

SUN SENIOR NEWS

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



IN THIS ISSUE

From the Editors, Players.....	3
Line Dance, Country Couples, Tap	4
From Your Placer County Supervisor	5
Blood Drive.....	5
Ballroom, Needle Arts.....	7
Favorite Restaurants.....	8
Painters', Paper Art, Mixed Media.....	9
Photography, Woodcarvers, Vintage Treasures...11	
Writers, OC Book, Genealogy	11
Astronomy, Travel, Italian.....	12 - 13
Amateur Radio, Postage.....	14
Lavender Friends, S.C.H.O.O.L.S.....	14
Apple User, Veterans.....	15
Singles, Wise Aging, Bosom Buddies.....	16
Hearing Impaired, Low Vision	19
Sports Car, RoadRunners, Rods & Relics.....	19
Dog Owners, Garden, Fishing	20 - 21
Bird, Shooting, Cyclists.....	23
Hiking and Walking.....	24
Water Volleyball, Table Tennis.....	25 - 26
Tennis, Bocce.....	26
Pickleball, Linsters, Ladies Golf	27
Thoughts From Jack	28
Men's Golf, Billiards, Bowling.....	29 - 30
Cribbage, Social Bridge	31
Neighborhood Watch	33
Out and About in Lincoln	34
Bulletin Board	35
Observations Goes to Sea Again	39
SSN Writer's Corner	42
Classifieds.....	42 - 43

Jack Sr. and Jack Jr. — All in the Family

BY RUTH MORSE

Jack Orlove, Senior, and Jack Orlove, Junior, while a generation apart, incorporate many similar life experiences. Besides the obvious similarity in name, they also share everything from being born in the same hospital in Kansas City, Missouri, to serving time in the Navy, to both working for the business TymShare, to now living near each other with their respective wives in Lincoln Hills. While it does happen that sometimes multiple generations live in proximity to each other in the retirement community, it is rare for them to have the same name. There has been some confusion. To close family and friends, the younger Jack is often known as "Jay." The two Jacks and their wives Harriet and Ingela are happy to be near each other and share their active lives together. The trip from Kansas City to Northern California is a long and interesting story.



Harriet, Jack Sr., Jack Jr. and Ingela Orlove

Photo by Jeff Andersen

Jack Orlove Sr. was born in Kansas City, Missouri in the 1930s. Before he and his first wife gave birth to their son Jack Orlove Jr., Jack Sr. had already spent time in the Navy right out of high school, and after graduation from college he accepted a commission in the Navy and went to flight school. After several years of full-time service, he joined the reserves and spent a total of twenty-three years in the military. After joining the reserves, he

attended school to become a lawyer and passed the bar in Missouri and later on in Maryland and California. When Jack Jr. was born in 1958, his father was an established lawyer working with labor unions, and he had close professional connections with Jimmy Hoffa, based out of Detroit. It was this experience with the unions that led the young family to move to Washington D. C. in 1961. Jack Sr. became an administrative assistant for then Secretary of Labor Wertz under President John F. Kennedy's administration. Kennedy's assassination in late 1963 led to massive changes when the Johnson administration took over. Kennedy and Johnson had very different approaches to the Presidency, and Jack Sr. found his job change drastically.

Jack Sr. then left to work for Lockheed in Sunnyvale, California, in the missiles and
(cont' on page 37)

Lincoln Hills Foundation – Start the Holidays with a Healthy Heart

Bingo in the ballroom is over for 2019 but we will be back on January 23rd to ring in the New Year. In the meantime, back by popular request, the Lincoln Hills Foundation will be selling the olive oil that has been so popular the last few years. At only \$18 per bottle you can give a healthy heart for the holidays or enjoy the benefits yourself. This year we are addressing all your salad needs by offering delicious Balsamic Vinegar as well. Order a gift pack of the oil and vinegar for only \$35. Orders can be placed online by email at oliveoilinlincolnhillsfoundation@gmail.com or by calling 916-409-2016.



Orders will be hand delivered within Sun City Lincoln Hills by Foundation volunteers. Proceeds go directly to support services and grants to seniors in the Lincoln Community and the purchase of one gift pack will provide 7 meals over the holidays for a senior in need.

We will be selling at the Orchard Creek Lodge now through December 15th from 9:00–3:00, stop by and see us and have a great hostess gift on hand for those last minute holiday gifts.

LH Community Chorus

BY BARRY MACKINTOSH

We're all tuned up and ready to launch the holiday season with "Music from Around the World," our mostly Christmas concert this year. As its title promises, we'll treat you to an international, multicultural array of classical gems, carols, spirituals, and contemporary seasonal favorites.

Our "Gloria in Excelsis Deo" and "Et in Terra Pax" are arranged from centuries-old European classics. "Silent Night" is by Austria's Franz Gruber and Joseph Mohr. Our modern rendition of "Joy to the World" builds on the English original by 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, "Christmas Kum Ba Ya" is based on an African-American spiritual, and "Zat You, Santa Claus?" is jazzy American fun. "Irving Berlin's Christmas" is a medley by the great Jewish-American songwriter who dreamed of a white one, and "One Light" is a Hanukkah tribute set to a traditional Welsh carol.

Our talented women's quintet will open our second set with "Candlelight Carol." In case we've missed some of your favorites, we'll close with "Christmas...In About Three Minutes," containing snippets of 22 carols from here and abroad.

The Chorus comprises more than a hundred voices under the professional

Lincoln Hills Chorus Holiday Concert

MUSIC FROM AROUND THE WORLD

Sunday, December 8 - 2 pm
Monday, December 9 - 7 pm
Tuesday, December 10 - 7 pm

Songs from African, American, Austrian, English, French, German, Jewish, Spanish and Ukrainian traditions.

At O.C. Ballroom

direction of Paul Melkonian with pianist Nina Malone. We're privileged to be joined by flautist Mona Stryker and drummer Francis Baltazar on several of this concert's pieces.

You 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), on sale in our lodges and online at www.sclhresidents.com (click "Online Entertainment"). Not many remain, so get yours now!

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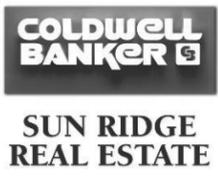
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The Sun Senior News - Lincoln Hills welcomes announcements from social clubs, schools, charitable organizations, non-profit organizations, local government and community events. Also, editorial contributions as well as articles, cartoons and photographs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

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From the Editors



From our family to yours — we wish you the best of this Holiday Season!



Gregg, Liz, Emily, Madison and Nick!

Players Club

BY KAROL MENDEZ

Congratulations to everyone involved with our November show, Magic Moments! It was a resounding success and a lot of laughs! Our hard work paid off as we brought back to life the TV shows of our childhood—The Honeymooners, I Love Lucy, Sgt. Bilko, The Jack Benny Show, The Ed Sullivan Show, The Perry Como Show and The Mickey Mouse Club. Our singers and dancers were awesome! We had The Crew Cuts singing Sh-boom, Elvis in the building crooning Don't Be Cruel, Perry giving us the title song Magic Moments. We had every TV sitcom cowboy side-kick singing several favorites of the genre. Our Chordettes sang their hit Lollipop, and there were Top Ten renditions of Music, Music,

Music, and Jambalaya. Our Tech crews were spot on! The show was written for our lovely and appreciative Lincoln Hills audience, by our very own writer/actor/Co-Director Ken Reiss. Co-Directors were Becky Nicholson and Julie Africa. Producer/Stage Manager was Craig Stults. A big hand for all our cast and crew, your neighbors, who put on such a delightful show.

The Players' Club has some very interesting people doing very fun things. If you have ever wished to be on or around the stage as an actor, singer, dancer, sound man or stage hand, make it your New Year's resolution to do something exciting and different and join our group! No theater experience required.

(cont' on page 4)



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Players Club

(cont' from page 3)

We are always looking for new talent. Our meetings are at KS Presentation Hall, 4 on PM the second Monday of every month. Come join us! Our next production will be in June.

We have new Club officers: David Africa, President, and Karol Mendez, Vice President. Marilee Imamoto continues as Secretary and Paul Gardner continues as Treasurer.

Our subsidiary, Readers Theatre, puts on radio-style shows three times a year, and as the name implies, we read the script at the performance, so no lines to memorize! Auditions for our February 8 & 9, show are in December. Contact David Africa below for dates. Two radio plays will be performed, David Runyon's Neat Strip and The Shop Around the Corner.

Contact: David Africa, President 916-708-0009, djafrica@sbcglobal.net. Players' website: www.lhplayers.org.

• • •

LH Line Dance Group

BY JUNE WILLIS

We have four line dance instructors who teach varying levels of line dance and although they have been introduced before in news articles, it just might be about time to bring them to light again. Over the next

few months each one of the instructors will be showcased, and this month's instructor is: Yvonne Krause-Schenck. Yvonne was born in Holland and immigrated to the United States in the 1960's. Her love of singing and dancing began in her teens and was encouraged by her parents who also liked to sing and dance. After moving to Sun City in 2001, she soon enrolled in tap, clogging, performance dance and line dance classes. Yvonne found that she loved line dancing so much that it became a focusing point for her, and she soon started choreographing line dances. She now has over 100 dances with many of them danced around the world and most can be found online at the line dance step sheet sites. Yvonne has been teaching at Sun City Lincoln Hills for over ten years and currently teaches an Absolute Beginner class (for those who have never danced) and also an Improver level that is a low intermediate. She was instrumental in forming a dance performance group many years ago to showcase line dancing in the many stage shows in our community. The group also performs at local assisted living facilities once a month. Yvonne's philosophy is: "As we age, we need to keep moving and line dancing is one great way to keep us healthy and fit". And she gets lots of satisfaction from witnessing her student's progress – we thank her for sharing her love of dancing with the Sun City community.

This is also a reminder that no line dance classes are held during the month of December. Classes will resume in January.

• • •

Country Couples

BY IRENE HESSON

We sure had a hog killin' time this year! Oh, that's country western talk for "A real good time." No kidding, I looked it up!

In summary, we started February 2019 with the "Cupid's Gone Country Dance;" In April, "Swing Into Spring Dance" plus many of our members toured the "Sierra Pacific Lumber Mill;" In May, our "No Frills Dance;" and then "Boot Scootin' Luau Dance" in June. After all this activity our members needed a break during July and August to escape the heat and have time for family and vacations.

And then came Fall... Starting in September, "Under The Tuscan Moon Dance;" In October, thirty two members went on a Northern Pacific Princess Cruise where there was more dancing, live shows, and lots of food! Members are already asking when our next cruise will be. Yikes! We made it home in time to see some of our members dance on the ballroom stage (OC) during the 20th anniversary show and attend the parties provided by our association and staff. Very nice!

Jim and Jeanie hosted a Halloween Dance at SCRoseville in late October; we had a two hour dance review in November to prepare us for the "Sleigh Bells Ball" holiday Dance on December 4, held in the Ballroom (OC). This wraps up 2019. Fun-Fun-and more Fun! I'm exhausted just writing about it!

If this sounds like something you would like to be part of, sign up for classes at the activities desk at either the Orchid Creek Lodge or Kilaga Springs Lodge. Beginner classes are held Monday evenings at 7:00 PM and will start again in January 2020 (No classes are scheduled for December) and then consider joining Country Couples Dance Club for \$6/ person/year to participate in the dances and fun activities that our club members enjoy throughout the year. Oh, you say you can't dance! No worries, we'll teach you.

Volunteers are a crucial part of our club's success and an excellent way to get involved and meet new people. It's not just about the dancing, our members also LOVE to socialize. Country Couples wishes everyone a very Happy Holiday!

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

• • •

Tap Company

BY LOUISE SEIDENVERG

We are looking forward to our holiday luncheon on Thursday, December 19th, Noon - 2:00 PM, at (OC) Ballroom. The menu will be an Italian buffet including vegetarian options. Members - \$15 Non-members - \$25 RSVP with payment due by Friday, December 6th. Our luncheon will feature a performance from the young tappers of the Leighton Dance Project under the direction of our very special tap instructor, Alyson Meador and holiday music from Merilee Imamoto. This is a special time of year which gives us an opportunity to visit with our current and former dancers, so come join the fun!

Plans for the 2020 show are now underway, with a new concept this year: a sit-down dinner

(cont' on page 7)

From Your Placer County Supervisor Sunset Area and Placer Ranch Specific Plans Moving Forward

BY ROBERT M. WEYGANDT, *Supervisor*



Robert M. Weygandt

I would like to share with you an update on the Sunset Area Plan and Placer Ranch Specific Plan, which could be coming before the Placer County Board of Supervisors for its final consideration by the end of the year.

After years of preparation, Placer County in October released its Sunset Area Plan and Placer Ranch Specific Plan along with the associated environmental impact report.

For those unfamiliar, the Sunset Area encompasses 8,497-acres in unincorporated Placer County between the cities of Roseville, Rocklin and Lincoln. Placer Ranch is planned for 2,213 acres of land, located entirely within the Sunset Area Plan.

The Sunset Area Plan Update could be a shot in the arm for the South Placer area, which could create a unique employment, entertainment and education center that could provide regional benefit to attract businesses and create high-wage jobs for residents of nearby cities and unincorporated areas. In light of the tremendous growth in South Placer, the Board of Supervisors set this area aside in 1997 as a place to provide jobs creation.

The employment aspect of this plan

could be a positive fit for the area since Placer County boasts a skilled workforce as our residents are among the best educated in the state. In fact, our residents are on par with the Bay Area having nearly 25% with a bachelor's degree and 12% with a graduate/professional degree.

The Sunset Area has the potential to host an array of entertainment venues, recreational facilities and retail destinations as well.

Placer Ranch is a development project that includes approximately 8.5 million square feet of commercial, employment and university-related uses; of which 4.5 million square feet would be located in a campus park district that would include office, research and development, light industrial and commercial uses.

Placer Ranch also proposes about 5,600 homes in a variety of density ranges; elementary and middle schools; approximately 330 acres of open space and parks; a town center with some potential high-density residential and commercial, mixed-use areas; and a bike and trail network that ties into existing trails and connects the university campus with the schools, parks and neighborhoods.

The foundation of the project is 300 acres of land planned for a future California State University, Sacramento satellite campus. When complete, the school could support as many as 25,000 Sac State students. Sierra College may plan to locate a transfer center on the site to serve an additional 5,000 students. Students would potentially be able to begin their studies at Sierra College and complete four-year degrees at the same Placer campus.

The Sunset Area and Placer Ranch Specific Plan could create a major job center, provide workforce housing, add entertainment venues and include a university campus as its hub.

Consideration for the final plans and final environmental impact report by the Board of Supervisors is tentatively scheduled for Dec. 10. So, stay tuned for details.

You can learn more about the Sunset Area and Placer Ranch Specific Plans online at www.placer.ca.gov/3307/.

Blood Drive — December 14th!

BY BILL COOK

Wanna save a life? Maybe even three lives? It's easy to do. Just roll up your sleeve and donate a pint of blood. You never know whose life you might save. It might even be yours! Please join us Saturday, December 14, 2019, at the Veterans' Memorial Hall, 541 Fifth Street in downtown Lincoln. The hours are from 10:00 AM until 4:30 PM.

You can pre-register and save a spot that is convenient to you. Just go to:

<https://lincolnblooddrive121419.eventbrite.com> and choose a time.

Walk in donors between 10:00 AM and 4:00 PM will be accepted as well. Just know that walk-ins will have to wait while pre-registered donors are served. That could be a delay for you of a few minutes.

Home made refreshments will be furnished by Placer Nevada Cattlewomen Association.

And since it is the time to celebrate Christmas, if you can, please bring an unwrapped toy. Toys-for-Tots, brought to us by the United States Marine Corps Reserve, will have a box to receive toys as well as Marine Corps representatives. Additionally, Vitalant will be issuing to each donor, a voucher good for a pint of Baskin-Robbins® - Ice Cream.



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Tap Company

(cont' from page 4)

combined with a one hour show. Tap routines are being developed for this show, "Night On The Town", and tap classes have begun learning their routines!

Auditions for singers and non-tap company groups will be held on December 2nd and 3rd at (OC) Fine Arts Room. Come and audition with a song or dance of your choice!

• • •

Ballroom Dance

BY SAL ALGERI

Our annual Halloween party held on Saturday, October 19th, was a scene of witches, ghosts, famous people and steam punkers. Halloween decorations covered the walls and tables to set the mood for a fun night of eclectic characters dancing to spooky music.

The costume contests for best man, best woman and best couple contestants came to display their creativity. Some examples of the costumes were Zorro, princesses, cats, clowns, dance hall gals, a gunslinger, steam punkers, a pharaoh and his Cleopatra, Wonder Woman, and Day of the Dead. The judges had a difficult time trying to select the best costumes in each of the three categories. They ultimately decided on the following winners: best coordinated couple was Steampunk Gordon McKenzie and Ann Link, best dressed man was Abe Lincoln Mark Worley, and best dressed woman was Clown Millie Lelio

Our annual Christmas Pot Luck Party is

on Tuesday, December 10, from 5-9 PM. This is a members and sponsored guest only party. The three categories of dishes to share are main dish, salad/appetizer, and dessert. There will be a limited number of each category to assure that a variety of food is available.

