

SUN SENIOR NEWS

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Tom and Sharon Lewis — Between Heaven and Earth

BY RUTH MORSE

Tom and Sharon Lewis have a great view from the backyard. On a good day, they can see for thirty miles in several directions including Sacramento and the Buttes. When they moved into their new house in Lincoln Hills in January of 2004, their home was one of the first in the neighborhood. They especially enjoy the gorgeous sunsets. Their proximity to open spaces has led to adventures with many types of wildlife including a vulture, wild rabbits and Sharon's least favorite, snakes, including at least one rattler. She remembers chasing a small rabbit that was eating her flowers and alongside the rabbit slithered a snake. Both were moving at a fast speed. They have even seen empty snake eggs hidden in spaces in their yard. She also discovered a lizard in one of her gardening shoes.

While the wildlife was unexpected, the



Sharon and Tom Lewis

Photo by Jeff Andersen

bigger surprise came to Sharon in the form of the bright, burning Western sun that scorched some of the greenery she had planted. Flowers such as impatiens that she had loved in her garden in Union City didn't survive in Lincoln

so she experimented and learned. Sharon's favorite thing to do is work in her garden and it includes edible plants, trees and flowers. Her yard is spectacular with its various colors. Trial and error have produced a front yard and backyard that she can now relish and the couple love eating their produce, such as tomatoes and zucchini, grown in the shaded side garden area.

Tom and Sharon will celebrate their forty-first anniversary this November. That is a great milestone considering the couple have a blended family with a total of nine children between them. When they were first married, three sets of children were in the same

grades together. All nine are married and they now have twenty-two grandchildren and eight great-grandchildren. Sharon uses an Excel spreadsheet to keep all the birthday
(cont' on page 35)

Last Bingo of 2019 – November 14th

BY DENISE BOWDEN

November is the unofficial beginning of the holiday season and for the Lincoln Hills Foundation it marks the last Bingo of the year. Set your clocks back on November 3rd, honor our Veterans on November 11th and join us for Bingo in the ballroom on Thursday, November 14th. Bring your usual crew or introduce newcomers to The Lincoln Hills Foundation.

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

Cost is \$20 for twelve games. Don't forget to bring your dauber or purchase one on-site for \$1.50. Doors open at 12:30 in the Orchard Creek Ballroom and the games begin at 1:00 and as usual Meridians Restaurant will offer its tasty pre-game luncheon special.

Beyond just Bingo this is a month of giving thanks and the Lincoln Hills Foundation wants to thank members of our community for their support this year. Whether you come to Bingo or support us through direct donations, Big Day of Giving or the Concours Pre-Party your contributions make a much needed impact on seniors in our community and we thank you!

Players Show Opens this Month! "Magic Moments" Celebrates Golden Age of TV

BY DOUG BROWN

The Lincoln Hills Players' Fall blockbuster show opens in Orchard Creek Ballroom on November 21. Tickets are selling fast and you don't want to miss this one – a dazzling array of popular TV sitcoms and hit parade songs of the 1950s.

"Magic Moments: The Golden Age of Television" recreates some of the funniest classic TV shows of the "golden" fifties. Remember those TV consoles with tiny little black and white screens? There'll be comical scenes from "I Love Lucy," "The Honeymooners," "Sgt. Bilko," and more. You'll be tapping your toes and singing along with songs like "Sh-Boom," "Magic Moments," "Lollipop," and "Don't Be Cruel." You'll be on "Cloud 9" when your friends and neighbors bring weeks of practice to the limelight of the stage, displaying their multiple acting, singing, and dancing talent right here in Lincoln Hills!



The reincarnated Chordettes and Perry Como sing "Magic Moments".

Mark your calendars! Thursday, November 21 & Friday, November 22 at 7:00 PM; and Saturday, November 23 & Sunday, November 24 at 2:00 PM. The Players are pleased to offer a first-ever TWO matinées on Saturday and Sunday! Tickets are now on sale at the Lifestyle Desks in the lodges and online at www.sclhresidents.com (click "Online Entertainment"). Your entertainment dollar will be well invested at \$16 (general admission) and \$20 (reserved seats).

(cont' on page 42)

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SUBMISSIONS

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

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From the Editors



This time of year seems to lend itself to reflecting on the state of things. It's easy to let a little despair creep in when all-things-media seems to make it feel like the worst of times — when it's truly not. And even in trying circumstances, concentrating on the things we are grateful for always seems to increase appreciation, contentment, and hope — some of the very best things life has to offer. Gregg and I often make an effort to have conversations of gratitude — and we find that the saying is true, “Gratitude makes what we have enough, and more”.

Gregg and I wish you and yours the very best Thanksgiving season, and all the gratitude that can come with it.



LH Community Chorus

BY BARRY MACKINTOSH

We'll launch the holiday season next month with our traditional December concert, this year headlined “Music from Around the World.” Our multicultural, mostly Christmas repertoire includes a medley by Irving Berlin, the celebrated Jewish-American songwriter who dreamed of a White Christmas, and “One Light,” a Hanukkah tribute.

In keeping with our international theme, we'll bring you “Gloria in Excelsis Deo” from the German master Johann Sebastian Bach and “Et in Terra Pax” from Italy's Antonio Vivaldi. Austrians Franz Gruber and Joseph Mohr gave us “Silent Night.” Our contemporary rendition of “Joy to the World” builds on the original by England's Isaac Watts. “A La Nanita Nana” is Spanish, “Bring a Torch, Jeanette Isabella” is a French carol, and “Sleigh Bells” is a Ukrainian folk tune.

“An African Celebration” represents that continent, while “Christmas Kum Ba Ya” is based on an African-American



spiritual and “Zat You, Santa Claus?” is jazzy American fun. Just in case we've missed some of your favorites, we'll leave you with “Christmas...In About Three Minutes,” containing snippets of 22 carols from here and abroad.

You'll have three chances to hear all our “Music from Around the World,” on December 8 at 2:00 and December 9 and 10 at 7:00. See the Compass for information about tickets (\$16 for general admission and \$20 for reserved seats), now on sale in our lodges and online at www.sclhresidents.com (click “Online Entertainment”). Get yours before they're gone!

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



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Toys for Tots — Christmas Toy drive by United States Marine Corps Reserves & the Semper Fi Association

BY DON WITT

The Marine Corps Reserve Toys for Tots celebrates its 15th year of local operation as the program was launched on Monday, Oct 14th at the Woman's Club of Lincoln on 499 E Street at 10 am. Frank Neves, Toys for Tots chairman, put on another great program launch with Ken Dzor, Toys for Tots train engineer, driving the trackless train to the ceremony and Peggy Schechter from the Lincoln Theater Company singing the National Anthem to kick it off.

Lincoln Mayor, Paul Joiner and Lincoln Chief of Police and Fire, Doug Lee were in attendance.

Mr. & Mrs. Santa Clause, Ray Rhodes

took a vacation from the North Pole to attend. Toys for Tots distributors from the Knights of Columbus at St. Rose of Lima parish in Roseville and Kris Knutson with the Lincoln Lions Club were all enthusiastic supporters.

Hundreds of boxes have now been delivered to retail stores and service organizations to collect toys for deserving children in our local communities. Prior to Christmas, distributors receive the toys and dispense them to the local children. Please help make this a successful program again this year. Put a toy in the Toys for Tots box at a local retailer!



Wildlife Heritage Foundation • Oak Woodland Walk Canyon Oaks/Elderberry/NE Preserve Trails

Thursday, November 14 • 10:00 AM



The Trails Enhancement Team invites you to explore our lovely Northeast Preserve on a free guided walk with Wildlife Heritage Foundation's Wildlife Biologist Gaylene Tupen and Education Coordinator Veronica Griffiths. Learn about the variety of habitats protected in the preserve, plant and animal communities, and wildlife corridors. Our guides will discuss the role of fire in the landscape and how our annual sheep grazing helps reduce fuel for fires. Meet at Canyon Oaks trailhead on Hidden Hills Lane on Thursday, November 14, at 10:00 AM. We will walk approximately 1 1/4 miles on three interconnected trails, mostly unpaved with gentle grades. Questions? Call Gay Mackintosh, 916-209-3628.

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Volunteers Needed From Your Placer County Supervisor

Don't be "left in the dark" in future power shutoffs

BY ROBERT M. WEYGANDT, *Supervisor*



Robert M. Weygandt

The Pacific Gas and Electric Company's unprecedented power outage event left 750,000 people without power including 150,000 residents in Placer County.

Thankfully, the planned shutoff only lasted a few days, however, it was a great reminder that we should all be prepared for future outages, planned or not.

PG&E's shutoff was prompted by an increased fire risk due to dry and windy conditions; which were very similar to the conditions in the tragic Sonoma and Butte county wildfires of 2017

Remember, although summer days are over, it's wildfire season in California, and Placer County is still at risk. Our county was ranked the second-most-at-risk for a wildfire during the PG&E power shutoff.

Many county residents were left without power for two to three days, and we received reports of store shelves being cleared of necessary household items as the outage was expected to last up to five days in some areas of the county.

Luckily, outage impacts to services provided by Placer County were only minimally impacted. A few of our libraries

were temporarily closed, our County Executive Office was closed to the public and a few other offices were shut down.

Some Placer team members were redeployed to work at powered county facilities - helping to keep services moving.

I hope the historic shutoff will be our first and last. But we should all be prepared in the event of another power outage - here are a few tips. Learn more at readyplacer.org.

First, stay informed. Sign up for our weekly county newsletter and 'like' our county Facebook and Twitter pages at placer.ca.gov. These media channels will help keep you up-to-date with the latest news and events happening in Placer.

Keep mobile phones and other devices charged to receive phone calls and other important information. It's wise to carry a fully-charged, auxiliary battery as a secondary source of power to charge your cell phone. Also, keep emergency phone numbers readily available.

Have a backup plan if you or a loved-one uses a powered medical device or require refrigeration for medicines.

Using a generator during an outage is handy, but use extreme caution when operating; sparking a fire due to careless use could have ill intended consequences.

Lastly, be sure to unplug or turn off appliances, equipment and electronics to avoid damage caused by surges when power is restored.

Thank you everyone for your patience during the power shutoff, I know it was a difficult situation for many residents and business owners.

Please visit readyplacer.org for information, tips and resources in the event the county experiences a wildfire, power outage, flood or other emergency event.

Lincoln Police Department Volunteer Program — Patrol

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

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

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

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



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

Read online at: www.SunSeniorNews.com

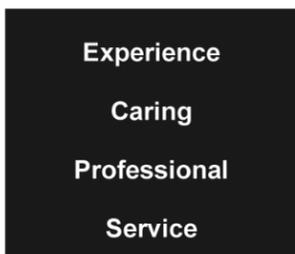
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LH Line Dance Group

BY JUNE WILLIS

The holiday season is fast approaching and that means we are making preparations for our annual holiday potluck to be held this year on Monday, December 2, at Kilaga Kitchen at 5:00 pm. Tickets will be \$6 and they will for sale the first week of November at line dance classes. Since this celebration is a potluck, you will be asked to sign up to bring your choice of an appetizer, salad or dessert. Water will also be provided. This is the last dance event of the year and we are looking forward to food, fun and lots of dancing and don't forget our special raffle prizes. We will also be thanking our teachers and practice helpers at that time for all their hard work and effort. Feel free to wear your holiday garb and join us. This event is open to all who are enrolled in line dance classes and our teachers will be going over the dances they have chosen prior to the holiday party. Just a reminder that no line dance classes will be held during the month of December. Classes will resume in January. If you are one who makes New Year resolutions, you might want to put Line Dance classes on your list!

• • •

Tap Company

BY LOUISE SEIDENVERG

Our Christmas luncheon, will be held on December 19th (OC) Ballroom.

The luncheon will be an Italian buffet, \$15. for members, \$25. for non-members.

Auditions for the 2020 tap show is scheduled for December 3, at 6 PM in the Fine Arts Room (OC).

The audition committee members are Becky Nicholson and Carol Rose (Directors), Craig Stults (Producer), Frima Stewart (President).

All performers with the exception of tap dancers will be asked to audition. Dance groups other than tappers should prepare one minute of their dance for the audition.

The tap show will take place on April 2, 3, 4, 2020, (OC) Ballroom. It will be a dinner show, with a choice from one of three entrees, salad and desert. Tickets will be \$39. per person.

• • •

Country Couples

BY DEB CHRISTIE

Country Couples ushered in fall with an amazing dance "Under the Tuscan Moon" on September 30th. Members gathered at the Kilaga Springs Lodge to dance the night away with music provided by Jim and Jeanie Keener. Our decorating committee outshined themselves once again turning the dance floor into a magical Italian Tuscan Moon theme. Warren and Lauri English outdid themselves with a lighting display of a full moon complete with country dancers dancing under a starlit moon.



Thankyou to everyone on our decorating committee, Peggy Phillips, Lauri English, April Cederberg, Roseanne Bogue, Linda Tinsman. Forty-eight members socialized, enjoyed a delicious potluck dinner and pumpkin pie for dessert. Dancing is what we love to do, and with each song more and more members joined in on the dance floor to enjoy another Country Couples Dance. It takes lots of volunteers to put together a fun evening of food, music, and dance. Our Event Coordinator, Sandy Manildi, pulled together an amazing team of volunteers, ticket designer, ticket sellers, decorators, greeters, servers and cleanup crew.

A Halloween dance, with members wearing a variety of costumes, was hosted by Jim & Jeanie Keener on October 30th in the Roseville Ballroom.

Country Couples holiday dance is scheduled for December 4 from 5:00 - 9:00 PM in the Ballroom (OC). This is one of our most popular dances of the year with attendee's wearing a variety of outfits from country to semi-formal. It's all about dancing and having fun while socializing.

Club contact: Irene Hesson 916-434-6804

• • •

Ballroom Dance

BY RUTH WEHNER

As we continue with the transition into cooler fall weather, the club will be practicing and learning moves of the "Fox Trot," taught by Belinda and Nancy on Tuesdays from October 29 through November 19. There are no dance classes in December.

When Oscar Duryea and the American Society of the Professors of Dancing decided to standardize Foxtrot dance steps, they determined that the high trotting steps were "unladylike" and smoothed out the motion of the dance. They borrowed from the conventions of waltz steps, replacing the hops with a more graceful rise and fall motion. The dance is still considered in dance competitions, to be a "smooth dance".

As the foxtrot is considered to be a social dance, it follows the line of dance, counter clockwise in a circle around the dance floor.

At its inception, the Foxtrot was originally danced to ragtime. From the 1910s to the 1940s, it was the most popular fast dance. Even the popularity of the Lindy Hop in the 1940s didn't affect the Fox Trot's popularity, since it could be danced to the same records. Over time it has evolved into slow and quick versions.

Stop by on Tuesdays to see what Belinda and Nancy have in store for us. There is 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 most welcome.



Annual membership dues are a bargain at only \$7.00 per person and is open to S.C.L.H. residents, sponsored guests, couples and singles. Dance is held in the Lincoln Room at Kilaga Springs from 2:00 to 3:00

P.M. for beginners, 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.

• • •

Mixed Media Club

BY JILL SHORT

It's hard to believe it is already November. The days just seem like they are flying by. Mixed Media Club has one more regular meeting this year. Come join us, November 20 at 1:00 PM in the Ceramics Room (OC). Jan Stephens will be directing us in a fun activity. Her demonstration for November will be creating a collage on canvas using paints, papers, ephemera, fabrics, stencils, or other materials to create the collage. Magazines, newspaper, handmade papers, music paper, dictionary pages all will



work well too. Jan has recommended matte medium or gel medium adhesives to use for this activity. If lighter weight papers are used gel medium works well, because the paper doesn't wrinkle as much because of less moisture. She also advises that glue sticks don't work well because of the moisture. The club will provide the canvas. At the meeting we will have a time of sharing our projects that we have made including the October Challenge. What was that challenge? It was to make a mixed media art piece centered around the theme, "leaves", no other rules. There is still time to complete a project for the meeting. Also, at the meeting you will learn about our next challenge and pick up a free item that will be part of the challenge. There will be plenty of time to work

(cont' on page 11)



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Favorite Restaurants

BY MARTIN GREEN



As promised in last month's "Favorite Restaurants", more on the Italian restaurant Florentine Trattoria. To continue with Gordon Badovick's e-mail: "They have an extensive selection for lunch and an even more extensive dinner menu. We tried them out for lunch. We started out sharing a Mozzarella Caprese. Then my wife enjoyed fillet of patrale sole with pasta and fresh vegetables. I ordered the chicken marsala which was also served with pasta and fresh vegetables. Both were excellent tasting dishes.

Even though it was lunch, we couldn't help sharing a Chocolate Fondant which was some of the best chocolate desserts I have ever had. We can't wait to go back again. They have a good selection of pasta dishes and casseroles and some great vegetarian selections too.

The Roseville menu seems to be the same menu they have used in Saratoga. I hope the word gets out and they are successful. If you aren't already aware of this new restaurant, hopefully you can share the news with your readers."

As it happens, our LEO (Let's Eat Out) lunch group went to the Florentine shortly after I received this e-mail. This was not a coincidence as that month's hostess, Sue Birilli, asked me for a recommendation and I

suggested trying out the Florentine. As stated last month, the restaurant is in the location where Johnny Garlic's used to be. It's been so long since we'd been to Johnny Garlic's that I've forgotten what it looked like but the Florentine is a large place with tables, booths and a counter. It's a pleasant place, although on the dark side. We had a table for eight toward the rear and two TV sets showing sports shows were visible from there.

