

SUN SENIOR NEWS

Your Community News Source — Serving Sun City Lincoln Hills — ONLINE AT: SUNSENIORNEWS.COM



IN THIS ISSUE

Letters to the Editors.....	3
Tap, Country Couples	4
From Your Placer County Supervisor	5
Line Dance, Mixed Media Arts	7
Painters', Needle Arts	7
Paper Arts, Photography,	9
Vintage Treasures, Writers	9
OC Book, Astronomy	10
Favorite Restaurants	11
Genealogy, Shalom Social, Singles.....	13
Lavender Friends, Travel.....	13
Italian, S.C.H.O.O.L.S.....	16 - 17
Apple User, Computer	17
Veterans, Bosom Buddies.....	18 - 19
Wise Aging, Alzheimer's/Dementia.....	19
Low Vision, Hearing Impaired	21
Amateur Radio, RV, RoadRuners, Sports Car	21
White Cane Day, Thoughts From Jack	22
Rods & Relics, Garden, Shooting.....	23
LTC New Season Opens.....	25
Postage Stamp, Shooting, Fishing, Bird.....	25 - 26
Hiking, Cyclists.....	27 - 28
Water Volleyball	29
Neighborhood Watch	31
Lincsters, Ladies Golf	32
Bulletin Board	33
The Spring Chicken.....	35
Out and About in Lincoln	35
Men's Golf, Coyotes Softball, Bocce	37
Pickleball, Table Tennis, Tennis, Billiards	40 - 41
Bowling, Cribbage, Duplicate Bridge	43
Friday Social Bridge.....	43
Observations on This and That.....	45
Classifieds.....	46 - 47

Chuck and Harriet Garland — Naturally Together

BY RUTH MORSE

Chuck and Harriet Garland have learned through a long life together how to focus both on their individual strengths and joint pursuits to fit together a satisfying life. Together since high school and having a relationship that spans six decades, Harriet is social and loves her community projects and social groups whereas Chuck enjoys time in the outdoors in nature fishing, tending orchards or working with a lathe to produce gorgeous wood pieces. They both love to entertain large groups of people at their home and have a love of the great outdoors stemming from their childhood in Salinas.

When Chuck and Harriet Garland moved to the Lincoln area from San Jose seventeen years ago, they thought they were moving to their “forever home.” They lived on ten acres located about eight miles outside of the city of Lincoln in a county area that at the time



Harriet and Chuck Garland

Photo by Jeff Andersen

required them to own at least ten acres of land. They loved it. They built their dream home at four thousand square feet because they enjoyed entertaining large groups. The couple made sure the house was one story and everything was handicapped accessible in case they needed it in the future. Five of the acres surrounding the house were landscaped

and the remaining acreage was planted with various trees to provide an oasis of changing colors. They also planted orchards of fruit, citrus and nut trees. Chuck did most of the work himself. However, they sold the property and moved to Lincoln Hills two and a half years ago because the maintenance of the property became too much for them.

In a way, the property they had outside of Lincoln was reminiscent of their childhood. They both grew up in agricultural Salinas and attended school together. They started dating in high school and married when they finished twelfth grade. This year they celebrate their fifty-ninth wedding anniversary and are looking forward to a cruise to Alaska in 2020 when they mark their sixty years of marriage. Chuck's parents worked at a processing plant in Salinas and the area
(cont' on page 39)

October Bingo — Beer, Bingo and Trick or Treat!

BY DENISE BOWDEN

October means that fall has truly arrived and preparation for the holidays is in full swing. The Lincoln Hills Foundation's October Bingo will be on Tuesday, October 29th in the OC ballroom. Rest up from Oktoberfest, get ready for Halloween and hit a jackpot because after this there is only one more chance in 2019.

Bring your usual crew or introduce newcomers to The Lincoln Hills Foundation. Tables for seven to ten players can be reserved in advance by sending an email to bingo@lincolnhillsfoundation.org. Keep in mind that unfilled seats at reserved tables are intended for all players to use making this a great opportunity to extend hospitality and make new friends.

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

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

As usual Meridians Restaurant will offer its tasty pre-game luncheon special. Print our complete 2019 Bingo schedule at our website www.lincolnhillsfoundation.org.

LH Community Chorus

BY BARRY MACKINTOSH

Tickets go on sale October 17 for “Music from Around the World,” our mostly Christmas concert on December 8-10. This annual Lincoln Hills tradition always fills the Ballroom, so don't put off getting yours (especially for those premium seats).



Chorus Chair Donna Wood and Director Paul Melkonian with other members before our season's first rehearsal.

Our concert title reflects the international and multicultural nature of what you'll hear this December. “An African Celebration” represents that continent, while “Christmas Kum Ba Ya” is based on an African-American spiritual. “One Light” celebrates Hanukkah, and “Irving Berlin's Christmas” is a medley of favorites by that great Jewish-American songwriter.

“Gloria in Excelsis Deo” is arranged from

music by the German master Johann Sebastian Bach, and “Et in Terra Pax” is taken from Italy's Antonio Vivaldi. Austrians Franz Gruber and Joseph Mohr gave us “Silent Night.” “Joy to the World” comes from Isaac Watts in England, “A La Nanita Nana” is Spanish, “Bring a Torch, Jeanette Isabella” is a French traditional carol, and “Sleigh Bells” is a Ukrainian folk tune.

Among other selections deserving special mention: “Christmas...In About Three Minutes” contains snippets of 22 carols from here and abroad, and “Zat You, Santa Claus?” is jazzy American fun. All this variety makes up a wonderful way to launch the holiday season. We know you'll love it!

For more about the Chorus visit our website, lincolnhillschorus.org. Contact our membership chair, Suzanne Rosevold, at 916-587-3035 or suzannechorus@gmail.com.

SCLH Ballroom Dance

BY RUTH WEHNER

I am realizing that summer is almost finished even though the weather hasn't received that same information yet. Oh well!

Moving on to October and the season of Fall, talking about it even sounds cooler. The special dance for this month is the Night Club Two Step and our instructors are Ed and Elaine. This dance is also known as the Two Step. Buddy Schwimmer and his sister, Laurie created the steps in the mid 1960's. It is often seen in the same dance venues as Swing and is an easy dance that almost anyone can learn, and
(cont' on page 4)

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Back issues are available to download there as well.

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SUBMISSIONS

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

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Letters to the Editors...

Authors are solely responsible for the content of their letters.

Readership who can relate

I was blown away by the Spring Chicken article last month on depression. Leslie Lafayette is a brilliant writer and I look forward every month to what she writes. It was incredibly brave of her to tackle this subject which is rarely discussed but she did it with sensitivity, honest personal input and covered many important points. I'm sure there are lots of people in your Lincoln Hills readership

who can relate. It wasn't the humor that often characterize her columns but she was able to show readers that what they are feeling is universally shared and acknowledge the painful reality of this difficult problem.

Sally Watkins

...

*Send your letters to the editor...
 Email to: egnews@egnews.com*

Neighborhood Watch Recruiting for Directors

If you would like to help your neighbors, love to work with people, and want to give back to your community we want you. Neighborhood Watch is alive and well in Sun City Lincoln Hills thanks to our vibrant volunteers, as noted in Kathy Gire's monthly articles in Sun Senior News. We are always looking for new volunteers. We are currently recruiting for directors.

but do not know what is involved, we provide plenty of individual support and training. We like to encourage mail box captains and coordinators to step up to director, but you do not have to be a captain or a coordinator to become a director. For more information, contact Barbara Branch, drbabsie@gmail.com or 916-543-8219.

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Lincoln Hills August Sales Snapshot

Address	Street	Sq Ft.	Price	Model
2309	Winding Way	1130	\$396,500	Sequoia
1605	Delta Wind Lane	1155	\$384,000	Sequoia
1410	Ivy Arbor Lane	1155	\$370,000	Sequoia
2043	Stonecrest Lane	1155	\$399,000	Sequoia
111	Ivy Arbor Lane	1161	\$385,000	Millpond
692	Wagon Wheel	1190	\$385,000	Calaveras
2607	Eagles Peak Ln	1190	\$389,000	Calaveras
485	Snapdragon Ln	1195	\$395,000	Calaveras
2255	Greystone Ln	1322	\$454,000	Bridgeway
1784	Emily Ln	1515	\$490,000	Pine Hill
2417	Winding Way	1515	\$460,000	Pine Hill
2489	Winding Way	1515	\$469,500	Pine Hill
240	Mountain Quail	1549	\$505,000	Alpine
2622	Warbler Ln	1549	\$559,000	Alpine
967	Gold Nugget	1705	\$535,000	Echo Ridge
1685	Mary Rose Ln	1791	\$529,000	Tahoe
2859	Blue Heron Ln	1795	\$487,000	Santa Cruz
443	Poppyfield Ct.	1808	\$430,000	Echo Ridge
2270	Longspur Ln	1860	\$584,000	Plumas
2205	Longspur Ln	1860	\$585,000	Plumas
1218	Perdita Ln	1873	\$503,000	Orchard Crest
421	Rustic Ranch	1967	\$479,750	El Dorado
661	Wagon Wheel	1967	\$549,900	El Dorado
404	Rustic Ranch	1967	\$540,000	El Dorado
111	Cinnamon Teal	1967	\$613,000	El Dorado
1234	Stone Hearth Ln	2073	\$747,500	Annadel
1769	Fallen Leaf Ln	2082	\$705,000	Fremont*
1695	Carnelian Ct	2240	\$890,000	Napa**
1933	Deep Springs Ln	2263	\$751,000	Shasta
1733	Avian Hill Pl	2264	\$730,000	Napa
106	Turtledove Ct.	2372	\$689,000	San Mateo
1009	Magnolia Ln	2382	\$725,000	Fremont*
1272	Segolily Ln	2831	\$933,000	Sonoma**/*
585	Rustic Ranch	2832	\$905,000	Sonoma**/*
300	Shadow lake	2955	\$775,000	Meadowgate**/*

Per Sacramento mls reported sales 8/1/19 - 8/31/19

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SCLH Ballroom Dance

(cont' from page 1)

adapts to any slow style of music, pop, country, etc. Originally, it was formed as a way of dancing to the popular



Mark Katzen and Renee Dvorak

slow ballads of the time. It still remains so for the same purpose today. It can be danced to nearly one third of all songs on the pop charts. Night Club is an interesting dance in that it is described as an "up-tempo" slow dance, assuming you can handle an oxymoron.

Speaking of October, it is not too early to begin thinking about who you might want to be for your costume at the Halloween Dance Party which is on Saturday, October 19 at Kilaga Lodge, Lincoln Room from 6:00 to 9:00 P.M. Of course there will be prizes for the best dressed man and woman. Fee is \$7 per person. Tickets will go on sale, Tuesday, September 24.

Please stop by and join us on Tuesday afternoons to practice your dance steps and/or learn some new moves. Non members are welcome to attend a couple of lessons before committing to join the club. Singles and couples are welcome.

Annual membership dues are a bargain at only \$7 per person and is open to S.C.L.H. residents, sponsored guests, couples, and

singles. Lessons are offered in the Kilaga Springs Lincoln room each Tuesday from 2:00 to 3:00 P.M. for beginners, and from 4:00 to 5:00 for more experienced dancers. Open dance is from 3:00 to 4:00 during which you can practice the many different styles of dance, including the current month's offering. Contact Ruth Algeri 916-408-4752

...

Tap Company

BY LOUISE SEIDENVERG

We're excited to announce the 2020 Tap Show is scheduled for April 3rd, 4th, 5th. The show will be co-directed by Becky Nicholism and Carol Rose. It will be a dinner show, with a one hour variety show emphasizing dance. Auditions for singers and dancers will be scheduled at the end of October. Stay tuned for further details in the coming months.

The Tap Company will perform a tap dance, Hot Honey Rag at the 20th Anniversary show on October 25th.

We swung into a full schedule of tap classes. Whether you're new or a return tapper, there is a place for you. Check it out!

...

Country Couples

BY IRENE HESSON

Move over summer, fall has arrived! Everyone is winding up their summer vacation plans and are now enjoying the cooler temperatures and the anticipation of the

(cont' on page 7)



Leave behind more than just memories.

Leave behind detailed plans.

Let us assist you in finding the best options and plans to give both you and your family peace of mind.

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From Your Placer County Supervisor

BY ROBERT M. WEYGANDT, *Supervisor*



Robert M. Weygandt

Placer County taking action on affordable housing crisis

I believe part of the job of local government is to foster healthy communities. And a piece of that is having a diverse mix of housing types available to residents.

I am encouraged to share that Placer County is aiming to increase the affordable housing supply in order to ensure that residents from a variety of income levels can enjoy all that our communities have to offer.

There are opportunities for community members to help shape the future of housing in Placer, as well. More on that in a moment.

Many California cities and counties have been plagued by the ongoing housing crisis.

Unfortunately, Placer County isn't immune.

The number of affordable housing units being built continues to lag behind demand, despite our efforts to partner with various stakeholders to bring forward several affordable and workforce housing projects.

Did you know that more than 79% of extremely low income households in Placer are paying over half of their income on housing costs?

Last month, my fellow Placer County

Supervisors and I approved a series of new initiatives aimed at kick starting the construction of 2,640 new affordable homes over the next 20 years.

Our new housing goal is to eventually ensure that 10% of all housing built in unincorporated areas of the county is affordable.

Placer County doesn't build housing, however - we need to rely on private industry to do that. But we can help make it a bit less burdensome for developers to build the housing our community needs. In the case of affordable housing developments specifically - those that offer units at below-market rates to those within certain income ranges - the county often needs to assist with funding to help the project be financially feasible.

Our initial efforts will be focused on meeting the housing needs of Placer residents facing the highest cost burden for housing; representing about 5% of the current housing stock of 40,886 units in unincorporated areas of the county.

To help accelerate housing construction, we plan to start a new pilot program with \$500,000 as seed money from the county general fund, then ramp up annual funding from a variety of sources, to \$2.39 million a year as resources become available.

As part of our funding efforts, we've also directed county staff to work with stakeholders to consider creation of a new private housing trust to provide another stream of funding for affordable housing projects. Placer already manages a public housing trust, filled by impact fees paid by developers. A private trust would offer more flexibility to accept and incentivize private donations and fewer restrictions on the use of funds, providing more opportunities for the private sector to contribute to housing solutions.

Placer is proposing updates to county code, too, to help boost the mix and supply of housing.

Through these updates, we are looking to encourage more 'town center' type live-work communities, as well as cottage housing, co-housing and open space-oriented communities.

Acknowledging a growing interest in tiny houses (homes smaller than 450 square feet) staff is also proposing new rules that would define where and how they can be built.

Placer already allows tiny houses on fixed foundations. In these updates, the proposal could allow tiny houses on wheels as primary or secondary dwelling units, or as part of tiny house communities.

Our planners have some great ideas worth your consideration; now we need your feedback to make sure that what's being proposed works in harmony with our existing communities.

A community meeting to solicit input

on this issue was held Sept. 18 in Auburn. Don't worry if you weren't able to attend the meeting, though.

It's just the first of many planned community input opportunities before the proposed changes are brought before the Placer County Planning Commission and Board of Supervisors for consideration, expected next summer.

Stay tuned for more information as affordable housing news develops, and subscribe to our Placer County weekly newsletter for the latest news and information about housing and other topics at placer.ca.gov/subscribe.

Lincoln Police Department Volunteer Program — Patrol

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

This ongoing recruiting effort is for those individuals who would like to volunteer for the Patrol Function (vehicle patrol, "eyes and ears") in the community.

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

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

Lincoln Theatre Company presents

The funniest murder mystery of the year!

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While the author writes a murder story in an old mansion, a weird electrical storm brings all the usual characters to life. They've all been through this before and have developed a sense of humor about their roles. All is solved ingeniously with romance, suspense and cosmic wit.

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Country Couples

(cont' from page 4)

upcoming holidays and dances. We began this season with our, "Under The Tuscan Moon" dance, held on September 28 at Kilaga Springs Lodge. Our Holiday dance, the last of seven this year, is scheduled for December 4; theme to be determined. We hope to see all our club members participate in this dance so we can finish another exciting year together.

In mid-October, thirty four of our members will be cruising together on the Princess Grand, sailing to Astoria, OR; Seattle, WA; Victoria and Vancouver, BC. Just imagine a seven day pajama party with your friends, except everyone has their own bedroom in which to retire and we will be dressed in fancier clothes. You can be sure there will be lots of country dancing, socializing and card playing while on board as well, not to mention the endless food, shows and excursions Princess provides. I always say, it's the people that make the party!

One question I'm always asked, "How do I join Country Couples Club?" If you already know some of our country dances, give us a call and you can become a member anytime for just \$6/person per year. What a deal!

If you don't know any of our dances, simply sign up for Country Couples lessons at either Activities Desk. Find us under the "Lifestyle Classes" section of your Compass magazine. No classes in December. You haven't retired yet? No problem, classes don't start until 7:00 PM on Monday nights. Our dance style is choreographed country waltz, chacha, rhumba, etc. New resident? Welcome! This is a great place to meet new friends.

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

LH Line Dance Group

BY JUNE WILLIS

Our Line Dance Group was asked to join the New Resident Orientation to present what our group might offer to new residents. On September 12, new residents headed over to the Orchard Creek ballroom to find out all the wonderful things that are in store for them. Our community offers a myriad of clubs and opportunities and Line Dance is just one of them. Several new residents stopped by our table and asked questions about how to sign



New resident, Sara Vega, signing up for line dance class.

up and if they needed any prior experience. No experience is needed as we offer an "Absolute Beginner" class as well as classes for more seasoned dancers. We hope that our new residents will join us as Line Dance has proven to be great exercise for both body and mind. We also host three dance socials a year, and the next social will be held on Monday, December 2, at 5:00 PM at Kilaga Springs. Tickets will be sold during classes beginning in early November. So whether you are a new resident or have been lucky enough to have lived here a bit longer, please check the Compass for dates and times of line dance classes and join us!

Mixed Media Club

BY JILL SHORT

Our Club was invited to participate in the New Resident Orientation on September 12. Our President Nan Griffin and I brought samples of mixed media projects and were ready to talk to new residents. It was a great opportunity to encourage new people to come



Nan is ready for the New Resident Orientation.

by our club and check us out.

Don't forget to pay your yearly dues of \$15 at our next meeting if you have not done so. We always love new people and welcome you to join us the 3rd Wednesday of each month at 1:00 PM in the Ceramics Room (OC).

This month our meeting is October 16. Kerry Dahlin will be our guest speaker. She will have a super fun collage exercise. Kerry's list of what to bring is as follows: the basic tool kit (specifically scissors and glue stick), black gesso or acrylic paint (plus any other colors you might want), a journaling pen (black and/or white) and a magazine to pull images from (according to the "prompts" she gives). Kerry teaches the Mixed Media Art Journaling class twice a month at Sun City. Check out the class in the Compass. It is such a fun class and a positive place to learn techniques. You don't have to be an artist to take the class. Those of us who take the class look at it as a great time for playing, creating, laughing, and a time of sheer enjoyment.

If you are curious about what we do, drop by our club meeting. We would love to show you. You can also come into the Art Journaling class the second and fourth Tuesday in the Fine Arts room (OC) at 9:00 - noon and check out what is done in class. We are always learning something new and fun in the class. You do not have to take the class to join our club. In fact, some members don't take it. But those of us in the club that also take the class really love every moment of Kerry's Art Journaling class.

"Painting is just another way of keeping a diary." Pablo Picasso

LH Painters' Club

BY JOYCE BISBEE

Our meeting on October 15th will feature a return visit to Lincoln Hills from Cynthia Charters, retired UC Davis art professor. Cynthia was also the judge for the 2019 Fine Arts Show last February.

Want to show your work locally? Hope you responded to the recent "Call to Artists" for the Open Members Show at Buonarroti Ristorante in Lincoln. The show will run from mid October until December so show something bright and seasonal!

Program chair Margot Comer is hard at work recruiting professional artists for our meetings in 2020. Thank you Margot for your efforts, which is much appreciated.



Artist Dale Laitenen demonstrating at our July meeting.

