

SUN SENIOR NEWS

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IN THIS ISSUE

Ballroom, Neighbors InDeed.....	4 - 5
From Your Placer County Supervisor	7
Line Dance, Tap Company	7
Country Couples, Needle Arts.....	9
Painters', Paper Arts	9
Mixed Media Arts, Writers, OC Book	11
Photography, Woodcarvers, Postage Stamp	11
Vintage Treasures, Genealogy.....	13
Astronomy, Travel.....	14
Italian, Lavender Friends	15
Shalom Social, Singles	16
Apple User, Computer	17
S.C.H.O.O.L.S., Veterans.....	17
Wise Aging, Bosom Buddies	19
Alzheimer's-Dementia	19
Hearing Impaired, Low Vision	22
Amateur Radio, RV, RoadRuners.....	23
Sports Car, Rods & Relics.....	23
Thoughts From Jack, Bird.....	24 - 25
Neighborhood Watch, Fishing	27 - 28
Shooting, Garden, Hiking	29
Lincoln Winery Wins Big, In Memory.....	30
Bulletin Board	31
The Spring Chicken.....	33
Water Volleyball, Coyotes Softball	33
Bocce.....	34
Pickleball, Table Tennis, Tennis.....	35
Observations on This and That.....	38
Ladies Golf, Lincsters	39
Men's Golf, Bowling.....	39
Out and About in Lincoln	40
Cribbage, Social Bridge, Billiards.....	41
Classifieds.....	42-43

Craig and Ann Stults — Managing Retirement

BY RUTH MORSE

Craig and Ann Stults love living in Sun City Lincoln Hills, having been here for over fourteen years. Although at the start of the process in looking for a retirement home, Craig and Ann Stults were not convinced that they wanted to live in Sun City Lincoln Hills. Ann recalls stating, "We are not golfers." Craig thought it would be "too doggone hot." But they tried it for a couple of days and realized that the mornings had cooler temperatures and there were so many other things to do within the community. So, they started the paperwork to buy but the houses were so popular and scarce at the time that the prices were going up by almost \$10,000.00 a month. And, even then, they needed to participate in a lottery to qualify for the purchase of a home. The first lottery was disappointing for them, but they won the second one in 2004. The house was finished in 2005, and they moved in full-time in 2006.

Craig and Ann both grew up in large families in Phoenix, Arizona. Ann is the

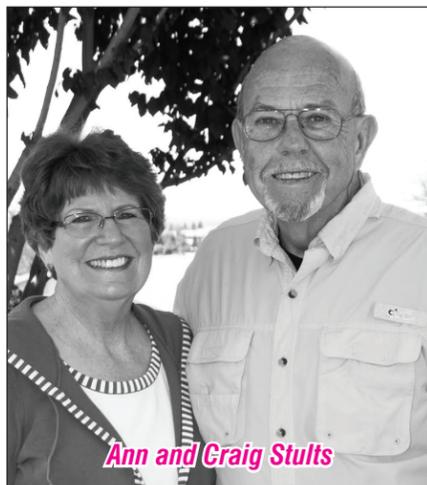


Photo by Jeff Andersen

youngest of eleven children and Craig is from a family of four children. Craig and Ann both know now that the families they were raised in were of very modest means, but they don't have

memories of going without the necessities. To them at the time, it was just a normal family setting. Craig did odd jobs from an early age in the neighborhood including a paper route and mowing lawns at the age of ten to make money for his school clothing and various things for a young person. Ann remembers the difficulties of buying shoes for the large number of kids in the family and how she ended up with many of the used pairs.

Both Ann and Craig went to different high schools in the Phoenix, Arizona area after which they started part-time jobs at the local Phoenix newspaper called the Arizona Republic and the Phoenix Gazette. They both worked in the Circulation Department and that is how they met. Craig went on to graduate from Arizona State University with a degree in marketing and business administration. Five days after his graduation, the couple wed. Ann was still quite young—she turned twenty

(cont' on page 37)

September Bingo and Other Celebrations!

BY DENISE BOWDEN

Mark your calendars for Tuesday, September 24th for Bingo in the ballroom. September brings the promise of autumn and a hint of cooler weather, Labor Day BBQs, Grandparents Day and a couple of unique celebrations like Play-Doh Day and the ever popular International Talk Like a Pirate Day. Perhaps our MC could indulge us with a few ARGHs during Bingo.

We look forward to seeing our regular players and always look forward to new players joining in the fun.

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

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

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

As usual Meridians Restaurant will offer its tasty pre-game luncheon special.

Check out our complete 2019 Bingo schedule at our website www.lincolnhillsfoundation.org.

LH Community Chorus

BY BARRY MACKINTOSH

The Chorus has just begun rehearsing for our mostly Christmas concert on December 8-10, titled "Music from around the World."

From Germany we'll sing you "Gloria in Excelsis Deo" by Bach. From Italy comes Antonio Vivaldi's "Et in Terra Pax." 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. "An African Celebration" represents that continent, and "One Light" celebrates Hanukkah.

That's just a sample of what you'll hear after Director Paul Melkonian has made us worthy of your applause. He and Nina Malone,



Paul Melkonian and Nina Malone.

our accompanist, never fail to bring out the best in us by concert time, and we plan to prove this again in December. Mark those dates!

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

...

Players Club

BY DOUG BROWN

Magic Moments – The Golden Age of Television

The Players Club's fall stage show will take you on another extraordinary trip down memory lane – to the "golden age" of the 1950s TV shows. From Ed Sullivan's weekly Sunday night parade of rising stars to Sid Caesar's "Show of Shows" to Lucille Ball's hilarious "I Love Lucy" show, there was something mesmerizing about families cozied up on living room floors to watch their favorite shows on black and white TVs.

Equally magical were the songs of the era, all instantly permeating neighborhood eateries with a coin or two in the juke box – "Sh-Boom," "Don't Be Cruel," "Lollipop," and the dulcet tones of Perry Como's enchanting "Magic Moments," among others.

Think of Magic Moments as a variety show of its own, a potpourri of popular 1950s-era programs and songs. Along with the three shows mentioned above, other featured TV programs include *The Honeymooners*, *The Jack Benny Show*, and *Sergeant Bilko (The Phil Silvers Show)*. And don't forget – those were the years of TV westerns, with cowboys predictably emerging victorious over various

(cont' on page 4)

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 916-727-6383 • Fax: 916-727-6373 • E-mail: egnews@egnews.com
 Ad rates are available online at www.EGnews.com or Email: Ad@egnews.com



Gregg & Liz Goldthorpe

EDITORS
 Gregg & Liz Goldthorpe

PRODUCTION ASSISTANTS
 Mark Bernard, Targa Funk,
 Madison Goldthorpe-Lewis

ADVERTISING
 Gregg Goldthorpe

CONTRIBUTORS

Ruth Morse, Jeff Andersen, Denise Bowden, Barry Mackintosh, Doug Brown, Ruth Wehner, Rudi Franke, Robert M. Weygandt, June Willis, Louise Seidenverg, Irene Hesson, Jill Short, Joyce Bisbee, Linda Lucchetti, Andy Dexter, Cathie Szabo, Diane Margetts, Lionel Rainman, Tim Miles, Ellen Steele, Dr. Barbara Branch, Bill Weaver, Teena Fowler, Sandi Dolbee, Judi Ganulin, Susan Platt, Rich Thayer, Karl Schoenstein, Patti Kingston, B.L. Lewis, Carol Eisenhower, Val Singer, Joanne Mitchell, Joan Brant-Love, Russell Steele, Steve Beede, Mike Smith, Pam Berry, Elna Ragan, Jack Fabian, Don Baylis, Kathy Gire, Henry Sandigo, John Kightlinger, Lorraine Immel, Stephanie Huntingdale, Leslie Lafayette, Rosemary Elston, Hunry Mutz, Paul Mac Garvey, Michael Gardner, Dennis Zaro, Linda Burke, Martin Green, Candice Koropp, Sue Pharis, Doug Hinchey, Brad Florance, Richard Pearl, Don Lloyd, Jodi Deeley, Steve Fowler.

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Back issues are available to download there as well.

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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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Lincoln Walmart Neighborhood Market Joins St. Vincent DePaul (SVdP) St. Joseph Conference in Feeding the Poor

Lincoln St. Vincent de Paul (SVdP) conference at the Friday, August 2, 2019 grand reopening of the Lincoln Walmart Neighborhood Market. This was the fifth grant that Walmart has given our SVdP Conference to help feed the poor in our area.

The purchased food cards are given to clients by the SVdP Home Visits Teams, while making their home visits. The St. Joseph, Lincoln Conference offers a 24/7 Hotline (916-645-7201) that anyone in the community can call if they need help with food, rent, utilities, clothes or furniture. A home visit team of two

people determines the needs of each family visited. If food is needed, Walmart food cards of various denominations are given to the client, depending on the size of the family. To date, SVdP has given more than \$185,000 in food cards, purchased from Walmart to give to our clients.

The Lincoln SVdP Conference has been in existence since November, 2003, and continues to meet the needs of the communities of Lincoln, Wheatland, Sheridan and Nicolaus, and is heavily sponsored by the parishioners of St. Joseph Catholic Church, Lincoln.



At the grand re-opening of the Lincoln Walmart Neighborhood Market, on Friday, August 2, 2019. Lincoln SVdP Conference was presented with a \$5,000. check. Over the years, Walmart has given five grants to the Lincoln SVdP to help feed the poor.

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I'm Bess, the owner and founder of Tuffy Love Pet Care Services. My business is named after Tuffy. I inherited him from my sister Deborah who passed away in 2016. She raised Tuffy to be an outdoor pet as a guard dog because she lived alone. He had a furious bark! However, I soon learned his bark was way bigger than his bite. He really was just a Big Teddy Bear. I had the honor of caring for him until he crossed the Rainbow Bridge this past October 2018. That's when I knew I wanted to be with as many pets as I possibly can to offer the special and attentive care all animals may require. It's an honor to care for all pets and they let's us know it with their unconditional LOVE. Which is why I chose Tuffy Love Pet Care.

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Players Club

(cont' from page 1)

evil forces, so you'll be applauding Gene Autry and Roy Rogers who will croon "Back in the Saddle Again," "Ghost Riders in the Sky," and "Happy Trails," backed up by the exceptional harmony of the Sons of the Pioneers.

The show ends with something that will rekindle fond memories for us kids at heart, the *Howdy Doody Show* and the *Mickey Mouse Club*, which will evoke smiles and laughter for all. This is a show for the whole family, so bring the grandkids!

Most of the songs, with thanks to our dance choreographer Becky Nicholson, will have interludes that showcase a talented troupe of dancers who are already rehearsing their own magic moments when they will prance across the stage, providing toe-tapping accompaniment to singers.

The playscript for *Magic Moments* was

written and adapted by Ken Reiss, who has entertained on Lincoln Hills stages since 2007. Directors Becky Nicholson and Julie Africa join Music Director Ken Reiss and Producer Craig Stults as the leadership team for the show.

It's all "coming to a theater near you" in our Orchard Creek Ballroom November 21, 22, 23, and 24. Tickets (\$16 for general admission and \$20 for reserved seating) will go on sale in the two lodges on September 17. Online ticket sales will be available at www.schlresidents.com – then click "Online Enrollment."

Readers Theater: The Players are also pleased to present their annual "scary" pre-Halloween show on October 12 and 13. Both performances, with free admission, begin at 3:00 PM in Kilaga Springs Presentation Hall. Each show features two episodes: "The Dweller in the Darkness," and "The Whistler – A Stranger in the House." Watch for more publicity in the coming weeks.

•••

Ballroom Dance Club

BY RUTH WEHNER

Hot August Nights is now history until next year, but a fun and interesting night it was, to be sure. There was something for everyone, I think, from a cute skit entitled "Jack's Wedding Fiasco". I imagine the performers had as much fun as the audience did in trying to figure out who was getting married to whom. There was also a jelly bean guessing contest and the winner came very close to the exact number. Many were in costumes reminiscent of the 1950's, don't forget those wonderful ice cream sundaes and root beer floats too. Some nice prizes were awarded.

(cont' on page 7)



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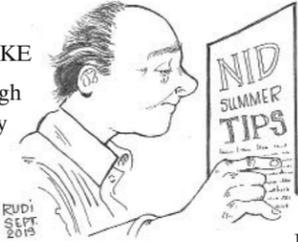
Rita Wronkiewicz
 100 Walden View Ct
rwronk@gmail.com

Neighbors InDeed —

Tips from Neighbors InDeed's Handy Helpers

BY DOUG BROWN
ARTWORK BY RUDI FRANKE

So, we're halfway through summer, have had a few pretty hot days and will probably have more. Are your irrigation and air conditioning systems working okay?



mowing service to program your timer correctly. Handy Helpers see timers on settings that are too frequent or have excessive watering times.

Call Neighbors InDeed (916-223-2763) for a Handy Helper to adjust your timer for

Irrigation Systems: Our lawns and plants have been growing well with all the rainfall we received this winter. Now with these hot spells, what do we do? Neighbors InDeed has some suggestions for dealing with your irrigation systems.

- Water 2-3 days/week, misting occasionally, since your greenery is more resilient than you think.
- Prevent runoff onto sidewalks/streets by readjusting your timers to keep the water soaking into your yard.
- Water in the early morning for greater efficiency with less evaporation.
- Inspect for defective sprayers, drippers, and valves. Test your system to ensure that your sprinklers are not spraying into the street or your neighbor's yard. Also, Handy Helpers often see damaged sprayers, drippers going nowhere, and severed dripper lines.
- Don't expect your gardener/lawn-

optimal watering or for simple remedies for wayward drippers/sprayers. Neighbors InDeed maintains a Resources List of resident-recommended business including handymen, gardeners, and sprinkler/irrigation business that can do the major repairs.

Air Conditioning Systems: With summer's advance, we crank up our AC, increasing electricity consumption. How can you nibble away at these costs and still enjoy indoor comfort? Neighbors InDeed suggests:

- Keep filters clean to maintain maximum air circulation and efficiency.
- Set maximum temperatures as high as possible within a "comfort zone." You'd be surprised how easily you can adjust to indoor temps of 78 to 80 degrees and still feel comfortable!
- Have your HVAC system inspected once a year for maximum efficiency and fire safety.

Handy Helpers can clean and change filters and reprogram thermostats. Our Resources List includes licensed businesses that can service your HVAC system. Just call 916-223-2763 for these services.

We hope that these tips keep you cool for the rest of the summer and fall, and that your greenery is healthy and happy.

As always, please remember that we do not answer the phone. If you leave us a message at 916-223-2763, we will return your call as promptly as possible between 9 a.m. and 5 p.m., Monday through Friday.

The Placer County Veterans Memorial project is funded by plaque purchases from former and current members of the US military services that live or have lived in Placer County. Family members, of past and present military servicemen who lived in Placer County at one time, may also purchase a plaque for their loved ones. Contact the Lincoln Veterans Memorial Coalition if you need military verification of their DD-214 or discharge papers.

Donations received also provide a significant portion of the funds raised to date. Groundbreaking is scheduled for November 11, 2019 at 11:11am in McBean park.

For more information: Contact the Lincoln Veterans Memorial: Don Witt, PR Officer Email: LincolnMemorialCoalition@gmail.com or Call: 530-812-0376

Web: <https://www.lincolnveteransmemorial.org/>

To donate, go to: <https://www.lincolnveteransmemorial.org/>

Gladding McBean Starts Production of Medallion Centerpiece for Placer County Veterans Memorial

Gladding McBean started the production of Medallion Centerpiece for Placer County Veterans Memorial. The Medallion is 36 inches in diameter and will be the center piece in front of the Placer County Veteran Memorial, located in McBean Park in Lincoln.

The Medallion production and installation will complete the first phase of the Veterans Monument process. The total cost of the Medallion is being donated by Gladding, McBean.



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From Your Placer County Supervisor

BY ROBERT M. WEYGANDT, *Supervisor*



One of the most important things I have learned during my tenure in public service is that nothing is more essential in business and government than sound financial management.

Financial decisions made both at the county and municipality level will have both positive and negative impacts on essential services provided to the community, such as law enforcement, fire protection, and road construction and maintenance.

As I have written in the past, I have lived almost all my life in the Lincoln area. I have seen the city's share of wonderful achievements as it developed from a small, rural farming community to one of the most desirable places to live anywhere.