As Gordon's e-mail states, the Florentine's menu is an extensive one. Appetizers include fried calamari, crab cakes and stuffed portobello mushroom. Soups include minestrone. Some of the many salad selections are chicken almond, seafood and Caesar with grilled salmon. There are a number of sandwiches and pizzas. "Traditional and special pizzas," veal ravioli, fettuccine Alfredo, linguini Leonardo and spaghetti with meatballs. Entrees include chicken parmigiana, chicken piccata, chicken marsala, filet of sole and grilled salmon. Dinner entrees include veal piccata, veal scallopini, filet mignon and cioppino Napoletano (clams, prawn, scallops, mussels and crab in hearty tomato sauce).

Of our lunch group, Bob Winter had the spaghetti; his wife Caroline had her usual salad (chicken almond); Betty Fritsch had the eggplant parmagon; Sue Birilli had the shrimp salad; Beverly had the lasagna, and I had the veal piccata (which was on the lunch menu). Everyone was satisfied with his or her selection. My veal piccata came with vegetables. I ordered a side Caesar salad for, I believe, \$2.50. I had half of my meal and a server neatly boxed up

the other half. Bread was also provided. Beverly had a glass of chianti, which she pronounced good. The service was fast and efficient.

The restaurant wasn't too crowded, but I was told that dinner business has been good. Florentine is at 10505 Fairway Drive. The phone number is 916-299-5195.

I also wrote that our area is blessed with a number of very good breakfast/lunch places, reviewing Bounty Hunters Café, Pacific Street Café, and Four Sister's Café. Beverly and I recently went to still another breakfast/lunch place, Huckleberry's on Fairway Drive, in where the Original Pancake House used to be. Beverly had been there before, and I had reported on her assessment, but this was the first time I'd gone there. As she'd told me to expect, the décor of Huckleberry's is nothing at all like Original Pancake House's. I didn't explore the entire restaurant but when you come in, you see two lines of booths. The booths seem wide enough to hold a party of six. In our case, we had four, having gone there with our friends, Jan and Martin Wolf. The other notable feature of Huckleberry's décor was the large mural, a Mississippi scene, I believe, on the back wall. Also, on the table, instead of napkins was a roll of paper towels and water was served, not in glasses, but in jars. Huckleberry's website says that it provides "Southern cooking with a California twist" and the southern aspect was underlined by the fiddle music that played in the background.

Getting to that important item, the food, the breakfast part of Huckleberry's menu features "signature omelets," "egg Benedicts,"

"Breakfast Favorites," that include "Tom's Scramble," Biscuits and gravy, 2 eggs, taters and toast and "Pappy's chicken fried steak", "Huck's griddle;" and "Platters." The lunch part had such items as Louisiana catfish, Southern style fish and chips, "N'awlins sandwiches" (catfish po'boy, shrimp po'boy and Monte Cristo; burgers, and soup and salad. There is also a menu for "Honored citizens" age 60 and over, which has several breakfast and lunch dishes each. In addition, Huckleberry's offers mimosas and hot drinks such as espressos and cappuccinos.

Jan had the Monte Cristo sandwich, "thick slices of New Orleans sourdough dipped in egg batter... stuffed with slices of ham, turkey and Monterey Jack cheese topped with powdered eggs." Martin had the breakfast burrito, which looked like two burritos, and Beverly had her usual omelet. I'd been having some stomach problems, so I asked for just two scrambled eggs and toast, which came with huckleberry (what else) jam. Everyone was satisfied, even me. Portions were generous and both Jan and Martin took half of their meals home. Our waitress Patty asked if we'd like some beignets afterwards. I would have like to so I could compare them with those at the Café de Monde in New Orleans but because of my tender stomach had to decline.

Huckleberry's is at 10000 Fairway Drive. The phone number is 916-771-7017. Hours are

As always, please send in your "favorite restaurants" to mgreensuncity@yahoo.com. Thank you and bon appetite.

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SCLH WRITER'S CORNER...

When Tough Guys Cry

BY ROBERT (BOB) HALL, U. S. Forest Service, Retired

The hot winds of summer are early this year. The forests and rangelands of the West are crackling dry.

It starts slowly, a few small fires, then more, then big ones, then many. The firefighters are moving from fire to fire with no rest. They are exhausted, perhaps that is why a mistake is made. A very bad mistake!

The crew is working in a steep canyon. They are hoping to stop the fire from spreading to the other side. They have posted a lookout to watch for problems. It is very smoky. Maybe that is why it is already too late when the lookout's call of "spot fire" is heard. Now both sides of the canyon are ablaze and the firefighters are in the middle.

The fire explodes and firefighters run for their lives. Some survive, some die, some are painfully burned. Two of the survivors reach safety and collapse. They lie in the dirt exhausted and shaken. As they lie there, they see a figure stumble out of the fire toward them. His clothing is half gone, he is badly burned. As he approaches, they scramble to their feet and go to him. It is only then that

they are able to recognize him as their close friend and crewmate.

There is a long moment of stunned silence. Then the friends, one on each side, begin walking him toward help. Soon he is too weak to walk, and they sit him down between them. There is some talk between the two friends about how to get help.

The wounded man tries to speak. Only one word is clear, "Stay!"

He gripped each friend firmly by the arm. They nodded yes to show they would stay.

Soon he dies, and tough guys cry.
Please Prevent Forest Fires

My Last Roller Coaster Ride

BY JIM FULCOMER

I grew up on the West Side of New York City, overlooking the Hudson River. Directly across from my viewpoint was Palisades Amusement Park in New Jersey. The tallest structure was the roller coaster, the Cyclone, towering over all the other rides and shows. The whitewashed wooden frame was easy to see, but I could never spot the cars moving and could not hear the screams of the riders. It stirred my curiosity and I wanted more than anything to ride on it. We moved to New Jersey in 1941 to a place where the coaster could not be

seen and with all of the other new experiences coming in, I forgot about it and never got to ride it. The old wood framework is gone, replaced by a new all-steel track with twists and loops impossible with the vintage coaster.

We spent many summers in Rochester, New York, in a small cabin on the shores of Lake Ontario. A few miles away was Seabreeze, the amusement park for Rochester, right on the lake. Once a month, as a treat, we would spend an evening at Seabreeze, where the center of attraction was a roller coaster called the "Jack Rabbit." It was wood-frame structure and the start of the ride was a quick drop into a dark tunnel. You emerged onto the first climb track and the "clackety-clack" of the chain grabbing onto the car started the anticipation.

The first drop was always the fastest and steepest, but the entire two minutes was a thrill-ride of turns, and drops which seemed to be straight down. It was everything I had expected and I never got tired of riding, then waiting in line again hoping to get a front seat. I ran through my allowance pretty quickly.

Over the years, I have ridden many others, the ones at Disneyland, at Santa Cruz and Frontier Village. We would drive by Discovery Kingdom on our way to the Bay area and watch as new rides seemed to appear each year and I promised myself a day there for my 80th Birthday, but it never happened.

Last summer, we were in Las Vegas and in the New York section was a mono-steel roller coaster, with twists and inversions. I had to try it. It was a thrill, absolutely. At the finish, somehow I had scraped my arm and

needed to be assisted out of the car. Dizzy and unsteady, I greeted my wife who had declined the opportunity and was waiting at the exit. She asked, "Was it worth it?"

"Yes, yes it was!" I said, wiping the blood from my elbow. "But I think that was my last ride." Coney Island, Cedar Point, Busch Gardens, Six Flags and Discovery Kingdom will not see me. My roller coaster days are over and I will leave it to my grandkids to discover the thrills of speed and G-forces for themselves."

As it is so often said; it was fun while it lasted...

Bob Hall and Jim Fulcomer are members of the SCLH Writer's Group.



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Mixed Media Club

(cont' from page 7)

on this challenge because we won't share it until the January meeting. December will be our Holiday party; more information will be given in an email to members.

Makesure you have paid your membership dues in order to keep up to date on the latest Mixed Media information through emails. In the near future our email list will be revised and non-members will be taken off the list. The yearly dues of \$15 can be paid at the meeting.



Maggie made a beautiful mixed media scarf.

Did you miss our October meeting? Those who participated in the October art challenge brought their white art aprons that they decorated and shared them during our show and tell time. This was a great challenge and wonderful to see the creativity used on the aprons. Each month we have a guest artist come and lead us in an activity. Kerry Dahlin was our October guest artist. She is a positive person who makes everyone successful in their projects. Kerry teaches art journaling classes twice a month in Sun City. Art experience is not a prerequisite for her classes and she brings most of the items necessary for class. A list of items to bring are listed in the Compass. Some of us in the Mixed Media Club take her classes. Drop on by during one of her classes and check it out. Meanwhile, at our club we are people who love to play with various art mediums and create things like art journaling, wearable arts, canvas work, altered books, and

wall hangings. Our club members range from novices to experienced artists. We encourage each other and share ideas and even art supplies. We welcome all new people.

A common question people ask is, "What is Mixed Media?" It is time to review the answer again. Mixed Media is a technique involving the use of two or more art mediums, such as ink and pastel or painting and collage, pastels, watercolors, acrylics, or colored pencils, that are combined in a single composition. Any material can be used. Collage items can come from magazines, newspaper, photographs, fabric, or packaging. The possibilities are endless. Mixed media isn't a 20th-century phenomenon, although in previous centuries artists were less experimental in what they used. For example, gold leaf was often added to church painting. Leonardo da Vinci mixed pastels with other drawing media. Edgar Degas combined pastels with charcoal and printing inks. Mixed media artists past and present enjoy using techniques that combine different methods and mediums to make artwork.

• • •

Needle Arts Club

BY JILL SHORT

What a fabulous Needle Arts October meeting! We had a wonderful fashion show of wearable arts from "Art To Wear". Check them out on Facebook.

It is wonderful to see new faces coming to Needle Arts. Our group has great monthly speakers, fabulous breakout groups, fun exciting retreats, educational workshops, and lots of friendly women. We are accepting



Amazing Fashion Show from "Art To Wear".

the 2020 dues now. The form can be found online on the Needle Arts website. All of the information you need to join Needle Arts, or to renew your membership, is on the form. We will have a drawing in January for all who join/renew by 12/31/2019.

With the new year approaching it is time for elections for the Needle Arts Board. Did you know that members vote on the President, 1st Vice President (in charge of our programs), 2nd Vice President (in charge of travel), Secretary, and Treasurer? These positions will be voted on at our November meeting. The appointed positions are Board Liaison, Calendar, Communication (article writer for the Compass and Sun City News), Community Service, Membership, Sewing Room, Sunshine (sends out cards and welcomes new members), Webmaster, Window Display, and Workshops.

Needle Arts meetings are held the second Tuesday of the month 1:00 PM in P-Hall (KS). November 12, 2019 - Our speaker will be from Kelsey's Needle Krafts, 447A Main St Placerville Ca 95667 in Historic Placerville. They are a full-service needlework shop, with thousands of supplies necessary for your needlework project and offer classes individually or by groups. They also offer a variety of classes for embroidery, needlepoint, hardanger, tating, counted cross stitch, canvases, and have supplies of threads, embellishments, fabrics, hardware and more. We will learn what they have to offer for our needle work needs and trends.

Our December luncheon is something to look forward to. It will be on Decxember 11th, which is a Wednesday in the Ballroom (OC). Doors will open - 11:30 AM with lunch at 12:15. Make sure you sign up before December 3. There will be several fun raffle prizes. The names of every attendee will be entered automatically as you register. In addition, each table will have a centerpiece that one person will win at the end of the luncheon. After luncheon is served, The Sunny Singers, a group that is part of the SCLH Choir, will entertain us with a variety of songs. As part of our holiday get-together for 2019, the Needle Arts Board would like to invite you to share some of your work of a holiday nature with the membership. We ask that you limit yourself to the end-of-year holidays: Hanukkah, Christmas, Kwanzaa, and New Year's. These items are NOT intended to be for sale. These shared contributions will be displayed on tables for the duration of the



Giraffes were a hit at show and tell time.

lunch, and then you can take your item back home. The Needle Arts Board, thanks you, in advance for participating and helping to make the holidays as uniquely special as our Needle Arts group is! The sign up form and more details are on the Needle Arts Website.

For more information and forms for the Needle Arts Group check out the website at: www.sclhna.com

• • •

LH Painters' Club

BY JOYCE BISBEE

At our meeting on November 19th, members presented work that was "figurative" Meaning in the style that is recognizably derived from life! This was our second challenge for the year and one of the most interesting that we have done.

Twenty of our painters showed their work as part of the Art League of Lincoln participation in the Placer Arts Studio Tour. Six members work will be hung in the

Lincoln City Hall Rotunda, and will remain there until December 1st.

Our display in Buonarroti Ristorante features 18 Painters' Club members. This show will also continue through December. as does our show at Simple Pleasures. Stop by these popular spots to enjoy the food and the art!

Dues for 2020 are now due and payable, they remain the same at \$15 per year. They will be considered overdue if not paid by February 1st. After that date they will be \$18.

(cont' on page 12)

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LH Painters' Club

(cont' from page 11)

Checks should be made payable to Linda Shields. Those who joined in October, November and December are considered paid through 2020.

A reminder that our meetings start at 1:30 pm so that we have time to meet other artists and exchange ideas and experiences. Be sure to wear your Lincoln SCLH name badge!

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

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Paper Arts Club

BY LINDA LUCCHETTI

October was a busy month for the club. Thank you to all the demonstrators who participated in "Demo Day" – Pam Haines, Susan Long, Shirley Rainman and Francine Kanclier, June Paquette, Donna Tewart, Mary Prindiville, Maureen Morton, Sue Dambrosio, Ann Handling, Mina Bahan, Nancy Sealy and Dottie Macken. We learned some new techniques and marveled at the beautiful creations by our talented members. Thanks again to Donna Tewart for pulling it all together!

At October's Open Lab for members, Rosy Thielke led a fun project – a decorative "Thanks" banner that some 17 members enjoyed making. Thank you, Rosy for sharing your idea.

During our November meeting, we made the table decorations to display at our annual



Ann Handling at Demo Day.

Christmas party in December. Thank you to Sue Dambrosio and her committee for leading this project.

The next Open Lab is scheduled for November 21 from 9:00 AM to 12:00 PM at Kilaga Springs. These sessions have been a real success. Stop by if you haven't already. Work on a project, use some crafting tools you may not have, or check out what your fellow members are working on.

Thank you to all who contributed cards recognizing our community's 20th anniversary. The birthday and anniversary themed cards were displayed in our window at Orchard Creek and brought smiles to passersby. We received

positive comments from residents and visitors. Hope you got a chance to take a peek!

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.

• • •

Vintage Treasures

BY ELLEN STEELE

The December 2 gathering will be our annual holiday luncheon, held in the Orchard Creek Lodge Ballroom from 11:30 AM to 1:30 PM. The cost will be 25 dollars per person. Tickets will be sold before and after the November 4 meeting. For further questions, please see Ann Renyer or call her at 916-408-7008. Please bring a toy, preferably for an older child. There will be great food, entertainment, and door prizes. It's a great way to start your holiday season!

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

• • •

Woodcarvers Club

BY LIONEL RAINMAN

Woodcarving is a wonderful hobby enjoyed by many people. There are many ways to be creative either by whittling or sculpting as long as you enjoy woodcarving. Some of

the styles of woodcarving are "In The Round" which means it is carved in three dimensions. The subject can be anything. There are optional groups with in this style such as Realistic which aims to be as real as possible, Caricature which can have one or more exaggerated features, and Stylized carvings have smooth and an undetailed appearance. "Relief" carvings are carved down into the wood block. A good relief carver will make the carving appear to have more depth than there is wood available. "Chip Carving" generally utilizes two cutting tools. This style is mostly used to decorate or enhance a box or a plate. "Woodburning" or Pyrography is an art form utilized in conjunction with wood carving to give a realistic appearance to fur or feathers on a carving.

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

• • •

LH Photography Club

BY DIANE MARGETTS

One of the most frustrating experiences is to edit a photo online and tweak the colors until they are precisely what you want, but your printer delivers a photo with entirely different colors. We've all been there. Bob Baikauskas, one of our outstanding photographers and leader of the Club's Print SIG, shared tips, techniques and calibration processes to solve color management problems. Bob concluded his presentation with an overview of our

(cont' on page 13)



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LH Photography Club

(cont' from page 12)

website, exposing sources of useful information that may not be readily apparent.

Our President, James Moon, has been working diligently to recruit inspirational speakers for upcoming meetings. Tim Engle, a commercial photographer from Sacramento is next up. Tim's work flows seamlessly between portraits, fashion, avant-garde, and commercial photography. KVIE PBS selected him as one of California's Master Photographers in 2011. Tim, a father of four, has a lot of experience economizing. He plans to show us how far a photographer can stretch \$20. Anybody not need to stretch their discretionary photography budget?

Our annual holiday breakfast is on December 11 at the OC Sports Bar. The Board is still flushing out details, but prior events have been so successful, don't plan on many changes. Do plan on enjoying a fabulous breakfast with a room full of great friends. In January we will hear from Brian Shul. Brian has had a diverse career. He owns Gallery One, a photo studio in northern California, and divides his time between writing, photography, public speaking, and backpacking in the high Sierras.

Field trips have been active all summer. Be sure to check out the Simple Pleasures exhibit after the first of the year to see what our photographers have been up to. We had a very successful exhibit at the OC Rotunda during September. Congratulations go out to two of our most active exhibitors, John

and Rhonda Campbell. John and Rhonda's artwork was featured in the 2019 KVIE Art Auction on October 5th.