Our Plein air group, led by Jim Brunk, enjoys painting every Thursday in and around the Lincoln area. Artists get to paint and photograph as well as learn the local history. Thank you Jim for taking the time to research where and when to go! If you attend our 30 minute social hour before our general meetings you can meet Jim in person and maybe join the group on their next outing. Be sure to wear your name badges!

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

Needle Arts Club

BY JILL SHORT

October is here and it is a great time to work on fall and holiday projects. Finish the projects ladies, and share them at our meetings. Needle Arts General Meetings are held the 2nd Tuesday of the month at 1:00 PM in P-Hall (KS). On September 10 we were excited to welcome seven new members at the meeting. The September speaker, Lorna from Zombie Yarns, shared her hand dyed yarns, fabrics and clothing. She brought prizes that she hid under three seats. Lorna called these "zombie balls." They looked like huge pom poms. Linda Moran found a creative use for hers as a lovely ear adornment. As an added bonus, Golden Valley Quilt Guild sold tickets to win their beautiful opportunity quilt, "Agean Sea". The winner will be selected at their December Holiday Luncheon. We had some lovely pieces that our members shared at show and tell time. The final excitement of our meeting was the drawing for a \$25 SCLH gift card. All paid members got a ticket for the drawing. Make sure you come to the General Meetings and get a ticket for the drawing each month.

October 8, 2019 - a Wearable Arts Fashion Show will feature members of the "We Have

(cont' on page 9)

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Tiburon Model w/Hobby Room on
Golf Course View
Offered at \$859,000



1136 Magnolia Lane
Meadowgate Model w/Golf Cart
Garage
Offered at \$729,000



141 Coach Light Lane
Alpine Model
Offered at \$459,000



227 Bloomfield Court
Lassen Model on Open Space Lot
Offered at \$455,000



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Needle Arts Club

(cont' from page 7)

Art to Wear” (WHATW). Members will model and show items that they have created. They will model one item and plus they will carry outfits. The creator will describe the outfit, the techniques used and answer any questions. Our meeting will be showcased as part of the LHSC 20th Anniversary Activities. We encourage our members to bring show and tell to this meeting so visitors will see what we do. Don't be late for this meeting.



Getting to know people at our workshops is fun.

The window outside the sewing room always has wonderful projects to look at. It changes every month. Judy Horwitz has done a phenomenal job decorating the window with various themed Needle Arts projects.

As a reminder the Needle Arts President, Jean Storms will keep members updated on the status of the Sewing Room Expansion Project through emails and at meetings.

Save the date for the Needle Arts Holiday Luncheon, “Light Up Your Holidays” on WEDNESDAY December 11, 2019; doors will open at 11:30 am at the Orchard Creek Ballroom. We will have more information and a reservation form coming soon for this fun event.

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

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Paper Arts Club

BY LINDA LUCCHETTI

“Christmas in September” was not only a hit, but also a good start to our holiday cardmaking. Thank you Mina Bahan for leading the project; we made three cheerful and colorful Christmas cards.



Mary and Jan at “Christmas in September.”

As we close the remainder of the year, there are many events planned. Demo Day returns in October. Thank you Donna Tewart for ‘taking up the mantle’ and organizing this event which has become a hallmark of the club. Demo Day not only offers creative ideas, but showcases the talents of many of our members who demonstrate either new or established techniques.

On November 1, there will be a bus trip to the Stamp & Scrapbook Expo at Cal Expo in Sacramento. Check the Compass for sign-up, cost, and cut-off information.

At our November meeting, we'll be busy making decorations for our annual holiday party in December. As the saying goes, “It takes a village...” In our case, it takes the many hands of our membership to make the beautiful table decorations we display and enjoy each year at our luncheon. (More information to come.)

Our next Open Lab for members only is scheduled for October 17 from 9:00 AM to 12:00 PM at Kilaga Springs. At this time, we'll also be having a “mini social” with juice and muffins for members. The Open Lab has been a real success. Stop by and see for yourself, if you haven't already. Work on a project, use some crafting tools you may not have at home, or check out what fellow members are working on. It's a relaxing time for camaraderie and

creativity.

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

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LH Photography Club

BY DIANE MARGETTS

At our September General Meeting, we explored the many elements that go into photographing a “WOW” image under the guidance of Truman Holtzclaw, one of our own outstanding photographers. Truman took us through some of the many elements that go into a great photograph such as lighting, composition, color, emotion, opportunity, planning and luck. Most of these elements are easily accessible to photographers of all skill levels.

As usual, the summer has been jumping with field trip opportunities. Recent and upcoming trips include ‘new moon’ Galaxy opportunities—the final for the year being the end of October. Early September featured the Reno Hot Air Balloon Races. Upcoming trips also include eastern Sierras and Lake Tahoe.

Congratulations go out Bob Baikauskas for winning ‘Best of Show’ at the Art League of Lincoln Members’ Show. His stunning photo, ‘Hope Valley Sunset’ is featured on our website. It definitely meets the criteria of a ‘WOW’ image.

As always, exhibit options abound. Sixteen members displayed their excellent work at the coveted Orchard Creek Rotunda during September, while the Kilaga Springs Spa will continue to feature members images through November. The Simple Pleasures winter exhibit will run for four months beginning in January.

The Learning SIG resumed with a refresher on composition—one of the important WOW elements. Upcoming workshops will include a look at cell phone photography. The Enhancement SIG is returning to the popular Photo Challenge. The three photo challenge images can be downloaded from our website. The Photo Challenge is a hands-on chance to hone your photo editing skills.

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

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Vintage Treasures

BY ELLEN STEELE

The November 4 program will start off with one of our longstanding members sharing her collection of Smoking related items. Members are asked to join in with any items, fifty years or older, related to smoking. Members may share five or more items. Examples could be match books, cigarette lighters, ashtrays, cigar cutters, pipes, humidors, tobacco pouches, match safes or advertisements from old magazines. The smoking of yesterday encircled a different world of romance, coming of age, the movies. Come for a morning of sharing that long ago world!

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

Contact: Pat LePage 916-543-9564
jlepage2396@gmail.com

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Writers Group

BY ANDY DEXTER

Spring is sprung, Summer is over, Fall is falling and we are looking forward to the cool days of winter. The cool, hopefully wet weather coming will have us doing more inside activities and writing is a good mental exercise. When I retired I was told to keep my brain perking along, I needed to be doing three things each day, reading a book, working a puzzle and learning something new. Now is a good time to learn how to write your jokes, memories, or recording your family history.

The Writers Group welcomes new members, we can help you get started and would enjoy hearing your stories. We meet the 2nd, 4th and 5th Monday of each month in the Ceramics Room of the Orchard Creek Lodge. See you there.

Andy: 707-2224-7508 or mcpodexter@gmail.com

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(more Club News cont' on page 10)

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(Proceeds from the Faire to go Women's Ministry charities)

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OC Book Club

BY CATHIE SZABO

“Tea reminds us to slow down and escape the pressures of modern life” – Lisa See

So true, so true. While we all gulp down coffee in the morning to recharge us for the day ahead, it’s hard to imagine doing the same with a cup of tea. A cup of tea conjures up lingering warmth, daydreams, visits with friends and comfort. So how does this fit in with *The Tea Girl of Hummingbird Lane*?

In a novel bound up with the cycle of tea farming, a woman and her illegitimate daughter are separated and live different lives. Yet each finds herself drawn to tea and the familial connections that this culture means to mother and daughter. A study of a people and a culture intertwined with the eternal family bonds.

Read the book, come to our October meeting, join the discussion. Or come to the meeting to find out just what happens—it might trigger your curiosity about reading the book.

Our meetings take place on the third Thursday of the month at 1 pm in the Multi-Purpose room of OC. New members are always welcome and we encourage all to propose book titles for the following year. We will be voting for 2020’s books in November, so October’s meeting is the last chance to put forward your favorite titles.

Our book schedule for the few remaining months of 2019:

November – *The Woman in the Window* by A. J. Finn (and voting on selections for 2020)

December – Holiday Luncheon
For further information about the OC book club, contact Maureen Deal at modeal2010@gmail.com, Joanne Johnson Felt at ivyborcourt@aol.com, or Cathie Szabo at catsickle@gmail.com.

Astronomy Group

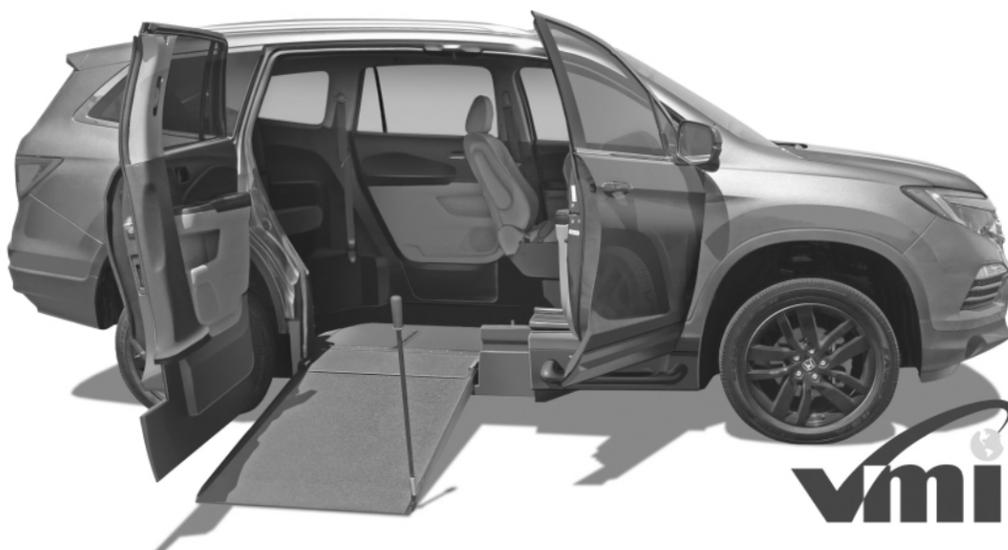
BY BILL WEAVER

On October 2 at 6:45 pm, Dr. Lawrence Lapin will speak on space threats and planet security at Kilaga Springs, Presentation Hall. As Dr. Lawrence states: “Presently, little is being done to actively prevent a space object from hitting Earth. Tracking is done mainly of large asteroids and other big objects whose trajectories follow wide orbits about the Sun. Many surprise objects are seen, but they would all be unstoppable under our current lack of readiness.”

The Cosmology Interest Group will present the final two sessions in the Radio Astronomy series. This session will be held on Monday October 21 in the Fine Arts room at Orchard Creek Lodge beginning at 6:45 pm.

#23 Interstellar Chemistry and Life: Interstellar clouds favor formation of carbon-based molecules over any other kind—not at all what statistical models predicted. In fact, interstellar clouds contain a profusion of chemicals similar to those that occur naturally on Earth. If planets are formed in this rich soup of organic molecules, is it possible life does

(cont’ on page 13)



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Favorite Restaurants

BY MARTIN GREEN



Our area is blessed with a number of very good breakfast/lunch eating places. Marilyn Ruxin has found another one. She e-mailed: "Just returned from Bounty Hunters Café at 406 Vernon Street. I cannot tell you how delicious my hamburger was. It was \$5.50 and HUGE. They have salads, sandwiches, soups, homemade donuts, potato tots and a huge array of coffees, both hot and cold.

To add to that the manager cannot do enough for you. It isn't a large place, but between the amazing food, service and attitude, it is definitely worth the trip. If you look at the Roseville post office, it's to the left and almost across the street from the Tower Theater.

Their hours are: 7:30 am-3 pm M-F and 8:00 am-1:00 pm Sat. They are also open when Old Roseville has their weeknight festivities. To see their menu go to: BountyHuntersCafe.com. They make you feel like family. Tele: 916-772-0406.

Marilyn has provided all of the essential information about Bounty Hunters and added that it seats between 25 and 30 persons. As she suggested, I went to their website to see their menu. If you like doughnuts for breakfast you can get six mini-donuts for \$3, 12 for \$5 or a bucketful for \$12. Or you can have a breakfast burrito. For lunch, there are soups and salads. "Main dishes" include teriyaki chicken sando,

bbq chicken sando, Bounty burger, pulled pork sliders, chicken teriyaki wrap, buffalo wings and Bounty rib basket. All of these are at a reasonable price. The real bargains are the Bounty boxes for \$9.99, which include the same items plus a side and a soda. There's also a tri-tip box for \$10.50 on Tuesdays.

Beverly recently went with one of her groups to another long-time breakfast/lunch place in downtown Roseville, the Pacific Street Café at 301 Lincoln Street. First, she said that Lincoln is a busy street and they were lucky that someone pulled out so they could get a parking space. In the restaurant, Beverly had the short stack of pancakes, plus two eggs and two bacon strips, crisp as she likes them. Betty had the blueberry pancakes. Sue got the vegetable omelet with home fried potatoes and toast. Georgia had the chicken salad sandwich with cole slaw. Modesta also had the short stack of pancakes. Cali got the lunch, chicken breast with mashed potatoes, beans and a loaf of bread. Carol had bacon, eggs and toast. Everyone liked her meal, breakfast or lunch.

As can be seen, the Pacific Street Café offers a large variety of breakfast and lunch dishes. Breakfasts, which are served all day, include eggs benedict; three-egg omelet; scrambled eggs and diced ham; bacon or sausage or ham and eggs; a breakfast burrito; pancakes, waffles and French toast. You can also get a blueberry muffin or a cinnamon roll. Lunch favorites include teriyake or bbq chicken, grilled salmon, ham plate, lasagna, jumbo shrimp, meatball sandwich, hot turkey and hot roast beef sandwiches. There are also

gourmet sandwiches (Philly steak, French dip and tri-tip) and burgers. And you can get a milk shake.

The Pacific Street Café started way back in 1990 and has been a Roseville institution ever since. It's open daily 7 AM-3 PM. The phone number is 916-782-5673. Beverly wanted me to remind you to pull the chain for the whistle of the toy train that circles the room.

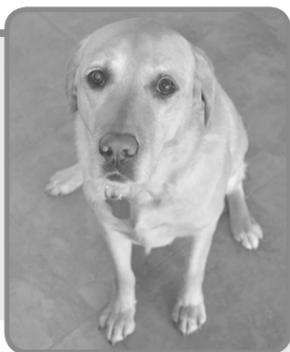
As it happens, shortly after Beverly's lunch at the Pacific Street Café we had a family lunch at another breakfast/lunch place, Four Sisters Café, on Fairway Drive. This seemed appropriate as the sisters, if I remember correctly, started in the restaurant business at the Pacific Street Café. "Favorite Restaurants" readers know the it was the sisters' dream to have their own restaurant and that Four Sisters has been a resounding success. This being the case we tried for a reservation for Saturday at 1:30 for eight, but learned that, although you can make reservations on weekdays, they don't take reservations on weekends. We were lucky to have only a short wait before being seated at our table for eight and even a longer wait would have been worth it.

The Four Sisters menu covers just about all of the usual breakfast and lunch choices, plus a few more. Breakfast includes eggs prepared in many ways, omelettes, eggs benedicts, breakfast sandwiches and burritos, pancakes, waffles and French toast and biscuits and cereals. Lunch includes a variety of sandwiches such as cold turkey, tuna salad, tuna melt, bbq chicken and French dip, burgers, soups and salads and combos. Beverly had her usual omelette and

I opted for the California Benedict. I don't remember what the rest of our family had but everyone was satisfied. The service, as always, was very good. Afterwards, I talked to one of the sisters, Tricia (hope I have her name right) and she said there was nothing really new to report about the restaurant; they were just continuing to provide good food and service to the community. Four Sisters has been there since 2012; hard to believe it's been that long. The address is 9050 Fairway Drive and the phone number is 916-797-0770. One last thing, hours are 6:30 am-3 pm daily. If it's a weekday, you can call for a reservation.

After I'd written all of the above about breakfast/lunch places I received an e-mail from Gordon Badovick about a different kind of restaurant. He wrote: "My wife and I just discovered a new restaurant which opened in Roseville around the end of July. It is called Florentine Trattoria and it is located at 10505 Fairway Drive. Telephone number 916-299-5195. They moved into the space where Johnny Garlic's used to be. Apparently the original Florentine Trattoria is located in Saratoga, CA and Roseville is their 2nd location. On their menu they state "not the newest or fanciest but the best Italian restaurant in your neighborhood." After trying them out my wife and I think they are a great addition to the few Italian restaurants available, especially in west Roseville."

I'll have the rest of Gordon's e-mail and a review of Florentine Trattoria next month. I hope to hear about other restaurants; please e-mail me at mgreensuncity@yahoo.com



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Astronomy Group

(cont' from page 10)

not have to start from scratch on each planet?

#24 The Future of Radio Astronomy: Learn about the newest radio telescopes and the exhilarating questions they plan to address: Did life begin in space? What is dark matter? And a new question that has just arisen in the past few years: What are fast radio bursts? No matter how powerful these new telescopes are, radio astronomers will continue pushing the limits to tell us more and more about the universe that is our home.

For interest in attending, contact Morey Lewis mlewis_cc@sbcglobal.net for more information.

The Telescope Interest Group: There is no star party scheduled for the month of October bobpcoll@community.net for more information.

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

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Genealogy Club

BY DR. BARBARA BRANCH

The next Genealogy Club presentation will be held on October 21st, 6:30 – 8:30 PM in P-Hall (KS). Our presenter, Jim Baker, is addressing “GEDMATCH” a basic introduction to GEDMATCH/GENESIS, an outstanding 3rd party tool that has several features that are essential to DNA analysts. Case studies are used to illustrate the use of GEDMATCH’s most valuable features: the “one-to-many” and “one-to-one” match comparisons, the people who match on two kits, and the 3-D chromosome browser.

Members should come a few minutes early to check in and receive a door prize ticket for a digital scanner. After the meeting refreshments will be served across the hall and you will have a chance to network with others who share your interests.

The Genealogy Club will hold a workshop, “Introduction to DNA” on November 4th from 6:30 -8:30 pm in Orchard Creek Fine Arts Room. You must be a member to attend, so join Genealogy Club for only \$20/year to have access to this valuable workshop. You can apply

for membership from our website or attend our speaker night and join there.

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

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Shalom Social Group

BY JUDY GANULIN

The Shalom Social Group has had several successes lately. Our Men’s Club Bagel Talk was a big hit. Members attending our general membership meeting heard an informative presentation by the City of Lincoln Planning Director, Steve Prosser. Donna Krasnow, one of our own members, will give a presentation on Israeli dance at the upcoming Women Together gathering on September 25. We are looking forward to, and starting to plan, our 20th anniversary event, scheduled for next spring. We focus on Jewish culture, food and topics of interest, but membership is open to all. For more information contact Joanne Levy, 508-333-8590

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Singles Club

BY SUSAN FOSTER-PLATT

On Sunday, September 1st, we will start the month with our Birthday Celebration. Join us at 4:00 PM in the Sports Bar at Orchard Creek. A free drink is yours, if September is your birthday month. Then, we will meet at 4:30 PM on Thursday, September 5th at Buonarrotti’s in Lincoln for Cocktail Time.

Tuesday, September 10th is our Activities Meeting, which will be held in the Ceramics Room at Orchard Creek. Come to this meeting at 4:30 PM to see how we plan our future events for the group. We always welcome your suggestions for new activities for the Singles!

After a short business meeting on Thursday, September 12th we will be enjoying several fun games of trivia. This is a favorite of everyone! Join us at 6:00 PM in the Ballroom at Orchard Creek. A no-host bar and great prizes for the winners of the trivia games insure a fun evening for all. Saturday, September 14th at 9:00 AM is our second Saturday breakfast. Join us the Sports Bar to kick off your weekend! Wonderful food and good conversation with friends are the best ways to start the day!

Carpool and travel with your friends at

4:30 PM on Thursday, September 19th to L.Z. Dog in Roseville. Call Sue Ereno at 916-409-5943 to reserve your spot for this dinner. You will enjoy a great meal and friends, when you join us for this one!

Thursday, September 26th is a very special day for our Club. The day starts with a Bocce Ball Tournament at the Sports Court at 9:30 AM. You need to sign up with Dennis Beldon or Susan Platt to reserve your spot in the tournament. At 5:00 PM, we will be celebrating the winners of the tournament at the Sports Pavillion with a Mexican Fiesta Dinner and Dance. Fantastic prizes will be awarded to the winners of the Tournament! Call Kathy at 916-209-3307 or Susan at 916-397-0850 to purchase tickets for the Dinner/Dance. Tickets are only \$15.00 for members and \$20.00 for guests.

