

# SUN SENIOR NEWS

Your Community News Source — Serving Sun City Lincoln Hills — ONLINE AT: [SUNSENIORNEWS.COM](http://SUNSENIORNEWS.COM)



## IN THIS ISSUE

Letters to the Editors.....	3
Favorite Restaurants.....	3
From Your Placer County Supervisor.....	5
Community Chorus, Ballroom.....	6
Tap Company, Country Couples, Line Dance.....	7
Mixed Media, Needle Arts, Painters.....	10 - 11
Paper Arts, Woodcarvers, Photography.....	13
Vintage Treasures, Genealogy.....	13
OC Book, Writers, Astronomy.....	14
SCHOOLS, Computer, Apple User.....	15
Singles, Italian, Amateur Radio, Big History.....	16
Lavender, Veterans.....	17
Shalom Social, Postage, Travel.....	18
RV, Alzheimer's/Dementia.....	19
Hearing Impaired, Wise Aging.....	19
Low Vision, Bosom Buddies.....	21
Sports Car, RoadRunners, Garden.....	21
Fishing, Bird.....	22
Hiking and Walking, Cycling.....	25
Water Volleyball.....	25
Lincsters, Men's Golf.....	26
Table Tennis, Tennis, Bocce.....	26
Pickleball, Senior Softball, Social Bridge.....	27
Billiards, Bowling.....	29
SCLH Writer.....	30
Cribbage.....	31
SCLH Writer's Corner.....	33
Neighborhood Watch.....	33
Thoughts From Jack.....	34
Out and About in Lincoln.....	36
Bulletin Board.....	37
SCLH Writer's Corner.....	38
Observations on This and That.....	41
Classifieds.....	42 - 43

And Much More . . .

**PRSR** STD  
**U.S. POSTAGE**  
**PAID**  
**ROSEVILLE, CA**  
**PERMIT NO. 70**

Sun Senior News  
 5098 Foothills Blvd., #3-405  
 Roseville, CA 95747

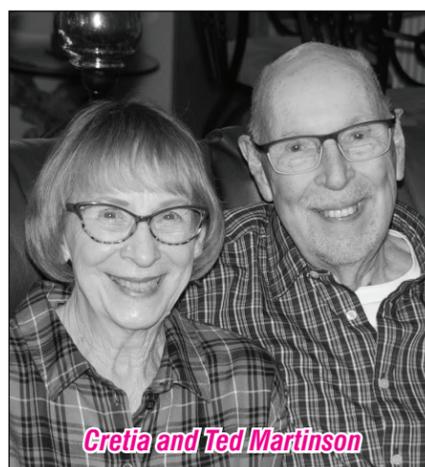
ECRWSS  
 POSTAL CUSTOMER

## The Martinsons — Skiing, Shopping, Shining

BY RUTH MORSE

Ted and Cretia's home in Lincoln Hills is a great place to visit at the holidays because of the decorations, but I am sure it is an equally great location at other times of the year because of its amazing owners. The outside landscaping was done by Scott Paris of High Hand, a nursery in Loomis, and both the front and back yards are visually stunning, bird friendly and welcoming. When I visited, the holiday decorations were not yet completely removed so I enjoyed the ambiance during our talk inside the house. Ted's Swedish heritage and Cretia's love of Department 56 Christmas village were both evident in the Christmas finery. Other house decorations included watercolors and pictures of many of the favorite places they have visited, flags from the fifty-two nations they have toured, and a life-size sculpture of a dog in the living room.

At one time, when they were living in a Roseville house before moving to Lincoln, the "Sacramento Bee" featured their holiday



Cretia and Ted Martinson

Photo by Jeff Andersen

decorations in the Thanksgiving issue of the newspaper. Since they had to have the house ready before Halloween, the trick or treaters were very surprised during their visit that year. They have since downsized from over one hundred Department 56 Village pieces.

When they were featured in the paper, it took four weeks to put up the display and about that long to pack up the holiday decorations.

Ted and Cretia have lived in Sun City since 2006 and were married in 1985. They have a combined six children, ten grandchildren, and eighteen great grandchildren between them and this is a second marriage for both. Ted will turn a spry ninety-three this month and Cretia is six years younger. When they first met, Ted was already retired and Cretia was still working at Sacramento State. They were tricked by a mutual friend at the church they both attended, Fair Oaks Presbyterian, to share a meal together. The friend feigned a headache while out to eat with them and left early. Ted and Cretia decided on a second meal for a first date and Ted, ever the inventor of surprises and events, bought a new Mazda RX7 before taking Cretia out to eat at Slocum House, a former Sacramento landmark.

(cont' on page 41)

## Celebrate February with Bingo!

BY DENISE BOWDEN

February brings us Valentine's Day, Mardi Gras and Washington and Lincoln's birthdays. As an added bonus this year we get to enjoy an extra day added to the month of February. Celebrate Leap Year by joining the Lincoln Hills Foundation in the ballroom on Thursday, February 27th for Bingo. We are looking forward to seeing our great group of regulars and lots of new faces.

Tables for seven to ten players can be reserved in advance by sending an email to [bingo@lincolnhillsfoundation.org](mailto:bingo@lincolnhillsfoundation.org). Come as a group or come by yourself and share a table with other enthusiastic players at one of the open tables, either way you will have a great time.

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

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

As usual Meridians Restaurant will offer its tasty pre-game luncheon special. Look for the complete 2020 Bingo schedule on the website at [www.lincolnhillsfoundation.org](http://www.lincolnhillsfoundation.org)

## Players Club

BY KAROL MENDEZ

We are looking forward to a wonderful time at our annual Pre-Valentine Party & Dinner at Turkey Creek Golf Course, on February 13. A big thank you to Joan Reiss, Jennifer Carroll, Nancy Mah and David Africa for putting it all together for us. The night will be "Party Attire" and knowing this group, they will not disappoint. Turkey Creek Golf Club will serve a Tri-Tip and Salmon dinner, buffet style, with all the trimmings. We will spend some of our hard-earned profits from our financially successful Magic Moments show to have a real dance floor and DJ. We will have an evening of getting our groove on, trying to bust-a-move on the dance floor and, for at least some of us the next day, trying just to move. Party on!

Readers Theatre will be performing two FREE radio plays, on February 8, and 9, 3 pm at P-Hall (KS). Joe Nichols, Alice Crawford, Rudy Schneider, Corinne Ehlers and Alan Lowe are in Damon Runyon's Neat Strip, a fun play with a real twist at the end. Paul Gardner, Rich Fitzmaurice, Linda Wilson and John Griggs are in the sweet romance, The Shop Around the Corner. Directors are Paul Gardner and Joe Nichols. The next Readers Theatre will be August 8, 9, at (KS). Auditions will be in early June and rehearsals are typically on Saturday mornings. Even if you have never performed before, you might enjoy discovering your inner actor in Readers Theatre.

We will be staffing a table with our PAC group of performing arts clubs at the annual

Club Expo on February 25th. Stop by and see us. We will answer any questions you may have about joining our group. Dues are \$5 annually.

Plans are in the making for our next Main Stage event, June 4, 5, 6, 7, at P-Hall (KS). We are always looking for new members. If you have ever wanted to work around the stage, as an actor, singer, dancer, technical crew, back-stage hand, or set painter, we would love to have you join us. We meet at P-Hall (KS) at 4:00 PM on the second Monday of every month.

Contact: David Africa, President 916-708-0009, [djafrica@sbcglobal.net](mailto:djafrica@sbcglobal.net). Website: [www.lhplayers.org](http://www.lhplayers.org).

...

## Music Group

BY DAN LEHRER

The Music Group met for the first time in the New Year on Wednesday, January 22, and opened with "Ring of Fire". Volunteers were asked to step forward and fill 2020 positions in the Club. Solo and Small Group performers then took to the "Stage." We closed with a Group song "A Little Help From My Friends," a most appropriate song, as the Group enjoys singing and playing together as well as listening to our fellow musicians perform solos. We jammed to "Kansas City" to end the evening. We meet every fourth Wednesday of the month from 6:30 to 8:30 PM, Fine Arts Room (OC). You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. Ukele Ohana meets

(cont' on page 6)



**PECK** • SALES  
HEATING & AIR • SERVICE  
CONDITIONING • INSTALLATION  
CSLB# 566294  
[www.PeckHeatingAndAir.com](http://www.PeckHeatingAndAir.com) 916-409-0768

Improve your indoor  
AIR quality and give  
your "Valentine" a  
**REME•HALO!**  
Call for info!

**Baby, it's COLD outside!**

**WINTER TUNE-UP  
SPECIAL \$79**  
INCLUDES FREE  
DUCT INSPECTION

Expires 2/29/20

**Three Generations Strong**



Shari McGrail



916-396-9216  
shari@mcgrailteam.com  
DRE# 01436301

Holly Stryker



916.960.3949  
strykerhomes@gmail.com  
DRE# 01900767

**We're not just any Realtors –  
We're your SCLH neighbors too!**

That's why what matters to YOU...matters to US...  
Because we live here, we give here, we love here!  
We are Thankful to be a part of this Beautiful Community!

We're Your HomeSmart Realtors!  
Call Us Today!



**HOMESMART**  
ICARE REALTY  
A Veteran Owned Company

Each office independently owned and operated.

3300 Douglas Blvd., Suite 280, Roseville CA 95661



**Your Neighborhood Plumber & Re-Pipe Specialist.**  
Locally owned & operated since 1990

**SERVICES OFFERED:**

- Complete replacement of water pipes in home
- Water Heater replacement
- Fixture repair and replacement
- Sewer line inspection
- Pressure regulator replacement

**Do you have KITEC pipes  
in your home?**

*Call today for a Free in home  
Re-Pipe Consultation and Estimate.*

**CALL US TODAY AT  
916-645-1600**

1901 Aviation Blvd  
Lincoln, CA 95648

[www.bzplumbing.com](http://www.bzplumbing.com)  
License #577219

**FREE ESTIMATES • SENIOR DISCOUNTS • ALL WORK GUARANTEED**

The Sun Senior News - Lincoln Hills is a monthly publication, published by EGnews Inc.  
 Mailing Address: 5098 Foothills Blvd., #3-405 • Roseville, CA 95747  
 916-727-6383 • Fax: 916-727-6373 • E-mail: egnews@egnews.com  
 Ad rates are available online at www.EGnews.com or Email: Ad@egnews.com



Gregg & Liz Goldthorpe

**EDITORS**

Gregg & Liz Goldthorpe

**PRODUCTION ASSISTANTS**

Mark Bernard, Targa Funk,  
 Madison Goldthorpe-Lewis

**ADVERTISING**

Gregg Goldthorpe

**CONTRIBUTORS**

Ruth Morse, Jeff Andersen, Denise Bowden, Karol Mendez, Dan Lehrer, Martin Green, Robert M. Weyandt, Barry Mackintosh, Sal Algeri, Louise Seidenverg, Kathy Lopes, June Willis, Jill Short, Joan Musillani, Linda Lucchetti, Lionel Rainman, Diane Margetts, Clare Fletcher, Dr. Barbara Branch, Cathie Szabo, Andy Dexter, Bill Weaver, Patti Kingston, Karl Schoenstein, Rich Thayer, Susan Foster-Platt, Dan Lehrer, Carole Wade, Sandi Dolbee, B.L. Lewis, Judy Ganulin, Tim Miles, Teena Fowler, Steve Beede, Joanne Mitchell, Carol Eisenhower, Joan Brant-Love, Val Singer, Pam Berry, Mike Smith, Lorraine Immel, Henry Sanigo, Ruth Baylis, Stephani Huntingdale, Tom Brady, Rosemary Elston, Joyce Kirk, Dough Hinchey, Dennis Zaro, Helen Berott, Paul Mac Garvey, Molly Morris, Bruce Briggs, Jodi Deeley, Steve Fowler, John Vogeli, Jeanie Robertson, Russ Asbell, John Habeir, Don Lloyd, Jim Fullcomer, Kathy Gire, Jack Fabian, Richard Pearl, Susan Gust.

**CIRCULATION**

The Sun Senior News - Lincoln Hills is mailed free to 7,000 homes in the Sun City - Lincoln Hills community. The delivery is targeted for the first week of each month.

**READ ONLINE - DIGITAL ISSUES**

The Sun Senior News - Lincoln Hills is available to download each month as a PDF digital file at: www.SunSeniorNews.com

Back issues are available to download there as well.

**ADVERTISING**

Visit www.EGnews.com or Email: Ad@egnews.com for advertising information.

**CLASSIFIED ADS - EMAIL**

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

For more information on emailing your Classified ad, please see the Classified page towards the back of this issue.

**SUBMISSIONS**

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

All information submitted to the Sun Senior News - Lincoln Hills must be accompanied by your name, phone number and written consent. All letters received become the property of the publisher (EGnews Inc.). The Sun Senior News - Lincoln Hills reserves the right to edit letters for publication and liability purposes and are not guaranteed to be published.

*All content and letters to the editors represents the opinion of the various authors and all content and letters should be considered as opinion and editorial in nature. Any representations expressed by the various authors are not necessarily shared or verified by the publisher.*

*Advertisers are solely responsible for all representations made by their advertisements. EG NEWS INC. is not responsible for the content or accuracy of any advertisements. The presence of an ad within our publications or electronic communications does not imply endorsement of the advertised company, product, or service. Readers should use all due diligence regarding representations, products or services before a transaction is performed EGnews, Inc. reserves the right to refuse any advertising.*

EGnews Inc. publishers of the Antelope News, Sun Senior News - Roseville,

Sun Senior News - Lincoln Hills & West Roseville News.

Sun Senior News is not associated with Del Webb Corporation.

Del Webb's Sun City is a registered trademark of Del Webb Corporation.



# Letters to the Editors...

*Authors are solely responsible for the content of their letters.*

## It's time for a change on our BOD

It's time for a change on our Board of Directors and to allow other residents to serve that have not previously served.

It's a new decade and time to elect and add directors to our board that support and demonstrate transparency, accountability and will be responsive to all the residents.

There are 3 open seats in the January 13, 2020 for the board of directors election,

Please vote for 2 more board directors, Tom Dunipace and Diana Peters. They are highly qualified. The candidate Videos are available to watch on the Resident Website, (Resident Website > Media > Election Videos and you can find their candidates statements at the SCLH Kilaga Lodge near the billiards area.

Remember to cast your vote starting January 13-2020 for Diana Peters and Tom Dunipace by Wednesday, February 13, 3:00 PM.

A voting box is available at Orchard Creek Lodge during Administrative Office hours: Monday through Friday from 9:00 AM to 5:00 PM.

(Not available Monday, January 21 due to the Administrative holiday.)

Stay up to date by visiting the Resident Website Elections page for more important information

Donna Fields

## Board of Directors Elections

With the election a matter of weeks away, the community turns its attention to making decisions that will impact us for at least the next 2 years as we select 3 members for the Board of Directors. If the electorate is like me, they are looking for a candidate who is an independent thinker, someone who is able to drive decision making with a goal of Board consensus and doing what is the best for the community, irrespective of personal preferences.

I'm impressed with what I have seen from Jack Harris. His success in the public school system working with parents, teachers, students and administration gives him a strong set of skills to help the 2020 Board of Directors take on the work ahead. Anyone who can navigate the policies, politics and personalities of the academic sector will certainly be an asset to Sun City Lincoln Hills.

If you want someone who is committed

to the community, I urge you to put all your votes where they will have the biggest impact.

J. OBrien

...

## O'Keefe has made SCLH a great place to live

There are three kinds of people in the world; those who watch things happen, those who MAKE things happen, and those who criticize whatever is happening. The Sun City Lincoln Hills Community Association was fortunate to hire Chris O'Keefe as our Facilities Manager in 2002. It soon became evident that he was an idea man and a producer when it came to enhancing our property values through cost-effective and quality improvements. In 2012 Chris took over management of the Spa operation, turning that around both financially and structurally. Chris was promoted to the position of Executive Director in 2014. He has continued his project successes while working with the Association Board and Committee members to keep our dues structure at a rate that is envied by many similar communities.

Many of the additions and improvements he executed may go unnoticed by any given resident but each project adds to the reputation we enjoy as "a truly special place to live". The project list includes: Construction of the maintenance yard, Construction of 6 pickleball courts, Amphitheater renovation, Kilaga Presentation Hall renovation, Numerous ADA projects, Development of the grazing plan and introduction of grazing herds for fire protection, Kilaga Café patio shade structure, Solar pool heating at both lodges, Shade structure at the OCL outdoor pool, Assisted listening devices at both lodges, Solar arrays at both lodges, LED streetlights (1.2 million in savings), Community Enhancement Fund, Sports Bar expansion, KSL Day Spa expansion, ADP Total Source for workers comp and employee health benefits - saved over \$100k, Auto-Door project at both lodges, OCL Secret Garden renovation. This represents an impressive list of accomplishments by Chris and his quality team.

The improvements compiled under Chris' leadership would not be possible without the cooperation of the Association's Board of Directors. As long-time residents of this community we trust that the upcoming Board

(cont' on page 35)



**Julie DeCarlo, Agent**  
 www.juliedecarlo.com  
 916-783-4010



**Get to a better state.  
 Contact me 24/7 for a quote today!**



1402 Blue Oaks Blvd #120  
 Roseville, CA 95747  
 N/W Corner of Blue Oaks & Foothills  
 License #0B98828

*REBARK TIME, INC.*

**Tree Care – Planting- Irrigation- Fertilization**



- \* Thinning/ Pruning of all plants shrubs and trees
- \* Tree Training/ Maintenance
- \* Weed Abatement
- \* Planter Beds
- \* Pathways/ Walkways/ Walls
- \* Boulders/ Stream Beds
- \* Bark Installation

**916-764-7650**

Licensed/Insured  
 #23559/03224



**FREE ESTAMATES!**

**www.rebarktime.com**

# Favorite Restaurants

BY MARTIN GREEN



Here's a rundown of interesting eating places from 2019. I noted last year that our area is blessed with a number of breakfast/lunch restaurants, usually called "cafes", usually opening early and closing in mid-afternoon. The Pacific Street Café has been a downtown Roseville fixture since 1900 and is noted for its pancakes and good service, also the toy train that runs around the room. It's at 201 Pacific Street and the phone number is 916-782-5673.

Possibly the latest addition is Huckleberry's at 10000 Fairway Drive (where the Original Pancake House used to be). This restaurant serves southern food with a California twist. The southern motif is accentuated by a large Mississippi River mural, fiddle music and dishes such as catfish and "N'awlins" sandwiches. The phone number is 916-771-7017.

The 4 Sisters Café is also on Fairway, at 9050 Fairway Drive. I've written fairly often about this place, the dream of four sisters who had worked many years in other breakfast/lunch restaurants, that has become a great success story, as testified to by the crowds there every time we've gone there. Despite the crowd, the service is always good and the food is excellent; my favorite being the California Benedict. The phone number is 916-797-0770.

Bounty Hunters is cited for its "amazing

food, service and attitude." You can get a huge hamburger at a reasonable price for lunch and doughnuts for breakfast if you like. It's another downtown Roseville place, at 406 Vernon Street; the phone number is 916-772-0406.

A Slice of Goodness at 924 Douglas Avenue, also mentioned here a fair number of times, is another long-time Roseville institution and is simply in a class by itself when it comes to their pies. The lunches are also good but be sure to have the pie. The phone number is 916-781-3727.

Barbeque lovers (such as myself) have a number of good options in our area. The Back 40 BBQ has been around ever since I can remember and one reader wrote it had "the best pork ribs he'd ever tasted. Succulent! Wow! Wonderful!" Another reader was equally enthusiastic about the LBB Gastropub & Smokehouse in Loomis, noting they also "serve great craft beer from their nearby Loomis Basin Brewery (hence the LBB), have a lively and pleasing atmosphere and also great service." The Back 40 is at 1201 Orlando Avenue; the phone number is 916-721-7421. The Gastropub is located at 3640 Taylor Road. The phone number is 916-824-1527.

I have to mention Lucille's here as this is where Beverly and I usually go for BBQ. I'm partial to the baby-back ribs and Beverly gets the pulled pork sandwich. We also like their biscuits. The only drawback to Lucille's is that it's usually crowded and can be noisy. It's at 6628 Lonetree Boulevard; the phone number

is 916-780-7427.

The Fountains, which is at Roseville Parkway and Galleria Boulevard, across from the Galleria, is a pleasant place to stroll around, shop in its many stores, look into Whole Foods, or just sit on a bench and watch the fountain. It also has a variety of eating places. One is Maikuni Kaizen, which, I'm told, has been there since the Fountains opened but which I'd somehow not found. Maikuni features three kinds of Bento combinations, plus you can make your own and this was what Beverly and I had when, making up for lost time, we went there. They were excellent. There are many other Japanese dishes, including many sushi spreads. The Maikuni's address is 1017 Galleria Boulevard. The phone number is 916-780-2119.

We hadn't been to the California Pizza Kitchen at The Fountains for a long time but found it was as good as we remembered. The menu was extensive and offered many other dishes besides pizzas---pasta and "main dishes" such as ribeye, salmon and tacos. But there's an impressive number of pizzas, including "globally inspired" and gluten-free. There are also lunch-sized items. The address is 1190 Roseville Parkway. The phone is 916-781-4950.

Boudin's is a familiar name, especially to those from the Bay Area, as the family's bakery goes back to gold rush days and they produced San Francisco's first sourdough bread. The Fountain's Boudin's is an order-at-the-counter place but we found the line moved quickly and service was good. They have a pretty extensive menu, including soups, salads, sandwiches,

sourdough pizzas, breakfast scrambles, French toast and even desserts (cookies, bars and brownies). I recommend their clam chowder. The address is 1017 Galleria Boulevard. The phone number is 916-782-1849.

There was one e-mail this month, from Sue and Dick Schmidt, who wrote: "I don't recall if you have reviewed yet Florentine Trattoria at 10505 Fairway Drive in Roseville. This restaurant took over the closed Johnny Garlic location, and I believe officially opened sometime in the latter part of 2019. This is really not a new restaurant, but is a second location of the long-established Saratoga, CA location by the same name and owner.

My husband Dick and I, SCR residents, and my two adult children now living in Granite Bay and Lincoln respectively, were thrilled when we learned Florentine was coming to Roseville, as it had been a long-time favorite of ours when living in the south Bay. We have dined at the Roseville location at least four times since it opened, and immensely enjoyed each visit. The food is really very good and their special pie-shaped bread and cheese spread is super yummy."

The Florentine was reviewed here several months ago and it's a welcome addition to our area restaurants. Now that the holidays are over I'm hoping for more e-mails: mgreensuncity@yahoo.com.



# LITTLE WOMEN

## the Broadway musical



**Book by**  
Allan Knee

**Music by**  
Jason Howland

**Lyrics by**  
Mindi Dickstein

Based on the novel by Louisa May Alcott

*Six generations have read the book. Millions have seen the movie.*

*This generation will sing you the story!*

**Direction and Music Direction by**  
Kelly Anne Dunn

**Choreography by**  
Jeff Teague

February 21 - March 8

Friday and Saturday @ 7:30 PM

Sunday @ 3:00 PM

Presented through special arrangement with Music Theatre International (MTI); All authorized performance materials are also supplied by MTI.  
[www.MTIShows.com](http://www.MTIShows.com)

Lincoln Civic Auditorium  
511 Fifth Street, Lincoln, California  
Tickets \$19.50  
[www.lincolnthatrecompany.org](http://www.lincolnthatrecompany.org)  
Or call 916-409-7030

# From Your Placer County Supervisor

## The Placer Life Looks Bright for 2020

BY ROBERT M. WEYGANDT, District 2 Supervisor



Robert M. Weygandt

As we enter a new year I would like to take this opportunity to share some of Placer County's goals for 2020, and some of the challenges we'll be facing together, too.

To start, District 1 Supervisor Bonnie Gore was chosen to serve as chair of the Placer County Board of Supervisors for 2020 during our first meeting of the new year. I was honored to be selected to serve as vice chair.

Placer County has its sights set on an array of issues this year, such as implementing the Sunset Area and Placer Ranch plans, Placer County Conservation Program, Placer County Parks and Trails Master Plan, and facilitating free and fair elections – just to name a few.

Late last year, our board unanimously approved the county's Sunset Area Plan update and Placer Ranch Specific Plan, an ambitious vision to create more than 55,000 new jobs and build an education center in western Placer County.

Though construction of any projects proposed in those plans is several years away, in 2020 we're optimistic that we'll continue to make progress setting the conditions for their success. Notably, in the coming weeks we expect to consider a memorandum of understanding

with Trustees of the California State University, Sacramento for a new satellite campus in the area - a critical anchor for developing more higher education opportunities for our residents.