This past year has brought a number of challenges to the city, but I strongly believe Lincoln will emerge more financially sound than ever.

I have received a number of phone calls and emails pertaining to the idea of reopening past tax shares between Placer County and the City of Lincoln, and I thought it would be prudent to write a column sharing some of my thoughts.

For those unfamiliar, the tax-sharing process is established when a city decides to annex land from the county to build community developments. A tax agreement must first be established with the county because the county will still need to provide important countywide services in the annexed area, such as elections, public health, District Attorney, county jail, Probation and others.

Tax-sharing discussions start with evaluating the amount of local property tax share available. This amount varies greatly depending on the tax rate area established by Proposition 13 in 1978. Unfortunately, Prop. 13 ensured that there was a very low property tax rate in the Twelve Bridges, Lincoln Hills and Lincoln Crossing area.

These tax rate areas are kind of a "snapshot" frozen in time, and establish the amount of property tax left to share between the city and the county.

Once it is determined what amount is

available, which can be as low as 12 or 13 cents per tax dollar or as high as 40 cents per tax dollar, the costs to provide services at buildout are analyzed by both the city and county.

As part of the agreement, both parties need to ensure that their desired levels of service will be maintained after buildout.

The cost of services explodes when an urban development is built, but property taxes alone will typically not cover those costs. This means there is a gap in funding that needs to be backfilled from the project itself. Those costs are considered a gap in funding and are the city's responsibility to provide.

Such was the case in Lincoln when annexation agreements with the county were established for larger developments such as Sun City Lincoln Hills, Twelve Bridges and Lincoln Crossing. Those tax share agreements were completed before I was elected, but I have researched them thoroughly and I am confident they were evaluated prudently and fairly. The economic modeling was sophisticated and consistent with all agreements negotiated since. There is no basis for reevaluating them.

However, county staff, along with myself, are currently working with Lincoln through conversations and meetings to come up with potential long-term financial solutions that are innovative and impactful, specifically focusing on how to best move Lincoln forward toward fiscal resilience and health.

As I wrote earlier, I am very hopeful and encouraged we will be able to come to an agreement that satisfies the city's need for a fiscally-sound future, while maintaining the county's high levels of service for its constituents.

I am always available to answer questions or provide more insight, and welcome you to contact my office should you have any further questions.

Ballroom Dance Club

(cont' from page 4)

Moving into September, we have a great month in store for us as Belinda/Nancy treat us to learning and practicing the fabulous waltz. Some of you may have seen the waltz up close and personal if you traveled to Elk Grove Regional Park, to enjoy the Strauss Festival which has been called magical, romantic and enchanting. 2019 marks the 30th year of the performance, well worth seeing. Another fabulous example of the waltz is a performance by none other than Andre Riu with his Johann Strauss Orchestra.

Please join us on Tuesday afternoons for a free lesson plus an hour of social dancing. Non members are welcome to attend a couple of lessons before committing to join the membership. Singles and couples are welcome. Annual membership dues are a bargain



Mary and John Kirkwood, Chet and Millie Lelio, Ruth Algeri, Elaine Hogan, Don DeSantis, Karen and Mark Worley.

at a mere \$7.00 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 P.M. for more experienced dancers. Open dance is from 3:00 to 4:00 P.M., time for practicing the many styles of dance, including the current month's offering. Contact Ruth Algeri 916-408-4752.

...

LH Line Dance Group

BY JUNE WILLIS

It was line dancing at the beach as this was the theme of our second social/group meeting of the year. The tables at the Ballroom at Orchard Creek were each uniquely decorated with shells, turtles and Hawaiian leis. Approximately 100 of our Line Dance Group participants attended this fun-filled event. All levels were welcome at this social and our instructors selected dances that appealed to all levels of experience. Along with instructors, Sandy Gardetto, Yvonne Krause-Scheneck and Cathy Paris, we had Jeanie Keener join us. Among other dances, Jeanie selected the Hawaiian Hustle as one of her dances, and this fit right in with our theme. During the business part of our social, the steering committee was introduced, and "thank-yous" were extended to our very talented instructors. Music man Mike Scheneck was recognized for providing the music. He never seems to get tired of "spinning the tunes" and we can't thank him enough for his effort. We promoted our Holiday pot-luck and we also asked for volunteers for future steering committee members. It's never too early to start planning. And last, but certainly not least, we celebrated



Solange Phinney celebrates birthday!

Solange Phinney's birthday with a resounding "Happy Birthday" song and balloons. Solange is line dancing's biggest fan. So if dancing and music appeal to you, please come and check out one or more of our line dance offerings.

Please check the Compass Magazine for dates and times of classes. Our next get-together is the Holiday Potluck held at Kilaga Springs on Monday, December 2, at 5:00 pm, and we will have lots of dancing, food and surprises. Remember if you take a Line Dance class, you are automatically a member of the Line Dance Group and you can attend our socials.

...

Tap Company

BY LOUISE SEIDENVERG

The members of the Tap Company continue to rehearse with Alyson in preparation to perform at the 20th Anniversary Show on October 25th, 1:00 - 3:00 PM, Ballroom (OC).

The new officers are on board and are scheduled to meet on August 15th. At this meeting, further discussions will take place regarding performing a show in 2020.

We encourage and welcome new tappers to join our company at any time.

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(more Club News cont' on page 9)

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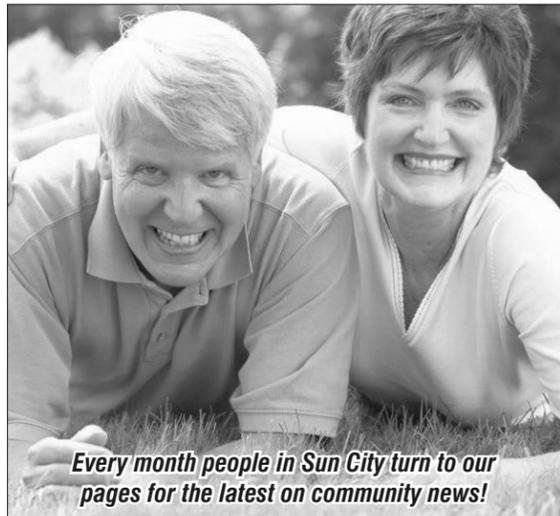
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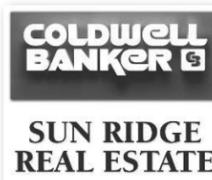
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Country Couples

BY IRENE HESSON

Country Couples members were invited to participate in one of Kiwanis Club's largest fund raising events of the year. This year's theme, "Boot Scootin' Saturday." A gathering of 250 people attended this Country Western Dinner/Dance, on August 10, held at the McBean Park Pavillon. Dinner included a tri-tip and chicken barbecue.

A big shout out to the five couples that volunteered to demonstrate some of our Country Couples dances at this event: April & Carroll Cederburg, Laurie & Warren English, Ern and Tom Hargis, Kathy & Rene Lopez, Sandra & Gary Moulton. Mike and Peggy Phillips were our photographers.

Our couples demonstrated a medley of three dances; "Cowboy Cha," "Drifter" and "Waltz Across Texas," to give the audience a chance to enjoy different rhythms that we country folk dance to.

Tom Hargis narrated between dances explaining what Country Couples is all about and then Tom invited all present to join them in the back of the room for the "Electric Slide" line dance. It was estimated that over 100 people joined in the fun. Ern Hargis and April Cederburg were the co-leaders of this group. Great job everyone!

Summer hiatus is now over and members are champing at the bit to come together, share their vacation stories and get their restless feet



back to dancing. Our next dance is scheduled for September 28. Y'all come now, ya hear!
 Club contact: Irene Hesson 916-434-6804
 Website: www.sclhcc.com

Needle Arts Club

BY JILL SHORT

It is already September and time to get back to the Needle Arts general meetings. Our next meeting will be September 10 at 1:00 PM in P-Hall (KS). Bring any projects you made over the summer to share at the meeting. Our speaker will be Lorna Miser of Zombie Yarns. Her topic will be, "My Zombie Life Will Keep You in Stitches" or "What's New with Zombie Yarns (& Fabrics)". Lorna has written knitting books and worked with dozens of knitting magazines and publishers. She dyes her own yarn and will have yarns available for purchase.

At the end of August, it was approved by the Board of Directors to expand the sewing room outward. At this time there are no details when this will be started or completed. So please be patient and stay tuned. We will let



you know when there is more to report. Mark your calendar for next year's retreat at Mercy Retreat in Auburn which will be, June 1-5 2020. For more information about Needle Arts check out our website at: www.sclhna.com

LH Painters' Club

BY JOYCE BISBEE

At the September 17th meeting we will be hosting California artist Victoria Brooks. Victoria loves to paint "plein air" and feature people in her art, she works in oil and also from photographs.

Who are the Painters' Club members? They are artists who are just beginning their art journey, and others who have been painting for many years. We work in watercolor, oils, acrylics, pastel, pen and ink, and mixed media. Some of us attend the variety of art classes that are offered here, or we belong to the plein air

group who paint out locally every week. You will enjoy meeting and talking with them. That is why we have a social time thirty minutes before our program starts. Be sure to join us at 1:30pm and wear your Sun City name badge!

Thanks to Steve Memering who last month taught us how we can improve our work with his "gentle" critique of our art.

Members work is now on display at Simple Pleasures Restaurant, 648 5th St. Lincoln. The show will run through the end of the year and some great gift ideas will be available for purchase.

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

Paper Arts Club

BY LINDA LUCCHETTI

The "4-Card Swap" held during our August meeting showed off our members' creativity and love of cardmaking. It was a wonderful, fun way to work together and swap not only our cards, but some cute ideas. Thanks to all who participated.

It's never too early to get into the holiday

(cont' on page 11)





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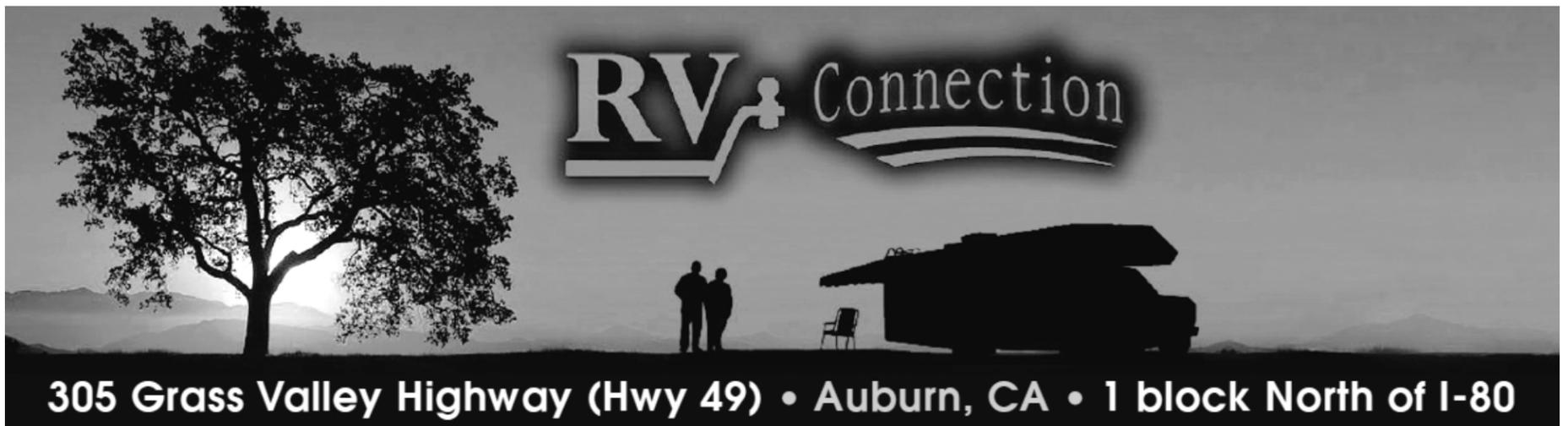
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Paper Arts Club

(cont' from page 9)

spirit! At our September meeting, we'll be making three Christmas cards. This project will be presented by Mina Bahan. If you haven't signed up yet, contact Dottie Macken.

Speaking of meetings, don't forget to share your new designs and techniques at our meetings, during the "Show and Tell" segment. We want to hear from you!

Our next Open Lab for members is scheduled for September 19 from 9:00 AM to 12:00 PM at Kilaga Springs. Can't get enough crafting? Then, stop by and work on a project or check out what others are doing. It's a relaxing time for camaraderie and creativity. Are you a scrapbooker? Come on by.

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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Mixed Media Arts Club

BY JILL SHORT

September 18 is our next General Meeting. Come to the Ceramics Room 1:00 PM (OC). Since we did not have formal meetings in July and August, we will share our July art challenge. The art challenge was using the colors red, white and blue and at least one stencil to create a mixed media art piece. We will also start collecting the yearly dues of \$15 in September. Make sure you show up to the September meeting to pick up the art apron that the club is providing to you. The monthly challenge for October will be to decorate the apron and include the name of the club, "Mixed Media Arts Club". We will share our decorated aprons at the October meeting. Our group project at the meeting will be a "Roll the Dice Activity". It is a simple activity but lots of fun. More information on what to bring for our project will be sent out



to members in an email.

Contact person for Mixed Media Arts is Nan Griffin.

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Writers Group

BY ANDY DEXTER

After making several trips to the East Coast to see their fall colors, I realized the West Coast, especially Northern California, also has colorful displays from Mother Nature. The Writers Group uses words to describe what we see and experience. Can you describe your experiences on paper?

You are welcome to join us in writing our thoughts, experiences and memories. We meet at 6:30 PM the 2nd, 4th and 5th Monday of each month in the Ceramics room of the Orchard Creek Lodge. We bring something to share, usually about 1500 words.

See you there!

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OC Book Club

BY CATHIE SZABO

"A picture is a secret about a secret, the more it tells you the less you know" – Diane Arbus

Have you ever regretted "things you don't say"? Then you need to join us at the Book Club meeting as we delve into *The Things We Don't Say*.

A cherished portrait of an artist's beloved, given pride of place in her life. Fast forward to her granddaughter, who uses this now famous work as collateral to finance her music education. But comes the fly in the ointment – is the painting really famous or is it a fake? Will this jeopardize not only her education but everything she believes about her life, especially her grandmother? Our heroine struggles for the truth – with her career and family legacy at stake. Triumph or tragedy? Read the book, come to our September meeting, join the discussion. Or come to the meeting to find out just what happens – it might trigger your curiosity about reading the book.

Please Note: For September only, we will be meeting at 1PM on Friday, September 20 in the Solarium at OC. Make a note so you don't miss the meeting.

Our usual 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.

Our book schedule for the few remaining months of 2019:

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

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

December: Holiday Luncheon

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

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LH Photography Club

BY DIANE MARGETTS

Larry Angier was our featured guest for August. He travel rural America, Serbia and Greece extensively He captures the moments he loves; the people, the places and the cultural landscape.

Field trips will be occupying much of our member's time over the next several months. A sampling of locations include Galaxy photo opportunities, Sierra fall colors, north coast, Death Valley and the ever-popular Reno Hot Air Balloons.

Our exhibit team is busy ensuring that our photographers have ample chances to show off their works. Currently, we are exhibiting at Simple Pleasures in Lincoln and the Kilaga Springs Spa. For the month of September, we will have an exhibit in the Orchard Creek rotunda.

The Photography Club welcomes new members. The skill level of our photographers ranges from the newby—who is not quite sure what all of those camera controls really mean—to the professional. And our Special Interest Groups (SIGs) strive to strike a reasonable balance for all of our members. Our Round Table SIG is an open topic SIG; anything goes, from discussing basic camera shooting techniques to delving into more complex issues. The Enhancement SIG covers many different post-processing techniques and introduces members to various image enhancing software programs. The Learning SIG will resume in September after taking a summer hiatus. Our first session will be a review on the art of composition. Hope to see everyone there.

Contact: Diane Margetts; 916-955-1809

Website: <http://www.lhphotoclub.com>

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Woodcarvers

BY LIONEL RAINMAN

As in every craft, there are some carvers that can raise it to an art form. The reality is that most all our members are hobbyist wood carvers. That is not to say they can't turn a piece of wood into something artistic and unique. Many carvers find working on a piece of wood with a carving knife quite peaceful and relaxing. They carve when they have

free time on their hands and they may give finished carvings to family or friends as gifts. There are times when that truly unique and artistic item is entered in a carving show and an award may be presented to the carver. We are proud to report that some of our members were presented with awards at the Capital Woodcarvers show in May.