Weekly activities include: On Wednesday’s we play Bocce Ball at 3:00 PM at the Sports Court. Friday is Singles Golf Day. Please contact Bill at ca.billbrown@yahoo.com for locations and more information.

Does all of this sound like fun? Would you like to join our group? Check the cubbies at the main entrance to Orchard Creek and pick up our 3-month calendar of events and membership form. We look forward to welcoming you to the SCLH Singles. Join us for the rest of our 2019 events. You will be glad that you did!

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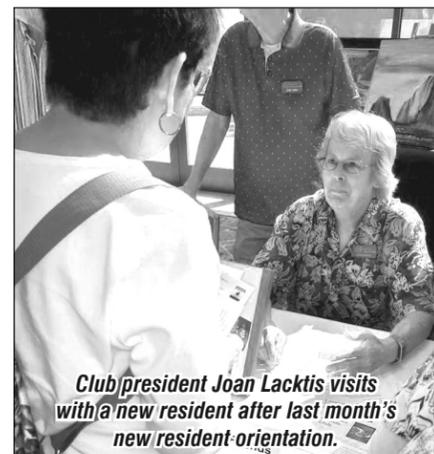
Lavender Friends

BY SANDI DOLBEE

Awhile back, our club was fielding a team for the weekly trivia game at Meridians’ Sports Bar when we were asked if we were called “Lavender” Friends because we collected lavender. Not exactly, was part of our answer.

Last month, a new resident attending a meet-and-greet of some of the clubs at Lincoln Hills also asked about our name. Why the color lavender? Club president Joan Lacktis answered with her usual aplomb: it’s because lavender is the color that has been historically associated with the LGBT community.

The meet-and-greet, which was held in the hallway outside the Orchard Creek ballroom, where a new member orientation had just concluded, is designed as a way of introducing a sampling of the clubs and activities offered in Lincoln Hills to the newbies (besides us, the sampling ranged from line dancing to painting



Club president Joan Lacktis visits with a new resident after last month’s new resident orientation.

to Neighborhood Watch).

At our section, we offered flyers that explained who we were: “a group of lesbians, gays, bisexuals, transgendered and those in friendship” who live here. We also reported that “our primary goal is to create, and sponsor social gatherings and events that will appeal to the broad base of our members who enjoy getting together with others and sharing quality time and their experiences.” And we invited folks to visit our website for details and a calendar of events: www.lavenderfriends.com.

Among the passersby who stopped to chat was a new resident who actually joined the club as soon as she bought her house and another new resident who said she planned to join soon.

• • •

LH Travel Group

BY TEENA FOWLER

We will not meet this month. The next meeting is on Thursday, January 23rd in the Kilaga Springs Kitchen at 6:00 PM. Collette’s Jay Fehan will present visuals and information about Collette trips being offered through our Travel Group. Our committee will present information about the other trips listed below.

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

www.LincolnHillsTravelGroup.com
Paul Gaugin Tahiti & The Society Islands 7-day Cruise (Oct 11-20, 2019 (Louise)
Papeete to Papeete, Bora Bora, Moorea, Huahine, Taha’a

(cont’ on page 16)



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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
15 DAY HAWAII from SFO! Princess Grand Princess ~ 2600 Passengers	Nov 3, 2019	\$1,199	\$1,299	\$1,899
	Dec 3, 2019	\$1,231	\$1,349	\$1,739
	Dec 28, 2019	\$1,149	\$1,249	\$2,099
	Jan 27, 2020	\$1,199	\$1,329	\$2,099
	Feb 21, 2020	\$1,269	\$1,379	\$2,089
	Mar 7, 2020	\$1,299	\$1,437	\$2,139
	Apr 20, 2020	\$1,249	\$1,349	\$2,149
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California.		*ROUND TRIP LINCOLN SHUTTLE TO SHIP!		
10 DAY ALASKA From SFO! Princess Star Princess ~ 2600 Passengers	May 23, 2020	\$1,199	\$1,309	\$1,799
	Jun 22, 2020	\$1,299	\$1,499	\$2,099
	Jul 2, 2020	\$1,399	\$1,499	\$2,199
	Aug 11, 2020	\$1,199	\$1,299	\$2,099
Sail round trip from San Francisco, California to Juneau, Alaska; Skagway, Alaska; Hubbard Glacier, Alaska; Ketchikan, Alaska; Victoria, BC, Canada; San Francisco, California.		*ROUND TRIP LINCOLN SHUTTLE TO SHIP!		
7 DAY CA Coastal from SFO! Princess Grand Princess ~ 2600 Passengers	Oct 13, 2019	\$915	\$999	\$1,799
	Oct 20, 2019	\$849	\$949	\$1,799
	Mar 29, 2020	\$999	\$1,099	\$1,599
Sail round trip from San Francisco, California to Astoria, Oregon; Seattle, Washington; Vancouver, BC, Canada; Victoria, BC, Canada; San Francisco, California.		*ROUND TRIP LINCOLN SHUTTLE TO SHIP!		
10 DAY MEXICO From SFO! Princess Grand Princess ~ 2600 Passengers	Dec 18, 2019	\$789	\$889	\$1,199
	Jan 18, 2020	\$599	N/A	\$749
Sail round trip from San Francisco, California to Puerto Vallarta, Mexico; Manzanillo, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California.		*ROUND TRIP LINCOLN SHUTTLE TO SHIP!		
15 DAY PANAMA CANAL Princess Coral Princess ~ 2000 Passengers	Nov 17, 2019	\$2,699	\$3,099	\$3,899
Sail from San Francisco, California to Fort Lauderdale, Florida to visiting Cabo San Lucas, Mexico; San Juan Del Sur, Nicaragua; Puntarenas, Costa Rica; Fuerte Amador, Panama; Transit the Panama Canal; Cartagena, Colombia; Fort Lauderdale, Florida.		INCLUDES LINCOLN SHUTTLE TO SHIP & SACRAMENTO AIR RETURN!		
10 DAY CARIBBEAN Holland America Koningsdam ~ 2650 Passengers	Feb 02, 2020	\$1,849	\$2,149	\$2,649
Sail round trip from Fort Lauderdale, Florida visiting Half Moon Cay, Bahamas; Grand Turk, Turks & Caicos; Amber Cove, Dominican Republic; Kralendijk, Bonaire; Willemstad, Curacao; Oranjestad, Aruba; Fort Lauderdale, Florida.		INCLUDES Sacramento Airport Shuttle & Round Trip Airfare!		
20 DAY Panama Canal Princess Coral Princess ~ 2000 Passengers	Apr 21, 2020	\$2,399	\$2,599	\$2,999
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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CST # 2033380-40 September 2019a edition



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Days & Destination Cruise Line ~ Sailing Date Starting Price/ Inside Ocean View Balcony

17 DAY Europe Reposition Holland America Apr 22, 2020 \$2,299 \$2,699 \$4,299
Veendam ~ 1350 Passengers **INCLUDES SACRAMENTO AIRFARE!**

Sail from Fort Lauderdale, Florida to Amsterdam, The Netherlands visiting Horta, Azores, Portugal; Praia di Vitoria, Terceira, Azores; Ponta Delgada Sao Miguel, Azores; Brest, France; Cherbourg (Normandy), France; Le Havre (Paris), France; Zeebrugge (Brussels), Belgium; Brussels (Antwerp), Belgium; Scenic Cruising Scheldt River; Amsterdam, The Netherlands. Ask about extending your stay with another cruise or hotel!

8 DAY RHINE GETAWAY **Viking River Cruise** Various Dates \$2,499 \$3,299 \$3,599
Various Ships ~ 190 Passengers **INCLUDES DAILY EXCURSIONS SACRAMENTO AIRFARE & AIRPORT SHUTTLE!**

Sail from Basel, Switzerland to Amsterdam visiting Breisach, Germany; Strasbourg, France; Heidelberg, Germany; Koblenz, Germany; Cologne, Germany; Kinderdijk, The Netherlands; Amsterdam, The Netherlands.

15 DAY GRAND EUROPEAN **Viking River Cruise** Various Dates \$3,899 \$5,499 \$6,299
Various Ships ~ 190 Passengers **INCLUDES DAILY EXCURSIONS SACRAMENTO AIRFARE & AIRPORT SHUTTLE!**

Sail from Amsterdam to Budapest visiting Kinderdijk, The Netherlands; Cologne, Koblenz, Wurzburg, Bamberg, Nuremberg, Regensburg & Passau, Germany; Melk & Vienna, Austria; Budapest, Hungary.

22 DAY CARIBBEAN~AMAZON Viking Ocean Cruise Dec 20, 2019 \$7,499 \$7,499 \$11,499
Viking Sea ~ 930 Passengers **INCLUDES DAILY EXCURSIONS SACRAMENTO AIRFARE & AIRPORT SHUTTLE!**

Sail round trip from San Juan, Puerto Rico to Bridgetown, Barbados, Iles Du Salut, French Guiana; Santarem, Brazil; Parintins, Brazil; Manaus, Brazil; Cruising the Amazon River (2 Days); Belem, Brazil; Scarborough, Trinidad & Tobago; Castries, Saint Lucia; Antigua & Barbuda; St. Thomas, USVI; San Juan, Puerto Rico. HOLIDAY CELEBRATION AT SEA!

28 DAY SOUTH PACIFIC/TAHITI Princess Feb 1, 2020 \$3,199 \$3,399 \$6,999
Emerald Princess ~ 3080 Passengers **INCLUDES SACRAMENTO AIRFARE & AIRPORT SHUTTLE!**

Sail round trip from Los Angeles, California to Honolulu, Maui and Kauai, Hawaii; Pago Pago, American Samoa; Apia, Western Samoa; Bora Bora, French Polynesia (2 Days); Papeete, Tahiti; Moorea, French Polynesia; many sea days and return to Los Angeles.

28 DAY Tahiti/Bora Bora Holland America Mar 21, 2020 \$3,799 \$4,199 \$5,299
Oosterdam ~ 1974 Passengers **INCLUDES SACRAMENTO AIRFARE & AIRPORT SHUTTLE!**

Sail round trip from San Diego, California to Hilo, Hawaii; Honolulu, Hawaii; Lahaina, Maui, Hawaii; Bora Bora, French Polynesia (2 Days); Raiatea, Society Islands; Papeete, Tahiti (2 Days); Moorea, French Polynesia; Fakarava, Tuamotu, French Polynesia; Nuku Hica, French Polynesia; San Diego, California.

12 DAY MEDITERRANEAN Royal Caribbean Jun 25, 2020 \$2,799 \$2,999 \$4,799
Vision of the Seas ~ 2435 Passengers **INCLUDES SACRAMENTO AIRFARE & AIRPORT SHUTTLE!**

Sail round trip from Barcelona, Spain visiting Nice (Villefranche), France; Florence/Pisa, Italy; Rome (Civitavecchia), Italy Naples, Amalfi Coast (Pompeii), Italy; Venice, Italy; Split, Croatia; Kotor, Montenegro; Barcelona, Spain.

Prices are per person; based on double occupancy and subject to availability. Other items not included in the cruise prices are airfare-unless otherwise noted, taxes, transfers, fuel surcharge and travel insurance. Some restrictions may apply. See brochure for complete details. *Lincoln Shuttle is \$100 per person round trip unless otherwise noted as included.



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GRIEF SHARE SUPPORT GROUP
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LH Travel Group

(cont' from page 13)

This is an all-inclusive cruise!
Niagara Falls to NYC Fall Colors Tour
(Oct 13-20, 2019 (Teena)
(Additional Date – OCT 4-11, 2019)
Vintage Train Ride, Cooperstown, Maid
of the Mist/Erie Canal cruise, West Point
South Africa/Victoria Falls/Botswana.
Dubai option (Oct 26-Nov 8, 2019 (Sheron)
Egypt featuring Deluxe 4-nite Nile River
Cruise (Feb 11-24/27,2020) (Teena)
Giza, Pyramids, Sphinx, Valley of the
Kings, Aswan, Old Cairo, Karnak Temple
(optional 3-Night Jordan post tour
extension)
Washington D.C. Single hotel Stay (May
7-12, 2020) (Sheron)
WWII Memorial, Smithsonian, Arlington
Cemetery, Mt Vernon, Ford's Theater
Puget Sound & San Juan Islands Cruise
(Jul 11-18, 2020) Fly Seattle R/T (Teena)
Anacortes, Friday Harbor, Victoria BC,
Port Angeles, Port Townsend, Poulsbo
Croatia & Its Islands – (Sep 9-Oct 10,
2020) (Sheron)
Land and Seven Night Small Ship Cruising
on the Adriatic Coast
Spotlight on New Orleans (Oct 10-15,
2020) Single hotel stay (Teena)
WWII Museum, jazz revue, swamp tour,
St. Louis Cemetery, French Quarter Tour
Nashville & the Smoky Mountains
Holiday (Dec 10-17, 2020) (Sheron)
Grand Ole Opry, Dollywood, Asheville,

Biltmore Estate, Gaylord Opryland Resort
Possible Trips —
Crystal Cruise-Stockholm to Dover – (Jul
13-25, 2020) (Louise)
Ports: Tallin, Estonia, Helsinki, St.
Petersburg, Gdansk, Poland and Copenhagen
Crystal Danube Cruise – Vienna to
Budapest – (Oct 27-Nov 4, 2020) (Louise)
Wachau Valley, Melk Benedictine Abbey,
Bratislava's St. Martin's Cathedral & more
Travel Group Committee Member
Contacts — Sheron Watkins 916-849-9504
sheron55@att.net; Teena Fowler 916-543-3349
teenafowler@wavecable.com; Louise Kuret
916-408-0554 lkuret@sbcglobal.net

LH Italian Club

BY LINDA LUCCHETTI

The club's Annual General Meeting
takes place Wednesday, October 2 from 4:15
to 5:15 PM in the Terra Cotta Room at the
Kilaga Springs Lodge. At this time, the club's
financial, activities and membership reports
are presented. Club members have a chance to
ask questions or bring up topics for discussion.
On November 3, Turkey Bingo returns to
Del Webb in Roseville, from 5:00 to 8:00 PM.
This is one of the Italian Club's most popular
events. Dine on a turkey dinner (buffet) with
all the fixings, play bingo, and have a chance
at a silent auction and other prizes. Be sure
to check the flyer on the website and sign-up
presto (soon)!

(cont' on page 17)

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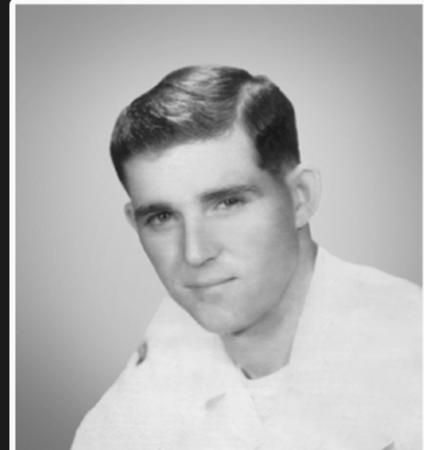
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LH Italian Club

(cont' from page 16)

It's hard to believe we're already thinking about the holidays! Mark your calendar for the club's Christmas dinner and dance, December 8, from 5:30 to 9:30 PM at Catta Verdera. More information to follow on the website.



"Romeo & Juliet" in August

The Italian Club presents an event each month that is sure to be entertaining and fun. If you are a Sun City resident of Italian heritage, check out our events calendar on the website at www.lhitalianclub.org. Want to join? Contact: Sandi Graham, membership, at 916-826-5711.

• • •

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

BY PATTI KINGSTON

Our Lincoln schools are in full swing. Eager students are in the classroom geared up for another fabulous school year. Teachers are refreshed after spending time with family on vacation. Our devoted volunteers are getting acquainted with students and teachers in their designated classrooms. Volunteers are excited to make a difference for teachers and in the education of the children. We had a terrific response to our call for volunteers, new and returning. However, there are always more requests for assistance than we can provide. It is not too late to sign on for this rewarding opportunity.

Visit our website at <http://schoolssuncity.org>. The website has information about the volunteer program including the district school calendar, photos, and quotes from teachers and



Volunteer Virginia Taylor in Ms. Tuckers's class First Street Elementary.

volunteers. Contact a leader listed below who can answer your questions. You need not have had any teaching experience to participate.

Scott Leaman, Superintendent of Schools, spoke at the SCHOOLS annual meeting in Sept. Volunteers and members of the community always enjoy hearing information from him on schools, old and new, in the district.

Cyndi Colloton at ccolloton@yahoo.com (Elementary) or Irma Mendez (High School) at jmeidm@aol.com.

• • •

Apple User Group

BY RICH THAYER

Apple announced and released many new products and services in September, including a new iPad, the Apple Watch Series 5, and the iPhone 11, iPhone 11 Pro, and iPhone 11 Pro Max. Apple iOS 13 was released and includes new privacy and security enhancements as well as the new dark mode feature. Also, iPadOS was introduced to provide features unique to the iPad.

The Apple User Group can help you better understand the new products and services, and to more fully utilize the power of Apple platforms. The group offers presentations, learn-and-do seminars, workshops, tutoring, open labs, support, and more.

Videos of past presentations can be accessed at lhaug.org, including these September presentations: "Creating Photo Books" by Ken Silverman, "iOS 13" by Ken Spencer, and "Apple Credit Card and Apple

Pay" by Bill Smith.

Upcoming presentations will cover maps and navigation, iPadOS, and the Apple Calendar.

Members are reminded NOT to install the Catalina MacOS, which is expected to release in October, because many applications might not work.

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

• • •

Computer Club

BY KARL SCHOENSTEIN

Main Meeting Oct. 9, 06:30 PM "Where are my photos and video files???" Barry Stigers started his career in Radio Broadcasting in 1956 in his Pennsylvania home town radio station, as a weekend announcer, and NEWS reader. His career took him into New York State where he became a promotion director for a chain of New York State radio stations.



Barry Stigers

Barry at this time developed skills for video and still 35mm photography which was used in television production for NEWS and Commercial Advertising. As computers entered the business, and we could use computers for broadcast support, files, saved files, storage of files, became a major need.

(cont' on page 18)



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Computer Club

(cont' from page 17)

Also the first computing systems had short memory space for file naming conventions.

Today, Barry has a Video Production Company called VIDEO THAT WORKS, inc, that produces NEWS, Commercial, WEB, and Aerial (Drone) video and photo products, was photo contributor to Comstock, Sacramento Magazines, and currently photographs and reports weekly into the GOLD COUNTRY MEDIA and Lincoln Messenger.

Over all these years of development, Barry has developed several naming conventions that can help users find the file, still photo or any file that can be recalled and reused in a limited time frame. (KS Presentation Hall)

• • •

Veterans Group

BY B.L. LEWIS

The Oktoberfest Luncheon will be held in the Orchard Creek Ballroom on Thursday October 10, 2019. The no-host bar opens at 11:30 a.m. and lunch will start at 12:00 noon. Three entrée choices are available: (1) Beef Stroganoff over Buttered Noodles; (2) Grilled Bratwurst with Sauerkraut and German Potato Skillet; (3) Spinach Pesto Fettuccini. The lunch includes coffee or iced tea, warm rolls with butter and Apple Strudel for Dessert. The cost is \$25.00 per person and the deadline for reservations is October 3, 2019. Send your check payable to the

LH Veterans Group to Treasurer, Larry

Yaggi, 2300 Cinnamon Teal Lane, Lincoln, CA 95648.

All veterans are invited to support the funding of Lincoln Veterans Memorial at McBean Park in Lincoln. You can contribute by donating \$25.00 for a Memorial Coin; with a \$150.00 donation you can have a Black Granite Plaque with your name and service information inscribed; or you can make a donation of any amount to the Lincoln Veterans Memorial Coalition. Send your checks and information to LVMC, Treasurer, Larry Yaggi, 2300 Cinnamon Teal Lane, Lincoln, CA 95648.

As of August 14, 2019, the group's paid membership stood at 220, including 117 life members and 20 Associate members. World War II veterans (including Spouses) total 21. The total membership was 261. Remember to fly your flag proudly on Columbus Day, October 14, 2019.