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

LH Computer Club

BY KARL SCHOENSTEIN

Main Meeting Nov. 13, 06:30 PM Don Wolfe, a recently retired United Airlines pilot, will discuss the computer use in the airline cockpit. As airplanes became more advanced, so did the avionics and various control processes of the flight. The pilot must be able to fly the plane without any computer input, but this in actual flight is very rare, except for takeoff and landing, both of which may also be done by computer. The pilot is also the flight engineer, constantly monitoring the numerous gauges and engine analyzers. KS P-hall

Walk-In-Workshop: Nov. 19, 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.



Don Wolfe

Apple User Group

BY RICH THAYER

October was an educational and exciting month for the Apple User Group. Ken Spencer gave three presentations covering Apple Maps, Google Maps, Waze, new features in iOS 13, and Amazon Alexa. And members were reminded once again not to install macOS Catalina 10.15.

The group wrapped up October with its annual banquet. The theme was "Fall Into Fall." Many members demonstrated their creativity by wearing crazy hats. Thanks to banquet co-chairs Nina Mazzo and Bonnie Esker for their leadership in organizing this sold-out event!

Looking ahead, November will bring further opportunities to learn more about iOS, iPadOS, and other Apple products.

Did you know about the Apple support channel on YouTube? Check that out to see short videos demonstrating some of the new



Apple Banquet Co-Chairs Nina Mazzo and Bonnie Esker in their crazy hats.

features in iOS 13 and iPadOS, including new gestures for copying, cutting, and pasting text. And as always, videos of past presentations, and a wealth of other information, can be found at lhaug.org.

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

Amateur Radio Group

BY RUSSELL STEELE, KF6TAR

If you are reading this column, you must have an interest in amateur radio or are already an amateur radio operator. If you are an interested person, let's explore some options. I started with a Technician license that gave me privileges to operate on all radio bands above 30MHz. My goal was to use the very popular handheld VHF/UHF radios for emergency communication when on RV trips. Passing the 35-question exam was easier than I expected. I used the Amateur Radio Relay League study guide [<http://www.arrrl.org/shop/Ham-Radio-License-Manual/>] and then practiced all six exams online [<http://arrlexamreview.appspot.com/>] until I passed each exam. Then I attended a local amateur radio group's testing session, effortlessly passing the 35 question test covering operating rules and basic radio technology. Within weeks I had my FCC call sign and license. Some technicians are using digital packet radio with their computers and exchanging amateur television signals. Others are making international radio contacts via

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Amateur Radio Group

(cont' from page 13)

satellites, using relatively simple equipment. You can do this! ARG members are available to help you get started. The ARG meets every Monday at 6:30 PM at the South Entry Facility; come to a meeting and let us know your goals. We hold a UHF network at 7:00 PM every Monday on 443.225 MHz, with a PL of 167.9.

Additional information about the ARG can be found on our website at www.lharg.us or contact President Jim Darby at 916-408-8599; VP Claire Schloenvogt at 916-253-9155.

Genealogy Club

BY DR. BARBARA BRANCH

The next Genealogy Club presentation will be held on November 18th, 6:30–8:30 PM in P-Hall (KS). Our presenter, Richard Rands, is addressing “Finding Missing Ancestors”. When you look at a fruit tree in season in your back yard, you are likely to see branches laden with beautiful fruit ready to be harvested. But you will not be able to determine easily where individual pieces of fruit are missing. Often the same is true when you look at your family tree. It takes a trained eye to scan a genealogy tree to ferret out the gaps and the missing information that will complete your tree. Over several decades, genealogist Richard Rands has refined the skills for digging through the records in search of those elusive ancestors whose information you need so you can fill out your tree. In recent years billions

of new records have been added to the world’s collection of research sources. Now is the time to refine your ability to discover who’s missing from your tree.

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

You can attend a few of our Speaker Nights for free. If you want to continue to attend, we ask that you become a member for \$20/yr. per household. Membership also puts you on the email list for notices about Computer Lab Walk-in Sessions, Coaching Sessions, and Speaker information and handouts.

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

Lavender Friends

BY SANDI DOLBEE

If you Google the word “picnic,” you’ll learn that it comes from the 17th century word, “Picque-nique,” and connotes a “social gathering where each attendee brings a share of the food.” It cropped up in English language around a century later.

In September, in a Lincoln Hills park, Lavender Friends celebrated its second annual “picnic,” with shared food ranging from

chicken to salads to ice cream. It was, according to organizer Denise Webfield, “spectacular.”

Denise, who chairs the club’s activities committee, reports that about 40 people attended. She wants to particularly thank the folks who organized the games. As she puts it, they “got a bunch of 60-, 70- and 80-year-olds to run around in circles, kick off their shoes, pop balloons with our heinies and even left some of us all wet.”

In a club-wide email, she promised another picnic next year.

Lavender Friends is a club of LGBT residents and their allies. For more information about Lavender Friends and its events, log onto our website at www.lavenderfriends.com.

OC Book Club

BY CATHIE SZABO

“My head was once a filing cabinet. Now it’s a flurry of paper, floating on a draft” – A.J. Finn, *The Woman in the Window*

Oh snap, A.J. Finn is talking about me! Is he talking about you?

Enough. On to November’s doings. First and foremost, our book discussion this month revolves around *The Woman in the Window*. Confess, you immediately thought of Hitchcock’s *Rear Window* – James Stewart in his wheelchair peering through his camera, gorgeous Grace Kelly in her pre-princess days, and Raymond Burr in a pre-Perry Mason, villainous role. And where was Hitchcock’s cameo? Is *The Woman in the Window* a rehash of the Hitchcock classic? Or is it a new twist

on Hitchcockian twists? Is the woman in the window the watcher or the watch-ee? Read the book, join in the discussion or come to the meeting to see if the discussion makes you add this book to your to-be-read pile. No promises – there may be spoilers!

And November is our election month. We’ll be voting on the books for 2020’s reading list. Make your vote count! Which books make the cut? You’ll have to wait till our December luncheon for results.

Reservations for our December Holiday luncheon also can be made at our meeting. Lunch and entertainment, good times with fellow book lovers – it promises to be a great way to get ready for the holidays.

The book club meets on the third Thursday of the month at 1pm in the OC multi-purpose room. Newcomers are always welcome. Come and bring your opinions!

To close, another quote from *The Woman in the Window* – “Watching is like nature photography. You don’t interfere with the wildlife.” Oh snap, he’s talking about SCLH!

For further information about the OC book club, contact Maureen Deal at mdeal2010@gmail.com, Joanne Johnson Felt at ivyborcourt@aol.com, or Cathie Szabo at catsickle@gmail.com.

(more Club News cont’ on page 15)



Magic Moments

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Nov. 23 & 24, 2019—2:00 pm

Orchard Creek Ballroom

\$20—Reserved Seating

\$16 —General Seating

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Ken Reiss
Julie Africa

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Click “Online Enrollment”

Writers Group

BY ANDY DEXTER

November brings Thanksgiving and a time to contemplate our many blessing. Our founding fathers, in the Constitution, gave us one of our most profound blessings. Most people in our country take freedom of speech for granted. But when authors contemplate the right to put thoughts and stories down on paper, they should be grateful. We don't have to agree with everything we read or hear, but we celebrate the right of every American to use freedom of speech.

We generally do not voice our political or religious thoughts in our group, but we do cover almost everything else. Want to hear our stories, poems and share some of yours? We would love meet you. Join us on the 2nd, 4th and 5th Monday of each month in the Ceramics Room of the Orchid Creek Lodge.

Lincoln Democratic Club

BY JUDY GANULIN

Dana Nuccitelli, an environmental scientist and climate journalist, will address the Lincoln Democratic Club on Thursday, October 17, at Kilaga Springs Lodge. Social hour at 6:15 PM, general meeting at 6:45, program at 7 PM. Nuccitelli has written about climate change for nearly a decade and is the author of a book, "Climatology versus Pseudoscience." He won the National Center for Science Education's "Friend of the Planet" award in 2016. He graduated in astrophysics

from UC Berkeley and earned his master's degree in physics from UC Davis. For more information please see our website, <https://democraticclublincolnca.org/>.

Next month, on November 21, our speaker will be Margarita Fernandez, Chief of Public Affairs for the California State Auditor's Office. She will discuss redistricting in California. Location will again be Kilaga Springs Lodge.

Veterans Group

BY B.L. LEWIS

The featured speaker for the November 21, 2019 general meeting at 1:00 p.m. in the Kilaga Springs Presentation Hall will be Roseville Sun City resident, Jamie Lim. Jamie will be sharing the fascinating story of his father, Alfred Estoche Lim, an American-Filipino guerilla who recently died at the age of 107. At 18, he traveled to the United States, where he supported himself as a houseboy, chauffer, boxer, and storekeeper. He earned his GED at Berkley High School. Alfred attempted to enlist in the U.S. Navy after Pearl Harbor, but was denied enlistment due to ethnicity. So at age 31 he joined the U.S. Army and became part of the 1st Filipino American Infantry Regiment. He learned to speak Japanese at the Monterey Language School and was sent to Australia for further training. He volunteered to assist the native Filipinos in their resistance against the Japanese occupation forces. The guerillas were indispensable in the campaign to take back the Philippines. Alfred became very

adept at espionage, intelligence and sabotage against the enemy. Alfred was awarded the Bronze Star with V for Valor and before he died, was considered to be the oldest surviving American WWII vet with an award for valor.

On November 11, 2019, the Veterans Group will host the annual Lincoln Hills Veterans Day Ceremony. A concert of patriotic music will be performed by the Roseville Community Concert Band starting at 10:30 a.m. This year's program will began 11:00 a.m. and feature speakers from Lincoln Hills, the Lincoln High School Army Cadets and the Lincoln High School Chorus directed by Cindy Hagman. This is the day that we honor the veterans that paid the ultimate price in the defense and service to their country, United States of America. As we honor all Veterans on this day we need to Proudly Remember:

It is the Veteran, not the preacher, who has given us Freedom of Religion.

It is the Veteran, not the reporter, who has given us Freedom of the Press.

It is the Veteran, not the campus organizer, who given us the Freedom to Assemble.

It is the Veteran, not the lawyer, who has given us the Right to a Fair Trial.

It is the Veteran, who serves under the Flag and who stands tall to salute it.

It is the Veteran, who gave his oath to support and defend the Constitution and our Nation Against all enemies Foreign and Domestic.

It is the Veteran, who is willing to give his life to protect our Freedoms.

It is the Veteran, who is represented by

this Flag.

It is the Veteran, with faith in God, who has fought to preserve all the Freedoms that God has given us.

All veterans are invited to support the funding of Lincoln Veterans Memorial at McBean Park in Lincoln. You can contribute by donating \$25 for a Memorial Coin; with a \$150.00 donation you can have a Black Granite Plaque with your name and service information inscribed; or you can make a donation of any amount to the Lincoln Veterans Memorial Coalition. Send your checks and information to LVMC, Treasurer, Larry Yaggi, 2300 Cinnamon Teal Lane, Lincoln, CA 95648.

As of August 14, 2019, the group's paid membership stood at 220, including 117 life members and 20 Associate members. World War II veterans (including Spouses) total 21. The total membership was 261. Remember to fly your flag proudly on Veterans Day, November 11, 2019.

In Memoriam —

Arthur W. Roy, U.S. Air Force

Robert Barbieri, U.S. Navy and Merchant Marines

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

(more Club News cont' on page 17)

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The Lincoln Hills Foundation

What We Do to Support Our Community

BY CATHERINE HIGH

We often do not know what goes on behind closed doors of our more isolated and frail seniors.

We receive donations, and generate additional funds in order to sponsor assistance programs to enable senior residents in Lincoln to remain in their homes and enjoy independent lifestyles.

Some of the organizations who have received grants: The Meals on Wheels program by Seniors First provides food to seniors who may be unable to purchase or cook food on their own. For seniors who are unable to get out of their homes easily, live alone with either no family or family far away, this can be a life-saving service. One day the driver delivering food knocked on the door and heard the resident call out “I’ll be right there”, but no one came. He knocked again with the same response. Realizing something was wrong, he called the police for a wellness check. The resident, who had dementia, was found helpless and lying on the floor, unable to get up or to describe his situation.

Another senior lived in a lovely home with family far away. On first glance she wouldn’t appear to need help. During her intake interview by Seniors First, it was discovered that she basically had no food in her home, was unable to obtain or cook food, and had been too embarrassed to tell her family. The agent was able to get her emergency food that day and enrolled her in the Meals on Wheels program.

For many, this meal is the only meal they eat, and for some it is the only daily contact they have with the outside world.

There are many senior residents here who are the primary caregiver for a family member. This is 24/7 care which causes stress and anxiety and a loss of personal time for the caregiver. One woman was caring for her husband who suffered from dementia, COPD, emphysema, diabetes and heart disease! With respite care from Del Oro Caregiver Resource Center she was able to enjoy some self-care by going on walks and running errands, knowing that her husband was safe.

Bosom Buddies was able to create and maintain an extensive resource binder listing groups and associations that provide help. Their members are going through chemotherapy or have lost a loved one and are overwhelmed. The group provides emotional support as well as meals during difficult times, cards, flowers, camaraderie and friendship.

The Salt Mine provided 20,000 pounds of food in 2018 for seniors. This is interesting—their food program helps people (and seniors) stay in their homes and not become homeless!

Your Donations Provide:
 \$50 = 4 hours of respite care, giving the caregiver time to do things away from home
 \$100 = 20 hot meals delivered to a senior
 One Starbucks coffee = a meal for a senior, imagine that!

The Foundation will give \$93,000 in funding in 2019 and with your help, we hope to do even more in 2020!

Thoughts From Jack—

The Dissipation of Acquired Intelligence

BY JACK FABIAN

When we’ve lived a total of twenty years in a senior community like Lincoln Hills, and you’ve achieved your 80’s or 90’s, you begin to realize the tremendous volume of things you have learned, and you’ve also learned of your inability to remember them. If you now refer to your wife as “what’s ‘er name?”, chances are your time on this earth is limited and it could be for more than one reason.

One thing I’ve learned over these many years is that a lot o’ people don’t like cats. There’s only one reason for this; they don’t know the right way to cook ‘em. These folks are really missin’ out.

How ‘bout climate change? Did you ever expect California to be criticized for doing too much to provide clean air? Well, that’s the way we’re functioning right now. This is a prime example of intelligence being dissipated. We made a wrong turn somewhere.

Let’s talk about our family doctors. We live in a community of very senior people. Every time you visit your doctors, for whatever reason, they tell you to stop drinking coffee. You don’t tell an 80 or 90 year old guy to STOP DRINKING COFFEE!! If you didn’t get to have that coffee, you’d never get outa bed in the morning, even though you’ve been up six times during the night, but that is grounds for a completely different situation.

My doctor brags about his very substantial education, which includes a degree in Punctuation, I guess, something he refers to as Colon-oscropy. I wonder if there’s such a thing as Semicolonoscopy?

This same MD was always harpin’ to me about stayin’ in shape. A few weeks ago, he told me to walk 2 miles a day for the next 3 weeks. At the end o’ that period, I called him and said, “Doc, I’m 70 miles from home! What do I do now?”

How ‘bout the dissipation of intelligent “printing”? Generally, as people get older, their eyesight gets a bit strained, and, pretty soon you can’t read the instructions and warnings on containers of every kind. The printing is so tiny that, at times, even a magnifying glass won’t do the job. And, the designers go one step further and put small black lettering on a dark blue surface. Obviously, intelligence is being dissipated.

Well, future generations won’t have these many problems. If you don’t have intelligence, dissipation will not be a factor. Future intelligence is going to be artificial, with all thinking being done by computer. We won’t have dissipation; we’ll have devastation.

OK, that’s it for today. I’m headin’ out to change the batteries in our humming birds; they’re slowin’ down.

Lincoln Hills September Sales Snapshot

Address	Street	Sq Ft.	Price	Model
2221	Prairie View	1020	\$360,000	Mariposa
206	Quail Covey	1190	\$419,000	Calaveras
377	Snapdragon	1195	\$395,000	Calaveras
1433	Topanga	1240	\$455,000	Cambria
1850	Gingersnap	1473	\$485,000	Almanor
877	Granite Falls	1491	\$496,000	Pine Hill
1500	Topanga, 101	1519	\$368,000	Condo
1530	Topanga	1519	\$369,500	Condo
223	Gazebo	1571	\$542,250	Quail Cove
1210	Sun Valley	1823	\$610,245	Echo Ridge*
2478	Walden View	1854	\$640,000	Plumas
2418	Walden View	1854	\$598,000	Plumas
862	Cottonwood	1910	\$505,000	Fremont**
895	Anton	1910	\$574,000	Fremont
950	Gold Nugget	2025	\$771,000	Annadel**
1864	Gingersnap	2134	\$642,000	Fremont*/**
117	Snapdragon	2831	\$882,000	Sonoma */**
2652	Black Hawk	2831	\$767,500	Sonoma *

Per Sacramento mls reported sales 9/1/19 - 9/30/19

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

BY PATTI KINGSTON

We have many requests for volunteers in our Lincoln K through 5 classes. We need YOU to volunteer. It's not too late to sign up for the 2019-2020 school year. SCHOOLS has had a good response from new and returning volunteers, and there is always more demand on the part of the teachers for help in the classroom. Request your grade level and decide on how much time you can offer. No classroom or teaching experience is required.