Please come by and visit and you might see that next award winning carving in the hands of the carver.

The Woodcarvers Club is here to help get you started. We have tools, books and friendly members to help you along the way.

Woodcarvers meet every Wednesday from 1:00-4:00 PM in the Sierra Room at (KS)

Contact: Lionel Rainman, 916-253-9534

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Postage Stamp Group

BY TIM MILES

We're into the fall season and that means that our access to the Auditorium Rooms at the Lodge is being marginalized due to the seasonal demand for the entire ballroom through the holidays. All members should pay close attention to these columns and Bob Simonoff's minutes that are sent to all members who have provided an e-mail address.

The meeting dates for September are Thursday, Sept. 5 and Thursday, Sept. 12. For October, we have Thurs., Oct 10 and Thurs Oct. 24. We normally have one meeting the first part of November and then break for the interlude of Thanksgiving and the Holiday season, resuming in January of the new year. All these meetings are scheduled for the Sun City Lodge Meeting room (7050 Del Webb Blvd.) where we currently meet. Due to extraordinary demand for banquet space, it is conceivable that we would be moving to another night or even a different venue. Al Capparelli has been trying to arrange a schedule that is amenable to the needs of the members. There are other stamp clubs and coin clubs that meet on other nights. Some of our members belong to those too! Hopefully, something will turn up so that, as the largest stamp group in the area, we will be able to get a venue that can accommodate us. Any questions-call Al at 916-771-8288.

Anybody is welcome at our meetings, so drop in and bring your "old" album with you and our membership will give you a quick idea of how it's value has appreciated since you last inquired. We have a complete supply of catalogs at the meetings and access to all philatelic necessities at reduced prices from all suppliers. We process collections for sale and replacement.

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(more Club News cont' on page 13)



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2260 Monument Drive - Meadowgate on View Lot w/3-Car Garage

Don't miss this stunning and meticulously maintained Meadowgate model with casita on a breathtaking view lot overlooking one of the most popular nature preserves within the community. At almost 3,000 square feet, this home offers maple cabinets, granite counter tops, circular dining bar with center island, two kitchen pantries plus a butler's pantry off the dining room, built-ins in the family room, crown molding, plantation shutters, closet organizers, ceiling fans, recessed lighting, phantom patio screen doors, security screen door on garage side door, 3-car epoxy floor and garage cabinets, gated front courtyard, low maintenance landscaping, covered back patio with awesome Northern exposure overlooking nature's finest views.

Priced at \$949,000



1136 Magnolia Lane – Meadowgate Located Close to Orchard Creek Lodge & Sports Complex

This charming Meadowgate floor plan offers an iron gate leading you to a secluded courtyard perfect for your morning coffee and newspaper reading. Once entering the home through the French doors, you will notice the open floor plan. This home is an entertainer's dream with its large circular dining bar, spacious kitchen with double ovens, center island, many cabinets and breakfast nook. The architectural circular walls were a Del Webb feature which makes this home extra special. The split bedrooms are nice when guests arrive with each having private baths. The slightly larger backyard faces North for added shade during the late afternoons, an ideal spot for BBQ-ing, playing cards or taking an afternoon nap. As an added bonus, the 2-car garage has an attached golf cart garage for quick short trips to the sports complex, fitness center and Orchard Creek Lodge.

Priced at \$739,000



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Vintage Treasures

BY ELLEN STEELE

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

Our 7 October program will feature two presenters. Linda Price Williams will give a talk on the book she wrote about her grandparents "California Love Letters". It is a heartwarming tribute that spans both miles and decades. Telephones were so new and frustrating, so they chose to write letters. Come to our meeting and be inspired about your own memorabilia!

Our second presenter will be Susan Slaughter from Davis, California. She will share her story of having the Antique Roadshow in Sacramento appraise her treasures this past spring. And she will bring those items with her. Please join us to hear first hand how the show appraised her treasures!

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

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

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Genealogy

BY DR. BARBARA BRANCH

The next Genealogy Club presentation will be held on September 16th, 6:30 – 8:30 PM in P-Hall (KS). Our presenter, Glenda Lloyd, is addressing "Divorce." Glenda helped organize and served as the first president of Root Cellar.

Members should come a few minutes early to check in and receive your 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 11th 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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(more Club News cont' on page 13)

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

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

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

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

The home is owned by Jamee and Darren Horning and they have made it their own in the short time they have lived there. The home is made to order for the high tech family. This is a smart home equipped with a state of the art security system, lighting, climate control and entertainment options, all controlled by a house iPad. The views are what first drew Jamee and Darren to the home. Upon entering the front door you can see through the entire house to the Buttes. Windows and massive glass doors that slide away bring the views to you. Entering this home is truly a breathtaking experience. The views are unmatched and one truly has the feeling of being "on top of the world" according to Jamee.

The views are just the beginning in this adventure. The home has many upscale amenities throughout. The design is an open floor plan surrounded by glass. The kitchen boasts a massive island. The front study showcases unique art they have collected on their travels. Other art pieces are on display throughout the home. The master bath is



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



Vista de Madera (Horning Home) — The comfortable dining room invites good food and relaxing conversation.

like stepping into a beautiful marble spa area.

In addition to this Catta Verdea beauty the tour will include two historic homes – dating back 100 years as well as two beautiful and very unique homes in Twelve Bridges and Lincoln Crossing.

The Woman's Clubhouse located at 499 E Street will also be on the tour

agenda. This historical building started its construction in 1923 and opened its doors on April 8, 1924. Construction was possible due to many generous donations from the Lincoln community. The Woman's Club was founded by Carrie Gladding and her friends in 1911. This has been a place that not only

women but also families, private parties, funerals, organizations, businesses, schools, churches and service clubs have been gathering since its completion in 1924. The Clubhouse is on the National Register of Historic Places in the United States of America (#01000331). How the original builders had such foresight we don't know but for the past 95 years it has been a great building in our little town of

Lincoln and we are so proud that it is now a historical building.

In addition to touring the Clubhouse you will have the opportunity there to shop from a variety of vendors of art, jewelry, home décor and more. Sweet and savory refreshments will be available to all at no charge. Visitors will also have the opportunity to win various exciting prizes including a beautiful handmade quilt, a wine wall consisting of 20 bottles of wine and numerous other goodies. Each vendor will also supply a prize for some lucky winner.

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



Jamee Horning

Jamee Horning is a life-long advocate for seniors. Since 2009, Jamee has been involved with Seniors First; a Placer County non-profit organization providing programs and services to help seniors maintain

their independence. Jamee started as a volunteer for Seniors First working in the senior cafes and in the Meals on Wheels program and eventually taking on the role of Executive Director and currently she holds the position of Board President. Jamee also serves on the Governing Board of the Agency on Aging / Area 4, the Chair for the new Lincoln Senior and the Chairperson for the Placer County Older Adult Advisory commission and is currently working on an Awareness Campaign in Placer County called Senior411.org to ensure all older adults and people supporting them are aware of the programs and services available in Placer County.



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LH Astronomy Group

BY BILL WEAVER

The Lincoln Hill Astronomy Group (LHAG) sponsored a very successful trip last month to the Sierra College campus Sewell Hall Planetarium for a presentation by Astronomy Professor David Dunn about black holes. Members of the Group and SCLH residents filled the 50-seat planetarium for this outstanding program consisting of a multimedia slide show followed by a projection of the current night sky stars on the planetarium dome and a journey through the Cosmos. Planetarium presentations are open to the public and available Fridays during Fall and Spring semesters. For information, call 916-660-7912 to schedule a visit.

On Wednesday September 4th at 6:45 pm in the Presentation Hall at Kilaga Springs, semi-retired professor of Sierra College Charles Daily will give a presentation on what has been learned about our universe from examination of meteorites. Professor Daily is widely known for his historic efforts in acquiring the carcass of dead gray whale in the late 1980s and transporting it to Sierra College where its skeleton now hangs from the ceiling of the Sierra College Natural History Museum. The meteorite presentation is open to all residents of SCLH.

On Monday September 16, the Cosmology Interest Group (CIG) will meet in the Orchard Creek Fine Arts Room, at 6:45 pm. The presentation involves two Radio astronomy segments. Session 21: "Intercellular Molecular Clouds". In the late 1960s, interstellar ammonia and water vapor were detected. Soon came formaldehyde, carbon monoxide, and the discovery of giant molecular clouds

where we now know stars and planets are formed. Session 22: "Star Formation and ALMA". With an array of 66 radio antennas located in the high Chilean desert above much of the earth's atmosphere, the Atacama Large Millimeter/submillimeter Array (ALMA) is a radio telescope tuned to the higher frequencies of radio waves. For interest in attending, contact Morey Lewis mlewis_cc@sbcglobal.net for more information.

On Friday September 27, The Telescope Interest Group will conduct a Star Party at the SCLH Rossi Lane observation site in conjunction with its Introduction to Astronomy course. Sunset is at 7:00 pm with observations starting about a half hour later. See spectacular views of the planets Jupiter and Saturn and some of their moons along with various nebulas, galaxies and star clusters. Contact Bob Collins 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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LH Travel Group

BY TEENA FOWLER

The meeting this month is on Thursday, Sept 26th in the Kilaga Springs Kitchen at 6:00PM. 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.

(cont' on page 15)



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LH Travel Group

(cont' from page 14)

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
- 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 teanafowler@wavecable.com; Louise Kuret 916-408-0554 lkuret@sbcglobal.net

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LH Italian Club

BY LINDA LUCCHETTI

Our August event featured a humorous take on the ever-famous Shakespearean tragedy, "Romeo and Juliet." The twist?



Both Romeo and Juliet had matured to the ripe 'ole age of ---72? A delicious dinner with a side of hearty laughter were presented to our members and guests who braved the 100-degree temperatures outside to attend. Bravo to all the players who took part.

On September 22, make way for an Italian Street Fair at the McBean Pavillion in Lincoln. There'll be food, wine, games, and lots of crafts to peruse and purchase, created by our members. More information to come; look for a flyer on the website.

The club's bocce ball fall season rolls out September 4. If you have questions about the league, contact Ron Avanzino at 916-409-5401.

The Italian Club offers a special activity 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.

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Lavender Friends

BY SANDI DOLBEE

This is the tale of two anniversaries. The first is one you probably already have heard about — the 20th anniversary of Lincoln Hills. The other one is a little less known: our club turns 15 years old in 2020.



Darlene Barbieri (left) and Deborah Turnor check out our club's gift card at the anniversary launch party.

Our group, comprised of LGBT residents and their allies, began informally in 2005 and was called the Lavender Hills Club. Members met in people's homes and backyards. By 2008, we outgrew private homes and began seeking other facilities for events. That same year, we applied to the homeowner's association to become an official club. We had to change our name because, as it turns out, there was a street here named Lavender Hills (the name Lavender Friends was picked through a contest among members).

(cont' on page 16)

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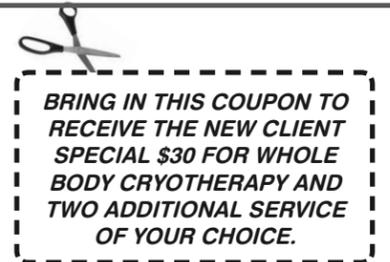
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Lavender Friends

(cont' from page 15)

Meanwhile, back to the Lincoln Hills 20th anniversary, one club member had the idea that we should donate a raffle gift for the launch party, which was held in August at the Orchard Creek outdoor pool area. President Joan Lactis loved the idea and quickly got approval from the Steering Committee to donate a \$50 SCLHCA gift card.

“It is an important event to our community and we are part of this community — we show up,” Joan explained (indeed, several Lavender Friends were at the launch party). She added: “I want Lavender Friends to be a visible presence in this community.”

For more information about the club and its events: www.lavenderfriends.com.

Shalom Social Group

BY JUDY GANULIN

The Shalom Social Group is heavy into sports these days: bocce ball every Sunday, four active bowling teams, pool every other Tuesday, and ping pong.

Our Men’s Group had a bagel brunch featuring great food and an interesting speaker. Our Women’s Group will have an event in the fall, and we have a New Member event early this month.

Our big event for the future is our 20th anniversary celebration, probably in May or June.

Shalom Social Group focuses on Jewish culture, food and history, but membership is open to all. For more information please contact Joanne Levy, 508-333-8590.

Singles Club

BY SUSAN 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 Buonarotti’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

(cont' on page 17)

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Singles Club

(cont' from page 16)

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 3:00PM 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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Apple User Group

BY RICH THAYER

Apple season is here, and that includes the electronic type as well as the edible type. This fall, Apple will be releasing new products, including Catalina MacOS and iOS 13. LHAUG members should NOT install these until our support team has evaluated them. To avoid inadvertent installation, turn the Automatic Updates setting off.

If you plan to upgrade to a new Apple product, consider donating your old product to the Apple User Group. We will erase them, install a fresh operating system, and try to find

a home for them with those in need. We accept 2010 or newer Apple products only.

August presentations included "Apple Watch Essentials" by Bill Smith, and "iPhone Essentials" by Ken Spencer (part 1) and Andy Petro (part 2). Upcoming seminars will cover Mixbooks and Motif, iOS 13, the Apple credit card and Apple Pay, and a learn-and-do seminar on Reminders. Check out lhaug.org for videos and a calendar of future seminars.

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

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SCLH Computer Club

BY KARL SCHOENSTEIN

Main Meeting Sept. 11, 06:30 PM "Roku" is the most popular streaming device on the market today, ahead of Fire TV and Apple TV and all the rest, also very affordable, starting at \$29.

From your Roku you can stream virtually every service available. Use it for Netflix, use it for Youtube TV, use it for Amazon Prime, and now use it for "Kanopy" with Lincoln Public Library where you get 10 free movies every month, and very high quality movies and documentaries.

Come and see how to set up and optimize your Roku. It's the only button you'll have to press. Terry Rooney presenter (KS Presentation Hall)

Walk-In-Workshop: Sept. 17, 1:00PM - 3:00PM in the Computer Lab at Orchard Creek. Our more experienced computer members will provide assistance to any of our Club members who would like hands-on help in utilizing computer hardware components, the Windows operating systems, or application programs.

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

BY PATTI KINGSTON

Another school year has started and volunteers are starting in their schools and classrooms. Many are returning to the same school and teacher, and some are new and looking forward to a new challenge and opportunity. Comments during our spring survey of volunteers elicited comments such as, "I call it my happy day" and "I enjoy it more than anything else I do".



Ms. Whitworth's class at First Street Elementary. Patti Kingston, volunteer.

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

It's not too late to volunteer for the 2019/2020 school year. Contact one of the leaders below to select a school, or grade, with hours that suit your schedule. As little as 2 or 3 hours a week is greatly appreciated. The children look forward to having you in the class room and it will put a smile on your face every day that you volunteer!

Please visit the SCHOOLS web site at

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

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

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Veterans Group

BY B.L. LEWIS

The general meeting will be held at 1:00 p.m. Friday, September 20, 2019 in the Kilaga Springs Presentation Hall and will feature Aaron Bryant, PhD of the National Association of Buffalo Soldiers and Motorcycle Club. The club was formed to pay homage to the legacy of African Americans during the Civil War. Following the U.S. Civil War, regiments of African American men known as buffalo soldiers served on the western frontier, battling Indians and protecting settlers. Later the Buffalo Soldiers went on to fight in the Spanish American War, rode with General Pershing hunting Pancho Villa and acted as Park Rangers in Yosemite and Sequoia National Parks.

Remember your veterans benefits include burial in VA National Cemetery and by planning in advance can eliminate unnecessary delays and reduce stress on your family in a difficult time. The VA has implemented a Pre-need eligibility program to help prepare for burial in a VA National Cemetery. An Application for Pre-Need Determination and a copy of your DD-214 must be mailed

(cont' on page 19)

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Veterans Group

(cont' from page 17)

to the National Cemetery Scheduling Office, P.O. Box 510543, St. Louis, MO 63151. The application, VA Form 40-10007 can be down loaded from (<https://www.va.gov/vaforms/va/pdf/VA40-10007.pdf>)

Need a New Flag? You can replace that worn-out flag with a bright, rugged new one on the 15th of every month when the Veterans Group mans a flag sales table in the Orchard Creek lobby from 8 a.m. to 4 p.m. If you are unable to pick up a new flag at Orchard Creek Lodge, Michael Amerio will deliver a new one to your home. You can contact Michael at 661-304-6519 and if your pole/mount needs attention, contact Vern Luke at 916-253-3711 for recommendations. Also, you can turn in your old, tattered, faded American flag for retirement by placing them in the box in the utility room to the right of the Activities Desk in Orchard Creek Lodge. Be sure to tell your neighbors about this service.