In Memoriam —

William Edward "Bill" Bear - U.S. Army

Art Calahan - U.S. Navy

James Stanley Immel - U.S. Navy

M. Michael Porta - U.S.Air Force

Herbert G. Lohmann - U.S. Air Force

The Veterans Group extends its deepest condolences to the families and friends of these Veterans.

• • •



Family Trees by Jackie

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Bosom Buddies

BY VAL SINGER

September's speakers included two lovely ladies from Sutter's lymphedema practice. Ji Hye Park, nurse navigator, and Sylvia Atieno, RN, MSN and OCN, are shown in the picture with our president, Patty McCuen. Ms Atieno is a Clinical Manager/Nurse Navigator who steers patients through the treatments necessary for their particular diagnoses. Both ladies spoke on how to prevent lymphedema, how to recognize lymphedema and how to massage areas of lymphedema to push the fluid back into the body. Thank you ladies for giving us the tools we need to manage this problem if it should arise.

Thanks to Mae we have another excellent speaker for October. Kristin Kozlowski is a marriage and family therapist in Roseville. In a supportive environment, she specializes in helping people navigate through cancer or other devastating medical diagnoses. She is very motivational and I'm sure we will all benefit from listening to this lady.

In October, Breast Cancer Awareness month, the Association gives a free half page ad in the Compass to Bosom Buddies. Also, in October, we get a window by the multi-purpose room to decorate. Be sure to take a look at both of these as I'm sure they will be a work of art. A big thank you goes to all the ladies who put in many hours working on both of these projects. We are so fortunate to have so much talent in our group.

As an aside, I started writing this column



September's speakers

in October of 2009. Can't believe this decade has gone by so fast. Reading some of my past article just emphasizes how many fun times Bosom Buddies has had in the past. If I say so myself, we really are a great group!!

It's dues time. Please send your checks for \$12 made out to Bosom Buddies to Kay Brady, 365 Snapdragon Lane. If you need a Bosom Buddies shirt, call me (916) 645-8553 and I will arrange to get one to you. I have all sizes and the cost is \$20.

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

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

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

• • •

Wise Aging Resource and Support Group

BY CAROL EISENHOWER

We are a new support group for residents of Sun City Lincoln Hills, and we provide a forum for discussion, support, education, and sharing of aging-related resources for all residents wanting to plan for their older years, whether ageing in place or exploring other options. To date, we have heard from Neighbors Indeed, the Placer County Peer Counseling Service, and a speaker instructing us on why we NEED to plan for the future. Our meetings always include small group discussion to share ideas. Topics to be covered in the future include how to get information and help with aging decisions, home maintenance and safety concerns, health care and understanding what health care covers.

Come and join the other 60 people who have discovered the comfort in sharing information and being heard. Every first Monday at 1 pm, Gables/Heights Room, Orchard Creek Lodge. Our next meetings are October 7 and November 4.

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

• • •

Alzheimer's/Dementia Caregivers

BY JEFF ANDERSEN

The bad news is that Alzheimer's Disease continues to devour our population at a steady rate. At the last check, there are 5.8 million diagnosed patients and 16 million unpaid caregivers in the USA. The good news is that contemporary understanding is far superior than it used to be, and there are a ton of folks worldwide who are diligently working to solve the dementia mysteries and find cures.

More, there are now resources for caregivers that can provide assistance to family caregivers with this befuddling journey. For example, annual grants for \$1,200 per year are funded by the Lincoln Hills Foundation for the benefit of Lincoln Hills family caregivers for respite care and other services administered by Seniors First and Del Oro Caregiver Resource Center.

And, a growing number of Care Managers, Placement Services, Assisted Living/Memory Care facilities, professional fiduciaries, etc. also offer options to the caregiver and family. Ginger McMurchie, of Elder Care Management spoke with us in August about



Ginger McMurchie, Elder Care Management

(cont' on page 21)

Shari McGrail

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Alzheimer's/Dementia

(cont' from page 19)

how she works with families to cope with the exigencies of family and professional dementia care.

If you know of someone here in this community who is caring for a spouse or other loved one with dementia, please also know that this person is struggling. Let that someone know that the Lincoln Hills Foundation and the Alzheimer's Caregiver's Support group is here to offer some help.

The Alzheimer's/Dementia Caregiver's Support Group meetings are held each month except December. The Large Peer group meets at 1:00 PM each 4th Wednesday in the MultiPurpose Room (OC). All are welcome to attend, especially caregivers with recently diagnosed family members. The program for the Peer group gatherings alternates monthly between group discussion moderated by an licensed counselor from Del Oro Caregiver Resource Center, and formal presentations by other professionals. The Women's group usually with Jo Fratessa, and sometimes with Valerie Jordan, is discussion only, and is designed for women who prefer talking in a less crowded setting. The Women's group meets on the 1st Wednesday at 1:00 PM in the MultiMedia Room (OC) (across the hall from the Large group location). The Men's group with Al Roten meets on the third Thursday of the month at 10:00 AM at Granite Springs Church, 1170 E. Joiner Parkway in Lincoln. The caregiver's groups and programs are supported by the Lincoln Hills Foundation. More information is available from our Steering Committee members Valerie Jordan (909) 625-7443, Cathy Van Velzen (916) 409-9332, Jo Fratessa (916) 408-7209, Al Roten (916) 408-3155, or contact Jeff Andersen 2jeffa@gmail.com.

Low Vision Support Group

BY JOAN BRANT-LOVE

October Meeting – Tuesday 10/1, 2019, 2:00-4:00 PM, Fine Arts Room, Orchard Creek Lodge

“Fall Prevention and Balance” will be our topic. Kelly Ward, M.S., a Therapeutic Aging Neuro-Performance Coach & Balance Specialist who focuses on functional neurology will educate us about better movement, better

balance, better vision and less pain. These techniques can help those who are experiencing depth perception issues due to vision loss. To learn more about Kelly please visit her website at info@thefallpreventionlady.com

November Meeting – Tuesday 11/5, 2019, 2:00-4:00 PM, Fine Arts Room, Orchard Creek Lodge

Dr. Glenn Yiu, Associate Professor of Ophthalmology at the UC Davis Eye Center will be our speaker. His topic will be “New Developments in Eye Diseases” which will include general treatments for cataracts, glaucoma, and macular degeneration. He will also talk about new advances like gene therapy, gene editing, and artificial intelligence.

Dr. Yiu is involved in translational research to study the pathogenesis and develop therapies for age-related macular degeneration and other retinal diseases. His focuses include ocular imaging technologies, gene editing, drug delivery, and primate models of retinal disease.

Low vision Support Group mission is to provide information on current research, new technological equipment and practical application of daily living skills to enable those afflicted to maintain independence.

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

LH Hearing Impaired Support Group

BY JOANNE MITCHELL

The Lincoln Hills Hearing Impaired Support Group will meet on Thursday, October 24, 2019 at 2:30 PM in the multi-purpose room at Orchard Creek Lodge. Our speaker will be Andy Petro, who will demonstrate technology for improved hearing on the iPhone. Last month, we enjoyed a demonstration of looping and our presenter also spoke at length regarding advocacy. Please contact Donna Szabados and let her know you will be attending, so that adequate seating may be provided: 916-543-3288, dszabados@gmail.com

Amateur Radio Group

BY RUSSELL STEELE

The Amateur Radio Group is prepared to provide emergency communications should local authorities call us for assistance. However, to ensure that support the ARG must overcome the challenges of living in a community with highly restricted HOA rules on the use of amateur radio devices in our homes. We currently use UHF handheld radios and our repeater at 443.225 MHz, but these radios only cover part of the emergency frequency spectrum. UHF radios are not equipped for long-distance communications; those are in the High-Frequency bands, 3-30MHz. These HF radios require more power and larger antennas. They are best operated from a fixed location like a home studio. Revising the current HOA rules to permit the use of HF radios at home could significantly increase the ARG's ability to provide emergency communication in a natural disaster or terror attack.

The Amateur Radio Relay League (ARRL) is currently requesting Congress to refile legislation enacting the Amateur Radio Parity Act (ARPA) to revise private land-use restrictions, i.e., flawed or misinformed HOA restrictions which prevent emergency communications on HF bands.

We hold a practice UHF network at 7:00 PM every Monday on 443.225 MHz, with a PL of 167.9. Come and join the adventure. The ARG meets every Monday at 6:30 PM, see <http://lharg.us> for meeting location. For additional information, contact President Jim Darby at 916-408-8599, or VP Claire Schloenvogt at 916-253-9155.

LH RV Group

BY STEVE BEEDE

It has been a very active year for our RV Group Members. Our Rallies have gone from Southern CA to the Calgary Stampede in Canada while individually, Members have traversed the Country. October 10th we celebrated Octoberfest with a fun Party at the Sports Pavilion complete with live music. Thank you Whites and Skars for great organizing. Our Annual Holiday Party is coming up December 7th at Turkey Creek.

V.P. Susan Brenden has been busy lining up 2020 Rallies including San Diego, Ashland OR, Las Vegas, the Amador Wine Crush, and

more. At least two Members are preparing to head for Alaska while others will head through the South to the East Coast. All Rallies share fun dinners, golf, shopping, trips to museums, theaters, and anything else the participants dream up. Several new Members have joined us recently and more are always welcome.

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

Contact: Steve Beede at stevebeede5@gmail.com 916-752-6972, or check us out on our website at www.lhrvg.com.

RoadRunners Motorcycle Club

BY MIKE SMITH

Slightly cooler weather in September made for some great rides. On September 5, Bob Woerlee led an impromptu ride south through Folsom and Ione to lunch at the Jackson Rancheria. On September 14, President/Road Captain Doug Sterne led the club's monthly ride. Following along old Highway 40, the riders enjoyed a great lunch at the River Street Bar and Grill in Truckee.

Coming up on October 12, Road Captain Dennis Berg will be leading the way to the small foothill communities of Volcano and Fiddletown.

The club has scheduled rides on the second Saturday of the month, March – November. If you like motorcycle touring and have a roadworthy motorcycle or trike – check us out! The club meets on the fourth Thursday of the month at 5:30 PM Multipurpose Room (OC) Guests are always welcome.

The next meeting will be on October 24. “Ride Safe – Ride With Friends”
Contact: Manny Perez 916-253-9121 manwil412@wavecable.com

SCLH Sports Car Club

BY PAM BERRY

The weather is changing and the Sports Car Group has only a few more trips planned. We don't want our beautiful cars getting too dirty!

We did enjoy several recent trips. A tour
(cont' on page 23)

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White Cane Day

BY BOB OLIN

White Cane Day is held each year to provide information to the public regarding those individuals who are visually impaired and the courtesy that all of us should use when we see a person with a white cane. All 50 states have a vehicle code to protect visually impaired persons on foot.

While the cane is white is also recognized with a solid red stripe of various lengths on the cane,

The white cane was introduced officially by George Bonham, President of the Peoria Illinois Lions Club in 1930 after he saw a blind person trying to cross a street. The man's cane was black and was hard to see by the motorists, so Bonham proposed painting the cane white with a red stripe to make it more noticeable. The idea quickly caught on around the country and

There are now a number of different white canes, folding, ridged and even high-tech,

To make the American people more fully aware of the meaning of the white cane and of the need for motorists to exercise special care for the blind person who carries it, on October 6, 1954 the U.S. Congress approved a resolution authorizing the President of the United States to annually issue a proclamation designating October 15th as "National White Cane Safety Day:

The Lincoln Hills Lions Club Foundation

is asking for your help so we may keep providing help to those who are visually impaired and to prevent our children from becoming visually impaired by offering eye exams to diagnose problems early.

Please send your donation to the Lincoln Hills Lions Club Foundation, P.O. Box 211, Lincoln CA. 95648. We are a No- Profit 501©3 IRS 472408424.

Thoughts From Jack— Consumption Be Done About It?

BY JACK FABIAN

A few days back at about 9AM, my wife and I went to the Meridians at the Orchard Creek Lodge for breakfast. As we were being led to our table I glanced around the curved glass wall that surrounds the bar area and I noticed this old friend o' mine sitting up at the bar by himself. As soon as we got shown our table, I strolled to the bar to wish him a 'good morning'. To my surprise, there he sat sippin' on a double bourbon. Rather amazed, I said, "Roger, it's 9 in the morning. What's your problem?" His response was, "Susan passed away." I told him Susan passed away 15 years ago, and he said, "I still miss her." Man! That's a lot o' bourbons!

In 15 years, at one a day, that's 5,475 shots, more than you'd find on a rifle range, and Roger's all hit the target.



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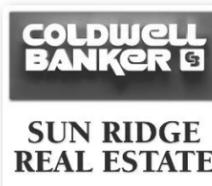
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SCLH Sports Car Club

(cont' from page 21)

to Stumpy Meadows Reservoir & Lunch at the Placerville Public House was a perfect trip up into the Sierras. The pictures on our Website will show just how much fun these tours can be.



Dave and Helen Altstadt, Jo Fratessa and Edy Ternullo.

Again, our members – Edy Ternullo with Dave and Helen Altstadt – came up with a new venue for both wine tasting and lunch. The Frasinetti Winery in Sacramento near Elk Grove and was established in 1897.

Dinner at Willo above Nevada City provided a good ride and yummy food. This tour has been a favorite for several years.

Future trips include another trip to Tahoe Vikingsholm and Apple Hill plus our Halloween and Christmas parties. We are all looking forward to a fine ending to a great year.

Rods & Relics

BY ELNA RAGAN

This year's Car Show activities are slowing down as fall and winter approach. Club members met at Round Table Pizza on Lincoln Blvd. for a monthly get-together on

Wednesday, September 4.

On September 7, we were the featured Car Club for the Classics, Cats, and Cabernet event held at FieldHaven Feline Center where our cars were prominently displayed as the attendees entered. There was a Raffle, a delicious buffet dinner, a Live Auction, and tours of the facility. We had a relaxing, fun time. Thanks to all who attended!

On Wednesday, the 18th, our Club took a "Lunch Run" to Swabbies, on the Sacramento River. On the 20th, the Car Club members visited Lincoln Meadows Care Center and enjoyed coffee, donuts, and a nice lunch while visiting with the residents there. On Saturday, the 21st, Club members attended Hot Chili, Cool Cars, held at the new Quarry Park facility in Rocklin.

Looking into October, we have a new special event on Wednesday, the 9th. Our Club members will be joining the SCLH Sports Car Club and the RoadRunners Motorcycle Club to present the "Lincoln Hills Car and Motorcycle Show" being held from 5:00 p.m. to 8:00 p.m. on the lawns in front of Lincoln's Sun City Orchard Creek Lodge. The event is free for spectators. A wide range of vehicles and motorcycles, from vintage to modern day, will be on display. Save the date and plan to join us for a great fall event. We are always looking for new members! If you own a 1975 or older American-made or American-powered vehicle and enjoy getting together with like-minded auto enthusiasts, come out to the get-togethers listed below! Check out our website and become a member of our Car Club!

Upcoming Events —

October 1, 15, 29: 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.

October 17: 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

Garden Group

BY LORRAINE IMMEL

The Bonsai Group (sub-group of the Garden Group) will have a Bonsai Show at Orchard Creek Lodge Wednesday, October 9 from 10am to 4pm and Thursday, October 10 from 8am to 4pm. Docents will be available to answer questions and distribute materials about the group.

"Sign up now for the Golden Pond Workshop which will be Tuesday, October 29, 2019." Build your own holiday floating island centerpiece with the guidance from Sue Golden the owner of Golden Pond Water Plants. (Materials and supplies-\$35.) Limited to 15 people. Ann Beede, 916-792-6443, annbeede@att.net.

Our last General Meeting of the year

(Thursday, October 31 - Halloween - 2:00PM at Kilaga Springs) will feature Nancy Gilbert. Nancy has a MS degree in Science Education from the University of Iowa



Nancy Gilbert

and has worked as a naturalist, environmental educator, classroom teacher, landscape designer and consultant, and landscape architect /project manager for the U.S. Air Force. She will be speaking on "California Natives, Vines and Shrubs."

She and her husband were co-owners of a California native bulb nursery (Far West Bulb Farm) for 25 years. Nancy has served as the Redbud Chapter Education Chair and currently is the Horticulture Chair for the Redbud Chapter of CNPS. One of her favorite pastimes is photographing wildlife and native flora interactions.

Also, at this meeting: *Brown Bag Sales *Master Gardener 2020 Calendars for sale (\$10 each)-these make great Holiday Gifts and Hostess Gifts!

Shooting Group

BY JOHN KIGHTLINGER

Would you like to join a friendly group of residents enjoying recreational shooting sports? The shooting group may be just what you are looking for. Our purpose is to make

(cont' on page 25)



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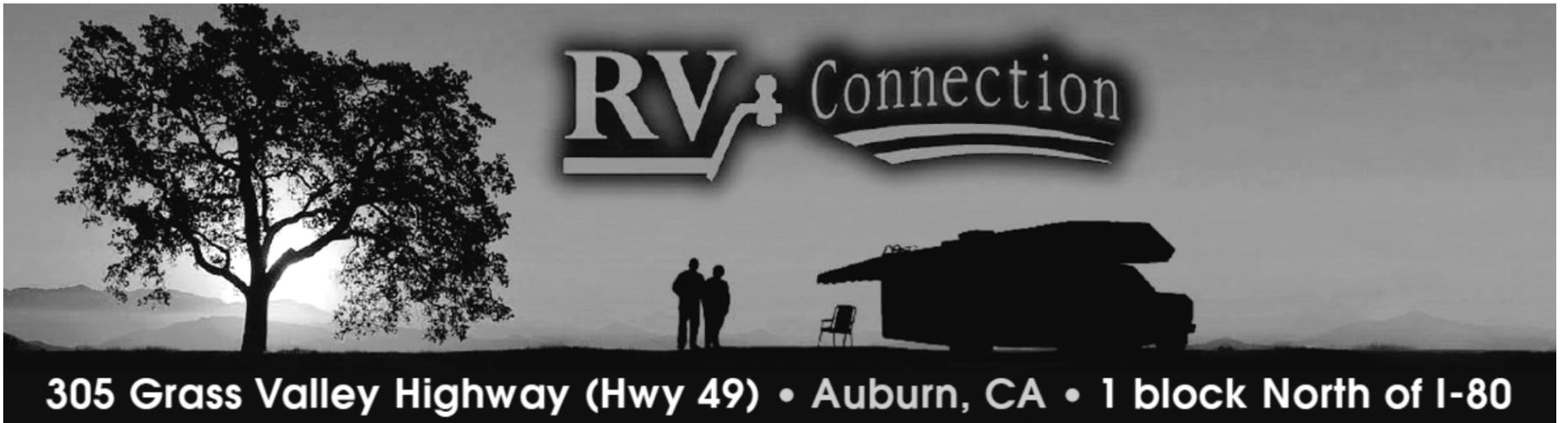
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LTC New Season Opens with Comedy Mystery Show

Lincoln Theatre Company opens its 6th season with the funniest murder mystery of the year.

Out of sight...out of Murder will be presented on the newly expanded stage of Lincoln Theatre Company at the historic Lincoln Civic Auditorium.

Fred Carmichael's brilliant script brings back one of your favorite actors, Jonathan

as the intended victim. Other murders follow and the culprit must be among characters. Can Peter find the killer before the killer gets Peter? Is romance with the ingénue leading anywhere? Where is the fortune mentioned in the will? All is solved ingeniously with romance, suspense and cosmic wit!

Out of Sight...Out of Murder runs for three weekends from October 25-November



Left to right are Eric Fawcett, Paul Greisen, Angela Blas, Alan Wiltse, Kathleen Brace, Betsy Edwards, Jon Ball and Dawn Maurer. (Missing: Carolyn Duncan.)

Ball as the author, Peter Knight. Peter has gone to write his new book at an old mansion where another author was murdered years before. Following a weird electrical storm his characters come to life, and they are the typical inhabitants of most popular mystery novels. Many are played by other well-known actors from LTC and surrounding theater companies.