Visit our website at <http://schoolssuncity.org>, to find information about the program including each school's web site, quotes from teachers and volunteers, and photos of volunteers in the classroom

SCHOOLS has a steering committee to organize the volunteer program every year. There are many tasks to be completed by members of the committee. In addition to selecting and placing the volunteers, we have an annual meeting in the Fall at Kilaga Springs. We are looking for additional members for the committee. If you are interested please contact one of the committee members listed below or Patti at pkinston@att.net.

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

• • •

Singles Club

BY SUSAN FOSTER-PLATT

The beautiful fall weather has finally arrived in Sun City! Kick off the month of November with our famous Birthday celebration. Join us on Sunday, November 3 at 4:00 PM in the Sports Bar at Meridian's. All members with a birthday this month will receive a free drink of their choice and be serenaded with a great rendition of Happy Birthday. Sunday, November 7 is Cocktail Time! Meet us at Casa Ramos in Lincoln at 4:30 PM for great food and a fun evening with friends.

Saturday, November 9 is our 2nd Saturday breakfast. Join us for a delicious breakfast at 9:00 AM in the Sports Bar at Meridian's for the perfect way to start your weekend. Our annual Turkey Bingo will be featured at our meeting on Thursday, November 14 at 6:00 PM in the Ballroom at Orchard Creek. This event always has a full house and is lots of fun. Fantastic prizes will be featured this year for the winners of the bingo games! Don't miss this great evening!

For our Dine-Out event this month, we will be traveling to Rubino's in Rocklin on Thursday, November 21 at 4:30 PM. Call Sue at 916-409-5943 at make a reservation for a delicious dinner.

Enjoy your Thanksgiving on Thursday, November 28! Let's celebrate our blessings and enjoy family and friends at this wonderful time of the year.

• • •

Postage Stamp Group

BY TIM MILES

We are entering our "end-of-the-year" phase and the only meeting in November, because of Thanksgiving, is Thursday, Nov 14. at 6:30 pm at the SC Roseville Lodge, 7050 Del Webb Blvd. There are no meetings in December due to the usage of the Lodge for all the holiday dinners of the various clubs.

Our meeting dates for January 2020 are tentatively set for Monday, Jan 13 and Tuesday, Jan 28. It will be finalized in time for the December article.

We had a wonderful dinner at the Cattlemens Restaurant in September, thanks to the great effort of June Stark. Everybody had a great time.

As mentioned in last month's column, the big SACAPEX Stamp Show is at the Scottish Rite Masonic Center, 6151 "H" St at Carlson in Sacto on Sat Nov 2 and Sun Nov 3. We will have 30 lots of club inventory available in the auction. That is on the Sunday format. If past auctions are any indication, there will be many albums available for bid.

At the single Nov 14 meeting, the slate of officers will be voted on for next year. They are as follows: Art Green, Acting President and Bob Bartlett, V/P and Al Raub, Secretary, and Larry Mowrer, Treasurer.

Anyone who has a concern about that "old" album in the closet feel free to attend one of our meetings and we can bring you up to speed as to worth at today's prices. We have door prizes, briefings, announcements

of philatelic value, and drawings for various accoutrements. All meetings start at 6:30 pm and we have a fun time with our hobby. Any questions-don't hesitate to call our president, Al Capparelli at 916-771-8288.

• • •

LH RV Group

BY STEVE BEEDE

Our Members are mostly all back from RV trips all around the USA and Canada and we're busily getting ready for all the Holiday Parties ahead including our Annual Christmas Party at Turkey Creek. Members are still talking about all the fun we had at our Octoberfest on October 10th.



RV/Octoberfest!

The 2020 Rally Schedule is quickly taking shape as V.P. Susan Brenden and her helpers are lining-up fun social and adventure trips for us including San Diego, Ashland OR, Las

(cont' on page 18)

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LH RV Group

(cont' from page 17)

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

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

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

• • •

LH Travel Group

BY TEENA FOWLER

We will not meet this month. The next meeting is on Thursday, January 23rd in the Kilaga Springs Kitchen at 6:00PM. 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.

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
 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) WAITLIST
 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
 Oceana Insignia Cruise – Montreal to Miami (Oct 26-Nov 10, 2020) (Sheron)
 Repositioning cruise: Quebec City, Halifax, Portland, Newport, NY, St. George Is. Nashville & the Smoky Mountains Holiday (Dec 10-17, 2020) (Sheron)
 Grand Ole Opry, Dollywood, Asheville, Biltmore Estate, Gaylord Opryland Resort
 Possible Trips (2020) —
 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
 Possible Trips (2021) —
 Colors of Morocco (Small Group) – Casablanca, camel ride, Marrakech – 11 days
 New Zealand – Auckland, Wellington, Christchurch, Queenstown – 22 days
 Switzerland (By Rail) – Bern, Zermatt, Lake Geneva, Swiss Travel Pass – 10 days
 Southern Charm – Charleston, Savannah, Jekyll Island, St. Simons Island – 7 days
 Albuquerque Balloon Fiesta – Santa Fe, Open-Air Tram, Loretto Chapel – 6 days
 Travel Group Committee Member
 Contacts — Sheron Watkins 916-849-9504 sheron55@att.net; Teena Fowler 916-543-3349 teenafowler@wavecable.com; Louise Kuret 916-408-0554 lkuret@sbcglobal.net

• • •

LH Italian Club

BY LINDA LUCCHETTI

Mark your calendar for the club's Christmas dinner and dance, December 8, from 5:30 to 9:30 PM at the Catta Verdera Country Club in Lincoln. Enjoy an evening of food, friendship and fun. Please consider bringing an unwrapped toy for our "Toys for Tots" drive. Check the website for more information and the flier. Reserve no later than November 29. The Italian Club presents an event each month that is sure to be entertaining and fun. If you are a Sun City resident of Italian heritage,



Dolores and Norm at Street Fair.

check out our events calendar on the website at www.lhitalianclub.org. While you're on the website, take a peek at the many photos, including a slide show, of our activities, and all the fun our members are having. Want to join? Contact: Sandi Graham, membership, at 916-826-5711.

• • •

Alzheimer's/Dementia Caregiver's Support Group

BY JEFF ANDERSEN

Our Peer Group meeting will be one week earlier this month, on Wednesday, November 20th, and will be held in the MultiMedia Room (across from the MultiPurpose Room). This will be moderated by Stefani Wilson from Del Oro Caregiver Resource Center. The Men's Group will meet on November 21 (see below)

(cont' on page 19)

Michelle's Current Listings



2260 Monument Drive
 Meadowgate w/Casita on Open Space View
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141 Coach Light Lane
 Alpine Model
Offered at \$449,000



1136 Magnolia Lane
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Alzheimer's/Dementia

(cont' from page 18)

and the Ladies Group meets next on November 6 (see below).

This is the Thanksgiving month in our part of the world and I would encourage us all to have the grace to give thanks for what we (still) have. In the Alzheimer's world, the progress and presentations of the disease are constantly erasing the person. That's what makes it so hard. It's not someone you know struggling with serious medical issues, it's someone you know who is constantly changing into someone who you don't know at all. It sounds like a grade "B" movie script on the thriller circuit, doesn't it? So if it hasn't already kicked in full time, consider making this Thanksgiving month one of the 12 of every year in which to savor the unique qualities of the person you are with. Give thanks for who they have been and who they are still able to be.

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 meets usually with Jo Fratessa, and sometimes with Valerie Jordan, is discussion only, and

is designed for women who prefer talking in a less crowded setting. The Women's group meets on the 1st Wednesday at 1:00 PM in the MultiMedia Room (OC) (across the hall from the Large group location). The Men's group with Al Roten meets on the third Thursday of the month at 10:00 AM at Granite Springs Church, 1170 E. Joiner Parkway in Lincoln.

The caregiver's groups and programs are supported by the Lincoln Hills Foundation. More information is available from our Steering Committee members Valerie Jordan 909-625-7443, Cathy Van Velzen 916-409-9332, Jo Fratessa 916-408-7209, Al Roten 916-408-3155, or contact Jeff Andersen 2jeffa@gmail.com.

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Wise Aging Resource and Support Group

BY CAROL EISENHOWER

We are a support group for residents of Sun City Lincoln Hills, and we provide a forum for discussion, support, education, and sharing of aging-related resources for all residents wanting to plan for their older years, whether ageing in place or exploring other options. To date, we have heard from Neighbors Indeed, the Placer County Peer Counseling Service, and a speaker instructing us on why we need to plan for the future. Our meetings always include small group discussion to share ideas. Topics to be covered in the future include long term care insurance, fiduciaries, grief and depression as well as how to get information and help with

aging decisions, home maintenance and safety concerns, health care and understanding what health care covers.

Come and join the other 60 people who have discovered the comfort in sharing information and being heard. Meetings are every first Monday at 1 pm, Gables/Heights Room, Orchard Creek Lodge. Our next meeting is November 4. No meeting in December.

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

Website: lhwiseaggers.com

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Bosom Buddies

BY VAL SINGER

Our October meeting featured Kristin Kozlowski, a group facilitator and licensed family therapist from Sutter Health. She spoke on finding joy after cancer. She is a 10 year breast cancer survivor herself so understands the journey very well. She spoke about the importance of STRENGTH (controlling our lives as much as possible, being involved, reaching out and paying it forward), HOPE (even in worst of circumstances, look for hope) and JOY (from time to time, close our eyes and go to a place of joy for us, even a simple one). Kristin's place of joy is a cell video of her 17-year-old singing in the car. She was very interesting, supportive, and knowledgeable. She suggested we could make a



Kristin Kozlowski

paper "board" with statements, drawings and/or pictures of things we are interested in that other people don't know about us to take to the next meeting. All attendees got a lavender sachet as they left.

November will be a "get to know each other better" meeting where we'll have a chance to say something about ourselves that others may not know. This is meant to be an informative and interesting meeting focusing on the positive. We oldies can remember when we did this before and it was so much fun. Be sure to be there with "your story".

December, of course, will be the big Christmas party at Patty's house. Can you believe I'm talking about Christmas??

Anyway, this affair is always lovely and we all look so forward to it. Unfortunately, we will not have the Hills Brothers entertaining us this year. One of their members passed away and they have disbanded. They will be tremendously missed. Thank you guys for the many years of fun you offered us.

If you have not already paid your dues, please forward them to

Kay Brady at 365 Snapdragon Lane. Checks need to be made out to Bosom Buddies for \$12.

Happy Thanksgiving to all!! I think all of us should be very thankful for all of us... And, thanks to the Foundation for another bountiful year!

If you have any questions regarding Bosom Buddies, please contact Marianne

(cont' on page 19)



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For more information: email: semperfiassociation@gmail.com
or Call 916-573-1704

Bosom Buddies

(cont' from page 19)

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...

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Low Vision Support Group

BY JOAN BRANT-LOVE

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

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

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

models of retinal disease.

No Meeting in December — Our annual holiday luncheon will be held in the Solarium at Orchard Creek Lodge on Friday, December 13. Watch for the Holiday Luncheon Reservation Form which will be included with our November newsletter. For questions regarding the luncheon, contact Janet Newby at 916-409-2011.

From: WebRN-Macular Degeneration News

Leslie Degner, RN, BSN www.WebRN-MacularDegeneration.com

Gene Therapy: Potential for Single Dose Therapy

There are several factors that contribute to the development of age related macular degeneration including diet, lifestyle, environment and genes.

Inherited macular degeneration can develop because of a faulty gene or set of genes. Using gene therapy, a "bad gene" is replaced with a "good gene." Success has been seen in damaged recessive genes rather than dominant genes.

The delivery of normal DNA to correct the defective gene puts a healthy version of the gene back into the eye so that the protein produced by it is more like a healthy functioning cell. Potentially one injection directly into the eye will produce results for the lifetime of the patient which could eliminate the need for frequent trips to the eye doctor and frequent intravitreal injections.

Find out more about the Phase 1 OPTIC study sponsored by Adverum Biotechnologies,

Inc. Gene Therapy Research for Macular Degeneration

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

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SCLH Sports Car Club

BY PAM BERRY

This past month was a "spooky" one for our members. First, we drove to Apple Hill for one of their delicious chicken lunches topped off by a big piece of apple pie with ice cream! Second, there will be a bit of shopping for the perfect Halloween decoration or Christmas gift. This will be happening at the High Hill Ranch that is also arranging for special parking. Should be a perfect day.... As long as the power stays on!

Speaking of power, the second tour up to Tahoe and Vikingsholm had their pre-arranged lunch at Jake's on the Lake cancelled when the restaurant lost power and had to close. Our tour leaders then had 30 people to feed! The managers at Jake's were great and arranged for alternate dining location. The rest of the tour went off as planned. A big thank you to Jake's on the Lake.

Upcoming social is an early Halloween



celebration at Turkey Creek with dinner and dancing. Many are planning their costume although it is optional. It is fun to see the clever designs.

Next up will be the elegant Christmas party. It is always a sparkly affair with beautiful decorations and delicious food.

• • •

RoadRunners Motorcycle Club

BY MIKE SMITH

October was a busy month! On October 5, the club held their annual bocce ball/pizza party. Special thanks to Sandy Milbauer for spearheading the event! On October 9, the club participated in the first car and motorcycle show at the amphitheater. On October 12, Road Captain Dennis Berg led a scenic fall ride through the Sierra Foothills to a great lunch at the Volcano Union Pub and Grill. Coming up on November 9, is the club's annual "Icicle Ride," route to be determined.

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 club meets on the fourth Thursday of the month at 5:30 PM Multipurpose Room (OC) Guests are always welcome. There will be no club meeting in November.

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

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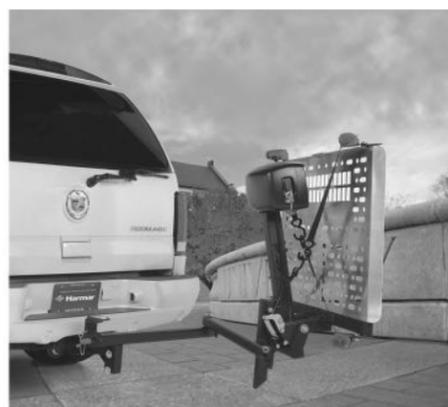
(more Club News cont' on page 21)



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Rods & Relics

BY ELNA RAGAN

October was a busy time for Car Show activities. There were three breakfast get-togethers at the Waffle Farm Restaurant, on the 1st, 15th, and 29th of the month.

On Wednesday, October 9, the Rods & Relics partnered with the Lincoln Hills Sports Car Club and the Lincoln Hills Roadrunners Motorcycle Club and held a well-attended Car and Motorcycle Show at Orchard Creek's Amphitheater. A large number of Club members brought their vehicles, participated in the festivities, and had an enjoyable time! There were 65 vehicles which included 12 motorcycles. The free event displayed a wide range of vehicles and motorcycles, from vintage to modern day.

"Feel Good Car Shows" are always enjoyed by our Car Club members. On the 16th, many of our Club members traveled to Roseville to share the morning and early afternoon with the residents at the Sierra Regency Resident Facility. The staff provided coffee and donuts upon arrival and a tasty lunch.

Our Club was invited to participate in Riebe's Auto Parts "Halloween Trunk or Treat" event held in Lincoln on October 31. Lots of candy was provided for families who visited the store for a safe Trick or Treat experience while picking their candy from the trunks of the vehicles there!

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 —

November 12, 26: 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.

November 21: The General Business Meeting will be held at the Turkey Creek Golf Course, 1525 Highway 193, Lincoln. Dinner is available from 5:00 p.m. on and may be followed by a speaker at 6:00 p.m. The General Business Meeting starts at 6:15 p.m.

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

Website: www.rodsnrelics.net

Bird Group

BY DON BAYLIS

Now in November, we are moving into the heart of our winter-migrant birding season, when the birds are big enough to find easily and don't hide behind leafy trees. Ducks, geese and cranes are out in the flooded fields, with flickers and white-crowned sparrows closer to home.

We did have two outings in the Lincoln area last month. We visited the Lincoln Wastewater Treatment plant ponds, and also had a walking tour of Ferrari Pond and the Salt Pond. Both trips were below average in species



Brown Pelicans at Moss Landing by Don.

count, as waterfowl seem to be migrating late this year, plus we haven't started flooding the Salt Pond. We did get flocks of Cedar Waxwings at the start of the walk. See trip bird lists on the web site for details.

Additionally, 18 of us went on a multi-day trip to Elkhorn Slough in Moss Landing. After meeting for lunch in San Juan Batista, we visited the Elkhorn Slough National Estuarine Research Reserve. This extensive slough is a haven for water birds and marine mammals, as it drains the area south of Watsonville directly into the Monterey Marine Canyon, which is as deep as the Grand Canyon. We shared dinner at Phil's Fish Market & Eatery. Friday morning was spent birding the Moss Landing State Beach, prior to taking the Elkhorn Slough Safari float boat guided tour of the slough. Extra to the birds were sightings of harbor seals, sea lions, and numerous sea otters and their pups. Sea otters normally ignore the float boat, but a highlight was being chased by one pup, whose mother kept trying to get him back in control. We have counted 47 species of birds on this trip, plus the expected marine mammals. Some of us extended their trip with a whale watching tour.

Our regular meeting on October 14 was Sal Acosta and Suzanne Hutchinson who spoke of their trip last May to Warbler Madness. This is a period when thousands of warblers and other songbirds, migrating from warmer climes, rest up prior to crossing Lake Erie at Magee Marsh in northern Ohio. This occurrence brings thousands of birders from around the country and overseas celebrating and photographing the migrants.