September is the time of year that we nominate new members to the Group's Board of Directors. This year there will be three openings and we are looking for some stout-hearted, clear thinking individuals who like to give orders that no one will follow. If you are interested or know of someone that meets these qualifications, please contact Malcolm Singer at 1-916-645-8553 or Bill Lewis at 1-916-408-3771.

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.

Congratulations to New Life Member, Bernard Bunn, U.S. Navy. As of July 28, 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 Labor Day, September 2, 2019, Patriot Day, September 11, 2019, and POW/MIA Recognition Day, September 20, 2019

In Memorium
Robert Grittner, U.S. Airforce
Robert "Bob" Williams, U.S. Army
The Veterans Group extends its deepest Condolences
to families and friends of these veterans

Wise Aging Resource and Support Group

BY CAROL EISENHOWER

We are a new support group for residents of Sun City Lincoln Hills, and we provide a forum for discussion, support, education, and sharing of aging-related resources for all residents wanting to plan for their older years, whether ageing in place or exploring other options. To date, we have heard from Neighbors Indeed, the Placer County Peer Counseling Service, and a speaker instructing us on why we NEED to plan for the future. Our meetings always include small group discussion to share ideas. In September, the presentation will be about how to get information and help with aging decisions, and in October the discussion will focus on 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 September 2 and October 7.

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

Website: lhwiseaggers.com

Bosom Buddies

BY VAL SINGER

Wow! What a month we had!! August 8th was the officers' luncheon held at The Timbers restaurant in Roseville Sun City. There were 23 of us and, as usual, Mae and her group made it very special. We were each given a long stem pink rose with its own water container and a dark chocolate biscotti. Yum! The food was good, the service excellent, and the camaraderie the bestest ever. Thanks to all who made this event super special.

On August 10th, the American Cancer Society Relay was held in the Auburn Fairgrounds. The weather really cooperated with a nice breeze and temperatures below average so all was good. The ceremonies included several survivors speaking of their journey through cancer. Our own Peggy Ryan spoke of her treatments for breast cancer and emphasized how her many friends and family helped her thru the difficult times. Good job, Peggy!!!
Our Relay tents



Peggy Ryan



were decorated beautifully by several of our members. Thanks to all for the effort put forth by these dedicated folks. We were well represented by our members in their pink shirts as the picture shows. It was a lot of fun and for a good cause.

Our September speaker is Ji Hye Park from the Sutter Lymphedema Center. I'm sure we will all benefit from hearing about methods to prevent lymphedema.

The October speaker is the Sutter Support Groups Facilitation, Kristin Koziowski. She will share her story on how to live with joy after cancer.

Thanks so much Mae for bringing these great speakers to us. You are doing a wonderful job!

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

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

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

And, we will, hopefully with a little fun...

Alzheimer's/Dementia Caregiver's Support Group

BY JEFF ANDERSEN

Our Large Peer Group meeting will be on the 25th at 1:00 PM in the MultiPurpose Room (OC) with Stefani Wilson. This group is for family caregivers with family members in the earlier stages of dementia. Get the support you need.

The above meeting will be preceded by a SCLH Forum on September 12 in Presentation Hall (KS). This edition of the SCLHCA Forum series will cover updates on Dementia, including Alzheimer's, in the areas of research, treatments, and sources for support. You don't

know what you don't know, so be there at 2:00 PM on September 12 to find out and be better educated and prepared.

The Sun City Lincoln Hills Team for the September 28 Sacramento Walk to End Alzheimer's at Raley Field wants your support. Each year we field a team to walk either the 1 mile or 3 mile course to demonstrate our support of all family caregivers, the diagnosed, and the legions of professionals and other volunteers involved with Alzheimer's. Contact one of our Steering Committee members to sign up for the walk and/or make a donation to the team. This major fund raising event helps maintain the momentum for awareness, assistance and research.



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 with Jo Fratessa is discussion only, and is designed for women who prefer a less crowded setting. The Women's group meets on the 1st Wednesday at 1:00 PM in the MultiMedia Room (across the hall from the 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, and Al Roten 916-408-3155.

(more Club News cont' on page 22)

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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/	Inside	Outside	Balcony
15 DAY HAWAII from SFO! Princess Grand Princess ~ 2600 Passengers	Nov 3, 2019	\$1,199	\$1,299	\$2,199	
	Dec 3, 2019	\$1,231	\$1,349	\$1,739	
	Dec 28, 2019	\$1,229	\$1,329	\$1,879	
	Jan 27, 2020	\$1,199	\$1,329	\$2,099	
	Feb 21, 2020	\$1,379	\$1,479	\$2,239	
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California. *ROUND TRIP LINCOLN SHUTTLE TO SHIP!					
10 DAY ALASKA From SFO! Princess Star Princess ~ 2600 Passengers	May 23, 2020	\$1,299	\$1,379	\$1,899	
	Jun 22, 2020	\$1,399	\$1,599	\$2,399	
	Jul 2, 2020	\$1,399	\$1,599	\$2,399	
	Aug 11, 2020	\$1,299	\$1,399	\$2,399	
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	\$1,049	\$1,199	\$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	Sep 23, 2019	\$749	\$849	\$1,099	
	Oct 3, 2019	\$799	\$899	\$1,229	
	Dec 18, 2019	\$789	\$889	\$1,199	
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	\$2,499	\$2,999	\$3,699	
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	\$2,699	\$3,199	
Sail round trip from Los Angeles, California to Huatulco, Mexico; Puerto Chiapas, Mexico, Puerto Quetzal, Guatemala; Transit the locks of the Panama Canal; Puntarenas, Costa Rica; San Juan del Sur, Nicaragua; Manzanillo, Mexico; Los Angeles, California. INCLUDES Sacramento Airport Shuttle & Round Trip Airfare!					



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CST # 2033380-40 August 2019a edition



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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Outside Balcony
17 DAY Europe Reposition Veendam ~ 1350 Passengers 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!	Holland America Apr 22, 2020	\$2,299 \$2,699 \$4,299 INCLUDES SACRAMENTO AIRFARE!
8 DAY RHINE GETAWAY Various Ships ~ 190 Passengers Sail from Basel, Switzerland to Amsterdam visiting Breisach, Germany; Strasbourg, France; Heidelberg, Germany; Koblenz, Germany; Cologne, Germany; Kinderdijk, The Netherlands; Amsterdam, The Netherlands.	Viking River Cruise Various Dates	\$2,499 \$3,299 \$3,599 INCLUDES DAILY EXCURSIONS SACRAMENTO AIRFARE & AIRPORT SHUTTLE!
15 DAY GRAND EUROPEAN Various Ships ~ 190 Passengers Sail from Amsterdam to Budapest visiting Kinderdijk, The Netherlands; Cologne, Koblenz, Wurzburg, Bamberg, Nuremberg, Regensburg & Passau, Germany; Melk & Vienna, Austria; Budapest, Hungary.	Viking River Cruise Various Dates	\$4,999 \$5,499 \$6,299 INCLUDES DAILY EXCURSIONS SACRAMENTO AIRFARE & AIRPORT SHUTTLE!
22 DAY CARIBBEAN~AMAZON Viking Sea ~ 930 Passengers 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!	Viking Ocean Cruise Dec 20, 2019	\$7,499 \$7,499 \$11,499 INCLUDES DAILY EXCURSIONS SACRAMENTO AIRFARE & AIRPORT SHUTTLE!
28 DAY SOUTH PACIFIC/TAHITI Emerald Princess ~ 3080 Passengers 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.	Princess Feb 1, 2020	\$3,199 \$3,399 \$6,999 INCLUDES SACRAMENTO AIRFARE & AIRPORT SHUTTLE!
28 DAY Tahiti/Bora Bora Oosterdam ~ 1974 Passengers Sail round trip from San Diego, California to Hilo, Hawaii; Honolulu, Hawaii; Lahaina, Maui, Hawaii; Bora Bora, French Polynesia (2 Days); Raiatea, Society Islands; Papeete, Tahiti (2 Days); Moorea, French Polynesia; Fakarava, Tuamotu, French Polynesia; Nuku Hica, French Polynesia; San Diego, California.	Holland America Mar 21, 2020	\$3,799 \$4,199 \$5,299 INCLUDES SACRAMENTO AIRFARE & AIRPORT SHUTTLE!
12 DAY MEDITERRANEAN Vision of the Seas ~ 2435 Passengers 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.	Royal Caribbean Jun 25, 2020	\$2,799 \$2,999 \$4,799 INCLUDES SACRAMENTO AIRFARE & AIRPORT SHUTTLE!

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



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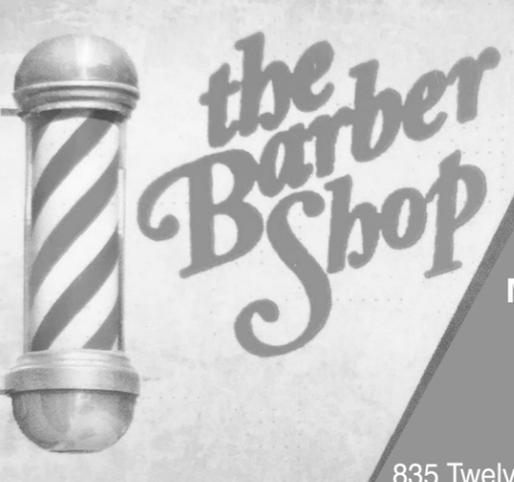


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Hearing Impaired Support Group

BY JOANNE MITCHELL

The Hearing Impaired Support Group will hold its next meeting on September 26 from 2:30 PM to 4:30 PM in the all-purpose room at Orchard Creek Lodge. We will hear an update on captioning and other technology from the tech team. Last month, we had a presentation on looping, including a real-time demonstration of the technology. Please let Donna Szabados know if you are coming so that adequate seating may be provided: 916-543-3288 or dszabados@gmail.com.

Low Vision Support Group

BY JOAN BRANT-LOVE

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

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

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

Kelly Ward's Class Descriptions

ABCs of Balance Description

Everything we do begins in the brain; your balance, your strength, your posture, your pain. Join the Fall Prevention Lady in this 90-minute workshop that teaches you how aging affects the body systems of balance and what your brain needs to be healthy. Learn drills to activate parts of the brain to immediately improve vision, balance, and overall well-being. Each enrollee will leave with a personalized program to do at home. You can re-wire your brain for better movement and less pain! If you're not training your senses, half your brain is dying.

Brains and Balance Training Description

Brains and Balance Fall Prevention Training Classes:

Train the two things you don't want to lose as you get older; your brains and your balance! This class will teach you how to activate the most neglected part of your brain for better movement and balance. Improve balance, walking gait, vision, and posture while reducing pain. IF you're not training your senses, half of your brain is dying! Use it or Lose it!

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

(more Club News cont' on page 23)

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Amateur Radio Group

BY RUSSELL STEELE, KF6TAR

Amateur Radio Operators are often in the news when they provide support during natural disasters. This news can leave the impression that Amateur Radio Operators are first responders when an emergency happens. Under national disaster protocols, amateur radio national disaster teams are requested to provide support, not respond unilaterally. The police, fire, and disaster agencies are the first responders, with backing from amateur radio teams when emergency communication is required. Natural disasters and forest fires often destroy cell towers and can damage public safety networks. When this happens amateur radio operators can fill the communication void with portable radios and repeater networks. The ARG is prepared to provide back up communications for Lincoln and Lincoln Hills with our portable radios and repeater. We hold a practice 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

Our RV Group Members are now back from a fun-filled Rally to Graeagle. Meanwhile 23 RV's are enjoying the ocean at scenic Marina Dunes between Monterey and Santa Cruz. Plans are underway for a fun October social at the Sports Pavilion with live music. Planning for 2020 and 2021 Rallies are underway with



lots of fun dinners, happy hours, golf, and trips to museums, theaters, and anything else the participants dream up. 5 new Members have joined us recently including one couple who just RV'd to Alaska.

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

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

...

RoadRunners Motorcycle Club

BY MIKE SMITH

With the arrival of August it was time to leave the valley heat and head up to the hills! On July 31, Don

Bowden led an impromptu ride through Foresthill and over the American River to Colfax. On August 10,

VP/Head Road Captain Don Heyde led

the club's monthly scheduled ride. Heading south through the

Sierra Foothills to Sonora, the riders crossed over the Sierra Nevada mountains via Sonora Pass to lunch

at Topaz Lake Nevada. After lunch it was back over the mountains by way of Lake Tahoe and Truckee

before heading home. Coming up on September 14, President/Road Captain Doug Sterne will be leading

the way on a ride down the old Lincoln Highway.

The club has scheduled rides on the second Saturday of the month, March – November. If you like

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

the fourth Thursday of the month at 5:30 PM. Multipurpose Room (OC) Guests are always welcome. The next meeting will be on September 26.

"Ride Safe – Ride With Friends"

Contact: Manny Perez 916-253-9121 manwil412@wavecable.com

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SCLH Sports Car Club

BY PAM BERRY

The club's trip to Iron Hub Winery and the historical Poor Red's BBQ Restaurant and Bar was a big success. A beautiful day to ride the back roads to the winery, where we were able to enjoy their covered patio and a little refreshment! Next was the ride to Poor Reds and some good BBQ and social time.

Our trip to Capay Valley that had been cancelled due to bad weather was rescheduled to this month. This is a very lovely ride through



the valley. Lunch at Cache Creek Casino was good and plentiful. To finish up the ride our leaders took us around the Sutter Buttes.

We are now looking forward to more great rides – Sierra Foothills with a stop at Big Hill Lookout and lunch in Placerville, Frasinetti Winery with a buffet lunch, and a drive up near Nevada City to Willows and their delicious steak. It will be a busy and fun summer.

...

Rods & Relics

BY ELNA RAGAN

Our Car Club met at Round Table Pizza on Lincoln Blvd. at 5:30 p.m. on Wednesday, August 14. We meet there on the second Wednesday of the month for a casual evening of conversation and fun.

Before our General Business Meeting on August 15, we presented checks to the three local charities that had been designated to receive the proceeds of our June 1 Downtown Lincoln Car Show. Ride to Walk, RRUFF Healing Heroes, and Women of Worth each received checks for \$5,500. To date, the Rods & Relics Car Club has donated \$181,071.00 to local charities from its Car Show proceeds.

(cont' on page 25)



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Thoughts From Jack—

The Right Words Make Such A Difference

BY JACK FABIAN

Like so many of you guys who live in this area, I've got a wife who does not ignore these super sales ads in all these local stores, whether on TV or in the newspapers. As an example, just about two weeks ago, she saw a 'half off' for one of her favorite garment stores on Galleria Blvd. Since they deal in men's as well as women's stuff, she decided to go and I went as co-pilot.

As we entered the store, she headed her way and I aimed for the men's department. As I perused the aisles, this young lady walked up to me and asked if she could help me find something. I told her I'd like to see her 'half off' underwear, upon which she got a startled look on her face, grabbed her phone and called the store manager. She came and escorted me to the exit door.

Once outside, I asked her, "Now, what am I supposed to do with this coupon?" A smile came to her face, and something very strange was evident. Apparently, she had had so many facelifts that her smile caused her knee to bend and her foot came off the ground. Accompanied by the smile, she said, "Come on with me, I'll show you my 'half off' underwear."

I finished my shopping, got home and discovered our neighbors from across the street had just gotten back from a cruise to Alaska

on Alaskan Cruise Lines "KAOPECTATE". With a name like that, you hope everything comes out OK. They make this trip at least twice a year to get a supply of ice cubes, (They have an old refrigerator).

This trip, they were amazed at the alarming rate of glacier break off and the resulting increase in sea levels. To make you aware what a significant problem this is, their ship departed from the port at Seattle two weeks ago, and due to these sea level rises, they debarked from the ship in Pocatello, Idaho. By the time they got home, all their ice had melted, but they had two large bags of potatoes.

While on the subject of traveling, I saw a couple scientists on TV discussing our plans to make a trip to Mars in the near future, (whatever that means). They mentioned that this trip would require stopping on our moon to change satellites. That's amazing! We're spending all those millions of dollars, and we can't get a direct flight. I'm gonna check with Southwest.

