a fire were to threaten our community. Below is a partial list of the "Ready, Set, Go" tips to help you prepare. For a full list of Fire Safe Tips, visit <https://www.placer.ca.gov/4105/Protect-Placer>.

First: Ready – Assemble an Emergency Supply Kit

Put together your emergency supply kit long before a wildfire or other disaster occurs. Take it with you when it's time to evacuate and plan to be away from your home for an extended period. An emergency kit should include a three-day supply of non-perishable food and three gallons of water per person, maps marked with at least two evacuation routes, prescriptions or special medications and copies of important documents.

Second: Set – Create a Home Evacuation Check List

Prior to evacuating, make sure to shut all windows and doors but keep them unlocked for emergency personnel. Remove flammable window shades and move flammable furniture to the center of the room. Shut off your gas meter, pilot lights and air conditioning.

Outside your home, turn off propane tanks and move your gas or propane barbecues away from structures. Connect garden hoses to outside water valves or spigots to make water easily accessible to emergency personnel. Be sure to turn off sprinkler systems and other water valves as it may affect water pressure and impact firefighting efforts. Have your keys with you and back your car into the driveway loaded with your evacuation items. Remember to keep your car's doors and windows closed. If you feel threatened, do not wait for an evacuation order to leave your home.

Don't forget to locate your pets and keep them close by!

Third: GO!

When it is time to evacuate first review your evacuation plan checklist, ensure your emergency kit is in your vehicle and cover your body to protect from flying embers and heat.

Again, this serves as a partial outline of how you can best respond in an emergency situation. I have listed resources below for you to get more information to best prepare yourself and your family.

To learn more about "Ready, Set, Go" or more tips to harden your home ahead of a wildfire disaster, visit ReadyforWildfire.org.

Placer Alert, Emergency Updates & Resources

Be sure to sign up for Placer Alert, a joint emergency alert system that will provide you with critical information quickly in a variety of situations. First responders rely on this state-of-the-art alert system to notify residents in our community of emergencies ranging

from evacuations to severe weather. Visit Placer-Alert.org to sign up today and register multiple phone numbers. Please don't miss the emergency alert from the Roseville Fire Department simply because you failed to sign up for the notifications.

I will be visiting neighborhoods throughout Roseville during the summer. Please visit my webpage, Placer.CA.Gov/BonnieGore, for more dates and information.

Our district office maintains office hours from 9 a.m. to 12 p.m. every Friday or you can make an appointment by contacting us at 916-787-8952 or contact me directly at SupervisorGore@Placer.CA.Gov.

Have a jovial July and I look forward to seeing you soon!



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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/	Inside	Outside	Balcony
15 DAY HAWAII from SFO! Princess Grand Princess ~ 2600 Passengers	Nov 3, 2019	\$1,299	\$1,529	\$2,599	
	Dec 3, 2019	\$1,199	\$1,299	\$1,999	
	Dec 28, 2019	\$1,199	\$1,599	\$2,099	
	Jan 27, 2020	\$1,399	\$1,599	\$2,299	
	Feb 21, 2020	\$1,449	\$1,549	\$2,349	
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 SH			
10 DAY ALASKA From SFO! Princess 2019 Voyages~Grand Princess Grand & Star Princess ~ 2600 Passengers	Jul 15, 2019	\$999	\$1,149	\$1,199	
	Aug 4, 2019	\$999	\$1,099	\$1,599	
	Aug 14, 2019	\$999	\$1,152	\$1,799	
	May 23, 2020	\$1,299	\$1,464	\$1,899	
	Jun 22, 2020	\$1,399	\$1,499	\$2,299	
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 SHI			
7 DAY CA Coastal from SFO! Princess Grand Princess ~ 2600 Passengers	Oct 13, 2019	\$1,069	\$1,214	\$1,949	
	Oct 20, 2019	\$899	\$999	\$1,499	
	Mar 29, 2020	\$1,059	\$1,299	\$1,499	
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 SHI			
10 DAY MEXICO From SFO! Princess Grand Princess ~ 2600 Passengers	Oct 3, 2019	\$799	\$949	\$1,369	
	Dec 18, 2019	\$1,049	\$1,249	\$1,499	
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 SHI			
15 DAY PANAMA CANAL Princess Coral Princess ~ 2000 Passengers	Nov 17, 2019	\$2,379	\$2,479	\$2,999	
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			
12 DAY SEA OF CORTEZ Maasdam ~ 1258 Passengers	Holland America Apr 03, 2020	\$799	\$949	\$1,369	
Sail round trip from San Diego, California to Cabo San Lucas, Mexico; La Paz, Mexico; Loreto, Mexico; Guaymas, Mexico; Topolobampo, Mexico; Puerto Vallarta, Mexico; Mazatlan, Mexico; San Diego, California.		INCLUDES Sacramento Airport Shuttle & Round Trip Airfare			
20 DAY Panama Canal Princess Coral Princess ~ 2000 Passengers	Apr 21, 2020	\$2,399	\$2,699	\$3,199	
Sail round trip from Los Angeles, California to Huatulco, Mexico; Puerto Chiapas, Mexico, Puerto Quetzal, Guatemala; Transit the locks of the Panama Canal; Puntarenas, Costa Rica; San Juan del Sur, Nicaragua; Manzanillo, Mexico; Los Angeles, California.		INCLUDES Sacramento Airport Shuttle & Round Trip Airfare			



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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Outside Balcony		
15 DAY GRAND EUROPEAN Viking River Cruise Various Ships ~ 190 Passengers Sail from Amsterdam to Budapest visiting Kinderdijk, The Netherlands; Cologne, Koblenz, Wurzburg, Bamberg, Nuremberg, Regensburg & Passau, Germany; Melk & Vienna, Austria; Budapest, Hungary.	Various Dates	\$4,999	\$5,499	\$6,299
INCLUDES SACRAMENTO AIRFARE & AIRPORT SHUTTLE!				
8 DAY RHINE GETAWAY Viking River Cruise Various Ships ~ 190 Passengers Sail from Basel, Switzerland to Amsterdam visiting Breisach, Germany; Strasbourg, France; Heidelberg, Germany; Koblenz, Germany; Cologne, Germany; Kinderdijk, The Netherlands; Amsterdam, The Netherlands.	Various Dates	\$2,499	\$3,299	\$3,599
INCLUDES SACRAMENTO AIRFARE & AIRPORT SHUTTLE!				
14 DAY MEDITERRANEAN Holland America Koningsdam ~ 2650 Passengers 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.	Sep 27, 2019	\$2,599	\$2,999	\$3,499
INCLUDES SACRAMENTO AIRFARE & AIRPORT SHUTTLE!				
10 DAY NEW ORLEANS&CARIBBEAN Celebrity Celebrity Reflection ~ 3049 Passengers Sail round trip from Fort Lauderdale, Florida to New Orleans, Louisiana (3 Nights in New Orleans!); Georgetown, Grand Cayman; Cozumel, Mexico; Fort Lauderdale, Florida.	Feb 21, 2020	\$2,199	\$2,999	\$3,199
INCLUDES SACRAMENTO AIRFARE & AIRPORT SHUTTLE!				
44 DAY CIRCLE SOUTH AMERICA Holland America Koningsdam ~ 2650 Passengers Sail from Fort Lauderdale, Florida to San Diego, California visiting Bridgetown, Barbados; Devils Island, French Guiana; Fortaleza, Recife, Rio de Janeiro, Brazil; Montevideo, Uruguay; Buenos Aires, Argentina (2 Days); Punta Arenas, Puerto Montt, San Antonio (Santiago), Chile; Callao (Lima), Peru; Puerto Caldera (Puntarenas), Costa Rica; Puerto Quetzal, Guatemala; Puerto Vallarta, Mexico, San Diego, California.	Mar 15, 2020	\$4,999	\$6,399	\$7,899
INCLUDES SACRAMENTO AIRFARE!				
26 DAY SOUTH PACIFIC SFO to Sydney Princess Golden Princess ~ 2600 Passengers Sail from San Francisco, California to Sydney, Australia visiting Hawaii; Bora Bora, French Polynesia; Papeete, Tahiti; Pago Pago, American Samoa; Auckland, New Zealand; Tauranga, New Zealand; Napier, New Zealand; Sydney, Australia. Ask about extending your stay in Australia and the Great Barrier Reef.	Sep 28, 2019	\$3,799	\$4,399	\$4,999
INCLUDES LINCOLN SHUTTLE TO SHIP & SACRAMENTO AIR RETURN!				
28 DAY Tahiti/Bora Bora Holland America Oosterdam ~ 1974 Passengers Sail round trip from San Diego, California to Hilo, Hawaii; Honolulu, Hawaii; Lahaina, Maui, Hawaii; Bora Bora, French Polynesia (2 Days); Raiatea, Society Islands; Papeete, Tahiti (2 Days); Moorea, French Polynesia; Fakarava, Tuamotu, French Polynesia; Nuku Hica, French Polynesia; San Diego, California.	Mar 21, 2020	\$3,799	\$4,199	\$5,299
INCLUDES SACRAMENTO AIRFARE & AIRPORT SHUTTLE!				

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.

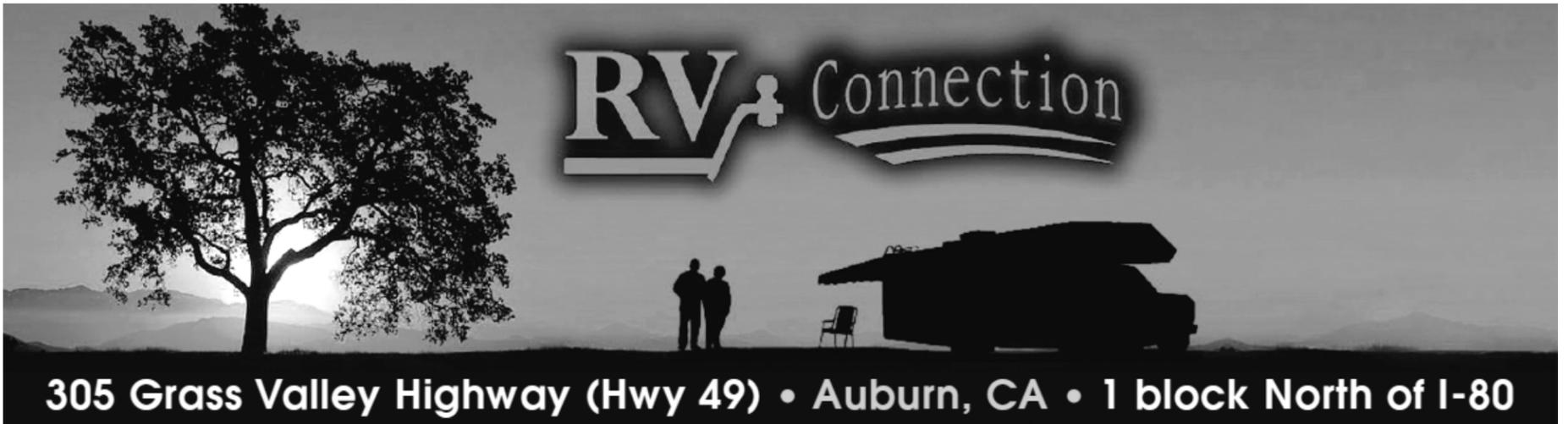


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Needle Arts Club

BY CAROLYN DESANTIS

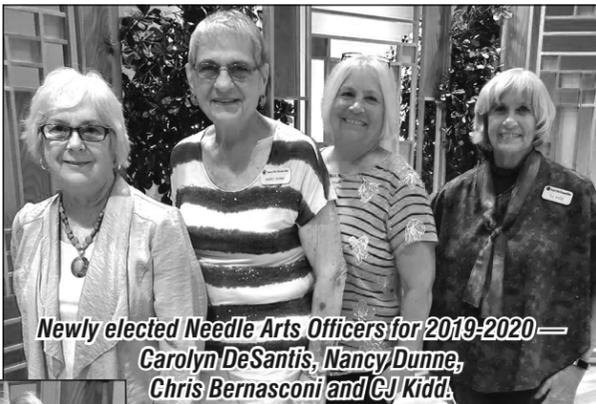
At the June 5 meeting our officers were elected and then duly installed. The 2019/2020 slate of officers is as follows: Carolyn DeSantis - President, CJ Kidd - Vice President, Chris Bernasconi and Paula Hau - Co-Secretaries and Nancy Dunne - Treasurer. Our officers look forward to your continued support and to an exciting year ahead.