The Kilaga Café will remain open late so members can purchase soft drinks, beer and wine. If you bring your own bottle of wine, it must be corked by the Café staff and the corkage fee is \$12.00. The corkage fee is SCLH restaurant policy and please remember the Café staff are only following the policy.

There are no class lessons in December. Classes will resume in January 2020 with West Coast Swing taught by Sal and Ruth Algeri.

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

Annual membership dues are a bargain at only \$7 a person and is open to all SCLH residents and sponsored guests. Lessons are offered in Kilaga Springs Lodge Multipurpose rooms each Tuesday from 2-3 PM for beginners and 4-5 PM for more experienced dancers. Open dance is from 3-4 PM for during which you can practice the many dance styles, including the current month's offering. Contact Ruth Algeri at 916-408-4752.

• • •

Needle Arts

BY JILL SHORT

We are approaching the end of the year and have a final activity. Our group is celebrating with the "Light Up Your Holiday" Luncheon on Wednesday, December 11. The deadline for signing up for the luncheon was

her recent trip to Quilt Tahoe 2019. She also shared the definition of art quilts to prepare us for some art quilts made by our members. Jean then shared some of her lovely art quilts. Sheila Haddad and Susan Smotherman shared some of their wonderful art quilts and answered questions. The traveling twosome who have been friends for 15 years, Judy Horowitz and



We had a great group sharing their projects.

December 3. Those who are attending can look forward to door prizes, delicious menu choices, installation of officers, a display of Holiday projects made by our members, and entertainment from the Sunny Singers.

Check out the Sewing Room window after December 11. The display will take a look at projects that were done throughout the year. This will include samples of workshop projects. This window display will continue until the second week of January.

The next regular General Meeting will be January 14, 2020 in P-Hall (KS) at 1:00 PM. Our meetings are held the second Tuesday of the month. More information about the January meeting will be coming.

The 2020 membership dues are \$20.00. The membership form and where to send it can be found on the Needle Arts website. Those who sign up by December 31 will be entered in a drawing to win a \$25.00 gift card.

Our President, Jean Storms will continue to keep members updated about the expansion of the Sewing Room as she receives information. So, continue being patient.

The Needle Arts Meeting on November 11 had a change of plans. The speaker fell ill and she had to cancel. We had a fantastic meeting with our own members stepping up and sharing. Jeanne Helland talked about Needle Arts and the role each of the members play. She used a bouquet of flowers as an analogy. Beautifully done, Jeanne! Jean Storms shared about

Pat Barnhill, joined the Southern California group, "Traveling Quilters" on a trip. The trip took them to the Midwest. The big reason for Judy and Pat to go on the trip was to visit the Missouri Star Quilt Company. They shared about the trip at the meeting and how marvelous the Missouri Star Quilt Company was. Thanks to all the ladies who helped make this meeting so interesting and inspiring.

Three of our Community Service Group members, Bev Johnson, Clareen Bolton, and Sharon Magnuson gave Quilts of Valor to Veteran amputees through Patriots Honor. It was at their annual golf tournament on October 25. We are so thankful for the Community Service Group and all the wonderful things they do for others. The expansion of the sewing room will certainly help them have more room to make those lovely quilts.

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

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(more Club News cont' on page 9)



Ballroom Dance Contest winners!

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Favorite Restaurants

BY MARTIN GREEN



Georgia Vournas, Beverly's friend and fellow member of the Sun City Singers, is enthusiastic about a new Asian buffet restaurant. She e-mailed: "My sister (Cali) and I were looking for a new restaurant and came across the Golden Koi Buffet in the Nugget Plaza (corner of Pleasant Grove and Fairway) having their Grand Opening. We were expecting a sit-down-lunch but found their buffet exceptional. Pick a plate and start browsing; first the fruit bar and then the food (approximately 30-40 choices) all hot and labeled so you know so you know what you are eating. Then return — get another clean plate for the salad bar and dessert bar. There is a cook grilling fish, shrimp, meat and there is a sushi bar.

"Best thing is the brunch price: Mon to Fri, up to 3:30 pm-\$9.95 seniors. Dinner is \$16.95. Will go again. Don't miss this one."

I believe the Golden Koi is the same buffet that has been in the Nugget shopping center for some time, but under new management. In any case, Georgia and Cali were two very satisfied customers. Among the dishes you can select are appetizers potstickers, egg rolls and dim sum and main dishes chow mein, fried rice, General Tao's chicken, pork ribs, walnut shrimp and baked salmon. There are also the

sushi selections. Beverly and I intend to try the Golden Koi the next time we have a yen for Asian food. The address is 731 Pleasant Grove Boulevard. The phone number is 916-789-8888. Hours are Monday-Sunday, 11 a.m.-9:30 p.m.

Charlyn Ross e-mailed about another kind of eating place, Crepes & Burgers (an interesting combination). She wrote: "It is about 1 1/2 miles south (or is it west) of Cirby and Riverside (Kaiser's new building). Riverside becomes Auburn Blvd. It is located at 8000 Auburn Blvd. The building is a 'red house' that you can't miss. Lots of parking.

"Not a fancy place, just tables and chairs. No booths. It is an 'order at the counter' and they deliver to your table. They are open for breakfast, lunch, & dinner. We tried their hamburger — very good quality, lots of variation. It looked like they had some beer varieties and wine. Their menu is quite extensive. And it isn't that far away."

Crepes & Burgers is in Citrus Heights. As Charlyn wrote, the menu is extensive and goes beyond crepes and burgers. The crepes include "basic," which is cheddar cheese and onions, and others named Hawaiian, Denver, Greek, Mediterranean, San Francisco and California. The menu also offers eggs, which includes scrambled, omelets and Benedicts; sandwiches, soups and salads. There are also pastas such as shrimp alfredo, spaghetti scampi and chicken carbonara. Finally, there are desserts, which offer an array of crepes and stacks, which include pancakes, waffles and French toast.

The phone number is 916-735-5143. Hours are Sunday-Thursday, 7 AM-9 PM; Friday and Saturday, 7 AM-10 PM.

We recently had a visit from our youngest son Chris and his family from Ireland, wife Flindie, son Logan, age 12, and daughter Stephanie, 11. They had a sampling of American eating places--waffles at the Waffle Barn, Asian at the China Villa, barbecue at Lucille's and Mexican at On the Border. I've written several times about the first three so will just report on On the Border, which is another one of those restaurants that Beverly and I went to a long time ago but haven't visited since. On the Border, one of a chain with 150 places in the US, is at the Creekside shopping center, across from the Galleria. It's a pretty large place with both tables and booths and a sizeable bar area. The décor is, not surprisingly, Mexican, lots of brickwork punctuated with brightly colored blankets set around and Mexican music playing.

The menu starts with starters such as firecracker stuffed jalapenos and grande fajita nachos, followed by soup and salad, including chicken tortilla soup and mango chicken salad. Then come enchiladas, tacos and fajitas. The website says that, "our famous fajitas are grilled over mesquite wood and served with warm, hand-pressed flour tortillas, sour cream, pica de gallo, cheese, guacamole, Mexican rice and refried beans. Then come burritos and chimis and favorites such as chimichurri chicken and shrimp, Mexican grilled chicken, Caribbean mango grilled fish and carne asada. You can

also create your own combos." I always order tamales at a Mexican restaurant and I found I could have chicken tamales on my combo.

We had a pretty big crowd at our On the Border dinner and everyone was satisfied with his or her selection, with comments ranging from okay to very good to excellent. I thought my combo--two tamales and one enchilada with rice (I didn't ask for the beans) rated a very good. The service at our large table was also very good. I should mention that before we ordered we were served chips with salsa. On the Border's address is 1220 Galleria Boulevard; the phone number is 916-789-2220.

One restaurant we went to with our visitors I didn't mention is Dave & Buster's in the Fountains. I didn't mention it because it may be the world's noisiest eating place. We went there because it has loads of video and other games for the kids and besides our grandson Logan and granddaughter Stephanie we had our other two grandsons, Mason, 15, and Morgan (our son Michael's sons) along. Dave & Buster's website says they have "hundreds of games" (I believe it) and says you can get an appetizer or an entrée plus a \$10 power card (to play games) for only \$18.99. For any readers out there who may want to brave the noise and take their grandchildren there the address is 1174 Roseville Parkway and phone number is 916-772-3400. I'll add that early on a Saturday night the restaurant was jam-packed.

As always, I'll ask readers to please share their favorite restaurants by e-mailing me at mgreensuncity@yahoo.com. Thank you.

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LH Painters' Club

BY JOYCE BISBEE

Highlight for December will be the annual Christmas lunch at Meridians in the Solarium at Orchard Creek Lodge on December 17. Registration packets for the Fine Art Show in February will be available. Detailed explanation and questions about the packet will be answered at our January 21st meeting.

As the year comes to an end we extend our gratitude to our Painters Board, as led by our President Joan Musillani, for the work they have done in 2019. We have enjoyed demonstrations from seven local artists in various mediums, We have also enjoyed two artists challenges, and two "get together" lunches. In addition we have now instituted the first 30 minutes of each meeting as a time to mingle with fellow artists and new members.

A reminder that dues are \$15 per year and are now payable. You will be delinquent is not received by February 1st. Dues can be paid at the December lunch or mailed to Linda Shields.

Six members work is still on display in the Rotunda at Lincoln City Hall. They were part of the successful Placer Arts Studio tour for 2019.

Look forward to seeing you all in 2020. Happy Holidays!

• • •

Paper Arts Club

BY LINDA LUCCHETTI

We are all set for our holiday party which takes place Tuesday, December 10 in the OC Main Ballroom (front). Thanks again to Sue Dambrosio, our Holiday Decorations Chair, and her committee who led our November project, making decorative Christmas tree place cards for our party tables.

Also, during our November meeting, a proposed slate of officers and committees was announced and voted on. The Board of Directors for 2020-2021 includes: President, Susan Long; Vice President, Shirley Rainman; Secretary, Susan Goodrich; Treasurer, Sue Dambrosio; Membership and Data Base, Carol Dickey; and Project Coordinator/Activities, Rosy Thielke.

Committee Chairs include: June Paquette



Making holiday luncheon place cards.

(Club Newsletter and Calendar); Linda Lucchetti (Publicity and Club Photographer); Nancy Sealy (Hospitality); Mary Prindiville (Sunshine); Susan Goodrich, Sheryl Ramm and Pam Haines (Club Window); Kim Kroener (Scrapbook and Club Photos); Donna Tewart, Sandia Garcia, Mary Emmett, and Carolyn Sanfilippo (Community Service); and, Sue Dambrosio and Pam Haines (Food Coordinator/Activities).

Reminders: There will be no monthly club meeting or Board Meeting in December. However, our December Open Lab for members only will take place Thursday, December 5 in the Terra Cotta Room at Kilaga Springs. This will be another chance for those who plan to attend the holiday party to make their place cards.

Our display in the window at Orchard Creek celebrates the holidays. Stop by and

take a peek!

We 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.

• • •

Mixed Media Club

BY JILL SHORT

December is here it is time to grab something warm to drink and sit down to create some fun art pieces. Save the date of the Mixed Media Art Club's final activity for the year. We are having a Holiday Party Brunch at Frima Stewart's house on December 18 around noon. Members will receive an email with more information.

Regular club meetings will begin in January 2020. Mixed Media Arts Club meetings are the 3rd Wednesday of the month in the Ceramics Room (OC) at 1:00 PM. We invite people to stop by to see what we are all about. New people are always welcome to join. As a reminder our yearly dues are only \$15. If you have not paid, pay them at the next meeting to make sure you stay on our contact list and stay eligible to participate at our meetings. Nancy Griffin, our President, collects the dues. At our January meeting we will share the challenge that we started in November. The challenge was to use index cards as your canvas and do what you want on them. Taking part in art challenges is a big

(cont' on page 11)

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Mixed Media Club

(cont' from page 9)

trend in the art world, including mixed media. Our club announces a new challenge at the meetings. We share the completed art piece at the next meeting. Challenges are always voluntary. It is a fun way to see how each person interprets the challenge. There are no right or wrong ways just let yourself go, play, and create. Remember, you're not competing with anyone, including yourself. You're engaging in a challenge to try to improve your skills or just have fun. The challenges also encourage the desire to try new techniques.



Rudy working on his interpretation of the club's art lesson.

A great way to learn more about Mixed Media Art is to take the Art Journal monthly classes taught by Kerry Dahlin. The classes are in the Fine Arts Room, the second and fourth Tuesday of the month, at 9:00 until noon. More information about the class is in the Compass. Kerry is a wonderful encouraging person. She brings most of the supplies you need. You can experiment with different mediums and figure out which ones you would like to own. The people in the class are extremely friendly and willing to share personal supplies too. Many of us in the Mixed Media Arts Club are in this class.

Hope to see everyone at our next activity.

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LH Photography Club

BY DIANE MARGETTS

TimEngle, a commercial photographer from Sacramento, was our spellbinding November presenter. Tim's work flows seamlessly between portraits, fashion, avant-garde, and commercial photography. He captured the audience with his incredible works.

Activities are slowing a bit as we move toward the holidays. Members are looking forward to our annual holiday breakfast on December 11 at the Orchard Creek Sports Bar. The sellout event is always a crowd favorite.

Our President has been working overtime to line up compelling presentations for the coming new year. Interested? Joining the Photography Club is easy and new members of all skill levels are always welcome. Find out more, website: lhphotoclub.com

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

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Woodcarvers Club

BY LIONEL RAINMAN

If you're thinking about getting into wood carving, you may wonder what you need. An imagination is helpful if you look at a piece of wood and see something in it. Also, there are many books on carving and carving plans that help with the imagination and inspiration.

There is no need to outlay big bucks for carving tools as a pocket knife and a piece of wood can get you started. Wood carving can be addicting but carving skill doesn't happen if you spend a lot of money on tools. The best advice for improving your carving is to practice and carve with other more experienced carvers like those at the Woodcarvers club.

As you might image there are some hazards associated with wood carving since you are handling razor sharp knives or other carving tools. When carving, always keep safety in mind. Don't leave your knives or gouges lying around with edges exposed.

Whatever tools you decide to start with and whichever type of wood you choose for your first project, take your time, practice, be safe, and have fun.

Woodcarvers club can help you bring that first carving to a reality. Join us on Wednesday from 1 to 4 PM at the Sierra room at (KS).

Contact: Lionel Rainman 916-253-9534, lrainman1414@yahoo.com

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Vintage Treasures

BY ELLEN STEELE

Our January 6 program will feature the popular "Show and Share". Members are invited to share with the group one or two pre-1970 treasures of their choosing. We welcome you to join us to share your wonderful interesting treasures!

We meet in the Heights and Gables Room (OC), the first Monday of each month, from 10:00 to 11:30 AM. The program is followed by an optional lunch at the Meridians.

Contact: Sandi Janisch: 916-253-9085

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Writers Group

BY ANDY DEXTER

The holidays are upon us once again and it seems so soon and I haven't got my writing for the summer done yet. My-oh-my! We normally meet on the 2nd, 4th and 5th Monday each month at 6:30 PM in the Ceramics Room of Orchid Creek Lodge. However, we will only meet on the 2nd Monday of December taking time off to celebrate the holidays. We hope you will have a memorable season and please plan to come and share your stories with us in twenty-twenty.

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OC Book Club

BY CATHIE SZABO

"I have always imagined that paradise will be a kind of library" – Jorge Luis Borges

If that's your idea of heaven, then come get a little glimpse of it at the Book Club's monthly meetings!

And we get more glimpses of that library at our December luncheon. No drumrolls, no fanfares, just the excitement of finally finding out the book choices for 2020. Unable to make the luncheon on December 19? No worries, check the Compass or this column in January for selections.

And that's not all – some great food, yum. (Bye, bye diet – see you in January.) And great entertainment – an original play by Alan Lowe performed by our Reader's Theater. Best of all, great company courtesy of our members. Great way to get into the holiday spirit.

December is gift giving season. And allow me to offer these quotes on reading as my gift to you. A bit funny, a bit profound – all are so true about reading.

"I took a speed-reading course and read War and Peace in twenty minutes. It involves Russia" – Woody Allen

"There is nothing more luxurious than eating while you read – unless it be reading while you eat." – E. Nesbit

And a few to carry us through the hopefully abundant rainy season.

"The person who deserves most pity is a lonesome one on a rainy day who doesn't know how to read." – Benjamin Franklin

"Rainy days should be spent at home with a cup of tea and a good book." – Bill Watterson

"What better occupation, really, than to spend the evening at the fireside with a book, with the wind beating on the windows and the lamp burning bright." – Gustave Flaubert

From all of us in the Book Club, safe and happy holidays and a joyous, book filled new year.

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!

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

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Genealogy Club

BY DR. BARBARA BRANCH

The Genealogy Club does not meet in December. Mark the date, January 20th, 2020 and the Genealogy Group will be off to a great start for the new year at our general meeting. If you haven't already downloaded and completed your application for membership, whether renewing or are a first-time member, go to our website and download it and bring the completed application along with your check to our meeting on the 20th or mail to Lodge Carlton, our treasurer. The dues are a bargain at \$20 for the year as you get speakers each month at the general meeting and Boot Camp sessions for those new to genealogy and special DNA presentations and discussions. You also get to use the software the group subscribes to including Family Tree Maker 2017, Legacy Family Tree 9, Roots Magic 7.5, Ancestry.com, Find My Past, Fold 3, History Geo

(cont' on page 12)

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Genealogy Club

(cont' from page 11)

and Newspapers.com. Did you know individual coaching is also included? You can set up a time to go in with any genealogy issue and have someone help you learn and move forward.