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Rods & Relics

(cont' from page 23)

On Friday, the 16th, members traveled to Citrus Heights to visit the residents of the Crosswood Oaks Care Center. They provided coffee and donuts and a delicious lunch. It is always fun to listen to the residents share stories about cars that they have had and special memories of long ago.

On Saturday, the 24th, Mel's Diner on Grass Valley Highway in Auburn held its 9th Annual American Graffiti Car Show. Club members enjoyed participating in the Car Show.

On the 31st, the Townsman Car Club held the 16th Annual Townsman Car Show at the Loomis Train Depot. Several Club members had their vehicles on display at this Car Show.

Rounding out August's activities was a Summer BBQ, on Saturday August 31. It was catered by Lucille's and held at the Lincoln Del Webb Sports Pavilion. There is nothing like relaxed conversation, good music, and a delicious BBQ meal with all the trimmings to wrap up the month!

September offers many fun Car Shows to attend: On the 7th, our Car Club will be the featured Club at the Classics, Cats, and Cabernet event held at FieldHaven Feline Center in north Lincoln. There will be a Silent Auction, a Live Auction, a Raffle, a delicious buffet dinner, and tours of the facility. Our Club always has a great time attending this event.

On Sunday, the 15th, our Club will attend the Antique Trove Car Show in Roseville. Wednesday, the 18th, finds our Club going on an annual "Lunch Run" to Swabbies, on the Sacramento River. Saturday, the 21st, has Club members attending Hot Chili, Cool

Cars in Rocklin. 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 —

September 3, 17: 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.

September 19: The General Business Meeting will be held at the Turkey Creek Golf Course, 1525 Highway 193, Lincoln. Dinner is available from 5:00 p.m. on and may be followed by a speaker at 6:00 p.m. The General Business Meeting starts at 6:15 p.m.

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

Website: www.rodsnrelics.net

Bird Group

BY DON BAYLIS

September brings the start of our 2019-2020 birding year, and we are starting off strong. August is our month of rest, so there is little previous activity to report, but lots of future to anticipate.

We did have one outing at the end of July, too late to cover last month. This was our first trip to Gray Lodge in the "off" season, and was prompted by the June

speaker from that refuge. In the November-February season, the auto tour is surrounded by flooded fields and millions of waterfowl. However, birders are restricted to that area, while the majority of the refuge is used for hunting (after-all, hunting licenses provide most the funding for the refuge). In the rest of the year, the tour area is mostly drained, and there is often construction of roads and water piping and ditches. The thousands of acres of hunting sites are available for touring, and some ponds are maintained for fish and the ducks who breed here. Additionally, many songbirds migrate to the refuge to breed. Our tour covered much of the hunting roadways, despite temperatures in the high temperatures, and we saw 29 species. This is half of what we would see in winter, but actually compares well with other summer birding trips. We did see many Belted Kingfishers and Kingbirds, plus Pie-billed Grebes and even Northern Flickers. We were only able to identify two ducks, a distant Northern Pintail, and caught a photo of a duck later identified as a Wood Duck.

Our regular meeting on September 9 will welcome Ed Pandolfino, one of our long-time friends. Ed will be speaking on "Bird Migration: The More We Learn, The Less We Know". Ornithology moves on, and this will be a chance to catch up.

Bird trips are planned as follows:

- September 6. Effie Yeaw Nature Center - This outing has been rescheduled from July 26 - Effie Yeaw is an educational facility in Carmichael surrounded by

100 acres of riparian woodland along the American River. Some of our members have visited the center but many have not so we thought we'd do an exploratory visit. There are a couple of miles of trail we can wander and the nature center itself will be open. We will meet to carpool in the Southwest corner of the Orchard Creek Fitness Center parking lot at 8:00 AM. We should return to Lincoln around 1:00 PM. There will be a parking fee of \$5.00.

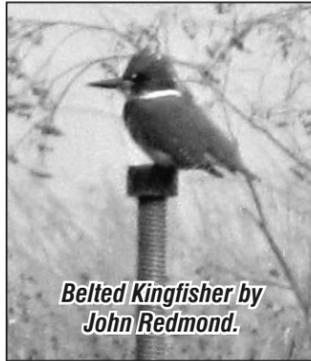
• September 27 is a day trip to the Lincoln Wastewater Treatment Plant - We translate into our "winter season" by looking for early arrivals and late departures at the treatment plant. We'll be looking for ducks, geese and shore birds as well as anything else hanging around the periphery. We will meet in the Southwest corner of the Orchard Creek Fitness Center parking lot at 8:00 AM to carpool out to Fiddymont Road and should return to Sun City by 11:00 AM unless we get distracted by something else.

Detailed bird lists for all trips are available on our website, lhbirders.org, along with photo galleries of each trip by our photographer members.

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

Contact: LH_Bird_Group@yahoo.com
Web Site: lhbirders.org

(more Club News cont' on page 28)



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Lincoln Hills Update

Model	ACTIVE Listings	Average List Price	PENDING Sales	Avg. Pending List Price	SOLD Last 2 Months	Average Sale Price
Santa Clara						
Carmel						
Santa Barbara	2	\$938,300				
Meadowgate	4	\$872,500	1	\$759,000	1	\$759,900
Sonoma	3	\$811,700	2	\$909,700	5	\$956,000
Springcrest	2	\$742,000				
Marin					1	\$750,000
Tiburon			1	\$668,000		
Monterey						
San Mateo	3	\$670,000	1	\$689,000		
Atherton						
Napa	1	\$899,000	3	\$814,300	1	\$770,000
Shasta	1	\$769,000			1	\$628,875
Sausalito	2	\$651,000				
Ventura					2	\$710,000
Annadel			1	\$749,000	1	\$595,000
El Dorado	2	\$609,500	4	\$568,500		
Ventana						
Fremont	5	\$598,600	2	\$710,000	1	\$620,000
Orchard Crest			1	\$507,000	1	\$499,000
Plumas	2	\$529,000	2	\$585,000	3	\$586,300
Tehama			1	\$489,000	2	\$490,000
Tahoe	1	\$535,000	2	\$577,000	3	\$612,000
Santa Cruz	1	\$479,000			5	\$562,800
Mendocino						
Baldwin						
Echo Ridge			3	\$543,000	1	\$625,000
Trinity					2	\$499,300
Lassen	1	\$549,900	1	\$495,000		
Quail Cove	2	\$542,000				
Alpine			2	\$527,000	4	\$509,100
Pine Hill			4	\$468,200	4	\$477,200
Almanor	1	\$459,900			1	\$456,000
Madera						
Bridgegate			1	\$449,000	4	\$432,700
Calaveras			4	\$399,200		
Sequoia			4	\$388,700	1	\$396,000
Millpond			1	\$390,000	1	\$372,000
Mariposa	1	\$360,000			2	\$372,200
Woodleaf						

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

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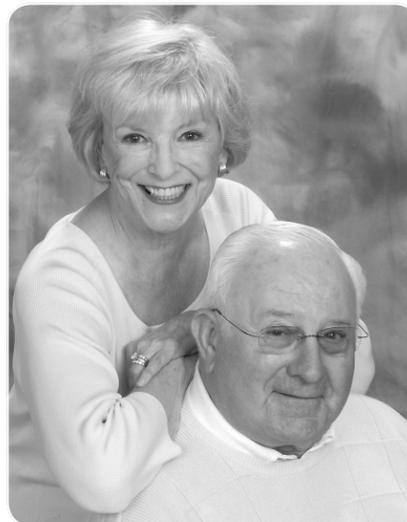
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Why are we doing this???

We love what we do and have the time, energy and desire to help our fellow residents who, for whatever reason, are leaving our community.

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Neighborhood Watch

BY KATHY GIRE

The “Goblins” were scarce this last month for which we are grateful! There are just a couple of scam calls, and the first one was a phone call to a resident who claimed to be from the “Social Security” Office. It was a robocall message asking the resident to return the call with certain information or a warrant would be issued for her arrest. The resident did not return the call, but she did contact the Social Security Office and confirmed that it was a scam call.

Another resident received a call supposedly from Kaiser Hospital Administration. The caller, a woman, claimed she was verifying the resident’s “Kaiser Membership Number” and her date of birth. The resident did give the caller her information, but then she became suspicious and checked with Kaiser. The call was a scam.

Several residents have had solicitors come to their doors claiming to work for PG&E. They wear uniform shirts with a company named “Alternative Gas Service” on them. One solicitor said his name was “Jacob,” and he was polite. If you are suspicious of any solicitors, be cautious about sharing your information. To contact PG&E, call

1-877-660-6789 or email: customerserviceonline@pge.com”

For Your Information —
Lincoln Police dispatchers have been directed NOT to take information on “SCAM” phone calls unless there is a monetary loss. You will be directed to contact the Federal Communications Commission at 1-888-225-5322.

- 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 the Lincoln Police Department has helped to keep Lincoln one of the 15 safest cities in California.

Save the Date! — Because our volunteers have worked so hard to make 2019 a great

one, Neighborhood Watch is inviting all Neighborhood Watch Volunteers to a

FREE Volunteer Appreciation Dessert Celebration on Friday, September 13, 2019 at Kilaga Springs Multipurpose Room from 6:30 PM - 8:00 PM. Drawing for Village Coordinators and Mail Box Captains who have submitted their reports by the August 15 deadline will be drawn. Additional drawing for attendees! Coffee and hot tea will be provided. No-host bar, including water and soda. Please RSVP by Tuesday, September 10 to Pauline Watson at 916 543-8436 or email her at frpawatson@sbcglobal.net

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

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

We welcome the following new Mail Box Captains:

- Bibby, John, Village 35B
- Brereton, Sheryl, Village 9
- Diehl, Kate, Village 41A
- Hedges, Cathy, Village 9
- Lundin, Diane, Village 24C
- Ostovari, Simone, Village 10
- Zelie, Craig, Village 32A

New Village Coordinators —
Mary Cranston has lived in Sun City Lincoln Hills for 15 years and now has become the Village Coordinator for Village 24B/E. Do not think this is her first time stepping up to serve the community, however; you will read all her activities and be aware of her many skills.

Mary was born in Berkeley but didn’t stay long. She spent her junior high school year in Walnut Creek, and she continued on with a degree in Family & Consumer Sciences from UC Davis.

With her husband Mary spent many years in Korea



Mary Cranston

and Malaysia. She returned to the United States to help her aging mother and then decided to stay in San Jose. For a year and a half, Mary lived on the edge of Palo Alto, and then moved to Santa Rosa where she tried to find employment in 2003. When that did not occur, Mary fortunately met a realtor who recommended the “new” Sun City Lincoln Hills as a great place to live.

Mary made three visits here and then decided to stay! She got a job with Edward Jones Investment and is still working in the Twelve Bridges office. She has watched this community for a long time. In 2009, Mary took charge of Neighborhood Watch’s Communications Board located in the lobby of Orchard Creek Lodge to post flyers and Neighborhood Watch Board information. The next year, she agreed to be the Alerts Coordinator and post Alerts for the community including later help from Barry Johnson.

Mary has served on the Board of Directors from 2011-2013, she helped on a couple of committees to update the Neighborhood Watch Bylaws and the Neighborhood Watch Policies & Procedures Handbook and included another service on the Board of Directors. She enjoys trips and the local concerts; she exercises and practices Tai Chi, line dancing and tennis. Mary has now agreed to take on the position of Village 24B/E Coordinator where she lives and is now very involved with Neighborhood Watch. We are pleased to have Mary and her skills.

We also welcome another new Coordinator, Eileen Graham for Village 37 who arrived here in June of last year. She was born in Seattle and has “many moves” because her father had jobs at various universities.

Eileen attended and received degrees from the University of Kansas and University of Florida. She settled in California in 1995 in Fair Oaks and then worked as a Human Resources Consultance and Compliance person in Napa with Hasbro Toys. She also served on the State of California Board of Directors. Eileen considers herself “semi-retired” and is doing consulting on her own.

Eileen has two adult children and



Eileen Graham

one collegiate. She also enjoys the company of two grandchildren who live in Rocklin. Much of her work required her to travel extensively, so she is pleased to be able to decide when to work. She has a cat named “Marley” and another called “Echo.”

When Eileen moved here last year she promptly attended the Association’s New Resident Orientation that we offer here. She was very impressed and pleased by it. She has joined the Singles Group (in fact she is now in charge of it) and is a member of the Writers’ Club. She more than qualifies for that because Eileen is the author of a wonderful children’s book about Christmas called “Jingles.” On one page of that book, if you look very carefully, you can see a tiny three circle “Mickey” which means the book has been approved by Disney!

Eileen shared two events from her youth when I asked her for a tale to tell. First, she explained that as a young girl, she was confused about Halloween and particularly the gathering of the candy. She saw no reason why it had to be on a certain day, so she put on a costume, grabbed a bag and began making the rounds. When her father returned, he walked her back to every house that participated, but all of those got a big laugh and none would take any candy back.

The second “event” had to do with Eileen’s interest in animals. She was in some woods behind where she lived and she found a small bear. She picked him up and took him home for others to see. Fortunately, no Mama Bear was involved and all got straightened out.

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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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Lincoln Hills July Sales Snapshot

Address	Street	Sq Ft.	Price	Model
440	Stockman	1138	\$372,000	Millpond
1889	Prairie View	1155	\$396,000	Sequoia
1613	Hackberry	1322	\$400,000	Bridgegate
1960	Graeagle Lane	1322	\$449,000	Bridgegate
1904	Emily	1491	\$443,500	Almanor
444	Stags Leap	1531	\$510,000	Alpine
955	Linnet	1539	\$479,500	Pine Hill
2648	Blue Heron	1549	\$523,000	Alpine
408	Daylily	1549	\$489,000	Alpine
2415	Blue Heron	1673	\$499,000	Trinity
***671	Violet	1785	\$540,000	Santa Cruz
***391	Marigold	1795	\$477,000	Tehama
1409	Stone Hearth	1813	\$615,000	Tahoe/3car
1957	Hawk Hill	1823	\$625,000	Echo Ridge*
109	Snapdragon	1854	\$634,000	Plumas
855	Waterfield	1873	\$499,000	Orchard Crest
1817	Alpenglow	2086	\$620,000	Fremont*
***1035	Overland	2128	\$710,000	Ventura*
1897	Deep Springs	2246	\$770,000	Napa
2680	Winding	2809	\$930,000	Meadowgate */**
113	Lasso Lake	2831	1,205,000	Santa Barbara */**
520	Montgomery	2955	\$759,900	Meadowgate*

Per Sacramento mls reported sales 7/1/19 - 7/31/19

* Casita • ** View or Golf Course

*** Listed or Sold by Paula

LH Fishing Group

BY HENRY SANDIGO

So, as a member of our club and while you are discussing this or that and someone asks you "why you fish"...you can refer them to this bit of thought.

The following is an excerpt from an article written by Simon Cooper.

Permission to reprint it here was given by the author.

Often people look a little glassy-eyed when you mention fishing; "I don't have the patience." they say. At that point you'll try to explain that fishing, fly fishing in particular, isn't about inactivity.

In fact, you'll say there is more to it than simply catching fish. Frankly, they won't believe you. Or think you to be deluded. And if you get a bit evangelical about it all, emphasizing the holistic, they will do everything in their power to escape your conversational clutches in the shortest time possible. "But it's true." you will wail at the departing back of your erstwhile buddy.

Holism was termed by the South African statesman, military leader, and philosopher Jan Smuts in the 1920s. The idea that systems and their properties should be viewed as wholes, not just as a collection of parts. Or put another way the whole is greater than the sum of its parts. For me that is true of fishing. If it was just about catching fish I would not bother. Nor would I suspect would you.

Every survey that asks anglers why they fish puts 'catching fish' well down the list of reasons for pursuing our pastime. Getting away



How blue space can mellow a fisherman.

from it all. The allure of water. Spending time with friends. Enjoying the outdoors. Being close to nature. These, and others, all rate higher. Ultimately a days spent fishing, whatever the outcome, makes us feel better about life and about ourselves. It uplifts our souls. Nourishes our belief in life itself. But have you ever asked yourself why? Well, Professor Michael Depledge at the European Centre for Environment and Human Health (ECEHH) in Plymouth has and the reason is, at least in part, the concept of blue space. You will have to research the "concept of blue space," given the limited space I have here to advise you.