We say good bye to Marsha Rhodes who served as our treasurer for 9 years and wish her well. She is running for a Board of Directors position along with Dave Breninger and Buzz Anderson. On to bigger things...

We will be back on schedule for our August meeting on Wednesday, August 7 at 2:00pm in the Ballroom. The program will be Pixeladies who will share their love of fiber art, sewing and quilting—to name a few. “Pixel” is the smallest element of an image and “pixilated” with “i” means eccentric, whimsical and tipsy. Come and join us for their versatile and entertaining presentation.



Needle Arts Treasurer — Marsha Rhodes.



Newly elected Needle Arts Officers for 2019-2020 — Carolyn DeSantis, Nancy Dunne, Chris Bernasconi and CJ Kidd.

located outside the Fine Arts Room door. This month the subject is “Paint your Pet”, in a masterpiece 1899 by Claude Monet “Water Lilies and the Japanese Bridge”. Bring pictures of your pet with you to the class for a spoof on the “bridge”.

All Sun City residents are invited to attend July’s “Fourth Thursday Afternoon Art Movie” in the Fine Arts Room on July 25th at 1:30pm. This month’s film is 2017 drama/comedy, “Final Portrait”. In 1964, American writer James Lord is asked to sit for a portrait by artist Alberto Giacometti, which begins their off-beat friendship and gives Lord an insight into the profundity and chaos of the artistic process. The event is free.

Our numbers have continued to thrive as we have 121 current members.

Dues are now payable for the new year.

Cinema Group

BY DICK FERGUSON

Join the Cinema Group for their July movie.

“Phantom of the Opera”

Based on the hit musical by Andrew Lloyd Webber, it tells the story of a disfigured musical genius that haunts the catacombs beneath the Paris Opera, waging a reign of terror over its occupants. When he falls fatally in love with the lovely Christine, the Phantom devotes himself to creating a new star for the Opera.

Starring Gerard Butler, Emmy Rossum, Patrick Wilson, Miranda Richardson, Minnie



Driver, and Ciarán Hinds.

Film Critic Roger Ebert, who gave the film three stars out of four stars, reasoned that “part of the pleasure of movie-going is pure spectacle—of just sitting there and looking at great stuff and knowing it looks terrific.”

Friday, July 19 • 1:30pm, Sierra Pines, Spruce Room

Admission is FREE!

For information: Dick Ferguson 916-773-1298

Boomer Generation Club

BY CAROLE MCCULLOUGH

Warm, or should I say hot, days are upon us. Let’s keep ourselves hydrated along with our outdoor plants and grass.

The Third Annual Summer Bowling Event is fast approaching July 24. Meeting at 5:30pm, at Strikes Unlimited in Rocklin. You do not need to be a good bowler to join the fun, in fact being a spectator and cheering on a team is always appreciated. This event is not limited to members only so invite your friends to bowl alongside you. Watch for the bowling flyer or check out our website for more information.

This is the time of the year, July 1, your annual Boomer Generation Club membership dues are collected. Dues are 10.00 per person. Please checks only, and make them payable to SCRCA Boomer Generation Club. Drop your checks off at July Courier Days or Diana Morales house, 116 Enchanted Court.

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. Your golf SIG has a new temporary leader, Wendy Suter, suterwendy@yahoo.com. Remember you need to be a Boomer Generation member to participate in our SIGs. The Boomer Generation website has more information for each SIG group and the leader to contact.

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

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?

Singles

BY DAWN BECK

July 4 has to be the most patriotic day of the year in the United States. We love to fly our flag, watch a parade, shoot off fireworks, and remind ourselves how fortunate we are to be citizens of this country no matter what our birthplace, race or religion. The holiday is early in the month, but our attitude and optimism last for much longer.

Shelia Avery and Joan Jeffery, our hostesses for July 20 are making sure that we have a celebration. It will be a special BBQ catered by Cassidy BBQ. Mr. Cassidy is a new sole proprietor living in West Park who caters weddings, corporate functions, and special events. He started his BBQ as a hobby with his father and then went into his own business five years ago. He puts his heart and soul into his product so the food is superior to a franchise.

Our menu is ribs, brisket, chicken with sides of macaroni and cheese, grilled veggies, beans, green salad, and rolls plus dessert. Even with his nice discount the price is higher, but the dinner will be delicious. Shelia and Joan want to introduce him to Sun City. The price is \$20.00 per person and the deadline is noon on July 18. Dinner is at 6:00pm. Make a reservation at the July meeting or call Shelia at 916-472-6668 or Joan at 916-865-4556.

Members of the Dance Club will entertain. Canasta, Hand and Foot and Mexican Train are great games to make new friends.

Anyone who is living single can join our club. Call our Membership Chairman, Pauline Battle at 916-771-0890.

Jewish Fellowship Circle

BY STEPHEN EMANUEL

Last year our deli night was so successful that we decided to do it again. It was catered by Original Pete’s and was excellent. We had corned beef, pastrami, turkey, and tuna salad sandwiches with potato salad, pickles and coleslaw.

The Jewish Fellowship Circle welcomes our new members Shelly Weismann and Gus Ballis.

Our first event of July is the Oneg Shabbat on Friday, July 12, at 7:30 pm in Sierra Pines. Services will be conducted by Ruth Elkins and

(cont’ on page 12)

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By The Readers Of The Auburn Journal

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Neighborhood Watch/Citizens Patrol

Reminders and Thoughts on ID Theft

BY P. J. CONRADI

Reminder About the Combined Event—Friday, July 26th For this combined Grandparents Day & National Night Out Kick-Off format, as described in last month's issue, police and fire department personnel will engage you, and show and tell with all kids, beginning at 8:00 am, in the parking lot in front of Bocce.

Then, beginning at 9:00 am, there will be fun play for kids 8 thru 15, at Bocce, Tennis and Pickleball, followed by a hot dog lunch and clown entertainment. This will be a ticketed event, costing \$5.00 per person. Sign up at the Monitor Desk.

All will end in time for the regular 1:00 pm open swim right next door at Fitness.

Reminder About National Night Out—Monday, August 5th The last day to apply to have the police and fire personnel come to your block party is July 5th. To apply, type "National Night Out" into the search box, at the upper right corner of the police department's web page—<https://www.roseville.ca.us/police>. Complete the on-line application. Again, last month's issue described more.

Thoughts on Identity Theft Children now get a social security number almost before their first diaper change. Some have become young adults only to discover their identity had been stolen and they had 15 to 20 years' worth of horrible credit history. Families should contact the three credit reporting bureaus, (Equifax, Experian, and TransUnion) and put a credit freeze on any child's Social Security number, then unfreeze it when the child is ready to establish credit.

Similarly, when loved ones pass, families should send a death certificate to the three credit reporting agencies, to prevent anyone from using that identity and possibly causing the family undue future anguish.

Also, selecting your mother's maiden name for on-line account "security questions" can lead hackers back to you, or to her. Instead, choose questions like "first car" or "favorite team". The answers you provide do not have to be true; they just have to match whenever the account holder wants to validate it is you attempting access, so consider an answer retrieval method.

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

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

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

Jewish Fellowship Circle

(cont' from page 11)

Ray Seamans who will also host the Oneg.

This month we have our Annual pizza and bingo party on Sunday, July 21 in the evening. Once again we are employing the services of Original Pete's who will be providing the pizzas. Flyers will be distributed shortly providing more details.

Time for another bit of Judaic trivia: What Jewish holiday is most like Christmas? No, it's not Hanukkah. It's Purim – it only lasts one day, it involves the giving of gifts to children, it involves putting on plays or pageants and the reciting of the story that the holiday celebrates and generally is a lot of fun.

International Social Group

BY CYNTHIA SINDREY

The International Social Group continues to receive kudos for the friendly and social theme of the group, especially our last get together which was an Indian dinner catered by Mehfil Indian Restaurant and program by our members, Gopal and Darlene Kapur. The new members and guests along with our current members felt that it was the best program they had attended. The next event will be on Wednesday, July 24th, at Sierra Pines where we will be honoring America with a BBQ. Cooking will be done once again by our in-house chef

Jack Ellison followed by a program on native Americans by Cheewa James.

The group meets and honors countries and people from all over the world and we always welcome new members. Flyers for the upcoming events are mailed to our members and also available in the lodge along with a new membership application.

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

• • •

Heartland Group

BY RAYANN GOLDA

The Annual Heartland Barbecue is coming up on Saturday, July 27, 2019. The theme is Summer Roundup and you are encouraged to wear your western wear if you wish. Doors open at 5:45 PM at Sierra Pines.

Dinner will feature Tri Tip, Cole Slaw, Potato Salad, Garlic Bread, and dessert.. Entertainment will be provided by Dennis and Janice Fisher who we've been trying to hire for some time now. They must be good to be that busy.

A reminder to pay your dues \$3 if you not done so yet. The cost for the evening is \$16 per person. You can do so by sending

(cont' on page 13)

Executive Director Comments

Preparation for the New Fiscal Year

BY EARL WIKLUND

Here we go again. July 1st started our new fiscal year and a new budget; along with a new Board of Directors that will be officially be elected on July 16th. A new Board means new input and ideas to consider with a revitalized energy level. The newly elected Board will be sworn into office by the Mayor of the City of Roseville at our annual meeting on August 1st. The election of the new Board officers for the new fiscal year will also be elected at the Annual Meeting.

The new Board will then go through a two day orientation where they meet with each department head and the Association's attorney to become more familiar with the organization and current issues. Later in August, I will meet with the new Board at their annual retreat where we will set our goals and objectives for the year. We will publish these goals and objectives shortly thereafter on the resident website.

Included this year on the election ballot for the selection of new Board members will also be the ballot question needing approval by the residents to move forward with the Strategic Planning projects previously presented to the Community in two town hall meetings. The project focuses on the refurbishment and enlargement of the Fitness Center locker rooms, Activities Rooms and the Catering Office and Wall Street Room in the Lodge. We will also be working with consultants on a ten year plan to refurbish both the common

area landscape and the two golf courses so that these two important assets of the Community remain esthetically vibrant and environmental friendly.

Each year we ask each resident to update their Emergency Contact information. If your contact information has recently changed, please take a moment to find a new form, fill it out and return to the Administration Office. This allows us to contact your family in case of an emergency. It would also be helpful to share this information with a neighbor or friend. It might be advisable for you to get on the Neighborhood Watch email list to keep up to date on things happening in your neighborhood; or check their periodic report on the resident website. Having a proactive awareness keeps us all safer; especially when we are looking out for each other.

The next time you find yourself in the Lodge, please take the opportunity to check on an upcoming Activities Event to join or visit the Timbers Restaurant and Lounge. Living in an active adult community always works up an appetite. Regardless, say hello with a smile to those you meet and enjoy your community when you are out and about in your community. And remember to attend the upcoming Annual Meeting on August 1nd. Enjoy.

Sunshine Services

BY JENNIFER MARTIN

Dial-A-Ride: Provides curb-to-curb public bus service for residents who no longer drive to attend various functions within SCR or shop anywhere in Roseville. Anyone can use Dial-A-Ride; it is not limited to seniors or persons with disabilities, although wheelchairs are accommodated. Roseville Transit ID's are required. Reservations are accepted seven days a week from 8 a.m. to 5 p.m. by calling 916-745-7560. Service hours are: M-F 5:45 a.m. – 10 p.m. and Sat./Sun. 8 a.m. – 5 p.m. Discounted tickets for SCR residents are sold in Timbers Lodge Lobby the first Thursday of each month between 8:30am and 10:30am for \$10 for 10 one-way rides. Call details, Carol Del Sarto at 916-774-1564.

ADA Transportation: Roseville's ADA Paratransit Service is available to individuals with disabilities preventing them from using local routes anywhere within the city limits of Roseville. To apply, request an application from the Alternative Transportation office at 316 Vernon St., Suite 150 or download the application or complete it online. Call (916) 774-5293 (TDD: (916) 774-5220), or e-mail transportation@roseville.ca.us with questions. Applicants may begin riding with Paratransit benefits while eligibility is being determined.