As if all that is not enough, each general meeting has a door prize someone wins via raffle ticket for members in attendance and a social with refreshments across the hall after each meeting. We will be electing club officers for 2020 at the meeting. We will hear stories from two members.

So, come join us at 6:30 pm in the Kilaga Springs Presentation Hall. Arrive a few minutes early to sign in and get your raffle ticket. The door prize for those who have renewed their membership is a Google Home Minis

Stay for refreshments after the meeting across the hall. See you there. Contacts: Dr. Barbara Branch 916-543-8219 Website: lincolnhillsgenealogy.com

LH Astronomy Group

BY BILL WEAVER

At its November general meeting, the LHAG members attended a captivating and dynamic presentation by NASA Ambassador Tim Pinkney about "Our Moon - Then, Now & Future Exploration". Tim presented an overview of the beginning of the US efforts to land a human on the moon. Starting with NASA's first high profile program Project Mercury in the early 1960s followed by Project

Gemini and culminating with Project Apollo and the first Moon landing in July 1969 and additional Moon landings throughout the 70s. For the next 30 years, NASA focused on human spaceflight efforts with the Space Shuttle program and construction of the International Space Station. Tim capped off his presentation by discussing NASA's plans for establishing a Moon base for future human missions to Mars and ultimate explorations into interstellar space.

LHAG President John Combes was eager to invite Tim to return to future LHAG meetings and give one or more of his presentations such as "Mars - Fourth Rock from the Sun", "Jupiter - Our Solar System's 900 Pound Gorilla", "Saturn - The Jewel of the Solar System" and other related NASA programs. Updates about these future presentations will be published as all residents of SCLH are invited to attend.

The LHAG Steering Committee is beginning its annual membership drive this month by participating in the new SCLH resident orientation session. Residents of SCLH are invited to become members of the LHAG by attending any of its general monthly or sub-group meetings for up to three aggregate occasions without paying dues. When you decide to become a member, you will pay dues of \$10.00 per household by remitting the dues and application during any one of the general meetings. Dues paid through December of this year will include full membership for 2020.

(cont' on page 13)

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LH Astronomy Group

(cont' from page 12)

Membership allows unlimited attendance at the monthly general meetings as well as the two sub-group sessions. Questions regarding membership can be directed to LHAG President John Combes at jncombes@aol.com .

There is no Cosmology Interest Group (CIG) meeting scheduled for December of 2019. The next CIG meeting and lecture is scheduled for Monday January 20 at 6:45 PM in the Fine Arts room at Orchard Creek Lodge. A stimulating lecture by LHAG member Don Wilson will present "A Congruent Cosmology" as an alternative cosmological theory of the Universe to the more popular "Big Bang" theory. You may contact CIG coordinator Morey Lewis mlewis_cc@sbcglobal.net for more information.

There is no Telescope Interest Group (TIG) meeting in December. The TIG will hold a "star party" on January 23 at the SCLH Sports Pavilion. Sunset will occur at 5:20 pm and viewing through telescopes will begin about a half hour later. View distant planets, galaxies, nebulas and star clusters under hopefully clear skies. Cancellation of the gathering due to poor weather conditions will be posted on the LHAG.org website. Please contact TIG coordinator Bob Collins at bobpcoll@community.net for more information.

Questions regarding the LHAG and its sub groups should be directed to LHAG Vice President Bill Weaver at hamweaver@

wavecable.com. Additional information about the LHAG and its subgroups can be found on its website at www.lhag.org .

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

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

Buon Natale! Felice Anno Nuovo! We'll celebrate the holidays with friends and club members at the annual Italian Club Christmas Dinner and Dance set for December 8 at Catta Verdera.

Feeling a little crabby? Want to get crackin'? Then, kick off the new year, 2020, with us at one of the club's signature events — the annual Crab Feed, scheduled for Friday January 10, at the McBean Pavilion. There'll be plenty of the little guys for dinner, as well as antipasto, green salad, pasta, and shrimp. This is a very popular event so go the LHIC webpage for the flyer and register now — no later than January 2.

The Italian Club presents an event each month that is fun and entertaining. If you are a Sun City resident of Italian heritage, 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 the good times our members have throughout the year. Want to join? Contact: Sandi Graham, membership, at 916-826-5711.

(more Club News cont' on page 14)

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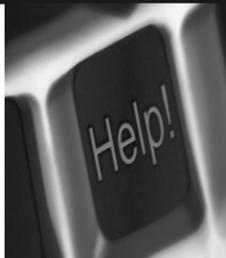
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Amateur Radio Group

BY RUSS STEELE, KF6TAR

Will you be getting a radio for Christmas? Need some help getting started in amateur radio? ARG can help. Please join the ARG members on Monday evenings at 6:30 in the South Lincoln Hills Entry Facility, where we talk about amateur radio. We also hold a network on the W6LHR Repeater at 443.2250 MHz, with a PL of 167.9. As a civic support organization, the ARG often provides communications support for events in Lincoln. In December, members of the ARG will support the Lions Food Distribution Drive. They are joining the Western Placer County Amateur Radio Club to provide communications, helping to control traffic and smooth the flow for food drive participants. In the New Year, ARG members are looking forward to supporting multiple civic events with their portable radios and communication skills.

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

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Postage Stamp Group

BY TIM MILES

We're into the "holiday" phase of our year as far as meetings are concerned. There are no meetings in December due to the need for room space at the Sun City Lodge for other events.

However, our January meetings are set

for Monday, January 13 and Tuesday, January 28, both at 6:30. The meetings are held at Sun City Lodge located at 7050 Del Webb Blvd in Roseville.

Keep in mind that June Stark has arranged an "After-Christmas" dinner at Timbers at the Lodge on January 16. Check with fellow club members for time and cost. We all should have June's email and contact information.

Penpex is the Peninsula Stamp Ex in Redwood City on Dec 7 and 8. Call around and see if somebody is sharing a ride, if you are interested. Contact Al Capparelli at 916-771-8288 with any questions on the club, ride-sharing, or getting your "old" stamp album evaluated. Guests feel free to attend any of our meetings. We have door prizes, philatelic announcements, and anything needed to reconnect to the hobby.

The new slate of officers is ready for the year 2020 as follows: President is Art Green, V-P is Bob Bartlett, Secretary is Al Raub and the treasurer is Larry Mowrer. We definitely appreciate their service.

In conclusion, we wish you and yours a healthy and happy holiday season!

• • •

Lavender Friends

BY SANDI DOLBEE

Not long ago, club members took advantage of the \$5.25 seat at Blue Oaks Theatre on Tuesdays to meet up for a movie. Our most recent outing took us to see "Harriett," the film about Harriett Tubman, the former slave turned abolitionist who was so

successful as a conductor on the underground railroad that she became known as the "female Moses."

It was another way to bring residents together to get a look at history that was both entertaining and inspiring. Movie outings are a good opportunity for clubs to have ad-hoc social "meet-ups" (and Tuesdays are a good price, too).

But now we are nearing the end of another year, which means a couple big things for us: the annual holiday dinner and dance (Dec. 14) and bi-annual business meeting (3 p.m. January 11). Along the way, some of us are hoping to reserve a table at the New Year's Eve gala at Orchard Creek (we did the same thing last year).

Lavender Friends is a club of LGBT residents and their allies. For details about these events — and about us — can be found on our website: lavenderfriends.com.

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

BY PATTI KINGSTON

SCHOOLS is looking for a volunteer just like you! Age and wisdom have made you a perfect candidate to make a difference in a young person's life. You can help a teacher in many different ways and enjoy being part of the classroom learning experience. There is always an opportunity to volunteer because requests for volunteers keep coming from our

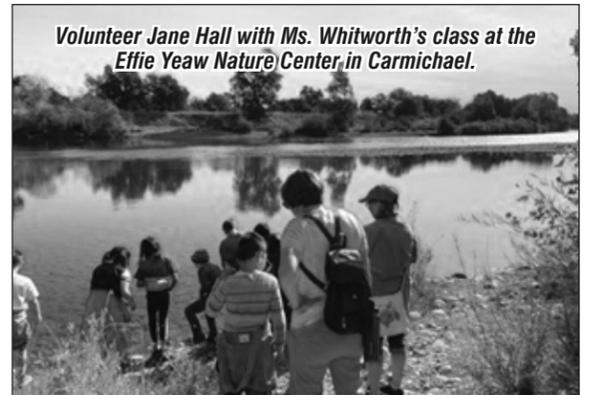
local schools.

You need not have a background in education. You'll be able to accommodate your schedule in the classroom and can name how much time you are able to give. If you have the time, there is a place for you! Even an hour or two a week is helpful.

If you would like to know more about volunteering in Lincoln schools, 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 several 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.

(cont' on page 15)



Volunteer Jane Hall with Ms. Whitworth's class at the Effie Yeaw Nature Center in Carmichael.



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

(cont' from page 14)

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 pkingston@att.net.

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

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Apple User Group

BY RICH THAYER

The Apple User Group re-elected its board at the November general meeting. Helen Rains will continue as president, Jack Harris as vice president, Sharon Worman as secretary, and Gerry Esker as treasurer.

Their leadership will enable LHAUG to continue to fulfill its mission, which is to

expand your knowledge of Apple products and related technology and have fun in the process. The group offers educational seminars (38 in 2019), tutoring, open labs (33 in 2019), a support line, a donation program for older products, a classified page, and more.

2019 marks the seventeenth year for the club. Over those years, membership has grown from 40 households to 930 households (more than 1400 members). Membership renewals and new memberships are now being accepted for 2020. Membership remains at \$15 per household and is good through December 2020.

See lhaug.org for more information about membership, upcoming events, videos of past seminars, and more.

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

• • •

Veterans Group

BY B.L. LEWIS

Merry Christmas, Happy Holidays, and Feliz Navidad to the Lincoln Hills Veterans Group. Our Annual Holiday Party will be held on December 12, 2019 from noon to 3:00p.m. in the Orchard Creek Ballroom. The no-host bar will open at 11:30 a.m. and the four (4) menu choices are: (1) Sliced Turkey Breast, with pancetta-sage stuffing, mashed potatoes, roasted vegetables, and turkey dressing; (2) Atlantic Salmon with tri-color couscous, sautéed spinach, tomato basil relish and roasted vegetables; (3) Champagne Chicken with mashed potatoes, roasted vegetables, champagne garlic sauce; (4) Penne Pasta with roasted artichoke hearts, sundried tomatoes, pine nuts, sautéed spinach, olive oil garlic white wine, shaved parmesan. All choices will be served with rolls, coffee, tea, and raspberry marble cheesecake. Bring an unwrapped Toy for Tots. The cost is \$25 per person and the deadline for reservations is December 6, 2019. Send checks payable to the Lincoln Hills Veterans Group to Larry Yaggi, Treasurer, 2300 Cinnamon Teal Drive, Lincoln, CA 95648.

The Lincoln Hills Veterans Day Ceremony was a huge success with a standing room only crowd. The Lincoln High School Army Cadets and Chorus put on one of the best Veterans Day Ceremonies that we have ever enjoyed. Thanks to Everyone that attended, you made it the Best.

As we approach the end of the year, we are also approaching the beginning of another

decade. If you have not paid your \$15 dues for 2020, now is the time because on January 1, 2020 the dues are being raised to \$20. A lot of people have asked me why does the Veterans Group need to raise dues? That is a good question. What does the Group DO and why DO they need raise the dues? The Veterans Group has the normal cost of doing business that all of the groups incur, bulletin supplies, room rental fees, and printing supplies. But our mission is to serve; it is a continuation of the Serve and Protect oath, that ALL of us took so many years ago. Over the years we have reached out into the community to support schools and a variety of Veterans Groups that assist veterans. Our largest cash outlay is in support of the community of Lincoln Hills, where we proudly provide new flags at their purchase price and retire the old ones. We provide the annual Memorial Day and Veterans Day Concert and Ceremonies at no cost to the community. At our monthly meetings we invite the community to join us in listening to speakers of interest that keep us informed of any changes to our veterans benefits and the activities of today's military. We Proudly engage in activities that strengthen the bonds of service and camaraderie, promote duty to our country, honor those who are serving today and maintain the traditions of our military service. We are connected to every man and woman that have served; no matter when they served or what branch they served in, we are part of the family of military.

(cont' on page 16)



Sharon Worman, Helen Rains, Gerry Esker, and Jack Harris.



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Veterans Group

(cont' from page 15)

Remember that Flagsales are available in the Orchard Creek Lodge on the 15th of each month for \$20 and they make great Christmas gifts. Also Michael Amerio will deliver them to your home; 661-304-6519. Remember to fly your Flag proudly on Pearl Harbor Day, December 7, 2019, Christmas, December 25, 2019 and New Years Day, 2020.

As of October 12, 2019, the group's paid membership stood at 221, including 111 life members and 20 Associate members. World War II veterans (including Spouses) total 21. The total membership was 263.

In Memoriam

Tom Kennedy, U.S. Air Force

Don Cosgrove, U.S. Army & U.S. Coast Guard

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

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LH Singles

BY SUSAN FOSTER-PLATT

Join us as we kick off the festive month of December! We will be in the Sports Bar (OC) for our birthday celebration on Sunday, December 1 at 4:00 PM to celebrate all members, who were born this month. Thursday, December 8, we will be staying in Lincoln for Cocktail Time. Meet us at Buonaratti's at 4:00 PM. Great food, friends, company, and close to home will make this a

perfect evening! On Thursday, December 12, we will be in the Ballroom (OC) at 12:30 PM for our annual Holiday Luncheon. You will have your choice of a delicious meal of either roasted salmon or chicken marsala. We will celebrate the season, while the Lincoln High School Chorale Group presents a holiday concert for our members and their guests. Tickets are needed for this event. Contact Rudy or Susan to purchase yours!

The 2nd Saturday breakfast will be held on Saturday, December 14 at 9:00 AM in the Sports Bar. (OC) Start your weekend off with a hearty buffet breakfast and good conversation with great friends! For Dining Out, we will also stay in Lincoln and enjoy a fabulous meal at Kobe's at 4:30 PM on Thursday, December 19.

On Wednesday, December 25 - Celebrate with family and friends and enjoy a very Merry Christmas!

We will round out the month on Monday, December 30 at 6:00 PM with our annual pre- New Year's party at Kilaga Springs. A buffet dinner, a New Year's celebration, and dancing to Professor Rockola will make this a night to remember!

Tis' the Season! Enjoy!

• • •

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 and attorneys, grief and depression as well as how to get information and help with aging decisions, home maintenance and safety concerns, and downsizing.

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 January 6.

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 ALISON SHELTON

Our November meeting started with Barbara Mathot reading a poem on "forgetfulness," something a lot of us understand all too well as we walk into rooms forgetting why we went there in the first place. Kathy Woodward also read a poem, one she wrote herself, about "how to weather the weather." Her poem focused on how to handle what life throws at us and on Bosom Buddies and its support for each other. Our featured speaker was member Cindy Redhair, a talented scrap booker, who showed a book she put together of her family history, including photos from the early 1900's. The remainder

(cont' on page 17)



Cindy Redhair shares her family's history in a scrap book.

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Bosom Buddies

(cont' from page 16)

of the meeting gave us a chance to learn more about each other as we did a round robin discussion with members telling a little about themselves. We learned about members' families, cancer treatments, past jobs, faith, hobbies and travels.

Members are counting the days until our annual holiday party, always a special event. President Patty McCuen opens up her beautifully decorated home, and not a space is left without a Santa, elf, snowman, small tree or other holiday trimming. This year, we'll serve lasagna and fettucine along with salad, garlic bread and lemon and chocolate Bundt cakes for dessert. And, of course, there will be wine. Lori Redhair will entertain us with a variety of holiday songs as well as lead us in a medley of Christmas carols. Although good food, great friends and festive music should be enough to get anyone into the holiday spirit, each guest will receive a handcrafted gift made by Sue Blankenship, Pat Brady, Sharon Peck and Peggy Ryan. Members are asked to bring unwrapped toys to the party to put into the Toys for Tots barrel. Last year, our donations spilled over the barrel, and we want to do that again. Mark your calendars for Thursday, December 12 at 11:30 AM. To make your reservation, please call Sharon Peck at 916-408-8114. Gentle reminder: to attend our popular holiday party, members should be current in their dues.

We still have a few members who haven't

paid their \$12 dues for 2019. If you haven't done so yet, mail your check to Kay Brady, 365 Snapdragon Lane, Lincoln, 95648.

Bosom Buddies welcomes breast cancer survivors and those still undergoing treatment. We meet the second Thursday of the month at 1:00 PM in the Multipurpose Room at Orchard Creek. Our meetings include a variety of speakers on such topics as advancements in cancer treatments, care giving, support groups and therapies. Our main purpose, though, is to be here for each other. Before meetings, members and guests are invited to meet for lunch at Meridians at 11:30 AM. This is a good opportunity to get to know each other even better. If you'd like to join us for lunch, call Val Singer at 916-645-8553.