The draft Placer County Conservation Program is also expected to come before our board for consideration later this year.

The plan, will protect a large contiguous area of open space and natural habitat in western Placer County and establish a program for the effective conservation of natural resources. It will also create a more streamlined, cost-effective and predictable permitting process to promote sustainable future development in unincorporated areas of western Placer County and the City of Lincoln.

While we're on the topic of open space, I should mention that the Placer County Parks and Trails Master Plan draft will be considered for final approval this year, too.

If approved, the plan will provide a 10-year vision for the development and operation of parks, recreation opportunities, open space and trail networks in the county.

The plan is innovative, and is intended to reflect the recreational needs of individual

communities, such as league play demands in Granite Bay and Loomis, and the need for connected trails for summer and indoor recreation during the winter in eastern Placer County.

This is also an election year and there are a few important reminders for voters and opportunities to serve your local community and democracy.

The presidential primary election is coming up on March 3 and some voters in Placer County may need to re-register their preferred party status before the primary.

According to Placer County Registrar of Voters Ryan Ronco, voter political party preference may have inadvertently changed to "No Party Preference" as a result of automatic voter registration through the Department of Motor Vehicles.

Voters wishing to check their registration status may do so online at [www.VoterStatus.sos.ca.gov](http://www.VoterStatus.sos.ca.gov). Re-registration may be completed online at [www.RegisterToVote.ca.gov](http://www.RegisterToVote.ca.gov).

Our Elections Office needs 1,500 poll workers for Placer County's polling sites for the March primary. It's a great chance to give back to the community, be part of the excitement of our democratic process and earn a little money, too. Learn more at [www.PlacerElections.com](http://www.PlacerElections.com).

Also happening this spring is the 2020 Census. Your participation is incredibly important as your participation will shape the future of Placer County.

Census results are used to determine how over \$675 billion in federal funding is distributed to states, cities and counties each

year. This funding is used to build new schools and roads, secure funding for hospitals and fire departments, and more.

Our communities lose \$10,000 in federal funding for every person missed in the census.

You'll be able to take the census with your phone, computer or mail. It's easy, safe and secure. Learn more online at [www.PlacerCounts.org](http://www.PlacerCounts.org).

With the opportunities inevitably come challenges, too, and we are focused on helping Placer County communities address critical issues such as affordable housing and the threat of wildfires.

On the affordable housing front, Placer County is implementing new rules aimed at making sure Placer has the right amount of mixed housing to accommodate all of its residents.

We're evolving our housing regulations to encourage a greater variety of more affordable housing options like duplex and triplex units, and even tiny houses and accessory dwelling units, also known as intergenerational housing, granny flats or cottages.

In fact, new accessory dwelling unit laws took effect Jan. 1 in California to help make ADU development easier.

ADUs offer an opportunity for home owners to build a small dwelling unit as an accessory to a main home in a single-family or multi-family residential zone. ADUs can be built to help house aging parents live closer to their children, house students returning home

(cont' on page 29)



# TWELVE BRIDGES

## VISION CARE

### OPTOMETRY

*We Offer Quality Eye Care, Distinctive Eyewear and Exceptional Service!*

**EYE EXAMS AND WELLNESS TESTING**  
Retinal Imaging • Treatment of Ocular Disease  
Luxury Eyewear • Contact Lenses • Accessories

---

**WE CARRY A LARGE SELECTION OF FRAMES:**  
Tiffany & Co. • Maui Jim • Michael Kors • Ray-Ban  
Oliver Peoples • FYSH • Silhouettes • Oakley  
**AND MANY MORE!**



Brandon LeSueur, O.D.

**916.645.EYES (3937)**  
[www.twelvebridgesvision.com](http://www.twelvebridgesvision.com)  
845 Twelve Bridges Drive, Suite 130  
Lincoln, CA 95648

*We accept most vision insurances.*

**HOURS:**  
Mon/Tues/Thurs 9am-5pm  
Wed 10am-7pm • Fri 9am-4pm

## Current Trends in Successful Aging

### What To Expect in Your 60's and beyond

February 12, 2020  
9:00 A.M. - 12:00 P.M.

Join us for this symposium that will offer insight from two local physicians and a panel of experts. We will offer strategies to age successfully and with grace. Continental breakfast will be served.



**Dr. Lisa Ellis, Hospice Physician, Hospitalist, and Internal Medicine.**  
*Aging Well.....Sex, Drugs and Rock & Roll*  
Dr. Ellis will talk about common issues with sexuality as we age, medications concerns, the latest on CBD oil and keeping active.



**Dr. Denise Bogard, FAARFM, ABAAFM**  
*Tips for Healthy Aging!*  
Dr. Bogard has built a successful practice around healthy aging for older adults. She will share tips and insight to live your best life.

Following presentations will be a panel of local senior care professionals to answer your aging questions

Symposium will be held at Sun City Lincoln Hills  
Orchard Creek Lodge - Ballroom  
965 Orchard Creek Lane, Lincoln, CA 95648  
**RSVP to Senior Care Solutions at (916) 965-5565**  
Space is limited so RSVP today. RSVPs prior to January 31, 2020 will be entered in a drawing.





### Music Group

(cont' from page 1)

Wednesdays, 1:00 to 3:00 PM, (OC). Open to Lincoln Hills residents. Contact Ron Peck at 916-409-0463 for information.

• • •

### LH Community Chorus

BY BARRY MACKINTOSH

Following “Music from Around the World,” our acclaimed holiday concert that filled the Ballroom three times in December, we’ve begun rehearsing a colorful collection of folk music and other old favorites for our

spring concert titled “Folk Jamboree!” Our program includes the timeless Irish tunes “Danny Boy” and “The Salley Gardens” but features Americana like “Cindy,” “Oh Susanna,” “This Land Is Your Land,” and “Pineywood Mountain.” Rivers run through several others: “Oh Shenandoah,” “Down by the Riverside,” “Red River Valley,” and “The Water Is Wide.” We’ll kick it off with “Americana Jubilee,” a rousing medley of seven songs you’ll quickly recognize.

Talented professionals Paul Melkonian and Nina Malone are again directing and accompanying our hundred-plus singers. Volunteers among us play other key leadership roles, including Donna Wood, our Steering

Committee chair; Monica Maddern, soprano leader; Cherie Lyle, alto leader; Marian Casey, tenor leader; John Baarts, bass leader; and Doug Brown, concert producer. Many more also help enable our successful performances.

“Folk Jamboree!” is sure to fill the Ballroom again on May 3-5, when the Lincoln High School Elite Choir will make a special appearance with us after singing at Carnegie Hall. Mark your calendars now!

For more information about us visit our website, [lincolnhillschorus.org](http://lincolnhillschorus.org), and contact our membership chair, Suzanne Rosevold, at 916-587-3035 or [suzannechorus@gmail.com](mailto:suzannechorus@gmail.com).

• • •

### Ballroom Dance

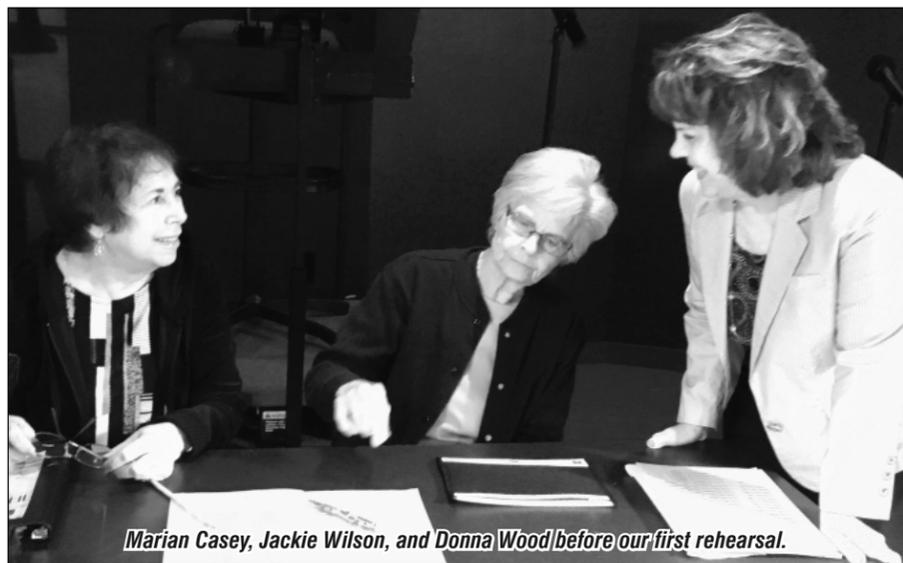
BY SAL ALGERI

In February will be sponsoring our first Valentine’s Day Social Dance. It is on Saturday, February 15th, at Kilaga Lodge from 6-9 PM. The event is open to all SCLH residents. Tickets are \$7 a person which includes desserts, coffee, tea and water. If you are interested in attending, please contact Ruth Woodmency at 916-408-4602.

For the month of February we are teaching the waltz. There always seems to be a lot of confusion as to the exact style we teach. To better understand, we need to review the history of the waltz.

The waltz originated in Europe in the

second half of the 18th century. It was an early partnered dance from the German Baroque Dance and the Landler Dance in Austria. It was danced using compositions from famous composers like Bach and Handel. It continued to evolve into the first part of the 19th century with compositions from famous composers like Josef Lanner, Johan Strauss I and Johan Strauss II. This style is characterized as a rotary dance where the dancers are constantly turning either in a clockwise (“natural”) or counter-clockwise (“reverse”) direction interspersed with non-rotating change steps to change direction of rotation. This style of dance is now called Viennese Waltz and is danced to very fast music.



Marian Casey, Jackie Wilson, and Donna Wood before our first rehearsal.



Emma Blandon, Bud Pascual and Kathy McCuiston.

The waltz that we know today originated from the slow waltz in England and is danced to much slower music. As the waltz became more popular in the 19th and 20th centuries, it was formalized into three distinct categories. The term Viennese Waltz remains as described

(cont' on page 7)



**THE ROARING TWENTIES  
ARE BACK!**

**John's Auto Care**

AUTO, DIESEL, RV, 30/60/90K SERVICES,  
ASE CERTIFIED COMPLETE AUTOMOTIVE REPAIR

Have you  
heard about  
**JOHN'S  
AUTO CARE?**

John's Auto Care is at 201 Derek Place in Roseville – just off Washington Street. We have been in business for 30+ years and are locally owned and operated by a Lincoln Hills/Sun City resident. We are your full service dealer alternative. We offer a **2 year 24,000 mile warranty on all repairs** and **free shuttle**.

**Show Us this Ad and Receive 20% Off Your Next Visit.**

Call **916-791-2886** and schedule your appointment today, or visit us at [johnsautocareroseville.net](http://johnsautocareroseville.net).

**John's Auto Care – we have been putting care into automotive repairs for over 30 years. Female owned and operated.**



### Ballroom Dance

(cont' from page 6)

above with little freedom of step patterns. The term waltz derived from the English slow waltz has two sub categories, American Style and International Slow Waltz. These two styles along with the Viennese style are now part of American and International competition styles.

So what do we teach? We teach the American Waltz using competition patterns for beginner and intermediate. The American Waltz allows a lot of freedom for variations which makes it very interesting. We hope you join us in February to learn or enhance your skills for social dancing with an emphasis on having fun.

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 only \$7 a person. Membership 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 during which you can practice the many dance styles, including the current month's offering. Contact Ruth Algeri at 916-408-4752.

• • •

### Tap Company

BY LOUISE SEIDENVERG

Happy New Year! As we enter the New Year, we are totally engaged in the production of our show, scheduled on April 2nd, 3rd, and 4th. We are excited about introducing this new concept of a dinner show, "Night on the Town". Let us take this opportunity to "dress up" for this occasion and enjoy our show! We are fortunate to have the coordination and the collaboration of the many members of the performing arts. This show is fully produced by the Tap Company, and we are drawing from the talents of the Chorus, Players, Vaudeville and Jazz members. The Tap Company will be performing three numbers. Tickets go on sale in February. Please look for a special article regarding the Tap Company show!

• • •

### Country Couples

BY KATHY LOPEZ

Here we are in the new year and our first event was held earlier this month. How appropriate that this dance had a theme of "Roarin' Into the 20's". As usual, all attendees had a great time with some folks even dressing for the part. We had flappers, bootleggers, mobsters, and gun molls! It was a potluck affair and DJ Jim Keener really kept the music hopping



*New 2020 Country Couples Board: Jim Christie - Chair; Phyllis Svetich - Secretary; Gary Moulton - Vice Chair; Kathy Lopez - PR and Carroll Cederburg - Treasurer.*

so everyone could dance the night away.

Our club had some great activities last year and 2020 promises to continue along those lines. We are collecting info and formulating some fun dances, gatherings, and activities. Once finalized, we'll publish the details. So stay tuned!

If you're looking for a fun activity and friendly people, please consider joining us. Country Couples lessons are on Monday nights at Kilaga Springs. The Beginner class is at 7pm and details are in the Compass. Country Couples Club is separate from the lessons. Lessons are not mandatory to join our club; however, since several of our activities are centered around country dancing it makes sense to try the lessons to see if this is the pastime for you and your partner. Please check out our website for further details.

Happy Valentine's Day to you!

Hope to see you sometime this year!

Club Contact: Kathy Lopez 916/434-5617

Club website: www.sclhcc.com

• • •

### LH Line Dance Group

BY JUNE WILLIS

Our instructor focus this month is on Sandy Gardetto, who teaches Levels 2, 3 and 4. Sandy was born in Klamath Falls, Oregon, and since her dad was in the army, she refers to herself as an "Army Brat". Due to her father's being stationed all over the world, she has lived in many different locations. After her dad retired, the family put down roots in Chico and that is where Sandy joined every type of dance class available, such as: tap, jazz, ballet, baton twirling and she competed for some 20+ years in Artist Roller Skating (team dance). In 1997, she was introduced to Line Dance and a couple of years later, started teaching. She thought that teaching might take away from the fun she was having dancing with her line dance friends, but she loved seeing her students learn a dance that they didn't know at the beginning of class and be dancing it at the end of the session. She finds teaching Line Dance to be "very gratifying". Sandy has lived in Roseville all her married life, and she and her husband will celebrate 54 years of marriage in February. If you would like more info regarding Sandy's classes, or any other Line Dance class, consult the Compass. We are so pleased to have Sandy as one of our instructors and thank her for all the hours she puts into making our line dance experience so meaningful.



*Sandy Gardetto*

• • •

(more Club News cont' on page 10)

# Happy Valentines Day!



**Lenora HARRISON**  
BRE #01229917 • 916.765.4188

**Sun City Roseville  
#1 SELLING TEAM**

As Sun City Roseville's leading real estate team, we've served hundreds of fellow residents. Our success comes from unsurpassed professionalism, unwavering integrity and outstanding results... one home at a time.

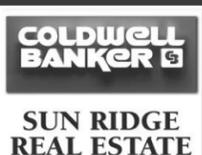
**Call today for a FREE market evaluation!**

**Larry PEARSON**  
BRE #01938527  
916.521.6516

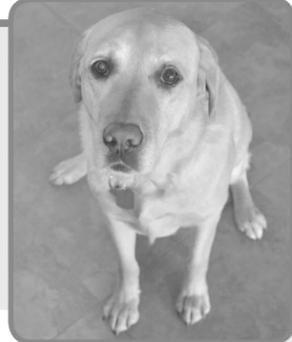
Sun City Neighbors.  
Distinctive Realtors.  
Outstanding Results.

Each office is independently owned and operated. Nick Brooks, Broker

**wesellsuncity.com**  
lenorasellssuncity@gmail.com







Murphy Brown Gillis  
Our Trusted Real Estate Assistant

## The Gillis Group

*Spouses Who Sell Houses.  
Sun City Resident Realtors.*

- Professional, knowledgeable and exceptional personal attention.
- We measure our success through the satisfaction of our clients!

**Steve & Jo Ann Gillis**  
BRE # 01968756 • BRE # 01018109

**916-316-0815**  
GIL1788@aol.com



Each office independently owned and operated

Visit us at [www.teamgillis.realtor](http://www.teamgillis.realtor)



# CLUB CRUISE & TRAVEL

Call 916-789-4100 or stop by M-F 9-5:30



Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
<b>15 DAY HAWAII from SFO! Princess</b>	Feb 21, 2020	\$1,029	\$1,119	\$1,799
<b>Grand/Star Princess ~ 2600 Passengers</b>	Mar 7, 2020	\$1,059	\$1,199	\$1,799
	Apr 20, 2020	\$1,079	\$1,199	\$1,799
<b>Ruby Princess ~ 3080 Passengers</b>	Oct 24, 2020	\$1,399	\$1,599	\$2,399
	Nov 23, 2020	\$1,399	\$1,499	\$2,499
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California.				
<b>*ROUND TRIP LINCOLN SHUTTLE TO SHIP!</b>				
<b>10 DAY ALASKA From SFO! Princess</b>	May 23, 2020	\$1,099	\$1,399	\$1,899
<b>Star Princess ~ 2600 Passengers</b>	Jun 22, 2020	\$1,399	\$1,499	\$2,299
	Jul 2, 2020	\$1,399	\$1,599	\$2,099
	Aug 11, 2020	\$1,299	\$1,499	\$1,999
	Aug 31, 2020	\$1,299	\$1,399	\$1,799
Sail round trip from San Francisco, California to Juneau, Alaska; Skagway, Alaska; Hubbard Glacier, Alaska; Ketchikan, Alaska; Victoria, BC, Canada; San Francisco, California.				
<b>*ROUND TRIP LINCOLN SHUTTLE TO SHIP!</b>				
<b>7 DAY CA Coastal from SFO! Princess</b>	Mar 29, 2020	\$899	\$999	\$1,699
<b>Grand/Star Princess ~ 2600 Passengers</b>	Sep 20, 2020	\$999	\$1,099	\$1,399
	Oct 4, 2020	\$899	\$999	\$1,299
Sail round trip from San Francisco, California to Astoria, Oregon; Seattle, Washington; Vancouver, BC, Canada; Victoria, BC, Canada; San Francisco, California.				
<b>*ROUND TRIP LINCOLN SHUTTLE TO SHIP!</b>				
<b>10 DAY MEXICO From SFO! Princess</b>	Dec 13, 2020	\$849	\$999	\$1,499
<b>Ruby Princess ~ 3080 Passengers</b>				
Sail round trip from San Francisco, California to Puerto Vallarta, Mexico; Manzanillo, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California.				
<b>*ROUND TRIP LINCOLN SHUTTLE TO SHIP!</b>				
<b>28 DAY Tahiti/Bora Bora Princess</b>	Oct 3, 2020	\$3,399	\$3,599	\$5,699
<b>Emerald Princess 3080 Passengers</b>	Mar 26, 2021	\$3,399	\$3,599	\$6,699
<b>Star Princess ~ 2600 Passengers</b>				
Sail round trip from Los Angeles, CA to Hilo, Hawaii; Honolulu, Hawaii; Lahaina, Maui, Hawaii; Pago Pago, American Samoa; Apia, Western Samoa; Bora Bora, French Polynesia (2 Days); Papeete, Tahiti (2 Days); Moorea, French Polynesia.				
<b>INCLUDES SACRAMENTO AIRFARE &amp; AIRPORT SHUTTLE!</b>				
<b>31 DAY LOS ANGELES to LONDON Princess</b>	May 9, 2020	\$3,699	\$3,999	\$5,699
<b>Island Princess ~ 2200 Passengers</b>				
Sail from Los Angeles, CA to Southampton (London), England visiting Puerto Vallarta, Mexico; Huatulco, Mexico; San Juan del Sur, Nicaragua; Puerto Caldera (Puntarenas), Costa Rica; Fuerte Amador, Panama; Full Transit of the Panama Canal; Cartagena, Colombia; Fort Lauderdale, Florida; Saint John's Canada; Reykjavik, Iceland; Isafjordur, Iceland; Faroe Islands (Torshavn), Denmark; London (Southampton), England. Ask about post cruise London hotels.				
<b>INCLUDES SACRAMENTO AIRFARE &amp; AIRPORT SHUTTLE!</b>				
<b>20 DAY Panama Canal Princess</b>	Apr 21, 2020	\$2,299	\$2,599	\$2,699
<b>Coral Princess ~ 2000 Passengers</b>				
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.				
<b>INCLUDES SACRAMENTO AIRFARE &amp; AIRPORT SHUTTLE!</b>				



**PRINCESS CRUISES**  
come back new™

**CLUB CRUISE Reservations, Serving Placer County Since 1991**  
**851 Sterling Parkway, Lincoln, CA 95648**

We're local, please visit us or call **(916) 789-4100**

Visit us online [www.clubcruise.com](http://www.clubcruise.com) Email: [book@clubcruise.com](mailto:book@clubcruise.com)

CST # 2033380-40 February 2020 edition



**HAPPY NEW YEAR!**  
 Don't miss the boat on our amazing new year specials!  
 We are here for you Monday -Friday 9am – 5pm ~ Shop Local~



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

**8 DAY HAWAII – 2 ISLAND PACKAGE – 4 Star HOTELS** Various Dates – Call for details    \$2,399    \$2,899  
**INCLUDES SACRAMENTO AIRFARE & AIRPORT SHUTTLE!**

Fly from Sacramento to Honolulu for 4 nights followed by an inter-island flight to Maui for 4 additional nights. Includes round trip airport shuttle from your Lincoln/Rocklin/Roseville home to the Sacramento Airport, airfare to Honolulu, round trip airport shuttle to your hotels, hotel accommodations, inter island flight and luau!

**12 DAY MEDITERRANEAN Royal Caribbean** Jun 25, 2020                      \$3,599    \$3,999    \$6,299  
**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.

**12 DAY MEDITERRANEAN Viking Ocean Cruises** Various Dates – Call for details    \$5,999    \$6,399    \$7,999  
**Various Viking Ships ~ 930 Passengers                      INCLUDES SACRAMENTO AIRFARE, DAILY EXCURSIONS & AIRPORT SHUTTLE!**

Sail from Barcelona, Spain visiting Montpellier (Sete), France; Marseille, France; Monte Carlo, Monaco; Florence/Pisa/Tuscany, Italy (2 Days); Rome (Civitavecchia), Italy. Hotel extensions available. Ask about Lake Como, Italy & Swiss Alps.

**10 DAY ALASKA CRUISE & TOUR Holland America** Jul 19, 2020                      \$2,999    \$3,899    \$4,299  
**Noordam ~ 1972 Passengers                      INCLUDES SACRAMENTO AIRFARE!**

Sail from Vancouver, BC, Canada to Seward (Anchorage), Alaska visiting Ketchikan, Alaska; Juneau, Alaska; Skagway, Alaska; Glacier Bay, Alaska; followed by a land tour visiting Talkeetna, Alaska; Denali National Park, Alaska and Fairbanks, Alaska.

**11 DAY FALL FOLIAGE Holland America** Oct 7, 2020                      \$1,699    \$2,199    \$2,499  
**Zuiderdam ~ 1964 Passengers                      \*Hosted-Distinctive Voyage\*                      INCLUDES SACRAMENTO AIRFARE!**

Sail from Quebec City, Quebec, Canada to Fort Lauderdale, Florida visiting Charlottetown, Prince Edward Island; Sydney, Nova Scotia; Halifax, Nova Scotia; Bar Harbor, Maine; Boston, Massachusetts; Newport Rhode Island; New York, New York; Fort Lauderdale, Florida.

**8 DAY RHINE RIVER Viking River Cruise** Various Dates – Call for details                      \$2,699    \$2,699    \$3,699  
**Various Ships ~ 190 Passengers                      INCLUDES SACRAMENTO AIRFARE, DAILY EXCURSIONS & 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 - Call for details                      \$4,399    \$4,899  
**Various Ships ~ 190 Passengers                      INCLUDES DAILY EXCURSIONS SACRAMENTO AIRFARE & AIRPORT SHUTTLE!**

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

**21 DAY Australia Boomerang Cruise 1 Cunard** Feb 6, 2021                      \$3,999    \$5,099    \$6,099  
**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 on Feb 28, 2021

**25 DAY Australia Boomerang Cruise 2 Holland America** Mar 4, 2021                      \$2,899    \$3,199    \$6,599  
**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.

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.