Grief Support: Meets now at 9:30am on the second Wednesday of the month in the Club Room and is led by Karen Bolte. Health and Wellness Chaplain, Diane Wilson, leads the individual phone consultations (916-837-1109).

Delivered Meals: If you're a member of Kaiser, you qualify for their Mom's Meals

Nourish Care program, which is ideal if you're recuperating at home after a medical procedure, managing a chronic illness and need a special diet, or need a solution to help care for yourself or in a caregiver's absence. The cost of \$6.99 per meal includes delivery. Call 1-877-508-6667.

Thought for the Day: There is no sincerer love than the love of food — George Bernard Shaw

Heartland Group

(cont' from page 12)

your check to Ray Ille (Heartland Club) 5416 Campcreek Loop, Roseville, CA 95747) Phone: 916-780-1660

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.

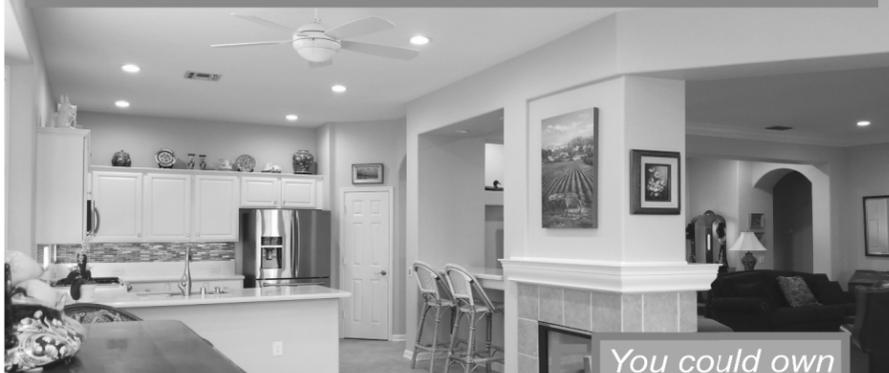
The Heartland Group meets four times a year usually on the last Saturday of January, April, July, and October. The membership year runs from July to July.

Questions: Joe Flores (President) 580-3787.

...

(more Club News cont' on page 18)

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



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Wednesday, July 17 | 5:30pm

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Ambassador Committee

BY PATRICIA L. MADDEN

Ambassadors are preparing for the upcoming New Resident Reception in July. Invitations have been sent out. In addition, this committee has agreed to continue with the successful Welcome Phone Call program. New residents are phoned, shortly after they move in. We greet them and offer to answer any questions about Sun City Roseville or surrounding communities.

Ambassadors Rosemary Dinse and Connie deBlaquiere represented Sun City Roseville and the Ambassador Club at the



Rosemarie Dinise (left) and Connie deBlaquiere (on right) for Roseville Expo 2019.

Roseville 2019 Expo. This provides the opportunity to show case Sun City Roseville as “The over 55 Premier Adult Community in Northern California.”

As we move into the last half of 2019, Chairman Ardis Wedemeyer and Vice Chair Connie DeBlaquiere and other members of the interviewing committee will meet with new applicants.

Our May meeting guest was new Sun City Roseville Board Member, Maria Woodbury. Mrs. Woodbury brings to the board her background as a financial analyst for the federal government. As a graduate of the University of California, Berkeley, Maria has volunteered most of her adult life, serving as a director on boards of two nonprofit organizations. Maria continued to volunteer through membership in the Sun City Roseville finance and government affairs committee.



Sun City Roseville new member of Board of Director, Maria Woodbury.

Watch this article for news and announcements regarding Ambassador Events. Please remember you are always welcome to Ambassadors Committee meetings held the third Tuesday of the months. Our next meeting will be 2 pm, July 16th in the Card Room.

Compliance Committee

BY KATHY CASTEN

“HOT” Weather Tips and Other Important Information

Do you want to keep your plants safe and your home cooler?

Our Governing Documents include a number of ways to protect your plants and shade your windows. We recommend that you use the SCR website when referencing the Design Guidelines (DG) to see approved changes since the last printing shown in red.

- Temporary plant protection is outlined in DG, Section 3.03, (i)(ii) and includes the materials to use.

- Sun Screen information can be found in Section 5.01 which was recently updated to include the color of sun screens and states that screen gridlines cannot exceed the number of gridlines in the window. Additional screen embellishments are prohibited.

- Retractable sun shade information, also found in Section 5.01, states that shades must blend with the House Base Color and not be hung from the eaves.

More permanent sun protection such as awnings and patio shade structures require ARC approval.

Does your house/fence need painting?

Your Compliance Committee members completed a house and fence paint/repair canvass last month. If you receive a letter, you can review the recently updated Exterior Home Paint Palette books located at the Monitor’s Desk. The wooden fence paint color is Dusty Olive K 18-2 from Kelly Moore. You can pick up your exterior painting application,

along with the handy check list, just outside the Administration Office or download from the Website. Remember that maintaining your property keeps your home value up and helps keep SCR the beautiful community that we all enjoy.

Estate Sale Guidelines

Detailed information on Estate Sales within SCR can be found in Association Rules, Part A, Section 1.01(d)(iii) which states, in part, that Estate Sales are permitted only if all of these conditions are met: held entirely inside the house, with the garage door closed at all times except to remove large objects; no directional signage is displayed within SCR; only one on-site sign is permitted; the sign on-site sign be displayed only during the sale. Last, and very important, please remember that homeowners are responsible for all activity that is conducted on their property.

If you have a question regarding Design Guidelines, Paint Palettes or Paint Applications, please call Ryan O’Connell, Assistant Director of Community Standards, at 916-774-3863.



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Roseville Update

Model	ACTIVE Listings	Average List Price	PENDING Sales	Average Pending List Price	SOLD Last 2 Months	Average Sale Price
Wilshire						
Timberlodge					3	\$691,700
Hearthwood	2	\$647,500	1	\$699,900	2	\$715,000
Stonecrest						
Delta Breeze			2	\$690,000	1	\$530,000
Turnberry					1	\$520,000
Sierra					3	\$527,700
Summit						
Plumas			2	\$517,000	2	\$487,500
Ironwood			1	\$539,000		
Grove			1	\$595,000		
Yosemite	2	\$494,200	3	\$505,600	3	\$483,300
Baywood			1	\$544,700	1	\$434,500
Calaveras			1	\$455,500	1	\$430,000
Parkland					1	\$519,000
Regent					1	\$535,000
Shasta			2	\$452,500	4	\$445,400
Pinery						
Countryrose	2	\$424,950	4	\$423,500	7	\$420,900
Rosetree	4	\$428,200	1	\$429,900	4	\$416,000
Orchard	2	\$439,200	1	\$402,500	5	\$412,700
Timberrose	1	\$375,000	4	\$373,600	2	\$390,000
Meadow	2	\$366,000			3	\$342,000
Rosegarden			1	\$369,000	1	\$374,000
Willow					1	\$324,900

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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Website Work Group

BY CHARLYN ROSS

July means more than fireworks—
The month of July will be an eventful month for Sun City Roseville. Not just because we get ahead of every other community by celebrating Independence Day on July 3 with a fantastic, evening array of fireworks. It will be an important month because we are holding a critical election on July 16.

The ballot, which was mailed to every household last month, has two parts. Part one will ask the homeowner to vote for two of three candidates to fill the vacancies on the Board of Directors for 2019-2020. Part two involves Phase-A of the Strategic Plan Implementation Plan, which will address ADA compliance, environmental health and safety, fire safety, poor ventilation, and inadequate space issues in the Fitness Center locker rooms, Fine Arts and Creative Arts Rooms, Catering Office and Wall Street Room. According to our Bylaws, a vote is required on Phase-A as the expenditure will be in excess of 5% of budgeted gross expenses for that fiscal year.

Most important is the following facts about the expenditure for the Phase-A project, NO assessment dollars will be used to pay for this project,

NO Special Assessment will be needed, NO Bank Loans will be required.

We encourage residents to go to the Resident Website (www.scrs.org) home page. In the "Announcements" area, you will find the notice "Strategic Plan Phase A: Important Facts You Need to Know Before Voting." By clicking on the {more} you will access these facts.

Also, if you scroll down below the "Announcements" area, at the left side you will find a rectangular graphic titled, "Strategic Plan Information." By clicking on this graphic you access a link to all the Phase-A information listed by fiscal year, July - June.

On July 16, the Phase-A portion of the election will proceed if 1,556 valid envelopes (a majority of all lot owners) have been submitted by the date and time deadline. Once a majority of valid envelopes is verified, the Phase-A votes will be counted.

This election is important as the future of our community and the value of our individual homes depend on our common facilities being maintained and improved as needed. We encourage all to participate in this election. If assistance is needed, visit the Lodge Administration Office or phone 916-774-3880.

What activities are scheduled for today?

Our great community has so much to offer, and now it is even easier to find out what is available each day. On the Resident Website's home page (www.scrs.org) below the Announcements area, there is an rectangular graphic proclaiming, "Today's Events." Clicking on this graphic takes you to the "Summary Calendar" which yields a list of activities and events scheduled to take place today. At the right side of this list is a scrollbar, which permits you to scroll down, to continue to view postings for future days. This list may tempt you to try a new activity or attend an event you did not know was scheduled.

At the right side of the Summary Calendar screen, you can modify the listing by making a choice from the "Select an event type" drop-down menu. If you only want to see what is scheduled for a specific club or group or from the Activities Department, choose it from

the drop-down menu and only that entity's activities will be listed for each day.

Below that drop-down menu is a box containing "List View." Clicking in this box permits you to change the view of the "Summary Calendar" to by the day, week, month, day timeline, and week timeline.

This calendar feature is certainly convenient; however, it does require maintenance by the various clubs and groups in our community. Each of those organizations has to make sure that they have an assigned member who can post events to the Resident Website calendar. For assistance in utilizing this feature, contact Julia Schmunk, in the Association Office by email julianns@scra.org or phone 1-916-774-3878.

our happiness and much more.

In our golden years, we realize once again the importance of people in our lives. This is when the community we live in plays an important role regarding the sense of belonging and being a part of our journey. Clubs and groups in Sun City are very important because they bring together human beings from very diverse backgrounds. Each has a fascinating story and knows the importance of participating, making a difference and most important of all - socializing, playing, interacting and having fun! The result often makes us feel young at heart and free-spirited as we once were - not too long ago.

Fabulous Used Book Sale!

Summer fun is waiting for you! The Friends of the Roseville Public Library will hold a fabulous used book sale on Saturday, July 20, 2019 at the Downtown Library, 225 Taylor Street, in Roseville. The sale opens at 10 am and ends at 3 pm. (Members can enter at 9:30!)

Prices are extraordinary and CHEAP! \$2 for hardbacks, \$1 for paperbacks, dvds and music cds. Children's books are only \$.50! Audio books, vinyl records, and more are also available.

We the have summer reading you need! Romance, mystery, biography, cooking, animals, travel, history, fiction; we have it all! And LOTS of it!

Chartered Club Committee

BY DIANA RISCHLING

Why join a Sun City club or group? The answer is rooted deep in our lifestyle. As soon as a child is ready to leave the safe environment of home, parents have always encouraged them to be around other children: play, interact, communicate and have fun. As years go by and life unfolds, we are challenged in many ways and are required to show up, get it done and continue on. We have probably been parents, partners, lovers, friends and during the journey there was always one common thread, people. People have come in and out of our lives at different times and many of them have left impressions in our hearts. They have been part of our successes, our losses, our sadness,

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Gutter cleaningVaries by home model & tier

A+ tier- Remove debris, check downspouts, and install downspout filters

A tier- Remove debris and check downspouts

A- tier- Remove debris

Odd jobsVaries by task

Single story homes or first story of two story homes only

Odd jobs are billed at a minimum of one and a half hours at the applicable rate

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Sun City Roseville 2019 Election

BY GERRI JUNSO, Chair, Elections Committee and Inspector of Elections

By now you will have received your Official Ballot and the election for the Board of Directors is well underway. We have three candidates for two open seats on the Board of Directors for three year terms. The candidates are Ed "Buzz" Anderson, Marsha Rhodes, and David Breninger.