We open our meetings with an inspirational and often humorous reading by member Barbara Mathot. We close by forming a circle, joining hands and saying, "together, we are strong; together, we will make a difference; together, we will survive." And, that we'll do with a little bit of fun!

For more information about Bosom Buddies, call Marianne Smith at 916-408-1818 or Patty McCuen at 916-408-4185.

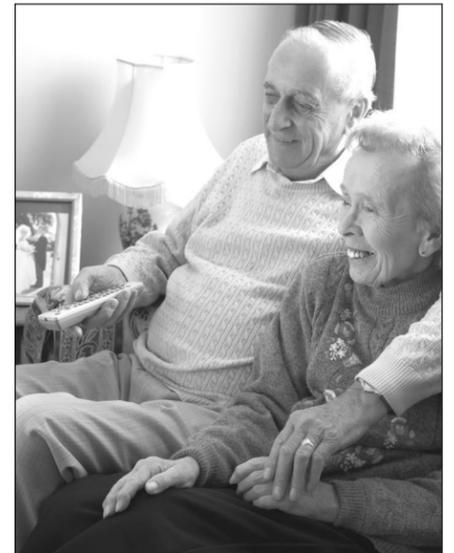
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Alzheimer's/Dementia Caregivers Support Group

BY JEFF ANDERSEN

For the 2019 Sacramento Walk to End Alzheimer's this past September, the Sun City Lincoln Hills team was happy to have contributed nearly \$4,000 in donations to the cause. About half of that came from proceeds generated by the Lincoln Hills P.A.C.E. Race (Promoting Ageless Commitment to Exercise) held in May, hosted by our Community Association. Thank you individual donors, PACE runners, the Association Board and Association staff. These funds go to support a myriad of research programs and services that address the needs of Alzheimer's patients and their caregivers. We hope to identify the FIRST Alzheimer's SURVIVOR. Let's hope that's sooner than later.

We have some 180 family caregivers of dementia patients that we know of in our own community. There are others, but for unknown reasons, they are not active in our support group. We believe that could be because they are too busy with care and basic life management. It could also be that they are unaware of our group because they don't read the Compass or Sun Senior News (which have monthly articles like this one). So here's where you can help us. If you are aware of someone in our community who is dealing with dementia, please refer them to our Caregiver's group. We can help, but only if we know who needs the help. We not only offer peer and professional advice at no cost,



but through the Lincoln Hills Foundation, grant money is available for providing time off from the 24/7 job.

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

(cont' on page 19)



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Alzheimer's/Dementia

(cont' from page 17)

professionals in the industry. 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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Hearing Impaired Support Group

BY JOANNE MITCHELL

Due to holiday scheduling at Orchard Creek Lodge, the Hearing Impaired Support Group will not meet in December. We wish all a happy holiday season and we will see you all in 2020.

• • •

Low Vision Support Group

BY JOAN BRANT-LOVE.

No Meeting in December — In place of a regular meeting, our annual holiday luncheon will be held in the Solarium at Orchard Creek Lodge on Friday, December 13. Luncheon invitations were sent out with our November newsletter and RSVPs are due no later than December 9th. For any questions regarding the luncheon, contact Janet Newby at 916-409-2011.

January Meeting – Tuesday 1/7, 2020, 2:00-4:00 PM, Fine Arts Room, Orchard Creek Lodge

"Best Kept Secret in Town" will be our topic. Lincoln Hills Lions Club President, Dave Evans, and Lions Past District Governor, Bob Olin, will present the long history of the largest service club in the world dating back

to 1917. In 1924 Helen Keller asked the group to become her Knights of the Blind and today they continue that legacy and the legacy of their founder.

Clinical Trials Information — Those interested in finding clinical trials can ask their doctor information about what is available locally. Another option is to go online to the National Institutes of Health (NIH). They have a webpage at <https://www.clinicaltrials.gov/> where you can search for studies by indicating the type of condition or disease that is your concern. The lists can also be filtered by country/state, etc., so that you can find studies that are near you.

Happy Holidays — The Steering Committee of the Sun City Lincoln Hills Low Vision Support Group extends the warmest wishes of this Holiday Season to all of our members and their families and to all residents of Sun City Lincoln Hills. We look forward to seeing and sharing with you in this coming year.

From all of us: Cathy McGriff, Connie and Bernie Hoffman, June Meredith, Dolores Minton, Janet Newby and Joan Brant-Love.

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

• • •

SCLH Sports Car Club

BY PAM BERRY

The crisp air and fall colors set us all in the mood for Apple Hill. The ride over to High Hill Ranch of Apple Hill was perfect with just

enough curvy road for all to enjoy. High Hill Ranch management provided an area to park so we ended up with an impromptu car show. In the mean time we wandered the extensive shops with their beautiful hand-crafted offerings. Again, High Hill Ranch management provided the perfect spot on their outdoor balcony for our delicious lunch of baked chicken, macaroni salad, rolls, and apple juice. To finish us off -- a big wedge of apple pie ala mode. Yum! This is really a beautiful setting. After a group shot with the colorful hills in the background, we returned home well satisfied.

The Halloween party was full of surprises and great food. Turkey Creek was the location for our members to get in touch with their "inner child". There were ghouls, witches, Cleopatra, Zorro, werewolf, cowboys & gals, Mini Mouse, and we even had a visit from Howard Stern. Crazy fun for sure!

Our club was again supported by its members with 8 stepping forward to run for the 2020 Board. President - Tom Breckon, Vice President - Vic Kremesec, Secretary - Pam Berry, and Treasurer - Carol Asnault, Tour Events - Wayne Sloan, Social Events - Lind Snyder, Community Liaison/Historian - Karen Allington, and Webmaster - Ron Goleno. We are thankful for such members and look forward to another great year.

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RoadRunners Motorcycle Club

BY MIKE SMITH

November marked the end of the club's official riding season. On November 13, the Lady RoadRunners got together for a great luncheon at the High Hand Nursery in Loomis. Special Thanks to Patti Sterne for putting it all together! Coming up on December 5 will be the club's annual Christmas dinner, to be held at Cattlemens Restaurant in Roseville.

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 meeting in December.

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

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Rods & Relics

BY ELNA RAGAN

November was a very quiet time for Car Show activities as the year winds down and winter approaches.

There were two breakfast get-togethers at the Twelve Bridges Waffle Farm Restaurant, on the 12th and the 26th.

On November 13, 24 Club members visited the recently moved and newly remodeled Old Town Pizza now located on the corner of Lincoln Boulevard and 6th Street. There was a lively crowd there enjoying delicious pizza on a chilly fall evening. It is always fun to sit with different Club members and get to know them better.

Our General Business Meeting was held at Turkey Creek Golf Club on Thursday, November 21. There will be no General Business Meeting held in December.

Our annual Christmas Party was a great way to wrap up the year. Our Club members enjoyed a delicious dinner of Prime Rib and Turkey with all the trimmings. The tables were festively decorated. The members attending brought an unwrapped toy to be donated to Toys For Tots. Music was provided by the Fun Company for our listening and dancing pleasure. We even had a Trivia Contest and

(cont' on page 20)



Apple Hill Leaders Tom Breckon, Ron Goleno and Ed Oravec.



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Rods & Relics

(cont' from page 19)

a Candy Jar guessing game to round out the evening.

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!

Holiday greetings to everyone and have a safe, happy, and healthy New Year!

Upcoming Events —

December 1: Christmas Party in the Orchard Creek Ballroom.

December 10 and 24: 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.

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

Website: www.rodsnrelics.net

•••

Dog Owners Group

BY SHERRI WALKER

Tribute to a Unicorn — Sun City D.O.G. is sad to say goodbye to little Missy Hiramatsu. We last saw Missy with her mamma, Helen, at the doggy Halloween potluck in October, where she was dressed to party as a magical unicorn. She was a sweet girl and will be missed.



If you are interested in joining the Sun City Dog Owners Group or would like more information, please contact Sherri Walker at 916-213-1320.

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(more Club News cont' on page 21)

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Garden Group

BY LORRAINE IMMEL

The Garden Group extends a Merry Christmas and a Happy Holiday Season to you all.

Our gardens still need care in the winter. The Placer County Master Gardeners 2020 Calendar states: We garden for a variety of reasons. We garden to grow vegetables, flowers, fruit, or to enhance our yards. Whatever our goals, our gardens impact the environment around us. Inside this calendar are ideas on using our gardens to enrich our lives and our communities. This 13-month calendar is appropriate for gardeners of all levels and styles. It is a "gardening guide on a calendar" which contains articles that describe various gardening choices to enrich your garden and your community. Interested in getting one for you or as a gift for a friend? Pick one up at a nursery or go to http://pcmg.ucanr.org/2020_Calendar/

As this year comes to a close we want to thank you all for the support you have given to the Garden Group. As evidenced by our increased membership this year (now 217 households) we are glad you have enjoyed the variety of programs that were offered. Your surveys have certainly helped and we encourage you to send in any ideas and comments you have.

Registration for Membership 2020 begins January 1st. You can go to the website for a registration form and information: lhgardengroup.org or contact Membership

Chair: Marjie Anderson, 916-408-7685. By pre-registering this way, you will avoid long lines at our first General Meeting, January 23. Happy New Year!

Fishing Club

BY ERIC KNAGGS

Water, Water Everywhere — I grew up in So. California and moved to No. California. I heard complaints about southern California cities taking a lot of water. I researched this issue, and found out that in normal rainfall years, of all the water diverted from the Sacramento and San Joaquin river systems never goes over the Tehachapi Mountains south of Bakersfield to serve southern California cities water needs. In drought years, 20%

of the water goes to southern California. Who uses a majority of the diverted water in California? The water is used by California farmers. Traveling down I-5 and the signs say "food grows where water flows." Ten years ago, farmers were asked why they could not convert their "flood" water irrigation techniques to drip irrigation. Increased costs was their answer and add a higher cost to the consumer. It was calculated the extra cost is 2-3 cents a pound for the product. Some crops need lots of water like rice grown in the Sacramento Valley.

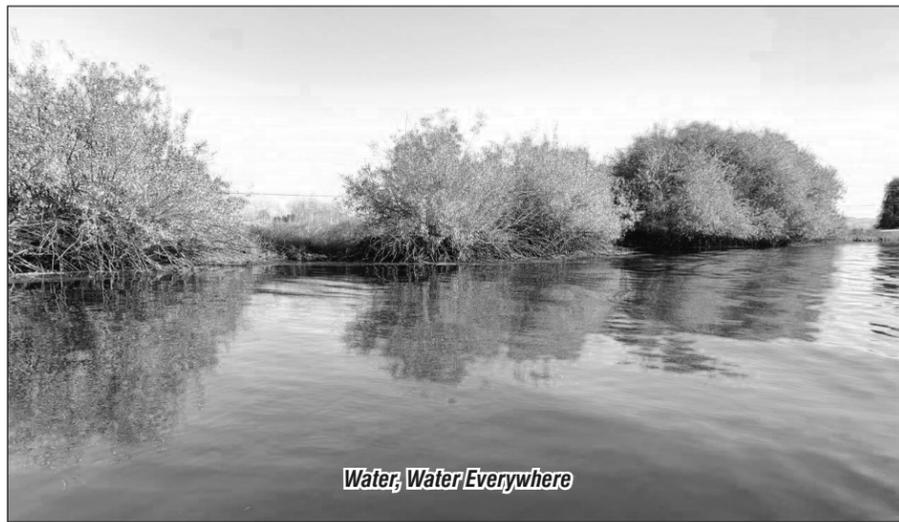
Farmers need to make an economic living. I just want them to be more conservative in their approach to watering crops and pay the same price per acre feet of this diverted water that I do for untreated water.

Would we have enough water if we relied

on local water sources? The answer is no!

The city of Lincoln has five water wells. These wells are able to supply a portion of the city's needs, but not enough for Lincoln Hills. Where do we get our water? Our water is supplied by Placer County Water District (PCWD). Lake Spalding on the Yuba River near Cisco Grove supplies 90% of all the water to PCWD. Lake Spalding is owned by Pacific Gas and Electric Company. Through complex canals operated by PG&E and PCWD, the water is diverted from the Yuba River system into the Bear River system, and then diverted into Auburn Ravine system. The water we drink in Lincoln Hills is treated after coming through this series of canals, while our golf courses and open land waters is untreated surface waters from these canals. We now have more year round stream and lakes in the Lincoln area than we ever had in history from this diverted water source.

Meanwhile the fishing folks are using the water in the lakes, rivers and streams to fish for sport or to catch fish and bring them home. So many diverse needs are taken care of by the complex methods of bringing water to us.



Water, Water Everywhere

(more Club News cont' on page 23)



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Bird Group

BY RUTH BAYLIS

As I am starting to write this article I am being distracted by what sounds like several Great Horned Owls having a hooting contest. When I step outside to listen it is quite loud and from several directions. This could be a territorial feud, or maybe courting behavior. Great Horned Owls are early nesters, having their young in January or February.

We are seeing a lot more Cedar Waxwings around our neighborhood this year. They seem to have arrived early this year and in greater numbers throughout Lincoln Hills. On our ponds, the Buffleheads are back and the Hooded Merganser population has increased. Our previous club president, John Garfein, keeps us informed about what birds are showing up in Lincoln Hills by photographing birds while playing golf on our courses. And, many of you may have run into Larry White on the Ferrari Pond Trail. He strolls the trail in the early mornings capturing great sunrise and bird photos that also keep us informed of bird activity in Lincoln Hills.

John was also the presenter at our November Bird Group meeting where he showed photos of people, scenery, and birds from his recent trip to Myanmar (formerly Burma). This appeared to be a very adventurous trip that because of cultural and language differences, and areas of civil unrest, is best done with a knowledgeable guide.

We had trips this month to Consumes River Preserve in Galt, and to the Vic Fazio Yolo Wildlife area in Davis including the Davis and Woodland wastewater treatment plants. Highlights were a good presence of Sandhill Cranes at Cosumnes, and many Long-billed Curlews at Vic Fazio. Also at Fazio were large numbers of Snow Geese and Greater White-fronted Geese both on the ground and in the air, as well as a flyover by American White Pelicans. Water levels were low everywhere, but we still sighted a good number of species.

The following are our upcoming events for December. Unless otherwise noted, our birding trips meet for carpooling at the far western end of the Orchard Creek parking lot, near the fitness center indoor pool. For longer trips, bringing water and snacks is suggested, and we often stop for lunch at a restaurant along the route. Please do check the events section of our website, and your Bird Group



Sandhill Cranes by Don.

emails, for confirmation because sometimes circumstances require that we make changes, especially that now [hopefully] begins the rainy season.

Dec 6, Fri, 8AM: Day trip to Sacramento and Colusa National Wildlife Refuges. First, we travel up I5 to Sacramento NWR near Willows where we will drive the tour loop in our cars. We only exit our cars for a few short walks to observation platforms where we can view waterfowl, shorebirds, and raptors. It is not unusual to see Bald Eagles here. We then drive back down to Williams for lunch at Granzella's. On our return drive we drive the tour route through Colusa NWR. There is usually an amazing display of Black-crowned Night Herons there that look like Christmas decorations on the trees and shrubbery.

Dec 9, Mon, 1:30PM: Monthly meeting, Kilaga Presentation Hall. Ed Harper a local photographer, educator, and world traveler presents "Wings Over the Central Valley". This is billed to be an eye-popping program exclusively featuring birds in flight. Ed will share techniques for photographing birds in flight and as the name suggests he will be featuring birds found in the Central Valley.

Dec 20, Fri, 8AM: Day trip to Llano Seco Unit of Sacramento NWR. This is a new trip for the group. Several members have visited this location and think it is a worthwhile trip for the group. This unit is an hour and a half north of Lincoln passing through rural areas that could be covered with Tundra Swans and Snow Geese. At the unit itself, some of us have seen great aerial displays by Bald Eagles and there are likely to be some Sandhill Cranes, though most cranes have moved farther down the valley by this time. There should be a good display of usual refuge residents

Dec 30, Mon, 8AM: Christmas Bird Count. If you have participated in the past or plan to join us this year, save the date. Teams spend a few hours in the morning counting birds along our Lincoln Hills trails and adjacent areas. Watch for Bird Group emails with details. If you want to participate you can contact me directly at rbaylis2@yahoo.com, or email the Bird Group at the address below.

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

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

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.

LH Cyclists

BY TOM FRADY

Not long ago, eight of us were enjoying the long downhill that is Wise Road from the Fire Hall, heading home. We were utilizing the entire downhill lane.

A pickup passed us, heading the other way. As it passed, the driver laid on his horn. I am assuming he was telling us, "Single file, you scofflaws and you should be as far to the right as possible, for your own safety, for which I find myself greatly concerned".

A careful reading of Section 21202(A) CVC will attest to the fact cyclists are required to keep right ONLY when faster, same-direction traffic is present on long turn-free sections of road, which pretty well describes Wise Road (and McCourtney, Gladding, Riosa, Camp Far West, etc.). We were traveling at the same speed as the traffic, because WE WERE THE TRAFFIC!

If cyclists ride two or more abreast, but move as far to the right as SAFE (which, in truth, usually means single file) to allow following traffic to overtake, there is no violation of the law.