Upcoming speakers are:

- November 11 will be John Garfein talking about his recent trip to Myanmar.

- December 9 will be Ed Harper. Ed has been leading bird tours in the USA and Africa for nearly 40 years, and has spoken to our group many times over the years. His talk this year will be "Wings over the Central Valley", and will share tips on bird identification and photographing birds in flight.

Bird trips are planned as follows:

- November 1 is Cosumnes River Preserve - This trip was previously scheduled for October 25. We visit Cosumnes primarily for the wintering waterfowl and shore birds but this trip is usually our first exposure to the Sandhill Cranes that winter in the area as well, and we have not been disappointed recently. We will also be walking through some riparian habitat. Walking distance on this trip would be about a mile. We may hit the Elk Grove Regional Park on the way home to look for Wood Ducks and will probably stop for lunch somewhere. We will carpool promptly at 8:00

(cont' on page 23)



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Bird Group

(cont' from page 21)

AM and will return to Sun City mid afternoon.

- November 8 is Yolo Bypass Wildlife Area (Vic Fazio) near Davis is one of our areas premier birding sites. Water levels can be variable but large areas are managed for shore birds and waterfowl. We will carpool at 8:00 AM. We will have lunch in Davis and return to Lincoln via the Woodland Wastewater Treatment Plant mid afternoon.

- November 22 is Gray Lodge Wildlife Area - This trip to Gray Lodge is usually our first good look at Snow Geese and Ross's Geese wintering in the Sacramento Valley. We begin with a half mile (one mile round trip) walk to a viewing platform overlooking a large wetland area that is usually full of Snow Geese. We then proceed to follow the auto route through the rest of the preserve. Expect to see large numbers of waterfowl and any other birds usually associated with wetlands in winter. This trip offers beautiful views of the Sutter Buttes as well. There is a CDFW Fee (Lands Pass) associated with the use of Gray Lodge. More on that later. We will stop for lunch at the Casa Lupe Mexican Restaurant in Gridley and return to Sun City in late afternoon.

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

Fishing Group

BY HENRY SANDIGO

One of those strange, but memorable fishing days — I went fly fishing for Steelhead (sea run rainbow trout) last month on the Rogue River in Oregon. For those interested, I used a #10 prince nymph fly with a 5X leader. On my third cast, I had a “take” on this fly. When I reeled in there were 3-4 fish scales imbedded on the tip of the hook used for this

fly. This is a very unusual event to get fish scales of the tip of the hook. The friend I was fishing with said, “Well, at least you know it was a fish that hit your fly.” October also has lots of leaves in the water, and we laugh about the big leaf maple and red alder leaf “hatch” that occurs at this time.

I continued to fish and I caught a 19 inch and two 14 inch wild Steelhead. I used my landing net to land all three fish. In Oregon, you must release wild fish, but you can keep “hatchery” fish. A small fatty fin called an adipose fin is removed at the hatchery before the fish is released into a stream or river.

I finally caught a 13 “hatchery” fish. I was very happy because this fish was going to be my dinner. I netted this fish then wrapped this fish in my landing net and placed it in a cool place alongside the river. My friend and I decided to fish another stretch of the river. I picked up my rod, walking stick and landing net, and walked about fifteen feet to where my friend was standing. All of a sudden, I discovered my fish was missing. It had to have fallen out in the fifteen feet I walked. We spent five minutes looking for the fish with no success. I then looked at my landing net, and there was an eight inch round hole in my net. I told my friend that I would have noticed that big of a hole when I netted the other four fish. We finally figured out that a creature, such as a mink, had found the fish wrapped in the net and decided it would make a great meal. It then chewed a hole in my net to get to the fish. Therefore, this has become the celebrated disappearing fish. I did take a picture of this fish, which is attached, just to show it really existed.

This fishing trip really was a one of those strange, but memorable fishing days.

Garden Group

BY LORRAINE IMMEL

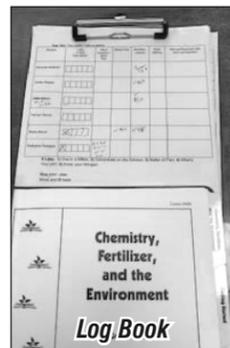
Happy Thanksgiving! There are no General Meetings in November or December. We will be giving out details in future emails about registration for Garden Group Membership in 2020.

We have much to be thankful for this year in our group with a sizeable increase in membership due to excellent Speakers, Socials, Field trips, Classes, Master Gardeners Q's and A's at meetings, Brown Bag Sales, Door Prize drawings, and many activities-including

the Home Garden Tour, Annual Plant Sale, Flower Show, Rose Show, and Bonsai Show. Our members' participation and volunteerism has been most appreciated and we hope we met the goals of our purpose: to acquire knowledge about gardening techniques, stimulate interest in landscape projects, expose the membership to horticulture, and enjoy camaraderie among members. Be sure to visit our website for pictures and information: lhgardengroup.org.

The Garden Group has contributed both time and financing for many Lincoln Civic gardening projects through the years. Most recently, we purchased supplies and have given assistance to the Lincoln Continuation High School (Phoenix) garden project. Under the direction of their teachers, they have designed a plan for raised garden beds to include fruit and citrus trees, vegetable and floral gardens and an assortment of other plants. The students devised a manual that records their research, logs plant measurements, and evaluates the growth progress.

Their manual incorporates subjects in gardening that relate to their subjects in the classroom-including Chemistry, Mathematics, Fertilization, and the Environment. Thank you all so much for your contributions to make this happen through your support of the Brown Bag Sales and the Plant Sale.



Hiking Group

BY STEPHANIE HUNTINGDALE

“Happiness does have a smell. “I read this recently and started thinking about the smells we encounter when hiking. In the forest and meadows, earthy, woody, mossy, pine, loamy,



flowery. Stinky smells like skunks and mud holes. Think about the fresh cooling smell of rushing water, damp earth, and fallen leaves. I've heard people say, “I can smell the rain in the air”. Pine needles, cedar, the smell of a Jeffery or Ponderosa pine tree, some describe this as the smell of butterscotch. Dan Cortinovic, our new president often points out the smell of a tree or bush on one of his hikes. Many times we stick our nose in a tree. Our sense of smell can bring back memories or it can set the mood for new adventures. Smells are not too easy to describe but one of the best parts of nature. So, ask your nose what it smells on a hike, you might be surprised. Always remember when you are out hiking you breathe “some fresh air” and just feel good.



Dan Cortinovic

Speaking of smells, Happy Thanksgiving! As I write that, it just brings up all the familiar smells of that meal, yum. More importantly, our lives are so busy, that having a day to enjoy the time spent with family and friends is extra special. Hope you do just that.

Our annual meeting was held on October 17th and elected for the next two year term was President: Dan Cortinovic, Vice-President: Suzette Mott, Treasurer: Judy Bacich and Secretary: Carolyn Woolston. We thank them for stepping up and look forward to a great two years.

So much to see on our website! Posted now are the photos from our fall getaway to Monterey. Take a look. Thank you to Paul and Barbara Virsaitis for all the planning. About 38 enjoyed the week.

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

Upcoming Easy Hikes:
 November 14, Effie Yeaw Nature Center (Roseville),
 December 3, Home Depot Loop (Lincoln)

Upcoming Moderate

(cont' on page 24)

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Hiking Group

(cont' from page 23)

Hikes: November 5, El Dorado Trail (Placerville), November 21, Orchard Creek Trail (Lincoln)

Upcoming Moderate/Strenuous Hikes: November 12, Sutter Buttes Docent Hike (Yuba City)

Upcoming Strenuous Hikes: None at this time.

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

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

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

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Pickleball Club

BY MICHAEL GARDNER

Our traditional campaign to make Christmas merrier for children of deployed troops at Beale Air Force Base and Sheridan Elementary School students launches this month.

We are collecting new unwrapped toys and cash donations at the pickleball courts starting Nov. 12.

The campaign is in cooperation with the Softball Club. The two clubs will collect on alternate days from 9:30 a.m. until 12 noon.

Want to learn how to play? Free introduction lessons are offered most

Wednesdays at 1 PM. Our next free Saturday introduction is at 11 AM Nov. 23.

No reservations or paddles needed, but please wear tennis shoes.

More information is available on our website www.lhpbclub.com.

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Water Volleyball Club

BY ROSEMARY ELSTON

The Fall Fling is an important event for the Water Volleyball Club. In addition to enjoying drinks, food and dancing, the Club Steering Committee reports on activities from the previous year. The Club has an opportunity to thank Steering Committee members who will be ending their term of service. For the 2018-2019 terms of service we will be saying thank you to Sidne, awesome Chairperson - David, ingenious Equipment Manager and, Cindi, E-mail Communication extraordinaire. The Water Volleyball Club owes a loud and hearty round of applause for the many hours of meetings and poolside support they have provided as committed volunteers dedicated to all Club members. The Fall Fling on November 2nd will welcome new members, announce steering committee vacancies and serve up an incredible buffet of Mexican cuisine. Thank you to Kim, Social Coordinator and all of her helpers for a wonderful evening at Kilaga Springs --- love the Halloween Costume Party theme.

The Water Volleyball Club will be honored Breast Cancer Survivors during the month of October. During our first Wednesday of the

month Ladies' Night, Harriet and her helpers handed out pink bows to the women playing to show our support for women in the Club who have fought and perservered in their Breast Cancer battle. The Water Volleyball Club honors Rita Wilks, Feli Kimball, Jeanne Williams and Sherry Manning by wearing our pink bows during weekly play throughout October.

The Water Volleyball Club remains committed to the improvement and growth of all Club members. Russ, our Training Coordinator, continues to organize monthly trainings for Recreational and Competitive Players on the fourth Wednesday of the month. Topics covered over the past two months were: long ball shot, positioning, serving and receiving. In addition to the Wednesday trainings, David has volunteered to lead drills for the Recreational/Red Ball Players on the first and third Tuesdays of the month. Reports to the Steering Committee indicate Dave's Red Ball trainings are well attended and greatly appreciated. Questions pertaining to the Red Ball Tuesday Skills Training should be directed to Linda, Recreational Play Coordinator on the Club website.

The online payment option for the Water Volleyball Club has been implemented by our Webmaster, Ross. So far, numerous members have elected to pay for the Fall Fling and their annual dues (\$20) using the online payment option. Remember, as a Water Volleyball Club member you are able to utilize the online payment option or personal check to make your annual dues payment. E-mail:

scwhatervolleyball@gmail.com

Website: www.lhwater.volleyball.com

• • •

Mad Hatters Bocce Group

BY PAUL MAC GARVEY

That had to be some kind of record. We had 44 people show up for our Dessert Night Out. We used ten courts and ran out of pallinos. Fortunately someone had some yellow golf balls in their car. Yellow golf balls may not be regulation size pallinos but we made due nicely. We'd like to thank most people for not bringing "too much food". We only had to eat brownies and cookies for three days.

We have to apologize for not being able to actually declare a winner for the men vs women tournament. Our scoring system turned out to be totally inadequate for the number of people we had. We only had tallies enough for eight teams and not everyone turned in their score cards. We had two teams with a three game total of 29 points, one men's and one women's, and did a quick roll off to award prizes to the women's team, but we wanted to do a total women's vs total men's score and were totally unable to find an accurate number with what we had. Our impression, based on games won is that the men came out ahead but we think we need to do a rematch. Most people really enjoyed this event so it shouldn't be too hard to schedule a repeat. We will work on the scoring system. Usha Had a really good video of our activity but that wouldn't look very

(cont' on page 25)



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Mad Hatters Bocce Group

(cont' from page 24)

good on newsprint.

In case you missed it we have switched to our winter start time of Thursday mornings at 10:00 AM.

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

• • •

Table Tennis

BY DENNIS ZARO

We say goodbye to Ben and Young Hur. They have moved to be closer to family. We had many hours of fun playing with them, and they will be missed.

Table tennis is recognized as an Olympic Games sport, being featured for the first time in the 1988 games in Seoul.

All skill levels are welcome with a table reserved for higher skilled, competitive players. On the other end of the skills spectrum, a table is reserved for beginners.

Three additional tables are available for midrange skill levels. We play doubles in the Multipurpose Room (KS). Play times are: Sundays, 9:00 AM to KS closing except the first Sunday of the month when play commences at 12:00 PM, Tuesdays, 6:00 to 9:00 PM, and Fridays, 8:00 to 11:00 AM. All are welcome. Just remember to wear tennis or soft soled shoes. As added attractions, free lessons, loaner paddles, and a robot serving machine

(Fridays) are available.

For more information, contact Tim Frank at Timecfrank@gmail.com

• • •

Tennis Group

BY LINDA BURKE

Believe it or not now is the time to start thinking about the Holidays. The next events for LHTG are the Holiday Luncheons. Both Men's (December 12th) and Women's (December 13th) will be held at Turkey Creek. It was such a hit last year that we are repeating the location again this year.

We have some new and exciting volunteers for next year's Board, which will be announced at the Membership Board meeting in December. We still need a volunteer for communications – contact Linda Burke if you want to get involved.

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

Social drop-in is on Wednesday and 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. Website: <http://selhtg.com>

• • •

Ladies Golf—18 Holers

BY CANDICE KOROPP

Rosie Warren, the number one seed among 34 players, won the 2019 Ladies Club Championship, for the sixth time. She has accumulated 13 championships, as she had seven at Auburn Valley CC. Shooting an 80 on the Hills, she secured her lead with an 85 on the Orchard; and comfortably won with an 14 stroke advantage. Gay Wold, the fifth seed, was the second place finisher with 179, followed by Patti Tilton with 181. Low Net over the field was earned by Mikie Briggs, scoring nets of 65 and 76, and holding off Pat Robinson by one stroke, to claim her prize. In Flight One, Candy Koropp held the tiebreaker over Lani Dodd for 1st Low Net, with 148. In Flight Two, Donna Brinkerhoff had the lowest gross, 188, for first place, while Dee Arts won 1st Low Net (143), followed by Edda Ashe. And, Liza Valencia totaled 210 for Low Gross in Flight Three. Robinson claimed 1st Low Net (142), by two over Peggy Carr. There were two CTP winners on the Orchard. Hole four was won by Reta Blanchard, just under 12 feet, and Hole 11 went to Karen McGraw, nearly nine feet away.

On October 3, we hosted round two of the Sunheim Cup, our annual competition with SCRoseville. After the first round at Timber Creek, they tallied 14 1/2 points to our 3 1/2. Sixteen teams competed in round two on the Hills. Lincoln Hills had ten wins to their six, not enough to overcome the large deficit, so Timber Creek keeps the trophy. Cheryl Simmons, of Timber Creek, had a hole-in-one on hole 16,

to highlight the day. Most stayed around to help her celebrate on the Meridian's patio.

The last NetChix qualifying round was played by only 23 gals in a stiff, chilly wind on the Orchard. Judy Dong and Diana Lilienthal tied with a nets of 74, to win. Ofra Unger actually came in with the low of the day, 72, but already qualified in February, so she was the Flight Three winner. First place was awarded to Brinkerhoff with a net 75 in Flight One. Patti Tilton was second, by a stroke, and Koropp, third. In Flight Two, McGraw was first with 76, followed by June James and Chris Bidwell, a stroke apart. Trish Ramirez was second in the Third Flight, edging Yeong Ja Hur in a tiebreaker. Hole 11 was the CTP, taken by Donna Sanderson under ten feet from the cup. Hole 16, a long par three, proved to be a birdie hole for three ladies: Ramirez, Lilienthal, and June James. Only four gals scored under 100; guess the wind was either friend or foe.

• • •

Lincster Club

BY SUE PHARIS

The Lincster Club Championship was to be held on two consecutive Wednesdays, September 11 and 25. Unfortunately on September 11, even though all players showed up, play was canceled due to rain. Consequently the club champion was determined on September 25, with play on the back nine of the Hills. The new club champion for the

(cont' on page 28)



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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
15 DAY HAWAII from SFO! Princess Grand/Star Princess ~ 2600 Passengers	Dec 3, 2019	\$940	\$1,040	\$1,399
	Dec 28, 2019	\$1,099	\$1,199	\$2,399
	Jan 27, 2020	\$1,139	\$1,239	\$2,019
	Feb 21, 2020	\$1,209	\$1,379	\$1,989
	Mar 7, 2020	\$1,299	\$1,349	\$1,939
	Apr 20, 2020	\$1,229	\$1,349	\$2,189
	Oct 24, 2020	\$1,699	\$1,899	\$2,799
Ruby Princes ~ 3080 Passengers Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California.				*ROUND TRIP LINCOLN SHUTTLE TO SHIP!
10 DAY ALASKA From SFO! Princess Star Princess ~ 2600 Passengers	May 23, 2020	\$1,199	\$1,349	\$1,999
	Jun 22, 2020	\$1,299	\$1,499	\$2,199
	Jul 2, 2020	\$1,399	\$1,499	\$2,199
	Aug 11, 2020	\$1,179	\$1,299	\$1,969
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/Star Princess ~ 2600 Passengers	Mar 29, 2020	\$949	\$1,049	\$1,559
	Sep 20, 2020	\$999	\$1,099	\$1,399
Sail round trip from San Francisco, California to Astoria, Oregon; Seattle, Washington; Vancouver, BC, Canada; Victoria, BC, Canada; San Francisco, California.				*ROUND TRIP LINCOLN SHUTTLE TO SHIP!
10 DAY MEXICO From SFO! Princess Grand Princess ~ 2600 Passengers	Dec 18, 2019	\$829	\$989	\$1,269
	Jan 12, 2020	\$799	\$899	\$1,319
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!
10 DAY CARIBBEAN Holland America Koningsdam ~ 2650 Passengers	Feb 02, 2020	\$1,849	\$2,549	\$2,949
Sail round trip from Fort Lauderdale, Florida visiting Half Moon Cay, Bahamas; Grand Turk, Turks & Caicos; Amber Cove, Dominican Republic; Kralendijk, Bonaire; Willemstad, Curacao; Oranjestad, Aruba; Fort Lauderdale, Florida.				INCLUDES Sacramento Airport Shuttle & Round Trip Airfare!
20 DAY Panama Canal Princess Coral Princess ~ 2000 Passengers	Apr 21, 2020	\$2,399	\$2,599	\$2,999
Sail round trip from Los Angeles, California to Huatulco, Mexico; Puerto Chiapas, Mexico, Puerto Quetzal, Guatemala; Transit the locks of the Panama Canal; Puntarenas, Costa Rica; San Juan del Sur, Nicaragua; Manzanillo, Mexico; Los Angeles, California.				INCLUDES Sacramento Airport Shuttle & Round Trip Airfare!
28 DAY SOUTH PACIFIC/AUSTRALIA Princess Sun Princess ~ 2000 Passengers	Jun 2, 2020	\$5,799	\$7,299	\$8,899
Sail from San Francisco, California to Sydney, Australia visiting Monterey, Santa Barbara & San Diego, California; Honolulu & Maui, Hawaii; Tahiti (Papeete) & Raiatea, French Polynesia; Pago Pago, American Samoa; Auckland, New Zealand; Bay of Islands, New Zealand; Sydney, Australia.				LINCOLN SHUTTLE TO SHIP & SACRAMENTO AIR RETURN!



