

SUN SENIOR NEWS

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The Webfields — Cruising, Collecting, Caring

BY RUTH MORSE

Denise greeted me at the door of their tastefully decorated black-and-white themed house along with one of their two rescue dogs, Sofee and Sammy. Amazingly, the dogs, one, part Havanese, and the other, part poodle, also follow the black-and-white theme with their mixed-colored coats. Sammy is named after the Jewish patriarch Samuel and Sofee is named after Bette Midler's characterization of Sophie Tucker, a famous burlesque singer. The spots of color in the house are thanks to the collecting obsessions of Denise's partner, Leta. Leta loves all things Betty Boop, Popeye, Mighty Mouse and some things Disney and has collectible statues on bookshelves and glass display cases. They are the perfect complement to the black-and-white interior.

Leta Rosenfield grew up Jewish in Massachusetts. Her family roots were originally in Russia and one of her grandparents was Polish. She became a lab technician and worked at Massachusetts General Hospital



Leta and Denise Webfield

Photo by Jeff Andersen

in Cambridge. She also spent one-and-a-half years in Israel doing hematology research on the blood of Bedouin Arabs. They had started to have more inter-marriage so she was trying

to capture the unique blood characteristics before they were no longer available. She loves motorcycles and bought one in Israel to travel to the tents of the Arabs. On one trip, she went to Jerusalem by way of Bethlehem and Jericho, feeling no fear.

Leta decided to move out to California, selecting San Diego since she had relatives in the coastal town. While she had a job in San Diego, she found it too suburban. Remembering a story she had read in the Reader's Digest about the hippies in San Francisco, she ventured up north and moved to Redwood City. She met Denise Weber when she joined the Army Reserves, an attempt to make friends. This was in 1973. Denise and Leta have been together ever since, bonding over their shared sense of humor.

Denise is a native of San Francisco. She had initially joined the Army Reserves to meet men. At the time she met Leta, she

(cont' on page 29)

Easter, Taxes and Bingo!

BY DENISE BOWDEN

April is a month of many celebrations, Tax Day, Easter and National Jelly Bean Day, the 50th Anniversary of Earth Day and of course Bingo. Join the Lincoln Hills Foundation on Tuesday, April 21st for Bingo in the ballroom. We welcome all our regulars and are looking forward to seeing lots of new faces.

Tables for seven to ten players can be reserved in advance by sending an email to 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.

Due to the current situation please check the website for updates on April Bingo as we get closer to the April 21st date.

"Murder on the Orient Express" LH Players Show Coming in June

BY DOUG BROWN

You have just settled into your reserved seat in Presentation Hall for an afternoon or evening of theater. Audience lights dim, stage lights go up, and onto the stage walks none other than the celebrated Belgian detective of Agatha Christie lore, Hercule Poirot, announcing, "The story you are about to witness is one of romance, tragedy, primal

murder, and the urge for revenge."

The scene is set as you board the luxurious Orient Express in Istanbul for a peaceful journey through Europe. As the powerful theatrical locomotive is under way, brace yourself for a typical Agatha Christie-like voyage full of intrigue, twists and turns, and bien sûr, a gruesome murder which only the masterful Hercule Poirot can solve!

The passengers, an unlikely mélange of ostensibly rich and maybe not-so-famous characters, are soon jolted out of the old-fashioned opulence of their first-class surroundings and into a stammering collection of potential suspects in the demise of one of their own train car mates. To exacerbate the circumstances, the flawless Orient Express has just struck a snowbank, stranding all passengers in their tracks – literally!

Will all of the suspects claim innocence with impeccable alibis? Will a pocket watch, a handkerchief, and a button prove to be crucial clues in the solution to the mystery? Will the brilliant Poirot finally identify the culprit before the train is released from its icy bondage, allowing passengers to escape? Surely, Poirot will come through, n'est-ce pas?

All will be revealed on June 4, 5, 6, or 7 in Presentation Hall! Director Julie Africa promises a train load full of suspense, hilarious outbursts, and lively animated dialogue, so get your tickets which go on sale April 17 in the Lodges and online, at \$16 for all-reserved seats. Don't delay! There's a limited number

(cont' on page 35)





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

EASTER WEEK EVENTS

GOOD FRIDAY SERVICE, APRIL 10 - 6:30 PM

EASTER SUNRISE SERVICE, APRIL 12 - 6:30 AM

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**EASTER MORNING CELEBRATION
 APRIL 12 - 10:00 AM**

**WOMEN'S SPRING EVENT
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 For information, call (916) 408-3800 or visit www.LincolnHillsCommunityChurch.org

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SUBMISSIONS

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

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From the Editors



Please note that due to the fluidity of the current health situation with COVID-19, many of the meetings listed in this month's publication might have canceled/pushed back to a later date. Please check with each organization for their latest update.

We ask for your continued support of our advertisers, and local businesses as we look forward to carrying on with publishing of the Sun Senior News. And because the Sun Senior News is mailed directly to you free every month, and is also on-line (www.SunSeniorNews.com), you can stay in the safety and comfort of your home and still feel connected with the community.

As the saying goes... "every day may not be good, but there's good in every day." Let's look for those good things every day!

May you and your loved ones stay healthy and safe during these very unusual times.

Sincerely,

Gregg and Liz Goldthorpe

Help Keep Our Community Strong and Safe!



Community Blood Drive

Due to the recent COVID-19 (Coronavirus) pandemic, blood supplies have dwindled below critically low. To help this situation Rotary Club of Lincoln will sponsor its next Community Blood Drive Friday, April 24. Please, 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.

Please join us at Lincoln Veterans' Memorial Hall, 541 Fifth Street in Downtown Lincoln between the hours of 1:00 pm and

5:30 pm. You will be pampered by the Vitalant staff during your donation and at the end you will be offered home baked brownies, lemon bars and cookies and other goodies 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://lincolnblooddrive042420.eventbrite.com>

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

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LH Community Chorus

BY BARRY MACKINTOSH

SCLH facility closures suspended our rehearsals for “Folk Jamboree!” in mid-March. It was unlikely they could resume long enough before our scheduled concert performances on May 3-5, and there was no assurance that the Ballroom would reopen for such events by then. We decided to cancel.

Because we love to sing and share this love with you, this was a tough decision. We worked hard to prepare for this concert while we could, and we’re sorry you won’t get to enjoy what we had in store for you. One small consolation: ticket sales were put on hold, so no refunds will be necessary.

We thank you for strongly supporting our past performances and look forward to seeing you at our next ones on December 6, 8, and 9, when we’ll delight you again with a mostly Christmas repertoire. Until then, stay safe and healthy!