There's the lovely ingénue (Kathleen Brace), the trusty butler (Alan Wiltse) a feisty character woman (Dawn Maurer), a dauntless hero (Eric Fawcett), a fascinating "other woman," (Betsy Edwards) the always pregnant maid (Carolyn Duncan), and the wily lawyer (Paul Greisen). Peter loses control of his characters, and there is a murder with Peter

10. Performances start at 7:30 PM on Friday and Saturday evenings at 3:00 PM on Sunday afternoons.

Tickets are available on the LTC website, www.lincolntheatrecompany.org or by calling the theater box office at 916-409-7030. In addition to this show, tickets are available for all of LTC's 2019-2020 season including Little Women-The Musical, Neil Simon's comedy, Brighton Beach Memoirs and the full classical version of *The Wizard of Oz*. Season subscriptions with preselected seating for all shows are still available as well. Reserve early as LTC typically sells out many performances.

Pioneer Quilters' Guild Quilt Show and Sale

Date: November 9 & 10, 2019
 Time: Saturday 10-5, Sunday 10-4
 Place: Roseville Sports Center, 1545 Pleasant Grove Bl, Roseville, CA

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 \$7 Admission, children 12 and under free
 For more information about our Quilt Show and Guild, please see our website: www.pioneerquiltersguild.org



Postage Stamp Group

BY TIM MILES

Our Thursday meeting dates are October 10th and October 24th, both at 6:30 pm. The November meeting is set for Thursday, November 14th at 6:30 pm. All meetings will be at the Sun City Lodge meeting rooms. (7050 Del Webb Blvd, Roseville) Guests are invited and encouraged to bring any of your "old" albums and stamp collections to get a free appraisal and peruse the various current catalogs we have available at your disposal. We have door prizes and discussions as to current values available in the hobby.

The nominating committee for next year's club leadership will be activated and the announcement will be made at the November meeting. After the November 14th meeting, the club will adjourn until January, 2020.

Any questions, call Al Capparelli at 916-771-8288.

The next big area show is the Sacapex Expo at the Scottish Rite Auditorium (6151-H-St. 95819 out by Sac. State campus) on Saturday and Sunday (November 2nd and 3rd). This has many dealer booths and exhibits and also on Sunday, an auction is available with many collections, albums, etc. up for bid at very reasonable prices.

Shooting Group

(cont' from page 23)

friends among residents who are interested in enjoying safe recreational shooting sports. If you have not shot in years, or have never shot before, you will find the group welcoming with members available to help. You may join our shooting activities on any of our scheduled dates, regularly or intermittently. Just come out and have fun!

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

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

...

Fishing Club

BY ERIC KNAGGS

The Yuba River Steelhead Enhancement Experiment — My favorite true story about enhancing fish populations regards the nearby Yuba River. This river had water diversion dams that were no longer used. They were first built by gold miners and later converted by farmers to provide water to farms and pastures. These dams were 10 to 15 feet high and prevented salmon and steelhead (ocean run rainbow trout) from migrating above these structures. There was a very viable population



Happy, happy from Alaska — Jerry Hannon, Chuck Garland, crew member, Jim Gilchrist, and Jerry Messier.

of resident rainbow trout above these dams. These small structures were removed. The California Department of Fish and Game biologists decided to give the steelhead populations a jump start in the Yuba River by taking Feather River wild steelhead eggs

(cont' on page 26)

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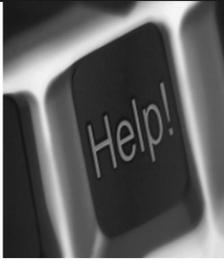
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Fishing Club

(cont' from page 25)

and raising the young fish to a size of 2-4 inches. The Yuba River is a tributary of the Feather River. The fish were released in the fall, so they were about six months old. These fish had coded wire tags inserted into their heads so they could be identified. These fish were then released above these removed water diversion structures. Traps were put in the river to capture downstream migrant rainbow trout on their way to the ocean the next spring. Only two coded wire tagged fish were captured, but that was to be expected since juvenile steelhead spend 1-3 years living in a stream or river before they migrate to the ocean. Also juvenile fish migrate to the ocean when they are 6-9 inches long. To check on the health of the fish, biologists went to the release site and found lots of the coded wire fish still in the river. These fish averaged 5-7 inches.

The next spring, traps were put back in the river and a total four fish were captured. This was unusual since the fish should have been the right size and age to migrate to the ocean. Biologists again went back up to the release site and found there were still lots of coded wire fish and their average size was 7-9 inches.

The following spring, traps were put in the river, but only two coded wire fish were captured. Therefore, only eight coded wire fish were captured over three springs. Again the release site was sampled, and the average size of the fish was 9-11 inches with some fish reaching 13 inches. Some of the

larger males would have spawned in the next spawning season. These fish continued to grow, reproduce, and never did migrate to the ocean.

So what did we, as biologists, learn from this experiment. Well, even though the fish parentage was adult wild steelhead, but you give these fish a good habitat to grow and mature; they basically stick out their tongues at you and say, "why should we migrate to the ocean when we have a lovely habitat to live and breed." The moral of this story is, "Always expect fish to do the unexpected."

• • •

Bird Group

BY RUTH BAYLIS

We had a great start to our new birding season. A new location, Effie Yeaw Nature Center in Carmichael, was visited. This nature center is surrounded by 100 acres of riparian woodland along the American River that provided for some exceptional bird sightings. All total, 36 species were sighted. Species of note include Blue-gray Gnatcatcher, Black-throated Gray Warbler, Orange-crowned Warbler, and Western Tanager (male and female!). A Cedar Waxwing sighting seemed early for the season. This location is likely to be added to our regularly visited locations.

By the time you read this you will probably be seeing White-crowned Sparrows. These birds are quite consistent about returning to our area around the 15th of September and are very vocal along our Lincoln Hills trails. Also starting to appear will be Golden-crowned

(cont' on page 27)



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Bird Group

(cont' from page 26)

Sparrows, Northern Flickers, and Cedar Waxwings. Gradually, the winter waterfowl will start showing up on our ponds.

The following are our upcoming events for October. Please do check the events section of our website, and your Bird Group emails, for confirmation because sometimes circumstances require that we make changes.

Oct 4, Fri, 8AM: Ferrari Pond Trail. A casual walk along this popular Lincoln Hills Trail should be an opportunity to look for early arriving winter waterfowl and shore birds. The White-crowned Sparrows should be making their presence known along the trail and we will be scanning the trees for other early arriving winter passerines (perching birds), such as Cedar Waxwings and Ruby-crowned Kinglets. We will meet in the Anglers Cove parking lot off of Ingram Parkway. Additional parking is available on Gold Nugget Circle adjacent to the pond.

Oct 10-12, Thurs-Sat: Moss Landing and Elkhorn Slough. The main feature will be birding by pontoon into Elkhorn Slough. Watch for Bird Group emails announcing this trip or check the events section of our website. There may still be space available on the pontoon boat. If interested contact Arlene Jewett at ajewett1437@gmail.com.

Oct 14, Mon, 1:30PM: Monthly meeting. Sal and Suzanne (club officers and popular speakers) will be giving a presentation on Warbler Madness. This presentation is about



Oak Titmouse by Dennis Berry.

their trip to Magee Marsh and the tons of warblers and birds they saw in Ohio right after the Big Week. Curious? Then come to what promises to be an interesting, colorful, and fun presentation.

Oct 23, Wed, 11AM-1:30PM: Bird Group Potluck, LH Sports Pavilion. Bring your favorite entrée, side dish, salad, or dessert and join in the fun. Cost is \$5 per person to cover expenses for supplies and beverages, with any leftover funds being a donation to our treasury. More details will be communicated at the October meeting, online in the events section of our website, and via emails. You can also contact Sal Acosta at quailrun@wavecable to sign up early.

Nov 1, Fri, 8AM: Cosumnes River Preserve, Galt. Note: this trip was originally planned for Oct 25 but is being postponed because of a conflict with the LH 20th anniversary celebration. On this annual trip we look forward to seeing wintering waterfowl and shorebirds and are never disappointed. It is usually our first exposure of the season to Sandhill Cranes. We often walk trails through riparian habitat for about one mile. We may stop on our return in Elk Grove for lunch and to look for Wood Ducks in Elk Grove



Yellow-billed Magpie by Larry White.

Regional Park.

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

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

• • •

Hiking Group

BY STEPHANIE HUNTINGDALE

As we are approaching fall, the lower temperatures make hiking so much more enjoyable. If you skipped summer hikes, it's time to come out and enjoy the hikes planned for fall. Take a look at the calendar and pencil some into your personal calendar. If at all possible, don't make appointments on Tuesday or Thursday. It interferes with your hiking!

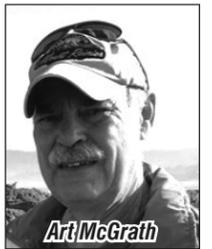
A meeting you won't miss is our Hiking Club Annual Meeting scheduled for Thursday, October 17th 3:30 PM – 5:00 PM, Presentation Hall, Killaga Springs. After a short business meeting to elect new officers for the next two years, we'll enjoy a special presentation by our guest speaker, Dick Hilton, a professor of Biology and Paleontology at Sierra College.

He is a renowned paleontologist, drawing on his decades of scholarly research, who has examined the fascinating history of dinosaurs in California. His talk will specifically focus on the dinosaurs in the Sierra Nevada. Flyers detailing the program are available at Orchard Creek Lodge. Also, posters are advertising the program. Invite your friends to join you. This is a great meeting if you have been considering joining or wanting to know more about the hiking club. Put it on your calendars and plan to attend. Let's fill the room! Come early, starting at 3:00 PM, you can pay your 2020 dues prior to the meeting. Annual dues are \$5 per member.

Officers nominated for 2020-2021 are President: Dan Cortinovis, Vice-President: Suzette Mott, Treasurer: Judy Bacich and Secretary: Carolyn Woolston. Your vote counts. Going out of office is President: Art McGrath, Vice-President: Tess Devenish, Treasurer: David Keeler and Secretary: Joanne (JoJo) Felt Johnson. Come to wish them a great big "thank you" for their hard work on our behalf.



Dan Cortinovis



Art McGrath

(cont' on page 28)



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Hiking Group

(cont' from page 27)

So much to see on our website! Enjoy the photos from recent hikes. I hope you are visiting often.

Check the website, www.lincolnhillshikers.org for the current list of hikes and club information. Hikes may be added to this list. Also, remember, it is very important for you to check the website on the morning of the hike as rain and mud usually means the hike is canceled. Remember, we may have an alternate trail planned.

Oct. 5-10, Fall Getaway to Monterey, CA
November 7, Hike Leaders Meeting

Upcoming Easy Hikes: None at this time.
Upcoming Moderate Hikes: October 3, Deer Creek Tribute to Sue Giesler (Nevada City), October 22, Jenkinson Lake (Pollack Pines), November 5, El Dorado Trail (Placerville)

Upcoming Moderate/Strenuous Hikes: None at this time.

Upcoming Strenuous Hikes: October 29, Hidden Falls Loop (Auburn)

Hiking-Walking Group Website: <http://www.lincolnhillshikers.org>

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

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

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LH Cyclists

BY TOM FRADY

If you're an avid cyclist, it's likely you have experienced at least one time when you were off your bike because of an accident. Recently, I was out for three months. Just prior to my accident, I had ridden 31 consecutive days for over 1000 miles.

Then: nuthin'.

It's hard to know exactly how much fitness I lost in that time, as the studies have been of young racing guys, not senior citizens. Those 5% body fat humans start losing speed after a week. Endurance starts fading at 2-3 weeks, maybe 20-25%.

The irony is: the better shape you are in, the quicker you lose fitness. Two months of inactivity is long enough to lose all previous gains. Yikes. I assume after 3 months, I have lost everything.

Racers are advised to come back slowly if they have been off the bike for 2-3 months. This advice goes double for the typical Lincoln Hills cyclist. Here are some ideas for the gray rider.

People with a positive attitude can return to normal activity faster. It's science. Accept the fact you're injured and won't be crushing Baxter Grade or even that first hill on McCourtney for a while. Anger, sadness or "why me" won't get you there faster.

Your doctor's advice actually applies to you, so actually follow it. Doing too much too early will aggravate rather than heal your injury. We're all different, as are the injuries, so there is no one rule to fit all. An activity

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hurts? Don't do it.

The better you treat your body, the quicker you'll get back. Eat well. Sleep. Hydrate.

Injuries don't affect each side of our body the same. You will tend to favor the non-injured (or non-surgical, in my case) side, which can lead to an imbalance in strength or flexibility. Proper rehab is crucial to ensure you come out of this with no long-term effects.

Depending on your injury, some cross training during recovery might be good. Swimming, weights, walking. When I was finally able to get on a stationary bike for just 10 minutes, my legs and knees were toast the next day.

Eventually, the fabulous, and possibly scary, day will come when you can once again swing your leg over the saddle. Whether you've been gone for 3 weeks or 3 months, you have some work to do. Cycling has its risks and fear is part of it. Be honest with yourself about the nature of your injury and how careful you need to be.

That first ride is going to be an experience. The way you ride may be a bit different, albeit my informal poll indicated a split between those who "changed their style" and those who didn't. Riding with people you know and trust makes it easier.

Start with short, easy rides that don't leave you sore and gasping for air. Then, add a little speed, a little hill, a little distance. Most of the studies and articles I have read are for runners returning from a running-related injury. I'm guessing runners (and other amateur athletes) don't have as much angst about returning as

cyclists do, because, generally, injuries due to participation in their sport are not debilitating. Nor is there the risk associated with the fact cyclists are out in the "real world" with cars, pedestrians and other cyclists, not on a track dedicated to the sport. So, I contacted some of my fellow cyclists who have experienced serious bike accidents.

I think Dave said it well.

"Serious injuries at our age require long recovery time and lots of pain. While recovering, your activity is so curtailed that it disrupts your life, the life of the caregiver, and those who rely on you. Also, crashes are sometimes costly, what with medical bills and bike repair".

When, as friends, we look for ways to make the recovery experience easier for the injured, we should not forget to look for ways to make the caregiver's experience easier, as well. This might mean taking him/her out to lunch or taking over the care duties for a couple of hours. And I have found when real friends say, "Call me if you need anything", they mean it.

Why do we even consider getting back on a bike after, say, 5 1/2 hours of surgery to repair one's pelvis and replace a hip? We just like to ride. We like the scenery, exploring, challenging ourselves. We like the fellowship and keeping in good shape. In general, our significant others don't tell us to quit. Besides, what else would we do with our time?

Coming back is harder than getting injured, but the time off is not as devastating as it feels at the time. The proof is in the pedaling.

• • •

Water Volleyball Club

BY ROSEMARY ELSTON

Thanks to the Water Volleyball Club members who brought yummy dishes to the September 8th Potluck. According to Kim, Social Coordinator, Potluck attendees enjoyed delicious food, awesome decorations and great company. The next social event for the Water Volleyball Club is the Fall Fling on November 2nd — dust off your old Halloween costumes!

The Water Volleyball Club has grown to 129 members. The Water Volleyball Club is benefiting from the incredible work of our volunteer mentors. There are currently fourteen volunteer mentors who introduce, orient and support the development of new and existing members. Brenda, Mentor Coordinator, has compiled a comprehensive packet of information for a new member which includes: club member responsibilities, sportsmanship guidelines, tips for improvement, player rotations, set up/take down procedures, evaluation criteria, attire suggestions, mentoring process and website content. The Water Volleyball Club is very fortunate to have this caliber of care and attention directed toward members. Thank you to Brenda and her awesome mentors.

Congratulations to Linda, the new Recreational Player Chairperson for recruiting committee representatives from Level 1 through Level 5. The Recreational Player Committee meets once a month focused on the interests of all Red Ball players. One of the very successful initiatives of the Recreational

Player Committee is monthly Ladies Night. The first Wednesday of the month is reserved for all levels of female players to compete with the Red Ball. Another exciting proposal from the Recreational Player Committee that was approved by the Steering Committee on September 10th is ongoing training for Level 3 players on the first and third Tuesday of the month. Players interested in participating in the training should look for additional information on the website, white board or Facebook Group.

A date has been finalized for the Level 4 through Level 6 "Some Like It Hot" Tournament. Beginning Saturday, November 2nd, and continuing through Wednesday, November 6th. Based on the level of participation of Blue Ball players during the last tournament, expectations are high for another battle of champions.

The Steering Committee met on September 10th with a quorum in attendance. A positive response from members pertaining to the electronic payment option prompted a motion and approval by the Steering Committee. Ross, the Webmaster will spearhead the implementation effort during September and October, 2019. It is important to note, Water Volleyball Club members preferring to pay by check or in cash will be able to continue to do so for dues and purchases. E-mail: scwhwatervolleyball@gmail.com Website: www.lhwatervolleyball.com

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(more Club News cont' on page 32)

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Neighborhood Watch

BY KATHY GIRE

Alerts: Solar salespeople are still knocking on our doors stating that PG&E has sent them to help lower bills. They usually represent legitimate companies but it is misleading. Do not open your door to a stranger! PG&E indicates they do not call or go to homes with discount offers. Ask the person to leave a card with their information, but do not open your door!

You can call PG&E at 877-660-6789 from Monday to Friday, 7:00AM - 9:00 PM. You can also go to schwatch.org and click on Alerts above the photos and click on Security in the menu bar with the brown background for safety tips.

A resident reported that while he was having breakfast on September 5, between 8:00 AM and 9:15 AM, some unknown person entered his unlocked vehicle. The thief opened the trunk of his car and stole two bags of coins. The police got involved.

On September 9, around 8:30 PM, a resident in the 300 block of Snapdragon opened his garage door to put out his garbage can. A "woman with blond hair" approached him and asked for help in finding her lost cell phone. When distracted with helping the woman, the resident failed to notice a male subject entering the garage and stealing a small saw in a box with some other items. The couple immediately left the area and unfortunately the resident could not describe them.

People saw "a white pickup truck" cruising the 600 block of Gold Strike Court in Village 9 at 6:30 AM. The occupants appeared looking into vehicles and at one time entered a backyard of a residence. No loss was reported but police were notified.

Scam —

A new scam is a "threatening email" in which the scammer said the resident's personal information would be put out on the "Dark Web" if he did not buy \$1,000 worth of "Bit Coins" within two days of the email. The scammer had somehow obtained part of the resident's "13 character" password. The scammer also alleged he/she had control of the resident's computer camera.

If you see suspicious persons on your

street, call the police immediately.

We all enjoyed the Volunteer Appreciation Celebration for our volunteers and their spouses on September 13. The drawing for Village Coordinators and Mail Box Captains who had submitted their reports by the August 15 deadline took place along with an additional drawing for attendees. The winners of four \$25 gift cards are John Kirkwood, Village 1A, MS#3, Lezlie Chase & Nancy Dodgion Co-Captains from Village 14, MS#7, Marcie Perez, Village 16B, MS#4, and Brenda Cathey, Village 42A, MS#8.

Save the Date —

Neighborhood Watch will hold its Annual Meeting and Breakfast Potluck on Saturday, November 2 at Kilaga Springs Lodge Multipurpose Room from 10:00 AM until 11:30 AM. Please bring your favorite finger-food breakfast item enough for 10 people. We will be electing a new candidate, Bonnie Smedberg and electing two directors signing up for their second two-year terms: Denise Hexom, Pat Sladky, Teresa Tanin and Pauline Watson. Special recognition will be given to volunteers who have served 5 years and 15 years as Neighborhood Watch volunteers. Watch for the 15-year Group Picture appearing in the November issue of the Compass. All Directors, Village Coordinators, Mail Box Captains and residents are welcome to attend. Confirm your attendance to Pauline Watson by Tuesday, October 29 at 916 543-8436 or email her at frpawatson@sbcglboal.net

Mission Statement —

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

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

New Logo for Our Volunteers —

Look for Neighborhood Watch Volunteers in their red polo shirts with the new logo. If anyone is interested in obtaining a logo, you may purchase an iron-on patch or button with a



Logo and Communications Board



magnet from Renee Plummer at 559940-5576.

New Communications Board —

On your next visit to Orchard Creek Lodge lobby, check out the new and improved Communications Board for Neighborhood Watch.

Thanks to Renee Plummer for her fabulous design work on the logo and Communications Board.

Neighborhood Watch has welcomed as a new member, but she is not a new resident.