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CST # 2033380-40 October 2019a edition



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	Dec 28, 2019	\$1,099	\$1,199	\$2,399
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	Oct 24, 2020	\$1,699	\$1,899	\$2,799
Ruby Princess ~ 3080 Passengers 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!		
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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!		
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Lincster Club

(cont' from page 25)

Lincsters is Kate Gold. Flight winners were as follows: Flight 1, Nancy McDonald, first place, Ranny Ekstrom, second place, and Phyllis Patrick, third place. In Flight 2 the winners were Marie Bossert, first place; Judy Radman, second place; and Jan Varin, third place. In Flight 3, Margie Jewett was first place winner; Carmen Farrington was second place winner, and Charlotte Raifaisen was in third place. In Flight 4, Pat Shafer took first place; Henrietta Fujihara took second place, and Kathy Lindner took third place. Congratulations to Kate Gold!

On September 11, play was on the back nine of the Orchard. Flight 1 first place winner was Michelle Carson; Flight 2 winner was Marie Bossert; Flight 3 winnings were shared by Ann Beede and Linda Coolidge, and Flight 4 was taken by Pat Shafer. October 2 play was on the back nine of the Orchard. Phyllis Patrick was the first place winner in Flight one. Sandra Braa was first place winner in Flight 2; Kay Seenberg won Flight three, and Ruth Pennington won Flight 4.

The annual Breast Cancer Tournament was held on October 23, and the Hocus-Pocus FYOF was held on October 30. Welcome to new members Mitsuko Cameron and Carol McCann who joined the Lincsters in September. Dues for 2020 need to be paid by the end of November. December 4 will be a general meeting and the festive holiday party.

• • •

Men's Golf

BY DOUG HINCHEY

The Club Championship Tournament winners: Gross Club Champion is Bob Schoenherr. Bob sunk a 15 foot birdie putt on 18 to nose out John Michel. Net Club Champion Bill Rapp went two playoff holes to



Memorial Golf Tournament dinner



beat Bruce Lyau. Congratulations gentlemen! Flight low net winners were: Doug King, Bruce Lyau, Gary Anderson. Flight low gross winners were: John Michel, Rob Davies, John Vass. The Just For Fun low gross winners were, Ed Rocknich, Warren Mercer. John Griggs. Low net winners were: Ken Storer, George Porzio, Vance Sharp.

Last month, a great time was had by all at the annual Memorial tournament. Putting contest winners were; Bill Rapp, Ed Lazarek, Gary Anderson and Jason Hong. Horse race winners; John DeWildt and Gary McGraw, Alan Elsey and Rob Davies, Jim and Peter Smyrak. Gross winning teams in order of flights, Jim and Peter Smyrak, Gene Andrews and Derek Gilchrist, Phil Steinbock and Rich Yoshikawa, Chris Nicholl and Karl Williams, Dick Thornton and Rick Garcia. First Net winning teams, Rodger Oswald and Mack Tucker, Joe Angel and John Vass, Frank Burkhead and George Porzio, Dan Kramer and Warren Mercer, Dave Jansen and Mike Varin. We have 6 great candidates for 2020 Board positions. What positions on the Board will be determined at the next meeting, results in the December issue. Website: mgclh.club

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LH Billiards Group

BY STEVE FOWLER

Rich Lujan, and Phyllis Borrelli won the Breakers Tournament held on September 28th: Rich won 6 of 6 games, and Phyllis won 5 1/2 of 6 games. In the Rookies Tournament September 30th Randy Fann and Dave Polvi tied for first place with 6 of 6 games, and Howard Beaumont won 2nd place with 5 of 6 games. Congratulations to our winners!

The Lincoln Hills Billiards Group (LHBG) offers tournaments to all Sun City Lincoln Hills Residents for beginners, intermediate, and advanced players. Please join us in the fun and make new friends. The



Tournament Winners!



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,

(cont' on page 29)

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LH Billiards Group

(cont' from page 28)

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

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

Our Holiday Party is set for Friday December 13th, in the Ballroom at Orchard Creek Lodge. Signup Forms are available on the bulletin Boards at 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 Kilaga and Orchard Creek Lodges.

• • •

LH AM Tuesday Bowling

BY BRAD FLORANCE

It has been an exciting month of bowling for the Lincoln Hills Tuesday league. Here are some of the highlights: Week one of bowling Cliff Hardle bowled a 262 game, week two Jerry Gordon bowled a 279 game, Week three Don Jones bowled a 175 game, week 4 Cliff Hardle bowled an even 600 series. Congratulations to these bowlers looking forward to more like this in the future. 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. 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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Tuesday SS Bowling

BY JOHN VOGELI

Since my last article, the "Alley Gators" (Michael Moyer, Bob King, Jim Helton, Debra Scott) have been chewing up the rest of our league. With just a couple of weeks left to complete our first quarter, they are in a strong position to win it outright before our roll-off in the position round on October 22nd. "Pin Pals" (Claudia DeHart, Rumiko Asbell, Russ Asbell, Bob Zielinski) will have to make a spirited run in the next few weeks. With an outside chance to overtake the "Alley Gators" are teams "Hot Pockets" (Linda Zierman, Pat Fisk, Robert Smith, Dave Fisk), "4-2-Win" (Carol Torno, Bob Vincent, Roy Hackman, Ron Basnett), "Alley Oops" (Rich Connell, Pam Kempker, Mike Johanik, Doug Tran) and "We Don't Care" (Jim Gothier, Richard Armentrout, CJ Johnson, PK Lewis). So far this quarter there has been some nice bowling. There has been a couple of real nice 700 series by Dave Harriman of "Shuda Been" with a 743 and CJ Johnson of "We Don't Care" with a 711, nice series guys. For the first quarter most improved bowlers are; Men- Robert Smith 157 to 171, Jim Helton 145 to 157, Jerry LaFave 166 to 176. Women- Linda Buechner 141 to 159, Laura Silva 139 to 151, Sandy Manildi 148 to 160. In the Team Scratch Series "Shuda Been" (John Cho, Sue Mattimoe, (injured), Jeff Mattimoe, Dave Harriman) leads with a 2355 series. The high Team Scratch Game belongs to "Rock'n Bowl" (Gene Garmin, Jill Munyan, Mike Becze, Dale Mellberg) with a 843 game. In

the individual Scratch Series Dave Harriman of "Shuda Been" had a great 743 series on the mens side, with Linda Buechner with a fine 571 series for the women. The mens High Scratch Game was a 279 by Dale Mellberg of "Rock'n Bowl". For the women Wendy Green of "Kelly Green Machine" had very nice 238.

That is some nice bowling by all of these competitors. If there is anyone out there that would like to meet some new people and join this league you may contact Stacy Pudge at Strikes Unlimited in Rocklin @916-626-6361. or you may contact our league secretary Linda Zierman @916-408-2397, or here e-mail; lzierman@sbcglobal.net.

• • •

Friday Social Bridge

BY JODI DEELEY

We had a wonderful September. Lots of winners and a Grand Slam of 7 Spades by Sue Dumas and Ralph Madsen. Congratulations to you both!

First Place Winners were Jay Southard, Viren Sitwala, Pat Mullins, and Dolores Marchand. Second: Theresa DeVito, Judy Olson, Byron Hansen, and Mark Green. Third: Ralph Madsen, Jyoti Sitwala, Linda Scott and Lyman Olney. Fourth: Rick Rusconi (twice), Lorel Lindstrom, Ralph Madsen, and Harry Collings.

Every Wednesday in the Card Room at Orchard Creek Lodge we have a refresher course offered free with no reservations. Just

(cont' on page 37)

Volunteers Wanted!

A Touch of Understanding (ATOU) is a non-profit organization providing disability - awareness programs to school children throughout the greater Sacramento region. For the past 23 years, ATOU has been teaching lessons of empathy, acceptance and respect to over 116,000 students.



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We are seeking volunteers with and without disabilities to help out. Please contact us at volunteer@touchofunderstanding.org, visit our website at www.touchofunderstanding.org or simply call us at 916-791-4146.



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Handy Helper Tasks

BY JANET ROBERTS
ARTWORK BY RUDI FRANKE

Over time, the approved tasks that the Neighbors InDeed Handy Helpers do have been refined and the tasks that they don't do have been identified. This has been done for safety and liability reasons. We don't want a Handy Helper to slip and fall off a roof, or to work on a plumbing job that results in the resident needing a plumber. For a request not on the lists below, you can call us at 916-223-2763 to find out whether we can do it or not. And, if we can't and for tasks on the not approved list, call and we'll give you referrals to vendors recommended by SCLH residents.

Approved Handy Helper Tasks—

• *Assemble: artificial Christmas tree (6' or less)*

• *Electrical: GFIs/switches/plugs/doorbells*

• *Furnace filters: replace*

• *Garage door: lube/program*

• *Garbage disposal: unjam*

• *Hang pictures/mirrors (<20 lbs.)*

• *Home entertainment equipment,*

Telephone: diagnose/adjust/connect

• *Light bulbs and/or reset GFI*

• *Mattress: turn (1 HH + assistant)*

• *Moving: light furniture/boxes (<35 lbs.)*

• *Refrigerator filter: replace*

• *Shower head: replace*

• *Smart vent: program*

• *Smoke alarm, CO detectors: batteries*

• *Smoke alarm: replace (except on 12' or higher ceiling)*

• *Sprinkler controller: replace/adjust*

• *Sprinkler heads: replace/adjust*

• *Thermostat: program/replace batteries*

Tasks Not Approved —

• *Caregiver relief*

• *Check entire drip system*

• *Climb in attics or clean gutters*

• *Climb on roof or work on eaves*

• *Computers: diagnose/adjust*

• *Hang anything on outside walls (except*

HANDY HELPERS DON'T:

GO ON ROOFS

CLEAN GUTTERS

PLUMBING

COMPUTER REPAIR

MEDICAL ASSISTANCE

ROOF AIR

GUTTER CLEANING

SINK REPAIR

REPAIR

WATER TANKS

PETTING

PAINTING

GOING TO ROOFS

CLEANING

PLUMBING

Ring doorbell)

• *Health care related tasks*

• *Install grab bars*

• *Install weather stripping*

• *Lift or move anything over 35 lbs.*

• *Plumbing fixture replacements (except showerheads)*

• *Plumbing repairs – Interior*

• *Relight pilot lights*

• *Transport caller in automobile*

• *Use caller's debit or credit card*

• *Work on 14' or higher ceilings*

We always need more residents who would like to be Handy Helpers. You can do tasks that you feel comfortable doing and we'll give you additional training for the job. Just call our number and tell us that you'd like to volunteer. The residents greatly appreciate the Handy Helpers – both for the work they do and the chance to exchange a few words during your visit. As always, please remember that we do not answer the phone. Leave us a message at 916-223-2763 and we will return your call as promptly as possible between 9 a.m. and 5 p.m., Monday through Friday.

Jessup Theatre Presents Seven Brides for Seven Brothers

William Jessup University will delight audiences at the start of the holiday season as they present Seven Brides for Seven Brothers slated for November 15, 16, 17, 22, 23 with the final performance Sunday, November 24. Friday show times are 8 p.m., Saturday performances are at 2 and 8 p.m. with matinee performances at 2 p.m. on Sundays.

The performance is based on the beloved MGM film with its iconic choreography, mesmerizing music, and whirlwind romances. Seven Brides for Seven Brothers tells the story of Adam who marries Millie then his six backwoods brothers want wives of their own, but their unconventional brand of "courtship" leaves everyone wishing for an early spring thaw in this toe-tapping, comedic musical romp.

Ticket holders are encouraged to come an

hour before showtime to experience a Dickens Village come to life. Participants will be able to do some Christmas shopping, listen to carolers, interact with Dickens characters and experience great food and hot chocolate while creating lasting memories complete with photo opportunities. There is no additional charge to attend the pre-show experience.

Purchasing tickets in advance and printing prior to arrival is recommended as it allows for speedy entry into the theatre area. Doors open an hour before the show.

For ticket information visit: <http://jessup.edu/academics/undergrad/programs/theatre/events/>

For questions, please email box office manager at awhite@jessup.edu or call 916-577-8033.

The Spring ChickenTM

The Birthday Girl

BY LESLIE LAFAYETTE

Are you a birthday person? Are you All In with broad hints, calendar reminders, remarks on social media, random notes left around the house so no one could possibly forget? Does your Big Day turn into your Big Week? Or month? You are disappointed if the phone doesn't start ringing at 7 am with good wishes, numerous greetings on Facebook, and of course your dinner ends at your favorite restaurant capped by a cake glowing with candles, right?

Or do you pretty much pooh pooh the whole idea, preferring to have a quiet lunch with friends, or treating yourself to take out sushi and a slice of your favorite cake as you kick back with Netflix and the cat. Birthdays are for kids, sez you.

I think there's something in the middle ... and that might be where you'd find me. If you're reading this early in November, I am celebrating just about now what you'd call a "Big Birthday." Everyone has different ideas of what a BB is after 60 and I'd say every 5 years ... and after you reach 90, every five minutes!

I was born on a Presidential Election Day which is not the most interesting thing about me but might explain why I majored in political science, worked on staff for a few political campaigns and taught civics and social

studies (along with English and journalism) in high school. Following this line of reasoning, if I'd been born on Groundhog Day would I be a weather forecaster? On Labor Day, a mom of six? Or on April Fools' Day ... never mind.

If you're a Baby Boomer, you probably had the same childhood birthday experiences I did. Whenever I peek in a friend's scrapbook there they are - the same birthday parties - and there are the same little kids with party hats on their curls and noisemakers hanging out of their mouths, not looking very happy, gathered around a big table in a room with roses on the wallpaper, and a homemade cake. After the party we took home a little basket of party favors. The birthday girl or boy got lots of presents to open, maybe a visit from or to Hopalong Cassidy but mostly we were our own entertainment. Although I do recall one friend whose father worked for Disney having Fess Parker from Davy Crockett at one of her teenage birthdays.

WOW I am dating myself here. (Bear with me. It's the only date I've had in years!)

We were all eager to get older faster. We wanted to be teenagers, Sweet Sixteens, and once in college, the magical age of 21. My friends took me out for my first schooner of

beer. Ever see a schooner? You can swim in it. I took two sips and was done. But by the age of 25, we were over the urge to age. There was nothing exciting about being 26, and once you hit 30 it was All Over. A morbidly depressing birthday, to be sure, only to discover later how young you still were.

Thereby a question - if you could choose any age to be on every birthday, what would it be? I asked several friends and found the answers surprising. Fifty seems to be a great age for many. Good health, good looks, more experience, more money (usually.) I liked 35, thought that was just about perfect, and two friends said the forties were their favorite decade. (Of course we're skipping childhood. If your favorite age is 9, you need more help than a silly birthday column.)

Presents on your birthday as you enter the "mature" years (how did we travel so quickly from "Oh, grow up!" to "The mature woman appreciates the comfort of Depends?") can be more of a nuisance than a delight because we already have pretty much everything we need and then some (a good gift for me would be 8 hours of a garage organizer - "organizer" being an apt euphemism for "someone to throw out everything in there while I am not looking.")

Some perfect gifts in my humble:

1. Flowers. Any time. All the time.
2. Donation to one of my favorite charities.
3. Movie tickets for the two of us with an offer to drive.
4. Bubble gum. (Just checking to see if you're paying attention.)
5. Or a funny or sweet card with a special

note just for me.

But please don't give me a gift card. I have had a Chico's gift card in my wallet for 7 years. I don't go to Chico's anymore, obviously, and I forgot it was in there anyway, so the money spent for it is floating in Birthday Limbo. I wonder how many Gift Cards are not redeemed while retailers are counting their blessings...? I had a restaurant gift card expire (that should not happen!) I ordered myself a nice big expensive dinner and when the bill came I got the bad news and had to pay for it myself. A memorable experience, indeed. I could have done without the appetizer (but not without the cocktail.)