Hopefully, you had an opportunity to attend one of the Candidate Forums/Meet the Candidates events sponsored by the Elections Committee to meet the candidates and hear their views and ideas for the future of Sun City Roseville. Included in this publication are the candidates' pictures and their ballot statements which have also been included with your Balloting Materials mailed to all lot owners on June 14. Please review each carefully so you can make an informed choice when you vote.

This year, you will also have the opportunity to vote for or against the implementation of Strategic Plan A. Information describing and explaining this project was included in the June 14 mailing and a brief description is included on your Official Ballot as well. Please read through this material thoroughly so you can cast an informed vote.

Included in the Balloting Materials is the Official Secret Ballot and , as in

previous elections, you have the option of dropping your ballot in the ballot box outside the Administration Office in the Lodge, or returning it by U. S. Mail in the prepaid envelope. To make sure your vote is counted, no matter which way you submit it, please follow the instructions included with you balloting materials. Your signature and address are required on the front of the ballot return envelope in order for your vote to be counted.

On Election Day, Thursday, July 16, 2019, beginning at 9:00 AM, the Board of Directors will call a special meeting in the Aspen/Birch/Cedar rooms to open the official vote counting/tabulating process conducted by the Elections Committee and SCR volunteers. The last time you may cast your ballot is 10:00 AM. At that time, the ballot box will be removed from the Lobby. Upon completion of the Vote counting/tabulating process, the Board will reconvene and the results of the election will be announced. All Sun City Roseville residents are welcome to drop by during the day to observe the process.

Please follow the directions included with your Official Ballot so... Your Vote Will Count!

2019 SCRCA Candidate Ballot Statement - Ed "Buzz" Anderson



My name is Buzz Anderson. I'm running for the Sun City Roseville Board of Directors for the 1st time. I turned 55 in January and have been sitting at the gates for almost two years waiting to become a member of this community! What a fantastic place to live...our neighbors and community are the best!

I'm running for the position on the board with the intent to bring new ideas that will keep this community amongst the best in the state, along with keeping the ideas of the past and present growing which have made this a great place to live.

My goals for the community are to keep our facilities & grounds above YOUR expectations, to keep our community SAFE and to bring in new fresh ideas to help the community. What is YOUR vision for our community in the next 20 years? I'd like to help those ideas become part of our community.

I'm currently working for a large commercial construction company, and have been involved in construction field for over 30 years. I consider my ability to work with people and come to an agreement that works for the people as a great strength, along with the lost ability to LISTEN.

I look forward to meeting you, and hope you will consider me as a representative for the people of this great community.

The views expressed herein are those of this candidate and do not reflect the view of the Association, its directors, managers, employees, or agents. This candidate is solely re-sponsible for it's content. The Association is required by law to publish the communication as written regardless of the content. (2019)

2019 SCRCA Candidate Ballot Statement - Marsha Rhodes



Sun City Roseville has changed in the 22+ years my husband Bill and I have lived here: the trees are bigger, the landscaping has filled in and the Lodge and Sierra Pines have been upgraded, but it is still a vibrant, active community with lots of opportunities to socialize and grow. I have served on the Board in 1997-99 while SCR was transitioning to self-management plus Strategic Planning and many other work groups and committees.

I appreciate the foundation of good financial management, competent and caring Staff, willing Volunteers and previous Boards of Directors constantly looking toward the future while carefully maintaining and upgrading what we have.

My experience as an early member of the BOD and several stints on the Finance Committee including as Vice-Chair and Chair will help me serve this community. My skills in listening to understand, rapidly processing issues, thinking strategically and as a problem-solver plus good time management, organizational and communication skills are a plus. My strengths include a positive world view, ability to multitask and grasp the big picture and frame issues. I am blessed with high energy and people find me approachable. I am passionate about the well being of our community and will work tirelessly to support Residents and Staff to maintain and improve our quality of life. Please contact me at (916) 771-7054 with your questions.

I Ask For Your Vote in the 2018 -2020 SCR Board of Directors Election

The views expressed herein are those of this candidate and do not reflect the view of the Association, its directors, managers, employees, or agents. This candidate is solely re-sponsible for it's content. The Association is required by law to publish the communication as written regardless of the content. (2019)

2019 SCRCA Candidate Ballot Statement - David Breninger



Sun City Roseville is the premier active adult life-style community that Linda and I are proud to call "our home". We've lived in Roseville since 1996 and Sun City since 2011.

To stay informed on Association issues, I attend Board workshops and meetings, am a previous member & Chair of our Government Affairs Committee, currently serve on our Finance Committee, enjoy clubs/activities & am a previous President of our Garden Club.

I'd welcome the opportunity to serve on our Board. You will find my style is a listener and team player. I will make decisions that are in the best interests of our Association. Representing our community on our Board will require working collaboratively with fellow

Directors to:

- Merge our skills to sustain Sun City's sound governance through policy oversight and fiscal sustainability.
- Ensure our budget is adequately funded so our professional staff can continue to manage and efficiently deliver the exceptional services and maintain the facilities and beauty of Sun City that we all enjoy.
- Continue our permanent strategy to be fiscally prudent, invest wisely, self-fund reserves and carry no-debt.
- Focus on actions that enhance our community's quality of life and enrich the equity in our property values.
- Support the renewal and modernization of our Strategic Plans and our residents' decision on Phase A.

With a B.A. in Political Science (1968), Master's in Public Administration (1976) my public sector management career spanned 48-years. I'm involved regionally in several organizations including Roseville & Rocklin Chambers, Roseville Rotary, the Sierra College Foundation Board and College Bond Oversight Committee.

Linda and I are active volunteers. We also enjoy traveling, recreational boating and collecting vintage phonograph records. We are public radio broadcasters, attend St. John's Episcopal Church and are very proud grandparents. I invite you to contact me by email (dbreninger@surewest.net), phone (916-771-5685) or in person.

I ask for your vote - Thank You!

The views expressed herein are those of this candidate and do not reflect the view of the Association, its directors, managers, employees, or agents. This candidate is solely re-sponsible for it's content. The Association is required by law to publish the communication as written regardless of the content. (2019)

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SCR Travel Club

BY GWEN MYERS

The “World Awaits Gala!”... certainly was! Thanks to Pam Cabezas and her committee and Joy Winston and her Council members who saw to it that we had beautiful decorations, a fine dinner, music by



Pam Cabezas and Gala Committee. Club and Group Showcase.



Bud Pahl and Don Bevins at the Gala with and the beautiful table decorations.

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 (date TBD in November)- Spring Training in Arizona. Contact Joy Winston, joywinston4094@comcast.net

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

July 13-26 – July 13-25 – Crystal Cruise Symphony –

Scandinavian Splendors, Stockholm to Dover August – San Juan Islands, WA

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

October (date TBD).Niagara Falls and New York

2021 – Planning stages – Africa, Ireland, Croatia

Next Planning Meeting, Tuesday, July 2, 1:30, Club Room. Council Meeting is Monday, July 22 @ 1:30 followed by General Meeting

at 3:00 pm in the Ballroom.

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?

• • •

SCR Republican Group

BY CAROLE VAILLANCOURT

Please note Our July meeting falls on July 4; therefore our July meeting is cancelled! As is our policy, we are dark in August.

Have a great summer! We will meet again on September 5, 2019.

Did you know!

1856— John C. Fremont First Republican Presidential Candidate.

1865 — 13 Amendment banning slavery passed with unanimous Republican support by House of Representative.

1901— Republican Booker T. Washington, protests

Alabama Democratic Party refused to permit voting by African Americans.

President Eisenhower signs Republicans Civil Rights Act of 1960, overcoming 125 hours, around the clock Filibuster by 18 Senate Democrats.

1964 — The 24th Amendment is ratified, Abolishing the Democrat Poll Tax.

• • •

(more Club News cont’ on page 19)

a Sacramento combo. This night was enjoyed by 150 members.

2019 Coming Trips

July 29-August 1 –featuring Pageant of the Masters, the Time Machine plus tours of Los Angeles and Orange County highlights, round trip air –Contact Linda Vincent, lindav0819@outlook.net. CLOSED

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

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.

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SCR Democrats

BY TONI FISHER

The initial plan for our June program required a change, so we were able to enjoy a substitute presentation by Bethany Snyder who shared her ideas as to how to achieve our goals, both in life and in our chosen projects. Several of our members had the opportunity to hear Sean Frame, a candidate for the CA04 seat, for the first time and were very impressed with his goals for our District. Our initially planned program on the status of immigrants in California, the challenges they face and the services available to them will now be the highlight of our September program.

As has been our practice for the past several years, we will not be meeting in July in order for our members to be free to travel to visit family or just to be available to help nearby family with their children. Or, they might be happy to just relax at the pool. We'll be back in action in August as we gather for our Annual August Brunch. Spending time socializing with fellow members should help to energize us to get active for the Primary Elections just on the horizon. The fall months should be a very busy time and we will work to inform everyone on the candidates as well as any measures that are being considered. Watch for more details in your email.

• • •

Veterans Club

BY PAUL REGNIER

It's July! It's Red, White and Blue and it's God Bless America. Thanks to you, our veterans and all of you, our supporters, our FREEDOM has been preserved! Our country stands for our free way of life. Many have spent all that they will ever have to preserve that freedom. Others have spent nothing. We that have served understand the real differences.

The Vets just finished their super Bar-B-Que. The meat was Prime and our chefs, Carl and Jack were prime also. Queen Ida and her kitchen crew put together a most memorable spread. Just when you thought "it's over and let's go home, the crew came around with light desert hand outs. Oh, Ida, there goes another diet. Good times were had by all. Our day ended with the "Jack auction" and did we hear the bidders yelling out. See you next year!

We, like Uncle Sam, are looking for a few good members to help out. Some of your leaders are starting to become weary. Something that we all have heard is, "a load shared is half a load" and you know the rest. If you want to take part of something that is fun to create and even more fun to play with later give us a try.

August is just around the corner and so is your Veterans Ball Room Dance. This year we feature the West 5th Avenue band. Their leader is a Vet like so many of us. Look for bulletins and flyers from Manny. See you there. God Bless

• • •

SCR Computer Club

BY P.J. COUSINEAU-PALMER

General Meeting – No General Meeting in July

Council Meeting – No Council Meeting in July

Check with P.J. Cousineau-Palmer for Office Training Sessions.

Special Interest Groups (SIGs):

Digital Imaging and Editing – July 5: 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 – July 11, 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 July. 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 – July 19: 3rd Friday, in Computer Room for help with Android Phone and Tablet help with Tom Gottdiner 1-3pm.

All 'Bout Apple – July 9: Second Tuesday, 2:00pm, in Cedar Room. All user levels of MAC computer, iPad and iPhone. Information: Charlyn Ross, 772-1447 or Dennis Studer, 899-8221.

Photo Sig – July 19: Third Friday, 10:00 am, Computer Room.

July's theme: "Humor/Whimsical" (*Time Frame Limited: Photos must be taken within 12 months prior to theme for the SIG meeting; i.e., July 2019 entries can only go back as far as July 2018). Members email up to three photos to PhotoSIG916@gmail.com by May 13. 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.

• • •

Rods & Relics

BY ELNA RAGAN

We held an overall fantastic Car Show on Saturday, June 1! It was a sunny day, with slight breezes, that did warm up in the afternoon.

Over 425 vehicles, including Car Club members, filled the shaded streets of Downtown Lincoln. 40 Vendors were present featuring food and various products. The Raffle Booth was very busy with a display of 85 buckets featuring a wide range of interesting items. There were also two "Special Items" in a Silent Auction: A beautifully restored, custom-painted Vintage Oil Storage Container and a "Dine Around Placer County" bucket that offered \$370 worth of restaurant gift cards.

(cont' on page 20)



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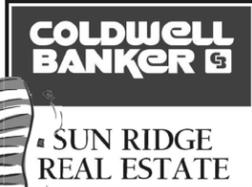
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Rods & Relics

(cont' from page 19)

This year's Raffle Booth was our largest ever!