**CLUB CRUISE Reservations, Serving Placer County Since 1991**  
**851 Sterling Parkway, Lincoln, CA 95648**

We're local, please visit us or call **(916) 789-4100**

Visit us online [www.clubcruise.com](http://www.clubcruise.com) Email: [book@clubcruise.com](mailto:book@clubcruise.com)

CST # 2033380-40 February 2020 edition

## Mixed Media

BY JILL SHORT

The time is now to try something new and fun. Mixed Media Arts Club is the place to be. We enjoy using all kinds of items in our art. We have joked that we are hoarders. When you are in Mixed Media you look at everything differently. Napkins...oh what fun those can be in art. Magazines, just cut them up and use words, pictures or parts of a picture. Don't throw away those toilet paper rolls. They make interesting circles when using acrylic paint. All that junk mail can now be usable if you get creative and change it into art. Old dictionaries or sheet music are some of our favorite things to collage with. Do you need to go to Home Depot? As you shop keep your eyes open for items to use in art such as washers, masking tape, plaster wall tape and paint chip samples. Oh, what enjoyment we can get with these items.

Our club had the best time at our Holiday party in December. We went to Frima Stewart's home for a yummy lunch. Many of us grabbed her cute snowman napkins. Do you think the napkin was to be used to wipe up our faces? Wrong! Those snowman napkin treasures were to be used in our art. The desserts were lovely and tasted great. Of course, we carefully looked at the plastic rectangular throw away containers that each mini dessert came in. Throw away! No way! Those could have a purpose. We could use them for making print shapes using acrylics. Everyone brought a wrapped gift that had art collage papers, ephemera, all kinds of



mixed media luscious items for an exciting gift exchange. No wrapping, boxes or ribbon was tossed into the trash...since everything was precious to us.

Do you want to join in our crazy fun? The Mixed Media Arts Club meets the third Wednesday of the month in the Ceramics Room (OC) at 1:00 PM. We always welcome new people. At our January meeting, we made name tags that will help those of us who can't remember names. After working on the name tags, we voted on our favorite and that person won a gift card. The club always has an art sharing time that also includes our monthly challenge. The next challenge was revealed at the meeting which was "snow". The challenge is to use the word, "snow" and create a mixed media art piece...no rules and remember challenges are voluntary not mandatory.

Our speaker for this month will be Deirdre Trudeau. Specific details for the meeting are always sent out in an email the week before our meetings. The challenge project, "snow" will be shared at our meeting on February 19.

If you have any fun napkins that you want to share bring them to the February meeting. We will have an area set aside for napkin sharing. It will be a great opportunity to get some new art napkins. You will want to be thinking about napkins...hint, hint...could this be a challenge that will be coming up?

We are looking for artists in a variety of mediums that would be interested in presenting at one of our monthly meetings. If you have any ideas or want to volunteer please see Nan.

We hope to see everyone February 19th at 1:00 PM in the Ceramics Room (OC).

## Needle Arts

BY JILL SHORT

When you hear that it is February, what comes to your mind? A pretty crochet red and white scarf? How about a purse with a heart on it? Maybe a needle point snow scene or a quilt with valentine theme? Where ever your mind goes, you can create it and share your project at any of our Needle Arts meetings. Needle Arts meetings are the 2nd Tuesday of the month at P-Hall (KS) 1:00 PM. Members who attend will get to participate in a drawing for a prize during each meeting. You need to be there to win so don't leave early. We have a show and tell after our speaker presentations. It is always exciting to see what others have been making.

Button, Button, who has the button? Come and see at our next General Meeting on February 11 at P-Hall (KS) 1:00 PM and hear all about buttons from the Sacramento Button Club. It is a non-profit organization where they study, collect, preserve and share all about buttons. The club was founded January 17, 1955 and it is one of 13 clubs in the California State Button Society. The Society was established in 1941 for those interested in collecting and learning about buttons. Formed in 1941 as a non-profit organization, the California State Button Society is dedicated to the hobby

(cont' on page 11)





**SIERRA**  
COLLEGE

**OLLI**  
Osher Lifelong Learning Institute

**The Osher Lifelong Learning Institute (OLLI)** provides a unique learning opportunity for lifelong learners, 50 and better, who are eager to explore both traditional and modern fields of knowledge.

The OLLI program offers a wide variety of courses, all designed to keep minds and bodies active.

***"Learn More - Age Less"***



**More than 125 short-term classes available!**

- Film	- Arts and Humanities
- History	- Government and Politics
- Music	- Literature and Writing
- Science	- Wellness

*Registration available now.*

***Join the Club!***

[www.sierracollege.edu/olli](http://www.sierracollege.edu/olli) for a complete class list      (916) 781-6290 for more information

### Needle Arts

(cont' from page 10)

of button study and preservation through collecting. Button collecting has a long and extensive history. In fact, it is thanks to the earliest collectors of the 18th and 19th centuries that these miniature works of art and industry are available to us today. The button hobby gained momentum during the 1930s and 1940s, a time of financial hardships when hobbies of minimal expenditure were more likely to be pursued. Today we can appreciate and build on the button heritage left to us by others. There are now more button hobbyists than ever. The fascination with the art expressed in buttons is a link to history, specific people and events of the past. The Sacramento Button Club can be contacted at [sacramentobuttonclub@gmail.com](mailto:sacramentobuttonclub@gmail.com) and can be found on Facebook. This month we move back to our regular meeting site, P-Hall (KS) 1:00 PM. We hope to see everyone on the 11th.

Our Sewing Room is being expanded and our President, Jean Storms, will keep members informed as information is received. We are asking for everyone's patience during this time. If you have any questions please go to Jean, directly with your questions and not anyone else. Her email address is [jeanstorms272@gmail.com](mailto:jeanstorms272@gmail.com)

Don't forget to check out the Sewing Room window each month. The window will continue to change monthly even during the Sewing Room expansion.

The 2020 Needle Arts Retreat has been

scheduled June 1-5 at the Mercy Center in Auburn. The fee is \$465 (less than last year). Details are available on the Needle Arts website. You don't want to miss this fun event.

The only way to stay informed is to be a paid member for the year. Emails are important for finding out about the sewing room expansion, meetings, workshop and all kinds of other things. If you let your membership lapse and were taken off the email list get your dues paid right away so you can be put back on.

For more information about Needle Arts check out the website: [www.sclhna.com](http://www.sclhna.com)

• • •

### LH Painters' Club

BY JOAN MUSILLANI

The Fine Arts Show Committee is excited to present the 17th Annual Fine Arts Show on February 21-23, 2020. We open with a reception on Friday night from 5:30 to 8 pm, Saturday hours will be 9 am to 5 pm, and Sunday will be 9 am to 3 pm.

The show participants are all community members, some have been artists all their life, others are just discovering their abilities. There will be paintings, photography, ceramics and woodwork. Something for everyone -- be sure to come see the surprise talents of your neighbors and friends!

The LH Painters Club has a fresh new show up at Buonarroti's Ristorante on

Lincoln Blvd. in downtown Lincoln (address is 460 G St., Lincoln) for the next couple of months. Come enjoy our local talent and great food! This show is a two-artist presentation, Ain Veske presents his abstracts in oil, large and colorful with a wonderful visual impact. Sharon Duley is presenting a softer side with her beautiful watercolors, her thoughtful



Ain Veske

orangutan will hold you with his gaze.

The February 18th Painters Club meeting will feature Deidre Trudeau, a local artist who works in acrylic and other mediums. Deidre is wildly creative, and her demo promises to be very entertaining and informative! Our meetings are always on the third Tuesday of each month, and start at 1:30 pm, and are usually over by 4 pm.

If you are not a member, but are interested in taking part, come and check us out! You are welcome to come to a couple of meetings before you decide to join. When you do, our membership is only \$15 annually.

If you have questions, the following are contacts for the club.

President: Joan Musillani, E-mail: [joanmusillani@gmail.com](mailto:joanmusillani@gmail.com) or 712-4393

Membership: Jerrie Crass, E-mail: [jerriec68@gmail.com](mailto:jerriec68@gmail.com) or 302-6178.

• • •

(more Club News cont' on page 13)



Sharon Duley

## GUTH & CHANGARIS

A Professional Law Corporation

### Estate Planning and Elder Law Attorneys



Penelope A. Changaris

Experience  
Caring  
Professional  
Service



John L. Guth

### Living Trusts • Wills • Probate • Trust Administration • Conservatorships

Serving Placer, Sacramento, Yuba, & Sutter Counties

916-774-7030 (Roseville Office)

530-674-9841 (Yuba City Office)

See Website: [www.guthandchangarislaw.com](http://www.guthandchangarislaw.com)

JOHN L. GUTH and PENELOPE A. CHANGARIS are both Certified Specialists in Estate Planning, Trust and Probate Law by the State Bar of California, with 70 years of combined experience.

Also Offering  
Jewelry Repair  
and Engraving

## BUYERS & SELLERS OF

GOLD • STERLING SILVER  
COINS • BULLION • ESTATE JEWELRY  
UNIQUE COLLECTIBLES

Estate Appraisals by appointment

543-GOLD(4653)

LINCOLN  
Gold & Coin  
547 Lincoln Blvd.



# BINGO

THUNDER VALLEY CASINO RESORT

## DOORS OPEN AT 9AM DAILY

**MONDAY - SATURDAY**

GAMES BEGIN AT 10AM, 1PM, 6PM & 10PM\*

\*ON FRIDAY & SATURDAY, NITE OWLS WILL BEGIN AT 11PM

**SUNDAY**

GAMES BEGIN AT 10AM, 1PM & 6PM



Save the date!

**\$88,888**  
*The Grand Event*  
**BLOWOUT**

Sunday, April 26<sup>th</sup>

Presales begin February 1, 2020

Over \$7,000 in Payouts!



Saturday, February 1<sup>st</sup>  
Speakeasy

Saturday, February 15<sup>th</sup>  
Cupid's Crush

Over \$32,000 in Payouts!



Sunday, February 2<sup>nd</sup>  
Big Game Marathon

Monday, February 17<sup>th</sup>  
Presidents' Day Marathon

Games start at 2pm. 1pm & 6pm will not be held.

TIMES, DATES, SPECIAL EVENTS AND PRIZES MAY VARY.  
VISIT THE BINGO ROOM OR THUNDERVALLEYRESORT.COM FOR DETAILS

MANAGEMENT RESERVES THE RIGHT TO ALTER OR CANCEL  
ANY PROMOTION AT ANYTIME WITHOUT NOTICE



THUNDER VALLEY  
CASINO · RESORT

FREE VALET PARKING  
TAKE I-80 TO HWY 65, LEFT ON SUNSET

If you think you have a gambling problem, call (800) 522-4700.

LINCOLN, CA • 877-468-8777  
THUNDERVALLEYRESORT.COM

### Paper Arts Club

BY LINDA LUCCHETTI

We kicked off the new year with two free projects presented by Rosy Thielke and Susan Long – an adorable treat holder for Valentine’s Day, and a beautiful gift card holder, appropriate for any occasion. Thank you Rosy and Susan for helping us start off the year in style.

In February, Rosy will be at it again, this time leading us with two “pop-up” cards that we can personalize by changing the dies or stamps for particular sentiments.

Check out our window in the hallway at Orchard Creek Lodge. This month, love is in the air with our creations — Valentine cards of pink and red.



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.

### Woodcarvers Club

BY LIONEL RAINMAN

Sharp tools are a necessity when wood carving. That being the case, the members of the woodcarvers take safety precautions while carving, sharpening and handling of knives, chisels, and gouges. Woodcarvers use cut resistant gloves as well as thumb guards and are careful as well. It is well known that a sharp tool is safer than a dull one. Other thoughts of safety are transporting the carving tools. Some of our carvers have made or purchased special carrying cases that hold individual tools so the tools are separated and protected from one another. Other members may use a tool bag

or tool box and each blade may be protected by a piece of cork or tubing. Another safety factor in carving is using wood that is suitable for carving. Most popular is Bass Wood as well as Sugar Pine as they are easy to carve and are most used by beginners as well as advanced carvers.

If wood carving sounds appealing to you please come visit and watch our carvers in action. We can get you started with tools and our library of carving books can certainly inspire you. We meet every Wednesday between 1:00 to 4:00 PM in the Sierra Room at Kilaga.

Contact: Lionel Rainman, (916)-253-9534  
lrainman1414@Yahoo.com

• • •

### Photography Club

BY DIANE MARGETTS

The new year began with an exciting presentation by Brian Shul. Brian shared his love of photography, how he started, and how his photography has evolved over the years. After a life-threatening combat injury, Brian not only recovered but went on to achieve a remarkable career as one of a very small cadre of SR-71 pilots. He never flew without his camera and he shared his incredible photos with us. After a full career, he retired as a pilot, but his love of flying and his appreciation of photography lived on. He turned his attention to what he describes as the natural flyers: birds. His enthusiasm was contagious and his bird photos are beautifully captivating.

On the heels of Brian’s great presentation, February’s General Meeting will feature Gary Wagner. Gary’s love of the photographic image

began when he became the photographer for his high school newspaper. He continued his education, eventually moving to Santa Barbara, California, to attend Brooks Institute of Photography. While at Brooks, Gary increased his artistic and theoretical knowledge of photography and the historical significance of the printed image. Gary is sure to have some awesome insights into photography so don’t miss this presentation.

The chilly winter has everyone thinking of spring and that brings field trips to mind. A trek to Death Valley is coming up in March. This trip is always such fun and offers endless photography opportunities. Also coming up this spring is a trip to Northern California and the Oregon Coast. On our previous trips to west coastal areas, we saw a diversity of beautiful cities, lighthouses, landscapes, sunrise-sunsets and wildlife.

Thinking about joining the Photography Club? We always welcome new members. You can sign up at any of our monthly General or Special Interest Group Meetings. For information of meeting times and schedules, please check out our website.

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

• • •

### Vintage Treasures

BY CLARE FLETCHER

The March 2 program will feature that rectangular holder of secrets, treasures, keepsakes, and contraband, known simply as “The Box.” Made of metals, woods, porcelain, and other fine materials, these functional and decorative items can range from the simple to the extraordinary. The program will commence with one of our longstanding members presenting her collection. The membership is highly encouraged to bring some of their own cherished pieces to share with the group. Items should be pre-1970. Please join us as we open up some boxes!

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

Contact: Sandi Janisch: 916-253-9085

• • •

### Genealogy Club

BY DR. BARBARA BRANCH

The next Genealogy Club presentation will be held on February 17, 6:30 – 8:30 PM in P-Hall (KS). Our presenter, Janet Brigham will address Preserving the Family Legacy when No One else in the Family is Interested. Janet is a long time genealogist.

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

You can attend a few of our Speaker Nights for free. If you want to continue to attend, we ask that you become a member for \$20/yr. per household. Membership also puts you on the email list for notices about Computer Lab Walk-in Sessions, Coaching Sessions, and Speaker information and handouts. A series of workshops called Boot Camp for Beginners will be held on the first Monday of each month from February – June. Only members will be eligible to attend so join now and attend Boot Camp.

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

• • •

(more Club News cont’ on page 14)

### Lincoln Police Department Volunteer Program — Patrol

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

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

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

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

**FUNERAL • CREMATION • CEMETERY**

**CALVARY CEMETERY & FUNERAL CENTER**

FD2262

**916-726-1232**

*For immediate assistance anytime day or night.*

**Sun City Resident Discount**

**Ronald T. Curtis Plumbing**  
Since 1985 - Residential & Commercial

- Water Heater Installation
- Pressure Reducing Valves
- Disposals & Faucets
- Comfort Height Toilets, Etc.

PO Box 144  
Lincoln, CA 95648  
rtc.plumbing@gmail.com  
[www.RonaldCurtisPlumbing.com](http://www.RonaldCurtisPlumbing.com)

**Lincoln Hills Resident**  
CA Lic. # 483169

**Cell 916-759-6680**

### OC Book Club

CATHIE SZABO

“Your story is what you have, what you will always have. It is something to own.” Michelle Obama

Ever think of your life as a story? Is there a hero (you, of course)? Villains? Happiness and heartaches? Yes, each of us has perhaps the same broad outlines of a “story”, but it is the details that set each of us apart.

And in Michelle Obama’s *Becoming*, her story comes across loud and clear. From the south side of Chicago to 1600 Pennsylvania Avenue, she owes her story and relates all those experiences that shape the chapters of her life.

Does reflecting on her life and memories help us in our various chapters of our lives? How similar or different are they? Read the book, join the Book Club discussion on February 20 at 1 PM in the Multi-Purpose Room of OC and “own your story”. Michelle sums up best: “For me, becoming isn’t about arriving somewhere or achieving a certain aim. I see it instead as forward motion, a means of evolving, a way to reach continuously toward a better self. The journey doesn’t end.”

The Book Club fosters lively discussions of many different book genres. Meeting are on the third Thursday of each month, in the OC Multi-Purpose Room starting at 1 PM. Newcomers are always welcome. Come and bring your opinions!

For the balance of 2020, we’ll be enjoying  
 March 19: *Elderhood* by Louise Aronson  
 April 16: *The Tattooist of Auschwitz* by

Heather Morris

May 21: *The Death of Mrs Westaway* by Ruth Ware

June 18: *Year One* by Nora Roberts

July 16: *And Then There Were None* by Agatha Christie

August 20: *Small Great Things* by Jodi Picoult

September 17: *The Widows of Malabar Hill* by Sujata Massey

October 22: *The Testaments* by Margaret Atwood

November 19: *Where the Crawdads Sing* by Delia Owens

December 17: Holiday Luncheon

For further information about the OC book club, contact Maureen Deal at [modeal2010@gmail.com](mailto:modeal2010@gmail.com), Joanne Johnson Felt at [ivyarborcourt@aol.com](mailto:ivyarborcourt@aol.com), or Cathie Szabo at [catsickle@gmail.com](mailto:catsickle@gmail.com).

### Writers Group

BY ANDY DEXTER

Happy Valentine’s Day!

Starting today, you have just two weeks to write a poem to your love one. Remember “To his Coy Mistress” by Andrew Marvell (1621-1678), one of the most discussed romantic poems of all times. Can you emulate him and write a poem to your sweetheart? We would love to hear it and maybe even help you make it more pleasing to the person you are writing to. No difference if you are dating or have been with your favorite one for fifty-eight years as my wife and I have, Sweethearts still like to

be wooed and something you write is more meaningful than a heart shaped box of candy or a dozen roses.

The Writers Group meets in the Multi-purpose room of the Orchid Creek Lodge on the 2nd, 4th and 5th Mondays of each month. In February we meet on 10th and 24th.

We hope you will share your poem with us. If you aren’t a poet, any type of writing is good. Our group is here to help and share. Bring about a dozen copies of something you have written to share. Let’s get started on that writing project you have been putting off. Time is marching on so don’t procrastinate too long.

### Astronomy Group

BY BILL WEAVER

The Lincoln Hills Astronomy Group (LHAG) celebrated its 15th year anniversary last month as an official club of the Sun City Lincoln Hills (SCLH) Association that began in 2004 with a small group of residents to provide a forum to increase the knowledge in Astronomy, develop observation skills, provide enjoyment in the field, and to meet people with like interests. Today, the LHAG membership consists of about 100 SCLH households comprising general astronomy novices, amateurs, and professionals and continues to grow in membership. The LHAG is privileged to have local, national and international scientists and educators deliver astronomy-related presentations at its monthly meetings. All SCLH residents are eagerly invited to attend any of its general and

sub-group meetings.

Last month, LHAG members attended a presentation on the mind-boggling topic, “Numbers, Time, and the Vastness of Space”. This presentation illustrated our home planet and how it measures up to its position in our Solar System, our home Milky Way Galaxy, and the myriad of galaxies which make up the visible Universe. The following amazing example represented some of the amazing facts. Using a scale of one inch equaling one million miles, the Earth would be located 93 inches from the Sun and the nearest star to the Sun would be located 399 miles from the Sun or the distance from Lincoln to Los Angeles.

At its February meeting on Wednesday the 5th at 6:45 PM in the Kilaga Springs Presentation Hall, LHAG member and specialist on our Sun, Carla LaFave, will present how NASA’s Parker Solar Probe is unlocking some of our Sun’s mysteries while on its seven-year voyage to “kiss” the solar corona. Learn about the mission’s first batch of findings released on December 4th. All SCLH residents are invited to attend.

On Monday, February 24 at 6:45 pm in the Fine Arts room of the Orchard Creek Lodge, The Cosmology Interest Group (CIG) presents a new series of lectures beginning with an “Introduction to Astrophysics”. Lecture one begins by defining the difference between astrophysics and astronomy. Then study the vast range of scales in astrophysics—from nanometers to gigaparsecs, from individual

(cont’ on page 15)



**Jensen Smith**  
CERTIFIED PUBLIC ACCOUNTANTS, INC.



**“Making a Lasting Contribution To Our Clients, To Our Community and To Our Profession”**



Lisette L. Hutchens, CPA

Jennifer M. Jensen, CPA  
Master in Taxation



- ❖ **Income Tax Preparation**
  - ◆ Individual
  - ◆ Business
    - ◆ Sole Proprietor
    - ◆ Partnership
    - ◆ Limited Liability Company
    - ◆ Corporation
  - ◆ Estates & Trusts
- ❖ **Audit, Review & Compilation Services**
- ❖ **Small Business Consulting**

**661 5<sup>th</sup> Street, Suite 101 ❖ Lincoln, CA**  
**Phone (916) 434-1662**



# INSPIRED GIVING

**MAY CAUSE:  
EXUBERANCE  
RENEWED PURPOSE  
& LASTING IMPACT**

We help inspire ideas and ignite action for charitable causes you want to support. Start today by joining the Giving Circle, establishing a named fund, or giving through your estate plan. Call 530.885.4920 or email [info@placercf.org](mailto:info@placercf.org).



**PLACERGIVES.ORG**

### Astronomy Group

(cont' from page 14)

photons to the radiation of trillions of suns. Get the big picture in a breathtaking series of exponential jumps—zooming from Earth, past the planets, stars, galaxies, and finally taking in countless clusters of galaxies. The lectures are open to all SCLH residents. For more information contact CIG coordinator Morey Lewis at [mlewis\\_cc@sbcglobal.net](mailto:mlewis_cc@sbcglobal.net).

The Telescope Interest Group (TIG) normally schedules a “star party” on the fourth Thursday of each month at the SCLH Sports Pavilion to view objects in the sky with telescopes and other viewing devices and methods. However, because of new construction activities on the site TIG has not planned to set up at a different viewing venue at this time. If a February star party is scheduled, it will be announced on the LHAG website at [www.lhag.org](http://www.lhag.org). For more information please contact TIG coordinator Bob Collins at [bobpcoll@community.net](mailto:bobpcoll@community.net).

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

• • •

### SCHOOLS

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 K through 5 classes.

We have a request from Phoenix High School for a tutor in Math who would work one on one with students for one or two class periods. A math tutor would need to have a strong background in algebra and geometry. If you are interested contact Irma Mendez at [jmeidm@aol.com](mailto:jmeidm@aol.com).

To learn 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.

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

• • •

### SCLH Computer Club

BY KARL SCHOENSTEIN

Main Meeting — February 12, 06:30 PM “Your Public Library and Use Your Computer”. The talk will educate us on the computerized Lincoln Public Library and Kanopy. Kanopy is an on-demand streaming video platform for

public libraries and universities that offers films and documentaries. The resources available are amazing and free.

Amanda Toohey is the Literacy Coordinator at the Lincoln Public Library. She received a BA in Liberal Arts from Sonoma State University. At the Lincoln Public Library, Amanda coordinates the Adult and Family Literacy program, where adults needing help in reading, writing, math, or even getting a GED. P-Hall (KS)

Walk-In-Workshop: Feb. 18, 1:00PM - 3:00PM in the Computer Lab at Orchard Creek. Our more experienced computer members will provide assistance to any of our Club members.

• • •

### Apple User Group

BY RICH THAYER

Three seminars are planned for February. Ken Silverman will share some iPadOS tricks and tips. Find out how to turn your iPad keyboard into a trackpad, move videos around the screen, and do formatting in Mail like on the Mac.

Bill Smith will demonstrate many iCloud functions and provide a roadmap for setup and effective use of the features. He’ll cover how to synchronize data between your devices, share data with family members, and setup and manage iCloud storage.

Andy Petro will present more iOS 13 iPhone features you must know.

(cont' on page 16)



4th graders visiting Fruitvale School and making biscuits the old fashioned way—children baked and then sampled them with jam.

Now Open Every Day at 11am!