So, there you have it. Throw away the drugs. Cancel the psychiatrist. Fishing, with its proximity to blue space, is the secret to emotional and physical well being.

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

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(more Club News cont' on page 29)

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Shooting Group

BY JOHN KIGHTLINGER

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

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

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

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SCLH Garden Group

BY LORRAINE IMMEL

“Permaculture: What is it and how to apply it in your yard”, is the presentation for the Thursday, September 26, General Meeting at 2:00 PM, Kilaga Springs. No-dig gardening is a widely applied permaculture technique designed to preserve the soil life that converts organic matter into plant food. When we dig or till, we kill beneficial bacteria, organisms, and creatures that keep the soil in good order.

Nathan Beeck will be giving a brief overview of what permaculture is and then various examples of applications of permaculture in landscapes he designed and installed. Nathan has an associate degree from West Valley College and a B.A. in landscape architecture from Cal Poly San Luis Obispo. In addition, he is certified as a Master Gardener, a Permaculture Designer, a pond ecosystem/aquascape installer and is certified to build swimming holes (aka recreational ponds), to name just a few. Nathan founded his company, Clearwater Designs, in 2000. He has participated in the San Francisco Flower Show for at least 13 years and during that time won



Permaculture - Nathan Beeck

gold medals for his landscape designs. In 2019, he won Best of Show for his demonstration garden and designed and installed a number of yards and waterfalls in Sun City over the last 16 years.

Brown Bag Sales will be available before the meeting, but there will be no Master Gardener Q & A's this time.

...

Sun City Hiking Group

BY STEPHANIE HUNTINGDALE

October 17, 2019 is the date of our Annual Meeting and Election of Officers. Starting at 3:30 pm, It will be held in Presentation Hall at Killaga Springs. Put it on your calendar, you don't want to miss this program. Our guest speaker, Dr. Dick Hilton of Sierra College, is a renowned paleontologist, and he will speak about his work in the field and the dinosaurs of the Sierra Nevada. 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. Let's fill the room! In addition you can pay your 2020 dues prior to the meeting. Annual dues are \$5.00 per member. See who will be leading us into the future and thank the retiring Board. Flyers will be out soon advertising the speaker, watch for them.

Hikers & Walkers dinner at Pescatore Winery on Monday, September 16 at 6 PM. Check the website for reservation form and plan on a 5 star dinner and fun evening with hiking buddies.

Update from David Wood, our webmaster, "Notice that the web page structure has been



Dr. Dick Hilton

simplified. Now all the organizational issues are in one tab: Policy/Procedures/Rules. You should familiarize yourself with the contents of this new page."

Thanks to our hike leaders, the calendar is full of hiking opportunities. Come out and enjoy, I look forward to seeing you soon!

Check our website, www.lincolnhillshikers.org for the current list of hikes. Hikes can be added to the calendar. Also, remember, it is very important for you to check the website on the morning of the hike as rain, mud or now

smoke means the hike is canceled or we may have an alternate trail.

Monterey, CA Getaway, October 6 - 10, 2019.

Upcoming Easy Hikes: September 10, Lower Carpenter Valley (Truckee)

Upcoming Moderate Hikes: October 3, Deer Creek Tribute to Sue Giesler (Nevada City)

Upcoming Moderate/Strenuous Hikes: September 19, Donner Peak/Mt. Judah, (Soda Springs), September 24, Rubicon Trail (Tahoe)

Upcoming Strenuous Hikes: None at this time.

October, Annual Meeting, Kilaga Springs, 3:30 PM - 5:00 PM

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.

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(more Club News cont' on page 33)

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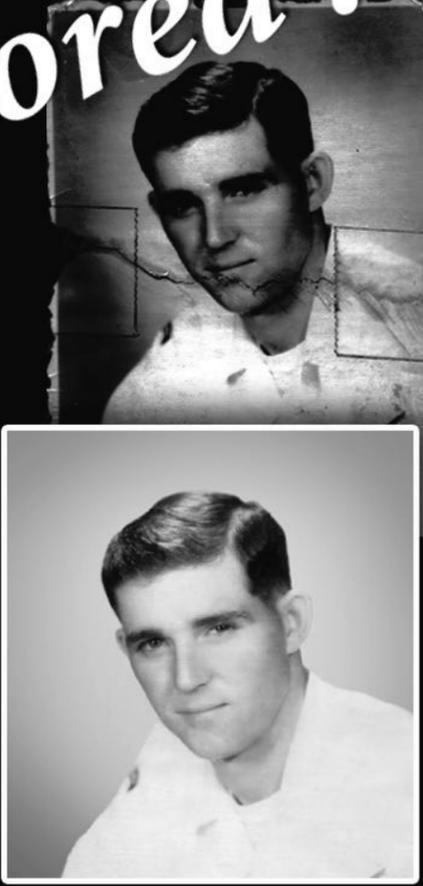
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Studies in Romans 12-13

Dr. Mike Bradaric, Preaching

Fellowship Christian Athletes Breakfast

Friday, September 13—8:00 AM

GRIEF SHARE SUPPORT GROUP

Wednesday — 10:00 AM

Movie and Sub Night

Sunday, September 1—5:00 PM

950 E Joiner Parkway, Lincoln, CA
For information, call (916) 408-3800 or visit www.LincolnHillsCommunityChurch.org

Serving Seniors in the Lincoln Area

Lincoln Winery Wins Big

Wise Villa Winery was awarded 24 medals in the California State Fair Wine Competition. This is California's oldest and one of the largest and most prestigious blind wine competitions in the United States. This is a huge honor for any winery especially a small family owned Placer County winery. Owner & winemaker Dr. Grover Lee beamed when he heard the news. "In my many years in Europe, I enjoyed the excellent wine, food, and small bistros. Our success had everything to do with my approach." Said Dr. Grover Lee. "From winemaking and food pairing, to our excellent restaurant/bistro and rolling hills overlooking the vineyards. To me, the wine is all about the food and food is all about the wine!"

The California State Fair awarded Wise Villa Winery with 5 Best of Class awards for their 2016 Cabernet Franc, 2017 Torrontes, 2016 Petite Sirah, 2017 Wisdom of Wise Red Blend, and the 2017 Barbera. Along with 1 Double Gold Medal, 4 Gold Medals, 11 Silver Medals, and 8 Bronze Medals in the competition. While Gold, Silver, & Bronze medals are awarded on an individual basis by the judges, Best of Class accolades are awarded in a head-to-head comparison. This fact means that Wise Villa's Cabernet Franc, Torrontes, Petite Sirah, red blend, and Barbera were judged to be the absolute best in their classes. In addition to the Best of Class award, the 2016 Cabernet Franc

was also awarded Double Gold and received 99 points.

Earlier in January 2019, Wise Villa Winery was ranked in the top 3 highest awarded wineries in North America. Wise Villa Winery is also the "2015 Golden State Winery of the Year" awarded by the California State Fair. They had the highest number of high scoring wines competing against thousands of wine entries from wineries across the state.

Wise Villa Winery is no stranger to winning major awards. In 2015 Wise Villa Winery was awarded "California winery of the year" presented in person by then governor Jerry Brown in his Sacramento capitol office.

"This is a testament to the quality of our winemaking practices" said Wise Villa's Co-Winemaker Kevin Luther. "From the very beginning we have focused our energies on making the absolute highest quality wine possible. We are incredibly grateful to be recognized by the judges."

Dr. Grover Lee and Kevin Luther are passionate about combining classic European wine-making methods with modern technology. Their dedication to craftsmanship and groundbreaking innovation in the vineyard and winery continue to distinguish Wise Villa from the competition. Wise Villa is a family-owned winery, estate

In Memory

James Stanley Immel, 84, of Lincoln, CA, passed away peacefully on August 7, 2019.



He leaves behind his wife of 56 years, Lorraine Immel, their 4 children, 6 grandchildren, a grandchild due February 2020, and siblings Carol Reinberger and John Immel.

Jim was born February 19, 1935 to Ray and Olga Immel in Sterling, Colorado. After graduation, he enlisted in the U.S. Navy. He later studied at University of Northern Colorado and met Lorraine (Amman). They married in 1963, moving to Livermore, CA where they both taught mathematics for 35 years. Jim was famous for teaching students to memorize the first 20 digits of pi!

He and Lorraine retired in Sun City. Jim loved bowling, billiards, golf, poker, and performing magic. He had an extensive dice collection and enjoyed games and cards.

Jim attended Mass and the Rosary daily and was a member of the Knights of Columbus.

He will be laid to rest with military honors at Sacramento Valley National Cemetery in Dixon, CA.

In lieu of flowers, donations may be made to 'Family Center of St. Joseph' (280 Oak Tree Lane, Lincoln, CA 95648) in memory of Jim.

In Memory

William Edward Bear
March 24, 1931 – August 4, 2019

William Edward Bear, "Bill," passed peacefully on August 4, 2019, at home in Aptos, CA, surrounded by his loving family, after bravely battling a lung infection and Parkinson's. Bill is survived by his best friend and wife, Joan "Joey" of 44 years. Bill was a devoted husband, father, grandfather, and great-grandfather, as well as a wonderful friend and colleague, he will be missed by all.

A Celebration of Life will be held on Wednesday, September 18 in Lincoln. Please RSVP to billbearmemorial@gmail.com if you plan to attend. In lieu of flowers, donations in Bill's memory may be made to Hospice of Santa Cruz, Kiwanis of Lincoln, or the Salvation Army.

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Every month people in Sun City turn to our pages for the latest on community news!



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BULLETIN BOARD

SEPTEMBER / OCTOBER

Lincoln Multiple Sclerosis Group

Greetings! Many new and exciting changes are planned for the Lincoln Multiple Sclerosis Group since last we met!

First, our Meetings will be the second Tuesday of the Month, starting Tuesday, September 10, 1:00 PM, KS Sierra Room. In the past, the first Tuesday interfered with too many Holidays.)

Second, due to popular demand, a new format will be tried to involve you more. Plans are to introduce a Topic beforehand and include it with an opportunity for you to speak on your MS concerns/tips/life you wish to share or discuss. Each person will be allotted two minutes to give everyone a chance to share. The September topic is "What did you do to thrive/survive during the summer?" Look forward to catching up, Tuesday, September 10th.

CPR/AED/First Aid Class

The last class presented by the Lincoln Hills Foundation is filling up. The class will be Sept. 11, 2019 at Orchard Creek Lodge Multimedia Room from 9:00 Am to Noon. Get your application at Lincolnhillsfoundation.org and mail it with a check for \$10 or \$20. It is explained on the application. Call 916-434-0749 for more information.

Glaucoma Group

As we age, our risk can increase for certain eye diseases. If you have recently been diagnosed with Glaucoma, please join us at our next meeting on September 11 at 4:00 in the Multimedia Room (OC). If you have been living with Glaucoma for some time, please come and share your your story with us. If you have any questions, please contact Bonnie Dale at 916-543-2133.

Lincoln Democratic Club

The Lincoln Democratic Club had a very successful barbecue last month. Author, attorney and political strategist Christine Pelosi spoke to a large and very interested crowd. Our September 19 meeting will be at Kilaga Springs Presentation Hall, with a social hour at 6:30 PM., the meeting at 6:45 PM and the program at 7. It will be a candidate forum, featuring Sean Frame and Brynne Kennedy, candidates for the 4th Congressional district

The Lincoln Democratic Club meets on the third Thursday of each month at Kilaga Springs Presentation Hall. For more information please visit our website, <https://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, September 17 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 lincolнкиwanis.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 Group

Come join in with those of us who have Parkinson's and their caregivers. We will meet on September 17 • 10:00am at Granite Springs Church on East Joiner Parkway. For more information contact Gary High at 916-434-5905.

Grief Support Group

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

Go Big Red!

Stanford Friends, Family, and Alums
The Sacramento Stanford Association wants to reach people in our area for upcoming events. Future events include such activities as wine tasting, viewing sports events at area establishments, Stanford speakers, and the Roseville Sun City Annual Art Show in March.

If you want to be in touch with Friends, Family, and Stanford Alums and learn more about our local events, contact Carol Hoge, Class of '59, at cchoge2000@yahoo.com, or 916-408-5334.

Books, Books!!!

Cooking Books... Biographies and History Books, Fact or Fiction Books... novels (paperback or hard back). All these and more will be available on Saturday, September 7 at the Fall Book Sale held at the Lincoln Public Library on Twelve Bridges. Doors open at 11 am and the sale ends at 3 pm. See you at the sale!

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Am I Blue ... Women and Depression

BY LESLIE LAFAYETTE

We get them coming, and we get them going. We get them as teenagers, when an innocent look can spin our world out of control, a careless remark break a fragile heart. We get them, some of us, every month of our lives in the form of pre-menstrual syndrome. The kind of grinding, mind-numbing despair or awkward irritability that lays us low, shuts us down and tears us to pieces.

In a particularly ironic blow, we get them, many of us, after completing a nine-month journey and producing a new life. We get them in menopause. We get them in old age. We get them with new jobs or old relationships, with the burdens of childrearing and caregiving and social butterflying. With every pound on the scale, every perceived disappointment from someone important to us, even a glance in the mirror. We get the blues.

Women seem particularly prone to this personal eclipse, this thief of joy and peace of mind. And the question becomes one not of why the blues, but how. How to cope. How to endure. Ultimately, how to triumph. Because women do triumph over the blues.

My first memory of that stomach-in-the-falling-elevator feeling, that Big Empty that lives inside of us all, is myself sitting in the backseat of my parents' Oldsmobile. I am twelve years old and something from Jimmy Dorsey is playing on the radio. Maybe it was "So Rare." It's melancholy, and what twelve year old knows from melancholy? Yet I do. I know it in that moment, that sadness without a reason, without a face, without a purpose.

I wouldn't have known what to say to my parents. "Help me, I'm lost," comes to mind now, but then, I just felt small and alone despite the presence of the two most important adults in my world just inches away from me, and the Santa Monica sand shimmering next to the bluest of waters.

After years of battling what are now called "mood disorders," ranging from mild bouts of tears to occasional intractable dark moods ... panic disorder to a sort of loss of appetite for life and enough ups and downs to rival any elevator... I can honestly say that this time of my life, past menopause, is reminiscent of the first eleven years of my life, those childhood days when I was less aware of myself than of the world around me... and therefore I have to grudgingly admit that this is also – if not the happiest time of my life, certainly the least unhappy.

The argument that we don't see things the way they are, we see them the way we are, still doesn't answer the question, does it. If our brains are not producing the "feel good" chemicals, we are bound to see the world through a glass darkly, and that glass is likely to be half empty. So for some of us women, anti-depressant medications have truly made all the difference in quality of life. For others, hormonal therapies in peri-menopause and menopause itself are the answer to our prayers.

And then there are those of us who somehow muddled through and went to sleep at night covered not with a down quilt but a

dozen self-help books; who asked themselves the same questions over and over (what does all this mean? Why aren't I happy? What is to become of me?) but didn't get the answers; who cried the tears and lost their way again but eventually triumphed over this most perplexing and debilitating of all life ailments – this godawful depression—by changing the way they thought... by giving less credence to the feelings of the moment and practicing a different way of being in the world. We stopped romanticizing depression and looked at it straight on and saw it for what it was: a destroyer of precious moments, one after another, moments that add up to lifetimes.

What did I learn from a lifetime of battling the blues? I learned that there is no way to fill up "the Big Empty," that place inside where you feel all alone. You have to live around it and with it, and in spite of it, and because of it. You can't drink enough milkshakes or martinis. You can't take enough drugs or love enough men or buy enough cashmere sweaters or play enough slot machines to fill up that space. It is part of you and part of every human being who ever lived, so make peace with it as early as you can.

I learned not to take myself so seriously. What was bothering me five years ago? I can't remember. I will feel the same five years from today. I learned to "save the drama for my mama," because nobody else was particularly interested, and I saved a lot of energy that way.

When I was younger I felt if I could only "think through" a situation in my life that was getting me down, I could "fix" it. Instead, I changed my thoughts, distracted myself, put on a funny movie, went out the door, weeded the garden, walked the dog. It wasn't easy; in fact, it was the hardest thing I ever did.

Memories of the way we were might make for great song lyrics, but it doesn't make for a great way to live. I work hard and sometimes I fail to remind myself... that wandering through the past is walking a dangerous path. For one thing, it was never quite the way I think it was. For another, it is there and gone, and I am here and now. And if I want to keep living, that is where I intend to stay.