The Boy Scouts sold 350 Pancake Breakfasts to the hungry Car Show visitors. Thousands of spectators filled the streets as the day went on. Children's Activities, held in Beermann's Plaza from 11:00 a.m. to 2:00 p.m., was a resounding success. Over 300 children enjoyed the variety of things to do: getting their face painted, getting a drawing from the Disney Caricature Artist, making Home Depot crafts, rock painting, or playing games with toy prizes. There was something for everyone and every child went away a winner!

There were 72 trophies awarded. The "Best of Show" award went to a 1967 Mustang. The runner-up was a 1966 Chevy C-10.

The proceeds from the Car Show will be shared by three local charities: Ride to Walk, RRUFF Healing Heroes, and Women of Worth. The total donations for the last twelve years of Car Show proceeds is over \$164,000 that went to local charities. This year's proceeds will be revealed in next month's article.

Our thanks to all the many sponsors which featured the Waffle Farm and Caliber Collision as the Platinum Sponsors and over 40 Club members who helped to ensure our success after many months of preparation! Thank You!!!

Upcoming Events

July 9, 23 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.

July 18 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 or Mike Carvidi, Membership Director 707-849-2834.

Website www.rodsnrelics.net

Rod & Reel Club

BY ED UNDERWOOD

Tom McDonald reported on his fishing trip with Ken Roberts to Pyramid Lake. The caught 12 fish and brought home 4 measuring from 17-20 inches.

Dale Mellberg gave a brief report on this Viking Cruise to France.

Tom Guisto had quite an outing to Manzanita Lake, arriving in a hailstorm and then nearly freezing in his float tube in cold water near 40 degrees and his waders leaking. He caught one German Brown and then the wind forced him to quit. He gave up and drove home.

Chef Bob served chicken tenders and all the trimmings to 17 members.

SCR Birders

BY JANET MORELLI

SCR Birders were looking forward to the last scheduled field trip to Effie Yeaw Nature Center in Carmichael on May 16, but had to cancel the outing due to heavy rain the night before and predictions of more to follow the next morning. The Center will definitely be on the Birders' field trip schedule for next season (September 2019 to May 2020). That schedule should be available on the Birders



California Scrub Jay

website by the end of August. The first field trip on the schedule will be on the third Thursday of September. More information will be published in a September article.

A very common bird in SCR is the California Scrub-Jay, formerly called the Western Scrub-Jay. Its loud calls and songs will attract a birder's attention before it is actually seen. Mostly bright blue on the wings and long tail, a white eyebrow line and undersides, and a dark gray cheek, they are quite aggressive and territorial signaling the presence of intruders in their area with loud calls. These birds feed on seeds, fruit, insects, nuts and acorns (mostly) and store the nuts and acorns in the ground for a later meal. This practice often results in new trees sprouting from forgotten storage sites.

SCR Garden Club

BY JUDY SINGLETON

The June Garden Club meeting featured a wrap up of the year's activities, a discussion of requested topics for future speakers and activities, and a Root Beer Float Social, an annual event enjoyed by all. The Garden Club does not meet in July or August. In September, we will have a presentation on the Fiddymont Homestead Historical Project to start off a new year.

On a sad note, the Garden Club lost a long-time member and our wonderful photographer, Jim Smith, who passed in May. Our thoughts are with his wife, Connie.

(cont' on page 21)

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SCR Garden Club

(cont' from page 20)

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 \$5.00. For further information, call Judy Singleton at 916-666-7342.

• • •

SCR Hiking Group

BY PETE GRADY

July 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.

July 4: Little Bald Mountain.

#4.5(moderate). 5.5 Miles. \$8 Ride
July 11: Summit Lake. #3.5(easy). 5 Miles. \$10 Ride.

July 18: Razorback Ridge. #5(moderate). 5.7 Miles \$10 Ride.

July 25: No hike as Group will be on the North Coast Redwood Outing

• • •

Cycling Club

BY DIANA RISCHLING

Mother Nature has a way of letting us know "who's the boss"! Just when we thought the weather would be ideal for our daily and special rides, an unusual California Spring came charging at us. With very cool days and lots of rain, cyclists had to make adjustments - cancellations, rescheduling or modifications - to our plans. Though we weren't able to enjoy the Sutter Buttes ride and cookout, we did have a beautiful day for Breakfast at Oracle.



That breakfast, arranged by our host Steve Gustafson, is always a well-attended event for riders and non-riders alike. The house specialty, Eggs Benedict, was a favorite choice along with omelets and pancakes. Biking back to Sun City after breakfast helped justify such a gourmet indulgence.

Cyclists also applied their putting expertise during an afternoon at Sun-Splash Golf. The sun was bright as we putted our way around the mini golf course which turned out to be more of a challenge than playing at Sierra Pines! Following golf we relaxed at a pizza picnic and had a chance to play arcade games.

Thanks to Lori Javor and Betty Manning for arranging this party.

Jeff Holland has created the Cycling showcase in the Fitness Center to spotlight our members and the activities our club has to offer. The stories or members tell through this memorabilia attests to the enjoyment and benefits of our sport.

If you have an interest in cycling and would like to find out about our group, please come to one of our monthly meetings held at 8am on the third Monday of each month, at Sierra Pines. A calendar of upcoming rides and social events can be found on our webpage.

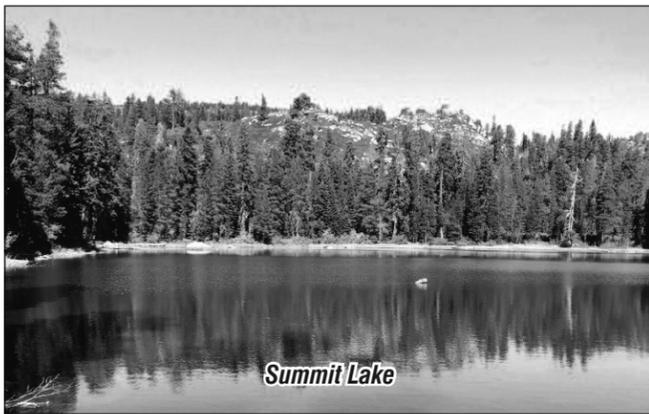
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SCR Senior Softball

BY RICHARD EPTING

As of June 4th our league standings are as follows: In first place, Eskaton, with eight wins, four losses, and one tie. In second place, JemTam Realty had nine wins and five losses. Third place was held by Excel Realty with six wins, five losses, and a tie. A/C Girl held fourth place with four wins and eight losses, and finally, Coldwell Banker won four games and lost nine. Our games have been lively and competitive. This should continue into August when we begin the playoffs. June highlights included two important games - an administration game on June 19, which featured the Sun City employees vs. our all star team. This game was followed by a "Senior Classic" game featuring our players over the age of 75.

(cont' on page 23)



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SCR Senior Softball

(cont' from page 21)

The choice for May's Player of the Month was not difficult. For many years, this player has been an inspiration for every player in our league. He always gave 100%, running out every ground ball and playing the game the way it should be played. He has been a great teammate, a worthy competitor who always kept the ump's honest. He recently was forced to retire from the game because of injuries and the self-realization that it was time. The player I'm referring to is Augi Villa, who is in his mid-eighties. Thank you Augi. It was an honor to play against you as you were an inspiration to us all.

• • •

Table Tennis

BY KAREN YEATES

The dog days of summer are here and it is time to consider getting your sports fitness workout inside. That means it is a great time to come out and play table tennis at Sierra Pines. If you have not paid the yearly dues of \$14.00 you are no longer a member as our fiscal year runs from July 1 to June 30. If you want to continue to be part of the group, please get your check to Frank Tom or turn it in during table tennis play times which are Tuesdays and Thursdays 2:00pm-5:00pm and Saturday mornings from 10:00am to noon. If you have not been a member before but would like to try table tennis, this is the ideal time to give it a try. Our new slate of officers for the coming year is mainly made up of the old faithful—Ron Houston will continue as President, Frank Tom will continue as Treasurer and Karen Yeates will continue as Secretary. But we are very happy to welcome Vince Patillo to the slate of officers as Vice President.

A couple changes to our play schedule in August. We do not play on Tuesday August 6 due to a scheduling conflict at the Pines. Also on Tuesday August 20 we hope to have an extended session including our Lincoln Hills counterparts for some fun games ending with a nice social picnic on the patio. Details will be forthcoming.

• • •

SCR Tennis Club

BY DIANE BARNETT

A great evening was had by all at the June Tennis Club Meeting/Bubba Bobs' BBQ. Eighty-five members and guests enjoyed healthy snacks, beer, wine and soft drinks at the Sierra Pines as they anxiously waited for the Chef's to BBQ Tri Tip and Chicken while Linda Gordon and her Social Committee prepared BBQ Beans, Cole Slaw, Potato Salad and Dessert. Our thanks go out to the BBQ crew and Social Committee. What a special



The Bubba Bobs – Bob Watt and Bob McBride and their BBQ crew – Bob Buckman, Phil Zeitman, Roy Stearns and Larry Sinclair.



dinner to kick off the Summer!

You won't want to miss the 4th of July Tennis Tournament that will be held on July 6th. The theme is "Firecracker 2019," and the Teams are named after past Presidents. This morning of fun is hosted by Tom Roth with

"a lot of help from his friends." Sigh up early as this Tournament is sure to fill up quickly.

Ray Barnett reported that The Tennis Club, in conjunction with the Activities Department, and the Bocce and Pickle Ball Clubs, will be hosting Grandparents Day/Kids

on the Courts on July 26th from 9am to noon, for children between the ages of 8 through 15 who will receive instruction and play time. From noon to 1pm, an optional hot dog lunch will be served with clown entertainment for \$5.00. The day will wrap up with kids open swim at 1:00pm. (Guest passes must be used for open swim).

The Tennis Club will, again, be hosting their Annual "Northstar Getaway," on September 17th, 18th, and 19th where members will spend 2 days and nights at the beautiful Northstar Resort enjoying a morning of tennis, a no host cocktail/appetizer party, a no host dinner at a local restaurant and a breakfast hosted by Linda Gordon and the Tennis Social Committee. Contact Diane Barnett at dianeb@surewest.net for more information.

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SCR Billiards Club

BY GERRY CRISTONI

The annual dinner on June 17th was well attended. We had over 70 members and guests. Your new officers for the year 2019-2020 were introduced. The following are your new officers:

President: H. Hunter (known as Hunter), Vice-President: Tim Connolly, Secretary: Myrna Irwin and Treasurer: Gerry Cristoni. Diana Tucker has again volunteered to be on the Executive Counsel. If anyone is interested we still need 2 more people on the Executive Counsel.

A job well done to our outgoing President Joe Lavette.

Speaking of the new billiards year, as of July 1st, your annual dues are due. The dues

are as follows: \$15.00 for dues and \$15.00 for lockers. Make your check out to SCR Billiards and place in the billiards box attached to the sign in podium.

The tournament winners for May:
Men's 9 Ball: Jerry Crosby and Derek Tegg



Winners: Ken Evans and Jerry Crosby.



Winners: Paul Garcia and Hunter.

Men's 8 Ball: Ken Evans and Jerry Crosby
Men's 8 Ball: Paul Garcia and Hunter
Men's 8 Ball: Ken Neal

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(more Club News cont' on page 24)

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Pickleball

BY BOB VERZELLO

Karen Baumann has organized another Pickleball Club social event for our members to be held August 5 at the Bocce Ball courts starting at 5:30 pm. Mark your calendar.



On the left is Gene Cochran who is "idolized" by Joni Nelson seen beside him wearing her "My Idol" T-shirt.

At an earlier social event, organized by Karen Cochran, 18 of our members gathered at the Timbers restaurant to wish Joni Nelson a fond farewell. She is leaving us to live near relatives in the Chicago area, but she told us "I will so much miss our pickleball games and friends."

Everyone cracked up when Gene Cochran gave Joni a T-shirt with his image on it and the words "My Idol." Joni wore the shirt on the courts the very next day and allowed us to take her photo standing beside her idol!

A big thanks is due to Chris Bernasconi, Tom May, Paul Roberts, Wayne Miller, Kathy Hagiwara, and Bill Kimura. They represented our PB Club at the Club and Group Showcase in May where 15 people expressed interest in the Club and taking Wayne Miller's pickleball clinic held in June.