“Golden State Winery of the Year” & Ranked 3rd Highest Awarded Winery in North America  
 California State Fair 2015 San Francisco Chronicle 2019



Rolling Hill Vineyards | Tuscan-Style Bistro | Full Service Kitchen | Wine Tasting | Special Events

**Sunset Special**  
 Wed & Thurs  
 \$5 off Glass of Select Wines  
 \$5 Glass of Sangria  
 &  
**Buy 1 Get 1 50% Off**  
 Select Gourmet Starter Plates  
 \*Equal or Lesser Value

**UPCOMING EVENTS**  
 Feb 8, 2020 - Wine Blending Party & Steak Pairing Dinner  
 Feb 12-14, 2020 - Special Valentine’s Dinners

---

Monday & Tuesday 11-5  
 Wednesday - Friday 11-9  
 Saturday & Sunday 11-5

[www.WiseVillaWinery.com](http://www.WiseVillaWinery.com) | (916) 543-0323  
 4200 Wise Road Lincoln, CA 95648

**Shari McGrail**  
 Realtor®

Results...with INTEGRITY and FOLLOW-THROUGH

HomeSmart ICARE REALTY

**916-396-9216**  
 Top Producing Realtor Since 2005  
 Cal DRE #01436301

[www.SunCityShari.com](http://www.SunCityShari.com)

### Apple User Group

(cont' from page 15)

Mac users are advised not to upgrade to macOS Catalina 10.15 yet. To understand more, see the video of Ken Spencer's January presentation. If you purchased new equipment with macOS Catalina pre-installed, call the LHAUG Help Line before unboxing your new equipment.

Did you remember to renew your LHAUG membership? Renewals are being accepted now for 2020. Membership is \$15 per household and is good through 2020.

See lhaug.org for videos of past seminars, the calendar of events, membership information, and more.

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

• • •

### SCLH Singles

BY SUSAN FOSTER-PLATT

We start off the new month with our Activities Meeting at 4 :30 PM on Tuesday, February 4th in the Ceramics Room. (OC) Please join us at this meeting and help us plan our activities for the upcoming spring months. We welcome your ideas for our events!

For our Cocktail Time at 4:00 PM Thursday, February 6th, we are headed to Strikes in Roseville. This is a high energy venue, which features good food, bowling and fun for all. Don't miss this outing! Saturday, February 8th is our Second Saturday breakfast in the Sports Bar. (OC) Join us at 9:00 AM

for a buffet breakfast. Enjoy great food and a relaxing time with good friends.

On Sunday, February 9th, we will be celebrating our members, who were born in the month of February. A free drink is yours, if your birthday is this month! Join us at 4:00 PM in the Sports Bar (OC). At our Business Meeting at 6:00 PM on Thursday, February 13th, we will be playing the exciting game of Left, Right, & Center. No skill is necessary! Just join us for some fun! Please note our change of location. We will be meeting at Kilaga Springs on this evening.

For Dining Out at 4:30 PM on Thursday, February 20th, we will be traveling to Romano's Macaroni Grill in Roseville. Great food, conversation, and friends make this outing a special one.

Bingo is back! We will meet in the Ballroom (OC) at 6:00 PM on Thursday, February 27th for bingo and an exciting time for everyone. There will be lots of prizes for the winners!

Our weekly activities include: On Tuesday evenings, join us at Meridians for Let's Dance at 5:00 PM. Wednesday afternoons, we will be at the Bocce Ball Court in the Sports Park at 3:00 PM for bocce ball games. Dennis Beldon will help you play and understand this game. Friday is Singles Golf Day. Please contact Bill Brown at ca.billbrown@yahoo.com for more information.

Want to join our Singles group? Check at the main entrance of Orchard Creek for our calendar and membership form. For only \$20 per year, we look forward to welcoming you

to the SCLH Singles. Join us for a great 2020. You will be glad you did!

• • •

### LH Italian Club

BY LINDA LUCCHETTI

Love is in the air! Join us for Movie Night on February 20, when we watch the delightful romantic comedy set in Italy, "Letters to Juliet" at 5:45 p.m. in the Presentation Hall at Kilaga Springs Lodge. This 2010 movie is rated PG and is in English, no subtitles. Pie, popcorn, and coffee will be served in the Multi-Purpose room, across the hall, following the movie (approximately 7:30 pm). Check the flyer on the website to sign up.

Coming soon: March 11 – Get out your cowboy hat and boots and mosey on down to Western Night, from 5:00 to 8:00 p.m. at the Blue Goose Event Center in Loomis. (See the flyer on the website for more info.)

April 18 -- Learn more about the Lombardy region of Italy at "All Things Lombardia" to be held at Kilaga Springs Lodge, Multi-Purpose Room. (See the flyer on the website for more info.)

The Italian Club presents social events and activities that are fun, entertaining, and educational. If you are a Lincoln Hills resident of Italian heritage, check out our website at www.lhitalianclub.org. Contact: Sandi Graham, membership, at 916-826-5711.

• • •

### Amateur Radio Group

BY DAN LEHRER, KN6DRN

On a sad note, last month we lost a fellow Ham and Correspondent– Russ Steele, KF6TAR. Russ was an asset and friend to the Group and will be greatly missed. As we move into the New Year, the LHARG has brainstormed and came up with some exciting ideas. We will be conducting 10-15 minute "tech talks" by any member. Periodic outings to participate in contests and hone our operating skills is anticipated. "Fox Hunts" and establishing a means to borrow books on radio subjects are just a few ideas we discussed. If you are looking for a way to engage in the community and have an interest in amateur radio please join LHARG members on Monday evenings at 6:30 PM in the South Lincoln Hills Entry Facility. The LHARG conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 443.2250 MHz, 167.9 PL. For more LHARG information please email stuart.gallant@gmail.com

• • •

### Big History Club

BY CAROLE WADE

The Big History club, open to all Lincoln Hills residents, meets on the first and third Mondays of each month from 10 to 11:30 AM in Kilaga Springs Presentation Hall. This month we turn our attention to two fascinating ancient

(cont' on page 17)

## Our Family Means Business

### We Have Been Serving Lincoln Hills Since 1999

### Integrity - Exceptional Service - Outstanding Results

### Together We Serve You Better

# Carolyn Properties

[www.CarolanProperties.com](http://www.CarolanProperties.com)

CA DRE # 01468489

916.253.1833

### Serving All of Your Real Estate Needs



Megan Carolyn Martin  
916.420.4576  
Realtor  
CA DRE # 01937273



Penny Carolan  
916.871.3860  
Top Selling Broker 2012, 2013 & 2015  
Broker Associate  
CA DRE # 01053722

Courtney Carolan Arnold  
916.258.2188  
Property Manager  
Broker Associate  
CA DRE # 01471287



# Carolyn Properties

[www.CarolanPropertiesRentals.com](http://www.CarolanPropertiesRentals.com)

CA DRE # 01468489

916.253.1833

### Full Service On-Site Property Management

945 Orchard Creek Lane, Suite 300, Lincoln, CA 95648

### Big History Club

(cont' from page 16)

groups. Have you ever wondered exactly what the term "Indo-European" refers to? Is it certain peoples? Certain languages? It's both, actually, and on February 3, Sacramento Archeological Society member Martha Lewis will tell us who the original Indo-Europeans were, which languages bear that label today, and how we know where the original "proto" (prehistoric) Indo-Europeans came from. The early Indo-Europeans deserve to be well known, for in their migrations they spread languages, horses, and even the wheel. Then, on February 17, club president Ranny Eckstrom will tell us about her love affair with the Tocharians, a group of blond-haired, blue-eyed people whose mummies were found in the Taklamakan desert in China. The Tocharians first caught Ranny's attention when she saw them on a 1994 Discover magazine cover. Buried some 4,000 years ago, they were still adorned in brilliantly colored clothing and looked as though they had been buried mere centuries ago. Who were these people, where did they come from, and what were they doing in the desert? After you hear more about them, you may fall in love with them too! For more information contact Davis Lewis at 916-626-2795 or at stuff619@gmail.com. Website: www.bighistory.sclh.com.

• • •

### Lavender Friends

BY SANDI DOLBEE

Last year went out on a high note, with our winter dinner-dance drawing 106 people. "It was a total success," said Sharon Kurth, one of the organizers of the yearly holiday event. As in past years, music was provided by Jammin' Jo Productions, a Sacramento DJ.

As for 2020, Sharon is helping organize a reunion event, designed to bring together past and current members in celebration of the club's 15-year anniversary. Several past members have been contacted and expressed interest in attending the commemoration.

This new year also will see some leadership changes. Among them: longtime activities coordinator Denise Webfield is stepping down, as is communications coordinator Lynde Rammelsberg. Both were thanked recently for jobs well done by the club's Steering Committee. President Joan Lacktis will be appointing replacements, and is soliciting interested members.

Among the activities being planned for these first few months of 2020 is an Adventures in Dining outing and a karaoke night. Ongoing events include the Saturday morning coffee gatherings and Thursday night trivia contests at Meridians.

Lavender Friends is a club of LGBT residents and their allies here in Lincoln Hills. Check our website for other events and details about our club and mission: www.lavenderfriends.com.

• • •

### LH Veterans Group

BY B.L. LEWIS

The LH Veterans general meeting will be on Thursday February, 20, 2020 at 1:00 p.m. in the Kilaga Springs Presentation Hall. Captain Joellen Drag-Oslund, USNR (Ret) will be our Guest Speaker talking about her distinguished career as the U.S Navy's first woman helicopter pilot. When Joellen reported to her first helicopter squadron in 1974, women were not allowed to hover over or land on a seagoing ship due to existing legislation, Title 10 U.S.C. Section 6015. After all the work that Joellen had put in to get her wings, she was not going to be stopped from flying by legislation. She wrote a lengthy letter to the Secretary of the Navy requesting an exemption from Section 6015 and was turned down. In 1977 she joined a class action lawsuit against the Navy to overturn Section 6015. In 1978, Judge John Sirica ruled in favor of Joellen and her female counter parts and soon after women were finally allowed to be assigned to shipboard billets. Joellen went on to have a successful Navy career and retired as Captain.

We are looking for volunteers to assist in producing the Annual Memorial Day and Veterans Day Ceremonies. We also need help with the flag sales table.

All veterans are invited to support the funding of Lincoln Veterans Memorial at McBean Park in Lincoln. You can contribute by donating \$25.00 for a Memorial Coin; with a \$150.00 donation you can have a Black Granite Plaque with your name and service information

inscribed; or you can make a donation of any amount to the Lincoln Veterans Memorial Coalition. Send your checks and information to LVMC, Treasurer, Larry Yaggi, 2300 Cinnamon Teal Lane, Lincoln, CA 95648.

Congratulations to New Life Members, Alan Hearl, U.S. Navy; Jim McCracken, U.S. Navy; Craig Schoenthaler, U.S. Navy. As of December 12, 2019, the group's paid membership stood at 164, including 124 life members and 20 Associate members. World War II veterans (including Spouses) total 21. The total membership was 205.

Remember that Flag sales are available in the Orchard Creek Lodge on the 15th of each month for \$20 and the pole rings and holders are also available. Volunteers are always welcome to man the table. Also Michael Amerio will deliver them to your home; 661-304-6519. Residents can turn in their tattered or faded American Flags for retirement by placing them in the box located in the utility room to the right of the Activities Desk in Orchard Creek Lodge. Remember to fly your Flag proudly on Presidents Day, February 17, 2020

In Memoriam —

Herbert Lohmann, U.S. Air Force,  
Richard "Dick" Nargon, U.S. Army,  
Joe Phelan, U.S. Army,  
Russell Steele, U.S. Air Force

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

• • •

(more Club News cont' on page 18)

## Affordable Computer Help

PC Help IN YOUR HOME!

- **15% Senior Discount**
- Remove Viruses, Malware, Spyware, Ransomware, Worms
- Customized Training
- All your Computer Help Needs



- Wireless Wi-Fi Setup
- Computer Tune-ups
- Speed up your PC
- Friendly Personal Service, E-mail Help
- New PC Setup & Transfer Files

**Your Fulltime Computer Specialist**  
**Jerry Shores 916-663-4500**

*Family Owned - Community Focused*



5701 Lonetree Blvd.,  
Suite 209, Rocklin  
916.550.4338

[csopc.com](http://csopc.com)



103 Lincoln St., Roseville  
916.783.7171

[cochranewagemann.com](http://cochranewagemann.com)



## Sterling Pointe Family Dentistry

WE WELCOME NEW PATIENTS

- Low-Dose Digital Xrays
- Implant Restorations
- Laser Gum Therapy & Surgery
- Oral Surgery - Including Wisdom Teeth Extractions
- Pediatric Dentistry
- Senior or Veteran Discounts May Apply

- General & Cosmetic Dentistry
- Dentures, Partials, Repairs
- Friendly, Caring Staff
- Most Insurance Plans Accepted
- Emergency Care
- Crowns & Bridges

[www.lincolnfamilydentist.com](http://www.lincolnfamilydentist.com)

Over 30 Years Experience in General Dentistry

**Dr. Feroz M. Nawabi**  
800 Sterling Parkway, Suite 20, Lincoln, Ca 95648

(Next to Raley's)

**Call Us Today**  
(916)434-7116



## Got Real Estate Needs???

**You know my face,  
I know the market!**

*Please contact me for a  
free market analysis*

# Tony Williams

(916) 521-3400  
[Tony@TonyWilliams.com](mailto:Tony@TonyWilliams.com)





BRE # 01390054      Each Office is Independently Owned and Operated



*Your loved one's needs are unique. The care should be too*

**WE PROVIDE ADAPTIVE CARE**

Summerset understands that everyone has different care needs. Some needs are difficult to meet. Our adaptive care program in our **Family-owned Lincoln Community** is designed to accommodate some of the more difficult dilemmas facing seniors residents today.



Call for Free Assessment  
916-409-6366

**Who We Help:**

Our adaptive care center is designed specifically to help care for people who have or need:

- **Diabetic Care**, including sliding-scale injections
- **Hydraulic Lifts**
- **Pre Memory Care**
- **ALS, Huntington's, Parkinson's (and more)**
- **Oxygen Care**

**SMALLER IS BETTER**

Our Lincoln Adaptive Care Community is designed to feel like a small village. Active living spaces are set apart to help a resident's world feel as large as possible. Our boutique and intimate Adaptive Care setting is designed to allow our nurses and caregivers to easily adapt to our resident's individual needs rather than asking them to adapt to a larger community.



**Lincoln Memory & Adaptive Care**  
567 3rd Street, Lincoln  
www.summersetseniorliving.com  
RCFE #312700042  
**916-409-6366**

**summersetseniorliving.com**

**Shalom Social Group**

BY JUDY GANULIN

Shalom Social Group members heard a most interesting presentation at our January meeting. Active Sun City resident Marcia Van Wagner spoke about "Predictable Challenges of Aging and Some Strategies for Meeting Them." It was a very informative talk, full of information we all can use. Our February event will be a dessert social at 7 PM on Monday, February 24, in the Placer and California Rooms of Kilaga Springs Lodge. We invite all residents who have an interest in Jewish heritage to come to our meetings and events. For more information please contact Joanne Levy, 508-333-8590.

• • •

**Postage Stamp Group**

BY TIM MILES

2020 is bringing us different meeting nights for the club. We have to take what days are available at the Lodge here in Sun City Roseville (7050 Del Webb Blvd). All meeting start at 6:30 pm. The February dates have been set on Tuesday, Feb 11, and Tuesday, Feb 25. The March dates have been set on Tuesday, March 17 and Tuesday, March 24. We don't have a lot of lead-time on these meeting dates so the dates and times will be posted in this column each month as soon as they become available.

The meeting rooms are right next to the parking lot and there are plenty of spots. We're finished around 8:45 pm.

We have door prizes, member presentation's, member swaps, and anything philatelic is on the table. We have access to albums, stamps, supplies, and anything philatelic. We have discounts that are available to us so the savings can be considerable.

If you have an "old" collection that you haven't had appraised recently, come to a meeting and you can get an idea of what it is worth! You'll probably be surprised. All are welcome. For further information, call Al Capparelli at 916-771-8288. Our annual dues are really light if you desire to get involved in the hobby.

• • •

**LH Travel Group**

BY TEENA FOWLER

There will not be a meeting this month. If you are interested in more information about The Travel Group and the trips being offered or planned (see below), please contact Sheron Watkins, Teena Fowler or Louise Kuret (email and phone numbers listed at the end of this bulletin.

www.lincolnhillstravelgroup.com  
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

Crystal Cruise – Stockholm to Dover (Jul 13-25, 2020) (Louise)

Ports: Tallin, Estonia; Helsinki; St. Petersburg; Gdansk, Poland and Copenhagen  
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 (2021)

Colors of Morocco (Small Group) – Casablanca, camel ride, Marrakech – 11 days  
New Zealand – Auckland, Wellington, Christchurch, Queenstown – 22 days

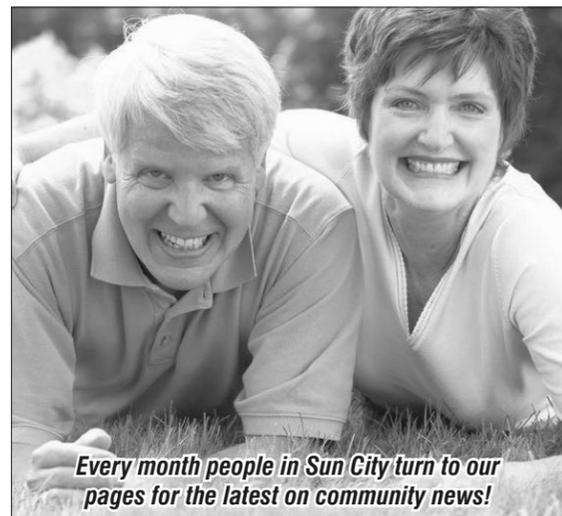
Switzerland (By Rail) – Bern, Zermatt, Lake Geneva, Swiss Travel Pass – 10 days  
Southern Charm – Charleston, Savannah, Jekyll Island, St. Simons Island – 7 days

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

• • •

(more Club News cont' on page 19)



**Please patronize our advertisers, and let them know you saw their ad in the Sun Senior News!**

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

### RV Group

BY STEVE BEEDE

Our January RV Group meeting was packed with planning for the many RV Rallies we have scheduled throughout 2020 and new ideas for 2021-22. Members are already heading out for RV trips to Palm Desert and Arizona. This year's Rallies include Bodega Bay, Las Vegas, Graeagle, Ashland, Oregon, and the Plymouth Wine Crush. We had three new Member couples join us, all of whom are experienced RV'ers. Three other couples came to visit all of whom are new to Sun City. Between them and our 60+ existing Members, there is a lot of excitement in RV activities.

Vickie White is planning our Spring Fling party and has arranged for our Fall Holiday Party to be held at beautiful Cata Verdera. Thank you Vickie. We had our first Education Session of the year with a discussion of Wagon Master duties and options. Next up are: Intro to AED Training in February and getting your RV travel-ready in March.

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

Contact: Steve Beede at [stevebeede5@gmail.com](mailto:stevebeede5@gmail.com) 916-752-6972, or check us out on our website at [www.lhrvg.com](http://www.lhrvg.com).

• • •

### Alzheimer's/Dementia Caregivers Support Group

BY JEFF ANDERSEN

Hearing my late wife Mia call for help one day, I found her pulling and pulling on a pair of tights, frustrated at being unable to get her second leg into the garment. "This is really hard to do," she lamented, close to tears. We both got a laugh when I explained to her that she was trying to force her second leg in the same trouser. Oops. Why did I mention this? Because recognizing and remembering laughable and tender and intimate moments is what maintains the connection we so desperately want to preserve. Persevere. It's all you have.

The Ladies group meets on February 5, the Men's group on February 20th, and the General Meeting is on February 26. See times and locations below.

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 a licensed counselor from Del Oro Caregiver Resource Center, and formal presentations by 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](mailto:2jeffa@gmail.com).

• • •

### LH Hearing Impaired Support Group

BY JOANNE MITCHELL

The Lincoln Hills Hearing Impaired Support Group will meet on Thursday, February 27, in the Orchard Creek all-purpose room from 2:30 PM to 4:30 PM. Our speakers will be Janet Roberts of Neighbors In Deed and Linda Minor of Neighborhood Watch. They are interested in learning how they might help those in SCLH with hearing loss. Last month we had a very interesting presentation by Bobbi Long, the director of the signing program at William Jessup University, and several of her students. They presented information on career opportunities as well as communication updates for severely hearing impaired and deaf children and adults.

• • •

### 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 aging 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 discussions 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 February meeting is February 3 and our March meeting is March 2.

For information contact Carol Eisenhower at [ceisenhower@comcast.net](mailto:ceisenhower@comcast.net), 916-995-9350 website: [lhwisegg.com](http://lhwisegg.com)

• • •

(more Club News cont' on page 21)



# CAPITALCITY SOLAR

**\$0 DOWN**

Pay Less each month  
than you are currently paying!

Don't Miss Out,  
Call Today!

**(916) 782-3333**

VISIT US AT: [www.capitalcitysolar.com](http://www.capitalcitysolar.com)

- ☀ We Install the Highest Efficiency Modules with Guaranteed Performance
- ☀ Extensive List of Satisfied Customers in SunCity Lincoln Hills



**"Last year, our December PG&E electric bill was \$124.79 & this year it was \$11.63. A monthly comparative savings, to us, of \$113.16 or 90.7%, with solar."**

*- Dan & Carol Larsen, Sun City Lincoln Hills*

CCL# 1018035

## SUNPOWER®

Elite Dealer

## Specializing in the Western Placer Area

- Active in Real Estate and Lending for over 35 years
- Consistent Placer County Top Producer

FREE HOME MARKET EVALUATION  
FREE PARTIAL STAGING  
VIRTUAL TOURS ON A NEW LISTING!

*Let Me Help You Find  
Your New Home!  
And Sell Your Current One!*

**Donna Judah**



**916-412-9190**  
[djudah@sbcglobal.net](mailto:djudah@sbcglobal.net)  
 CalBRE #00780415  
 1500 Del Webb Blvd. #101  
 Lincoln, CA 95648

Former Del Webb Sales Associate in Both Lincoln Hills and Sun City Roseville



SUN RIDGE REAL ESTATE

**35 Years in the Business**



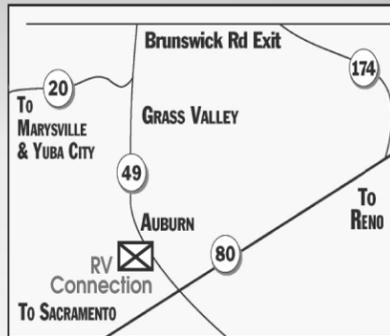
305 Grass Valley Highway (Hwy 49) • Auburn, CA • 1 block North of I-80



**BUY • SELL • CONSIGN**

**We Buy**

- Motorhomes
- Travel Trailers
- 5th Wheels
- Campers



**We Consign**

**Trades Welcome**

Small town dealership with small town prices! Stop by for a FREE appraisal.

**49 YEARS OF LOCAL RV EXPERIENCE**

Visit our Website: **[www.ShopRVconnection.com](http://www.ShopRVconnection.com)**

Open 7 days 9am to 5pm • After hours appts. available

**Call (916) 765-1022**

Pictures of units are examples only.

## Low Vision Support Group

BY JOAN BRANT-LOVE

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

Talking Books Free Library —

Two representatives of the California State Braille and Talking Book Library will be our speakers. This is a free library service for Northern California residents who are print disabled, blind, visually impaired, or unable to read conventional print due to a physical or organic disability such as dyslexia. The library loans talking and braille books and magazines via postage-free U.S. mail, along with downloadable books and magazines via desktop or mobile app, descriptive videos, and audio playback equipment all free of charge to eligible patrons. BTBL also provides reference services including but not limited to resources about blindness, offers readers advisors to assist with reading selections, provides tours and outreach presentations, connects patrons with telephonic news services and other relevant resources, and maintains a local talking book recording studio.

For more information: (800) 952-5666 or btbl@library.ca.gov

March Meeting – Tuesday, March 3, 2020, 2:00-4:00 PM, Fine Arts Room, Orchard Creek Lodge

Assistive Devices in Lincoln —

Mike Lacerda, owner of AAA Optical in Lincoln, will be telling us about low vision devices that are available right here in Lincoln. He will be accompanied by Jay Sanders, a regional representative for Eschenbach, a distributor of vision enhancing products. They will discuss various low vision devices used through different stages of vision loss. <https://www.eschenbach.com/>.

The Low Vision Support Group is subsidized by

Neighbors InDeed and the Lincoln Hills Foundation

Low Vision Support Group Contact: Cathy McGriff 916-408-0169 or [cathymcgriff1010@gmail.com](mailto:cathymcgriff1010@gmail.com)

• • •

## Bosom Buddies

BY VAL SINGER

Our first meeting of 2020 featured Nurse Practitioner, Kimberly VanYsseldyk. She is a coordinator for the Cancer at Risk program at Sutter Health in Roseville. She is also involved in a cancer genetics program and lymphedema screening. She stated that genetics is ever evolving and new findings are making cancer much easier to diagnose.