• • •

LH Music Group

BY DAN LEHRER

The Lincoln Hills Music Group did not meet in March due to health concerns regarding the Coronavirus. I’m sure our members will be safe and enjoy practicing in the comfort of their homes. We hope to meet in the future to play and jam together. 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 Wednesdays, 1:00 to 3:00 PM, (OC). Open to Lincoln Hills residents. Contact Ron Peck at 916-409-0463 for information.

• • •

Country Couples

BY KATHY LOPEZ

When my husband and I moved to SCLH in 2006, there were dinner/dances practically every month and we attended almost all of them. At these dances, we met several other couples who knew and loved C&W dancing. Eventually, someone in this group decided we should get together to practice what we remembered. After a couple of practice sessions, it was pretty obvious we all recalled one dance and some of the fancy turns that went with it, but very little of any other dance. One of the ladies in the group took the initiative and approached Jim and Jeanie Keener to see if they would be our instructors. They agreed but there wasn’t a room available at Lincoln Hills, so for several months we went to Roseville Sun City to take Country Dance lessons. Eventually, a room became available here at Kilaga Springs Lodge for Jim and Jeanie to hold lessons.

René Lopez, Tom Hargis and Ernie



Our 1st Steering Committee (Bob Collins absent).

Wilson were the driving force behind the formation of the Country Couples Club. The club was formed in 2010 and we have had a lot of volunteers over the years contributing wherever needed – Steering Committee, helping in the lessons, leading the weekend practice sessions and Friday reviews, support with dance planning and decorations, making flyers

and tickets to our events, arranging other club activities, assistance at the dances with various chores as well as clean-up. Over the years, it seems like just about every member has pitched in some way or another to help with various duties. Jim and Jeanie have been our instructors for all this time for which we are all grateful. Jim even DJ’s for some of our dances with Jeanie assisting a bit with dance instruction. I feel blessed to be part of this great club with such wonderful and friendly folks.

We just had a pizza night at Old Town Pizza right here in Lincoln. Our next fun-filled dance will be on April 17th with the very appropriate theme of “April In Paris.” If you’re interested in Country Couples lessons, check out the Compass. Beginner lessons are at 7pm on Monday evenings at Kilaga Springs Lodge. Country Couples Club is separate from the lessons. Membership allows you to take part in our dances and fun activities

throughout the year. Please see the contact info below if you are interested or have any questions. Club Contact: Kathy Lopez. Club Website: sclhcc.com

• • •

LH Line Dance Group

BY JUNE WILLIS

On Tuesday, February 25, the Lifestyle Expo was held at Orchard Creek. This function drew crowds and offered information on the many clubs and service organizations that are alive and well at Sun City Lincoln Hills. We are so fortunate to live in a community that offers so many choices for maintaining an active lifestyle. Our Line Dance Group set up our booth with information on the types of line dance classes which are offered, including the levels and the days and times available. We were asked questions, such as: “How much dance experience do I need?” We assured all the interested attendees that absolutely no dance experience is needed. One of our main functions is learning to dance for fun but also for exercise and to promote good balance techniques. We also demonstrated the types of shoes that some line dancers use, but we assured that dance socks can be purchased for a nominal fee and they slip over any shoe. We hope that we sparked some interest in our Line Dance Group. Consult the Compass for a listing of classes, times and instructors, and join one of the many classes offered. You will be glad that you did.

• • •

(more Club News cont’ on page 5)

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Ballroom Dance

BY ERNIE MICHELI

The Coronavirus has directly impacted Ballroom Dance activities. As of March 13, 2020 Tuesday instruction and other activities were cancelled. Members will be notified when we are able to resume participation.

The Ballroom Dance Steering Committee extends its apologies for this inconvenience. We are complying with guidelines issued by the California Department of Public Health and at Sun City Lincoln Hills Association direction. At this time we understand the need to provide a healthy environment for our membership. We encourage you to adhere to safety precautions that are posted such as avoiding large crowds and washing hands frequently.

Stay healthy because we look forward to seeing you when we are able to resume our dance program. At such time Tuesdays are a good time to learn some new moves or practice dance steps. 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 and is open to all SCLH residents and sponsored guests. Lessons are offered in the Kilaga Springs Lodge Multipurpose rooms each Tuesday from 2:00 to 3:00 PM for beginners and 4:00 to 5:00 PM for more experienced dancers. Open dance is from 3:00 to 4:00 PM during which you can practice the many dance styles including the current month's offering. Contact Ruth Algeri at 916-408-4752

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Mixed Media

BY JILL SHORT

April is here and we have a General Meeting coming up in a few weeks. Mona, one of our members is scheduled to show us how to make a journal out of paper bags. Mixed Media meetings are held the 3rd Wednesday of the month in the Ceramics Room (OC) at 1:00 PM. We cancelled our meeting in March after Deidra who was going to led us part 2 of her workshop, cancelled. We carried over our napkin art challenge to share this month.

The club has 3 boxes of donated soft pastels. Members are encouraged to check them out for the month, play with them and discover all the fun things you can do with them. There are videos online that can give ideas how to use these pastels. Pastels can be messy but so much fun to experiment with. So, check out a box and then return the box at the next Mixed Media meeting.

We always welcome new members. The yearly dues are \$20. The club President is Nancy Griffin. She runs the meetings, has membership forms and collects the dues. Our club business is usually done at the beginning of the meeting. We then have a time to share projects we have done and also those who chose to do the challenge can share. The next challenge is revealed at the General Meeting. Challenges are always voluntary. The rest of the



We enjoyed showing our art at the Lifestyle Expo.

meeting is a presentation from either a guest speaker or member. Usually the presenter leads us in an art lesson. A list of materials for the project are emailed to members ahead of time. Our group is very friendly and willing to share supplies. Don't be afraid to open the door, come on in and check us out. For those who are new to mixed media, a great place to start is to take the Art Journaling Lifestyle class. Check out more information in the Compass.

Our club members who helped out at the Life Style Expo had a great time. We met lots of people and hope to see those who were interested in our club at one of our meetings. The one question that we heard over and over again is, "what is mixed media?" Mixed media art refers to a visual art form that combines a variety of media in a single artwork. For example, if you draw with ink, then paint over it with watercolors then add some highlights in colored pencils - that is mixed media.

*If there are any changes in our activities due to the coronavirus members will get an email from our Mixed Media President.

...