There is a difference between as far to the right as "safe" and as far to the right as "possible". Ultimately, it is the cyclist who decides what is safe. It may be possible to ride 6 inches from the edge of the road, but is it safe when a gust of wind from a passing car, a small rock or a moment of inattention can cause even the most adept rider to drift right and into some loose dirt?

A side note: there is nowhere in the CVC that explicitly requires cyclists to ride single file. However, it is my feeling "single file" is almost always the safest configuration for a group of bikes on a narrow country road.

Another side note: If we get technical, real technical, Section 21202(a)(3) CVC says a

(cont' on page 24)



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LH Cyclists

(cont' from page 23)

lane must be at least 14 feet wide to allow lane sharing, that is, two vehicles to travel side-by-side (as when a car must pass a bike). Lanes are seldom 14 feet wide from the center line to the fog line on the right.

Let's do some math to emphasize this. A full size Ford F-150 pickup (the most popular vehicle in America) is 7'2" wide. This does not include mirrors. If we allow a rider a 4 foot path (the minimum width of a bike lane) and add the 3 foot buffer required by law, you can see even a 14 foot lane would be tight. I have actually measured lanes on McCourtney and Wise. They were about 11 feet wide.

All this means a cyclist may take the narrow lane, albeit, I think it is often not wise to do so. First, it angers drivers needlessly and second, I don't want to be in a lane where cars are going 55 mph, even if I have the right to be there.

Still another side note: When riding to the left of parked cars, cyclists may allow enough distance from any car doors that may open (the "Door Zone") by taking the lane. While no exact distance is stated in the CVC, it seems to me about 4 feet is reasonable. The door on my mid-size sedan swings out exactly 48 inches.

Finally, the laws pertaining to bike lanes and shoulders are not the same. A shoulder is not part of the roadway. CVC 530 states "a roadway is that portion of a highway improved, designed, or ordinarily used for vehicular travel". This does not include shoulders. Of course, many shoulders are not paved at all.

Cyclists are never required to ride on even a paved shoulder. Of course, it is usually much safer to do so.

However, cyclists must ride in a bike lane established as part of the roadway when traveling at a speed slower than same-direction traffic (except to pass, turn left and avoid obstacles). Bike lanes are marked with signage on the pavement and/or signs on posts and must be at least 4 feet wide. This is why a bike lane will disappear for a few hundred feet then reappear when the roadway has room for both a traffic and bike lane.

Riders are not required to use a bike lane or path that is separated from the roadway by a median, curbs etc., like on Ferrari Ranch Rd.

We want to ride legally and safely at all times. Generally, cyclists and drivers have the same rules when on the road. However, there is no prohibition against cyclists riding in a pace line or racing.

However, CVC2103 prohibits drivers from "following another vehicle (including bicycles) more closely than is reasonable and prudent" and CVC23109 states "a person shall not engage in a motor vehicle speed contest on a highway". Bikes are not motor vehicles.

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Hiking and Walking Group

BY STEPHANIE HUNTINGDALE

Recently Jim Cutler, one of our hike leaders, asked me to explain the markers located on our Sun City Trails. I am using the Northeast Preserve Trail for my example. The trail is listed as a moderate 1 1/2 mile loop and can be accessed from Hidden Hills, Andover or Mossy Ridge. Pictured here is the Preserve Trail sign at Hidden Hills, the Start Marker and the 1/4 mile marker. All trails now have

trail signs at the beginning and markers. The trail markers you see are measurements from the start of the trail. Should you get on the trail from the end, and start walking you will come upon the trail markers, with the arrow pointing towards you, if it says 1/4 mile, this is the distance to the start of the trail. Gay Mackintosh, another hike leader, worked with a team and developed the SCLH Trail Guide. This is a must for all walkers and hikers. The

(cont' on page 25)

8 **NORTHEAST PRESERVE TRAIL**
Moderate 1 1/2 mile loop, 1/4 mile preserve trail

Connecting Trail:
7 Canyon Oaks Trail - Challenging 2 mile loop, 3/4 mile unpaved preserve trail

Explore a large pond and extensive marshes of the Northeast Preserve as upland oaks give way to willows and cottonwoods in this section of Ingram Slough. The dense riparian vegetation shelters small and mid-sized mammals including skunks and raccoons. Ducks, frogs, turtles and wading birds abound in the pond. Listen for the deep galumph of the shy American bittern and the persistent trilling of red-winged blackbirds among the cattails. Wild turkeys forage on the hillside grasslands. Complete your loop through Village 19 or go back across Hidden Hills Lane to explore upland habitats on the Canyon Oaks Trail.

Look for (left to right): red-winged blackbird, double-crested cormorant

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JOHN L. SULLIVAN
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Hiking and Walking Group

(cont' from page 24)

pictures of our wildlife and description of the trails is awesome! I don't usually plug things, but you can purchase them for \$6 at the Well Fit Center.

The hike leaders work very hard to put together hikes in December, January and February paying close attention to the weather, keeping us out of muddy places, but still able to enjoy the great outdoors. Sometimes these may not seem like a hike, but more of a walk. You can also join our Walkers Group for a great aerobic workout. The Walking Group has now changed to an 8:00 AM start time on Wednesday's, check the website and join them. Also, if there is a 5th Wednesday in the month, they will determine the walking trail and it will be announced. "An early morning walk is a blessing for the whole day" – Henry



David Thoreau Enjoy!

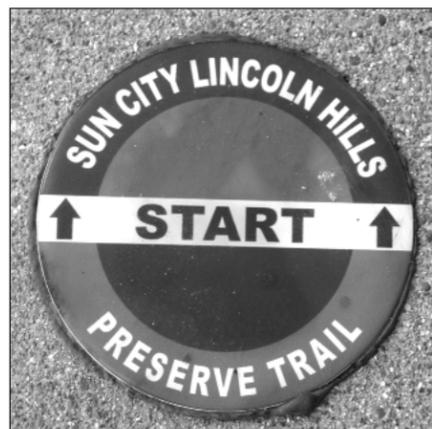
Okay, it wouldn't be a December article without a few funnies..... If Santa's little helpers ate outside would they be dining elfresco? Where does Santa stay when he goes on holiday? At a ho-ho-ho-tel. "Sometimes the best Christmas present is remembering what you've already got." - Cathy Guisewite

Merry Christmas!

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: December 3, Home Depot Loop (Lincoln), January 7, Auburn Canal (Auburn)

Upcoming Moderate Hikes: December



12, J Parker Whitney Ranch (Rocklin), December 19, Pleasant Grove Creek Trail & La Provence Lunch (Roseville)

Upcoming Moderate/Strenuous Hikes: None scheduled as of deadline.

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

Call Dan Cortinovis Hiking Group President, 925-262-7345 with questions about the Hiking Group.

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

Water Volleyball Club

BY ROSEMARY ELSTON

November was a very busy month for the Water Volleyball Club. The Fall Fling was a tremendous success. Club members showed off their party spirit through the variety of costumes. Attendees included 60's Love Children, construction workers, an EMT, a jail escapee, the Flintstones and several pirates. Along with the Costume Contest, attendees enjoyed a recap of the Club's accomplishments and an announcement for the November Steering Committee election. Current Steering Committee vacancies are Webmaster, Equipment Coordinator and Email Coordinator. Kim, Social Coordinator will be looking at the upcoming year to plan the Water Volleyball Club's social calendar for 2020.

The Water Volleyball Club hosted the second "Some Like It Hot" tournament for

Blue Ball competitive players. Four teams comprised of competitive players from Levels 4, 5 and 6 competed for three nights with referees, scorekeepers and poolside fans. On the final night of the tournament, teams were ranked first to fourth to determine the overall winner. After a brutal battle, Water Monsters emerged as the winner of the "Some Like it Hot" tournament. Blue Ball Competitive players are looking forward to the next "Some Like It Hot" tournament. Thanks to the volunteer referees, scorekeepers, captains and tournament coordinators. Rumor has it players also greatly appreciated the support of the Club sideline cheerleaders.

Linda, Recreational Coordinator, shared positive feedback regarding Tuesday night "Skills and Drills" training facilitated by David. The format for this player development opportunity is skill training followed by repetitive practice. The demonstrated benefits of the "Skills and Drills" training was described as potentially beneficial to any Blue Ball players who are interested in improving their skills with the Red Ball. Per discussion during the Steering Committee Meeting on November 12th, the "Skills and Drills" training will be open to Blue Ball players. It is important to note, this training is specific to skill development; attendees in the training do not participate in game play.

Finally, November has been set aside for the Water Volleyball Club's election of Steering Committee members. The Club's Website will list the candidates seeking member approval

(cont' on page 26)

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Diamond Club
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Water Volleyball Club

(cont' from page 25)

for vacant Steering Committee positions. Club members are directed to vote for candidates from November 15th through November 30th. This is an important Club member responsibility --- voting is done on the website and is anonymous. In addition to the advertising the slate of prospective candidates, the Steering Committee has included a Member Survey to solicit important information to guide the Steering Committee for the 2020 year. E-mail: sclhwatervolleyball@gmail.com. Website: www.lhwatervolleyball.com

Table Tennis

BY DENNIS ZARO

Most of our play days for December are cancelled. However, we are allowed play on the following dates: Fridays, Dec. 20 and 27, and Sunday Dec. 29.

In January, 2020, we resume our usual schedule. We play doubles in the Multipurpose Room (KS). Play times are Sundays, 9:00 AM at KS to closing except the first Sunday of the month when



Carol and Sandy with their creative table decor.



All smiles at the Hawaiian Themed Luau.

play starts at 12:30 PM, Tuesdays, 6:00 to 9:00 PM, and Fridays, 8:00 to 11:00 AM. All skill levels are accommodated at five tables. All are welcome. Just remember to wear tennis or soft soled shoes. One of our high skill players,

Tim Frank, very generously gives free lessons. His contributions are very much appreciated. He has provided helpful tips to many of us to assist in improving our game.

Tennis Group

BY LINDA BURKE

We have a full group of nominees for next years Board of Directors. They will be announced at the General Membership Meeting in December. I'm very excited – they are all new blood and have some great ideas to keep you entertained next year!

The LHTG Social Luau was held in October with over 80 attendees to eat, drink and dance. So fun to see all the bright colored Hawaiian shirts. This was a potluck with some very delicious plates, the club supplied Pulled Pork sandwiches and DJ Tom kept us dancing.

Social drop-ins continue on Wednesday & Saturday with the winter time change from 9-11am. 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.

Mad Hatters Bocce Group

BY PAUL MAC GARVEY

Merry Christmas, and it's not too late to get in on the Holiday Cheer! If you are reading this before December 12th and would like to join us for our Christmas Party at the Buffet at Thunder Valley please let us know immediately and we can add your name to our list. We will be going to the casino for our get together on Thursday morning, December 12, at noon, immediately after our usual 10:00 AM play session. The cost per individual will be \$14.49 which includes tax, gratuity and the senior discount. That's a pretty good deal. We



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have booked space for thirty five people but there is no real limit on how many people we can have as long as we know ahead of time.

We had occasion to meet Roberta and Joe Geraci in mid November and are delighted to report that Roberta has made great progress in her recovery. Hopefully we will be able to get her out on the Bocce courts again. In the meantime we have encouraged her to take up bird watching.

Our switch to our ten o'clock start time went smoothly and we are still using five or six courts every Thursday.

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

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Pickleball

BY MICHAEL GARDNER

Christmas is in the air on and off the courts.

On the courts, we wrapped up our traditional campaign to deliver gifts children of deployed troops at Beale Air Force Base and Sheridan Elementary School students.

We also will celebrate with our annual holiday gala December 11th.

Is your resolution to play? Free introduction lessons are offered most Wednesdays at 1 PM.

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

We just elected new officers who will take over in the New Year. They are: Rein Lemberg, vice-president; Rita Weighall, secretary; Molly

Morris, publicity; and Steve Schaumleffel, member-at-large.

They join hold-overs Craig Fraser, president, Emily Madrid and Bonnie Robbins, co-social chairs; Didi Martin and Lynn Fraser, co-tournament chairs; Gary Filzetti, treasurer; and Karyl Freeman, publicity.

• • •

Lincsters

BY SUSAN PHARIS

The Lincsters, in conjunction with the Women's XVIII Golf Group, hosted the annual breast cancer tournament, Taking a Swing at Breast Cancer, on October 23. The event was chaired by Ingela Butters; Jan Varin was the Financial Chair. The event raised over \$17,108 which was presented to Placer Breast Cancer Foundation. There were 123 players playing both the front and the back nine of the golf course. Following play the ladies gathered in the golf course tent for a delicious tri-tip and chicken luncheon catered by Code 3 Catering Company.

On Wednesday, October 30, the Lincsters held their Halloween Hocus-Pocus Tournament. This event consisted of a costume judging contest, a luncheon, and an amusing golf game on the back nine of the Hills. This event is always well supported and enjoyed by all who participate.

Other play dates consisted of rounds on the back nine of the Orchard: Wednesday, October 9 and Wednesday November 11. On October 9, the winners were: Nancy McDonald and Linda Salmon, flight one;

Sandra Braa, flight 2; Barbara Parsons and Suzanne Lundberg, flight 3; Judy Josse and Sheryl Yost, flight 4. The winners on November 6 were: Michelle Carson, flight 1; Jeannine Wuschnig, flight 2; Georgia Shipley, flight 3; Carol Sexton, flight 4.

The Lincsters welcomed two new members in October: Carol Hofmeister and Sue Worrell.

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Ladies Golf—18 Holers

BY CANDICE KOROPP

Witchy Women took the tee in a Shamble format on the Hills for a Halloween Brew Ha Ha. The winning team of Ida Cicci, Judy Dong, Donna Sanderson and Maureen Senn, was set for tee off, when Ida Cicci remarked she had been playing terribly. In a stir of the witches brew, guess what? Sanderson hit the long ball. Then, Cicci hits her ball 30 feet past the red flag, above the hole on the top tier, and putts the ball in for a birdie, setting the tone for the round.

They won by a stroke (of luck?). Second place went to the team of Diana Lilienthal, Carol McCann, Kathi McCoy and Carol Tilley; and third was awarded to Barbara Grant, Judy Habecker, Joyce Hulst and Shari Loyd after they lost the tiebreaker. Fourth place belonged to Reta Blanchard, Nancy Gadsby,

Pat McNiff and Ofra Unger. There were also three birdies on Hole Seven by Grant, Hulst and Mikie Briggs. Many players gathered afterward in the Sports Bar for lunch and drinks to hear Captain McElroy deem "best costume" was worn by Patti Tilton with Karen Thom, a close second.

During the first week in November, our club held the playoff for the NetChix of-the-year. As monthly winners qualified, twelve ladies with handicaps ranging from the teens to the mid-thirties, vied for chance to win.



Patti Tilton, winner, with runner-up, Karen Thom, showing off their prize brew.

The top three finishers all scored nets under par. But it was Judy Dong, who peaked at the right time with a super round of 93, for a net 64, who took top honors. The second place finisher was Patti Tilton, three strokes away,

(cont' on page 29)



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Thoughts From Jack—

Life in this World is Amazing

BY JACK FABIAN

Twenty years ago when my wife and I decided to retire in the beige-colored world of Lincoln Hills, one of our new neighbors insisted I play golf with him. When I informed him I had never played golf, he insisted we go to the driving range where he could help me learn to swing the club.

I'll tell you how little I knew about golf. I thought a driving range would be a kitchen stove with a steering wheel on it. But, he hauled me up there and taught me how to swing that club. I don't like to brag, but I got pretty good at hittin' that thing.

Well, he saw the talent and escorted me out to the first hole on the course. There, he put the ball on a tee and said, " You see that flag up there? You hit the ball straight at that flag." So I slammed the ball at that flag, and I was sure it made it up there and I was sure I landed close.

We jumped in his cart and went up there, and there was my ball, about 1 inch from the cup. Since I knew nothing about golf, I said, "What am I supposed to do now?" He told me the objective of this game was to get the ball in the hole. I said, " Why didn't you tell me that at the beginning?"

Ya' know, when you live in a senior community like we do, all kinds of things happen. A few days ago, the landscape committee sent me a letter informing me I didn't have enough bark in my yard. I went

out yesterday and got three more dogs. I'm sure this will be a sound solution.

Was in a bar in Grass Valley last week, a wonderful ol' place for a bourbon on the rocks. The bartender was a young lady and she was greeted by this very inebriated guy who walked up to her and asked, "Do lemons have feathers?" She said she didn't think so and his reply was, "I think I just squeezed your canary in my drink!"

While we're on an alcoholic topic, my doctor mentioned, since I'm getting older, to have a bar installed in my shower. Now there's a pocket cut out in the shower wall, big enough to hold the gin and vermouth for a martini.

In closing, you should know I told my wife that I wanted to be cremated. She made an appointment for me next Tuesday.

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.