Diane Kroll and her husband Paul have lived in Village 4 since 2004. Paul retired from being a firefighter and Diane



Diane Kroll

from being a Middle School Secretary for 30 years! They lived in San Carlos, CA when the Krolls began searching for a retirement place. Their main requirements were a house with only one story and a Kaiser medical building close by. They found just the right house and got a bonus of a great view of the golf course. They chose SLCH because they were surrounded by people of the same age and interests. Both like to play Pinochle and Diane has a strong urge to shop. The Krolls enjoy games in their own village as well as several other social events. The village does charity work for children in need here in Lincoln, including providing backpacks when school rolls around. The village has its own Village Newsletter every month promoting their events and those in Lincoln too.

Diane and Paul are fortunate to have their son and 3 children right in Lincoln, and they also have a daughter who has one child. The Krolls like cruising and fishing for entertainment. Diane remarked that she liked the water and said she used to sail on an El Toro Sailboat in and out of the Golden Gate. She also confessed that she once got stuck out there and a motor boat had to rescue her.

We are pleased to have Paul and Diane in the group.

If you are interested in joining Neighborhood Watch, please contact Linda Minor at 707 235-0773 or Pauline Watson at 916 543-8436.

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

We salute resident Milton Greene who recently became new Village 19B Coordinator and decided to adopt Village 22A.

New Mail Box Captains —

- Pam Bradshaw, Village 32A
- Joyce Clark from Village 22A adopted two mail stations in Village 19B
- Olga DeGour, Village 42A adopted two mail stations

- Deb Fairtile, Village 19A
- Karl (Tim) Gallagher, Village 22A
- Mark Gibson, Village 31B
- Simone Ostovari, Village 10B
- John Taylor, Village 32A
- Bill & Patti Woolsey, Village 32A



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Lincster

BY SUSAN PHARIS

The Autumn months are very active for the Lincsters. September 18 and 25 were the dates for the Club Championship. The ladies played nine holes on the Orchard Course on September 18, and nine holes on the Hills Course on September 25. Following the second day of the tournament was a luncheon and awards ceremony in the Secret Garden. The new club champion was named. On October 23 the Lincsters are hosting the annual Breast Cancer Tournament, Taking a Swing at Breast Cancer. This will be a nine hole tournament, and will be played on the Hills Course. The day will start with registration, coffee, and snacks. Following play will be a luncheon and awards in the golf course tent. A check will be presented to the Placer Breast Cancer Foundation at the end of the tournament. October 30 will be the Hocus-Pocus FYOF tournament; there will be costume judging, lunch, and lots of unusual golf holes. Awards will be presented in the sports bar after golf.

Play on August 7 was on the back nine of the Orchard. The winner of flight 1 was Elfie Jenkins. Flight 2 was won by Hyeja Busse. Flight 3 was taken by Carmen Farrington, and the winnings for Flight 4 were shared by Ruth Pennington and Joan Sprague. Playing the Hills Course on August 14 was a field of 41 players. Winning the first flight was Michelle Carson. The second flight was won by May Lyau. Taking Flight 3 was Suzanne Lundberg, and winning Flight 4 was Henrietta Fujihara.

On August 21 the winners were: Flight 1, Kate McAdam; Flight 2, Hyeja Busse; Flight 3, Carmen Farrington, and Flight 4, Edna Linville. On August 28 Michelle Carson won Flight 1; Kim Hall and Sara Cannon shared the winnings of Flight 2. Charlotte Riaifaisen and Linda Coolidge shared the winnings of Flight 3, and Flight 4 was won by Pat Shafer. On September 4, Kim Hall and Linda Mann shared the winnings of Flight 1. Mary D’Agostini won Flight 2. Hyeja Busse took Flight 3, and Judy Josse won Flight 4.

The Lincsters welcome Carol McCann who joined the club in September.

Ladies Golf—18 Holers

BY CANDICE KOROPP

We had a couple of tournaments to close out August. A Cha Cha Cha was played on the Orchard, and the usual Stroke Play on the Hills. Thirty ladies teed the ball for the Cha Cha Cha and the field was broken into two flights. The winners in Flight One were Nancy Gadsby, Kathi McCoy, Karen McGraw and Kelley Royball with an impressive six stroke advantage (126) over the second place team of Lissi Bedford, Candy Koropp, Ofra Unger and Lynn Lopera. In Flight Two, Judy Emge, Maureen Senn, Jody Watson and Sandy Tamanti (128) topped the second place team of Edda Ashe, Peggy Carr, Joyce Hults and Katie Sween. Pat Robison took the CTP for a round of golf. Then, in the Stroke Play on

(cont' on page 37)



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BULLETIN BOARD

OCTOBER / NOVEMBER

Glaucoma Support Group

Living with glaucoma can be a different way of life. With fall arriving we must be mindful of the shorter days and remember to pay close attention to curbs and steps. Please join us at our October meeting of the Glaucoma Support Group on October 9 at 4:00PM in the Multimedia Room (OC). If you have any questions please contact Bonnie Dale at 916-543-2133.

Multiple Sclerosis Group

The Lincoln MS Group is now meeting on the second Tuesday of the Month. Changes have been incorporated to include more discussion. The new format is working well! You are invited to check us out, Tuesday, October 8, 1:00 PM in the Sierra Room, Kilaga Springs Lodge.

SCLH Republican Club

Our next meeting is Tuesday, October 15, in P-Hall (KS). Doors open at 6:00 PM, program 6:30 PM–8:00 PM (including Q & A).

Our speakers this month are Katie Camerer and Forrest Johnson, two Public Policy seniors at William Jessup University. Katie recently completed a two-month internship in Rep. McClintock's office in Washington, D.C. Forrest recently completed a four-month internship in the White House. Katie and Forrest are both outstanding students. Their experiences as interns are sure to be of great interest to our members!

For more info, including membership: info@RepublicanClubSCLH.org

The Lincoln Democratic Club

On October 17 (meet at Kilaga Springs Lodge's Presentation Hall, social hour at 6:15 PM; general meeting at 6:45 PM), we will hear a speaker from the State Auditor's office discuss re-districting in California after the 2020 census. Learn how our Congressional district may change for future elections. All are welcome. For more information about the club please see our website, <http://www.democraticclublincolnca.org/>

Yacht Club?

Ahoy, residents of Sun City Lincoln Hills! Are you a salt water sailor or power boater; owner or crew; 6-pack ticket holder, or higher? Perhaps a reader of Latitude 38? Do you have neighbors who are? Would you like to meet and swap sea stories, compare racing tactics, or bareboat charter adventures? Let me know? Maybe lunch at the Sports Bar will lead to a Yacht Club. Call: Norm Trondsen: 916-209-3402 or ntrondsen@yahoo.com

Semper Fi Association

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

Grupo De Conversacion

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

Sons In Retirement Branch 13

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

Sons in Retirement Branch 98

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

Lincoln American Legion Post #264

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

LH Lions Club Meeting

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

Lincoln Kiwanis Club Meeting

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

Kiwanis Club of Lincoln Foothills

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

Nice lunch available for \$13. Guests are welcome! RSVP & additional Info: Rae Cook 916-251-6241.

Rotary Club of Lincoln

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

Senior Peer Counseling

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

Retired Law Enforcement

Officers Group

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

LH Airport Co-Op

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

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

Woman's Club of Lincoln

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

Lincoln Parkinson's Support Group

The Lincoln Parkinson's Support Group meets the 3rd Tuesday of each month at the Granite Springs Church, 1170 E. Joiner Parkway from 10:00 AM to 11:30 AM. The Group provides a great opportunity for those with Parkinson's and their caregivers to connect with each other and to receive information about living with Parkinson's Disease. The format consists of informative speakers and an occasional general discussion. The next meeting will October 15th. Please come and join us.

Go Big Red!

Alumni, Family and Friends of Stanford— Would you like to be in touch with other Stanford people who live here at Sun City Lincoln Hills? Would you enjoy meeting for lunch, walking the Sun City trails together, starting a book club or carpooling to Stanford events in Sacramento? If this sounds interesting, please contact me: Carol Hoge, '59, Cchoge2000@yahoo.com or 916-408-5334.

Winds of Faith Concert Schedule

Winds of Faith, under the direction of Van Crane, concert schedule:

Sun, Oct 20, 6:00 pm Lutheran Church of the Resurrection (6365 Douglas Blvd, Granite Bay)

Sun, Nov 3, 6:00 pm First Methodist Church (6414 Brace Rd, Loomis)

Sun, Nov 10, 6:00 pm Shepherd of the Sierra Presbyterian Church (5400 Barton Rd, Loomis)

Sun, Dec 15, 6:00 pm St. Augustine of Canterbury Episcopal Church (1800 Wildcat Blvd, Rocklin)

The concerts will perform both sacred and patriotic band music, including, among others, John Philip's "Stars & Stripes Forever", music from "Aladdin", a new setting of "Great is thy Faithfulness" by Booker. The concerts are free to the public with a freewill offering taken during the concert for the Ensemble. Each concert will also include a drawing for several door prizes.

For those who may be interested, Winds of Faith has opening in all sections for qualified musicians. However, they are especially interested having the following instrumentalists join their ranks: Euphonium/Baritone, French Horn, Percussion, Tenor Sax, Clarinet, Oboe, String Bass and Trombone. For more information interested musicians should contact Director Crane at vcrane@windsofffaith.com or 707-363-1679.

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Creature Features

BY LESLIE LAFAYETTE

Despite the name of my column, I have never had a chicken for a pet. I love animals and would love to have a feathery, plump bird running around my yard, but I don't think my neighbors would appreciate it what with the dogs chasing the bird, eliciting squawks and flying feathers. My mom grew up in Trenton, New Jersey a very long time ago with 8 brothers and sisters and parents who had come over from Hungary. They lived in a 3 bedroom row house and they had chickens.

My mother did not think of the chickens as pets. She would collect eggs from them and on occasion she would send one to the Big Coop in the Sky so everyone could have chicken soup with my grandmother's noodles, made fresh on the kitchen table every morning.

My own love for animals has resulted in a fair number of strange - some might say peculiar - animal adventures that are a little crazy but absolutely true. Maybe you have had some too.

One of my first "pets" was one of those poor little turtles they used to sell at places like the Farmers Market down in LA, where my mom used to take me practically every weekend. They would paint the shells of the little turtles so they looked like tiny colorful Trader Joe bags even though TJ wasn't yet invented, which meant the turtles couldn't breathe well and nobody seemed to know this. So the little turtle would die and we would have a tragic ceremony and burial in a matchbox, and then get an unpainted turtle, who lived in the same plastic turtle bowl which had a place for water and a fake palm tree.

And then the new turtle, who could breathe, crawled out of his bowl and fell down the gravity heater but was fortunately discovered before Mom turned on the heat one morning. After that, she returned the turtle to the store because, as she said, "We've had enough heartbreak for the time being, thank you just the same."

In my last year of high school we got a pug dog. For a weekend. It was a very sweet little puppy and I was completely bonded over the weekend. Walking home with my best friend, I asked her to come in to see our new dog, but when we got there my long suffering mother informed me that she had to take the pug dog back because our landlord heard him yipping and invented a "No Dogs" rule on the spot. No amount of pleading would dissuade Mr. Krause from his cruel rule, so two days later my mother brought a fluffy grey cat home. (I have no idea where she was procuring these animals and was reluctant to ask.) We never told Mr. Krause about the cat and he never asked.

We named the cat Sheba, as in "Come Back Little...:" and she was actually a very nice, low key, not reptilian nor amphibious addition to the family. And everything was going very well until my Aunt Sally came to visit from New York and my mother and father suggested we go away for a week or so and show her Yosemite and Tahoe. So off we went, after dropping Sheba off at her veterinarian who also boarded cats and dogs.

Upon our return I dashed excitedly in to collect my kitty, and was gently told that Sheba had escaped from the boarding facility on the very day we had left.

That meant she was already gone more than a week. It had been averaging 103 degrees for the whole week, with no relief in sight. Sheba had not been wearing a collar, the vet's office was a few miles from our home and located on a very busy 4-lane thoroughfare. It wasn't good. The vet paid for advertising and we visited every shelter in the area and put up signs. In between I would fret about the empty cat bed and the squeaky mouse toys and I shed a few tears knowing that she was undoubtedly gone, run over on the thruway or starving, devoured by a coyote or drowned in a backyard pool — I was not good at making up comforting stories about this — it all spelled disaster and I was trying to come to terms.

I was packing to go off to college one night when my friend called me. She lived about 6 miles away on the other side of the thoroughfare, and she knew Sheba was missing.

"You know," she said, "I almost didn't call because I know it's not even possible... but... there's been this really ratty looking bedraggled cat hanging around out in the backyard. It's been drinking from the pool and then it hides. It doesn't look like Sheba." My friend had visited me and met Sheba. "But maybe you ought to come over and see." I didn't think it could be possible but I drove right over and went into the yard. I called her name. Sheba? Sheba? Come here sweetie?

I heard a sad meow and then from the shrubbery emerged an emaciated, scratched up, matted cat who at first was unrecognizable. But I knew it was her. I traced home with her, and no cat ever had such a homecoming. Hugs and kisses and favorite foods (cottage cheese and tuna as I recall) and more kisses.

Little Sheba had come back.

She couldn't find our house but somehow, lost for nearly 3 weeks in terrible heat, she had made her way across a major boulevard, avoided cars, found a neighborhood of home after home, and only stayed put when she found the one home where my friend lived. The vet told us she must have recognized the scent from my friend out in the yard or near the house, and remained. We weren't talking much to the vet by then (he did patch her up and give her medicines and did everything he could) because, well, he lost her.

I have many other strange and some might say peculiar animal stories that I might share with you in one of my columns. The koi pond, the heron, the snakes, the discovery too late on a visit to a friend's home in Hawaii that her brother kept a tarantula as a pet, the pot bellied pig who didn't like my boyfriend, the egret named Solo and... well... so many happy stories for another time. Until then, enjoy your adventures.

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

Out & About in Lincoln...

BY RICHARD PEARL

October 5th (Saturday): Woman's Club of Lincoln 4th Annual Home and Garden Tour, 10AM - 4PM. Tour 5 distinct homes throughout Lincoln as well as the historic Clubhouse at 499 E Street, Lincoln. Vendors of jewelry, art, home décor and more will be showing their goods inside the clubhouse. Sweet and savory refreshments will be available at no charge. Opportunities to win a beautiful handmade quilt, raffle prizes from vendors and more along with a 20 bottle wine wall. Admission for tour is \$30.00 advance purchase or \$35 on day of event. For further information please contact Dori Childress 916-645-7530 or Harriet Garland 916-543-0541/916-343-1937.

October 11th (Friday): Lincoln Hills Lions Club 7th Annual Charity Golf Tournament. Turkey Creek Golf Club. 8:30 tee off. Fee includes greens fees, breakfast and lunch. Benefit golf tournament for local projects. Contact Dave Evans: 916.267.8425; dave.d.evans@sbcglobal.net.

October 13th (Sunday): Voice of Lincoln Poetry Contest. 5:30 pm. Thirty-one (31) poets, including 13 "Young Poets," ages 12 through 17, will read 38 poems expressing their thoughts on the following topics: 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? Lincoln Library at Twelve Bridges - Willow Room.

October 18th (Friday): Farmers Market at McBean Park. 8-10 am. 65 McBean Park Drive. Veggies and more.

October 25th - November 10th: Lincoln Theatre Company presents: "Out of Sight... Out of Murder." A very funny murder mystery. Tickets now on sale at www.lincolntheatrecompany.org or 916.409.7030.

Major Upcoming Events —

November 15th (Friday): Nite at the Races. A charity event for local projects hosted on by the Lincoln Rotary club. Experience horse racing without having to leave Lincoln. Orchard Creek Ballroom. 5:30 pm cocktails; 6:30 dinner; 7:30 video racing begins. \$65 per person includes gourmet dinner, two bottles of wine per table, and \$10 in "betting" money. Play the ponies, win raffle tickets and win prizes. Great fun for a great cause. Information/tickets at: 916.844.2582; www.lincolnrotary.org

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



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Through the inspiration, imagination, and passion of our poets, their powerful poetry will provide the answers to the questions posed.

- Everyone is invited to this free event to be held at the Lincoln Public Library at Twelve Bridges, Willow Room, 485 Twelve Bridges Drive, Lincoln, CA.
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Ladies Golf—18 Holers

(cont' from page 32)

the Hills, Patti Tilton edged two others, Valerie Green and Jody Watson to win the tiebreaker in Flight One. Tilton's 41 on the back was the difference. In Flight Two Donna Brinkerhoff captured first place followed by Edda Ashe and Diana Lilienthal. Peggy Carr had a one stroke edge over Maureen Senn in Flight Three; and in Flight Four Dorie Knorr took top honors by one over Katie Sween and Millie Sams. Pat McNiff birdied 12.

We had two outings on the Orchard in early September. The first was the NetChix. From a field of 33, Donna Sanderson, posted a net 71, to win. Although the final scores showed a tie between Sanderson and Tilton, Tilton already had the honor in May. She also tied the winner in June, demonstrating very consistent play. The CTP was awarded to Rosie Warren on hole 11, and she also carded the only birdie of the day on seven. Flight winners included Tilton topping flight one and Warren taking second, edging Jody Watson in a tiebreaker. In flight two, Royball was first by ten strokes better than Ashe, second; and McGraw placed third. Lilienthal led flight three by two strokes over Unger, and Barbara Korenthal snagged third. In flight four, Pat Robinson outscored the others for first, followed by Sams and Sween. The results for the second week in September, for a stroke play event and putting contest, was highlighted by birdies and chip-ins. Koropp was atop flight one with net 69, and Warren was second, followed by McCoy. In

flight two, Lapera was first (73) by one over Brinkerhoff. Aileen Martinez was third. Judy Dong topped flight three with even par and two strokes clear of Lilienthal. Liza Valencia was third. In flight four, Carr led the way, scoring one under par, 71. Barbara Grant was second and Robinson was third. Chip-ins belonged to Dong on 10 and 18, Brinkerhoff on 11, and Suzanne Hutchinson on 15. Unger had a chip-in birdie on 11, and Koropp birdied eight. For the putting contest, the pot was split four ways: Koropp led flight one with 32, Lapera had 33 for flight two, Unger had 29 for flight three, and Cicci topped flight four with 33 putts. The CTP on Hole Seven ended in a rare tie between Barbara Grant and Lynn Lapera, some 35 feet, four inches from the hole. What are the odds? We persevered temps in the 90's and a long rounds, but many wanted the practice for the Championship.

Men's Golf

BY DOUG HINCHEY

October 7-8 is the Club Championship Tournament. Before play will be the Penny Carolyn shoot out from 150 yards out on the fairway of hole one of the Hills course. Contestants will be winners of previous tournaments in the last year. The August Four Man Scramble tournament, gross score winners: flight 1, Jason Hong, Mike Munro, Rodger Oswald, Paul Fellner, flight 2, Jim Smyrak, Phil Steinbock, Rich Yoshikawa, Glenn Arney, flight 3, Joel Kaufman, Charley Kendall, William Mayo, Dennis Beldon, flight

4, Monte Boatwright, Dean Brumley, Russ Galvan. Net winners flight 1: Bob Schoenherr, Tom Gorley, Doug Hinchey, Russ Lynch, flight 2, Gene Andrews, Frank Merlo, John Mickel, Bill Rapp, flight 3, Ron Balderston, Don Bowden, Jon Levin, Ike Ogata, flight 4, John Griggs, Rob Phillips, Mercer Tyson, George Wuschnig. A great time was had with our sponsors at the Member-Guest Memorial Tournament in the Ballroom. Remember to check our website for men's golf club activities: mgclh.club

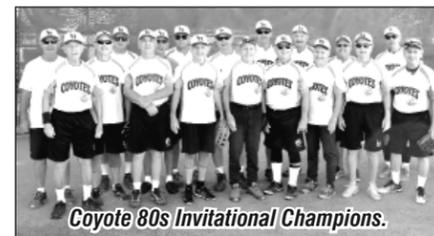
Coyote Softball

BY GAGE JOHNSON

Behind solid team defense, the Coyote 70's won the 10th Annual Rogue Valley Softball tournament in Medford Oregon on September 7-8 winning four and losing just one game. The 70's will close out their season October 5-6 at Del Webb Field playing in the Sun Eagle Tournament, which they won in 2018.