Needle Arts

BY JILL SHORT

Hard to believe that it is already April. Needle Arts has had some wonderful General Meetings so far this year and we are looking forward to our future ones. The General Meetings are held the 2nd Tuesday of the month at P-Hall (Kilaga) at 1:00 PM. The March Speaker was Mayra Ramos Chavez,



Having fun at the Lifestyle Expo.

(cont' on page 6)

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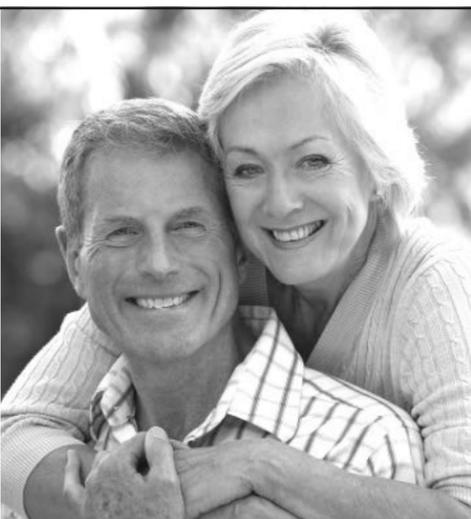




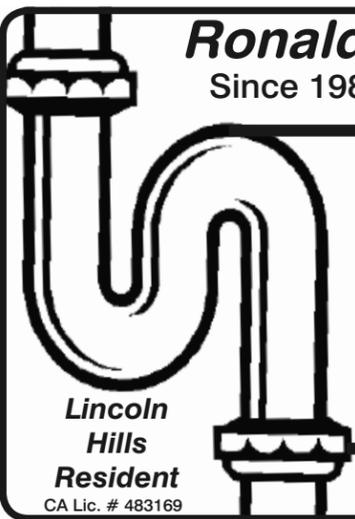
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Needle Arts

(cont' from page 5)

the Gallery Manager for Southside Unlimited in Auburn. Coming up April 14 is an exciting General Meeting with Jane Haworth. She is an award-winning professional quilter specializing in making nature inspired raw edge collage applique quilts. She uses her hand dyed fabrics as well as commercial fabrics. Jane teaches and likes to encourage students to go out of their comfort zone and "just create". Jane has been sewing all her life, working for Laura Ashley in Wales and for an interior design business in Cheshire, England. Her family moved from England to California in 1998 where she discovered quilting and began designing and making art quilts. Her articles and work have been featured in various magazines including Quilting Arts, Modern Patchwork, and Quilters' Newsletter. She will be a fascinating speaker you won't want to miss. After the meeting Jane will be teaching a workshop for those who sign up. Information for signing up was emailed to members and also can be found on the Needle Arts website.

The Sewing Room expansion is going forward. Just stay tuned and be patient as we continue looking forward to the expansion. As always, all updates will come from Jean Storms when she is notified.

As of March 10, Needle Arts had 176 members. For anyone interested, come check us out. We are NOT JUST about quilting. Our interests are so varied as shown by the broad range of our breakout groups. The

interests include knitting, crochet, applique, embroidery, needlepoint, hardanger, fiber arts, and more.

Our Spring Luncheon is May 12 and we hope to see most of the Needle Arts members there. Nancy Norton and her committee are hard at work to make this event "FUN." The theme for our luncheon is, "A Needle Arts Picnic" (that really does sound fun).

The 2020 Needle Arts Retreat is June 1-5 at Mercy Center in Auburn. Spaces were quickly filled up for this. I am sure it will be an exciting time for all those who are going.

Keep up to date with everything that goes on with Needle Arts by being a member and getting on the email list. Membership forms are online as well as at the membership table before our General Meetings. If you are a member already, don't forget to check in at the table for your ticket for a chance to win a prize.

*If there are any changes in our activities due to the coronavirus members will get an email from our Needle Arts President.

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

Paper Arts Club

BY LINDA LUCCHETTI

Due to the growing concern over the potential spread of the coronavirus (COVID-19), and the closure of the SCLH facilities, the Paper Arts Club cancelled the April 2 meeting. We will reschedule the project that was to be presented by the "Stampin' Divas." Please note that we will be sharing



Sue and Donna at Expo.

updates on the status of future events, so check the club's newsletters, distributed to members via e-mail.

Thank you to Sue Dambrosio for creating and leading our March project – a beautiful, cheery spring centerpiece.

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

LH Photography Club

BY DIANE MARGETTS

Seven members entertained, impressed and motivated us at our bi-annual Members' Show and Tell. In doing so, several also demonstrated their skills in creating video photo montages. In addition to photos from distant field trip or vacation locations, we also learned you don't have to venture to far out of the community — or sometimes even your house — to find some fascinating photo-

worthy subjects.

The Board has been exploring ways to keep our shutter-happy members busy and motivated during the community-wide downtime. Special Interest Group leaders and planners are organizing learning experiences and 'assignments' to keep our photographers busy. Planning and organizing is currently still in process but the goal is to offer tutorials and challenges on basic to more advanced camera skills and photo enhancements. For updates, keep watching our website and check out our Facebook page.

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

Woodcarvers Club

BY LIONEL RAINMAN

Maybe the thought of woodcarving as a hobby gets cooled when confronted by the vast array of carving tools displayed in books or magazines. Seeing up to two dozen chisels, gouges, and knives would dampen the enthusiasm of a potential carver, especially thinking all those tools are needed to guarantee success. Would the potential carver consider that all those tools cost a small fortune and without them how could you even begin carving. The reality is that a pocket knife was one of the early carving tools. Granted that pocket knives aren't as common as they once were and in its place would be a carving knife. Although carving knives come in various sizes and shapes that would be a starting point as

(cont' on page 7)

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Woodcarvers Club

(cont' from page 6)

there is much that can be done with a single knife. If the novice carver continues with the hobby they may find that an additional knife, chisel or gouge may broaden the scope and style of the carving.

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

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

Vintage Treasures Club

BY CLARE FLETCHER

In honor of Mother's Day, our May 4 meeting will feature vintage treasured gifts from our mothers, mothers-in-law, grandmothers, or special women whom a member would like to celebrate on that day. One of our Program Directors will begin the presentation, and members are asked to bring a treasure to place on the display table beforehand. Members will then be invited individually to share their item with the group, along with a brief story of its significance. Pre-1970 jewelry, vanity sets, heirlooms, and family memorabilia are some suggested items.

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

Contact: Sandi Janisch 916-253-9085

Book Club

BY CATHIE SZABO

"... remember the small things, and the big things will work themselves out." Heather Morris, *The Tattooist of Auschwitz*

A simple sentence, but so profound and true. And yet do we waste our time and thoughts on matters we seemingly cannot influence or conquer?