And re-gifting is okay if the gift makes sense, but be careful out there! One of my favorite SNL skits is about a candle that makes the rounds so many times it winds up going back to the woman who first gave it. Awkward!

Some people try to ignore their birthdays entirely, but fear not. A birthday really is just another day, not an entire year all at once, although it is a reminder that we are growing older. I plan to enjoy my special day with friends, and a nice slice of birthday cake. So if you are a Scorpio like me, Happy Birthday to you. Enjoy it! After all, it might be argued that the best present we can receive is another birthday to celebrate.

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

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by Jackie

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LH Republican Club

Christmas Luncheon for members (first 100). Monday, December 9th in Placer room (KS). Festivities start at 11:30 AM. No host bar, hot catered Italian chicken entree, sides, salad and dessert. Our speaker is Frank Neves, Toy For Tots chairman. A very special musical program follows. Bring a new unwrapped toy valued at \$10 or if preferred, a check made out to Toys For Tots.

For luncheon make out check by December 4th for \$15.00 per person to LHRC and mail to: Laurie Crisp at 1166 Truchard Lane, Lincoln. Questions info@Republican-ClubSCLH.org.

Multiple Sclerosis

On the Second Tuesday of November, 11/12, "All" are invited to attend, view and discuss Mark Hyman MD's PBS featured DVD "What the Heck Should I Eat"?

Food is fuel, medicine and important for controlling and perhaps reversing the effects of autoimmune diseases. We look forward to a good discussion.

Tuesday, November 12 • Kilaga Springs Lodge, Sierra Room • 1PM

Questions regarding this presentation or MS, please contact Jeri Di Fiore, 916-408-7565 and leave a message.

Glaucoma Support

The Glaucoma Support is pleased to announce that Dr. James Brandt, Vice Chair and Glaucoma Services Director at the UC Davis Eye Center will be our speaker this month. Dr. Brandt will share the most recent news regarding the diagnosis and treatment of Glaucoma.

Please join us on November 13 at 4:00 P.M. in the Multipurpose Room (OC). Dr. Brandt's presentation will also include special questions previously submitted by members of the group. Please RSVP to Bonnie Dale Bjdale@aol.com or 916-543-2133 if you plan to attend.

Yacht Club?

Ahoy, residents of SCLH! 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., Roseville 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, November 19 at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. A three course gourmet lunch costs \$20pp. Arrive at 11:30 AM; luncheon adjourns at 1:30 PM. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending the luncheon as a guest, please contact Chet Winton at 916-408-8708.

Sons in Retirement Branch 98

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

Lincoln American Legion Post #264

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

LH Lions Club Meeting

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

Lincoln Kiwanis Club Meeting

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

Kiwanis Club of Lincoln Foothills

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

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

Rotary Club of Lincoln

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

Senior Peer Counseling

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

Retired Law Enforcement

Officers Group

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

LH Airport Co-Op

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

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

Woman's Club of Lincoln

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

Alumni, Family and Friends of Stanford

Would you like to be in touch with other Stanford people who live here at Sun City Lincoln Hills? Would you enjoy meeting for lunch, walking the Sun City trails together, starting a book club or carpooling to Stanford events in Sacramento? If this sounds interesting, please contact me: Carol Hoge, '59, Ccho2000@yahoo.com or 916-408-5334.

Bowlers Needed

The Thursday Sun Sr League needs 4 people, with at least 2 women, being this is mixed league. We are a Sr. USBC sanctioned league. You need to be 55+

We start practice at 9:30 at Strikes in Rocklin. Contact: Carol Torno 650-218-9656 (cell) catorno68@gmail.com

Winds of Faith Concert Schedule

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

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

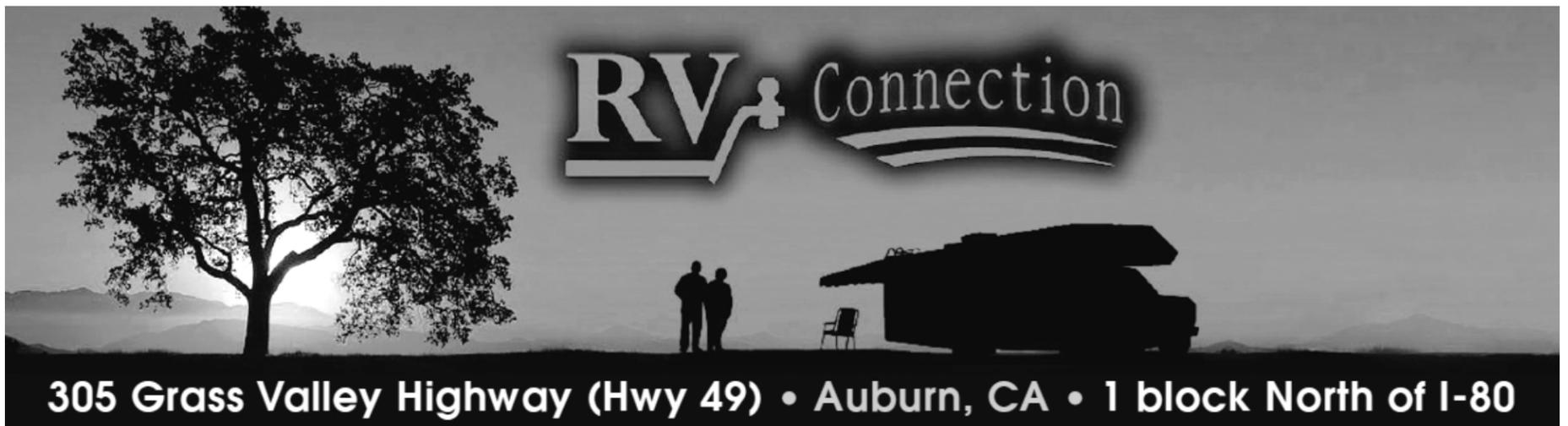
Sun, Nov 10, 6:00 pm Shepherd of the Sierra Presbyterian Church (5400 Barton Rd, Loomis)

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

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

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

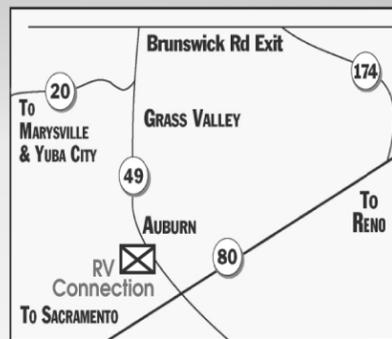




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SUN SENIOR PROFILES *Getting to know you...*

Tom and Sharon Lewis

(cont' from page 1)

information up to date so she can send out cards.

Even though both Tom and Sharon grew up in Oakland, they didn't meet until much later in life. Sharon was born in Sacramento but was so small when the family moved to Oakland that she has no memories of that period of time in her life. By the time the couple met, they were both living in Hayward in the Bay area and working in real estate. They both had long careers in real estate—Tom owned his own Century 21 office and worked for more than thirty years in areas as far apart as Fresno and Fort Bragg. Sharon worked for the Southern Alameda County Board of Realtors® where she met her husband and the Bay East Association of Realtors®. During her career she was Vice President for The Multiple Listing Service and Operations Director for the Bay East Association of Realtors®. Sharon continued to work both by commuting and remotely for a time after they moved to Placer County. Her job was very detailed and it took some time to train new people in the position. Tom retired three years before Sharon and went on some solo travel adventures when Sharon couldn't easily leave her job. They first found out about Lincoln Hills by reading an article about the area in the San Francisco Chronicle.

Despite family and job responsibilities, the Lewises have fond memories of many trips taken during their marriage including trips to Europe inspired by Rick Steves' adventures where Paris is one of their favorites, China, Japan and Turkey. Their first international trip together was to Australia to visit a cousin. Their



Tom and Sharon Lewis.

Photo by Jeff Andersen



Sharon and Tom Lewis — Circa 1978.

favorite country trips were to China, because of the history, and Turkey, due to the history and the close connection to their Christian faith. They were amazed at the visit to Ephesus (a place where the Apostle Paul visited and the origin of the New Testament book Ephesians), and the

unique environment of Istanbul, the only city in the world to bridge two continents.

Tom went on two other memorable trips—a visit to the Holy Land with Hal Lindsey where he was baptized in the Jordan River and a trek to Croatia, the home of his father and grandparents. He was able to see the actual homestead his father's family had left before coming to the United States.

Tom and Sharon share their faith with the church they attend at the site of a historic theater in downtown Lincoln. Emmaus Church originally met in a school gymnasium and then the theater property became available. It had previously been owned by another church so, while it does not look like a typical church from the exterior, the inside was ready for them when they made the purchase. They serve in the food ministry and bookstore as well as attending Bible studies.

The couple also enjoys the social benefits of living in Lincoln Hills. Tom took up golf after he moved. He used to bike and bowl, but he is no longer able to participate in those sports. Sharon loves her volunteer work with the Kiwanis Club. She joined eleven years ago and has served on the Board of Directors as a Director and also as an officer of the board in the Secretary position. She co-chairs the annual Lincoln Holiday Home Tour, a fundraiser that raises monies for the (KFH) Kiwanis Family House which houses families of children who are being treated at the UC Davis Medical Center and Shriners Hospital in Sacramento. The KFH similar to a Ronald McDonald House. All the proceeds from the tour go to this worthy venture and they have been able to sponsor two "bedrooms" at the house. All other funds raised by Kiwanis go to various Lincoln projects supporting local children including donations to schools and libraries and scholarships.

There is an upcoming Kiwanis Holiday Home Tour that Sharon would like everyone to know about. The tour will feature seven elegantly decorated homes, an avenue of small trees available through a silent auction and a boutique for holiday shopping. The tour is scheduled for December 7th. Tickets can be purchased by calling Carol Dickey at 510-459-3231.

The couple's home is filled with great photographs of their adventures and artwork purchased on their trips. One picture of the Mona Lisa really stands out. It was done by an artist and is a collage of many small photographs which blended together look like the famous Van Gogh painting. It is symbolic of their life together—many adventures, successful careers, loving years of marriage and a large family combining to form a peaceful picture of retired life. They have great memories of many trips to other earthly places that help them understand their place in the world and their local community as they look into the sunsets of their backyard and their lives.

**Want to share your story or know a neighbor who should be recognized?
Just let us know!
Call us at 916-727-6383 or e-mail us at:
egnews@egnews.com**

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.

• • •

Lincoln Hills Chorus Holiday Concert

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Monday, December 9 - 7 pm
Tuesday, December 10 - 7 pm

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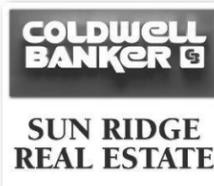
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Out & About in Lincoln...

BY RICHARD PEARL

November 1st (Friday) & 2nd (Saturday). Lincoln Hills Community Church is having its annual Holiday Craft Faire and bake sale. 9 am to 3 pm, both days. The craft faire features about 50 crafters from Northern California that will have handmade, unique holiday and gift items. Church address is 950 E Joiner Pkwy, Lincoln..

November 3rd (Saturday). Lincoln Host Lions Club Annual Crab Feed. McBean Park Pavilion. No-host cocktails at 6:00 pm; dinner at 7:00 pm; dancing 9:00 thru 11:00 pm. \$45 per person. Contact Kris Knutson (916.645.9006) or Dave Lucas (916.645.3661).

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

November 17th (Sunday) – Lincoln Art League – Art Lecture – Women in Art. Free. Lecture by William Jessup Professor Irene Matson. 2-4 pm. 580 6th Street, Lincoln. Link to the Call to Artists at: www.all4art.net

November 21st (Thursday). Turkey Drive.

Buy and deliver a frozen turkey for a needy Lincoln family. Drop off the fowl between 2 and 6 pm at the Lincoln Fire Station at 1st and Joiner. Turkeys will be distributed by the Lincoln Salt Mine and several churches.

Upcoming Events —

December 7th (Saturday). City of Lincoln Hometown Christmas Parade and Tree Lighting. Downtown Lincoln; 4:30 pm parade; 6:00 tree lighting.

December 7th (Saturday) – Kiwanis Club of Lincoln – Annual Holiday Home Tour (SCLH homes). See website: www.lincolнкиwanis.org Benefit event.

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



Phantom of the... Winery?

Enchantment is once again the focus of a beautiful evening planned at Wise Villa Winery in Lincoln, CA! For one night each year, Wise Villa Winery takes an evening to embrace the magic and fun that wine is truly all about. Join us as we roll out the red carpet for this elegant event. For one magical night this year, Wise Villa Winery will turn into an extraordinary place where fairy tale dreams are possible! Come dressed in your finest attire adorned with your most exquisite and fanciful masks.

This enchanting night will feature a beautiful lighted Cinderella carriage, two dance areas (ballroom dancing and lessons inside our Tuscan-style bistro and a live DJ inside of the winery), a complimentary glass of our award-winning sparkling wine upon entry and as well as for our celebration toast, delicious hors d'oeuvres, and more!

Masks and upscale attire are highly recommended, think suits and cocktail dresses. Event will be held Saturday, November 23, 2019 from 6:30-9:30 pm with doors opening at 6:00 pm. General admission \$138.70 each at Wise Villa Winery • 4200 Wise Road, Lincoln, CA. Tickets are officially on sale now - www.WiseVillaWinery.com

Friday Social Bridge

(cont' from page 29)

drop in. Our teachers volunteer their bridge knowledge!

Every Friday in the Kilaga Springs Lodge we play Social Bridge starting with sign-in at 12:15 PM. Reservations needed in November and December so call Jodi Deeley at 916-208-4086 or Jaylene Gerdes at 916-871-8582.

October was our celebration month and we had a wonderful Harvest dinner on the 18th. Thanks to all who participated in the preparations! The party was a success!

Cribbage Club

BY DON LLOYD

The Sun City Cribbage plays Tuesdays from 8:00 AM until 12:00 PM at the Card Room Orchard Creek Lodge. After beginning with an hour of preliminary games, the six game mini-tournament starts at 9:00 AM. We play four handed partner games, 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 September weekly winners were: Nancy Murdick, week one; Howard Beaumont, week two; Grant Lee, week three and Nancy Murdick, week four.

We always welcome new players. Contact: Don Lloyd 916-884-4554

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Neighborhood Watch

BY KATHY GIRE

The last month gave us a double shot of excitement! First came the distribution of the Green Bags (which are really blue but still fun) and then came the turning off of electric power . . . or not (which was not so fun).

Alerts — A phone version of an Apple scam is circulating. It consists of an automated phone call saying that your financial account has been compromised. Do not believe it! Say no to the phone; delete an email if that shows up also.

On Yosemite Lane and Lariat Loop three unlocked vehicles were pilfered on the night of September 23. Be sure and lock your cars outside.

A resident reported a scam call from an “855” number which is out of the country. It was part of a money scam. Another resident received a scam email allegedly claiming that the victim had a “fortune” waiting for her and tried to pull the “Gift Card Scam” on her.

A resident on Pebblestone Lane has reported that a drone flying close to a bedroom window between midnight and 4:00 AM. The bedroom is currently occupied by a female relative of the resident.

The resident has notified the police but they have not yet to see the drone. A year ago, a similar situation occurred on Hidden Hills Lane.

Sign Up for Placer Alerts —To sign up to receive Placer Alert notifications on your cell phones, work phones, or home phones, go to www.placer-alert.org to enter up to five addresses.

Sign up for Future PG&E Outage — To keep informed of current and future PG&E planned outages, you can sign up for alerts at https://www.pge.com/en_US/safety/emergency-preparedness/natural-disaster/wildfires/psps-zip-codes.page

Neighborhood Watch — 2019 Volunteer Honor Roll

Neighborhood Watch wishes to acknowledge its most recent volunteers who have achieved five years* by acknowledging them through our perpetual Neighborhood Watch Volunteer Honor Roll. Volunteers are our most important resource! These volunteers join our over 650 Neighborhood Watch volunteers!

Baquera, Karen - Village 36; Brick, Barb - Village 16C; Christie, Deborah - Village 3B; Clark, Jan - Village 16B; Clemensen, Judy - Village 21; Cooper, Heather - Village 21; Dorn, Mary Ann - Village 16C; Giacomelli, Maria - Village 4; Glahn, Laila - Village 21; Griffin, Nancy - Village 5AB; Haney, Robin - Village 24D; Hawsworth, Dawna - Village 22B; Herlache, Mike & Marsha - Village 26B; Hodgson, Jon - Village 24A; Howard, Sherry - Village 21; Jacobsen, Judy - Village 38B; Jones, Patricia - Village 30B; King, Bonnie - Village 20; Klushansev, Michael - Village 38D; Maschino, Wynne - Village 4; Mastor, June - Village 4; Milla, Sam & Mimi - Village 32A; Morrison, Vida - Village 10A; Morse, Audrey - Village 31C; Quintarelli, Diane - Village 15; Rainman, Lionel - Village 14, Spangler, John - Village 13; Sterling, Deane & Anne - Village 24A; Sullivan, Ann - Village 38A; Switzer, Nancy - Village 40A; Varin, Mike - Village 31B; Vonk, Georgia - Village 13; Warner, Glenn, Village 16C; Yahraes, Jack - Village 35A.

Thank you! Please call those people you know and personally thank them. If we have missed anyone, please let us know.

Neighborhood Watch receives funding through grants from the Lincoln Hills Foundation.

No Foundation funds were used to acknowledge our Volunteer Honor Roll.