Living long enough has taught me that Scarlett was right. Tomorrow really is another day. It doesn't mean my sorrows and losses will be gone. It just means I have another chance to eke out some moments of peace, laughter, contentment. Some days they come easier than others. Life bestows on us a river of gold every day, but it's up to us to wade in and mine the good stuff, to keep it, marvel and reflect upon it, for every new day we're given.

(IMPORTANT — Depression can be a serious, life-threatening disorder. If you need help, seek it out immediately. If you feel you are in danger of doing anything to harm yourself or others, go immediately to the nearest emergency room or call Suicide Prevention. There is always someone who will help you. Reach for that help.)

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

Water Volleyball Club

BY ROSEMARY ELSTON

The Water Volleyball Club's social calendar is packed for the months of August and September. The last outdoor pool event is scheduled for August 18th at Orchard Creek Outdoor Pool from 5:30 to 7:30. The July 21st outdoor pool event boasted of over 20 players participating in the lap pool with the Red Ball. Congratulations to Carol the winner of the crazy hat contest --- very stylish bonnet. September 8th will be the annual Club Potluck at the Sports Pavilion from 5:30 to 8:00. Recreational and Competitive members get to enjoy a delicious buffet of home cooked goodies, a couple hours to mix and mingle and pick-up games of land volleyball. Last year's attendees of the Sports Pavillion potluck described the event as the "best ever". Sign ups for the Sports Pavilion potluck will be available at Kilaga Springs and on the Water Volleyball Club website.

The overwhelming success of the Competitive Blue Ball tournament "Some Like It Hot" in May 2019 has prompted the Steering Committee to begin the planning process for a second tournament in November 2019. The Steering Committee selected the fall date to accommodate the completion of the ranking process for all Blue Ball levels. The potential for a Red Ball Tournament inclusive of the entire Water Volleyball Club has been referred to the new Recreational Player Chairperson, Linda and her awesome subcommittee. The Steering Committee unanimously approved Linda's application for the Recreational Player Chairperson position on July 13th.

Red and Blue Ball trainings continue to be scheduled for the last Wednesday of the

month. Trainings have been well attended by new players and players who are interested in moving up in the ranking process. During the July 13th Steering Committee Meeting, Russ shared a need for additional volunteer trainers. Players interested in assisting with the Water Volleyball Club's training effort can contact Russ or any member of the Steering Committee.

The Water Volleyball Club Steering Committee is committed to increasing communication among club members while enhancing accessibility and efficiency. Online sign ups have been positively received and implemented by Blue Ball Competitive players. During the July 13th Steering Committee Meeting, Webmanster Ross introduced the possibility of transitioning the Water Volleyball Club to online billing, event planning and merchandise sales. To gauge membership interest and support toward an online platform, a survey will be sent to all members of the Club during the month of August. The results of the survey will be discussed at the next Steering Committee Meeting in September. E-mail: sclhwatervolleyball@gmail.com

Website: www.lhwatervolleyball.com

Coyote 60s

BY HENRY MUTZ

Journey to Carson City — Coming off back to back tournament wins, the Coyote 60's team travelled to Carson City on July 20-21 to try and extend their winning streak. This was going to be a daunting task as four of the Coyote outfielders were missing because of prior commitments or injury.

(cont' on page 34)



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Coyote 60s

(cont' from page 33)

Saturday started well as the Coyote 60's came out hitting to post a 23-15 victory over the Norcal Express. The second game of the day against North State Screenprint would end up being the game deciding the tournament winner. In the bottom of the open/last inning, the Coyotes had a chance to put the game away with the winning run on 2nd base and 1 out. Unfortunately for the Coyotes lady luck did not fall their way and the Screenprint team ended up winning the game in extra innings by putting up 11 runs in their half to secure the victory 34-29. In the Coyotes final game of the day, fatigue finally caught up with the team as Woodland OMG put up 14 runs in the open inning to take the victory 34-21.

On Sunday, the refreshed Coyotes showed their resolve by winning a pair of games over their longtime rivals. In a tightly contested game, the Coyotes won in the open inning over their group 4 nemesis from Placerville, First Draft 15-14. In their final tournament game, the Coyotes knocked off their counterparts from Sacramento, It's 5 O'clock Somewhere in an inning shortened game 13-2.

Leading the offense were Henry Mutz and Hal Kastner, who each made only 1 out in the tournament. Other outstanding hitters for the Coyotes were, Curt Clawson, Karl Hess, Joe Bellah, Jim Stapleton, Pat Sabia and Jerry Maynard. Defensive consistency was provided by Paul Josse, Clausen, Mutz and Sabia, with Hess, Josse and Stapleton providing their normal solid pitching efforts.

Next up for the Coyote 65's is the SSUSA Western Regionals on July 30-August 1, where

the Coyotes will now compete in the Major Division after recently being elevated. The Coyote 60's next tournament will be the NorCal Hall of Fame Tourney on August 10-11.

...

Mad Hatters Bocce Group

BY PAUL MAC GARVEY

You may have heard some of the scuttlebutt about "new" plans to modify the Sports Plaza to accommodate more Pickleball Courts. We have to emphasize that no decisions have been made as of this writing. The discussion appears to include taking Tennis Courts five and six and turning them into Pickleball Courts and then taking the lawn sports area (Croquet Court) and turning that into two Tennis Courts. They would then recreate a lawn area where the Horse Shoe pits are, perhaps leaving one Horse Shoe pit. There was mention of adding shade structures to the Bocce Courts but no mention of reducing the number of Bocce Courts. We are a bit concerned because the Bocce courts are prime real estate and considered underutilized by the powers that be. These proposed plans also included a previously discussed option to expand parking into the golf course rough area adjacent to the Bocce courts. This parking option originally involved purchase of the rough area but has morphed into a lease agreement yet to be determined. The cost for all this, over time, would be measured in the hundreds of thousands. More to come for sure.

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

...

(more Club News cont' on page 35)

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Pickleball Club

BY MICHAEL GARDNER

The Pickleball Club will host a Canine Companions for Independence fundraising mixer during the morning of September 7 at the courts.

The event is in response to the efforts by club player Michele Murphy, who over 18 months raised and trained an assistance dog named "October".



Lillian Scarberry and her assistance dog "October".

October was recently placed with a courageous young girl named Lillian Scarberry, a 15-year-old who has a rare genetic condition called osteogenesis imperfecta that causes her bones to break easily.

October helps Lillian meet the challenges of everyday living, as well as being there to comfort her during hospital visits and recoveries from surgeries.

"I am grateful and blessed to know October will have an amazing life with Lillian. The match of October and Lillian is simply a miracle," Michele said.

Lillian's parents, Bill and Jana Scarberry of Roseville, describe the two as a "match made in heaven. Her new independence gives Lillian confidence, joy and peace."

Said Lillian: "I can't remember how it was before I got her. I am so very thankful for October's amazing puppy raiser, Michele, and our relationship," Lillian said.

Added her parents: "When Lillian received October, we had no idea how much October would change Lillian's life and ours."

As for Michele, the sadness of parting with October is far outweighed by the joy she feels knowing that Lillian now has a new best friend.

When Michele sees the two together, "my heart swells."

And she is already working with a new pup-in-training named "Rumor."

Carolan Properties, a Lincoln Hills Realtor, will provide lunch to pre-registered players.

Not a player but want to help anyway? Stop by that morning, Sept. 7. Lillian and October, as well as other participants will be on hand. Donations are also being accepted there. Or go to www.cci.org to learn more.

The next week, Sept. 12, the Club sponsors its annual "Fall Classic" tournament. It is sponsored by Coldwell Banker Sun Ridge Real Estate, Schaack Physical Therapy and Lincoln Urgent Care.

Want to join us?

Learn to play almost every Wednesday for free. An introduction class is offered at 1 PM. No reservations required; just stop by. Paddles provided. But please wear a form of tennis shoe.

Wednesdays not good? Our monthly "Welcome Saturday" program starts again Sept. 28 at 11 AM. No reservations necessary.

The next Saturday introductions are 11 AM Oct. 19 and Nov. 23.

For more information, visit our website at www.lhpbclub.com.

Table Tennis

BY DENNIS ZARO

Table Tennis requires interaction with a little ball and interaction

with other players. This combination offers a great venue for sharpening the brain and enhancing social contacts. Free lessons, loaner paddles and a robot serving machine (available on Fridays) are added attractions.

All skill levels are welcome from beginners to advanced. Players

are encouraged to play at one of five tables that best matches their skill level. Just remember to wear tennis or soft soled shoes. Play times are: Sundays, 9:00 AM to KS closing except the first Sunday of the month when play starts at 12:30 PM, Tuesdays, 6:00 to 9:00 PM, and Fridays, 8:00 to 11:00 AM. Play is held in the KS Multi-purpose Room.

For more information contact Tim Frank at Timcfrank@gmail.com.

Tennis Group

BY LINDA BURKE

Live, Love, Laugh and Tennis...

The month of October has a lot going on - so save the dates!

Starting with Women's Doubles Championship - October 8 run by volunteer Tournament Director, David Mateer. This will be an open tournament - so you can invite someone from outside SCLH. We love to have



people come and visit and see what a fabulous community we live in.

Hawaiian Luau themed potluck party and dance - October 17. Popular DJ Tom will get the party going...so wear your fav 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!

The most popular tournament of the year, the Oktoberfest, run by volunteer Bob Sanguinet is on October 26. Flyers with all the information for these events is posted on the pavilion bulletin board and our website.

Ball Machine Practice 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.

(more Club News cont' on page 39)



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Craig and Ann Stults

(cont' from page 1)

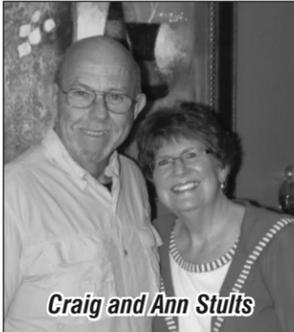
the week after they married in June of 1970. They will celebrate their fiftieth wedding anniversary next year.

Craig worked at many different types of jobs during his early years, holding as many as three jobs at one time in order to make ends meet and pay for college.

He was recruited and started working for the Colgate-Palmolive Company right after college and marriage. He later moved on to C. R. Bard Company which specialized in medical device products. About a year after their wedding, they moved to San Jose with the company. While in San Jose, Ann gave birth to their two children—a daughter and a son. The company encouraged the young family to relocate to New Jersey, with a job promotion for Craig who was eager to be part of corporate life. The Stults' family only stayed in New Jersey for ten months, finding the corporate life to be too cut-throat and not what Craig wanted for his career. The weather also played a factor in the decision as it was too drastic compared to the California climate. They returned to San Jose, knowing that it was really where they wanted to live and business associates would welcome Craig back. San Jose was where they stayed until they retired and moved to Lincoln.

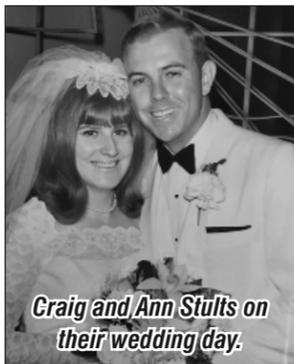
While living in San Jose, Craig was very successful in the medical device industry, having earned many service awards for outstanding representation in the medical business. Craig ultimately moved on to jobs in municipal civil service positions.

Ann became a part-time employee with the City of San Jose City Clerk's Office when the children went into elementary school. Ultimately, she became a full-time employee serving twenty-one years with the city and retiring as an Administrative Assistant.



Craig and Ann Stults

PHOTO BY JEFF ANDERSEN



Craig and Ann Stults on their wedding day.

One of the most rewarding aspects of life, according to Ann and Craig, is the ability to volunteer in the community in which they live. They both have an extensive resume of volunteering in activities with their children and in the community. Both Craig and Ann participated in a parent-child preschool while their children were young. Ann became a stay-at-home mom but volunteered at the Catholic school their children attended during the elementary years. There was always something to do!

Their daughter has her Masters' degree in childhood education and has earned a National Board-Certified instructor certificate in addition to being a Master Teacher in the State of

Arizona. She currently is an instructional coach for other teachers. She graduated from Arizona State University and has been involved in educational instruction for twenty-two years. In 2010, she was honored as the Arizona ELL (English Language Learners) Teacher of the Year. She also works part-time as a Social Worker with the crisis response team of the Phoenix Fire Department.

Their son and daughter-in-law live in the South Bay area with Craig and Ann's only grandchild who is twelve years old. Craig and Ann's son has worked twenty years in municipal service and volunteers with coaching duties of his son's baseball teams. Baseball is a family passion for the entire Stults family—any chance the Stults' get, they can be seen heading for the ballpark.

Both Craig and Ann like to keep occupied but they have been surprised by how their retirement years have turned out in Lincoln Hills. In 2008, Craig was asked for a favor by another resident to help with moving some

sets for the Sun City Lincoln Hills theater club called Lincoln Hills Players. That one request was all it took for years of meeting many enjoyable people in Sun City. Throughout the past eleven years, he has stage managed and/or produced over twenty-two productions for the club. He says that it is the challenge of the intensity of the show that always fascinates him as he takes on each production. Ann is his assistant and "Jill of all Trades" as Craig always asks her to learn new skills in theater production where there are staffing gaps, i.e. running spotlights, sound effects, etc. Ann has "learned on the job" how to prepare the publicity pieces needed to publicize these theatrical productions and enjoys being a "behind the scenes" support person. They work as a team doing this volunteer duty. Theater became an integral part of their retirement as they also were two of six SCLH residents who decided in 2011 that the City of Lincoln needed its own downtown theater. This theater-loving group formed a theater company which ultimately became known as the Lincoln Theatre Company (LTC). Craig and Ann found that participating in both the LTC and Lincoln Players was too much, considering they wanted to do more traveling, and they stepped away from the Lincoln Theatre Company.

Craig also lends his organizational skills to the SCLH Neighborhood Watch organization as the Village Coordinator for their village and Ann serves as a block captain for two of the five villages' mailboxes. Craig believes in helping to keep the neighborhood safe and informed which he faithfully carries out by sending out occasional email notifications. Every first Tuesday in August, the Annual National Night Out potluck is held in their backyard for their village residents to become acquainted with one another and reinforce the purpose of the Neighborhood Watch.

Just after moving to Sun City Lincoln Hills, a neighbor introduced Craig to the then Lincoln Chief of Police who was looking for volunteers to assist with organizational aspects within the department. Craig said he could assist and he spent eight years helping with the logistics of getting personnel to training and documenting events.

When they are not busy with family or activities in their community, they love to travel, especially on cruises. Their favorites were visiting the Baltic and St. Petersburg, the British Isles and the Mediterranean.

Part of their regimen in life is to encourage each other to go to the gym on a regular basis. Craig says, "Sometimes it is difficult to take that first step to leave for the gym, but when we are finished we feel great."

Ann began volunteering with the Sutter Roseville Medical Center Auxiliary in 2009, assigned to the Nursery/Postpartum service. In early 2011, Ann was diagnosed with bilateral breast cancer and received surgery, chemotherapy and radiation treatments over the course of the next year. To Ann, it seemed that she was not the only one living through this medical upheaval as Craig supported and lived through each and every aspect of this process with her. Their favorite song during this time was "I Won't Let Go" by Rascal Flatts and it still makes Ann tear up when she hears it and remembers those times when they were so dependent on one another.

Ann continued her volunteerism with the Auxiliary after her treatments ended and is now assigned to the Comprehensive Cancer Clinic and is also on call to accompany breast cancer surgery patients about to undergo their surgery. Patients appreciate talking with "navigators" who have been through the journey. The excellent doctors, nurses, technicians and volunteers who saw her through this process made her realize that her decision to volunteer with the Auxiliary was absolutely the right retirement activity for her.

Craig and Ann are examples of taking skills learned in working lives and as parents and extending those to fulfilling useful volunteer occupations in retirement. Craig pointed out that only about ten per cent of the members of most any organization will actually volunteer to help with the projects while ninety per cent stand by looking for others to do the work. He and Ann are part of the ten per cent and give back to the community in many ways. Sometimes they are pleasantly surprised with their newly acquired skills. They take giving back and giving to each other to a whole new level and are an inspiring example of how to reinvent retirement.