In *The Tattooist of Auschwitz*, Lale Sokolov is forced to become the tattooist—the man who imprints numbers on the arms of prisoners. He touches prisoners not just in tattooing them, but in ways thought impossible in a prison camp—finding ways to keep his fellow captives alive. He, in turn, is "touched" by a woman in his tattoo line, and vows to survive and marry her.

Vivid descriptions of the horrors of the concentration camp contrast with Lale's compassion and bravery. Based upon the true story of Lale and his love, Gita, this book is more than just another recounting of the horrific conditions of the Nazi concentration camps. Yes, in a sense, it is a love story, but one man's refusal to become unfeeling fuels the story with so much more.

And all of us, here and now, can take a quote from the book and reflect how it applies to many aspects of our lives: "We stand in shit but let us not drown in it."

The Book Club fosters lively discussions of many different books. 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:

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 mdeal2010@gmail.com, Joanne Johnson Felt at ivyarcourt@aol.com, or Cathie Szabo at catsickle@gmail.com.

Writers Group

BY ANDY DEXTER

The SCLH Writer's Group is comprised of people of all writing abilities, from beginners to those who are published. Some write poems, novels, biographies, short stories, children's stories and even memoirs. Get started on that writing project you've been putting off! Your children and grandchildren, who've been begging you for years to start writing about anything, even growing up or your careers, will love reading your stories or poems. If

you're apprehensive about writing or don't know where to begin our members are here to help. If you want to read something you wrote, please bring 10-12 copies to share. We provide each other with excellent feedback about our writings.

The Writers' Group meets at 6:30 PM, on the 2nd, 4th and 5th Monday of each month, in the Orchard Creek Multi-purpose/Computer Room. We hope you're looking forward to each spring day, are enjoying the wonderful fresh air and are trying to identify all the birds, returning en masses to our beautiful community! See you soon!

Lavender Friends Club

BY SANDI DOLBEE

One of the strongest attributes of Lavender Friends is how we provide a support system for our members. Take, for example, the informal monthly lunches of singles in the club. It got started quite casually, with just a few people, and then broadened as more singles moved here and joined the club, which is comprised of LGBTQ residents and allies.

For Joan Lacktis, who also is club president, it's a good way of touching base and sharing what is happening in their lives.

Another fan of the lunches puts it this way: "Being single, we don't have partners to help us out when needed. This group enables us to connect and help each other when needed. It is not a match-making thing and we talk about

(cont' on page 8)



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Lavender Friends Club

(cont' from page 7)

everything you can imagine.”

Meanwhile, in other club news, preparations are continuing for a special reunion of past and current members to mark the 15th anniversary of Lavender Friends. It will be held in May at Meridian’s Solarium.

For more information about the club and its events, go to our website at www.lavenderfriends.com.

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Shalom Social Group

BY JUDY GANULIN

The Shalom Social Group was founded in approximately 2000 by a small group of Sun City residents who wanted ties to Jewish culture and heritage, but everyone is welcome. Shalom Social Group (SSG) has grown and expanded its range of activities over the years and now also has separate men’s and women’s affiliate groups. Throughout the year we have social activities, sports, and events celebrating cultural and traditional milestones. Our general meetings are at 7 PM on the fourth Monday of every other month at Kilaga Lodge.

For more information about membership or activities, please contact Joanne Levy, 508-333-8590.

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Genealogy

BY DR. BARBARA BRANCH

The next Genealogy Club presentation will be held on April 20, 6:30 – 8:30 PM in P-Hall (KS). Our presenter, James Baker, will present Google: A Genealogist Best Friend.

Mr. Baker has been an active genealogist for the past 15 years. He is a Board-Certified Genealogist, with a specialty in German genealogy research. He also specializes in Midwest US, early American research, and DNA.

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.

Check our NEW LH Genealogy website for handouts and updates: <https://www.suncitylhgc.com/>. For more information contact Dr. Barbara Branch, 916-543-8219.

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LH Italian Club

BY LINDA LUCCHETTI

Due to the concerns regarding the coronavirus (COVID-19), the Italian Club, like many other groups within Lincoln Hills, has decided to postpone all its scheduled events through April. We are hopeful that the Bocce and BBQ event scheduled for May will take place, but at this time, we do not know. Therefore, please regularly check our website at www.lhitalianclub.org for more information and further updates on future events.

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.

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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, Louise Kuret or Linda Bevins (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 Islands of New England (Sep 16-24, 2020) (Teena for Shirley Cerny) 1 Hotel Stay

Newport, Boston, Faneuil Hall, Cape Cod, Martha’s Vineyard, Lobster Dinner

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 Nashville & the Smoky Mountains Holiday (Dec 10-17, 2020) (Sheron)

Grand Ole Opry, Dollywood, Asheville, Biltmore Estate, Gaylord Opryland Resort

Exploring New Zealand with Optional Fiji Extension (Feb 3-24, 2021) (Linda)

Auckland, Wellington, Christchurch, Queenstown, Mount Cook National Park

Tropical Costa Rica (Jan 23-31, 2021) (Sheron) San Jose, Coffee Plantation,

Guanacaste, Monteverde Cloud Forest and options on tour

Colors of Morocco (Apr 8-18, 2021) (Sheron) Casablanca, Hassan Mosque,

Sahara Desert Lux Tented Camp, Marrakech, etc. & Choice of Cooking Class America’s Cowboy Country (Jun 14-21, 2021) (Sheron)

Jackson Hole, Grand Tetons, Yellowstone-Cody, Rapid City, Mount Rushmore

Switzerland by Rail Summer 2021)

(cont' on page 9)

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LH Travel Group

(cont' from page 8)

(Teena) Small Group Tour

Bern, Zermatt, Lake Geneva, Veyey, Chocolate Workshop, Swiss Travel Pass

Colorado Rockies (Sep 18-26, 2021) (Sheron)

Denver, Multiple National Parks, Royal Gorge Route RR, Garden of the Gods

Travel Group Committee Member

Contacts: Sheron Watkins 916-849-9504, sheron55@att.net; Teena Fowler 916-543-3349, teenafofowler@wavecable.com; Louise Kuret 916-408-0554, lkuret@sbcglobal.net; Linda Bevins 916-666-7627, djbevins17@gmail.com

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LH Astronomy Group

BY BILL WEAVER

To minimize the risk of exposure to the Coronavirus the LHAG and its subgroups meetings and activities were postponed through April 1, 2020. Following the lifting of restrictions for gatherings within the SCLH community, look for the LHAG to resume its meetings and activities as usual that will include the following.