The question was asked by a member, “Why have genetic testing if you’ve already had cancer?” Ms. VanYsseldyk answered that she advises getting genetic testing to see what the possibilities are of a recurrence. Most all insurances, including Medicare, now cover genetic testing.

February’s speaker is going to be equally as interesting. Dr. Yona Barash is a Surgical Oncologist and general surgeon with Sutter, Roseville. His practice emphasizes state of the art management of breast cancer, melanoma gastrointestinal cancer and general surgery. He comes highly recommended by Sharon Peck and when he spoke to us before, we were all very impressed and really appreciated hearing about all the improved treatments.

March’s speaker, Dr. Vijay Suhag, specializes in Hermatology and Medical Oncology and practices at the Sutter complex in Roseville. Dr. Suhag is a delightful caring person and we are so lucky to have him speak to us again. He is the oncologist both for my husband and my daughter, so I know personally how delightful he can be. He gives hugs too!

Thanks to Sharon and Mae we are so

privileged to have such wonderful speakers. If you know of someone that you feel would benefit Bosom Buddies, please let Mae know. New ideas are always welcomed.

Welcome to our two new members.

Thanks to the Foundation, our bank account is looking good. The Foundation enables Bosom Buddies to give birthday lunches, provide the newsletter, and much, much more. If you have the opportunity to meet a member of the Foundation, please tell them how much we appreciate their ongoing help.

Happy Valentine’s Day!

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

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

We end each meeting by holding hands and saying: “Together we are strong; together we will make a difference; together we will survive!” And, we will, hopefully with a little fun...

• • •

## SCLH Sports Car Club

BY PAM BERRY

A Valentine hint: How would you like to have your every need taken care of immediately? To be the passionate desire of your partner? To be caressed daily? Well, try imitating your partner’s a sports car! Really, it isn’t that bad... most of the time.

The weather only allows for impromptu rides for the time being, but the Club substitutes social events. Our new Social Director Linda Snyder has organized a Marti Gras Party at Turkey Creek, a favorite of the club. During the winter months we gather at the Placer Kitchen at Kilaga for after meeting get togethers. We all enjoy visiting with other club members both new and long term.

The future already looks bright for tours. Tour Events Coordinator, Wayne Sloan has been busy! First, the annual trip to Lockeford for sausage and Teresa’s Place for lunch. Lockeford has many many kinds of sausage including garlic and English apple! Teresa’s Place is Italian and will be celebrating their 100-anniversary next year! Next is one of our favorite tours. In April the club is lead

by President Tom Breckon and Michelle with others for a two-night visit to Pacific Grove and Seven Gables. This trip is designed for everyone to enjoy. You can be busy with whale watching or take it easy watching the water from your comfortable room. More adventures are being planned so we will have another great year and start to the new century.

• • •

## RoadRunners Motorcycle Club

BY MIKE SMITH

The club’s Road Captains met in January to lay out the 2020 riding calendar. The club has scheduled rides on the second Saturday of the month, March – November. Every ride is a great opportunity to experience some of California’s finest scenery. The club also enjoys various impromptu rides and social events throughout the year.

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! The next meeting will be on February 27.

“Ride Safe – Ride With Friends” Contact: Manny Perez 916-253-9121, [manwil412@wavecable.com](mailto:manwil412@wavecable.com)

• • •

## Garden Group

BY LORRAINE IMMEL

“Got Plant Pests? Don’t Worry-Be Happy!” The February 27 General Meeting



(2:00 PM, KS) will feature a presentation on Integrated Pest Management (IPM). Presented by Kevin Marini (Master Gardener and Editor of the Placer County “Curious Gardener Magazine”) it will focus on how to determine the pests afflicting your plants and the process of managing those pests from an IPM approach.

For over 20 years, University of California Cooperative Extension (UCCE) Master Gardener Program & Community Education Specialist Kevin Marini has been teaching about the art and science of composting, pest management, and orchard culture.

Membership Registration for 2020 and Waiver Forms for Garden Group Activities

(cont’ on page 22)

# RC Painting

Interior & Exterior Painting  
Fence Painting • Rain Gutter Cleaning

- Quality Workmanship and Materials
- Competitive Rates
- Small Jobs Ok
- Excellent Local References

Please call for your free estimate

## 530-305-2943

lic# 1004744.

# Tax Services

**Leslie Wilson, CPA**

- ✓ Tax Preparation & Planning
- ✓ 20 Years Experience
- ✓ Individual
- ✓ Corporate
- ✓ IRS Audit representation
- ✓ Bookkeeping & Accounting
- ✓ QuickBooks

Call for your appointment today!  
**(916) 784-7145**

324 Hadnall Ct. Roseville, CA 95747  
[lesliewilsoncpa@gmail.com](mailto:lesliewilsoncpa@gmail.com)



## Selling Your Home in 2020?

Let's Talk about 5 Things you Need to do Now!

**Paula Nelson**  
**916-240-3736**

DRE lic. # 01156846

www.PaulaNelson.com

email: REALTOR@PaulaNelson.com



### Lincoln Hills December Sales Snapshot

Address	Street	Sq Ft.	Price	Model
2555	Woodacre	1322	\$450,000	Bridgegate 2.5 car
1301	Secret Lake	1473	\$445,000	Almanor
1500	Topanga	1519	\$368,000	Condo
252	Stags Leap Lane	1531	\$458,000	Alpine
341	Snapdragon	1549	\$500,000	Alpine
2886	Coopers Hawk	1549	\$469,000	Alpine
1265	Rose Bouquet	1571	\$497,000	Quail Cove 2.5 car
2456	Granite	1595	\$530,000	Quail Cove 2.5 car
1035	Stone Pine	1626	\$478,000	Lassen 2.5 car
1300	Tallac	1681	\$495,000	Echo Ridge 2.5
1751	Cottage Rose	1705	\$505,000	Echo Ridge 2.5
887	Slawson	1767	\$575,000	Tahoe 3 car
2370	Swainson	1767	\$515,000	Santa Cruz
2442	Swainson	1777	\$460,000	Santa Cruz
100	Hay Wagon	1782	\$510,000	Santa Cruz 2.5
624	Yerington	1791	\$580,000	Tahoe 2.5 car
1022	Truchard	1836	\$593,000	Plumas**
122	Lakefield	1854	\$592,000	Orchard Crest
1380	Periwinkle	1855	\$541,000	Plumas/2.5 car **
461	SNAPDRAGON	1953	\$592,000	El Dorado
336	Sawmill	1967	\$599,000	El Dorado **
1833	Homewood	2801	\$710,000	Meadowgate
2240	Cinnamon Teal	2848	\$965,000	Santa Barbara
2260	Monument	2955	\$924,000	Meadowgate*/**
130	Cinnamon Teal	3073	\$989,900	Santa Barbara*/**

Per Sacramento mls reported sales 12/1/19 - 12/30/19

\* Casita • \*\* Open Space or Golf Course

### Garden Group

(cont' from page 21)

will be available again at this meeting after 1:15 PM. You may Pre-register by printing out online forms on the website: lhgardengroup.org for faster check-in! All 2019 members must RENEW for 2020 by March 31. After that time you will be dropped from the Garden Group Membership and Email Lists and have to go through the registration again as a new member.

Enjoy Brown Bag Sales (donated garden plants and items to fund local civic garden projects) and Master Gardener Q & A's will be on site before this meeting, too.

### Fishing Club

BY HENRY SANDIGO

Have you ever wanted to learn how to fish? Fishing, whether it be with a spinning rod or a fly rod, is challenging, and euphoric. Want to have fun? Then go fishing with a friend or neighbor who knows how to fish in a healthy environment that surrounds you with water or mountains or in a boat slowly down a meandering river. The experience can be a healthy way of relaxing with no competition to stress you out. Fishing can also introduce you to many new friends.

The Lincoln Hills Fishing Club has many veterans of the waters and they share their secrets all the time. No reason for them to keep it to themselves. The more the merrier is an anglers motto (in most circumstances).

If you are familiar with You Tube, there are hundreds, if not thousands of videos on fishing, of all kinds; from the High sierras to the Hot flat water of Belize, using fly rods or trolling devices, or fishing poles that can retrieve a 100 pound monster to your net.

The fishing club brings in speakers that tell us how to fish and where to fish and they are open to you to contacting them to schedule a trip of a life time. Did you know you can book a trout fishing trip to Slovenia, or Salmon in British Columbia? Maybe you're more interested in just a few miles up the road to a well known river or lake of this area, such as Collins Lake. Each year several of our members organize trips to all types of fishing

destinations such as: the Flaming Gorge in the Utah/Wyoming territory, BC, Montana, and others. Our anglers are in pursuit of different types of fish, its the logistics that we need to overcome. Fishing is always an adventure, even if you just sling a line in Fishermans Cove for crappie or bass. When you meet up with a fishing friend and tell them you hooked a good one at Fisherman's Cove, their ears perk up.

Join our club, meet our members, and even entertain the idea of perhaps going on a fishing trip to a new destination. Contact Ralph Tonseth by email [ralphtonseth@comcast.net](mailto:ralphtonseth@comcast.net) to join.

### Bird Group

BY RUTH BAYLIS

As confirmed by the results of the Dec 30 Christmas Bird Count for Lincoln Hills, we have been seeing fewer waterfowl and, less so, other birds in Lincoln Hills this year. For example, we saw only about a third of the numbers of Canada Geese, Mallards, and raptors as we recorded last year. We hope this is not a trend. We did however count 95 Cedar Waxwing, a new high, but this was less of a surprise because they have been observed as arriving early and in greater number this year. Specific results for our Lincoln Hills count can be found in the Bird Lists section of our Bird Group Website.



Burrowing Owl by Linda Morley.

(cont' on page 23)



**Bird Group**

(cont' from page 22)

We were not disappointed on our Dec 20 first ever Bird Group visit to Llano Seco Wildlife Refuge, located southwest of Chico. Driving on rural roads to get there we saw scores of Tundra Swans, Greater White-fronted Geese, and Snow Geese. We also saw the first of several Bald Eagle sightings and a few Burrowing Owls. At the refuge, highlights among the wide assortment of waterfowl and raptors were more Bald Eagles, a Eurasian Wigeon, and a Peregrine Falcon.

It was crisp, but an unusually clear day for our Jan 10 trip, with great viewing of Mt Diablo in the background both at Staten Island and the Isenberg Crane Reserve. The sunset and evening fly-in of Sandhill Cranes at Isenberg was amazing, that along with the

beautiful moonrise. We sighted 50 species, one less than our high of 51 last year. Highlights were the many Sandhill Cranes and Cackling Geese, American White Pelicans, a Merlin, and a large number of Canvasback Ducks seen on Staten Island. We saw a coyote stalking the Sandhill Cranes. It does turn out that coyotes are predators to the cranes, but chicks would be more their size.

Our January meeting featured Nancy Gilbert speaking on creating bird-friendly landscapes in our yards. Nancy provided much good information on native plant selection and placement in our yards for attracting birds as well as beneficial insects. Nancy has held varying positions in the Redbud Chapter of the Native Plant Society (CNPS) which should be considered a good source for native plant information. This organization holds an annual Fall Plant Sale that is very popular for

purchasing California native plants.

The following are our upcoming events for February. 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 emails, for confirmation because sometimes circumstances require that we make changes, especially that now that it's the rainy season.

Feb 7, Fri, 8AM: Bridgeway Island Pond, West Sacramento. This pond is the home to relatively large numbers of Blue-winged and Cinnamon Teal. It is also known in birding circles as a birding hotspot. We walk along the pond for about two hundred yards then (optionally) climb up the levy to see what waterfowl might be floating on the Sacramento River Deep Water Ship Channel. We are usually able to spot Bald Eagle and/or Osprey along the levy or looking out across the Yolo Bypass basin. We often stop for lunch in the area before our return.

Feb 10, Mon, 1:30PM: Monthly meeting, Kilaga Presentation Hall. Guest speaker is Heath Wakelee. Heath has been a regular presenter for us over the years, usually for our annual Bluebird program. He has gradually been shifting to other birds and this year he will talk about Burrowing Owls and Wild Turkeys. Please do feel free to ask Heath questions about Bluebirds since Heath is our local expert on these.

Feb 24, Fri, 8AM: Davis Wetlands. We have not visited this location, adjacent to the city of Davis and its wastewater treatment plant, for some time since previous years' rains caused destructive flooding and the roads have been under repair. Expect to see a representative sampling of wetlands waterfowl and shorebirds. We will likely continue on over to the Woodland's wastewater treatment plant for viewing there and may find diversions along the way. We stop for lunch in Woodland.

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](mailto:LH_Bird_Group@yahoo.com)

• • •

(more Club News cont' on page 25)



Bird Group at Staten Island by Larry White.



**LINCOLN HILLS COMMUNITY CHURCH**  
**Sunday Morning Worship Service at 10:00 AM**

**NEW SERMON SERIES**

***"THE TOUCH OF JESUS"***

**How the Hand of God Touches Our Lives**

**Dr. Mike Bradaric, Preaching**

**COMING EVENTS**

***"AN EVENING OF LOVE WITH JIM MARTINEZ"***

**SPECIAL ORGAN CONCERT --SUNDAY, FEBRUARY 16 – 4:00 PM**

**FELLOWSHIP OF CHRISTIAN ATHLETES BREAKFAST**

**FRIDAY, FEBRUARY 14—8:00 AM**

**MEN AND WOMEN BIBLE STUDY GROUPS**

**MONDAY, WEDNESDAY, AND THURSDAY**

950 E Joiner Parkway, Lincoln, CA

For information, call (916) 408-3800 or visit [www.LincolnHillsCommunityChurch.org](http://www.LincolnHillsCommunityChurch.org)

**BIGGEST SALE OF THE YEAR!**



- New & Used Sales
- Service
- Parts & Accessories
- Rentals

**(916)**

**652-2222**

Lic. #100843



AUTHORIZED DEALER



A Textron Company

**ELECTRICK MOTORSPORTS, INC.**

**3730 Placer Corporate Dr.**

**Rocklin, CA 95765**

**[www.electrickmotorsports.com](http://www.electrickmotorsports.com)**

# List for 1.5%\*

\*Based on My Listing Commission of 1.5% of Sale Price. An additional Commission is Paid to the Buyer's Agency. If I Represent Seller & Buyer, Total Commission is 4%.



**Why NOT Save \$\$**  
**When Selling Your Home? Full Service Less Cost!**  
*Living & Selling in Lincoln Hills for over 10 years!*

## QUAIL COVE SOLD Over List Price!



*"Thank you for selling my 1st & 2nd Lincoln Hills homes. Your attention to detail and making these moves go smoothly is much appreciated. Great job!" Sharon W. Briarcliff & Blossom.*

## FREMONT SOLD Full Price!



*"Cindy, We would like to extend our thanks to you for the highly professional way you handled the sale of our home. It was sold in less than 5 days and you led us through the massive amount paperwork and hoops which is the process of selling smoothly. We can recommend you for anyone buying or selling a home". Barbara & Bob A. Magnolia*

## SAUSALITO SOLD Full Price!



*"Cindy, thank you so much for all your help, you're the greatest." Elaine M. Picket Fence*

## ALMANOR SOLD & Closed in 38 Days!



*"I have bought and sold many houses and have never had a realtor as professional and efficient as Cindy Collis. Cindy took care of everything! The only thing I had to do was sign paperwork. Cindy lives in Sun City and knows all the ins and outs of buying and selling there. I highly recommend her and would not use anyone else!!" Denise K. Hillhaven*



**916-595-2635**

**Cindy Collis**

Independent Real Estate  
 Broker & SCLH Resident

**cindycollis@mail.com**

**www.sellnsavewithcindy.com**

Action Realty DRE # 01195871

*I Also Represent BUYERS!*



## Hiking and Walking Group

BY STEPHANIE HUNTINGDALE

This is a new decade! We are so lucky to begin it with wonderful hikes and staying healthy, when the rain allows. Are you bummed when a hike is canceled because of rain? Walk around the upstairs track at the Orchard Creek gym. You'll get a good hike in.

Did you enjoy the club's morning breakfast at Meridians and the hike to Ferrari Pond? Watch for more social events coming in 2020.

Important! Mark your calendars for the March 5, 2020 Hike Leaders Meeting, 6:30 pm at Orchard Creek Lodge Multipurpose Room. Hikes will be planned for April through July.

The Lincoln Hills Club and Community Expo will take place on February 25th from 10am to 1pm in and around the Orchard Creek Ballroom. All club members are invited to attend. A few volunteers are needed for set up and tear down. If you can volunteer to help, please contact Sue Mott, phone/text 916-798-4695 or e-mail [suzmott@gmail.com](mailto:suzmott@gmail.com) Plan to attend and support the hiking club and enjoy learning about other opportunities at Lincoln Hills.

Since we are getting ready this month for some serious hiking, it's a good time to review our club safety suggestions.

Safety of all hikers is paramount! Hikers are required to follow directions or decisions of the hike leader or hiking club officer when there is an issue regarding safety.

Each individual participating on our hikes must have signed and given to either a club officer or the hike leader the SCLH club event release form.

Stay with the group - behind the hike leader and in front of the sweep.

Communicate: Hike at your own pace. Our hikes are not a race, neither are they a stroll. Hikers should know their own ability. The hike leader must be INFORMED of issues, such as pace, a slow, ill, or injured hiker.

Be prepared: read the hike description, assess your ability and bring an ample supply of water—staying hydrated is critical.

Mark your calendars and plan on joining one of these hikes. It is very important for you to check the website, [www.lincolnhillshikers.org](http://www.lincolnhillshikers.org), on the morning of the hike as rain and mud usually means the hike is canceled or now we may have an alternate trail.

March 5, Hike Leaders Meeting, Orchard Creek Multi-Purpose Room, 6:30 pm.

Upcoming Easy Hikes: February 13, Nimbus Fish Hatchery (Folsom), February 27, Sacramento Northern Trail (Rio Linda), March 10, Bobelaine Wildlife Sanctuary (Nicholas)

Upcoming Moderate Hikes: None at press time.

Upcoming Moderate/Strenuous Hikes: February 25, Ruck-a-Chuky (Auburn Rec. Area)

Upcoming Strenuous Hikes: February 18, Lake Natoma (Folsom)

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

Call Dan Cortinovic Hiking Group President, 916-209-3582 with questions about the Hiking Group.

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

• • •

## LH Cyclists

BY TOM FRADY

As Safety Coordinator for LHC, I think about safe riding quite often, so much so my wife points out unsafe bikers when we are in our car. Here of my Top Ten Favorite Safety Tips. These are not necessarily the most important, just my favorite. And maybe some of which you do not think.

10. Always do an ABC check before starting a ride. Air, Brakes, Crank/Cassette/Chain. I'm good on the "A" part and I always ride around my block before heading to Kilaga. Any problems with the "B" or "Cs" should show up while I'm still close to home. I can also confirm I closed my garage door.

9. Carry a first aid kit, especially any special medicine you might need; antihistamine, aspirin, nitro, stuff like that. Maybe some electrolyte pills for hot rides. Be sure to have some large pads and tape to cover road rash.

8. Split large groups on narrow roads. If a group of eight riders is split "four and fourish" with enough room for a car to pull in, should another car come from the opposite direction. It is easier for drivers to pass 3-4 riders twice than 8-10 once. I have seen this prevent a dangerous situation many times.

7. Push the "Walk" button. We have all noticed an increase in traffic and it is only going to get trafficker. Instead of trying to move left across 2 or 3 lanes of traffic, just go up on the

side walk and push the button. This will give plenty of time for a group of cyclists to cross.

6. Yell "stopping", "slowing" or anything else that will help your fellow rider not run into you. Several of our accidents over the years have involved getting tangled up with fellow riders.

5. But don't yell "clear" at intersections. Let each rider determine when it is safe to proceed. Birds and fish follow the leader no matter what. We're not birds or fish. You don't want to be the guy who didn't see the Prius coming at 50 mph.

4. Don't signal drivers it is safe to pass you and your group on a narrow road. Let the driver make the decision for him/herself. You don't want to be the guy who didn't see the Prius coming at 50 miles an hour.

3. Don't practice "Stop sign drift". If cars are present, come to a full stop and put your foot down. If you are moving forward at 1.48 mph, drivers don't know if you are staying or going. It's confusing.

2. Be careful where you stop to fix a flat, take a picture or wait for those wimps who can't keep up with you. Always find a driveway, very wide shoulder or sidewalk. And stay out of shadows. Be sure drivers can see you from a significant distance.

1. If your group is yelled at, cursed at, honked at, or otherwise given some negative feedback, discuss whether you deserved it at the next break. If you did, learn from it. If you didn't, learn from it.

Bonus Tip: Remember, hand signals are not just for your peloton. Signal stopping and turning. When turning right, use your right arm with finger pointing. The old left-arm-crooked right turn signal originated because motorists couldn't reach across to the right window. At times, it may be helpful to point straight ahead to let drivers know that's where you are going.

• • •

## Water Volleyball Club

BY ROSEMARY ELSTON

The Water Volleyball Club is off to a new and exciting 2020. The Steering Committee election in December resulted in the approval of the slate of candidates; the first meeting of the new year on January 14th resulted in the approval of the two vacant positions of Webmaster and Equipment Coordinator --- thank you Jim and Gary! Members also completed a survey during the election process

which provided the Steering Committee with member feedback. Utilizing the information from members, the Steering Committee will plan the Club's activities and direction for the upcoming year. Topics discussed at the January 14th meeting pertaining to the Club member survey centered on member recruitment and retention, player development and net utilization.

Sun City Lincoln Hills Annual Club and Community Expo is scheduled for February 25th at Orchard Creek Lodge. The Communications Coordinator will be soliciting members to man the Water Volleyball Club table during the hours of 10:00 and 1:00. The Steering Committee is excited about the opportunity to share the fun and excitement of the sport of Water Volleyball with residents. This annual event has historically resulted in the recruitment of new members. Interested members can contact Rosemary poolside or using the Club email.

Member survey feedback pertaining to the Club's past years training efforts was overwhelming positive and supportive. Our awesome Training Coordinator, Russ, has developed the Training Calendar for 2020. Specific skills have been identified with volunteer trainers scheduled for the fourth Wednesday starting in January. In addition to player skill development, training will also focus on communicating to all members the updated Water Volleyball rules and procedures. Members can review the Steering Committee approved Water Volleyball rules and procedures on the Club Website and whiteboard at Kilaga Springs---thank you Mel. Player participation in the monthly training will support improvement of member Water Volleyball skills, reduce confusion on rules and procedures and increase understanding of player self-reporting for infractions.

With the Club Expo on February 25th, the Steering Committee views 2020 as the year for Club expansion. Club members are encouraged to contact the Steering committee with ideas and suggestions for member recruitment. Membership growth will support full nets for both Recreational and Competitive play throughout the week. E-mail: [sclhwatervolleyball@gmail.com](mailto:sclhwatervolleyball@gmail.com) Website: [lhwatervolleyball.com](http://lhwatervolleyball.com)

• • •

(more Club News cont' on page 26)



**HANDYMAN ANT**  
HONEST & RELIABLE

**(916) 975-3071**

Call for a free estimate!

Anthony Scachetti  
[HandymanAnt.com](http://HandymanAnt.com)  
[HandymanAnt11@gmail.com](mailto:HandymanAnt11@gmail.com)



**Hair By Michael**  
**Celebrating 20 Years Special**

Hair Cut and Style \$29.99 Reg **\$49.99**

Any Color T-up and Cut \$55.00 Reg **\$75.00**

Perms and Hair cut \$65.00 Reg **\$85.00**

**916-300-5574**

2600 Sunset Blvd, Rocklin, CA 95677  
Located Inside Tres Chic Hair Salon

### Lincsters 9-Hole Club

BY JOYCE KIRK

The fun enjoyed at the Lincsters Grandmother's Tournament, January 29, is definitely a reason to play golf. Following the tournament play, a luncheon celebrated the winning scorers with clever "trophies." For example, the best gross score was rewarded with a "Gross Granny Doll" (see picture) and flight winners received walking canes.



**Gross Winner Granny Doll was just one of the humorous "trophies" awarded at the Lincsters' annual Grandmother's Tournament January 29.**

There are many reasons to play golf. The opportunity to make new friends who share a similar interest is aided by the game's handicap system and tee placements which make for fair competition. Golf can be a team or individual sport.

The attributes of fresh air and exercise is another draw to the game. A good walk in the lush landscape is enriching and may add a bit of excitement with ducks, geese, and perhaps a random critter crossing the fairways. And, golf is a great source of vitamin D.

Maybe the best thing about golf is that it is not predictable and every player can feel that improvement is just one round away.