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Ladies Golf—18 Holers

(cont' from page 27)

while third went to Judy Emge and fourth to Sandy Tamanti. In the Follow-the-Field tournament, nineteen of us were divided into three flights and Kathi McCoy and Millie Sams had the two best first place totals with 71. Peggy Carr led flight two with 74. There was quite a stir on Hole Seven (Orchard), as Aileen Martinez's tee shot fell to the bottom of the cup, in dramatic fashion. The ball landed right of the pin and took the slope rolling left to the red flag. She felt it was in the numbers. It was the seventh day, on the seventh hole and she used a seven iron. It is that easy. Another awesome highlight unfolded on Hole 11, the CTP hole. Donna Sanderson hit her tee shot left of the pin and it rolled toward the blue flag in back of the bunker to within two feet of the cup. She tapped in for a her 14th birdie this year. Dee Arts added to the birdies with one on nine, Edda Ashe had one on 11, Suzanne Hutchinson on four, Candy Koropp on 12, Rosie Warren contributed one on 13 and 16.

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Men's Golf

BY DOUG HINCHEY

It's with much appreciation we recognize termed out and retiring Men's Club Board members. Rodger Oswald has been President 4 of the last 5 years. Rodger showed great leadership and was instrumental in the Men's Club getting the display cabinet outside the Proshop. Bob Emge came back for 2 years

when we needed a secretary, he takes copious notes at all meetings. Gene Andrews has served the Board in 3 positions, the last 2 years as the conscientious Tournament Chairman. Tom Traxel is always on top of Membership and previously as Sponsor Chair. George Porzio works diligently with the Meridians and outside caterers for our good food lunch meetings. All these men served at least 4 years! For 2020 we welcome to the Board, Mike Munro, Bob Schoenherr, Bruce Lyau, Rob Davies, Jack Dillon, Dudley Lewis and new to the mens club, Jim McGeough. The 2020 Board will be; Brian Wanzer - President, Roger Cummings - Vice President, Jim McGeough - Secretary, Phil Steinbock with Bruce Lyau will serve as Treasurer Chairs. Mike Munro will be our Tournament Chair, Bob Schoenherr - Membership Chair, Pete Saco - Sponsors Chair, Steve Beede and Jesse Reuter - CVS (Central Valley Seniors) Chairs, Rob Davies - Handicap Chair, Roger Val with Dudley Lewis will be Rules Chairs, Jack Dillon - Social Chair, and Doug Hinchey - Communications Chair. Al Soares will stay in the important webmaster position for 2020. Thank this great group of men when you see them for serving past and present on the Men's Golf Club Board of Lincoln Hills! Website: mgclh.club

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LH Billiards Group

BY STEVE FOWLER

The Lincoln Hills Billiards Group (LHBG) offers tournaments to all Sun City Lincoln Hills Residents for beginners, intermediate, and advanced players. Please join us in the fun and make new friends. The Billiards Group offers free lessons to residents at Kilaga Springs Lodge on Tuesdays 9:00 to 10:00 AM for new and returning players. You

do not need anything to play, just show up and see what we have to offer. Remember it's free.

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

(cont' on page 30)



Tom Thornton, Bill Mayo, Bob Moze, and Ziggy Brien. Bill took first place with ten wins, and Tom, Bob and Ziggy tied for second place with 7 wins each in the CueMasters 9 Ball Tournament 11-13-2019. Congratulations to our winners!



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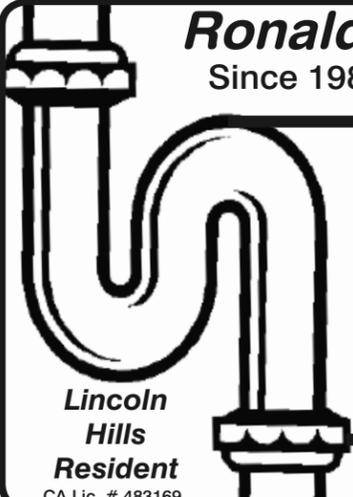


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Lincoln Hills November Sales Snapshot

Address	Street	Sq Ft.	Price	Model
937	Gold Nugget	1322	\$435,500	Bridgegate
2115	Stonecrest	1449	\$468,000	Almanor
227	Bloomfield	1473	\$445,000	Almanor
1133	Barnswood	1515	\$459,000	Pine Hill
1855	Crocker	1515	\$475,000	Pine Hill
2054	Stonecrest	1515	\$493,000	Pine Hill
141	Coach Light	1549	\$435,000	Alpine
205	Farallon	1549	\$499,000	Alpine
511	Silverwood	1674	\$470,000	Trinity
405	Lilypond	1728	\$500,000	Echo Ridge
103	Azeo	1741	\$452,000	Coronado
986	Wagon Wheel	1782	\$470,000	Santa Cruz
2634	Warbler	1836	\$558,000	Plumas
1200	Freschi	1854	\$555,000	Plumas
1773	Gingersnap	1886	\$525,000	Fremont
490	Lilypond	1910	\$626,000	Fremont/view
2343	Blue Heron	1949	\$579,000	El Dorado
307	Prunella	1967	\$585,000	El Dorado/casita
170	Whitehall	1967	\$535,000	El Dorado
1898	Grand Pheasant	2022	\$629,000	Santa Cruz/enlarged
1566	Summerhill	2090	\$670,900	Tahoe/**
1416	Rose Bouquet	2187	\$555,000	Fremont/casita
104	Deep Springs	2240	\$865,000	Napa
1242	Longhorn	2264	\$810,000	Napa
1731	Maple Grove	2349	\$649,900	Annadel
1228	Secret Lake	2373	\$799,000	Monterey/**
1235	Stone Hearth	2536	\$645,000	Tiburon
106	Snapdragon	2831	\$879,000	Sonoma/**
1341	Lasso Lake	2832	\$885,000	Sonoma/**

Per Sacramento mls reported sales 11/1/19 - 11/30/19

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LH Billiards Group

(cont' from page 29)

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.

Billiards Group Schedule - Recommended Playing Levels

All tournaments and training are held at the Kilaga Springs Billiards Room.

Level: Beginners

Rookies Tournament – Monday 10:00 AM to 12:30 PM. Straight 8 ball (singles)/8 Ball 1/15 (singles) .

Mentoring – Tuesday- 9 AM-10 AM. Learn how to play pool. .

Level: Novice - Intermediate Players

Breakers –Saturday- 8 Ball. 10:00 AM to 10:15 AM check-in. Play from 10:15 AM to 12:30 PM.

Ladies– Tuesday- 8 Ball (1/15) 12:30 PM- 3:00 PM. 12:30 PM to 12:45 PM check-in. Play starts promptly at 12:45 PM.

Co-Ed -Wednesday-8 Ball. 4:15-6:30 PM. Beginner to Intermediate.

Upstarts – Thursday-11:30 AM -2 PM. 8 Ball (intermediate).

Players - Thursday 8 Ball. 2:15-4:30 PM for intermediate to advance players.

Challengers-Friday 8 Ball (1/15) 9:30- until 12 Noon. Intermediate to advanced players.

Level: Advance Players

Rack-N-Roll Group –Monday 2:30 to 5:30 PM. Straight 8 Ball or 8 Ball with 1 and 15. Generally, if there more than 16 players the game will be straight 8-Ball.

Cue-Masters: Wednesday- 12:45 PM Sign in with a start time of 1 PM. Meets 1st Wednesday for 8 Ball Singles, meets 2nd Wednesday for 9 Ball Singles, Meets 3rd Wednesday for Doubles 8 Ball alternate shots. Recommended for Intermediate to Advanced Players.

Co-Ed, Upstarts, Breakers, Players, Challengers, Rookies and Ladies Tournaments are free. The Cue-Masters and Rack-N-Roll tournaments require an entry fee of \$2 to play that day. All monies collected are paid out as prizes.

Tuesday Sun Seniors Bowling League

BY JOHN VOGELI

The first quarter has come to a close. On October 22nd there was a roll-off with the two top teams competing against each other and they were “Hot Pockets” (Linda Zierman, Pat Fisk, Robert Smith, Dave Fisk) vs “Alley Gators”(Michael Moyer, Bob King, Jim Helton, Debra Scott). After three games there was a tie so there was a 9th and 10th frame roll-off. After some very nice pressure bowling the “Alley Gators” came out on top by a total of 2 pins. Congratulations to the “Alley Gators” and there will three more chances for the “Hot Pockets” to make the finals in May. As of this article we are into our third week of the second quarter. At this time “E Z Duz It” (Bernie Pratt, Patrick Heredia, Pete Farrar, Owen Brosh) are leading the way. They are closely pursued by the “Terrible 2’s” (Joe Ortiz, Vonda Ortiz, Karol Rich, Dennis Cirrone) with last seasons defending Champ “Shuda Been” (John Cho, Donna Gianunzio, Jeff Mattimoe, Dave Harriman) close behind. “Alley Oops!” (Rich Connell, Pam Kempker, Mike Johanik, Doug Tran) and “Pin Pals” (Claudia Dehart, Rumiko Asbell, Russ Asbell, Bob Zielinski) are on the heels of “Shuda Been”. This second quarter should be pretty competitive and interesting. On October 29th we had our Halloween-Split-O-Rama with \$20 gift cards for See’s candy as the reward for making your split at the end of the day. We had two gift cards and the winners were Rich Connell of “Alley Oops!” and Bill Taylor of “The Dawgs”. Congratulations guys. We’ll have another “Split-O-Rama for Thanksgiving, good luck to all.

As of this writing the Mens high ave is Dave Harriman with a 223, and the Ladies are led by Donna Gianunzio with a 169. The Mens most improved ave is Robert Smith with a jump of 17 pins from 157 to 174 and Linda Buechner of the Ladies has improved her ave by 13 pins from 141 to 154. Mens High scratch series is Dave Harriman of “Shuda Been” while the Womens high scratch series has two bowlers at the top, Claudia Dehart of “Pin Pals” and Linda Buecher of “Good Times” Mens high scratch game is Richard Armentrout with a 290, and Womens high scratch game is Wendy Green with a 238. In the team High scratch series “Shuda Been” leads the way with a 2358 series and Team scratch game belongs to “We Don’t Care” (Jim Gothier, Richard Armentrout, CJ Johnson, PK Lewis) with an 866 game.

Remember if you or someone you know would like to join a team or form a team you can contact Stacy Pudge at Strikes Unlimited in Rocklin @ 916- 626- 6361. You may also contact our league secretary Linda Zierman at 916-408-2397 or lzierman@sbcglobal.net for more info. Keep after that dirty ole “10” pin and watch them splits.

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(more Club News cont' on page 31)

Thursday Sun Senior AM Bowling League

BY RUSS ASBELL

We had a tremendous first quarter of bowling, with a full house of thirty teams. We have a lot of returnees with a mix of new people. Would especially like to welcome back Lyman Olney who has had to overcome some obstacles to return to bowling. Welcome everyone, our goal is to bowl to the best of our ability and to have fun.

The first quarter champions are Montie's Marauders; Montie Boatwright, Jan Boatwright, Connie Stephens and Dale Stephens, who defeated the King pins; Cliff Harada, Carly Cassini, Randy English and Dennis Cirrone in a hard fought battle. Great bowling by all.

Bowlers with the most improved averages are Glenn Priaro with a 16.75 gain in the men's and Carly Cassini with a 10.96 pin gain in the women's.

Season League High Scores: Team Scratch Series, Holy Crap, 2404. Team Scratch Game, Misfits, 784. Team Handicap Series, The Dawgs, 2854. Team Handicap Game Spare Me, 1022.

Men's Division: Scratch Series Dave Harriman, 715. Scratch Game Ron Basnett, 279. Handicap Series Bansen Elkins, 783. Handicap Series Chuck Leming, 312.

Women's Division: Scratch Series, Sharon Pfeiffer, 608. Scratch Game, Helen Rodante, 243. Handicap Series, Carol Torno, 768. Handicap Game, Michelle Elkins, 271.

Please consult the statistical sheet provided to each team, or log on the League Secretary for your weekly lane assignments, team/individual standings and other pertinent information concerning the League Schedule. Anyone wishing to join our league please contact Carol Torno 916 757 1921 or one of the other league officers.

We will be having our Thanksgiving Turkey Shoot on 21 November. There will be no bowling on 28 November Thanksgiving week. Bowling will resume on 5 December

Did you know:

USBC RULE 18: Bowling ball altering the surface.

While bowling in USBC or LEAGUE play, a bowling ball cannot:

- a. Have the surface altered by use of an abrasive.
- b. Be cleaned with any liquid substance or cleaning agent.
- c. Have any foreign material on it, including, but not limited to powder, rosin, marker or paint.

** All bowling balls so altered or cleaned must be removed from competition.

Note: Should a foreign substance appear on the outer surface of a bowling ball which cannot be removed by a dry towel, an approved cleaner maybe used with the consent from a league or tournament officer.

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Cribbage Club

BY DON LLOYD

The Sun City Cribbage Club plays Tuesdays from 8:00 AM until 12:00 PM at the Card Room in Orchard Creek Lodge. After beginning with an hour of preliminary games, the six game mini -tournament starts at 9:00 AM. We play four handed partner games using a rotation system . Every game you end up with a new partner. Each player keeps track of his or her own score.

Our October weekly winners were: Mel Switzer, week one; Brian Yates, week two; Eleanor Jones, week three; Dan Quick, week four and Don Lloyd, week five.

New players are always welcome!

Contact: Don Lloyd, 916-884-4554

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Social Bridge

BY JODI DEELEY

Our October Dinner Party was featured as a "Harvest Festival" because it was on the 18th and not close to "Halloween" which is the date we usually celebrate. Our club has a once-a-year get-together and was enjoyed by at least 60 members. At that time we voted for the new officers that represent the Social Bridge Club.

The month of October had many winners. Starting on the 4th, C.C. Bullich won First place followed by Phil Sanderson, Bob Fawcett, and Mark Green. In Second place Alan Haselwood won the honors and also had a 7-heart Grand Slam with his wife, Joanna.

Also in Second place, Pat Mullins tied with Alan. Linda Scott, Bob Free, and Joanna Haselwood won Second place in the following weeks. In Third place Joanna Haselwood (won twice), Pat Mullins, and Harry Collings also won. In Fourth place Jay Southard won three times and our newcomer, George Hubbard, was a winner too.

Social Bridge meets in the Sierra Room (KS) on Friday afternoons starting at 12:15 for check-ins. For November and December 2019, please reserve your space by calling Jodi Deeley at 916-208-4086 (jodideeley2@gmail.com) or Jaylene Gerdes at 916-871-8582 (jaylenebird@yahoo.com). We have a Single's rotation so you don't need a partner.

For free refresher bridge lessons, join us on Wednesday in the Card Room (OC) at 8:30 (beginners) and 10:00 (intermediates).

Call our President, Pat Mullins, at 408-202-1865 (pam7nt@gmail.com) if you have any other questions.

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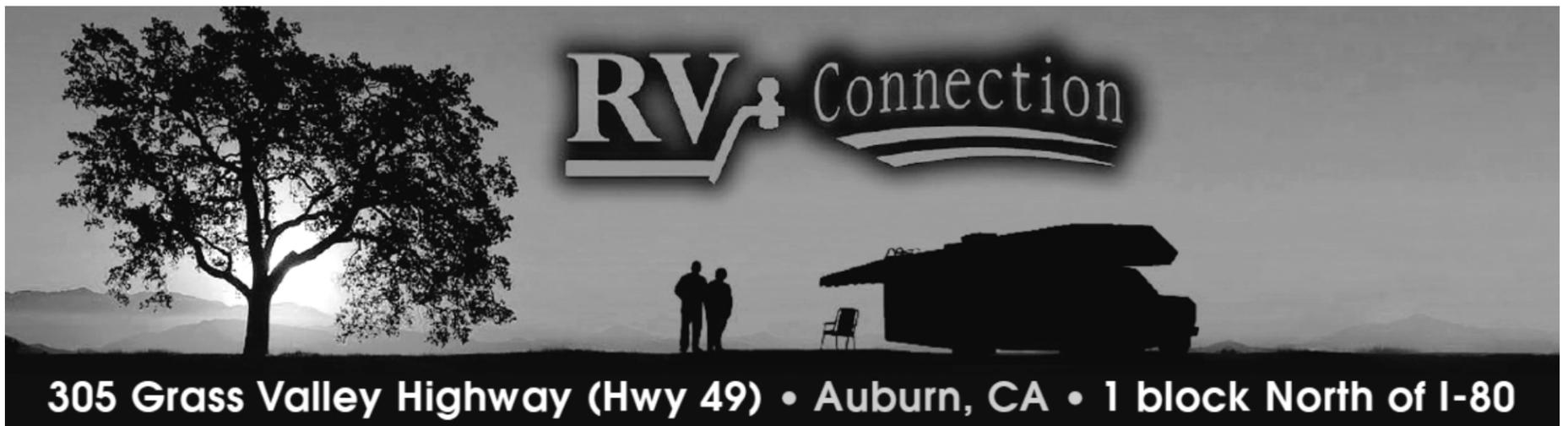
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Neighborhood Watch

BY KATHY GIRE

How did this year go so fast? It is time for holiday events and getting together with family and friends and shopping, shopping, shopping! Remember to be cautious when walking to your cars to put in gifts and be sure to lock your cars.

Alerts! —

Someone stole items from a car in the 200 block of Swainson Lane on October 6 in Village 36. Another resident in Village 21 discovered that someone had made attempts to enter a home through windows and doors.