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

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Observations on This and That

BY MARTIN GREEN

Yes, it's true that the older you get the faster time goes. I've barely gotten over the shock of my last birthday at the end of 2018 and here we are, two-thirds of the way to my next birthday at the end of 2019. Before I get any older, here's a quick look at some significant events of the year up to now. On February 6th, President Trump gave his State of the Union address, the longest since Clinton's in 2000, and Stacey Abrams gave the rebuttal. Does anyone remember either the address or the rebuttal? Does anyone remember Stacey Abrams? I assume some readers remember President Trump. Well, the State of the Union is a tradition so I guess presidents will keep giving them even if they're soon forgotten.

Possibly more memorable is that Tom Brady and the New England Patriots won the Super Bowl over the Los Angeles Rams. For those who've forgotten, the score was 13-3. What makes this a memorable event is that Brady was 41 years old at the time. Maybe this offers some encouragement to us old geezers. Evidently, time does not rush by for him. But, I checked, Brady was not the MVP; it was Julian Edelman, who caught 11 passes for 141 yards.

On March 22nd, Mueller issued the Mueller report, meaning that TV pundits could no longer tell us that the Mueller report would be wrapped up by next week. For those readers who don't follow the doings of Meghan Markle and Prince Harry as breathlessly reported every

day in the media, they announced the birth of a baby on May 6th. The baby was named Archie. Archie? Well, considering the odd names that celebs are giving their babies nowadays I suppose Archie isn't too bad. One of Beverly's favorite TV shows is "Grey's Anatomy" so I'll report that it will hit the 15-year mark this year, making it the longest-running hospital drama in TV history. This event was included in a list of "good" things happening. I'll leave it to the reader to decide on this.

June 6th was the 75th anniversary of D-Day, a truly significant event and whenever June 6th comes around I can't help but wonder if we'd be able to duplicate that feat today. On July 10th the last Volkswagen beetle rolled off the assembly line, not in Germany, but in Mexico. This struck a chord with me because I had a beetle, black and no air-conditioning and we drove it during our first years in Sacramento. It was hot and we made sure to do all of our errands early. It finally wore out and I sold it to a guy at the repair shop who said it wasn't worth fixing. I suspect he fixed it for himself and drove it for a few more years.

As noted above, the year is already two-thirds over and I don't believe I've written much, if at all, about my favorite subjects: LLA's (Life's Little Annoyances) and TGH's (Things Guaranteed to Happen). However, Beverly and I recently made our annual visit to her brother Lawrence and his wife Carole's

condo in Edmonds, Washington to escape the Sacramento Valley's summer heat. This required taking a plane to Seattle to get there and a plane to get back and this almost inevitably meant an LLA and/or a TGH coming up. Sure enough, one did, although it was a surprising one, at least to me.

Readers know my feelings about airports and airplanes, the modern equivalent of a descent into Hell, but our flight to Seattle was uneventful. Then came the flight back and going through the security line at the Seattle airport. I dutifully emptied all of my pockets, even of handkerchiefs, took off my belt, hat and jacket and, wait a minute, the computer screen after my examination said "Alarm" or "Warning," I forget which. So I had to step to another spot and the TSA guy told me in detail what he was going to do. This was essentially a complete body pat-down (I won't go into the details) while I asked him what could possibly have triggered the warning and he didn't answer. Well, evidently the TSA thought that, although I'd slipped through their security on the flight to Seattle, on the way back they'd detected the world's oldest potential terrorist. Thankfully, after the full body search I was finally cleared and I could join Beverly and resume our way to our plane. Yes, that was an LLA, maybe more than an L. I can only hope that on future flights, if we make any, it doesn't become a TGH.

There was another LLA to come. Upon landing at the Sacramento airport we made our way as usual to the shuttle counter to get our ride back to Sun City. Up to this point,

our only problem with the shuttle service was that if we were a bit late in getting ready for it the shuttle van invariably came early and if we were ready it came late. Now we booked (and paid for) our ride and were told it would be there in about 15 minutes. When almost half an hour had passed I went back to the counter but no one was there. There was a sign apologizing for any inconvenience and giving a phone number to call. I did call and was saying "hello" into the phone and getting nothing but some not very good music when a guy suddenly popped up and said he was the driver and had been calling me but getting no answer. As I'd given the girl at the counter our home number this was understandable. Anyway, as Shakespeare said, all's well that ends well and we didn't have to spend the day at the airport after all.

Let me add a PS: the flights, as stated, were uneventful, but still had the usual LLA's of cramped leg room, narrow aisles, ever-shrinking rest rooms and an added charge for our suitcase. Strangely, this was only for our flight back, not for our flight to Seattle. Maybe the agent at the Sacramento airport slipped up. In any case, I still feel the same about airplanes and airports, they're the modern Hell.

Finally, it may have not been a significant event but to Beverly and myself our 54th anniversary, spent in cool Edmonds, was a memorable one. On to number 55.



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Ladies Golf—18-Holers

BY CANDICE KOROPP

The August NetChix tournament, played on the Orchard, resulted in two winners from the second flight: Judy Habecker and Kelley Royball, scoring net 71. While the Orchard is a tougher track, it was a fair test for the winners. In Flight One, Reta Blanchard was a first time winner this year, in a tiebreaker over two others, her 73 stood the test. Valerie Green was second and Donna Sanderson was third, while Kathi McCoy placed fourth. In Flight Two, the first place finisher was Donna Brinkerhoff. Second belonged to Edda Ashe and third to Karen Thom. Aileen Martinez was fourth. In Flight Three Trish Ramirez was first by three over the second and third place gals. Ofra Unger had the tiebreaker over Dell Parker, and Lynn Lopera was fourth. In Flight Four, Sandy Tamanti took first by five strokes. Peggy Carr was second, Millie Sams was third and Barbara Korenthal, fourth. Gay Wold stiffed her tee shot about two feet from the cup on eleven, to claim the CTP. Birdies were made by Pat McNiff on eight, Reta Blanchard and Gay Wold on 11, and McCoy on 12.

The Captain's Cup was a big success, with many of the 56 participants dressed in some kind of red and black combination to match the "pirate" theme. The ladies were greeted by Captain Valerie McElroy, and her assistant, Julie Storer, both adorned to match the theme. We rolled to our Orchard Course tees in the new, shiny gold carts with pirate flags attached. After golf we adjourned to the ballroom for a luncheon buffet and awards. In the Fourth Flight, Barbara Grant and Katie Sween had a low net of 61, taking first, for the best score of the day. Pat Robinson and

Gail Hamilton were second and Ida Cicci and Harriet Orlove grabbed their loot for third. In Flight Three, Nancy Gadsby and Trish Ramirez captured first by three over Linda Chappelle and Judy Hazen. Third place was snagged by Ofra Unger and Wanda Ivaldi. The Second Flight ended with a three-way tie with nets of 68. After the tiebreakers were sorted, Edie Lucas and Aileen Martinez had out-dueled the others for the win. The team of Karen McGraw and Karen Thom, saved second and Diana Lilienthal and Kelley Royball finished third. In the First Flight, Lissi Bedford and Candy Koropp scored 65 to land first. Bedford had two birdies on par threes to secure their win. Valerie Green and Rosie Warren were second and Lani Dodd and Judy Habecker, paired for the seventh year, wound up in third. The CTP on Hole Four was awarded to Renee Honnoll at 18 feet. Then, a CTP for Hole 11 was earned by Maureen Senn, about eight and a half feet from the cup. It was deemed that Thom had the best "lady pirate" costume, albeit head-to-toe, to pick up her pieces of eight. It was a jolly good time, mates.

Lincsters Golf

BY SUE PHARIS

The Lincsters held a Tin Cup Tournament on Wednesday July 31. Only a seven iron and a putter were allowed on holes 12, 14 and 15. There was a field of 58 players. The winner of Flight One was Jane Hall; Flight Two winner was Charlotte Raifaisen; Flight Three was taken by Hyeja Busse, and Flight Four was won by Henrietta Fujihara. The low net winner was Jeannine Wuschmig; her prize was a framed photograph of Kevin Costner, the star of the movie Tin Cup. The low gross winner was

Linda salmon who won a Golden seven iron.

On July 10, the ladies played the back nine of The Hills. Flight One winners were Nancy McDonald and Kate Gold. Flight Two was won by Michelle Howard and May Lyau. Flight Three was won by Hyeja Busse, and Flight Four was won by Judy Josse. Play on July 17 was on the back nine of the Orchard. Flight One winners were Nancy MacDonald and Linda Salmon. Flight Two was won by Marie Bossert. Flight Three was won by Charlotte Raifaisen, and Flight Four winner was Kathi Carlock. Congratulations to Linda Coolidge, July Golfer of the Month.

Upcoming events are: Club Championship to be held on September 18 and September 25; Breast Cancer Tournament to be held on October 23, and the Hocus-pocus Tournament to be held on October 30.

Men's Golf

BY DOUG HINCHEY

Our annual Memorial Tournament, also known as the Member-Member Tournament is on September 16-17. Our sponsors are invited to play golf and will be our guests for dinner in the Ballroom.

Results of the two man better ball tournament, Net winners, Jason Hong, Richard Long, Larry Hazen, Dennis Plattner, Bob Arts, Paul Carr, Jim McCarthy, Bill Zeek, Ralph Johnston, Rudy Papers. Gross winners, Keith Bergevin, Sylvan Braa, Bill Hynes, Don Murray, Chuck Edmonds, Brian Wanzer, Mercer Tyson, George Wuschmig, Gary Wang, Ray Engelhardt. July Pinehurst Net winners, Rob Davies, Alan Elsey, Gene Andrews, Tony Dipaola, Bill Lucas, Braulio Sierras, Mercer Tyson, George Wuschmig, Greg Didion, Dick

Gootee. Gross winners were, Joe Angel, Sylvan Braa, Doug King, Tom Traxel, Gary Anderson, Herb Ingraham, Virgil Dahl, Ron Waisner, Dave Jansen, Michael Vann. results of the 4 Man Scramble next month. Always check out our website for the latest Men's club activities, mgclh.club.

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LH Tuesday AM Bowling League

BY BRAD FLORANCE

Winter bowling leagues are starting! The Lincoln Hills Tuesday AM League is open to anyone 55 and over. You do not need to be a resident of Lincoln Hills. We bowl at AMF Rocklin Lanes located at 2325 Sierra Meadows Dr., Rocklin every Tuesday at 10:00 AM starting September 3rd, 2019 and ending May 5th, 2020. Please come 1/2 hour early. This is a USBC Sanctioned handicapped league. Thanks to Don and Terri Jones for organizing our once a month bowling during the summer. It was good to see some of our league bowlers during the summer. We welcome anyone who is interested in having fun bowling. If you are interested in joining this league, please contact Brad Florance - secretary at 916-899-8125, email: trees4me7@gmail.com"

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(more Club News cont' on page 41)



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Out & About in Lincoln...

BY RICHARD PEARL

Tuesday, September 3rd, Food Truck Mania – 5-8 pm. Gourmet food trucks; wine and beer; music. Fun for all and great food. Free. Beermann’s Plaza – downtown Lincoln.

Friday, September 6th, 21st Annual Lincoln Chamber of Commerce Golf Tournament. Fun tournament for all levels of play. Prizes, raffles, food & beverages. 7 am check in; 9 am tee time. Call the Chamber: 916-645-2035

Saturday, September 14th, Sip and Paint at the Art League of Lincoln. Join artist Unni Stevens for instruction and painting; all materials provided. \$55. 580 Sixth St., Lincoln. 916-209-3499.

Friday, September 20th, Farmers Market at McBean Park. 8-10 am. 65 McBean Park Drive. Veggies and more.

Saturday, September 28th, The Lincoln Showcase is the marquee event hosted by the Lincoln Area Chamber, as residents and visitors congregate in Beermann’s Plaza for an evening of craft food, libations, and live music. Scores of vendors. Call the Chamber Office at 916-645-2035 for tickets, sponsor and vendor information. 6:30 - 10:00 pm. \$49 per person advance purchase; \$59 at the door. www.lincolinchamber.com.

Major Upcoming Events —
Saturday, October 5th, 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

Friday, October 11th, 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 25th - November 10th, Lincoln Theatre Company presents: “Out of Sight... Out of Murder.” A very funny murder mystery. Tickets now on sale at www.lincolnthatrecompany.org or 916-409-7030.

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Cribbage Club

BY DON LLOYD

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

Our July weekly winners were: Brian Yates, week one; Elliott Levy, week two; Sharon Cuchetti, week three; Grant Lee, week four and Dan Quick, week five.

We always welcome those new to Cribbage, or new to Sun City, to come and join in the fun.

Contact: Don Lloyd 916-884-4554

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Social Bridge

BY JODI DEELEY

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

Winners for July were: First Place: Harry Collings, Donna Moore, Kurt Wolff, and Bette Dow. Second Place: Phil Sanderson, Jyoti Sitwala, Harry Collings, and Barbara Moran. Third Place: Marge Phillips, John Butler, Bette Dow, and Carol Mayeur. Fourth Place: Ada Towers, Eleanor Amar, Byron Hansen, and Sarah Free.

To sign in before coming, please call Joanna Haselwood at 916-209-3392 to reserve your space for September and October. Or leave an email at ajhaselwood@yahoo.com.

This year's dinner party is on October 18th. It will be an Autumn Festival.

More information to come later about our pot luck dinner.

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LH Billiards Group

BY STEVE FOWLER

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

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

We encourage advanced sign up for Tournament play but frequently standby

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

Our Holiday Party is set for Friday



August 13th Ladies Tournament: Congratulations to Chiquita Fratto for making the 8 ball on the break!



Winners from left to right—All Tied for First Place with 4 of 6 Games: Shirley Varner, Veta Giles, Sherry Weech, and Jeanne Reinhardt.

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

We play by the American Pool Players Association Rules that can be downloaded from www.poolplayers.com. A copy of the APA Rules including any revisions/additions to include individual tournaments, e.g., Challengers, Upstarts, etc. are contained in binders on the fireplace mantles in both billiards rooms. Contact Tony Felice at 916-955-0501 atfelice3@gmail.com for information on the below listed tournaments, membership application and social functions.

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

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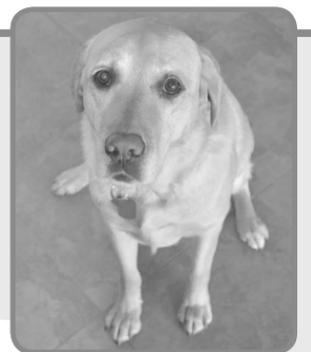
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SUN SENIOR NEWS CLASSIFIEDS

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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.

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FOR SALE

OAK DINING ROOM TABLE, 42"x 66" with 4 - 12" leaves. Includes 6 chairs. Also table pads. \$485. Call 916-408-2572.

• • •
WHITE ERASE BOARDS 24x36, round wicker hamper 24", handmade throw 58x90, \$15 and under 916-434-7304.

• • •
POULAN PRO GAS BLOWER \$15, free folding table 30x72, 12 Time Life Books \$12 916-547-7809.

KIRBY SENTRIA VACUUM, all accessories, 5 new bags + carpet shampoo system. \$300. Camp stove E40, lantern \$20, swivel chair \$80, Bose radio & disc \$40. propane bottles. Dec 916-258 -311.

• • •
GOLF CART TOMBERLIN 4 Seat Excellent Condition, Fully Loaded, Inclosed Canvas, \$6,900 Call Skip 916-408-2121.

• • •
NEW APPLE LAPTOP. 916-910-3608.

• • •
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.

• • •
WANTED: VCR machine to play VCR tapes in good condition. Call 916-408-0147.

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WANTED: PIANO. Call 916-910-3608.

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

• • •
SUB OR/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.

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ANNOUNCEMENTS

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.

• • •
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.

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 style="text-align: center;">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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Recent Sales in Lincoln Hills

1605 Delta Wind Lane	Sequoia	\$384,000
2309 Winding Way	Sequoia	\$372,000
2255 Greystone Lane	Bridgeway	\$454,000
2417 Winding Way	Bridgeway	\$460,000
2489 Winding Way	Pinehill	\$469,500
1784 Emily Lane	Pine Hill	\$490,000
1218 Perdita Lane	Orchard Crest	\$503,000
240 Mountain Quail Court	Alpine	\$505,000
1685 Mary Rose Lane	Tahoe	\$529,000
661 Wagon Wheel Lane	El Dorado	\$549,900
1769 Fallen Leaf Lane	Freemont	\$705,000

*information herein deemed reliable but not guaranteed *

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

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

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