The Lincsters roster is growing with nearly 150 members. Eleven prospective players attended the January orientation meeting. For more information check out the online site: Lincsters.com

For membership in the Lincsters, contact Nancy Hastings 916-645-5590, nhast38@yahoo.com.

• • •

### Men's Golf Club

BY DOUG HINCHEY

As we welcome in 2020, Happy New Year to all from the Men's Golf Club! The Northern California Golf Association will be going to a World Handicap System. The World Handicap System aims to bring six different handicap system together into a single set of rules for handicapping, enabling golfers of different abilities to play and compete on a fair and equal basis, no matter how or where they play. Go to [www.ncga](http://www.ncga) for further information. A big thanks to Jesse Reuter and Rich Henrikson for putting out and retrieving the sponsors signs every month for the past 3 years. Taking over are Sylvan Braa and Gary Anderson, thanks guys for stepping up! The Mens Club has a fun tournament a month lined up, so it's not too late for you golfers to join up!

• • •

### Table Tennis

BY DENNIS ZARO

Table tennis has moved out of the basement and into the big time. In fact, with 19.3 million devotees, it's now the fifth fastest growing sport in America, ahead of soccer, baseball, and football. We play at the Kilaga Springs (KS) Multipurpose Room. Tables are set up to accommodate five skill levels from beginners to advanced. Thus, all are welcome. Loaner paddles and free lessons are available. Just remember to wear soft soled shoes. Play times are: Sundays, 9:00 AM to KS closing, except the first Sunday of the month when play commences at 12:30 PM, Tuesday, 6:00 to 9:00 PM, and Fridays, 8:00 to 11:00 AM. For more information, contact Tim Frank at [timcfrank@ymail.com](mailto:timcfrank@ymail.com).

• • •

### Tennis Group

BY HELEN BEROTT

Want to stay fit, have fun and make new friends? Join the Lincoln Hills Tennis Group! We have tournaments, social events and ball machine practice. Our first 2020 tourney will be Mid-Winter Blues on Friday, February 14. Our Tournament Directors, Cathy & Dennis Vaillancourt have scheduled all our 2020 tournaments. See the web site for dates and details.

Our annual St. Patrick's Day tourney will be Wednesday, March 18. This will be a fun mixed doubles event, with a different partner for each round. Sign up forms can be found

on the LHTG.com web site or at the Sports Pavilion.

Congratulations to Jim Farrell and Russ Smith on their successful USTA 70+ team, finishing the season in first place. Congratulations also to Marilyn Duncan and Cindy Fuog and their USTA Combo team. They have finished the regular season in second place and have won their first playoff match. Congratulations on a job well done! You can find a link to all current teams on our web site.

Find out more about our Tennis Group by attending the Club Expo/Life Style Event at Orchard Creek on February 25. We will have membership applications available and have opportunities for all levels of play.

For more information and membership application, go to our web site at [lhtg.com](http://lhtg.com).

• • •

### Mad Hatters Bocce Group

BY PAUL MAC GARVEY

Rain and wind and cold, cloudy weather; so what. Despite the wintry (wintry?) ambiance on the Bocce courts we have managed to get through to the middle of January without cancelling any Bocce sessions. We've dodged showers immediately before our 10:00 AM sessions and we've escaped from the courts at noon just before it started to rain but we haven't cancelled or gotten wet. Paul credits his ability to read the weather radar for the near misses but it probably has more to do with luck. Mind you, attendance hasn't been

(cont' on page 27)

# Roseville Toyota & Scion

[www.RosevilleToyota.com](http://www.RosevilleToyota.com)

Parts & Service Dept. Open 7 Days a Week

Let us show you the quick and easy no hassle way of buying your next vehicle!!

Call Our Fleet Managers....

- ✓ No Hassle Pricing
- ✓ Top Dollar Paid For Trade-ins
- ✓ Deal Directly With Fleet Managers
- ✓ Buy Directly From Fleet Managers at Fleet Prices

JOHN L. SULLIVAN

ROSEVILLE TOYOTA

Fleet Department Retail Program

Choose from the Largest Inventory of New & Certified Vehicles in Northern California!

Chris

Robin

Linh

916-774-4810

Email us at [scion@rosevilletoyota.com](mailto:scion@rosevilletoyota.com)

Check Our Inventory On-line at: [www.RosevilleToyota.com](http://www.RosevilleToyota.com)

700 Automall Dr., Roseville

Inside the Roseville AutoMall

Get your fleet pricing by phone!

### Mad Hatters Bocce Group

(cont' from page 26)

all that great. One morning we played with only five people and once we had as many as eight hearty souls.

There is landscaping and construction work going on at the Sports Plaza. They have removed a lot of the existing shrubbery and are working on the shade structure for the view area off the playground and appear to be working on the "Croquet Court." We haven't seen any sign of the proposed shade structure for the Bocce Courts but we believe Chris was going to put up a trial structure to see what would work the best.

If you'd like to try your hand at cold weather Bocce feel free to join us every Thursday morning at 10:00 AM.

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

...

### Pickleball Club

BY MOLLY MORRIS

If you like competition, learn to play pickleball!

The week after Christmas our club from Lincoln Hills participated in a USAPA sanctioned tournament in Rocklin. We had over 360 players and 630 refereed matches. There were players from as far as Idaho, Alabama and Arizona! This tournament wouldn't have happened without the numerous volunteers and participants from the Pickleball club.

Congratulations to all of our medal winners!

This week our members, Craig Fraser and Ron Greeno received a GOLD medal in the Southwest Regional tournament in Surprise, Arizona. This win gives them an automatic entry into the US Nationals in Palm Desert this fall. Such a huge, tough accomplishment! Way to go guys! Congratulations also go to Ron, Carol Nakao and Lynn Fraser for receiving Gold in their doubles matches too!

...

### Senior Softball League

BY BRUCE BRIGGS

We welcome you back from the dreary winter blues. It's almost time to get ready to play softball again.

February is a key month when we get back in shape, remember how to stretch and dust off our softball gloves, bats and equipment. Applications are available for our coed Lincoln Hills Senior Softball League and our new for 2020 Lincoln Hills Ladies Softball League on our



2019 Champion - Future Ford Lincoln Karl Wenzler - Manager.

website, lhssl.net. Applications must be received by February 18th in order to be placed on a Team for this summer.

Play will commence in mid-April at our beautiful Del Webb Field, located at 1050 Del Webb Blvd. in Sun City Lincoln Hills, and continue until early September. Each of our sponsored Teams play approximately thirty games each summer, predominantly on Mondays and Wednesday.

We then have a Double-Elimination tournament at the end of the regular season to declare the Champion. It is fun to participate in or just watch as a spectator. All games are free to watch and our dues are very modest.

The 2019 Lincoln Hills Senior Softball

League Championship Team was managed by Karl Wenzler and sponsored by Future Ford Lincoln of Roseville. The average age in our League is about seventy-one.

So if you haven't played in years or even since you were a kid, please come join us, as you'll fit right in. This is the way most of us returned to playing softball, just now as a senior. This is the twenty-first year for the League and we look forward to many more years as our population continues to get younger.

...

### Social Bridge Club

BY JODI DEELEY

December was a busy month for everyone. We usually had up to 15/16 tables but with vacations, visiting, and the holidays, we had 10/12 tables.

The winners for December in First Place were Chet Winton, Pat Mullins, John Butler, and Carol Mayeur. In Second Place were George Hubbard, Barbara Moran, Ralph Madsen, and Byron Hansen. In Third Place were Nancy Griffin (twice), Joan Darroch, and George Hubbard. In Fourth Place were Jodi Deeley, Joanna Haselwood, John Woodbury, and Chet Winton. Congratulations everyone!

...

(more Club News cont' on page 29)

**LINCOLN AUTOMOTIVE CENTER INC.**

**Happy Valentines Day**

**YOUR FULL-SERVICE CENTER**  
**All Mechanical Repairs**

**645-8981**

**401 Lincoln Blvd.**  
Corner of Lincoln Blvd. & McBean Park Drive

HAIRCUT

\$15

Mon - Sat : 10am - 6pm  
Sunday : Closed

916-740-5436

No appointment necessary

835 Twelve Bridges, Lincoln, CA 95648

**HELP AT HOME SENIOR CARE**

Serving Placer, Nevada & Sacramento Counties

**Call Today for a No-Cost, In-Home Assessment**

**1-877-404-6636**

Or send an e-mail to info@hahcare.com

[www.hahcare.com](https://www.hahcare.com)

*Caring, In-Home Assistance... helping you or a loved one remain at home*

Services Provided

- Meal Preparation
- Light Housekeeping
- Dementia Care
- Medication Reminders
- Bathing & Dressing Assistance
- Transportation to Doctor Appointments
- Laundry, Folding & Ironing
- Caring Companionship, and More!

**2017 BEST OF THE BEST**  
By The Readers Of The Auburn Journal

SMOG Busters

**Nick & Jena Lyons owners/operators**

916.773.SMOG

7 6 6 4

**New Location!** 3865 Taylor Rd. #B Loomis, CA 95650

3985 Douglas Blvd. Roseville, CA 95661

[www.TheSmogBusters.com](http://www.TheSmogBusters.com)

\$20 OFF SMOG CHECK

With This Ad

Our caregivers are carefully screened, trained, bonded, insured, and background checked through the DMV, Department of Justice, and FBI

# LiftMaster®

## Get in your garage, EVERY TIME

### Opens and Closes your door... Even when the power is out

- The Battery Backup System ensures your garage door opener continues to work.
- Powerful DC motor belt drive system is durable, ultra-quiet and maintenance free.
- MyQ® technology enables you to close your garage door or turn the lights on or off using a smart phone or computer from anywhere.
- Lifetime motor and belt warranty.

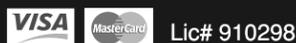


### **COMPLETE** **Garage Door Installations**

*Many Styles & Colors to Choose From  
Less Expensive Than Home Depot & Lowe's  
Over 20 Years of Experience*

## **EL CAMINO OVERHEAD GARAGE DOORS**

Contact **Khoune Mokhantha**  
For a free estimate!



Lic# 910298

## **(916) 533-6501**

[www.elcaminogarage.com](http://www.elcaminogarage.com)

## From Your Placer County Supervisor

(cont' from page 5)

from college or be used as a source of income as a rental property.

Our Community Development Resource Agency is hard at work to find ways to make the ADU building process faster and cheaper. Stay tuned for details.

Finally, Placer County will again be facing wildfire season soon. Even though we are in the middle of winter there are a few things you can do to be prepared.

First, stay informed. Sign up for Placer Alert to receive important public safety information. You can sign up at [www.PlacerAlert.org](http://www.PlacerAlert.org).

Second, create a defensible space around your home to help defend it against fire. Now is a great time to remove dead plants or leaves from your yard and trim trees. This is essential to improving your home's chance of surviving a wildfire and protecting firefighters defending your home. Learn more tips at [www.ReadyPlacer.org](http://www.ReadyPlacer.org).

I and my fellow Board of Supervisors members are also committed to continue finding solutions for the concerning fire insurance premium increases and Pacific Gas and Electric Company's public safety power shutoffs. I'll be sure to share any updates on these two important topics as the year advances.

Looking at the year before us, I am very excited about all the progress we can achieve in Placer County. I'm also excited to see all the opportunities available to our community members to participate in the census and elections.

This is going to be a great year.



## LH Billiards Group

BY STEVE FOWLER

Due to the popularity of the Mentoring Training Program a second session was added December 3rd. Mentoring Training is offered at Kilaga Springs Lodge on Tuesdays from 9:00 AM to 10:15 AM and 10:15 AM to 11:30 AM for new and returning players. You do not need anything to play, just show up and see what we have to offer. It's free.

We have many subgroups for all skill levels. Rookies and Breakers are for beginners and midlevel players. They help to introduce players to the way the other groups operate. The Upstarts Groups, 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 sign up binders are located on the Kilaga Springs Billiards Room Fireplace Mantle. The groups have differing advance sign up procedures. Some groups will recognize tournament winners with an email message weekly. Photos of some of the winners are published in the Compass Magazine and the Sun Senior News.

We play by the American Pool Players Association (APA) Rules that can be downloaded from [www.poolplayers.com](http://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](mailto: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



*Congratulations to our Ladies Tournament Winners January 7th tied for first place, Phyllis Papagiannis on the left and Barbara Conger on the right each winning six games of six.*

Lodges.

The LHBG Holiday Party was well attended. The service, food and entertainment were great. Thanks to Sandy Limas, our project officer, for all the hard work and effort in spearheading the best holiday party yet.

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-10:15 AM and 10:15 to 11:30 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- The first Tuesday of the month straight 8 is played. Otherwise 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.

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 SS Bowling League

BY JOHN VOGELI

We have a second quarter Champion, "Roll-X" (Anita Miller, Helen Rodante, Jack Uchman, Rex Miller) out bowled runner-up "E Z Duz It" (Bernie Pratt, Patrick Heredia, Pete Farrar, Owen Brosh) and third place "Shuda Been" (John Cho, Vac, Jeff Mattimoe, Dave Harriman) for the right to bowl in the finals in the spring. Congratulations "Roll-X". Going into the final two quarters Dave Harriman is leading the league with a 226 avg, followed by Roy Hackman with a 210 avg leading the men. On the womens side PK Lewis is leading with a 169 avg, followed by Claudia Dehart with a 168 avg. In the most improved bowler category, Jack Uchman leads the men with a +11 to 173. On the womens side Laura Silva is most improved with a +10 to 149. The Season High scores for Team Scratch series is "Shuda Been" with a 2358 total. Team Scratch game is "We Don't Care" (Ellen Asbury, Richard Armentrout, CJ Johnson, PK Lewis) with an 866 total. Team Handicap Series is "4-2-Win" (Carol Torno, Bob Vincent, Roy Hackman, Ron Basnett) with a 2772 total. Team Handicap Game is held by "Rock'n Bowl" (Gene Garmin, Jill Munyan, Mike Becze, Dale Mellberg) with a 989 game. The Mens Scratch series is held by Dave Harriman with a 743 series. Womens Scratch series belongs to PK Lewis with a nice 612 series. The Mens Scratch game belongs to Ron Basnett with a "perfecto" 300. The Womens Scratch game belongs to Wendy Green with a very good 238. The Mens Handicap series belongs to Richard Armentrout with a solid 830, the High Handicap game is shared by teammates Mike Becze and Dale Mellberg with a solid

(cont' on page 31)

# GARY'S SPRINKLER REPAIR SERVICE



**Residential Experts • 28 Years Experience**  
**Troubleshooting & Repairs**

- Timers Changed • Wiring Issues • Bad Valves
- Some Drip Work • Broken Pipes
- All Work Guaranteed

**916-223-3706** LIC.# 869624



A HIGHER STANDARD OF HOME CARE



**LET US HELP YOU CARE FOR YOUR LOVED ONE**

**We specialize in:**

- › Personal Care
- › Companion Services
- › Homemaker Services
- › Respite
- › Hospice Support
- › Alzheimer's
- › Parkinson's
- › Heart Failure
- › Post-surgical Care
- › Multiple Sclerosis

*We assist you with Long Term Care insurance processing.*

**No deposit required.**

**Nurse oversight included.**

*Independently Owned & Operated*

**Insured & Bonded – Roseville, CA • 916 781 6500**

# Luxury Senior Living

Assisted Living · Memory Care



## Save the Date

Thursday, March 26th · 9:00am - 11:00am  
 Sun City Lincoln Hills  
 965 Orchard Creek Lane · Lincoln, CA 95648

## Next Steps Made Easy

Join Oakmont of Roseville for an informational seminar about "next steps" in the aging process.

Enjoy a delicious breakfast as LaDonna Hasty from Oakmont of Roseville and Connie James from Smooth Transitions share step-by-step information to help you or your family members make the move to assisted living. We will provide you with resources to help make moving and down-sizing manageable and less stressful.

Oakmont of Roseville, a luxury senior living community, offering independent living, assisted living, and memory care services in a quality caring environment.

Smooth Transitions provides the emotional and physical assistance needed in making a change in your living arrangements.

**Kindly RSVP to 916-993-3140 by March 19th, as space is limited.**

**Oakmont**  
of Roseville

1101 Secret Ravine Pkwy  
 Roseville, CA 95661  
 oakmontofroseville.com

RCFE #317005187

## SCLH WRITER...

### He and Me

BY JEANIE ROBERTSON

Numbers are his strong suit  
 And my strong suit is words  
 He loves collecting records  
 I love feeding the birds.

Tho we are very different  
 One thing remains the same  
 While he is Chuck, I'm Jeanie  
 We share the same last name.

We've a deep love for each other  
 And friendship strong and true  
 The ability to listen  
 To each other's point of view.

We've had a long time marriage  
 Since June of '62  
 We've been each other's best friend  
 Through all that time, it's true!  
 The children started coming

One, two, three and then 'twas four  
 Our family was complete now  
 And we couldn't ask for more.

It seems they grew so quickly  
 We were busy every day  
 With Little League and Drama Club  
 The years just flew away.

Time came our nest was empty  
 Children left as it should be.  
 They found their places in the world ...  
 Once more its He and Me.

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



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

**Try us in Lincoln...a place You Can Trust for your car repairs and maintenance.**

*We have 25 Years of Honesty & Integrity behind us.*

*"Duncan's Automotive fixed a problem that I had been to 3 different places over the course of 2 years".  
 -P. Buntiny  
 -Citrus Heights*



**Open Saturdays in Lincoln • We Now Do Smogs In Lincoln**

most cars **Winter Service Special \$89<sup>95</sup>**

- Lube, Oil, Oil Filter • Brake Inspection • Test Battery • (Synthetic Oil Extra.)
- 45 Point Inspection • Install Wiper Blades • (most cars)

Lincoln 645-2860    Also Good at: Citrus Heights 726-8473    and Roseville Locations 789-0303

Not Valid with any other offer. Expires 2/29/20

*A place where your car is done when promised!*

★ STAR Certified



185 Flocchini Circle, Lincoln

**Duncan's Automotive**  
**645-2860**  
 MasterAuto Repair Professionals

www.DuncansAutomotive.com

## Tuesday SS Bowling League

(cont' from page 29)

298. The Womens Handicap series is in the grasp of Linda Buechner with a 784 series and Jill Munyan has the best handicap game at 275. Congratulations Ladies and Gentlemen with some terrific bowling. Any readers of this article can see that there is some great bowlers in the senior community. If you or any person or persons out there would like to join this league or any other may contact Stacy Pudge at Strikes Unlimited in Rocklin at 916-626-6361. You may also contact our league secretary Linda Zierman at 916-408-2397 or [zierman@sbcglobal.net](mailto:zierman@sbcglobal.net).

• • •

## Thursday Sun Senior AM Bowling League

BY RUSS ASBELL

During our second quarter we had our Holiday Poltluck. With lots of tasty items brought by our members. Special thanks to Nancy Keyton who oversaw the serving area and made sure everyone got seconds and sometimes thirds. Great job Nancy!

The Second Quarter Champions are are Turmoil; Stan Young, Carol Torno, Karol Rich and Mike Bece, who defeated the Dawgs; Barabara Parisius, Sandy Manildi, Ed Keyton and Bill Taylor. Congratulations to Turmoil in a hard fought battle.

Bowlers with the most improved averages are Rob Smith with a 18.60 gain in the men's

and Cindi Underwood with a 11.36 pin gain in the women's.

Season League High Scores: Team Scratch Series, Holy Crap, 2505. Team Scratch Game, Need More Pins, 850. Team Handicap

Series, Misfits, 2880. Team Handicap Game, Spare Me, 1022

Men's Division: Scratch Series, Dave Harriman, 715. Scratch Game, Ron Basnett, 279. Handicap Series Jeff Mattimoe, 838. Handicap

Game, Chuck Leming, 312.

Women's Division: Scratch Series, Michelle Elkins, 712. Scratch Game, Sharon Pfeiffer, 246. Handicap Series, Carol Torno, 768.

Handicap Game, Hellen Rodante 298.

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.

Did you know: USBC RULE 12: Approaches must not be defaced.

While bowling in USBC or League play:

Detracting from the possibility of other players having normal conditions is prohibited. This includes:

1. The application of any foreign SUBSTANCE on any part of the approach.
2. Improperly applying talcum powder, pumice, soapstone, rosin or any foreign substance on the shoes causing the substance

to be Transferred to the approach.

3. Soft rubber soles or heels that rub off on the approach.

• • •

## LH-Thursday PM Bowling

BY JOHN HABEIN

John's Bowling Tips — First: Learn the KEY pins. They are the front pin on any shot your attempting. Learn to pick up the 2, 3, 4, 5, and 6 pins you will dramatically improve your spare shooting.

Second: If the ball isn't going where you want, adjust. Ball missing on the left, move feet left & use the same arrow. Ball missing on the right, move feet right and use the same arrow. DO NOT adjust on bad shots. Adjust off GOOD SHOTS that did not go where you wanted them to go.

Third: Learn to use the spots and the arrows when you shoot spares. You can pick up 90% of your spares using the 3rd arrow (15th board) and the middle arrow (20th board) out on the lane. Example: You can pick up the 3, 6 or 10 by using the middle arrow and just moving your feet. You can also pick up the 2, 4 or 7 using the 3rd arrow and just moving your feet.

Fourth: Keep It Simple & Straight! If you have a big curve ball, get rid of most of it and throw the ball straighter. Your accuracy will improve, and you will have easier spares to shoot. Palm facing toward down the lane and up to the ceiling as you release.

January 9th – Position Round: "4 Shades of Grey" takes the second quarter by 5 points. Nice bowling guys. On the day was "4 Shades

of Grey" with 2013 scratch team series and "Let's Roll" with 2865 team handicap series. High scratch games went to Dave Fisk with 243 and Karen Markle with 194. High scratch series went to PK Lewis with 540 and Larry Johnson with 668. High handicap scores were Rich Toms with 781 and Barbara Greenfield with 729 high series and Fred Messina with a 296 and Judy Butler with 272 games.

• • •

## Cribbage Club

BY DON LLOYD

We welcome you to come join the fun at OC on Tuesday mornings with a friendly group of Cribbage Players. We meet at 8:00 AM and have our warm-up practice games until 9:00 AM. Then the mini-tournament begins and continues until noon. We play four-handed partner games using a rotation system. Every game you end up with a new partner as the losing players move on to the next table and winning player's stay. Each player keeps track of his or her own score. The weekly winners for December were; Don Lloyd, week one; Cyril Kalbach, week two; Brian Yates, week three; Jerry Carlson, week four and Dan Quick, week five

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

• • •

**BRING THE RESORT HOME**

Palm Beach™ polysatin shutters with DuraLux™ finish



**BLIND spot.**

Window Shopping With You Since 1990!

Style • Service • Savings

**HunterDouglas Gallery®**



Visit our showroom or have us bring the showroom to you!

**773-SPOT (7768)**

6624 Lonetree Blvd., Ste. 500  
Located in front of RC Willey  
[www.shutterspot.com](http://www.shutterspot.com)

STYLING AWARDS WINNER

# Super Bowl!

## Football and Valentines



**Steve Evans**  
KELLERWILLIAMS REALTY  
P: 916.224.4352  
E: [steveevans11@gmail.com](mailto:steveevans11@gmail.com)  
W: [steveevansrealestate.com](http://steveevansrealestate.com)  
BRE# 01334468




February Is a very exciting month! There will be close to 100 million viewers on Super Bowl Sunday and See's Candy will fly off the shelf for Valentines Day. May we all let our family and friends know how much we love and appreciate them. Let me know if I can help you.



# *Diamond* Heating and Air

**PG&E to Raise rates by 8% In 2020!!!!  
Probably More!**

**Why should you pay more for your energy from  
PG&E when it was Their  
Multi Billion Dollar Mistake!!!**

**There is something you can do! Make your  
Home more Energy Efficient! Let a portion of  
the money You will be paying to PG&E's higher  
rates provide a more Energy Efficient Home  
Resulting in less Energy consumed, a more  
Comfortable home with Significantly improved  
Savings and indoor air quality.**

**Call Today 916-740-2663 for a no-obligation  
BPI energy evaluation of your  
home.**



## SCLH WRITER'S CORNER...

### Februivus

BY JIM FULCOMER

Now in the second month each year, comes a time most grimly fear.

When cold storms rage and bodies chill, the Polar Vortex southwards spill.

Creating ague, coughs and sneezing, chilling outside pipes to freezing.

The Groundhog if his shadow sees, predicts a much extended freeze.

So in this short month Romans named, to purify those souls defamed, we now denote, to some degree, the status of Black History.

Two Presidents who framed our nation. Requests from the Heart Association.

Then Valentines, in red or pink, to signify our love, you think?

With tender gifts of flowers and candy, but also diamonds, if they're handy.