A resident from here in Village 24C was helping at a birthday party in Sacramento and she put her purse on the sidewalk. Some unknown person stole the purse but it doesn't end there. When the resident returned in the 1700 block on Grand Pheasant Lane at 8:00 PM, she learned that someone had ransacked her home. Loss was jewelry and other items. The police responded for this.

A Hit and Run accident occurred on Fallen Leaf Lane on Village 26B on October 16. There was extensive damage to a parked vehicle, and someone saw a light gray SUV leaving the scene. On November 1 the suspect was located in Lincoln, and the police have spoken to the owner who admitted to the involvement. The vehicle was located by an alert resident who had read about our alert.

Early on October 17, someone entered a resident's vehicle that was parked in a driveway in the 1700 block of Crocker Lane in Village 40. The thief ransacked the vehicle and then used the garage door opener to enter. The residents' other car was in there along with his wife's purse and keys. Then the suspect stole that vehicle, but it was equipped with an "On-Star" tracking device. The Sheriff told the resident that the subject had fled when they saw the police coming. So far the intruder has not been apprehended.

A car burglary occurred in Village 22A on Winding Way in the early morning on November 4. Two vehicles were parked in the driveway but only one was locked. The unlocked car was pilfered and two gift cards went missing.

In early November at 11:00 PM, an armed

robbery occurred at the ATM in the Sterling Point Center near Raley's. The victim reported that after completing an ATM transaction she was confronted at gunpoint by a man who ordered her to get more money from the ATM. He took the money and the woman's phone and ran away on foot. The phone was recovered later.

The suspect was a black male adult wearing dark pants and a dark hooded sweatshirt. A red bandana covered most of his face and he had a silver hand gun. (The Lincoln Police Facebook page has pictures of the suspect during the robbery.)

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

Village 15 Social —

Village 15 celebrated its 18th annual Fall Social recently. Ben and Kay Newton are very much involved in this event, and Ben believes that their village is successful and "totally dependent" on the Mail Box Captains.

The village gives thanks to Rich and Glenda for the site and three canopy covers and some photos. Another guest was a Village Coordinator who took the position on with a 7 mail station vacancy! Also Village 15 had two new Mail Box Captains (Rosemary Bryan and Diane Quintarelli) this year.

Ben is considering extending the time of the event to an extra hour since everyone was "going strong" at just one hour. Kay discovered her high school counselor living here since 2001! You never know where you will find a friend!

Village 4 Social —

Sun City Village 4 held its Fall Social event recently. It was attended by 85 neighbors! This was a special social because the residents were paying tribute to Paula Payne, June Mastor, and Claire Luke for their work in the village.

Paula has been a Coordinator since the village homes were built 15 years ago. She



always kept the village active and welcoming for new residents. June Mastor was a Mail Box Captain for many years, and Claire Luke has been writing and publishing the village newsletter every month for the last 15 years.

This village does a backpack/school supply drive early in August. This group has filled and given hundreds of backpacks to local low-income students over the years.

At this recent social the village set up was a Christmas Giving Tree. The tree is decorated with tag "ornaments;" each tag has a name and either a toy wish or a jacket size of a child from the same schools as the backpacks go.

This year the village will be giving a toy and jacket to each student at the Early Head Start School and the regular Head Start Preschool. Both are here in Lincoln. They will also give a new jacket to each student at Sheridan School.

New Officers and Directors for Neighborhood Watch —

At our November 2 Annual Meeting and Breakfast event in Kilaga Springs Lodge, Bonnie Smedberg was nominated and elected new Director. Denise Hexom and Teresa Tanin were nominated and elected for their second two-year term. On Thursday, November 7, Executive Director Linda Minor announced the recently elected officers for 2020.

Here are the new and continuing officers: Linda Minor - Executive Director, Barbara Branch - Assistant Executive Director, Renee Plummer - Secretary, Denise Hexom - Treasurer, Patricia Hammer - Director, Susan Ishimaru - Director, Suzanne Rosevold - Director, Bonnie Smedberg - Director, Teresa Tanin - Director.

If you are interested in joining Neighborhood Watch, please contact Linda Minor at 707 235-0778 or Renee Plummer at 559 940-5576.

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

As always, thanks to our wonderful volunteers!

Our Neighborhood Watch General Board meeting open to all residents will be held on Friday, January 24 from 1:00 - 3:00 PM in Orchard Creek, Fine Arts Room.

We wish Happy Holidays to all our Lincoln Hills neighbors and wish them a wonderful 2020!



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Out & About in Lincoln...

BY RICHARD PEARL

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.

All of December and going forward. Wine and Craft Beer lovers, remember that there are numerous local adult beverage locations within 30 minutes of Lincoln. See www.placerwine.com for information about the 19 wineries in Placer County. See Placer County Wine and Ale Trail for info on the eleven craft beer establishments.

All of December. Take the “Shop Downtown Lincoln Pledge” and plan to make at least one holiday purchase from your local stores. The number and variety of the shops improves every year and you’ll find many unique gifts the Mall stores don’t carry. When you’re finished shopping, grab lunch or dinner. Lots of fun and no parking hassles.

Major Upcoming Events —

Feb 21st thru March 8th – Lincoln Theatre Company Choristers will stage “Little Women – the Musical.” Tickets are available at: www.lincolntheatrecorpany.org or 1.916.409.7030. All seats are reserved and priced at \$15.50 and \$17.50.

March 7th (Saturday) Chocolate Ball – Who doesn’t love chocolate? This is the fifth year for this semi-to-full formal attire dinner dance hosted by the Lincoln Downtown Association. Location: our Orchard Creek Ballroom. The event includes a no-host bar, chocolate-themed appetizers, plus a three-course special dinner...and dancing. 6:00 PM through 11:00 PM. Tickets (\$85 per person) are on sale December through February, but there’s limited seating and the tickets are guaranteed to sell out quickly, so contact downtownlincolnevents2019@gmail.com ASAP.

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

Lincoln Veterans Memorial Site

On Monday, November 11th, 2019 the Lincoln Veterans Memorial Coalition teamed with the American Legion Post 264 and the Veterans of Foreign Wars Post 3010 in a Veteran’s Day celebration. The event was held at McBean Park at the site of the Lincoln Veterans Memorial.



During the event the finished Medallion Center piece, made by Gladding McBean, for the monument was on display for the first time that will go in the Veterans Memorial Site.

Monument plaques are open to all Veterans, Honorably Discharged, Active Duty, Reserve and Mia/Kia from the Army, Marines, Navy, Air Force and Coast Guard. Merchant Marines that served in World War II are also able to buy plaques. To purchase plaques for the Lincoln Veterans Memorial Monument, go to: <http://www.LincolnVeteransMemorial.org>

Christmas Book Sale!

BY JO JONES

The December Book Sale at the Twelve Bridges Lincoln Public Library scheduled for Saturday December 7 features more than just books. There are both CDs and DVDs to brighten the season as well as some jigsaw puzzles.



“This truly is a sale you don’t want to miss,” states Sharon Gorley, book sale chair for the Friends of the Lincoln Library, sale sponsor.

From the beautiful art books great for coffee table display to the many cookbooks with tasty dishes for holiday parties. One can find something for everyone on their Christmas Giving list with great books for both children and adults. 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.

Doors open from 11 am to 3 pm, one day only...Saturday December 7.

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BULLETIN BOARD

DECEMBER / JANUARY

Glaucoma Support Group

Happy Holidays from the Glaucoma Support Group. Our December Meeting will be our Annual Luncheon. We will meet at the Kilaga Springs Kitchen area to share potluck dishes. The Luncheon begins at Noon on December 11. All members need to make a reservation with Bonnie Dale at 543-2133 or Bjdale@aol.com

See you there!

Multiple Sclerosis Group

The Multiple Sclerosis Holiday Luncheon is planned for Thursday, December 5, and is Sold Out.

Hopefully, you've made your reservation with Chairperson, Laura Ludwig.

This luncheon is in lieu of our December 10, Regular 2nd Tuesday Meeting, held at Kilaga Springs Lodge, Sierra Room.

So please do not Show Up at Kilaga looking for us on the 10th!

Questions about Multiple Sclerosis call or Text Jeri Di Fiore, 530 401-2135.

Village 33 Luminaries

Village 33 invites you to come and see our 16th Annual Christmas Eve Dazzling Display of over 2,000 Luminaries. The luminaries will be lighted at dusk on December 24.

Happy Holidays from Village 33.

Directions: Village 33 is located off Spring Valley Parkway between Elmhurst and Garganey.

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 holiday luncheon on Tuesday, December 17 at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. A three course gourmet lunch (prime rib/salmon) costs \$20pp. Arrive at 11:30 AM; luncheon adjourns at 1:30 PM. Entertainment by Lincoln High School chorus. 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.

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 Tuesday 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, Cchoge2000@yahoo.com or 916-408-5334.

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Jack Sr. and Jack Jr.

(cont' from page 1)

space division. During this time, his adopted daughter was born. After a time in Sunnyvale, Lockheed moved Jack Sr. to Burbank for a few years. Moving back to the Bay Area, Jack Sr. then went on to have a varied career as a lawyer employed in such positions as General Counsel for Republic Corporation (motion pictures), Senior Attorney for Fairchild Cameron Instruments Company, General Counsel for National Semiconductor, and a lawyer for TymShare. At one point, he was able to encourage Jack Jr. to also work at TymShare. Launching out on his own, Jack Sr.



Jack Sr. and Jack Jr.

Photo by Jeff Andersen



Like Father, Like Son... The Tradition Continues —1976.

opened his own legal practice in Los Gatos and kept it for a decade before moving to Lincoln Hills in 2000.

While working at various jobs and living in California, Jack Sr. also helped to raise his son and daughter. Divorced, he met Harriet, who was also divorced and with children, while playing tennis. They met in 1978 and were married in November. They have just celebrated their forty-first anniversary. Combined, Jack Sr. and his wife have five children between them and seven grandchildren.

Harriet grew up in Southern California in Monrovia. She moved to the Bay Area to attend San Jose State, a school she had favored because it was not close to home and it also had a reputation at the time of being a "fun school." After Harriet prepared to be a teacher, she realized during student teaching

that she really didn't like the profession. She redirected and worked for IBM in San Jose and San Francisco from 1958 to 1995, only taking off a few years to raise her two children. She worked in sales and marketing.

Jack Jr. and his wife, Ingela, also had connections with San Jose State. After his birth in Kansas City and time spent as a young child in Washington, D. C., he lived in Sunnyvale and graduated from Fremont High School. While attending San Jose State, he qualified for the honor roll. At a banquet for the honor students, he met his wife, Ingela. Ingela had grown up in Los Gatos with an American father and Swedish mother. While in Los Gatos, she had worked at a hardware store and had a regular customer named Jack Orlove, Sr. While at the student honor's banquet Jack Jr. and Ingela happened to be seated across from each other at the table and Ingela recognized

Jack's name. The name recognition gave Jack Jr. and Ingela an instant camaraderie and the couple started dating. They have now been married for thirty-four years and have two grown children.

Before he attended college, Jack Jr. spent some time in the Navy like his father. One of the best moments of the father-son shared life experiences is when Jack Sr., a Lieutenant Commander, was able to swear in his seventeen-year-old son into the Navy. Jack Jr. served for six years and his home base of operation was Moffett Field.

After Jack Jr. finished his stint in the Navy and his degree at San Jose State, he worked for several different computer industry companies such as Digital Equipment Corporation and TymShare. Along the way, he picked up an MBA from Nova University. Jack Jr. and Ingela decided to have some overseas adventures, so he became a military contractor with the Department of Defense (DOD) and they moved to Germany where they spent four years and Ingela gave birth to their first child.

Jack Jr. and Ingela have great memories of annual Christmas treks to Ingela's Swedish family while they and their son lived in Germany. Ingela's mother was Swedish and still had relatives in the country. The Orloves loved the trees decorated with live candles, girls dressed in white for Santa Lucia and special food such as gingerbread cookies called pepparkakor. In Swedish tradition, Tomten is the mythical creature who delivers the gifts on Christmas Eve. Ingela still often gets together with her Swedish relatives.

The next adventure for the young family was a move to Panama for four years. Their daughter was born in Panama and has dual citizenship. While Jack Jr. was busy working for the DOD, Ingela worked at the Army's child development center. Her degree from San Jose State was a BA in Business and she also has a Masters' degree in Education from Nova University.

Returning stateside, the family relocated to Florida. Jack Jr. continued to work for the Department of Defense and spent a tour of duty in Kuwait in 1996. Ingela kept busy starting a technology company related to business continuity planning, an endeavor the couple continues to this day. Realizing their desire to be closer to family and knowing that Jack Sr. and Harriet were relocating to Lincoln, Jack Jr. and Ingela moved to Lincoln in 2000. At

first, they lived on a large property in rural Lincoln and raised their children with horses and other animals and made wine from their small vineyard. In 2017 when the upkeep of the property became burdensome and their children had grown up and moved away, Jack Jr. and Ingela moved to Lincoln Hills in 2017 in a house they had bought in 2008 in anticipation of such a move. Several years earlier, Ingela's father and stepmother had also moved to Lincoln Hills in a house just around the corner. Her stepmother is still there but her father died in March 2019. Their son now lives in San Francisco and is a Cloud Sales Engineer at Google. Their daughter caught the travel bug and was a "digital nomad" for several years but she currently sells art on cruise ships. She has logged forty-five countries on her passport and wants to surpass the eighty countries logged on her father's passport.

All three generations of Orloves love to travel. They are active and love adventure and scuba diving, especially in Cozumel. While the two older generations are at home in Lincoln, they enjoy the variety of outdoor activities. Jack Sr. started the bicycle club in Lincoln, and in the past they have been active in tennis and pickleball. Harriet golfs several times a week and is a member of three different local golf courses. Jack Jr. and Ingela go to the gym regularly, have joined the RV and ski clubs, and enjoy pickleball. One of the other positive aspects of living in Lincoln Hills is the camaraderie of their neighbors and the community. Jack Sr. and Harriet were some of the first to move into Lincoln Hills and their house appropriately is near the entrance to the retirement community and looks out over the golf course.

Jack Sr. and Jack Jr. and their wives are loving family members who bring a new perspective to being close since they have shared schools, names, neighborhoods, the military, travel and active hobbies. International travelers who love adventure, they now enjoy resting near each other and enjoying a lifetime of shared experiences.

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Stop a cold before it starts

More and more people are saying they just don't get colds anymore.

They are using a new device made of pure copper, which scientists say kills cold and flu viruses.

Doug Cornell invented the device in 2012. "I haven't had a single cold since then," he says.

People were skeptical but EPA and university studies demonstrate repeatedly that viruses and bacteria die almost instantly when touched by copper.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about viruses and bacteria, but now we do.

Scientists say the high conductance of copper disrupts the electrical balance in a microbe cell and destroys the cell in seconds.

So some hospitals tried copper touch surfaces like faucets and door-knobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

Colds start after cold viruses get in your nose, so the vast body of research gave Cornell an idea. When he next felt a cold about to start, he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold never got going." It worked again every time.

He asked relatives and friends to try it. They said it worked for them, too, so he patented CopperZap™ and put it on the market.

Now tens of thousands of people have tried it. Nearly 100% of feedback said the copper stops colds if used within 3 hours after the first sign. Even up to 2 days, if they still get the cold it is milder than usual and they feel better.

Users wrote things like, "It stopped my cold right away," and "Is it supposed to work that fast?"

Pat McAllister, age 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works." Now thousands of users have simply stopped getting colds.

People often use CopperZap preventively. Frequent flier Karen Gaudi used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. "Sixteen flights and not a



New research: Copper stops colds if used early.

sniffle!" she exclaimed.

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me last holidays," she said. "The kids had colds going round and round, but not me."

Some users say it also helps with sinuses. Attorney Donna Blight had a 2-day sinus headache. When her CopperZap arrived, she tried it. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

Some users say copper stops nighttime stuffiness if used just before bed. One man said, "Best sleep I've had in years."

Copper can also stop flu if used early and for several days. Lab technicians placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

Dr. Bill Keevil led one of the teams confirming the discovery. He placed millions of disease germs on copper. "They started to die literally as soon as they touched the surface," he said.

People have used it on cold sores and say it can completely prevent outbreaks. You can also rub it gently on wounds, cuts, or lesions to combat infections.

The handle is curved and finely textured to improve contact. It kills germs picked up on fingers and hands to protect you and your family.

Copper even kills deadly germs that have become resistant to antibiotics.

The EPA says copper still works even when tarnished. It kills hundreds of different disease germs so it can prevent serious or even fatal illness.

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- Dan & Carol Larsen, Sun City Lincoln Hills

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Observations Goes to Sea Again — Cruise LLA's and TGHs

BY MARTIN GREEN

As we senior citizens know, the older you get the faster time goes by. I thought the year was just getting started and here we are in December. Worse, it means still another birthday coming up for me, and a big one. More on this (maybe) in future columns but the important thing right now is that I don't believe I've had a full column on LLAs (Life's Little Annoyances) and TGHs (Things Guaranteed to Happen, usually bad) all year. Fortunately, Beverly and I recently chose to go on a cruise and, although I've written favorably about cruising before, cruises also come with a full load of guaranteed LLAs and TGHs, especially for us oldsters. So here goes.