Mission Statement

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

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

Because of the interaction of our great volunteers during the Association’s 20th Anniversary Celebration Gift Bag project, Neighborhood Watch gained 10 new Mail

Box Captains and 7 new Village Coordinators within the last two months.

The following villages need coordinators: 24C, 26C, 29, 38C, 39, 40A and 40B.

New Mail Box Captains — Baring, Sharon - Village 30A; Burke, Donna -Village 38B; Conners, Patricia -Village 30A; DeChristofaro, Pat - Village 38B; Fabian, Regina - Village 16B; Guillory, Stephanie - Village 36; Hazen, Larry - Village 30A; Leo, Carol - Village 44; Ramsden, Gail - Village 5AB; Smith, June - Village 34B; Stecz, Susan - Village 38A; Wirth, Bonnita - Village 3A.

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

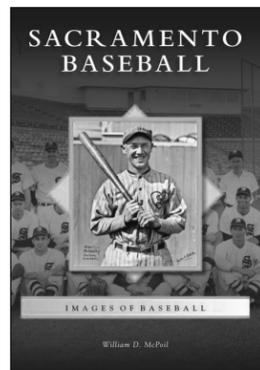
People Helping People! Recently a resident worried about a bridge partner who did not show up for his usual card game. The resident contacted Neighborhood Watch Secretary to find out what village his friend lived in. Through the Mail Box Captain, he discovered that his friend had fallen and broken his hip. The man’s wife was very appreciative of the friend’s concern when he didn’t show up for his card game.

Another story is one of a resident woman who was getting her mail out of the mailbox when she heard someone moaning behind the fence across the street. She then heard a man call for help so she opened the gate and found the resident on his back and unable to get up. The woman called to a neighbor arriving home who was able to get the man up. The man was very disturbed that his dog may have gotten out, so the woman went into the house and saw that the dog was safely in the house. The helpers were able to call the man’s wife who then came right home.

Fire Department “LIFT & ASSIST” — The Lincoln Fire Department provides a free service called “Lift and Assist” for assisting residents with non-injury falls. Call the Police/Fire non-emergency number at 916 645-4040

Book by McPoil

Learn about and celebrate the “Sacramento Baseball 1870’s to the River Cats.”



This book review will be presented by the author William D. McPoil at the Twelve Bridges Lincoln Public Library on Monday, November 4 at 6:30 in the Willow room. McPoil is a native of Sacramento and a baseball enthusiast.

The RiverCats are an affiliate of the SF Giants organization and this year won their league Championship. Learn more at this free book review presented by the library. Friends of the Lincoln Library host the social hour at 6 pm in the library Rotunda.

Spectacular Book Sale

BY JO JONES

The December Book Sale at the Twelve Bridges Lincoln Public Library scheduled for Saturday December 7 will feature books just right for filling Christmas lists for all ages.

“The best books are saved just for this holiday sale,” states Sharon Gorley, book sale chair for the Friends of the Lincoln Library, sale sponsor.

There are beautiful art books great for coffee table display and many cookbooks with tasty dishes for holiday parties. Great books for both the children and adults on your Christmas list, Gorley added. Prices range from \$ 1 to \$ 5.

The Willow Room just off the Rotunda will be packed with paperback fiction plus teaching and parenting books as well as children’s books... all only 25 cents each.

In the Rotunda there will be books beginning at just \$1, plus puzzles, music CDs and DVDs. Make your list and come shop at the December book sale. Doors open from 11 am to 3 pm, one day only on Saturday, December 7.

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Observations on This and That

BY MARTIN GREEN

More on 9/11: I ended last month's "Observations" with a remembrance of the September 11, 2001 attack on the Twin Towers and a hope, however faint, that the moment of unity that followed could be achieved once again. I was once again reminded of 9/11 by watching a TV program about the effect of the attack on nearby Stuyvesant High School as recalled by a number of students who'd been there. This interested me because back in the Dark Ages I went to Stuyvesant, taking the subway from the Bronx down to 14th Street in Manhattan for four long years. Fortunately, in those days it was relatively safe to ride the subway.

I knew that Stuyvesant had been moved since my time but hadn't realized it had been relocated to southern Manhattan very near to the Twin Towers. One of the students remembered watching out of a window to see one of the crashes and then everyone in his class rushing to look out of the window. I didn't recall that there was so much smoke, so much that it seemed to cover half of Manhattan. Needless to say, the high school building was evacuated; in fact, as I read after Googling, it was closed for a month afterwards and the students had to go to Brooklyn Tech.

The program interested me for several reasons, one being that the new building looked a lot better than the old one I remembered

and my research found it was twice as tall, ten stories as compared to five, and of course much more modern-looking, understandable as the old building dated back to 1905. Another was that Stuyvesant had become co-ed, certainly an improvement over my time there. This happened in 1969 and only after a lawsuit was filed. But the program never answered the first question that came to my mind, which was how did the students get back home on that fateful day. I know that if I had been there, after getting over the initial shock, my main concern would have been - how was I going to get back home in the Bronx. I can only assume that the subways were back up and running later in the day. Otherwise, it would have been a long walk.

More on Tennis: Last month I also observed that sports is so compelling because you never know what might happen and that every now and then a "miracle" does occur, citing as a prime example the victory of one Grigor Dimitrov over probably the greatest tennis player of all time, Roger Federer in the U.S. Open tournament going on at the time.

This turned out not to be the only surprise at the tournament. Serena Williams, the greatest women's tennis player of all time, was beaten by a Romanian Canadian teenager named Bianca Andreescu. This wasn't exactly in the same class as Federer's upset but still came as something of a shock, especially as

Serena seemed to be rallying in the second set. The one thing that Federer and Williams have in common is that both are nearing forty years old so maybe age does catch up with everyone, even the all-time greats.

Pro Football: I also wrote last month that I might have some observations on the pro football season, then about to start, and so here they are. Pro football is probably the most compelling of spectator sports and has provided many examples of improbable results, such as the two wins by my New York Giants over the New England Patriots in the Super Bowl. However, I've always had mixed feelings when watching it, especially in recent years when we've had more and more reports of lasting physical and mental health issues among players. The NFL has taken note of this and has made some changes to reduce injuries. One change is in the rules, and the result has been a notable increase in penalties that slow down the game but it's still compelling watching. And there are as always surprises, not the least of which is that my New York Giants at the time I write are 2-2 under a new young quarterback and the San Francisco 49ers are 3-0. So, once again, anything can happen. (The Giants have since reverted to their usual losing ways. The 49ers are 4-0.)

Baseball on TV: Since we're on the subject of sports, I thought I'd throw in a few observations on baseball. I just watched baseball on TV for the first time this year, Minnesota against the Yankees at Yankee Stadium in the play-offs. As stated above, I consider pro football the most compelling

sport to watch. Baseball games move at a snail's pace and can be boring, something the baseball people are trying to address, without much success, I think. Despite this, the game went on for over four hours; I found watching it interesting.

There's something about the dimensions of a baseball field that seems fitting. The distance from home to first base is 90 feet and batters are either thrown out or make it safely by an eyelash. If the distance was 80 or 100 feet, things would be different. Then there's the battle between pitcher and batter. Ball one and the batter has the edge; strike one and it's even; ball two and ball three and the batter is almost on base; strike two, a full count and it's all even; the next pitch is decisive. Then the batter fouls off the next three or four pitches and the suspense grows. Then if the batter gets on base, there's the duel with the pitcher trying to keep him close and the batter trying to get the jump toward second. And if the bases are loaded with no outs, the drama is really intense. Can the pitcher keep them from scoring or is a big inning coming up? In the game I was watching the Yankees got a grand slam homer, gratifying as I'm a long-time Yankees fan. At any rate, even though I still probably won't watch many baseball games, baseball is still in some ways America's pastime.

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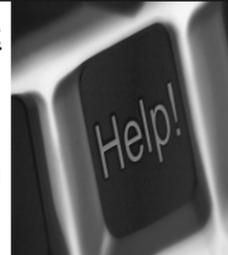
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SSN WRITERS...

Mall Walker

BY BOB HILL

A little over a year ago I was diagnosed with metastatic melanoma, and as a result of treatments, became very sensitive to the sun. I became a mall walker.

I've now been walking so long that the stores are changing for a new winter season again. There are fewer mannequins wearing jeans with holes, rather they have sprouted winter coats and hats and what look like warmer pants. Racks are hung with fur lined hooded coats. Since it is still in the high seventies and eighties outside I wonder who might be enticed to buy, but I guess marketers have figured that out long ago.

Last year we were barely through the first week of November, and the mall sprouted three huge Christmas Trees. A sign at the one in the center of the mall said that Santa would be there in three more days. I don't think of myself as a Scrooge or even the Grinch, but if little ones are being brought to the Mall to see Santa well before December, how much joy and wonder can there be in their eyes on Christmas morning? Will they be jaded from over exposure or will it simply add to the expectations? Or worse, will they be disappointed when Santa doesn't reward their wishes because they've wanted too much for too long, or family finances simply will not stretch

that far. I hope that the joy and wonder in a small child's eyes will never be lost. I suspect I'm going to see those same trees this month.

The center isle kiosks are already switching to holiday options such as personalized ornaments for hanging. At my age I don't actually need or want anything but my grandkids do. There have also been long lines of three wheeled strollers positioned next to one another in a hallway some mornings. One morning each was holding a small child – well one had two, and the mothers were doing side straddle hops in front of them. The kids seemed to be reassured by this – well except for one who was loudly making his distress known.

It turned much colder this morning and we have a very strong north wind, so the young mothers are back in force. It's fun to watch the little ones waiting expectantly for the Disney store to open. They have no concept of time, so they can't understand why they can't just go in. The lower play ground is now pretty full, and as I walk by I hear mothers saying: Where is your sweater; where did you leave your jacket; where are your shoes - and my favorite - why do you have only one sock? I remember those conversations with my own kids and more recently with my grandkids.

Some things just never change.

Colonoscopy

BY PETER LADERMAN

Here at Sutter Hospital
This is the latest scoop!
I drank the go slowly cocktail
It made me go and poop!

The colonoscopy it seemed was done
With ease
I awoke from a deep sleep, it was a breeze

When I awoke the Dr. spoke
He said I have diverticulosis
Which I've been told is not as bad
As diverticulitis

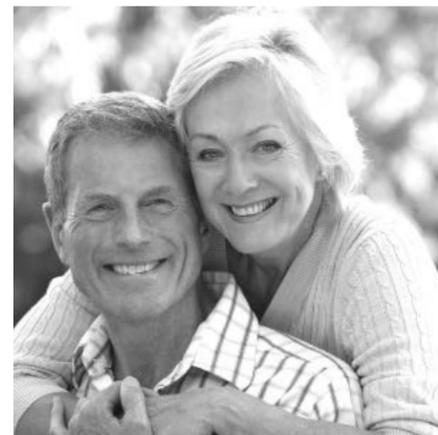
The nurses here are the very best
They treat me like an honored guest

With their good humor they served
Me with a smile
At home alone I must adjust
But it may take a while

Now I'm on a special diet
I know I will survive
I'm thankful to be here
And I'm glad to be alive!

• • •

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



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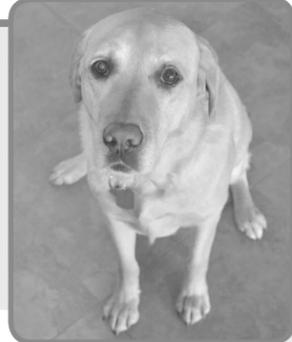
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Players Show Opens this Month!

(cont' from page 1)

Where else but in Lincoln Hills would you see reenactments of hilarious sitcoms like "The Honeymooners," Jackie Gleason's spinoff from his Cavalcade of Stars, with portrayals of Jackie's Ralph Kramden, his sharp-tongued wife Alice; Ralph's good-natured sidekick Ed Norton; and Ed's wife Trixie, a former dancer who staunchly denies ever "working in burlesque." Oh?

Or "The Clock," the sidesplitting scene from Sid Caesar's "Show of Shows" in which a gigantic Bavarian town clock goes out of whack to the discomfort of the life-size figures that strike the hours? And how about "I Love Lucy's" famous "vitameatavegamin" episode? Or the scene from Phil Silvers' character Sgt. Bilko with his motley crew as they try to convince visiting congressional



muckety-mucks that their guys are all strictly "G.I." and A-okay?

And where else but in Lincoln Hills would you enjoy reincarnations of the Crew Cuts, Perry Como, the Chordettes, Johnny Mathis, and yes, Elvis – all in one show – singing best-loved songs of the era? What's more, some of these stars introduced by Ed Sullivan?

And finally, what would the 1950s have been like without those spellbinding westerns with heroic cowboys savin' the day, drivin' villainous bad guys out of town? You'll be "back in the saddle again" with Gene Autry and seeing visions of "ghost riders in the sky" as the Sons of the Pioneers croon that haunting tune. Paraphrasing the words of Roy Rogers, may your "happy trails keep YOU smiling" long after you see this show!

As Howdy Doody's Chief Thunderthud used to say, "Cowabunga!"



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

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

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

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

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

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

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

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.

Home for the Holidays

Merrill Gardens knows how to celebrate the holidays — with music, entertainment, and special holiday dining experiences. Join us to enjoy this special time of year.

THE PINES
A MERRILL GARDENS COMMUNITY

Ask about our fall studio savings!* Call for details.

(916) 403-0263
500 W Ranch View Drive, Rocklin, CA 95765
Lic #312700076 *Call for details.

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Your Old Photos Restored!

I'll restore your faded, stained and damaged heirloom photos to their original appearance.

They can also be re-colored, enlarged and duplicated—ready for framing. Your original is not altered, and never leaves my studio.

I live in *Lincoln Hills* and will gladly do free estimates in your home.

Patrick J Osborne
Visionary Design
916-408-4152
email patrickjosborne1@gmail.com

SUN SENIOR NEWS CLASSIFIEDS

FOR SALE

WHITE SLIDING DOOR SHUTTERS with Tracks. Pine Hill Model. Great condition. Best Offer. 760-880-6076.

• • •

TALL 5-PEACES PATIO DINING SET, Swivel Chairs, Umbrella included. Never used \$300. Call: 925-324-1150.

• • •

KELLER 8FT. ALUMINUM Step-ladder. Like New. \$40. Call: 916-543-8189.

• • •

WANTED

PERSON WANTED TO HELP DISABLED VET organize personal items. \$10/hour. Must have organizational qualities. When calling, identify that you are answering this ad. Call Harold 916-543-7099.

• • •

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

• • •

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

• • •

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

• • •

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

• • •

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

• • •

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

• • •

ANNOUNCEMENTS

MULTI FAMILY GARAGE SALES Saturday, Nov. 2nd, 8a - 2pm. 944 and 983 Gold Nugget Circle, SCLH.

• • •

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

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

• • •

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

• • •

HOLIDAY SHOPPING & TOY DRIVE: Benefiting Children in Foster Care. Gift cards are appreciated for the older kids. Saturday, November 23 • Time & Space • 414 Vernon St., Roseville from 11am - 4pm. Over a dozen local vendors! Raffle prizes, snacks and refreshments!

• • •



Amazing Grace Seventh Day Adventist Church

(Now Holding English Speaking Services)

Saturday Mornings Bible Study 9:15 am

— • —

Worship Service 10:45 am

Pastor: Gresford Thomas

Join us at
600 McBean Park Drive
(916) 408-4408

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

**FREE ADS — INCLUDE

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

BUSINESS ADS

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

Classified Ad Submissions —

WHEN: By the 12th of the month, please email the information below to: CA@EGnews.com

Subject Line should be SCLH Classified and your Phone Number (Example: SCLH Classified 916-123-4567)

1. Contact name and phone number.
2. Which category to place your classified ad in: (Service, For Sale, Wanted, Announcement)
3. Classified ad text - including the phone number you want readers to call.

SCLH residents get FREE non-business Classified Ads; limited to 15 words; one per household per month.

Non-business Ad items include selling personal used items such as furniture, tools, books, rugs, electronics, personal car, golf cart, etc.

Business Ads include anything of a commercial nature or service, including pet sitting, real estate, rentals, timeshare/condos, any service etc.

Business Ads are 15 words for \$35 for one-month. Additional words \$1 each. (\$90 for three months for the same ad.)

If your classified ad is determined to be "business" related, we will email you an invoice that will allow you to pay immediately with a credit card, or mail a check.

*HINT on Word Counts: A "word" is anything separated by spaces, or as reported by word-process software like Microsoft Word.

If you have any questions, please email us at: CA@EGnews.com



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OR FOR THE
MARKET VALUE
OF YOUR HOME
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BRE #01163699



Experience Makes a Difference!!!

*Call us for an
Expert Home Price Evaluation*



George Brown

Recent Sales in Lincoln Hills

2221 Prairie View Lane	Mariposa	\$360,000
377 Snapdragon Lane	Calaveras	\$395,000
986 Wagon Wheel Lane	Santa Cruz	\$470,000
2054 Stonecrest Lane	Pine Hill	\$493,000
501 Silverwood Court	Trinity	\$494,900
877 Granite Falls Lane	Pine Hill	\$496,000
1057 Fairway Valley Lane	Trinity	\$499,000
862 Cottonwood Court	Fremont	\$505,000
223 Gazebo Court	Quail Cove	\$542,250
895 Anton Court	Fremont	\$574,000
2343 Blue Heron Loop	El Dorado	\$579,000

MEET OUR BUYERS AGENTS!



CALL 916-349-1000 TO TALK TO OUR REAL ESTATE SPECIALISTS!!!!!!