Welcome to new member Mary Burns. And welcome back to Jack Murphy & Harry Temple

During our winter-like weather that intruded on spring, Tom May observed that six of our pickleballers played several games on a day with light rain and wind while tennis players on adjoining courts canceled all their matches. Tom thinks that proves we are "having more fun, are tougher, heartier, and play through what Mother Nature delivers!"

Playing Tip: Don't play in the rain.

•••

He & She Golf Club

BY KATHIE DE VITO

Spring Invitational - May 13

The Invitational was a great success. The participants played 9 holes of golf, tried their skills in a putting contest and had a delicious lunch in the ballroom. Thanks to Janet Smith, all who assisted in this event and participants.

Results:

Lakes

1st: Bob & Diane Ayers, Ken Shahoian & Kathy Druge

2nd: Rhonda & Mike Bubbico and Pat & Bob Horning

3rd: Ron & Diane Feist, Lynnda Dunn & Duane Kreun

4th: Pam & Michael Hemmingway and Deborah & Paul Glassen

5th: Bernie Gould, Sharon Nagel and Ed & Evon Steele

Oaks

1st: JoAnne & Mark Greyson and Wally Barr

2nd: Jim Dachauer, Dot McKee, Jim Sherrard and Vernita Hillwig

3rd: Sue Davis, Don Brooks, Kathie De Vito and Marc Harper

4th: Diane & Terry Dooley, Denise Gilbert and Bob Niznik

5th: Bob & Monika Kunkel and Russell & Hattie Donovan

Putting Contest: Mike Bubbico and Karen Hawkins

We were able to get in a couple of tournaments in May due to improved weather.

Timber Creek (18 holes)- May 20:

1st: Jim Sherrard, Vernita Hillwig, Ray Ortega and Susie Everett

2nd: Russell & Hattie Donovan (+ blind draws)

3rd: Wally Barr, Steve Hennessy, Jerri Lehnhoff and Dwight Rose

CTP: Jim Dachauer 3'3" and Dot McKee 4'3"

Sierra Pines (9 holes) - May 27:

1st: Gary & Irma Beckman and Keith & Roxanne Warloe

2nd: Kathy & Dirk Fowler, Phyllis Melberg and Bill Dublin

3rd: Vernita Hillwig, Jim Sherrard, Chris Bernasconi and Dale Bailey

(Tie) Rich Aug, Lisa Giles, Jim Dachauer and Hideko Gongaware

(Tie) Bev & Rudy Warrington, Kathie De Vito and Dwight Rose

CTP: Rudy Warrington 6'8" and Kathy Fowler 37'5"

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)

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(more Club News cont' on page 25)

Sierra Pines Ladies Golf

BY LYNNDA DUNN

After record setting rains in May SPLG has lots of ladies out enjoying a round of golf. Perhaps that is like the saying April rains bring out the May flowers. To be honest, is it because of 7:30am and 10:00am tee times? More likely it is the fun times we have.

Carolyn Pittman and Lynnda Dunn represented SPLG at the Showcase held in the ballroom at the Timbers Lodge. Response



Carolyn Pittman at Showcase.



New/Members at Pam Cabazas home.

hello and make these charming ladies welcome.

Most Improved Golfers for May were First Flight Tena Johnson, Second Flight Karen Hawkins, Third Flight Mitsuko Cameron, and Fourth Flight Eva Freeman. Congratulations ladies.

was great and we are pleased to welcome a few new members. Speaking of new members Pam Cabezas hosted a Coffee in her lovely home. We welcomed new members Elaine Pitt, Sharon Lawin, Debby Huntington, and Shelley Weisman. Now y'all remember to say

May Chip In winners were Arlene Lizotte, Ann Carter, Janet Morelli, Nancy Vavul, Colleen Tovey, Theresa Howard, Gail Raglen, and Judy Grossetti.

May Birdies were made by Barbara Simon and Barbara Sterns. Should I change my name

to Barbara? Great golf and congratulations to all you ladies.

At the North Ridge Niners Tournament Cathy Hurst won First on the front nine holes and BJ Dumm was Second. Jan Rivera placed First on the back nine

Denise Roberts placed First with her team at Wildwood Invitational. So nice that our ladies continue to attend Invitationals and represent SPLG. Best of all ladies we are so proud of you!

There will not be a regular meeting in July. SPLG is hosting the Timber Creek Ladies Mixer July 17. Y'all hurry and sign up for a fun morning of golf.

Council meets at 2:00pm at the Pines July 10.

Do come out and enjoy a beautiful summer morning of golf. See you ready to tee off soon!

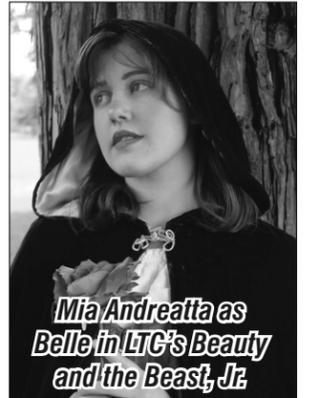
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(more Club News cont' on page 27)

Beauty and the Beast Comes to Lincoln Theatre Company

Lincoln Theatre Company brings you the perfect summer show. This Disney classic will please both the young and the young at heart.

The cast includes some of your favorite LTC performers joined by talented actors, singers and dancers from all over the Sacramento region.



Mia Andreatta as Belle in LTC's Beauty and the Beast, Jr.

Photo courtesy of Peggy Schechter, LTC.

The show runs in both evening performances at 7:30 PM and matinee performances at 3:00 PM from July 19th-August 3rd. Tickets are on sale at www.lincoltheatrecompany.org or by calling the box office at 916-409-7030. All seats are reserved at \$19.50 and \$17.50. LTC productions sell out, so advance purchase is strongly advised.



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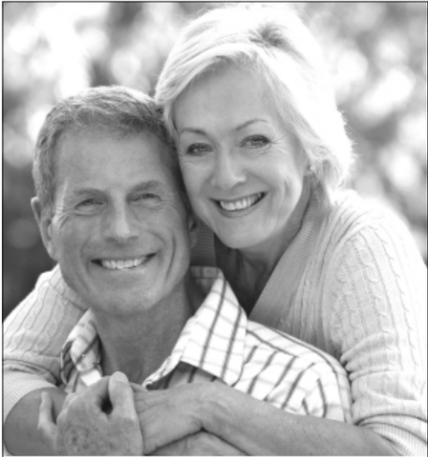


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Railroad Museum Invites Interested Volunteers to Attend Special Open House on July 13

All aboard for inspiration! California State Parks, the California State Railroad Museum & Foundation and Old Sacramento State Historic Park (SHP) are now recruiting adults (18 or older) who are interested in volunteering to help communicate the West's fascinating heritage of railroading and the California Gold Rush. For those interested, a special, drop-in Volunteer Open House is scheduled for Saturday, July 13, 2019 from 1 to 3 p.m. in the Stanford Gallery located at 111 I Street in Old Sacramento (next door to the California State Railroad Museum). Volunteer applications are being accepted now through July 15 and will be followed by an interview and selection process before training begins.

Each year, more than 500 men and women volunteer for the California State Railroad Museum's programs – including weekend excursion train operations, track construction, restoration and maintenance, even clerical work. A background in history is not required to become a volunteer. In fact, most of the volunteers in the popular program began with little knowledge of railroads or the Gold Rush. As individuals become more familiar with the Museum's varied and frequent programs, many volunteers take on additional responsibilities, such as conducting research or



RR Volunteers on Transfer Table

giving talks to community organizations. New docents can choose to work in the Museum interacting with visitors from around the world, working in the railroad restoration shops on rare and unique railroad equipment, work on the Sacramento Southern Railroad, or other jobs in this dynamic and fun environment.

Volunteering represents a serious commitment of at least 84 volunteer hours annually, but the hours are flexible and the rewards can be tremendous. Docents receive perks such as a discount at the Museum Store, preferential and/or early access to selected special events, and the pride of working at North America's finest and most visited railroad museum that is also a proud Smithsonian Affiliate. Volunteer applications can be downloaded at http://www.parks.ca.gov/?page_id=25583 and completed forms can be emailed to allaboard.csr@parks.ca.gov

or mailed/delivered to the Volunteer Coordinator, California State Railroad Museum, 111 I St., Sacramento, CA 95814. For more information, please call 916-445-0269 or visit www.californiarailroadmuseum.com.

Subscribe to California State Parks News via e-mail at info@parks.ca.gov or via RSS feed.

California State Parks Mission

To provide for the health, inspiration and education of the people of California by helping to preserve the state's extraordinary biological diversity, protecting its most valued natural and cultural resources, and creating opportunities for high quality outdoor recreation.

About the California State Railroad Museum Foundation

The mission of the California State Railroad Museum Foundation (CSRMF) is to generate revenue and awareness on behalf of its destinations, while supporting the preservation, interpretation and promotion of our railroad heritage. The Foundation provides funding for ongoing support of numerous programs, both at the museum's Old Sacramento location and at the historic park in Jamestown, Calif. The Foundation and its board of directors is currently laying groundwork for a future California Railroad Technology Museum capital campaign proposed as part of the downtown Sacramento railyard development project. For more information, please visit www.californiarailroadmuseum.com.

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Timber Creek Women's Golf Club
BY BARBARA MILLS

The winner of the Sunheim Cup Tournament against Lincoln Hills will be decided in October as we were rained out on May 16. So now we have time to practice and Joan Meyers and Edda Ashe have more planning to do!



Sunheim Cup Organizers, Joan Meyers (SCR) and Edda Ashe (SGLH).

It was a beautiful golf day on May 22nd when members and their guests played in the "Run for the Roses" Invitational Tournament. Gail Quintel and Dot McKee did a great job chairing this fun event along with their committee, and kudos to the handy husbands who helped with golf bags! We loved the



"Run for the Roses" Tournament - Gail Quintel with gift bags.

whimsical and pretty table settings done by our talented Peg Mucci, Sherry Hilger, and their committee.

A "big thank you" to Head Pro, Derek Zachman, our hero on Hole #12; it was really exciting for all of us to hit "our" drives 300 yards - amazing! There were six teams with winners in first, second, and third place on each team. Congratulations winners!

We also want to give a special "thank you" to Lenora Harrison of Coldwell Banker Real Estate for providing our "goodie bags" and water. We appreciate the many sponsors for supporting this Tournament and members are encouraged to patronize these businesses

to show our appreciation.

The Handicap Championship was played June 5th, 12th, and 19th and the winner will be announced in the August Courier.

Quickly coming up on July 17th is the 9/18 Mixer and Champagne Brunch hosted by the Sierra Pines Ladies Golf Club. It is always a fun golf day when the two Clubs get together!

The Most Improved Players for May are: Shirley Roberts (1st Flight), Diane Dooley (2nd Flight), and Lois Habein (3rd Flight).

Happy 4th of July!

Timber Creek Men's Golf Club

BY TOM DEVITT

The Timber Creek Men's Golf Club (TCMGC) held the two day Medal Play Championship tournament on May 11th and May 18th. The tournament had 60 participants in 4 flights. The Championship Flight (black tees/scratch) was won by Roger Exline with a score of 150. Don Woods won the Miller Flight (blue tees/net) with a score of 137. The Crenshaw Flight (gold tees/net) was won by Ernie Bell with a score of 136 and the Faldo Flight (gold tees/net) was won by Jerry Drew with a score of 134. Congratulations to all the Medal Play Champions. Closest to the pin on day one was recorded by Terry Dooley and on day two by Ken Hansen. Thanks to Bob Dunn and the tournament committee for organizing a great event. After 4 months with no reported holes in one, there were 3 reported in April. All were made on the 6th hole of the Timber Creek Lakes course and were recorded by

Ron Gould, Ron Grenier and John Gregory. Congratulations to Ron, John and Ron for their accurate shot making. The NCGA team play competition starts in June and runs through August. This year our 20 man team TCMGC team is in the bracket competing with Haggin Oaks, Turkey Creek and Whitney Oaks. Bracket winners proceed through playoffs eventually playing in Monterey for the NCGA team championship of Northern California. Sign-ups for all TCMGC events, CVS golf and NCGA tournaments can be done each Tuesday before the 8:00am shot-gun, at the monthly General Meeting or drop your registration in the TCMGC box in the residents room.