A reschedule of Anthony Oreglia's presentation on the, "US mission to explore the planets", an up-to-date overview of the space missions that have gone to the planets in our solar system and the results of those missions.

We also invited Mark Miller of the Lawrence Livermore National Laboratory

to present his program about the Apollo 11 mission guidance computer. This revolutionary computer made autonomous travel to the moon not only possible but added profoundly to crew safety, flight profile accuracy, and mission flexibility.

We are currently working on securing a presentation about the "7th & 8th planets" [in our Solar System]. These presentations sponsored by the LHAG are always exciting and all SCLH residents are invited to attend. Watch for the new dates in the Sun Senior News and the SCLH Compass magazine, as well as the LHAG website.

The presentation at the March 4th LHAG general meeting was attended by around 60 residents at Kilaga Springs Presentation Hall who witnessed a fascinating presentation by Dr. Charles Hunt on the experiences from his trip to Alaska to observe the "Fire in the Sky" caused by a solar coronal mass ejection that intensified the size and beauty of the Northern Lights (Aurora Borealis).

The Cosmology Interest Group (CIG), a sub-group of LHAG, also plans to continue with the second set of lectures and discussions in a new series on an "Introduction to Astrophysics". This lecture will include, "Making Maps of the Cosmos" (The tricky problem of calculating distances to stars and galaxies); and, "The Physics Demonstration in the Sky" (Isaac Newton's laws of motion and the mathematics behind Kepler's second law).

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 observing methods. However, because of new construction activities on the SCLH Sports Pavilion Site and the Coronavirus emergency, it is not known as of this date when the next star party will take place.

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

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Apple User Group

BY RICH THAYER

You probably own digital assets like online accounts, music, and photos. If so, don't miss the April general meeting. Marcia VanWagner, who teaches the "Getting Your Stuff Together" class, will show you how to develop your digital estate plan to handle digital assets should you pass away or become incapacitated.

Also in April, Ken Spencer will explore the depth of the accessibility features on the Mac and iOS devices. These features are invaluable to those of us who can use a little hearing and sight assistance, but they can be useful to everyone.

Finally, Bill Smith will show how to set up and use the iPhone, iPad, Mac, and Watch for phone and video calls. He will show how to manage voice mail and eliminate disrupting phone calls.

Of course, plans for April might change

due to COVID-19-related lodge closures, so watch lhaug.org for the latest information.

If you were away in March, you missed seminars on Apple Mail and Texting. Videos of these and other seminars are on lhaug.org.

While visiting lhaug.org, look on the Information page for the handout, "Some Best Practices for Cleaning Apple Products." This includes new information from Apple about disinfecting your devices.

Finally, Ken Silverman was appointed LHAUG Vice-President replacing Jack Harris, who was elected to the SCLH Board.

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

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SCLH Computer Club

BY NORMAN SEIDENVERG

Main Meeting-

April 8, 2020 at P-Hall (KS), 6:30 PM to 7:30 PM.

"Printer Problems with WIN 10 and other Software", will be presented by Pat Furr, a computer expert, who gave us a great talk August

14, 2019 about her non-profit company that refurbishes donated computers. We all have had printer problems and need to understand solutions. Bring your questions as relates to



(cont' on page 11)



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SCLH Computer Club

(cont' from page 9)

error messages and other dysfunctions. Door prizes will be raffled for members. A social will follow across the hall. "Walk in Workshop" will be Tuesday 1:00 PM to 3:00 PM, April 21, 2020 at the Computer Lab (OC). This is a great chance for members to ask the experts for "free" assistance with a desktop, laptop, pad, or cell phone.

Contact: Norman Seidenverg, President, 916-209-3894. Email: SCLHCC.org
Consent by Norman Seidenverg

LH Republican Club

BY HARLEY F. PINSON

Speaker Night: Tuesday, April 21 • Doors open 6pm – speaker 6:30pm, Kilaga Springs Clubhouse (PH).

Trevor London, Global intelligence expert on Marxist and terrorist movements, filmmaker of "The Enemies Within" and author of his explosive new book "White House Reds".

The American Republic hangs by a thread. The 2020 election will either see this great nation begin an irreversible spiral into Socialism and loss of liberties or a free Capitalistic nation as our Founders envisioned.

A nominal fee will be charged at the door. Seats may be limited as he is a national speaker. Arrive early.

Democratic Club

BY JUDY GANULIN

The Lincoln Democratic Club will meet on Thursday, April 16, at Kilaga Springs Lodge, 1167 Sun City Blvd., Lincoln, 6:15 PM social hour, 6:45 PM general meeting. Our speaker will be Cheri Greven, Public Affairs Director for the Sierra/Sacramento/San Joaquin/East Bay region of Planned Parenthood Mar Monte (PPMM). Her responsibilities include legislative lobbying, community engagement, grassroots advocacy and media affairs. Her focus will be on the legislative impact at the State and Federal level of changes in women's health and reproductive rights. Before arriving at PPMM in 2016, Ms. Greven served the House of Representatives, for eight years as District Director for Bay Area Congressman Eric Swalwell and as Field Representative

for Congressman Jerry McNerney, whose district includes both the Bay Area and the Central Valley.

New members are always welcome. For more information please see our website, <https://democraticclublincolnca.org/>

LH Veterans Group

BY B. L. LEWIS

Wednesday, Marc 11, 2020, LHVG President, Joan MacAdams called an emergency Board meeting to discuss canceling the St. Patrick's Day Luncheon due to the Corona Virus. After a discussion of the pros and cons a motion was made and approved to go ahead with the scheduled Luncheon on March 12, 2020. A second motion was made and approved to cancel the March 18th and April 15th Board meetings and to also cancel the April 16th general meeting.

The Beale Air and Space Expo returns on May 9-10, 2020. The base will open its gates to the general public to experience action-packed flying display and ground based demonstrations. A bus trip to the event has been arranged by the SCLH Lifestyle for May 9, 2020. See the Compass for details.

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; or with a \$150.00 donation you can have a Black Granite Tile 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 or notify Chaplain Bill Lewis, 916-408-3771, email: bllewis1977@gmail.com if you would like to order a Tile for a Lincoln Hills Veteran that has passed.

Welcome Aboard to new member, Steve Ercolini, U.S. Navy and congratulations to New Life Members, John Christol, U. S. Army and Ted Rosinko, U. S. Army. As of March 5, 2020, the group's paid membership stood at 222, including 135 life members and 22 Associate members. World War II veterans (including Spouses) total 21. The total membership was 265.