To compensate for those selfish acts and restore romance to its' tracks.

With just four weeks, it quickly passes, but to some, more like molasses.

Old bones, I'm sorry to confess, this bitter month, would like much less.

But when the Leap Year comes around, every four years, a day is found and tacked upon this brief occasion, to force the monthly elongation.

The Horoscope cleft by Astrolagerians, find most Februivians are Aquarians.

But if you're born on twenty-nine, your Birthday's in the Pisces sign.

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

# Neighborhood Watch

BY KATHY GIRE

Poor February! It is the shortest of all the months with 28 days and only 29 days every 4 years. In Old English, February was called "Salmonoth" which means "Mud Month."

February occurs in most lists of commonly misspelled words in the English language because so many people can't pronounce it properly. February has only one of Shakespeare's plays that mentions it, and that is "Much Ado About Nothing."

Poor February! Let's hope it doesn't know that if it lived in the Southern Hemisphere it would be living like his friend "August."

Alerts —

On December 4, 2019 a resident in the 2500 block of Woodacre Lane in Village 22B reported that someone stole a package from his front porch. On the next day, December 5 sometime between 5:00 PM and 6:00 PM, an unknown person scratched both sides and the back of a resident's car that was parked on Sutter View Lane in Village 32B.

Several vehicles were damaged or broken into before Christmas. On December 7, a car parked in the 200 block of Grand Pheasant Lane was entered and a credit card was stolen. It happened at night, but there was no forced entry.

As reported to the police on January 4, some person(s) unknown broke out the window on the side garage door of a residence in the 1700 block of Winding Way. The suspect(s) then entered the garage and, using a pry tool, forced open the door leading into the residence. The suspect(s) found car keys inside the house. They then stole the resident's vehicle, which was parked inside the garage. The house has been vacant for some time, as the resident is deceased. The only loss reported at this time is the vehicle which, according to a relative, was old and didn't run very well.

Someone stole items from a resident's vehicle that was parked overnight on Woodacre Lane in Village 22B. Several unlocked vehicles parked in driveways on the 1800 block of Hawk Hill Lane in Village 31C were entered and one truck had tools stolen from an unlocked storage box.

A resident received an email "allegedly" from a relative who asked him to purchase a "Gift Card." The resident recognized the relative's correct email address so he purchased a \$200 gift card and forwarded the secret numbers to the "alleged relative." He did

not notice that the return email address was different from the original email. He then received another email asking for another \$100. At that point, the resident became suspicious and called his relative in Hawaii and then realized he had been hacked.

One resident was contacted by an alleged "Apple" representative who conned him out of \$15,500. Another resident received a call supposedly from PG&E who threatened to turn off the electricity to her business if she didn't pay a "past due" bill. The resident had no unpaid bills and when the scammer began talking about gift cards, she hung up.

The Folsom Police Department posted on Facebook that criminals are now using Bluetooth scanners to find electronics hiding inside cars. To guard against this, you need to completely turn off your phone tablet, etc. or turn off Bluetooth or use airplane mode.

In Village 42A, a male subject brandishing a firearm was seen driving a dark Ford F250 pickup truck and then getting into a verbal argument with the victim who wisely fled the area. This occurred at Truchard Lane and Waterwheel Lane. A police report was made.

Please Note: We live in a relatively safe community. However, from time to time, there are opportunist thieves who drive through the villages looking for something to steal. They look for open doors, windows or houses that appear vacant.

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

Spring Safety Symposium —

On March 18, Public Safety Chief, Doug Lee and his team will discuss the police and fire departments and personal safety and awareness at the annual Neighborhood Watch Spring Safety Symposium at Orchard Creek Ballroom from 1:00 PM to 3:00 PM. They will address those annoying solicitors, recent scams and take questions. We encourage everyone to attend.

The Community Forum will video tape this event that

will be available on the Association and Neighborhood Watch websites.

New Mail Box Captain and Villages Needing Coordinators:

We welcome to Neighborhood Watch Janet Becker, new Mail Box Captain in Village 10A.

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

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

Decennial National Census Headcount:

April 1 is the due date for Americans to take part in the decennial national headcount. Census scams may come to you by phone, emails, regular mail, or even a home visit. These people are seeking your personal and financial information.

No census person who is genuine will ask for:

- Your social security number
- A look at your credit cards
- Information about your bank account

Be cautious of imposters in early and mid-spring of 2020 when census forms hit the customers. The official website of the Census Bureau is census.gov. NEVER open anything from an anonymous sender.

Important February 15 Deadline:

This is the month that the Director's List of Village Coordinators and Emergency Contact reports are to be reviewed, updated as necessary and copies submitted to the Executive Director and Secretary by the February 15 deadline. Also, Directors should remind their Village Coordinators to review their Coordinator's List of Mail Box Captains reports as well and submit those reports to their assigned Directors by the February 15 deadline.

Village Coordinators should remind their Mail Box Captains to review their Resident Contact Information forms and forward a copy

to their Village Coordinator by the February 15 deadline. (This form is shared only between the Coordinator and Captain.) When contacting residents, please remind them to update their Vial of Life form which is available as a "fillable" form on our website at www.SCLHWatch.org listed under Documents.



Police Chief - Doug Lee



### Comp-Solve Computers

916-276-1374

**In Home Computer Service**

**Lincoln Hills Special**  
\$79/hr. reg \$89

**Thank You Lincoln Hills!**

**Refurbished Windows 10 & 7 Computers When Available \$299**

**Upgrade Your Computer's Hard Drive For Increased Performance**

**New Computer Setup Made Easy**



Your Certified 20 Year Tech is **Steve**



Mailing Address-  
6518 Lonetree Blvd. #18, Rocklin, CA 95765  
Rocklin, CA 95765

- Data Recovery
- In Home Training
- Data Transfer
- Email Problems
- Wireless Issues
- New Printer Install
- New Router Install
- Data Backup
- Tune-Up's
- Repairs
- Phones & Tablet Help
- Virus & Malware Cleanup




Cont. Lic.#806165

# SCREENS 4 LESS

## Mirage Retractable Screen Systems & Custom Sun Screens

- Security Doors
- Swinging Screen Doors
- Vertical Drop Sun Shades (manual / remote)
- Retractable Screen Doors

**Call Us Today For A FREE Estimate!**

## 773-6500

 **Student SERVICES**  
**A+ HOME SERVICES**

*Have you cleaned your gutters?*

**Gutter cleaning** ..... **Varies by home model & tier**

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

**Window cleaning** ..... **Varies by home model & tier**

- A+ tier:** Inside and outside windows, tracks, frames, sills, and screens
- A tier:** Inside and outside windows
- A- tier:** Outside windows

**Call or text (916) 380-8333**

**Thoughts From Jack—**

**Time Just Flies**

BY JACK FABIAN

Well, the holidays have come 'n gone, and, as usual, we learn so very, very much. One of the major things you get acquainted with is the meanings, the tastes, and the effects of alcohol.

For example, the secret of enjoying a good wine is first you open it, and allow it time to breathe. Then, if it doesn't look like it's breathing, give it mouth-to-mouth. By the way, wine is now cheaper than gas. Drink, don't drive. 'Course, wine is not the answer, it just makes you forget the question.

Did you ever drink 5 glasses of milk and try to move a wall? Can't. Drink 5 glasses of wine, and the wall moves all by itself.

But, above all, remember this. In wine, there is wisdom; in beer there is freedom. In water, there is bacteria.

**Lincoln Public Library —  
 Author Presenter**

Christian Keifer, author of literary "mystery themed" fiction, will be the first author presenter for 2020 at the Lincoln Public Library on Thursday, February 13 at 6PM.

This author is also a professor with a Ph. D in American Literature and teaches at American River College. His books reviews are available on OPRAH.com, SF Chronicle, Library Journal, Huffington Post and others.

His recent novels are *Phantoms* (2014) and *The Animals* (2015). Some will be available for purchase at the presentation. Keifer is also a musician with his own studio in Newcastle.

This free to the public event begins at 6 p.m. with an open reception sponsored by the Friends of the Lincoln Library. Keifer's discussion begins at 6:30.

**2019 Tax Season is Here!**

Lincoln AARP Tax-Aide volunteers are ready to assist you with your 2019 tax returns. The service will be available by appointment only this year at Granite Springs Church, 1170 E. Joiner Parkway. People can make income tax preparation appointments by calling 916-878-6249 beginning January 20th. The Intake/Interview Sheet, Form 13614-C, is required of all clients and is available in the Orchard Creek Lodge lobby, Kilaga Springs library, Lincoln City Hall, and Granite Springs Church. These returns will be filed electronically (e-file) with the IRS and California FTB.

"We would highly recommend Michelle to anyone purchasing or selling a home. Even after the sale, she continues to stay in touch making sure **every need and question is addressed.**"

*Jim & Jan*

"I've been in Real Estate for over 35 years in many states and have **never worked with a more professional Realtor than Michelle.** She went the extra mile at every turn. I would highly recommend her."

*James*

"Michelle has far surpassed any agents we have used in the many years of service we've experienced. **You've got our recommendation.**"

*Lee & Valerie*

"You are **more organized** than any other Realtor we've ever worked with the in the past (8 homes bought & sold), **seriously you are amazing!**"

*Jim & Liz*



Be sure to "Like" my Facebook page. There isn't a better way to stay on top of today's real estate market. [Facebook.com/SunCityLincolnHillsRealEstate](https://www.facebook.com/SunCityLincolnHillsRealEstate)



BRE# 01821892

**SUN RIDGE  
 REAL ESTATE**



**Michelle Cowles, Realtor**

1500 Del Webb Blvd. Suite 101, Lincoln, CA 95648  
[www.TheRealtyExperts.com](http://www.TheRealtyExperts.com) | [Michelle@TheRealtyExperts.com](mailto:Michelle@TheRealtyExperts.com)

**916 295-8532**

**O’Keefe**

(cont’ from page 3)

election will result in a confirmation of the value of strong professional, and LOCAL management.

*Jim Datzman, Al Roten, Richard Pearl and Richard Moore*  
•••

**Who We Elect Does Matter!**

Residents of SCLH, it is time to elect three Board Members— Who we elect does matter!

Get to know the six candidates and their positions on critical issues affecting all of us:

1. Dues. Over the last 20 years dues have gone up approximately 28% while U.S. inflation has gone up 40%. Would they support dues increases to improve SCLH? If they want to lower dues, how, specially, would they do so?
2. Orchard Creek Restaurant:
  - Is it meeting expectations? How would they improve the operation?
  - Is it a profit center or an amenity? If the Restaurant loses \$100,000 a year (approximately only 1% of our dues), is that acceptable in their opinion?
3. Refurbish & Maintenance of our Facilities: Continued maintenance of our facility is critical to our future. How much money should we spend on Maintaining & Refurbishing our aging facilities?
4. Should we re-envision our amenities? We have a new generation of SCLH residents. In the candidate’s opinion, what amenities could be Improved? Eliminated? Brought on-line?
5. Tennis & Pickleball: What is their

opinion on increasing/decreasing each activity?

6. Time & Knowledge Required. SCLH is a one of the largest age restricted communities nationwide. The complexity of the issues requires dedicated individuals with a wide variety of management skills. What skills do they bring to the Board? How have they served SCLH in the past? How much time are they prepared to devote to its leadership?

7. Facility Management: What is their opinion on continued self-management of the Association (versus outside contract management)?

8. Vote on issues by the members of the Association. We currently elect a Board of Directors to manage the Association. Are they in favor of more resident-participatory management, considering the additional and significant cost of special elections?

*Larry Whitaker & Richard Pearl*  
•••

**Give Your Votes to Jack**

It’s decision making time. There is a lot of talk in the community about fresh thinking and new blood on the Board of Directors. That’s a healthy direction for any governing body but let’s add to that the need for electing someone who is collaborative, non-partisan and will seek to represent the best interests of all Lincoln Hills residents. Jack Harris is that candidate. Please give your votes to Jack.

*Don Bowden*  
•••

**Videos of Candidate Forums**

The SCLH (Sum City Lincoln Hills) election for 3 board of directors seats is now open. Ballots are due by February 19, 2020. Ballots are already sent out. Some may vote before your next issue comes out, however, I’d like to suggest one tip for potential voters, that’s NOT been publicized at all that I know of.

Videos of the 3 90-minute candidate forums and videos from each of the 6 candidates are posted on the SCLH (Sun City Lincoln Hills) membership web site at <https://sclhresidents.com/group/pages/candidate-elections-videos>

The candidate forums were very helpful to me, especially because each one includes several questions which are responded to by all candidates. One of the questions was exactly the issue I was most concerned with.

For more information, you might contact the board chair at [david.conner@sclhca.com](mailto:david.conner@sclhca.com) or [elections.committee@sclhca.com](mailto:elections.committee@sclhca.com) or just call into the main number at 916-625-4000.

*Larry Langdon*  
•••

*Send your letters to the editor...  
Email to: [egnews@egnews.com](mailto:egnews@egnews.com)*

**Art Studio Trek**

**Art and Chocolate 14th Year Anniversary!**

Free open studio tour featuring “Art and Chocolate” theme. This is the 14th year for this event. 19 artists in the Loomis, Rocklin, Granite Bay and Roseville area will open 12 studios; some will demonstrate art techniques and offer their artwork for sale. Studios have chocolate treats for visitors’ enjoyment. Each year new artists are invited to participate as guests to share studio space. Spend \$25 or more with any artist and you will be entered in the drawing for one of 20 pieces of fine art donated by the Art Studio Trek artists. Visit our website to see the prizes. Entrants must be 18 or older. May the Arts be with you! Good Luck! Event is Saturday, April 25 and Sunday, April 26, from 10 am to 5 pm each day. Free maps available at: [www.ArtStudioTrek.com](http://www.ArtStudioTrek.com) Blue Line Art Gallery and other locations. Information: 916-782 2909

**Your Old Photos Restored!**

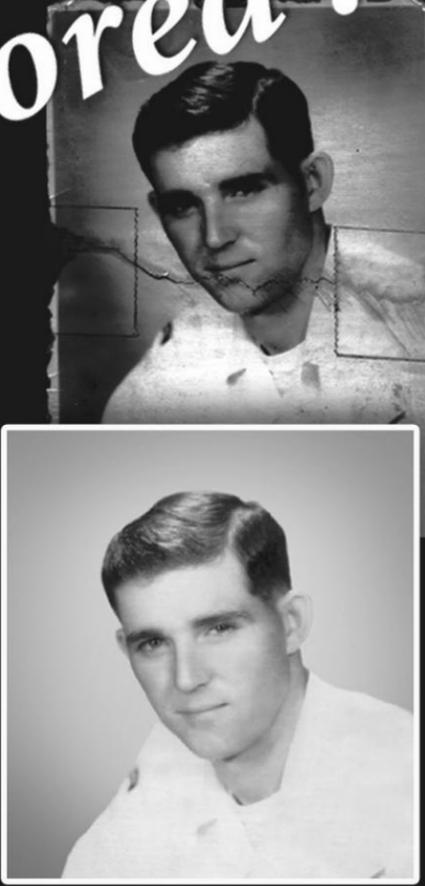
I’ll restore your faded, stained and damaged heirloom photos to their original appearance.

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

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




**Patrick J Osborne**  
Visionary Design  
916-408-4152  
email [patrickjosborne1@gmail.com](mailto:patrickjosborne1@gmail.com)



**New Year, New Home**

Join us to celebrate the New Year and enjoy the benefits of the retirement lifestyle at Merrill Gardens. From our *Anytime Dining* to *Active Living* programs and more, you will love living at Merrill Gardens.



**Enjoy one month free!\* Call for details.**

**(916) 745-6238**  
500 W Ranch View Drive, Rocklin, CA 95765

Senior Living • [merrillgardens.com](http://merrillgardens.com)

Lic: #312700076  
\*Limited time offer. Call for details.





## A little help. A big difference.

The assisted living services at Sierra Pointe Senior Living Community are about the whole family and the whole YOU.

Of course, we can help you with your daily needs. But did you know you will also have options for fitness, socializing, healthy fine dining, and more? And services are tailored to you, so you'll get just the right amount of help you need, when you request it.

But the best part? No matter if you need a little help or a lot, the difference you'll feel will be amazing.

**Join us for a complimentary lunch & tour.** Please call 916.546.3947 to schedule.  
*It's a great way to get to know us!*

## Sierra Pointe

INDEPENDENT & ASSISTED LIVING RESIDENCES

5161 Foothills Boulevard • Roseville • 916.546.3947  
SierraPointeRetirement.com

 EQUAL HOUSING OPPORTUNITY |  |  | RCFE# 312700263

## Out & About in Lincoln...

BY RICHARD PEARL

Feb 1st through February 29th – Art League of Lincoln. Call for Artists – Passions (Acrylic, Encaustic, Oil, Pastel, Photography, Watercolor). Contact the Art League at: info@all4art.net.

February 1st (Saturday). Lincoln Lions Host Club Annual Crab Feed. McBean Park Pavilion, McBean Parkway, Lincoln. Price is \$45 per person (no one under 21 allowed). No host bar starts at 6:00pm and 1-seating dinner starts at 7:00pm. D.J. music and dancing from 9:00-11:00pm. For information, call Rosemary Knutson (916.645.9006).

February 8th (Saturday). Kiwanis Club of Lincoln 4th Annual Valentine's Day Dinner & Dance. Enjoy an elegant buffet dinner, then dance to Lincoln's own DJ Professor Rockola. Location: Catta Vadera Country Club. Live auction and more. Call Beth Roberts at 1.916.434.5372 for tickets. \$60 per person. The event benefits the Club's children's programs.

February 8th (Saturday). The Foundry's 4th Annual Gala. All proceeds go to the Foundry's Youth Center. Location is our own Orchard Creek Ballroom, starting at 6:00 pm. Contact: www.foundrylincoln.org for tickets.

February 21st (Friday) Lincoln Rotary Taste of Italy. Pasta, Pasta, Pasta and all the trimmings. McBean Park Pavilion. Benefit dinner with proceeds going right back to the Community for youth activities, scholarships,

literacy and other projects for seniors, food drives and more projects throughout the year. No host bar starts at 5:30 PM; dinner starts at 6:30 PM; Live auction. \$35 per ticket. Contact Claire Luke at 1.916.253.3711 or vern.claire@eyesonthefuture.com. NO tickets sold at the door.

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

Upcoming major events —

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). 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



**ANNE WIENS**  
REALTOR® | BROKER ASSOCIATE

**COLDWELL BANKER**  
SUN RIDGE  
REAL ESTATE

**BUYING? SELLING? RELOCATING? INVESTING?**  
Call 916.847.6006 For All Your Real Estate Needs.

- Professional marketing, negotiation, and communication.
- Real Estate Team with 35+ years combined experience.
- Nearly 800 local real estate transactions closed.
- Visit AnnesFanClub.com for reviews from happy clients.

REALTOR®/ Broker Associate

• e-PRO® • CNE • SRES®

Outstanding Life Masters Club Member

Coldwell Banker International

President's Elite

Email: Anne@YourAgentAnne.com

CA DRE Broker License # 01425896

www.ActiveAdultPlacer.com  
www>YourAgentAnne.com





## BULLETIN BOARD

### FEBRUARY / MARCH

#### Multiple Sclerosis Meeting

The Tuesday, February 11, Lincoln Multiple Sclerosis Meeting, will be a time to catch our breath and get grounded by sharing whatever is on your mind regarding your MS. How did you manage during the Holidays? Any tips? How are you doing now? What do you think about your future with MS? Need help from the Group with a concern? Please join us.

Some interesting Meetings are being planned for the remainder of the year and we need your input.

Tuesday, February 11 • 1:00 PM  
Sierra Room, Kilaga Springs Lodge

Our meetings provide an opportunity to connect with each other, receive information and a hug.

For info contact Jeri: 916-408-7565.

#### Glaucoma Support Group

The Glaucoma Support Group will hold its meeting on Wednesday, February 12, at 4:00 PM in the Multimedia Room (OC). Receiving a diagnosis of Glaucoma will usually raise a lot of questions. Our meeting will be about questions and may even include some answers. Please plan to join us and share your Glaucoma path. For more information, please contact Bonnie Dale at 916-543-2133.

#### Parkinson's Support Group Meeting

We meet on the third Tuesday of each month. This month we are meeting on February 18. We gather together to discuss current treatments for Parkinson's, hear informative speakers, and support one another. We meet at 10:00 AM at Granite Springs Church, 1170 E. Joiner Parkway, Lincoln. For more information contact Maggie White at 916-367-3908, mag6693@yahoo.com

#### Blood Drive

As you may have heard over television and radio, blood and blood supplies are in extremely short supply at our medical centers. This very critical problem has an easy fix. Just roll up your sleeve and join us on Saturday, February 22. Donate a pint of blood and you will have saved a life, perhaps as many as three adult lives or as many as 10 infant lives. It's that simple.

Please join us at Lincoln Veterans' Memorial Hall, 541 Fifth Street in Downtown Lincoln between the hours of 10:30 am and 3:30 pm. You will be pampered during your donation and at the end you may enjoy home baked brownies, lemon bars and cookies prepared and served by the Placer Nevada Cattle Women's Association.

You can pre-register for a time convenient to you by going to:

<https://lincolnblooddrive022220.eventbrite.com>

Click on "Register" and chose a time. Or you can drop in at your convenience but you may have to wait a bit behind those that have pre-registered.

#### Lincoln Democratic Club

The Lincoln Democratic Club starts 2020 on a positive note. On Thursday, February 27, OLLI instructor Terence McAteer updates us on the coming elections. (Note: This is the fourth Thursday, not our usual third Thursday.) On Thursday, March 19, Willie Duncan of Sierra College describes the state of the college and its students' food and housing needs. On Thursday, May 21, Steve and Susie Swatt will speak on the 100th anniversary of the 19th Amendment, which gave voting rights to women. All programs start at 6:15 PM in Kilaga Springs Presentation Hall. For more information visit our website at <https://democraticclublincolnca.org/>

#### SCLH Republican Club

Our next meeting is Tuesday, February 25, in P-Hall (KS). Doors open at 6:00 PM, program begins at 6:30 PM.

By popular demand, our speaker is Eric Johnson, City of Lincoln Planning Commission. In an encore presentation, Mr. Johnson will continue to inform us on current and upcoming residential developments, as well as commercial and retail plans in our city. Please come with your questions regarding any projects in Lincoln about which you might have heard.

For more info, including membership: [info@RepublicanClubSCLH.org](mailto:info@RepublicanClubSCLH.org)

#### Portuguese Social Club of LH

If you live in Sun City Lincoln Hills and are of Portuguese descent and want to meet new friends who have lots of fun, then the Portuguese Club is for you. We are a social club that gets together several times throughout the year to enjoy festive events such as a Portuguese BBQ, Wine Tasting, Potluck Dinner, Happy Hour, Holiday Party. There is always lots of food, you know how much Portuguese people love to cook, and much laughter and friendship. The dues are \$15 per person a year. Contact Doreen Traxel @ 916-543-4965 to find out more about our Portuguese Social Club.

#### 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 luncheon on Tuesday, February 18 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 10:30 a.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](mailto: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](mailto:Kiwanislincolnca@gmail.com) or 916-581-2045 or [lincolnkiwanis.org](http://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](http://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](mailto: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](http://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.

#### Grief Support

GriefShare is a weekly Christian faith based seminar/support group for people grieving the death of someone close to them. Whether the loss is recent or some time ago, you are welcome. It is a place where you can meet people who understand how you feel and the pain of your loss. At GriefShare, you'll learn valuable, practical information that will help you through this difficult time in your life. A new group starts Tuesday, February 4, 2020 (9:30 AM to 11:30 AM) at Granite Springs Church at 1170 E. Joiner Parkway in Lincoln. We meet weekly, ending on April 28, 2020. Contact Cheryl Edwards at 916 505-5777 or email at [63cheryle63@gmail.com](mailto:63cheryle63@gmail.com). You can also find out more information on [GriefShare.org](http://GriefShare.org).

# The 11th Annual Friends of CASA Spring Tea & Fashion Show

**SATURDAY, MARCH 28, 2020**

**ORCHARD CREEK LODGE, SUN CITY LINCOLN HILLS**

**LUNCH: 11:30 AM | TICKETS \$75**

Where can you find a luncheon, fashion show, hat parade, silent auction, AND raffle - all rolled into one extraordinary event? An event that also raises funds to help at-risk foster youth receive the advocacy they so desperately need to turn their lives around? Look no further than the 11th Annual Spring Tea & Fashion Show, hosted by the Friends of CASA.