The first LLA occurred even before we got to our ship; on the drive down to San Francisco, we ran into a monumental traffic jam. We'd ordinarily have arrived at around eleven but didn't get to the ship until one. We'd long before requested wheelchairs, but no, no wheelchairs. They finally produced one for Beverly and then, after a wait, for me. An LLA. Then onboard we had to change to another pair of wheelchairs, more delay. Another LLA. We'd long before requested twin-beds when we finally got to our cabin, pardon me, state room, no twin beds. Later that afternoon, when we returned to our room they were in the process of converting to twin beds so we had to go somewhere and kill time. Still another LLA. We got back to our room and, more LLAs,

no bar by the toilet but a high step to get into (and out of) the bathroom. Plus, the cabin door weighed a ton, so it was a major project to go in and out. To cap off this first cruise day, we ventured to go to the night's show, where the cruise director as always told us what a great time we'd have and then introduced a so-called comedian who'd give us a sample of his show. After five minutes of "potty jokes", we left. At least we were fore-warned not to go to the complete show.

I won't go into a day-by-day account of the remainder of the cruise, but the LLAs and TGHs kept coming. As I've written here before more than once, the ship's elevators are a continuing LLA. On land, elevators pretty generally go up and down and you have no trouble getting them. On a cruise ship, the elevators are always going in the wrong direction. If, for example, you're trying to go up from your room to the buffet on the 14th floor (deck), all of the elevators will be going down. If you're trying to go down to the dining room, all of the elevators will be going up. Finally, in desperation, you'll get on any elevator no matter what and hope to eventually get to your destination.

On our second day, we eventually got down to the "internet café" since, our cruise line, unlike some others, we were told, did not provide free WiFi. An LLA. They did allow us a chintzy 150 minutes for the week.

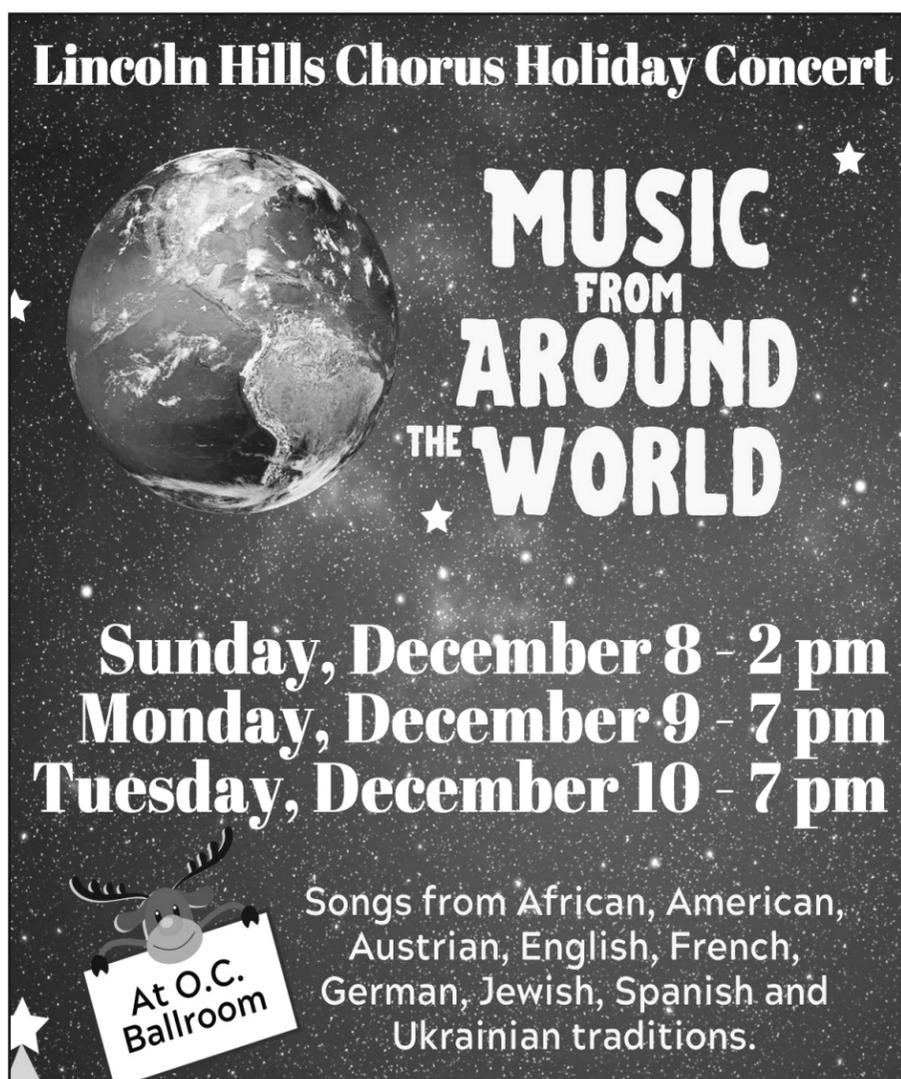
So we had to find a time when the one or two persons available at the internet café to connect your Pad or Phone to the ship's WiFi were there. This, of course, meant a wait when you'd rather be doing something else. Another LLA. What made things even worse is that whoever did Beverly's Pad neglected to tell her how to disconnect it so she lost almost all of her minutes.

Then there was the matter of getting off the ship to go ashore at one of its stops. In our younger days, it didn't matter so much where the ship docked; we'd just walk to wherever we wanted to go. Now that we are hobbling along it is important to know if there's some place close we can get to. At each of our ports, we asked for information at the so-called information desk and nobody knew anything. By this time, I figured this was a TGH. The one time we did venture off the ship, aside from the first stop where we had a tour booked, it was docked in downtown Vancouver. This sounded OK but what nobody told us is that its miles to even walk through the pier building to get outside. About halfway through somebody told us there was nothing too interesting outside, so we turned back to the ship. Another LLA and probably a TGH.

Possibly the worst LLA/TGH came on our last cruise day when we were due to disembark. We were told to report to a certain area by 9 AM to get off in wheelchairs. We dutifully did

so, arriving even before 9, and watched various other passengers being wheeled off while we tried to ask staff when we were getting off and being ignored. Finally, Beverly cornered someone, told him we had to be on a bus, and we were able to get out. Sure enough, we'd missed our bus, but fortunately, we had seats reserved for us on a later bus. If not for Beverly's insistence we'd probably still be on the ship and off on another cruise with more LLAs and TGHs.

If readers get the idea that this cruise was not ideal they would be right. However, Beverly tells me it wasn't all bad; for one thing, she didn't have to cook or clean for a week. We also met some very nice people and everyone was very solicitous of us two hobbling oldsters. So some more cruise observations may be coming up in future columns. Meanwhile, I've fulfilled my intention of doing a full column on LLAs and TGHs. Now on to that fateful birthday. Tune in next month.



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

Songs from African, American, Austrian, English, French, German, Jewish, Spanish and Ukrainian traditions.

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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 28, 2019	\$1,399	\$1,499	\$2,899
	Jan 27, 2020	\$899	\$1,099	\$1,799
	Feb 21, 2020	\$999	\$1,099	\$1,799
	Mar 7, 2020	\$999	\$1,199	\$1,799
	Apr 20, 2020	\$1,099	\$1,199	\$1,999
	Oct 24, 2020	\$1,599	\$1,799	\$2,699
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!		
10 DAY ALASKA From SFO! Princess Star Princess ~ 2600 Passengers	May 23, 2020	\$1,199	\$1,299	\$1,899
	Jun 22, 2020	\$1,299	\$1,399	\$2,099
	Jul 2, 2020	\$1,299	\$1,399	\$2,099
	Aug 11, 2020	\$1,099	\$1,199	\$1,899
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	\$899	\$999	\$1,599
	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	\$711	\$889	\$1,199
	Jan 12, 2020	\$799	\$899	\$1,519
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	\$2,149	\$2,649
Sail round trip from Fort Lauderdale, Florida visiting Half Moon Cay, Bahamas; Grand Turk, Turks & Caicos; Amber Cove, Dominican Republic; Kralendijk, Bonaire; Willemstad, Curacao; Oranjestad, Aruba; Fort Lauderdale, Florida.		INCLUDES Sacramento Airport Shuttle & Round Trip Airfare!		
18 DAY PANAMA CANAL Holland America Rotterdam ~ 1404 Passengers ***SHORT NOTICE LIMITED OFFER!***	Feb 2, 2020	\$1,649	\$1,849	\$3,499
Sail from San Diego, CA to Fort Lauderdale, FL visiting Puerto Vallarta, Mexico; Huatulco, Mexico; Puerto Quetzal, Guatemala; Corinto, Nicaragua; Puerto Caldera (Puntarenas), Costa Rica; Full Transit of the Panama Canal; Willemstad, Curacao; Half Moon Cay, Bahamas; Fort Lauderdale, FL.		INCLUDES SACRAMENTO AIRFARE!		
20 DAY Panama Canal Princess Coral Princess ~ 2000 Passengers	Apr 21, 2020	\$2,399	\$2,599	\$2,999
Sail round trip from Los Angeles, California to Huatulco, Mexico; Puerto Chiapas, Mexico, Puerto Quetzal, Guatemala; Transit the locks of the Panama Canal; Puntarenas, Costa Rica; San Juan del Sur, Nicaragua; Manzanillo, Mexico; Los Angeles, California.		INCLUDES Sacramento Airport Shuttle & Round Trip Airfare!		


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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony
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12 DAY MEDITERRANEAN	Royal Caribbean Jun 25, 2020	\$2,999 \$3,499 \$5,999
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Vision of the Seas ~ 2435 Passengers

INCLUDES SACRAMENTO AIRFARE & AIRPORT SHUTTLE!

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

10 DAY BALTIC/SCANDINAVIA	Holland America Jul 16, 2020	\$2,999 \$3,499 \$3,899
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Zuiderdam ~ 1964 Passengers

INCLUDES SACRAMENTO AIRFARE!

Sail round trip from Copenhagen, Denmark to Tallinn, Estonia; St. Petersburg, Russia (2 Days); Helsinki, Finland; Stockholm, Sweden; Warnemunde (Berlin), Germany; Kiel (Hamberg), Germany; Copenhagen, Denmark.

15 DAY BALTIC/SCANDINAVIA	CUNARD Aug 23, 2020	\$3,699 \$4,299 \$4,699
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Queen Victoria ~ 2061 Passengers

SPECIAL DISTINCTIVE VOYAGE

INCLUDES SACRAMENTO AIRFARE!

Sail round trip from Southampton (London), England to Hamburg, Germany; Copenhagen, Denmark; Visby, Sweden; Tallinn, Estonia; St. Petersburg, Russia (2 Days); Kiel, Germany; Skagen, Denmark; Southampton (London), England.

8 DAY RHINE RIVER	Viking River Cruise Various Dates	\$2,499 \$2,899 \$3,299
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Various Ships ~ 190 Passengers

INCLUDES DAILY EXCURSIONS SACRAMENTO AIRFARE & AIRPORT SHUTTLE!

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

15 DAY GRAND EUROPEAN	Viking River Cruise Various Dates	\$4,399 \$4,899
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Various Ships ~ 190 Passengers

INCLUDES DAILY EXCURSIONS FREE SACRAMENTO AIRFARE & AIRPORT SHUTTLE!

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

21 DAY Australia Boomerang Cruise 1	CUNARD Feb 6, 2021	\$3,999 \$5,099 \$6,099
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Queen Victoria ~ 2061 Passengers

INCLUDES LINCOLN SHUTTLE TO THE SHIP!

Sail from San Francisco, CA to Sydney, Australia visiting Hawaii; Apia, Western Samoa; Suva, Fiji; Tauranga, New Zealand; Auckland, New Zealand; Bay of Islands, New Zealand; Sydney, Australia. This cruise ends in Sydney, Australia on Feb 28, 2021

25 DAY Australia Boomerang Cruise 2	Holland America Mar 4, 2021	\$2,899 \$3,199 \$6,599
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Maasdam ~ 1258 Passengers

INCLUDES SACRAMENTO AIRFARE RETURN & AIRPORT SHUTTLE HOME!

Sail from Sydney, Australia to San Diego, CA visiting Noumea, New Caledonia; Tadine, Mare, New Caledonia; Mystery Island, Vanuatu; Dravuni Island, Fiji; Savusavu, Vanua Levi, Fiji; Pago Pago, American Samoa; Honolulu, Lahaina & Hilo, Hawaii; ending your cruise in San Diego on Mar 28, 2021 – Ask about Boomerang discount for booking both cruises.

28 DAY Tahiti/Bora Bora	Holland America Mar 21, 2020	\$3,799 \$4,199 \$5,299
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Oosterdam ~ 1974 Passengers

INCLUDES SACRAMENTO AIRFARE & AIRPORT SHUTTLE!

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

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



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SCLH WRITER'S CORNER...

A Christmas Carol (Revised) — Apologies to Dickens

BY JIM FULCOMER

Said Mr. Scrooge to young Bob Cratchit, "You're thinking bonus? Better scratch it!

For this has been a rotten quarter, there's little left for stout or porter.

I plan to be here Christmas Day, and you, my boy, should plan to stay.

We've paperwork that needs be done. Financial battles must be won.

This is no time for mirth or merry — the firm comes first, we must not tarry.

Our debtors many, must be made, to fork it over, I'm afraid.

Your service in this process needed, my warning, serious, be heeded!

And spare me of your family plight, I realize that times are tight.

You know your bills won't pay themselves, especially by little elves.

That goose you spied in yonder store, is that what you are hoping for?

If you don't want them eating gruel, you will not play me for a fool.

Best buckle down, we've work to do. Apply the turning of the screw.

If you're not careful taking stock, your Tiny Tim will find his sock,

filled with a lump of Anthracite - so keep his little knickers tight!

Revel in your Christmas folly, decking halls with sprigs of Holly.

Christmas is a humbug, Bah! To atheists, I say, Hurrah!

As sure as I am Ebenezer, my Christmas spirit's in the freezer!

Don't expect a change of heart. You know me well. Just read my chart.

With Marley gone, all this is mine. I will not hear your Christmas whine.

When you are done, secure the door, who knows what 'morrow has in store."

Jim Fulcomer is a member of the SCLH Writer's Group.

Volunteers Needed

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

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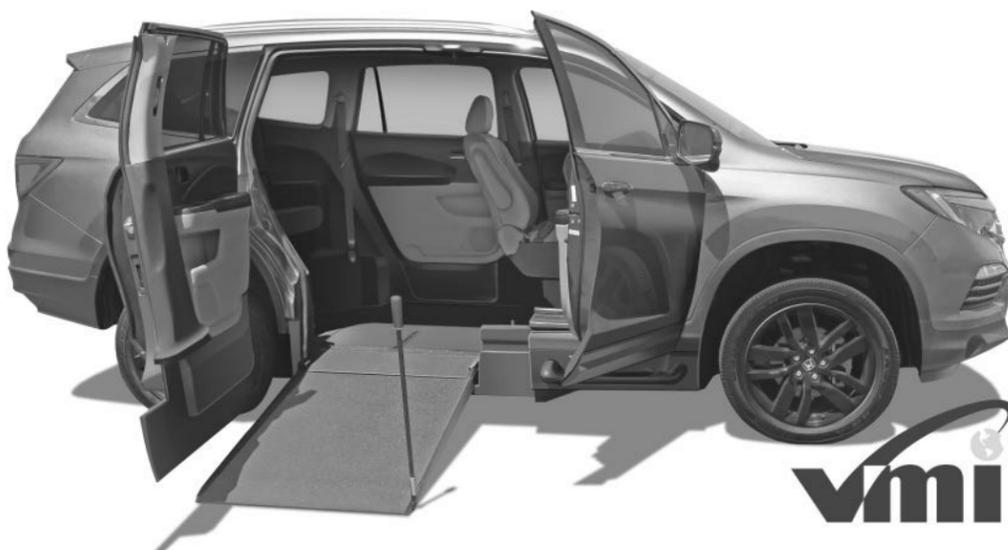
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ANNOUNCEMENTS

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PLANTBASED FOOD GROUP FORMING: You don't need to be a vegan or vegetarian to get involved with us. We are people, singles and couples, who for a variety of reasons want to eat more plant food and less meat. The environment, health, or animal welfare motivates us to transition to more plant based eating. We will do pot luck meals, visit area restaurants, and take turns bringing interesting information to our meetings. This group is in the formative stages and open to your ideas about meeting frequency, times, and locations. Email Sally Watkins at sallybwatkins@gmail.com or text her at 916-220-3228.

• • •



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— • —

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Pastor: Gresford Thomas

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**FREE ADS — INCLUDE	BUSINESS ADS
<ul style="list-style-type: none"> ◆ First 15 words are FREE (for SCLH residents only), additional words \$1 each ◆ ONE AD PER HOUSEHOLD, PER MONTH ◆ <i>Any Real Estate or Business Ads</i> are not free. Please see "Business Ads" ◆ Lost and found items/pets. 	<ul style="list-style-type: none"> ◆ Anything of a commercial nature, including pet sitting, real estate, rentals, timeshare/condos, etc. ◆ 15 words for \$35. Additional words \$1 each. ◆ \$65 for three months, same ad! (15 words only) additional words \$1 each

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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1057 Fairway Valley Lane	Trinity	\$499,000
862 Cottonwood Court	Fremont	\$505,000
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