Remember that Flag sales are available in the Orchard Creek Lodge on the 15th of each month for \$20.00 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.

In Memoriam—Dennis W. Sudano, (Life Member) U.S. Navy.

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

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

BY PATTI KINGSTON

Along with helping in the classrooms some SCHOOLS volunteers were asked to be Pen Pals with children in a 4th grade class who wanted to learn cursive handwriting. Letters were written and exchanged. The children had the experience of addressing, stamping, and then posting the letters to their Pals. A party was held so the Pen Pals could meet. Big smiles greeted both the children and adults and the party was on. The children serenaded their Pals and they enjoyed refreshments together.



S.C.H.O.O.L.S. stands for Sun City Helping Our Outstanding Lincoln Schools. That's what we do and would love to have you join us. You may have seen the SCHOOLS booth at the O.C. Lifestyle event. New volunteers signed up for next year's school year.

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 in the schools.

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

Postage Stamp Group

BY TIM MILES

April is here and warm days are coming and the stamp hobby is booming. Saturday, April 4th and Sunday 5th is the Easter Seals Stampshow at the Sacramento Stamp Club site at 3205 Hurley Way in Sacramento (always a fun event). Then the WESTPEX is on April 24-26 at the SF Airport Marriott in Burlingame (see if there is carpooling available as many of our members attend).

We have another club dinner scheduled for the Lodge meeting location on April 15. The cost is \$25 apiece and the last dinner was very well-received (location is 7050 Sun City Blvd in SC Roseville). June Stark is once-again handling the arrangements.

March saw several well-attended club "open houses" in which we had many available items for acquisition.

April meetings are set for Tues, April 14th and Tues Apr 28.

May meetings are set for Tues, May 12th and Tues May 26.

All meetings start at 6:30 pm and are over by 9 pm. Parking is abundant. Our meetings are filled with lectures, swaps, access to all thing philatelic (albums, stamps, mounts, current news, slide shows, free appraisals. We have tables of used items available (stamps, used album pages, etc) to our members at bargain prices. Door prizes and attendance awards are also allocated.

If anybody has questions regarding anything regarding collections or scheduling, call Al Capparelli at 916-771-8288.

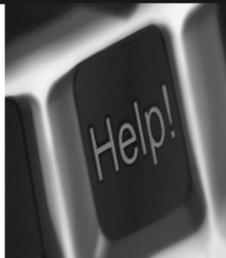
Our meetings are open to all and folks are encouraged to bring that "old" album off the back shelf to our meetings and you'll get a quick appraisal and a pleasant surprise as to what it's worth is at present-day values.

(more Club News cont' on page 12)

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LH Amateur Radio Group

BY DAN LEHRER - KN6DRN

The LHARG was fortunate this past month to have two members of the team that installed the LHARG's repeater attend one of our meetings. Peter Walker KD6RB and Lewis Barnard WA6ESA gave a unique video presentation of the actual process undertaken. They filled in the history to newer members of the set up and equipment used. The LHARG is appreciative of this important information.

The LHARG participated in the Annual Sun City Club Expo with a wonderful display table. Equipment and an informational display board, as well as personal interactions, helped bring a friendly awareness of our Club to fellow residents.

In an emergency the LHARG is prepared to communicate with first responders and



others should the need arise. If you are looking for a way to engage in the community and have an interest in amateur radio or just want to join in on fun conversations, 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

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. Some recent topics include senior peer counseling, local housing options, and financial abuse of seniors. Our meetings always include small group discussions to share ideas. Future topics include transitioning from home to a facility, ask the lawyer, coping alone, handling finances in a crisis, and how to leverage your assets. Come and join the other 60 people who have discovered the comfort in sharing information and being heard. Our meetings are the first and third Monday each month at 1 pm, Gables/Heights Room, Orchard Creek Lodge. 3. We will meet April 6 and 20, and

May 4 and 18.

For information contact Stefanie Spikell at stefhope@att.net or 916-253-7431. website: lhwiseagers.com

Alzheimer's/Dementia Caregiver's Support Group

BY JEFF ANDERSEN

NOTE: This article is written on the 15th of March to meet a publishing deadline, so if the lodge will be shuttered on April 22nd, this presentation will be postponed until June 24th (if she's available).

Our speaker comes to us through a suggestion from a group member. Thank you. Cassandra Ward from Sutter Health will talk with us on April 24th about "Memory strategies and communication suggestions for family members of people with neurological changes."

We'll be happy to learn different ways to improve our understanding and ability to connect.

NOTE: The scheduling below for meetings held in Orchard Creek Lodge (OC) may not be available because the Covid-19 restrictions.

The Alzheimer's/Dementia Caregiver's



Cassandra Ward - MS, CCC-LP, CSIS

Support Group meetings are held each month except December. The Large Peer group meets at 1:00 PM each 4th Wednesday in the MultiPurpose Room (OC). All are welcome to attend, especially caregivers with recently diagnosed family members. The program for the Peer group gatherings alternates monthly between group discussion moderated by an licensed counselor from Del Oro Caregiver Resource Center, and formal presentations by 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.

(more Club News cont' on page 13)

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Low Vision Support Group

BY JOAN BRANT-LOVE

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

“Keep Driving Now – Be Driven in the Future”

The California Department of Motor Vehicles Senior Driver Ombudsman, Jerrod Sieberg, will bring us up to date on drivers’ licenses, testing, self-driving cars and Real I.D.’s. “As of October 1, 2020, you’ll need a passport or another federal compliant document like a REAL ID driver license or identification card to get through security.” The federal REAL ID Act places new rules on which forms of identification may be used to board flights within the United States (U.S.) and enter secure federal facilities, such as military bases, federal courthouses, and other federal facilities. A California issued REAL ID driver license or identification card meets these new requirements and is marked with a gold bear and st

There will be ample time for Q&A so be sure to bring your questions with you.

May Meeting – Tuesday, May 5, 2020, 2:00-4:00 PM, Fine Arts Room, Orchard Creek Lodge

Dr. Kristi Trang, Optometrist, Blue Oaks Eyecare will be our speaker. Dr. Trang has been one of our regular speakers for seven years discussing various eye diseases and their treatment.

Tips When Eating Out With Low Vision—

At the Restaurant: Arriving at the restaurant during daytime – Ask for a table where you are not facing bright sun or where blinds can be lowered. In evening, ask for table with brightest light so you can see table placements and food.

At the Table: Determine table setting – locate plate, utensils, glass and cup and saucer. The most common arrangement would be using a clock formation – glass at 1 o’clock, cup and saucer at 3 o’clock, etc. If you are unsure of location of items, discreetly slide hands starting at edge of table towards items to identify where each is.