There will be no TCMGC General meeting is July.

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

(more Club News cont' on page 33)

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Reflections for July ...

A Little Bit of This and a Lot More of That

BY LESLIE LAFAYETTE

I'm kind of in a roving mood today and apt to change directions so fasten your seatbelts... it could be a bumpy column.

So dear readers, I'll begin with a question for you about politics and gender.

That ought to wake up your eyeballs. We all know there is a presidential election next year, and my query isn't about Democrat or Republican particularly.

It's about gender.

Would you vote for a presidential ticket that had two women on it? Yes, one for President and one for Veep?

You know -- kind of like Madam Secretary and Julia Louis-Dreyfus, for example? Yes? Enthusiastically? Or perhaps with fingers crossed? If you would not, why not?

It's an interesting question, no?

Women think differently from men, because, well, they are women.

They kanoodle better.

They are less likely to blow up, say, a country in the Mideast without careful diplomacy first.

Didn't say they wouldn't. Just maybe less in a hurry.

They listen. They've been interrupted their entire lives. They can take it.

They can also put a size 8 foot down. And have. And if you know a woman, you know that's true.

Men make grand statements and plans. Women are in the trenches, figuring out how to make it happen.

Health care, world peace, budgets, education, you know, that stuff.

Also, they look good in high heels.

Folks seem to be OK with one woman on the ticket but when you say TWO women on the ticket, some seem aghast.

Only because we've never even had one. How about you?

Doesn't bother me at all. In fact, I think we are long overdue.

And this lead-off head scratcher fits perfectly into my second subject, which is sleep! Because thinking about two women on the ticket may keep you awake, and because women may have more sleep issues than men whether or not they are running for president.

There was a time when I just went to bed.

It wasn't complicated, really.

I would notice I was sleepy, go brush my teeth, pull off whatever I had on and most often toss it into the closet floor, where who knows, it might magically arise and slither onto a hanger in the night... and crawl into my twin bed. When I first began tucking my own self into bed, the hall light was on and my bedroom door was open. Of course, I was seven years old.

Now, on the other side from that life to this, with hormones having abandoned me like little rodents diving off the side of my capsized ship o ("Hot Flash III") I don't even wonder how I am supposed to get a good night's sleep. I have given up on the desperation and accepted

the realities of "Sleep, The Sequel."

First, of course, there is the fact that I don't even begin to consider sleep until 12:30 AM. Anything before that is simply too early. For I will wake up six hours later, no matter what. And bouncing around the house at 6:30 AM just doesn't appeal. I know some of you are early birds but I am the night owl, remember.

Then there are the technological distractions. The laptop. The streaming shows, movies, documentaries. The TIVO. Come on! I have a week's worth of taped stuff to clear out... And of course, there's the phone. Everything you can do on your computer, your notepad, or your television you can do on your phone. And someone is probably texting you or you're on Instagram or playing some crushing candy game or...

The social media. Are you social? Do you media? Are you lurking about on Facebook staring at someone's adorable grandchildren or are you tweeting your molten political expositions amongst like-minded fellows on Twitter? Because if you dare wander into an opposite camp, beware! You will feel as if the Battle of Winterfell was a junior high dance in comparison. Duck! Incoming!

When I finally doze off, it's not the pleasant drifting to oblivion it once was. (No surprise.) It's more like instant unconsciousness. Clunk and yer out. Next thing you know, the sun is peeking in and I am loathed to look at the clock. For I am afraid that most of the time it's too darn early. I answered the siren call of the alarm clock for many years as a teacher but after I changed careers I relished waking up without a clock...until I learned that I still had one residing in my brain.

One last thought about sleep - it really is about the pillow. I cannot travel without mine. I forgot it when I went to the hospital for surgery and I couldn't sleep. Of course, no one sleeps in the hospital unless anesthetized so this is not a surprising admission. But without my pillow, sleep is even more unlikely.

There are two schools of pillows, firm, and mooshy. I am a fan of the mooshy. I like to smooch the moosh. Sometimes I need two mooshies to accomplish this. To each his own pillow, I say, and this column wasn't all that bumpy after all, was it. Hope you are dozing off unless you are driving, and of course, if you are driving you really shouldn't be reading - multi-tasking, a fable we can explore next time-- but for now, to all, sweet dreams.

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

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

Paula Lavin

(cont' from page 1)

and she regularly visits them in Castro Valley, Seattle, WA, and Chandler, AZ.

Paula went to work for Alameda County in 1978 and was soon promoted to become the Registrar of Vital Statistics. She worked with the coroner to ensure the proper cause of death documentation, and she was later one of five county registrars assigned to a project to develop a uniform birth certificate for the State of California. However, this was an era of much civil service turmoil, which, for her as the boss, caused high levels of stress. One day, in 1987, she blacked out at work and was found in her car some three hours later. Having no memory of leaving the work site, or of driving, and suddenly having difficulty speaking, she petitioned for a medical retirement based on stress—which the county opposed. She subsequently won her legal battle but was required to see seven different doctors and apply for numerous other jobs, and all of it created even more stress, especially given her inability to perform well at interviews.

Budd retired in 1992, only to lose his life to cancer in 1994. In 1995, she discovered Sun City Roseville and became our eighth resident. She formed the Needle Arts Club and became its first president, and became vice president of the Travel Club. She has traveled to 30 countries. However, problems with her voice persisted, and she had to limit these activities. As the symptoms of ET progressed, she experienced difficulties in her ability to sew, and to write. Rather than slow down, she became a student of the



Paula Lavin with her cat and dog.

PHOTOS BY RICHARD PAINE



Paula Lavin with one of her quilts.

disease. Upon learning that stress exacerbates the disorder, she connected the dots back to her job stress. And, the more she learned, the more needs she saw that she could address.

On the bright side, she learned the value of help dogs, and now her Yorkshire terrier, Teddy, is her constant companion. Teddy is a very calm and loving little guy whose personality alleviates her anxiety.

She joined the International Essential Tremor Foundation and subsequently started its Roseville chapter. It is the only chapter in the region. Kaiser Permanente, where she receives her health care, donated building space for her regular meetings. She was recently able to recruit a retired psychologist and a retired lawyer, both of whom have ET, to help further the cause by applying their skill sets.

Paula accepted the opportunity to become the volunteer liaison between the IETF and Kaiser Permanente, Sutter Health, and the UC Davis Medical Center. Providers at those institutions refer patients to her for education and counseling. She has helped some 200 such ET sufferers and knows she can help more.

Paula's avocation is to put a public awareness spotlight on ET and to increase education about it. She wants people to know the symptoms of ET, how it manifests itself in the body, that ET can be misdiagnosed as PD, and that it is generally best diagnosed and treated by a neurologist, especially one specializing in movement disorders. Improved public awareness could help folks with ET to more comfortably dine out or enjoy a show, without finger pointing or stares.

Paula is a strong proponent of people doing their own research. Much information is available on the internet, where one can discover that the IETF serves as a repository of research and findings. The following are only a few of the differences between ET and PD:

PD tremor has higher amplitude, but lower, slower frequency than tremor in ET.

Tremor in PD is mostly found at rest, while in ET it is mostly found during action.

Family history is generally less than 10 % for PD sufferers, but over 50% for ET.

PD tremor usually starts on one side of the body, moves to the other, and remains asymmetrical. ET tremor is generally bilateral from the onset.

Drugs that treat one do not help the other, and even can be detrimental.

Paula also wants to help develop and provide tools to help those afflicted with ET. One concept is ET training for law enforcement. Officers continually encounter people in stressful situations, and would, hopefully, become aware that stress can worsen the symptoms of ET. There have been incidents, such as after a collision or traffic stop, in which ET patients were not able to effectively converse or to manipulate their purse, wallet or glove box in order to present their driver license, medical information card, and vehicle registration card. Such stress or anxiety related symptoms have led officers to believe ET sufferers were under the influence of drugs or alcohol or had other debilitating issues. She wants to pursue a uniform method of identification for ET sufferers and training for officers on how to ask for it. She will soon be establishing rapport with officials from the California Commission on Peace Officer Standards and Training, which regulates training throughout the state.

She can be a charmer, but one would be remiss to underestimate her dedication to her self-imposed obligations. Until there is a cure, at least there is Paula, and those with ET are better off for her labors.

Want to share your story or know a neighbor who should be recognized?

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★ RULES AND ENTRY FORM ★

1. **POETS WANTED!** 1st, 2nd, and 3rd place winners will be selected in each contest category.
2. The five (5) contest categories include the following: **Who Is The Most Important Person In My Life? What Treasure Would I Like To Discover? What Don't I Know About You That I Should? What Would I Do If I Ruled The World? Should We Be Thinking About Today Or Tomorrow?**
3. Poets may submit a maximum of three (3) poems. Select three (3) of the contest categories and submit one poem from each.
4. Poems may be in rhyme, free verse, Haiku, or other accepted poetry forms and of any length, up to a maximum of 60 lines.
5. Poems should be written in English. They should be typewritten and not centered (read left to right). Please use the Arial font 12-point. The title should be listed at the top of the poem and the category should be included at the top right corner of the poem page. The name of the poet should not be indicated on the poem.
6. **Young Poets**, 18-years of age or under, are encouraged to submit poems and will compete in a special "Young Poets" category. Young poets should follow the same rules as noted above. However, they should include their age, grade, and school on the Entry Form.
7. All poems must be submitted on hard copy to the address listed on the Entry Form below and must be received **no later than Saturday, July 20, 2019.**
8. Early submissions are appreciated. A separate Entry Form should be attached to the hard copy of each poem submitted. Duplication of the form is permitted. Questions—contact Alan Lowe at alowe@icloud.com
9. The top three winners in each category will be contacted by phone. Winners will be asked to submit their poems electronically, by email attachment. Winners will read their poems on **Sunday, October 13, 2019**, at the Voices of Lincoln event to be held from 3:00 to 5:30 p.m., Lincoln Public Library at Twelve Bridges (Willow Room), 485 Twelve Bridges Drive, Lincoln, CA. Winners also will be presented with a commemorative chapbook of the winning poems.

2019 VOICES OF LINCOLN POETRY CONTEST

ENTRY FORM

(One Per Poem – PLEASE PRINT)

Name: _____ Phone: _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

Young Poets Only--Age: _____ Grade: _____ School: _____

Contest Categories (Check appropriate category of poem submitted): Who Is The Most Important Person In My Life? What Treasure Would I Like To Discover? What Don't I Know About You That I Should? What Would I Do If I Ruled The World? Should We Be Thinking About Today Or Tomorrow?

Title of Poem Submitted: _____

Please insure that poems comply with all contest rules. No names should appear on the poems submitted. Include the title at the top of the poem. Place the category at the top right corner of the poem page. Use a paper clip to attach a copy of this Entry Form (cut along dotted line) to each poem submitted. Mail the poem to Voices of Lincoln Poetry Contest, c/o Alan Lowe, 1235 Picket Fence Lane, Lincoln, CA 95648. Poems must be received **no later than Saturday, July 20, 2019.** Early submissions are appreciated.

SCR Foundation

(cont' from page 1)

businesses who also deserve our gratitude are Bright Star Care; Electrick Motorsports; Gilchrist Golf Carts; Pelican Hauling and Junk Removal; and, Sun Oak Living.

We are very appreciative of the support provided by several of our Sun City Clubs and Groups. The Soccer Club, Boomers, Fine Arts Club, Sun City Garden Club, Golden Niners, Needle Arts, Pickleball Club, Sun City Singers, Sun City Roseville Tennis Club and the Veterans Club all donated generously to help guarantee a successful event.

Special individuals also donated generously and we thank them for their support. Helen and Coach Bisenius, Robert Eggerts and Carolyn and Lee Pittman provided donations that definitely helped the tournament succeed.

Keeping to the topic of enjoyable events meeting the social needs of our residents, August 11 is the date for the second annual Bingo! Event. The afternoon is an opportunity to enjoy friends and family as you hope to win cash prizes! If you are new to the event, the cost is \$20 for fifteen cards of six games plus \$2 for the final special game. If you feel up to the challenge of a lively pace, for just \$25 you can get two sets of game cards for one player, plus \$2 for the final game. Advance tickets will be sold on August 1 from 8:00am to noon during Courier Days. Players must be at least 18 years old. We invite you to join us!