The Coyote 80s hosted the 16th Annual Coyote Invitational over the Labor Day weekend and came away undefeated to win the tournament. Playing against two teams



from Redwood City and Sacramento, the 80's scored 78 runs in the four games. Outstanding offense from Gary Jones, Pete Savoia, George Bungarz, Rowan Carlson, Forrest Burkett, and Ron Morin. Forrest Burkett made some great catches. That ends the season for the 80s, which was very successful as the team won three tournaments in 2019.

Mad Hatters Bocce Group

BY PAUL MAC GARVEY

We have noticed over the course of the last year that the Bocce Courts have been well maintained. We see our employees out on the courts blowing and picking up leaves and debris almost every morning and they are always nice and clean when we show up for Bocce on Thursday mornings. Thanks to the kids who are doing all the work. We hope others are having a similar experience. Keeping the courts clean has been a special challenge this last month with all the leaves coming down. We had occasion to talk to Eric Rosales, our Facilities Manager, a few weeks ago and he said they have been rolling the courts about

(cont' on page 40)



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Chuck and Harriet Garland —

(cont' from page 1)

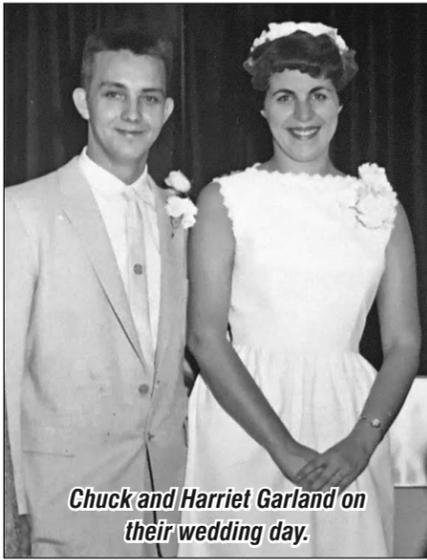
where his family lived was surrounded by lettuce fields. Harriet's family lived in town. Her father owned a jewelry store.

The couple married in 1960. There was a looming draft and Chuck decided to enlist in the Army. He was in the Army for three years from 1961 to 1964. He was a lineman. For two years, Chuck was stationed in Germany. Harriet joined him for one and a half years. They lived with a German

family who became like their own family and enjoyed traveling all over Europe. After Chuck completed his time in the Army, he and Harriet moved to San Jose for better job prospects. He worked in an auto body shop for a few years and then started his own auto body business which he owned and operated for thirty years in Los Gatos. He had seven employees. He closed the shop and then worked for State Farm for a while before retiring. Harriet worked for many years for AFLAC. Both of their children now work for AFLAC, following in their mother's footsteps.

The couple have two children. Their daughter has lived in Roseville for more than twenty years and was one of the reasons for the Garlands' initial move to Lincoln. Their son now lives in Lincoln. He moved from the Bay area. He has two children, a son who also lives in Lincoln and a daughter who lives in Manteca. Harriet and Chuck's granddaughter in Manteca has a daughter so the couple are now great grandparents. The couple is glad to have family so close.

Now that Harriet and Chuck are retired, they keep themselves occupied with various activities. Harriet is a board member of the Women's Club of Lincoln and is the publicity



Chuck and Harriet Garland on their wedding day.

chair for their upcoming fourth annual Home and Garden Tour on October 5th. The tour includes six buildings—five homes and the Women's Clubhouse.

None of the homes featured are in Sun City. The clubhouse for the Women's Club is at 499 E Street in downtown Lincoln and opened its doors in 1924 after the group was founded by Carrie Gladding in 1911. Harriet was the chairperson of the Club's recent Mad Hatter Tea Party in June. It was their first and a great success. Some of the funds raised from their events are currently going towards repairs, upgrades and maintenance on the Women's Club's building which is on the National Register of Historic Places. The building has been receiving many upgrades, including updating for handicapped accessibility, a new roof, hardwood floors in the parlor and painting inside and out. They also do fundraising for local student scholarships. The Women's Club meets on the fourth Tuesday of each month and everyone is welcome. The membership "includes women whose ancestors founded the town, country women and ranchers, retired professionals, businesswomen and transplants



Chuck Garland and one of his many beautiful wood work.

PHOTO BY JEFF ANDERSEN

from other cities and surrounding towns."

Harriet is on the Board of Directors of the new Senior Center in Lincoln. She works with the Chamber of Commerce. One of Harriet's proudest recent accomplishments is her involvement with the opening of the Senior Center. It has been open less than a year. The project started with a group of three women and had support from Peter Gilbert of Lincoln City Council, various churches and service clubs. They turned an abandoned fire station on H Street into an inviting place that now hosts lunches sponsored by Seniors First. The seniors love the socialization and

activities. Harriet also enjoys her involvement with the Rotary Club and its work giving back to the community.

In keeping with his love of the great outdoors, Chuck belongs to the Fishing Club in Lincoln Hills which has members that enjoy fly fishing, and others that thrive on taking boat trips. Recently, he went with a group of ten to Alaska. They flew up there, chartered two boats and spent five days fishing. Chuck's haul included sixty-five pounds of meat that was vacuum sealed, frozen, and shipped

back home. Although Chuck loves the thrill of the hunt, he and Harriet are not wild about eating fish except for smoked salmon (pun intended). Chuck also takes local fishing trips to places such as Flaming Gorge in Utah and Wyoming.

Chuck and Harriet like to travel together. They love going to Maui in Hawaii and enjoy day trips to the Gold Country in Northern California. There is so much rich history to be experienced nearby.

Chuck delights in visiting the ten acres of their former residence. The house was unique and took a while to sell. They have an unusual relationship with the current owner. Chuck goes up to help on a regular basis to get his "tractor fix." He assists with the sprinkler system and

the lush orchards that he planted. Chuck was even able to plant avocado trees which do not usually do well in the foothills' climate. Chuck came up with some innovative workarounds that provide the perfect environment for the trees. At first, he used sheets to cover the trees from the elements and then he finally landed on the brilliant solution of stringing vintage Christmas lights which give off heat and make a festive environment. When the Garlands lived at the home, several weddings were held there, including their son's which had about 125 people in attendance.

Even though Chuck and Harriet loved their home in the Lincoln foothills, they are content to be in Sun City. They love to entertain, so they bought a home with one of the largest floor plans. Chuck turns wood on his lathe and displays gorgeous pieces in the home, including a vase with inlaid turquoise. They have made the best of their two and a half years in the community by focusing on nature, giving back to the community and living near family. They are welcoming and their home is a visual delight full of fun frogs, handmade wood pieces and a view from a backyard with a pool. They are an asset to Sun City and its environs.

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

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Mad Hatters Bocce Group

(cont' from page 37)

once a month as well. We think the extra maintenance has paid off in terms of overall appearance, the playing experience, and we have to put up with fewer complaints about the courts from our members. If you'd like to meet our members please come join us every Thursday Morning at the Sports Complex. We are currently playing Bocce every Thursday morning at 8:00 AM. Beginning Thursday, October 31, we will switch to our winter start time of 10:00 AM.

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

• • •

Pickleball

BY MICHAEL GARDNER

By any measure, our "fun"raiser for Canine Companions for Independence turned out to be a howling success.

We collected about \$2,700 in just three hours thanks to the generosity of our players and residents.

The event was spearheaded by Club member Michele Murphy, who spent 18 months training "October" to be an assistance dog.

October was matched with Lillian Scarberry, a 15-year-old who has a rare genetic condition called osteogenesis imperfecta

that causes her bones to break easily.

Lillian attended with October and gave a brief talk about the program and demonstrated how October helps her with daily tasks, including retrieving dropped items and carrying her purse.

Want to learn how to play pickleball? We offer free introduction lessons just about every Wednesday at 1 PM. No reservations needed; paddles provided. Please wear tennis shoes.

Our free Welcome Saturday introduction classes will be 11 AM October 19 and November 23.

Afternoon ladder league has restarted for the cooler months and we will celebrate the season with an Oktoberfest potluck social on the third of the month.

We closed out our tournament season with the annual Fall Classic.

In the 2.0 division, medals were awarded individually as part of the round-robin format.

(cont' on page 41)



The 3.0 "legends" division winners were: Connie Giannini and Hal McLaughlin (center), gold; Sheryl Slotsve and Bruce Barlow (left) silver; and Mona Wheeler and Don Neumeier (right) bronze.

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Pickleball

(cont' from page 40)

Gold went to Rick Johnson; silver to Eileen Moffatt; and bronze to Caryl Luis.

The medal teams by skill level are:
2.5+:

Gold: Paullette Greeno and Roger Byers.
Silver: Linda Shields and Norman Shipley.
Bronze: Jan and Bud Soto.

3.0/2.5 Legends:

Gold: Connie Giannini and Hal McLaughlin.

Silver: Sheryl Slotsve and Bruce Barlow.

Bronze: Mona Wheeler and Don Neumeier.

3.5 Legends:

Gold: Pam and Paul Abad.

Silver: Sharon Klotz and Allan Smith.

Bronze: Didi Martin and Charles Hooper.

3.5 Masters:

Gold: Karen Hafenrichter and Mike Mosca.

Silver: Mary Keaney and Gary Filizetti.

Bronze: Anita Lehrer and Jack Schryver.

4.0 Legends:

Gold: Susan Whalen and Ron Greeno.

Silver: Barb Bartley and Craig Fraser.

Bronze: Sully Hannah and Terry Tibbetts.

4.0: Masters:

Gold: Susan O'Connell-Roland Lee.

Silver: Judy Musgrave and Mike McElroy.

Bronze: Karen Hafenrichter and Curt Clawson.

4.5: All ages:

Gold: Andrea Mayorga-Jim Kiley.

Silver: Robin Haney and John Kirkwood.
We could not do as much without the generous support of our sponsors.

Thanks to Coldwell Banker Sun Ridge Real Estate, Schaack Physical Therapy and Lincoln Urgent Care for their help staging the Fall Classic.

And thanks to Penny Carolan of Carolan Properties who provided lunch for the Canine Companions fund raiser.

Go here to learn more: www.lhpbclub.com.

Table Tennis

BY DENNIS ZARO

We plan to participate in the SCLH 20 year anniversary celebration. On

Thursday, October 24, we will have two tables set up at the Pavilion. Volun-

teers will be there to keep score for players. All are welcome. On Friday,

October 25, we will sponsor a game in the Orchard Creek parking lot.

Participants will try to hit a ping pong ball into fish bowls. Come on out, and join in the fun!

We play doubles at the Multipurpose Room (KS). Play times are Sundays,

9:00 AM to KS closing except the first Sunday of the month when play

commences at 12:30 PM, Tuesday, 6:00 to 9:00 PM, and Fridays, 8:00 to

11:00 AM. Five skill levels are served with tables designated for each level.

Free lessons and loaner paddles are

available with a robot practice machine on Fridays. For more information contact Tim at Timcfrank@gmail.com.

Tennis Group

BY LINDA BURKE

Live, Love, Laugh and Tennis...

The Oktoberfest Mixed Doubles Tournament, Saturday - October 26, is one of the most popular tournaments of the year! Tournament format is Mix & Switch - Sign-up as an Individual. Tournament & Lunch includes T-shirt donated by Schaack Physical Therapy (916-543-7900). A big thanks to Schaack Physical Therapy for donating the shirts year after year! Luncheon will be German style food. Flyers with all the information for this event is posted on the pavilion bulletin board and our website. Thank you Bob Sanguinet for volunteering to run this Tournament.

Hawaiian Luau themed potluck party and dance - October 17. Popular DJ Tom will get the party going...so wear your favorite Hawaiian shirt and bring a special dish to share. The club will provide a barbecued main course. Non-member spouses and significant others are welcome!

Men's Doubles Championship was held September 25 and the Women's Doubles Championship was held October 8. Results for both events will be in next months Sun City Senior News. Photos will be posted on our website, so be sure to check it out <http://sclhtg.com>. Our webmaster Carl Lynch has done a fabulous job at keeping us informed

of what's going on in the club.

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

Social drop-in is on Wednesday & Saturday from 8-10am. Just go to the courts sign-in and play, it is a great way to meet other tennis players - open to all Lincoln Hills residents.

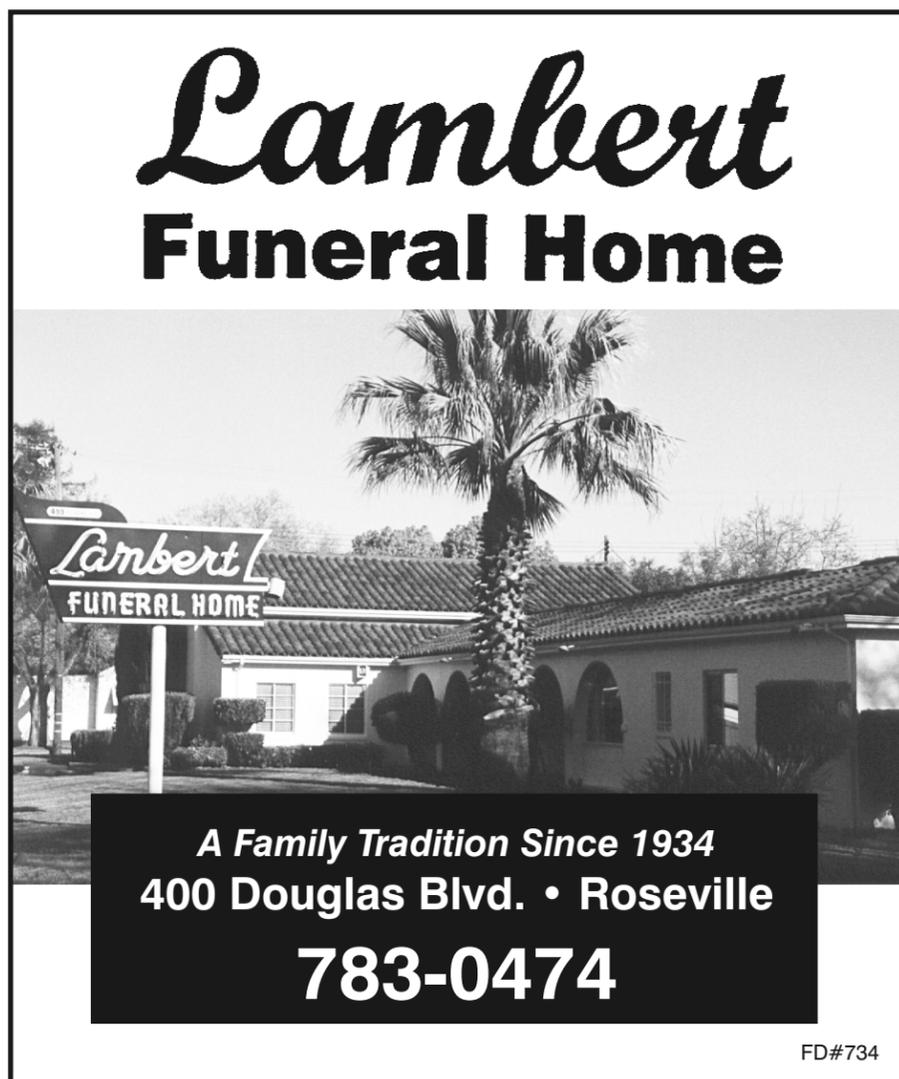
Billiards Group

BY STEVE FOWLER

The Lincoln Hills Billiards Group (LHBG) offers tournaments to all Sun City Lincoln Hills Residents for beginners, intermediate, and advanced players. Please join us in the fun and make new friends. The Billiards Group offers free lessons to residents at Kilaga Springs Lodge on Tuesdays 9:00 to 10:00 AM for new and returning players. You do not need anything to play, just show up and see what we have to offer. Remember it's free.

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

(cont' on page 42)



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Billiards Group

(cont' from page 41)

players, and the Ladies Group for midlevel to advanced players. Most groups have timed games.

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

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

Member.

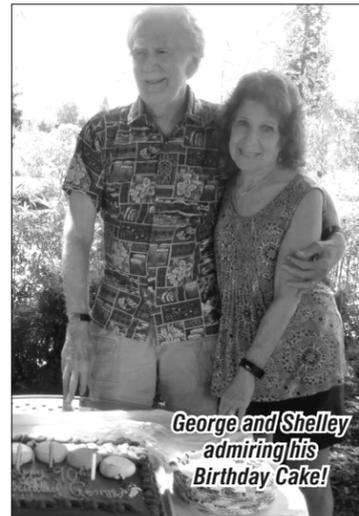
We play by the American Pool Players Association Rules that can be downloaded from www.poolplayers.com

A copy of the APA Rules including any revisions/additions to include individual tournaments, e.g., Challengers, Upstarts, etc. are contained in binders on the fireplace mantles in both billiards rooms. Contact Tony Felice at 916-955-0501 or atfelice3@gmail.com for information on the below listed tournaments, membership application and social functions.

The Club dues are \$10 a year. Membership year is Jan 1 through December 31 of each year. Dues paid in the month of October, November and December will be counted current for the following year. Membership Forms are available on the Billiards Room Bulletin Boards at Kilaga and Orchard Creek Lodges.

...

(more Club News cont' on page 43)



George and Shelley admiring his Birthday Cake!



George Black playing pool on his 90th Birthday!

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Pin Blasters Bowling League

BY KAROL RICH

Sadly, the Tuesday summer league ended 8/13. We had a great summer with a lot of new people. Thank you for joining us. See you all next summer.

1st place went to team Pins on Fire with Charles Guenther, Jolita McDonald, and Vern Silva. 2nd place was Mayhem with CJ Johnson,

PK Lewis, Ron Basnett, and Roy Hackman.

It was a close race for last place with Pin Busters winning, with Sandy Jamison, Connie Miller, Nancy Benison, and Randi Michelson. They all received a crying towel.

Most improved bowlers were David Bacon and Nancy Benison.

The individual achievements for Men and Women, respectively:

Scratch Series, Roy Hackman 752 and PK Lewis 612.

Scratch Game, Joe Ortiz 258 and Claudia DeHart 214.

Handicap Series, Ron Basnett 793 and Debra Scott 738.

Handicap Game, Dennis Cirrone 295 and Sharon Fravel 287.

• • •

Cribbage Club

BY DON LLOYD

The Sun City Cribbage Club plays Tuesdays from 8:00 AM until 12:00 PM at the Card Room in Orchard Creek Lodge. After beginning

with an hour of preliminary games, the six game mini-tournament starts at 9:00 AM. We play four handed partner games using a rotation system. Every game you end up with a new partner. Each player keeps track of his or her own score.

Our August weekly winners were: Wayne Peterson, week one; Lynn Bell, week two; Wayne Peterson, week three and Mel Switzer, week four.

Larry O'Donnell with a 28 point hand, a 1 in 15,028.

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



Larry O'Donnell with a 28 point hand!

SCLH Duplicate Bridge Club

BY LYNNE WHITE

Millions of people around the world are hooked on the fascinating game of Duplicate Bridge. What are the reasons that keep people coming back to the bridge table? Bridge will always be the world's most popular card game, because...

1. Bridge can be a lifelong pursuit. It takes only rudimentary knowledge to begin playing and enjoying bridge. This is not a game for those

who demand instant gratification. Learning to play well takes time and effort. No matter how many years you play, you'll always find new challenges.

2. Bridge will never bore you. The game can be exciting, challenging, frustrating and humbling, but it will never be boring.

3. Bridge stimulates the brain. Bridge is one of the best ways to practice the "use it or lose it" advice for maintaining mental sharpness in older age.

4. Bridge exercises both sides of your brain. Bridge is one of the few games that stimulates both the left and right sides of your brain.

5. Bridge is social. A game of bridge involves communication and cooperation with your partner and interaction with your opponents. There's a special camaraderie among bridge players that develops from the social setting and the game's emphasis on teamwork, ethics and sportsmanship.

6. Bridge is fun. Of all the reasons to learn the game, the most important is that it's just fun to play. Every session allows you to test yourself and experience the feeling of accomplishment when you find a successful bid or play.