Menu: If you know the restaurant, check ahead of time on computer for menu and make your choice. Otherwise, ask for large print menu, use a lighted magnifying glass, have your companion read the menu, or ask waiter for specials. Most times you know approximately what type of food you wish and can ask for these items. Be sure to tell waiter your choice; don’t have someone else speak for you. Watch to see where items are placed in front of you so you can locate them.

Payment: If you are paying separately, check with waiter for the amount due, have him/her indicate where to sign check if using credit or debit card, be sure you receive card back, have waiter or companion fill out tip. Try to demonstrate that you are in charge of your share and make sure they assist you.

Extra Tips: If using salt and pepper, salt shaker will be heavier.

Slicing - Choose meats or fish that can be easily sliced. Some vegetables can also be

awkward. Ask for your meat or green salad to be cut in smaller size.

Hope these tips make your next time eating out even more enjoyable.

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

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Bosom Buddies

BY VAL SINGER

Living in Lincoln Hills in the spring time is the best. If ever you are feeling down and the world is working against you, just go sit outside and look at all the beautiful colors. New life is abounding everywhere you look. I know I feel this way every spring but this year is even more special. It just seems like the colors are so much brighter and seem to want to contradict the woes

of the world. The virus is raging, everyone seems to be upset about the politics, countries are at odds with each other, etc., etc., but the one constant is no matter what those daffodils will show their beautiful heads, the trees will be full of blossoms, and everything will be revitalized again. Ahhhh, spring!

Because of the coronavirus, all Bosom Buddies meetings and luncheons have been cancelled until further notice. Hopefully, we will all stay healthy and return soon to normality.

Bosom Buddies’ shirts are available in all sizes from small to extra large for \$20. Please call me (916)645-8553 and I will get one to you.

If you have any questions regarding Bosom Buddies, please contact Marianne Smith (916-408-1818) or Patty McCuen (916-408- 4185).

“Together we are strong; together we will make a difference; together we will survive!”

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

• • •

RoadRunners Motorcycle Club

BY MIKE SMITH

The club started their official riding season on March 14. Led by Road Captain Mike Smith, the riders enjoyed a scenic ride around the Sutter Buttes and lunch at the Gridley Grill. Coming up on April 11, Road Captain John Marin will be leading riders on a tour of “Things around Lincoln.”

The club has scheduled rides on the second Saturday of the month, March – November. If you like motorcycle touring and have a road worthy motorcycle or trike – check us out! The club meets on the fourth Thursday of the month at 5:30 PM Multipurpose Room (OC) Guests are always welcome. The next meeting will be on April 23.

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

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(more Club News cont’ on page 15)

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880 Wildomar Lane – Annadel w/3-Car Garage

This ever-popular Annadel model with 3-car garage offers maple cabinetry, Corian counter tops, center island, double ovens, cozy breakfast nook, under cabinet lighting, plantation shutters, built-ins in nook and great room, gas piped fireplace, skylights, extended pergola patio cover, hand-seeded aggregate concrete with brick inlay and several citrus trees.

Priced at \$629,000



699 Canyon Oak – Sausalito

This Sausalito floor plan is one of the Builder's Estate Series models offering several architectural design features which include a round turret dining room, dedicated living room that's both private as well as inviting to and from other rooms, spacious kitchen with dining bar, gas cook-top, double ovens, large pantry and breakfast nook, split bedrooms are separate from the master bedroom. The master bathroom has dual vanities, soaking tub, shower enclosure and large walk-in closet. Expanded laundry room. The private, lush backyard with its covered patio awaits you.

Priced at \$639,000



1005 Cricket Court – Tahoe w/Large Casita

Come view this beautiful Tahoe model with large casita located on an oversized gorgeous park-like setting. The laminate flooring captures the warm color tones throughout the main living area with cozy gas fireplace, built-ins in great room and hall, maple cabinetry in the kitchen and baths, master suite has slider leading to backyard, french doors lead to the breakfast nook and casita. The show-stopper of this home is the backyard with mature redwood trees, lush green lawn, putting green, spa/hot tub and play area for grandchildren.

Priced at \$599,000



2784 Black Hawk Lane – Plumas

This stunningly appointed Plumas model with beautiful wood floors, white kitchen and spacious backyard is located in the higher elevation of Sun City Lincoln Hills. The minute you walk in the front door, you'll know this home is for you. White cabinetry, Corian counter top, center island, large pantry, built-ins in the great room, newer interior paint, sun tunnels for extra light, epoxy floor, cabinets, overhead storage in garage, covered patio and water feature.

Priced at \$564,000



105 Prairie View Court – Bridgegate

Charming Bridgegate model with new laminate flooring and interior paint. The great room offers lots of windows making it light and bright while the breakfast nook overlooks the front landscape. For a smaller home, the great room and master bedroom are very spacious. The backyard has a large solid patio cover for added shade, a perfect spot to enjoy afternoons while gazing at the low maintenance landscape with artificial turf and mature trees.

Priced at \$419,500



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SCLH Sports Car Club

BY PAM BERRY

Plans can sure change quickly. This article was to be full of all the fun we had on recent car tours. Instead we are cancelling all tours! It is sad and frustrating but a missed event is a small price to pay for everyone's health.

Being positive and looking forward there are several tours coming up that are both different and informative. A member is arranging for a tour of the CHP Academy that includes special displays of driving skills and a moving view of their Memorial to Officers killed in the line of duty. Another tour will be to the Amazon Fulfillment Center. We will now know how all those boxes magically appear on our door step.

With any luck a social that has been organized for June can take place. It will be a five-course dinner and wine tasting held at the Pescatore Estate Vineyard & Winery. Menu looks delicious and each serving has its own wine paring.

Yes, eventually it is going to be another great year for the group.

• • •

RV Group

BY STEVE BEEDE

Our March RV Group meeting featured an outstanding educational program by Harp's RV Service in Lincoln that covered everything needed to get your RV ready to hit the road safely. Several new Members and guests joined us. The big unknown will be the impact of Corona virus on our upcoming Rally plans. Already, we had to cancel our March Rally to Bodega Bay and the April Rally to Las Vegas. However, as we can all appreciate, RV'ing is probably the safest way to travel and most of us are planning personal RV trips in addition to our Group Rallies. Our Spring Fling is scheduled for June 10th at the Sports Pavilion. December 10th we'll hold our Holiday Party at beautiful Catta Verdera. Our Intro to AED Training with Susan Brenden will be rescheduled once the Red Cross training becomes available.