One of the major social affairs of the season in Placer County, the Spring Tea & Fashion Show is the gathering place for those who want to help the most vulnerable members of our community: the children who would not otherwise have a voice if it were not for the support of caring volunteers. Last year, the event raised funds to provide Court Appointed Special Advocates (CASA) and mentors for abused, neglected, and abandoned children in our community.

We invite you to join us ... to open your hearts and raise your hands to aid the efforts of Friends of CASA. We look forward to seeing you in March.

**3715 Atherion Road, Suite 1  
Rocklin CA, 95765**



For sponsorships, tickets, and more information, visit

**[www.casaplacer.org](http://www.casaplacer.org)**

## SCLH WRITER'S CORNER...

### Aunt Mabel's Cedar Chest

BY SUSAN GUST

Mama had a kid sister we all call Aunt Mabel,  
And she married a rich man, we're told.  
She lived in a big house with her fine, rich husband,  
And she wore the grandest of clothes.

Now he loved her so much that he bought her silk dresses,  
And big hats, and lacy little things.  
And fur coats to keep her warm on the South Plains of West Texas.  
Mama said, "She never wanted for a thing!"

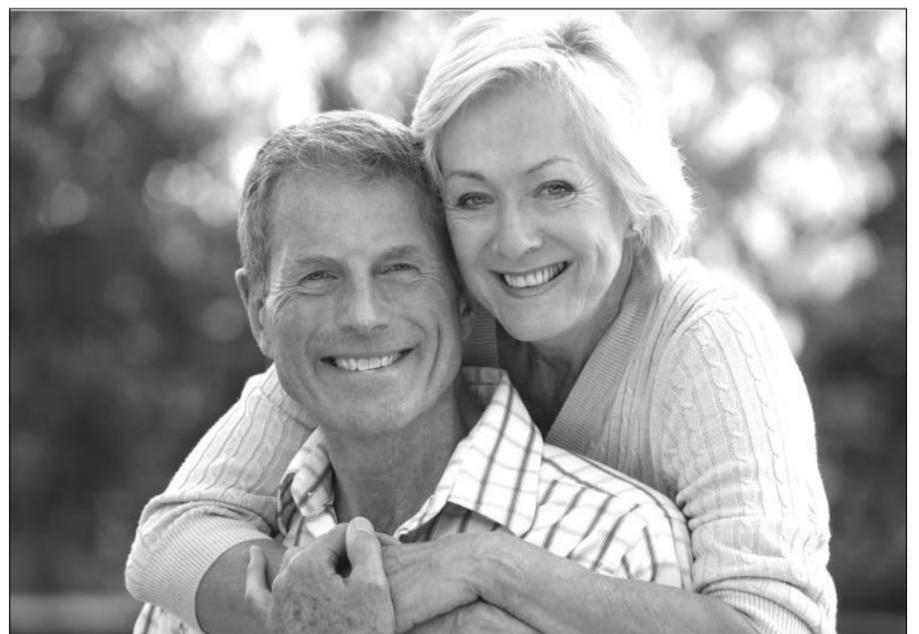
Those furs came in handy during wind-blown blue-northers,  
But Aunt Mabel's dilemma come spring?  
Y'see, with the warm weather, the clothes moths had a banquet  
On those furs, 'til they grew up and took wing.

With all those mild spring times and hot Texas summers  
Every year there were several generations  
Of those hungry moth larvae chowing down on her furs,  
To Aunt Mabel's everlasting vexation.

She needed a cedar chest to repel those bad critters,  
But what to do with no cabinet-maker in town?  
She went to the undertaker, bought his best baby coffin,  
And had it lined with the finest cedar around.

Mama gave me Mabel's cedar chest when I was eleven  
Aunt Mabel died young, don't know how.  
I've kept my sweaters and blankets in it all these years,  
But didn't mention it was a coffin... until now.

*Susan Gust is a member of the SCLH Writer's Group.*



**Traveling...  
Don't Miss an Issue!  
The Sun Senior News  
Available On-line at:  
[sunseniornews.com](http://sunseniornews.com)**



**Please patronize our advertisers, and let them know you saw  
their ad in the Sun Senior News!**

# Observations on This and That

BY MARTIN GREEN

**Robocalls:** In last month's "Observations" I noted that Congress was supposedly considering doing something about the robocall epidemic and observed that we know this will go nowhere. This seemed like a pretty safe prediction given Congress's record but, what do you know, it turned out to be wrong. Legislation to stop or to at least curtail robocalls was actually passed. It remains to be seen how effective this will be, but recently our robocalls have gone down quite a bit. Maybe the robocallers are lying low, or maybe they're taking a break and devising ways to get around the new laws. We shall see.

**Misadventures in Technoland:** this is a never-ending saga but I just want to give a quick update here. The password issue with my iPad is still not resolved but I did manage to find a way to get my e-mails, almost all of which, needless to say, were spam. Meanwhile, my PC, getting into the act, after all these years having no problem with Word, now gives me only a blank screen when clicking on the Word icon. Fortunately, the Word docs are still there, and as with the iPad, I've found a way to get to them as well as to write new docs. I'm hoping that eventually this issue will be resolved. What's really strange about these tech misadventures is that for years all goes well and then suddenly, for no apparent reason (at least to someone like me), something goes awry.

**Aging:** I noted last month that I accepted

the fact that I'd reached 90 years and so I guess I'm pretty old. Curious about how other 90-and-olders viewed life from that perspective, I went of course to Google and discovered some interesting things. Here are some nuggets of advice given by people in their nineties: (1) **Life isn't fair, but it's still good.** (2) **Life is too short to waste time hating anyone.** I agree with this. In my working career I encountered a good many persons who, if I didn't exactly hate, I certainly disliked, and then after I retired, lo and behold, I quickly forgot about them and now I can barely recall who they were. (3) **Forgive everyone everything.** I don't know if I can go this far. There are some things that can't be forgiven. This is not to say you should keep dwelling on them (life is too short) but forgiving them is asking too much. (4) **When it comes to chocolate, resistance is futile.** With this I can agree wholeheartedly. (5) **However good or bad a situation is, it will change.** (6) **Time heals almost everything. Give time time.** (7) **Frame every so-called disaster with these words, "in 5 years, will this matter?"** Yes, one thing you learn in old age is not to panic; life will, as always, go on.

Faithful readers may recall that I've written about a book by Malcolm Cowley called "The View From 80" (and that I borrowed this title for my own book "The View From 85," available on Amazon). I go back to Cowley because I think he's given the best description

of what it feels like to be old, really old. Here it is: "The new octogenarian feels as strong as ever when he is sitting back in a comfortable chair. In a moment he will rise and go for a ramble in the woods, taking a gun along, or a fishing rod, if it is spring. Then he creaks to his feet, bending forward to keep his balance, and he realizes he will do nothing of the sort. The body and its surroundings have their message for him, or only one message, 'you are old.'" In my case, it's sitting in my lazy-boy chair and thinking I'll get up and go play a set of tennis. My body, especially my knees, quickly tells me those days are over.

I recently found, by Googling, some more ruminations on aging by Malcolm Cowley. He says: "The aged man has to learn new methods of doing everything. . . . How to get into bed and out again---how to stand---how to walk---how to sit in what chair---each of these becomes a new problem." He also advises you to get a companion, preferably a wife. In this case, I'm lucky, I have Beverly. Cowley then goes on to tell you how to do the things he noted above. I can still manage to get in and out of my bed and I know what chair to sit in, one that has arms, but I found his instructions on how to walk interesting---"Have your feet wide apart and raise each of them in turn to avoid stumbling (don't shuffle) and move forward in a sort of duck walk; it isn't pretty but it is safer." I'm not sure how I walk, I know it's not the same as I used to, maybe it is something like a duck walk, but in any case I'm still ambulatory.

The Kings and the 49ers: Reader know that I've been a faithful and mostly long-

suffering fan of these two teams. After last season, there seemed to be promise for the Kings with a bunch of good young players. They've gotten off to a stumbling start this season (injuries didn't help) so I'll hope that, as noted above, a bad situation will change. The 49ers bad situation has changed and, as I write, they're the number one seed and need one more wins to get into the Super Bowl. However this turns out the good thing is that the hated New England Patriots and Tom Brady are definitely out this time. Okay, I know I noted above that life is too short to hate anyone but Brady is handsome, rich, has a beautiful wife, and is a great quarterback, so what's not to hate?

The View From 90: I wanted to say something about how the world looks to me right now (not too good) but I have run out of space. Maybe next time. Anyway, will anything going on now matter in five years?



# Lambert Funeral Home



**A Family Tradition Since 1934**  
**400 Douglas Blvd. • Roseville**  
**783-0474**

FD#734

# J. Jowers Painting

**Licensed Contractor # 1045212**

Why not call someone that lives and works in your own community?

- Two coats of highest quality paint for all interior.
- For exterior spray and back roll body.
- Prime and two coats on all trim with paint.



**All work guaranteed!**

**References from people in your own community proudly provided.**

**Be aware of statements such as "As needed".**

**Call** (916) **408-2341**  
 (916) **802-1849**

# Sun City Lincoln Hills' First Choice in Real Estate!



**Marie Bryant**  
#01208804  
916-799-9911



**Gail Cirata**  
#00481659  
Broker Assoc.  
916-206-3503



**Michelle Cowles**  
#01821892  
916-295-8532



**Nick Cowles**  
#02066942  
916-216-5877



**Don Gerring**  
#00631339  
916-747-5050



**Steve & JoAnn Gillis**  
#01968756/#01018109  
916-303-6420  
916-316-0815



**Yvonne Holm**  
#01969667  
916-616-6555



**Donna Judah**  
#00780415  
916-412-9190



**Wendy Judah-Olsen**  
#01764197  
916-276-4194



**Tish Leo**  
#01217695  
916-257-3410



**Jean Lund**  
#01966589  
916-751-0712



**Keneta McCaskey-Sanchez**  
#00960821  
916-257-1004



**David Moody**  
#02005018  
916-581-0940



**Paula Nelson**  
#01156846  
Broker Assoc.  
916-240-3736



**Kathy Nowak**  
#01327209  
408-348-0641



**Pat Pelton**  
#01806447  
916-276-8909



**Tara Pinder**  
#00898876  
916-600-2836



**Steve Quanstrom**  
#01313449  
916-884-4564



**Ann Renyer**  
#01746828  
916-343-6044



**Michael Renyer**  
#00894446  
916-343-6044



**Bill & Jan Rexrode**  
#01700676/#01700677  
916-408-3997



**Loree Risi**  
#01203309  
916-716-0854



**Doreen Traxel**  
#00822877  
916-698-0801



**Tangi Walker**  
#00820609  
916-316-1112



**Tony Williams**  
#01390054  
916-521-3400



**Sharon Worman**  
#00905744  
916-408-1555

**COLDWELL  
BANKER** 

**916.543.5222**  
**cbsunridge.com**

1500 Del Webb Blvd. #101  
Lincoln, CA 95648

**SUN RIDGE  
REAL ESTATE**

CA DRE #01441035  
Each office is independently owned and operated

Property Management by Gold Properties  
goldpropertiesoflincoln.com - 916.408.4444

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

# The Martinsons

(cont' from page 1)

Both Ted and Cretia had lived decades before they met and married in 1985. Ted, a native Californian, was born in Oakland and moved to Turlock when he was two years old. His father was in house construction in the Bay Area and lost everything in the Depression. Ted's father moved his family to Turlock so he could work with Ted's uncle for a time since his uncle was in commercial real estate. Eventually, they moved back to Oakland and Ted graduated from Oakland High School. Ted then joined the Navy at the young age of seventeen and, as part of the "Greatest Generation," served during World War II.

After his stint in the Navy working with radar, he attended Cal Berkeley and graduated with a degree in engineering. He then became a civilian aeronautical engineer at McClellan Air Force Base where he eventually became the Chief of the Engineering Division and worked there for thirty-three years until retirement. Along the way, he earned a Masters' degree in Public Administration. He reflects that he has now been retired longer than the time he worked. After retirement, he moved to Hawaii for a couple of years but decided to return to the Sacramento area because he thought Hawaii was a great place to visit but a little boring for full-time living. When he returned, he bought a home in Roseville and started attending Fair Oaks Presbyterian where he met Cretia. He already had four grown children.

Cretia started her life as Lucretia but prefers the shorter version of her name. She is originally from Oregon and lived in Grants Pass and Lakeview, but, as she states, she "lost the webbing between her toes" since she has now lived in California for so long. Amazingly,



*Cretia and Ted Martinson on their wedding day.*

she has no high school diploma and yet boasts a Masters' degree in Counseling. She married, had two children, and, after becoming a single mother, decided to go back to school at Santa Rosa Junior College. Because it was a junior college, she was able to enter provisionally without a high school diploma. After Santa Rosa, she attended and graduated from Sacramento State and stayed in the Sacramento area. As she says, she "prayed her way through." Eventually, she earned her Masters' degree in Counseling.

She worked after graduation at Sacramento State in Admissions. She was the first admissions counselor in the entire California State University system and was the Associate Director of Admissions when she retired from the University in 1997. When she met Ted, she was living in Orangevale and her two children were grown and on their own.

Cretia became very involved with the singles' ministry at Fair Oaks Presbyterian,



*Photo by Jeff Andersen*

serving as a volunteer lay leader for seventeen years. She loved helping others on Wednesday nights with positive lessons learned from her own struggles, and Ted and Cretia still stay in touch with many friends they met through the ministry. Cretia's degree in counseling which gave her a background for her success in singles' ministry.

Ted proposed over the Napa Valley vineyards in a hot air balloon and they married after they had been dating for over a year. Ted was already retired. They both sold their homes and built a new "forever" home in Roseville where they lived until they moved to Lincoln in 2006. While they were both officially empty nesters after marriage, they had a grandson move in with them when he was in the sixth grade and they had only been married one year. He is currently on the staff of William Jessup University and both of his children are now students there.

Ted and Cretia hadn't expected to move from their Roseville home but the upkeep on the large residence with a pool proved to be daunting so they toured the retirement community. One of their cousins lived in Sun City and recommended it. They love it, especially the walking trails. Ted likes the nature views and Cretia likes critiquing the great yards in the neighborhood.

When they are not at home, they are on the road with many adventures. They prefer river cruises and visits to Hawaii, they have walked the Great Wall in China and enjoyed a brew in pubs all over Europe, and, in their later years, are enjoying many of the local bed and breakfasts and exploring Northern California. They just returned from their second cruise

through the Panama Canal in 2019.

Ted has, in Cretia's words, totally spoiled her. She doesn't know how to pump her own gas. One of his greatest achievements was a series of surprise birthday trips for her March birthday. He made the plans and she enjoyed the outcome. This continued for a decade, but they are slowing down and staying closer to home these days.

From their life experiences, both Ted and Cretia share their wisdom with others. They made two pacts which have served them well. They decided against pets so they would be free to travel, and they decided that when Ted exercised his desire for skiing, Cretia would shop. These have turned out to be wise decisions. Their love for each other, their shared faith, their extended, combined family and their vast network of friends they have made over the years make their current life in a gorgeous home in Sun City Lincoln Hills all the more precious. Just like the glowing glass balls in their backyard, they shine to the people in their lives and are a blessing to Lincoln Hills.

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

**Just let us know!**

**Call us at 916-727-6383 or e-mail us at: [egnews@egnews.com](mailto:egnews@egnews.com)**

**Help our community grow strong — support our advertisers and community organizations!**



## Vent-tastic.com

**When Was The Last Time You Had Your Dryer Vent Duct Cleaned?**

**Benefits of cleaning your dryer vent regularly by a professional:**



**Speeds up drying time**

**Lowers utility bill**

**Prevents dryer fires from arising in your home**

**Locally Owned & Operated**

**(916) 633-0004**

**\$25 Off Your Next Dryer Vent Duct Cleaning**

## Lincoln Podiatry Center

**Dr. Brian P. Keller, DPM**  
Board Certified in Podiatric Surgery by the ABMSP



**On Site X-Ray & Diagnostic Ultrasound**

- Ingrown Nails
- Heel Pain
- Bunion Surgery
- Custom Orthotics
- Corns & Callouses
- Ankle Injuries
- Hammer Toes
- Diabetic Foot Care
- Foot Pain
- Plantar Fasciitis
- Nail Care
- Painful Diabetic Neuropathy

**916 434-6410**

**LINCOLN PODIATRY CENTER**  
841 Sterling Parkway, Suite 130 • Lincoln



**Please  
patronize our  
advertisers,  
and let them know  
you saw their  
ad in the  
Sun Senior News!**

## SUN SENIOR NEWS CLASSIFIEDS

### SERVICES

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

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

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

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

MS. SMITH FRESH & CLEAN HOUSECLEANING. Locally owned and operated by Jessica Smith. Many clients in the Sun City neighborhood. Long time Lincoln and Rocklin resident. Lic. # GSD02246 Call 916-729-9846.

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

NEED A RIDE to doctor's appointment, airport or shopping? Call your SCLH neighbor Dianne! 916-759-8410. SAC Int'l. \$50. Lic#106453.

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

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

I AM A CERTIFIED Massage Therapist(#62870) and specialized in relaxation, therapeutic, foot reflexology, and geriatric massage. Call or text Megumi 760-828-8116.

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

HANDYMAN AND HAULING Services. No job too small. Reliable, Honest and Licensed. Contact Steve at 530-277-0042.

NOBLE TILE & Stone Full Service Tile Installation Company - Tile Flooring - Kitchen Backsplash's. 916-899-1022.

DOG SITTING Love Hugs Safe and Secure. Call Sandy 916-960-6800.

"JUST FIX IT" HandyMan! SCLH resident 18 yrs. Licensed/Insured references available. No job to big or small. Very fairly priced. Bill Woods 916-801-1001.

NEED A BREAK from Caregiving? I offer Respite Services for Caregivers, evenings/ weekend. 17 yrs experience, Excellent References, Licensed. Susan 916-246-3389.

A.I.R Pressure washing, since 1996. Driveways, walkways, houses, fences. Decks, Mildew removal, free estimate 916-759-0488.

### FOR RENT

INCLINE VILLAGE CONDO. 2 bedroom, 2 bath. Available 2/22 to 2/29. \$700. 916-587-330.

FOR RENT: MAUI Condos 2BR/2BA from \$195/nt. By SCLH owner Gil Van Valkenburg. 650-207-0567. Oceanfront - www.homeaway.com/368171. Wailea Ekolu - www.homeaway.com/368174. Wailea Ekahi - www.vrbo.com/1200140

### FOR SALE

USED OLHAUSEN POOL TABLE, 4'X8' MINT CONDITION, \$1,000 obo. Call Carol 916-768-4407.

EVENING STAR PRO DANCE BOOTS ladies size 7 1/2. Excellent condition \$65. Rebekah 925-330-7914.

HOSPITAL BED - Lumex Patriot Full-Electric, half side rails. Used 4 months. \$400. orig. \$1450. 916-990-7139.

CLUB CAR GOLF CART. Brand new batteries. Fully enclosed. Seats (4) Call: 916-408-2564.

## Quality Residential Painting



**THE WEATHER IS CHANGING!  
WITH PRICES LOWER THAN EVER, NOW IS THE  
PERFECT TIME TO PAINT YOUR HOME!**

### Why should you choose Quality Residential Painting?

- ✓ Quality Work that Speaks for Itself
- ✓ 25 Years Experience
- ✓ Interior AND Exterior Painting
- ✓ Cabinet Painting and Refinishing
- ✓ Exceptional, Meticulous Attention to Detail
- ✓ Reliable and Trustworthy, References Available
- ✓ No job is finished until the customer is completely satisfied!

**Chuck Niemeyer 916.765.8731**

Owner and Operator  
License # 882509

" Call Chuck, he is the only painter you will want to call! "



See recent projects completed at: [www.qrp-painting.com](http://www.qrp-painting.com)

## ★ PC SUPPORT AND TRAINING ★

- ✓ Expert in Windows 10 and 7, Tablets & Phones, Photos, Cloud storage, Backups, Microsoft Office, and more
- ✓ Virus Removal & AntiVirus Setup, Tuneups
- ✓ Software/Hardware Troubleshooting
- ✓ Home Network Setup & Maintenance
- ✓ Customized Training at YOUR speed

**916-543-6962**

B.S. in Math & Computer Science  
Serving Sun City residents since 2009



**Rita Wronkiewicz**  
100 Walden View Ct  
[rwronk@gmail.com](mailto:rwronk@gmail.com)

**SIGN UP** @ JustServe.org    **SERVE** in a project    **SHARE** the experience

First register at [JustServe.org](http://JustServe.org) then search for nearby projects where you can volunteer. Once you register you will receive an e-mail stating: Thank you for registering at **JustServe**. You will have **7 days** to activate your new account. To activate, please click the link you receive via e-mail.

JustServe.org is provided as a service by The Church of Jesus Christ of Latter-day Saints

## SUN SENIOR NEWS CLASSIFIEDS

PRIMO WATER DISPENSER. Bottom loading, hot/cold W/bottles. \$75 obo. 916-587-3301.

• • •

FLOWER ARRANGING ITEMS; wires, tapes, spools of ribbons, bows, moss, all for \$25. 916-408-0686.

• • •

SWEATSHIRTS XL, 49ers Super Bowls, 1 red, light wt. \$15; 1 black, heavy \$25. 916-408-8794.

### FREE

FREE-you remove and transport. Chain link dog pen 6' x 6' with outlet for door. Also has a locking gate. Includes area rug and garage side door with large doggie door. 916-960-9452.

• • •

### WANTED

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

• • •

WANTED: CAMP TRAILER OR ENCLOSED TRAILER. Ready to buy. Up to \$12K. 530-402-5699.

• • •

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

• • •

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

• • •

ANY YEAR CAR, truck, suv in any condition. Pay Top prices. Montie Boatwright, LH resident. 916-434-5089.

• • •

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

• • •

WANTED CHINESE Mahjong player at the lodge. Sunday 1 to 4 pm. 916-434-5050.

• • •

PRE-1940 LADIES' vanity items, perfume bottles, beaded purses, cosmetic containers. Good Condition. LH resident. 916-612-3477.

• • •

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

• • •

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

• • •

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

• • •

### ANNOUNCEMENTS

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

• • •

PLANTBASEDFOODGROUPFORMING: 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.

• • •

THE OSHER LIFELONG Learning Institute (OLLI) is back in session! OLLI provides a unique learning environment for lifelong learners, those 50 and better, who are eager to explore both traditional and modern fields of knowledge. The OLLI program offers a wide variety of classes all designed to keep minds and bodies active. Classes start in February and run throughout the spring. For information contact www.sierracollege.edu/olli or olli@sierracollege.edu or (916) 781-6290. Learn More, Age Less.

• • •



## Amazing Grace Seventh Day Adventist Church

(English)

Saturday Mornings  
Bible Study 11:15 am

— • —

Worship Service 9:30 am

Pastor: Gresford Thomas

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

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

### \*\*FREE ADS — INCLUDE

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

### BUSINESS ADS

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

#### Classified Ad Submissions —

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

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

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

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

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

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

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

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

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

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



**Since 1991**

**CALL US  
FOR MORE  
INFORMATION  
ON THESE HOMES  
OR FOR THE  
MARKET VALUE  
OF YOUR HOME  
771-4177**

BRE #01163699



## Don't Trust Computer Generated Home Value Estimates

*Call us for an  
Expert Home Price Evaluation*



George Brown

### Recent Sales in Lincoln Hills

<b>2886 Coopers Hawk Loop</b>	<b>Alpine</b>	<b>\$469,000</b>
<b>2442 Swainson Lane</b>	<b>Tehema</b>	<b>\$460,000</b>
<b>252 Stags Leap Lane</b>	<b>Alpine</b>	<b>\$458,000</b>
<b>2555 Woodacre Lane</b>	<b>Bridgeway</b>	<b>\$450,000</b>
<b>1035 Stone Pine Lane</b>	<b>Lassen</b>	<b>\$478,000</b>
<b>1300 Tallac Lane</b>	<b>Echo Ridge</b>	<b>\$495,000</b>
<b>1265 Rose Bouquet Drive</b>	<b>Quail Cove</b>	<b>\$497,000</b>
<b>341 Snapdragon Lane</b>	<b>Alpine</b>	<b>\$500,000</b>
<b>100 Hay Wagon Court</b>	<b>Santa Cruz</b>	<b>\$510,000</b>
<b>2370 Swainson Lane</b>	<b>Santa Cruz</b>	<b>\$515,000</b>
<b>2445 Hidden Hills Lane</b>	<b>Baldwin</b>	<b>\$528,000</b>

ALL SALES FROM MLS. DEEMED RELIABLE BUT NOT GUARANTEED. ALL SALES ARE FROM VARIOUS BROKERS



Why Pay 6%? When You Can Hire  
The Best Full Service Company For  
Less?