Postage Stamp Group

BY TIM MILES

July meetings will be held on the second (July 11) and fourth (July 25) Thursdays at the Sun City Lodge meeting rooms (7050 Del Webb Blvd). Bring an "old" album to have it appraised and be prepared to be surprised at it's value. We also have a complete library of catalogs available for current values of all world stamps.

Usually just days prior to meeting time, Bob Simonoff sends out the previous minutes to all members so pay attention to them for hints on what is to be offered at the meeting.

...

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

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 Chairman, Phone: 916-573-1704 Ext: 0001. Email: semperfiassociation@gmail.com Web: www.semperfiassociation.org Marines and Navy Corpsmen especially invited. Hope to see you there.

Sons In Retirement Branch 13

Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its monthly luncheon on Tuesday, July 16 at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. A three course gourmet lunch costs \$20pp. Arrive at 11:30 AM; luncheon adjourns at 1:30 PM. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending the luncheon as a guest, please contact Chet Winton AT 916-408-8708.

Sons in Retirement Branch 98

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

Retired Law Enforcement

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

Parkinson's Support Group

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

4th Tuesday, 2:30 pm – 4:00 pm
Sierra Pointe Senior Living
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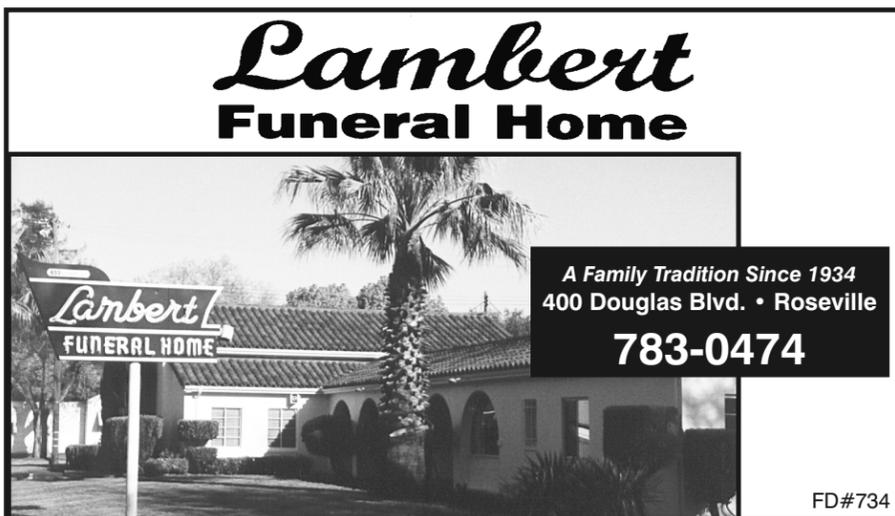
Contact for more information: Jim Morris 916-359-4859. Parkinson Association of Northern California: 916-357-6641

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.



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Golden Niners

BY RALPH FRIEND

To say the weather has warmed up is a gross understatement. It is “just plain hot”! With the hot weather comes the need to bring lots of water, sun block and a wide brimmed hat to the golf course. We enjoy the better weather, but we need to take precautions when it is hot!



Jerry Frederickson — “big money” winner for May.

The new year is here and dues are needed. The dues of \$35 need to be paid this month. Checks can be brought to the quarterly meeting on June 19th at 11:00 am at Sierra Pines. Tuesday mornings are busy at Sierra Pines. The Golden Niners play at 7:30 am and 10:00 am. The following members are the “big winners” for the month of May: Jerry Frederickson won \$41, Howard Sandler won \$23, Floyd Leitz won \$21, and Steve Schmidt won \$21. There were six others that were in the high teens! Overall there were seventy-five club winners with over \$860 in winnings. Come join the fun and become a “Golden Niner”. We always have a good time!

• • •

SCR Monday Morning Bowlers

BY OLGA WIDNES

The end of the season came up too fast. Last day of play was Monday, May 6 and we all celebrated at our banquet on Monday, May 13th at the Sierra Pines. Practically everyone who bowled won some kind of prize. Many of which are all coming back for the 2019/2020 season. The format is the same. Every Monday morning starting the Monday after Labor Day until 32 weeks later that will be some time in May, 2020. Time off will be around the Christmas Holiday and Thanksgiving. We will have our General Meeting sometime in August and I will contact all the captains. Those that have bowled this past season are too many to mention but as I said everyone won something. Thank you for your support and have a great summer.

• • •

Mah Jongg

BY CINDY FAULKNER

What a nice way to spend a spring day with a nice lunch and great Mah Jongg play. Thanks to our hosts, TM Lehman, Dora Dummert, and Lorie Schuermann, and Mary Hunter.

Dues will be collected in the card room for the start of the fiscal year of July 1. 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. Due remain at \$12 and must be paid by July 31 to be included in the members lunch on Friday August 23. This lunch is free to members 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 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.

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.

• • •

Bridge Club

BY SALLY GRAHAM

“Learning to play Bridge has been a life-changing experience.”

The above remark was overheard at the Club and Group Showcase last May. Naturally, I wanted to know more! This couple enrolled in the Beginning Bridge Class after their move to Sun City and enjoyed learning the basics of Bridge. During that time they began teaching their neighbors the basics too. Before they knew it, strong friendships were developing around the Bridge table. They were being intellectually challenged and having a lot of fun at the same time. So welcome to the game that has attracted players all over the world since the 18th Century when it began under the card game named “Whist.”

As outgoing President—thanks for the memories. It has truly been a joy and a privilege to work with my bridge friends who are among the finest people I have ever known. Thanks to our Vice President, Sue Tuana, who was always willing and able to step up when needed. Who knows better than Barbara Ohman, Pat Madden, Ann DeWitt, Susan Pankopf and Joan Donlon how to organize the best party luncheons of the year. Words are not adequate to properly thank our Treasurer, Dave Bucher, for keeping our financial records in pristine order. And thank you, Marilyn Cameron, for being the best scribe ever.

A Club is just a Club unless it has many unsung volunteers willing to go the extra mile for its members. Thank you, Jerry Cochran, Membership Chair, who keeps our membership roster in perfect condition. And to our special Courier writer, Jean Eccleston, who told our story so beautifully month after month. And are there enough words to adequately thank Arlene and Mike Coakley for all they do keeping the lines of communication open to all members.

And that’s a wrap!!

• • •

Bunco

BY PAT OBERLANDER

Winners for May 13
 Most Buncos: Geri Panyko
 Most Games: Joyce Sofranac
 Booby: Linda Solomon
 Winners for May 13
 Most Buncos: Bevis Metzler
 Most Games: Olive Wong, Linda Solomon
 Booby: Leslie Kapkin, Geri Panyko



Bunco Winners!



Independence Day is coming soon! Join us in asserting our independence from household drudgery 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 People

BY MARTIN GREEN

The My Pillow Man: If you watch television at all during the daytime then you've seen the My Pillow man as his commercials are so numerous you can't escape them. The My Pillow Man is a guy named Mike Lindell, whose My Pillow is supposed to guarantee a good night's sleep. Out of curiosity, I Googled Lindell and found that he'd been a drug addict and had lost his marriage, his house, and nearly the My Pillow business because of this. He's been clean since 2009 and his business is a success, making him enough money to pay for those endless commercials featuring himself.

All of this is to lead up to a suggestion. As you can tell from all those ads and articles promoting sleep aids, insomnia is widespread in the US, especially among us oldsters. One study says the cost of lost productivity is \$63.2 billion, which is quite a bit. So my suggestion is to have Mike Lindell send his My Pillow to everyone who has insomnia and if that works he will be a national hero and can retire, thus sparing us all of his commercials, so everyone wins.

Women in Charge: If nothing else, television is attuned to the fashion of the times so where women on TV shows were once, if you can remember that far back, wives, mothers, housewives, helpmates and the like. Women are now persons in authority, in power, and generally in charge of things. Thus, if it's a show set in a law office, the head of the firm is

likely to be a woman (as in *The Good Wife* and *Suits*). If a show is set in a hospital, the hospital administrator is a woman (*Chicago Med*). If it's a police or other law enforcement type show, the head officer is probably a woman (*Law and Order Sexual Victims Unit*, *FBI*, *The Rookie*). If in a military setting, the ranking officer is a woman (*The Code*). There've also been a few shows in which the President is a woman (sorry, Hillary) and there's *Madame Secretary*, about a woman Secretary of State, who's declared herself a candidate for President so if she wins I guess the show will have to be renamed *Madame President*.

Men with Beards: I don't know if this has anything to do with the above but I've noticed that it's almost mandatory now for any guy on television to have a beard; or, if not a beard, then at least a stubble. There's the guy on *NCIS-LA* who looks as if he's a homeless bum and didn't even bother to shave for his wedding. On the *Seal Team*, all the guys are of course have beards because they're Seals, but in the season finale they attend a service for another Seal and they all shave their beards so you can't recognize them. I assume that by the time the next season rolls around they'll all have beards again so viewers will know who they are.

Chicago, Chicago: Yes, it's a wonderful town; at least, TV thinks so because so many of its shows take place there. *ER* was in a Chicago hospital as was another early medical

show, *Chicago Hope*. The latest is that we now have one whole night (Wednesday) full of Chicago shows: *Chicago Med*, *Chicago Fire*, and *Chicago P.D.* This is courtesy of Dick Wolf, who earlier created *Law & Order* and *L&O SVU*, set in New York. *Chicago Med* isn't in the class with *ER* or *Chicago Hope* but is a standard hospital show with doctors having on-and-off feuds and relationships and cases that always develop complications but usually turn out okay in the end. Dick Wolf has found drama in the firehouse with the same back-and-forth relationships and any time the action drags there's a big fire and some character end up in the hospital in a life-or-death situation. The police show is pretty standard stuff but, being set in Chicago, there's a lot of dirty politics involved. And every season there's a cross-over among the shows to liven things up. They actually tried a fourth Chicago show, a law one, but it was a rare failure for Wolf. Still, I wouldn't be surprised to see them try for more; my leading candidates are *Chicago Street Cleaners* and *Chicago Garbagemen*.

Big Bang and Game of Thrones: these two shows are alike in only two ways; they were big hits and have just ended. The *Big Bang Theory* started way back in 2007 when George W. Bush was president and *Tweeting* hadn't been invented. It centered on four nerds---roommates Sheldon and Leonard, physicists, their friends Howard, an aerospace engineer, and Raj, an astrophysicist, plus Penny, definitely not a nerd, who moves in next door to Sheldon and Leonard. Much of the show's humor stems from Sheldon, who

has a stratospheric IQ but a social awareness IQ of zero. This makes him pretty obnoxious, but his very obtuseness somehow makes him kind of endearing. Leonard, who has to put up with Sheldon, is rewarded by getting to marry Penny, although I see it took nine seasons for this to happen. The writers were smart enough to introduce smart female characters into the show and Howard gets married, Raj gets some girlfriends and even Sheldon gets married, to Amy. I thought the finale was a good one; Sheldon and Amy win a Nobel prize and at the ceremony Sheldon, who's been pretty obnoxious, thanks his friends and Amy for putting up with him.

Beverly and I might be the only persons in the world who didn't watch *Game of Thrones*. As I recall, we did see the first couple of episodes but found them too violent and sexual. Sex and violence---say, can that be why the show was so successful? No, it must have been the underlying battle between good and evil or something like that. The plot seems to have centered on a bunch of different dynasties contending for the "Iron Throne" and during the course of the action a lot of different characters are killed off, always something to attract viewers, who'll keep watching to see who gets it next. At any rate, considering all the hoopla over this show I'll look for it on Netflix or someplace so I can watch it; no, not for the sex and violence, but so I'm not left out when intellectual discussions of the show come up.

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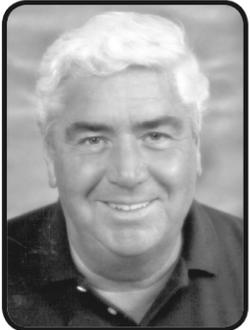
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