We are an invitational club with games open to residents of Sun City and their invited guests. We play in the Kilaga Springs Lodge every Wednesday and Saturday at 12:30 p.m. We have 2 to 3 sections catering to different levels of play. We also have a Friday game starting at 5:00 p.m. with one section and all levels of play. Our game table fees are \$2 per

person for members and \$5 for guests. For additional information about our club, please visit the club website. You will find many resources, including members to call for further information www.bridgewebs.com/lincolnhills.

• • •

Friday Social Bridge

BY JODI DEELEY.

If you're interested in playing bridge and you need some reminders of the conventions because you might not have played for awhile, please attend our Wednesday class that is held in the Orchard Creek Card Room on Wednesdays between 10:00 AM and 12:00 PM. Just come and play and ask questions if you get stuck. This is a free class and the teachers are volunteers. We also have a beginner class which starts at 8:30 AM.

For Friday Social Bridge in August, the winners are First Place: Rose Phelan, Joe Phelan, Janet Pittenger, Bette Dow, and Flo Hunt. Second Place: Jay Southard, Carol Mayeur, Judy Olson, Joanna Haselwood, and Hiro Kumasaka. Third Place: Ed Thomas, Karen Worley, Rosanna Jensen, CC Bullich, and Bob Calmes. Fourth Place: Bob Free, Mark Green (twice), Ada Towers, and Jodi Deeley.

We welcome you to come on Fridays at 12:15 PM and play until 4:00 PM. We play at Kilaga Springs Lodge in the Sierra and Terra Cotta Rooms. For sign-up information please call Joanna Haselwood at 916-209-3392 for the month of October. For more information call our President, Pat Mullins, at 408-202-1865.

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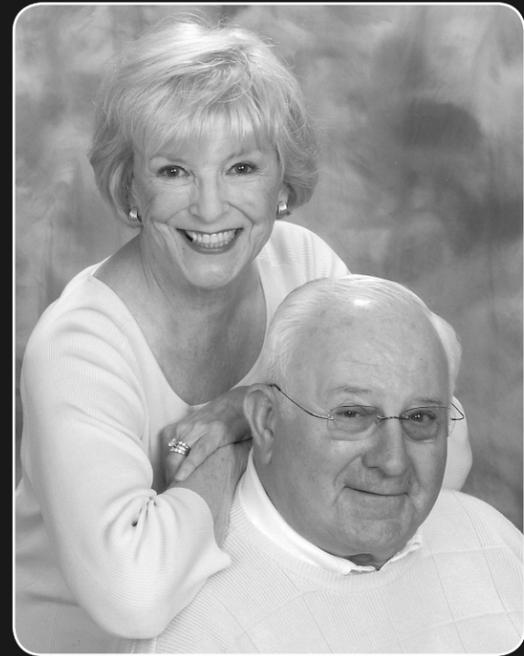
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Observations on This and That

BY MARTIN GREEN

Military Service: A few months ago I was interviewed for the “Veterans Tale” feature of our Veterans Club monthly bulletin. (What, you missed it. It was in the May Bulletin, I think. Get it at once.) My military service, during the Korean “police action” as it was called then, was undistinguished, to say the least. The Army, instead of sending me to Korea, wisely dispatched me in the opposite direction, to Germany. At Seventh Army Headquarters in Stuttgart I worked in the office of the Colonel for Ordinance. When asked just what I did I had a hard time answering. I suppose I did things like filing papers, answering the phone and whatever else an Army Colonel required. The article noted that this was an important time for the Seventh Army as it had been reconstituted after WWII to confront Russia during the Cold War. In any event, despite my presence, the Russians were kept at bay during my time in Stuttgart.

The reason I bring up all of this is that I want to observe that there’s been an incredible shift in how we regard military service since the sad days of the Vietnamese War when returning veterans were derided and even spit upon. Nowadays, whenever a serviceman or servicewoman or a veteran appears on television it’s obligatory for the TV person to thank him or her for his or her service. This even happened to me recently when during a conversation with a Lyft driver I mentioned I’d been in the Army. He thanked me for my

service. I told him my service hadn’t been very much. He still insisted in thanking me. In today’s society, when divisiveness rules and civility is rare this appreciation for military service is more than welcome.

Tennis: As I write this, the US Open tennis tournament is going on in New York City. I’ve observed before that I believe the most compelling aspect of sports is its unpredictability as every now and then an upset occurs that seems nothing short of miraculous. A prime example took place in the Open when Grigor Dimitrov came from 2 sets to one behind to beat Roger Federer. Federer is arguably the greatest tennis player of all time while Dimitrov, who has labored under the onus of being called “baby Fed”, had lost to Federer all seven times they played, was ranked 78th in the world and had hardly beaten anyone this year before the Open. At the end of the five-set match Federer had back problems and for the first time seemed to show his age, 38. As an old tennis player, I can relate to both of these. However, even us Federer fans have to give credit to Dimitrov for his work ethic, his determination and his steely nerves in achieving his win and it shows, once again, that miracles do sometimes happen and who knows, maybe our President and Congress can come together and achieve a reasonable solution to our immigration and gun control issue and--wait a minute, I see I’m going off the deep end here. Let’s just say maybe there’s

some hope for our society yet.

Handball: as I mentioned above, I’m an old tennis player, but before I took up that sport during the tennis boom in the 1970 I grew up in the Bronx and so was a handball player, which I think of as a New York City sport. Somehow, when I think of tennis I also think of handball. Maybe it’s because tennis, although not in the same class as baseball, football or basketball, still ranks as a pretty major sport (just look at the prize money) while handball is definitely a minor sport. You won’t see the results of handball tournaments in your newspaper. The prize money for those tournaments is, I’m sure, nowhere near what there is for a tennis tournament. Handball isn’t an Olympic sport, although, to make things confusing, there is a European version of the same name which is. That version has two teams with seven players on each side passing a ball with their hands to get it into a goal. American, or real handball, is played with one wall or three or four walls. In the 1930’s, the WPA built one-wall handball courts all over New York City, which is why I consider it a New York sport.

At any rate, like many who play in a minor sport, handball players usually become devotees of that sport. The beauty of handball for us Bronx kids is that it required no equipment (like a tennis racket) and no special kind of field, just a rubber ball and a wall to hit it against. And, when we were older, we had all those one-wall courts in our parks. There are a lot of campaigns going on today, most of them for ridiculous goals; I’m hoping that someday there’ll be a campaign to put real handball on the map so that I can watch a US

Open handball championship tournament and even an Olympic championship game.

September 11th: as I write this another notable event is pending; no, not, the opening of the NFL football season, maybe more about this next month, but the anniversary of September 11th. Whenever this comes around, I think back to the moment of unity our country had after this event and wish that somehow that moment could be recaptured today (see above). Well, hope springs eternal and whatever happens in the future, I’d like to say “Thanks for your service” to all the first responders then and now, as well as to all of our service members who stand on the front lines of our defense.

Volunteers Needed

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

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— • —

Worship Service 10:45 am

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SUN SENIOR NEWS CLASSIFIEDS

SERVICES

NEED TO WRITE AN OBITUARY? A widely published Lincoln Hills author can help. To get your free Obit Kit, call 916-253-7645.

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

ANB/HANDYMAN: Countertops, Windows, Mirrors, Painting, Hauling, Demolition, Doors, Licensed, Bonded and Insured. 916-712-2339.

CARE W/KINDNESS & RESPECT: Transportation, in-home care, errands. 9 yrs experience w/all conditions. Jan: 916- 781-9651.

DO YOU NEED HELP WITH INVESTMENTS, FINANCIAL ISSUES, INSURANCE? I invite you to call me. I was a Registered Investment Advisor for several years. I work for you and you pay for my time. Harry G. Williams, 916-205-5352.

DOGGIE B&B !!-cuddles, belly rubs & good lov'in. a few hours, \$20 - overnight, \$30. Please call - MARCIA 916-408-8608.

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

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

HAIR CARE SERVICES. Enjoy this specialty service provided in the comfort of your home. Licensed cosmetologist. Kimberly 916-837-1637.

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

LAMINATE/LUXURY VINYL PLANK/ LUXURY VINYL TILE - \$2 - \$3 Labor only - Repair & Material quotes also avail. Over 20 yrs. exp. - Randy 916-847-4357. Lic#852123

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

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

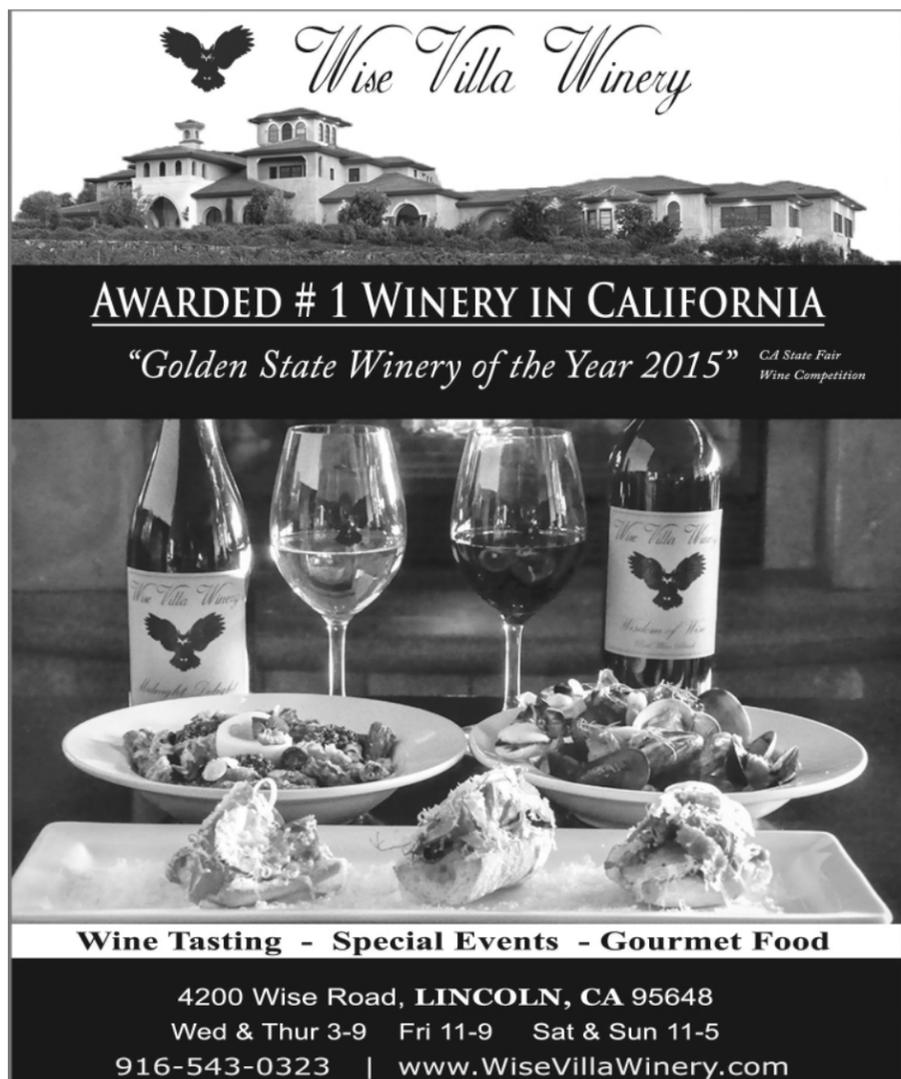
WHEELER CLOCK WORKS. Certified Journeyman Machinist. Repair, Restoration of clocks: Grand father, Antique, Cuckoo. Jim Wheeler 916-303-3459.

FOR RENT

FOR RENT: MAUI Condos 2BR/2BA from \$195/nt. By SCLH owner Gil Van Valkenburg. 650-207-0567. Maui, Oceanfront - www.homeaway.com/368171. Maui, Wailea - www.homeaway.com/368174.

FOR SALE

6FT INDOOR REALISTIC PALM TREE \$40. unique new mexico made corner cabinet chest \$30. 916-408-4899.

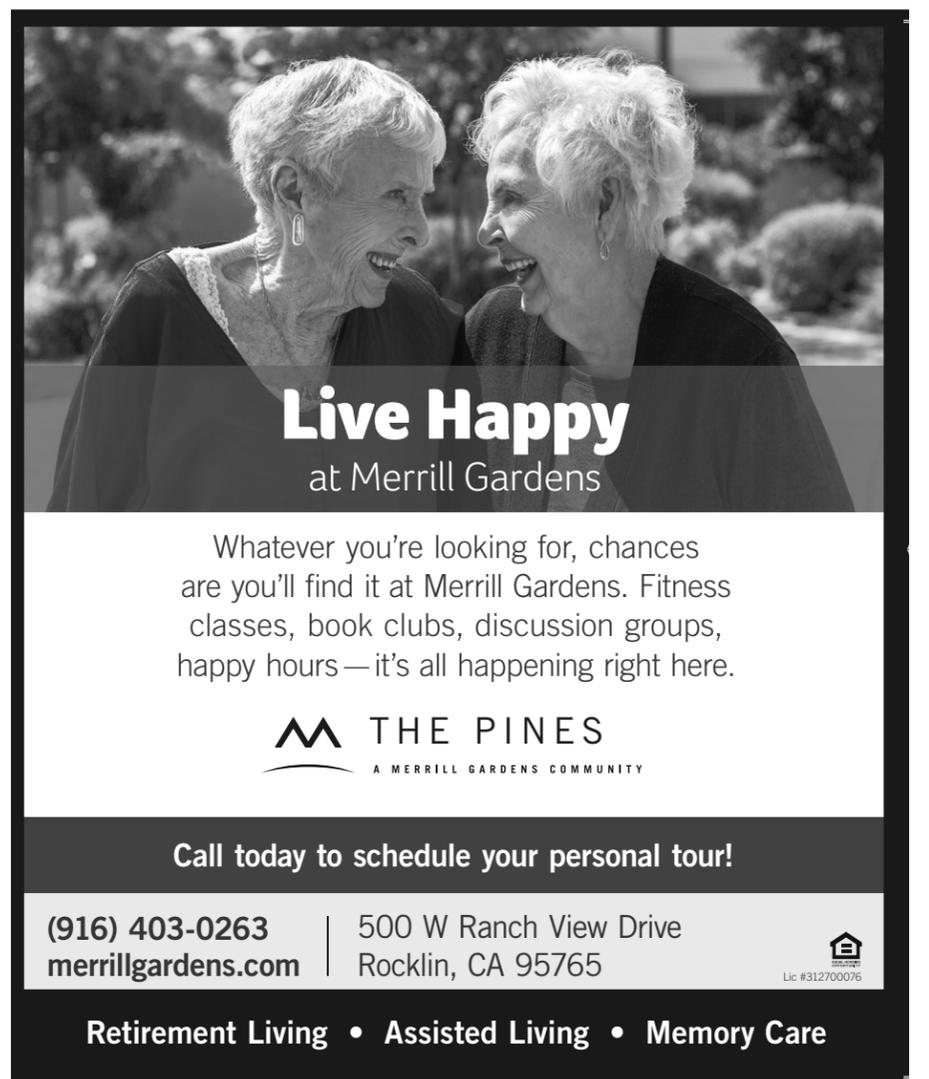


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CAMP STOVE E40, lantern \$20, swivel chair \$80, Bose radio & disc \$40. propane bottles. Dee, 916-258-3311.

DUAL RECLINER LOUNGER, electric, console, taupe, faux suede. Non-smoker, pet free, \$150 OBO. Great condition. 916-587-3035.

FIFTH WHEEL HITCH Pro Series 15 K, \$100 or best offer. 916-434-7073.

FITBIT ALTA HR BUNDLE Pack \$75, 916-217-9592.

HEIGHT 5-PIECES TABLESET, swivel stools and umbrella. Never used \$350. 925-324-1150.

KIRBY SENTRIA VACUUM, all accessories, 5 new bags + carpet shampoo system. \$300. 916-316-3911.

PANASONIC DIGITAL CAMERA with accessories \$150. Please call Ursula, 916-434-1874.

SHARP PORTABLE AIR CONDITIONER with remote control. Good condition. \$55. Call: 916-434-6895.

THREE WHEEL WALKER with hand brakes \$40 Transport chair \$60. Both like new, 916-253-3820.

TWO CLUB CHAIRS with ottoman, dusty rose brocade, excellent condition. \$250. 916-409-5649.

GOLF CLUBS: Titleist Mitsubishi Reg Graphite TS3 Driver, TS23 Wood, Taylor Made M4 Irons 4 - 9 A and P and Sand Wedges all Graphite Shafts by Fujikura. \$550. Bob 916-837-9910.

WANTED

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

ANY YEAR CAR, TRUCK, SUV IN ANY CONDITION. Pay Top prices. Montie Boatwright, LH resident. 916 434-5089.

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

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

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

DONATED GOLF CLUBS, balls for high schools, Special Olympics, 1st Tee. Call Jack 916-747-7588.

HAVE FUN PLAYING Chinese Mahjong Wednesdays noon - 3:30 pm Call 916-396-4263.

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

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

ANNOUNCEMENTS

SCALE DOWN/MOVING SALE: Nice Furnishings. OCT 7/8, 8:30-1, 1598 Grand Pheasant Lane SCLH 916-677-6791.

YARD SALE 2743 Kingfisher Ln. SCLH Saturday, October 12, 8am to 4pm.

GARAGE SALE: P.E.O. fund raiser for women's education. Saturday, October 26th from 8 am to 5 pm. 2672 Blue Heron Loop, SCLH.

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

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

HOLIDAY CRAFT FAIRE & Bake Sale: November 1 & 2 from 9 AM to 3 PM both days. Handmade, unique holiday and gift items from 48+ Northern California crafters. Lincoln Hills Community Church, 950 E. Joiner Pkwy, Lincoln. Contact Karen Hill at 916-543-9258 for more information.

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

<p>**FREE ADS — INCLUDE</p> <ul style="list-style-type: none"> ◆ First 15 words are FREE (for SCLH residents only), additional words \$1 each ◆ ONE AD PER HOUSEHOLD, PER MONTH ◆ <i>Any Real Estate or Business Ads</i> are not free. Please see "Business Ads" ◆ Lost and found items/pets. 	<p>BUSINESS ADS</p> <ul style="list-style-type: none"> ◆ Anything of a commercial nature, including pet sitting, real estate, rentals, timeshare/condos, etc. ◆ 15 words for \$35. Additional words \$1 each. ◆ \$65 for three months, same ad! (15 words only) additional words \$1 each
<p>Classified Ad Submissions —</p> <p>WHEN: By the 12th of the month, please email the information below to: CA@EGnews.com</p> <p>Subject Line should be SCLH Classified and your Phone Number (Example: SCLH Classified 916-123-4567)</p> <ol style="list-style-type: none"> 1. Contact name and phone number. 2. Which category to place your classified ad in: (Service, For Sale, Wanted, Announcement) 3. Classified ad text - including the phone number you want readers to call. <p>SCLH residents get FREE non-business Classified Ads; limited to 15 words; one per household per month.</p> <p>Non-business Ad items include selling personal used items such as furniture, tools, books, rugs, electronics, personal car, golf cart, etc.</p> <p>Business Ads include anything of a commercial nature or service, including pet sitting, real estate, rentals, timeshare/condos, any service etc.</p> <p>Business Ads are 15 words for \$35 for one-month. Additional words \$1 each. (\$90 for three months for the same ad.)</p> <p>If your classified ad is determined to be “business” related, we will email you an invoice that will allow you to pay immediately with a credit card, or mail a check.</p> <p>*HINT on Word Counts: A “word” is anything separated by spaces, or as reported by word-process software like Microsoft Word.</p> <p>If you have any questions, please email us at: CA@EGnews.com</p>	



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1410 Ivy Arbor Lane	Sequoia	\$370,000
111 Ivy Arbor Court	Millpond	\$385,000
2607 Eagles Peak lane	Calaveras	\$389,000
485 Snapdragon Lane	Calaveras	\$395,000
2043 Stonecrest Lane	Sequoia	\$399,000
443 Poppyfield Court	Echo Ridge	\$490,000
2489 Winding Way	Pinehill	\$469,500
2859 Blue Heron Loop	Tehama	\$487,000
1218 Perdita Lane	Orchard Crest	\$503,000
404 Rustic Ranch Court	El Dorado	\$540,000
223 Gazebo Court	Quail Cove	\$542,250

*information herein deemed reliable but not guaranteed *

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