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 916-752-6972, or check us out on our website at www.lhrvg.com.

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Big History

BY CAROLE WADE

The Big History schedule is tentative, as no one can be sure when facilities might reopen and our regular meeting schedule (the first and third Monday of each month starting at 10 AM in Kilaga Springs Presentation Hall) might resume. Here are two upcoming topics: 1) BH member Dave Lewis will speak on Alexander the Great, the ancient Greek king who lived a mere 32 years, yet became one of the most brilliant military leaders of all time. In just 12 years Alexander managed to conquer Greece, Egypt and all of Eurasia. His conquests spread Greek culture and ushered in a new historical era, the Hellenic Age. 2) BH member Marggi Holtz, one of our most inveterate travelers, will tell us about the Silk Road. The "road" was actually a network of trade routes connecting East and West. We will learn when it was constructed, who used it, how long it was used (hint: a LONG time), and how it affected the economies, cultures, religions, and political relationships of kingdoms and empires stretching from China to Eastern Europe.

During this difficult time in our own history we will send out updates regarding these and other future meetings. We will also be sending out links to interesting news articles and YouTube videos so you can continue to get your Big History fix. Contact: David Lewis, 916-626-2795 or stuff619@gmail.com. Website: bighistory.sclh.com.

• • •

Bird Group

BY RUTH BAYLIS

By April 15 it will be quieter along our trails as the very vocal White-crowned Sparrows will have departed to their northern breeding grounds, as will the Golden-crowned Sparrows and the Dark-eyed Juncos. But Song Sparrows, with their lovely song remain year around, and can often be seen and heard in the Ferrari Pond area. In the reeds along the edges of Ferrari Pond the normally secretive Marsh Wrens will start popping up on the tops

of the reeds, singing their hearts out, as they enter the breeding season. Look for their nests in the reeds. Another secretive bird, the Common Yellowthroat, also nests in reeds and one was sighted at Ferrari Pond recently. Not sure if it breeds locally though. Tree swallows are back and will be competing with Western Bluebirds for homes in our boxes. The are equally good residents. The Great Egret and Great Blue Heron rookery continues in the trees adjacent to Starbucks. Lastly, I hope you saw and heard the Sandhill Cranes overhead in late February as they headed north to breed.

In late February there was a Bird Group outing to Davis Wetlands and adjacent wastewater treatment plant, then to the Woodland wastewater treatment plant. There was not much variety to be seen in the Davis locations, but unexpected, and a highlight were at least 500 Black-crowned Night-Herons in trees in the middle of the Davis Wetlands. In trees adjacent to them were around 200 Double-crested Cormorants. The Woodland wastewater treatment plant is always very productive with an assortment of waterfowl and shorebirds. Overall, 52 species were counted.

Our early March trip was to the Bobelaine Audubon Sanctuary off Hwy 99 and along the Feather River. Bobelaine is a rare remnant of the riparian forests that once lined the rivers of the Central Valley. This land was donated to the National Audubon Society many years ago by Bob and Elaine Crandell, from which it is named Bobelaine. Its trails are peaceful to walk along, but this year our bird count was low with a below average count of 40 species. We missed the Wrentit seen there in some years but did find an Orange-crowned Warbler. Both are uncommon birds for us.

Our March speaker was Luke Matthews, Wildlife Programs Manager at the California Rice Commission (Cal Rice). Luke explained the seasonal cycles of rice growing, including the flooding of fields not only for growing the rice but to provide habitat for Snow Geese, Tundra Swans, White-faced Ibis and all other kinds of waterfowl and shorebirds. Cal Rice, along with other organizations, encourage and/or provide incentives to rice farmers through various programs to do this flooding. The flooding also proves beneficial to the farmers



Common Yellowthroat by Truman Holtzclaw.

in that by flooding over the rice straw left after harvest it decomposes more readily into the soil. There is now even an experimental program to use the flooded rice fields to raise juvenile salmon and release them into the rivers.

The following are our upcoming events for April. 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.

Apr 3, Fri, 8AM: Canyon Oaks Trail, Lincoln Hills. Maxine Johnson will lead us on a walk along the Canyon Oaks Trail. Maxine lives above this trail and walks it regularly, so she is aware of what birds we might find. She can also share her observed changes in the bird population along the trail in the 18 years that she has walked it. Species usually sighted include Acorn Woodpecker, California Jay, California Quail, Oak Titmouse, and White-breasted Nuthatch. We are always excited if we see early arrivals for Ash-throated Flycatcher and Western Kingbird. This walk meets at the foot of the trail on Hidden Hills Lane.

Apr 13, Mon, 1:30PM: Monthly meeting, Kilaga Presentation Hall. Guest speakers are Genelle Treaster and Brian Gilmore from the Nimbus Fish Hatchery in Folsom. They will describe the hatchery's operation and its impacts on both fish and birds along the American River. The hatchery raises Chinook salmon and steelhead for release into the river.

Apr 24, Fri, 8AM: Traylor Ranch Bird

(cont' on page 16)



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698	Wagon Whee Ln.	1190	\$395,000	Calaveras
1442	Perdita Lane	1322	\$418,000	Bridgegate
1970	Briarcliff Lane	1449	\$458,000	Almanor
805	Dogwood Lane	1473	\$466,000	Almanor
103	Turtledove Lane	1549	\$509,000	Alpine*
3017	Black Hawk Lane	1673	\$465,000	Trinity
1875	Laurelhurst Lane	1715	\$512,000	Echo Ridge
1778	Beckwith Lane	1767	\$520,000	Tahoe
1806	Homewood Lane	2026	\$630,000	Annadel
1573	Dapple Dawn Ln	2073	\$620,000	Annadel
2044	Winding Way	2073	\$610,000	Annadel
1884	Homewood Lane	2151	\$669,500	Sausalito
975	Yosemite Lane	2612	\$800,000	Tiburon**
1951	Fallen Leaf Lane	2955	\$935,000	Meadowgate**

Per Sacramento mls reported sales 2/1/20 - 2/29/20

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Bird Group

(cont' from page 15)

Sanctuary, Penryn. It is a short drive from Lincoln Hills to Traylor Ranch, located just over the hill off of English Colony Way on the other side of Sierra College Blvd. We will be walking about a mile and a half on dirt trails that meander through the sanctuary. There is a bluebird trail of nesting boxes throughout the preserve and we can observe both Western Bluebirds and Tree Swallows going in and out of them. There are also Wood Duck boxes and occasionally we find one that is occupied.

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.

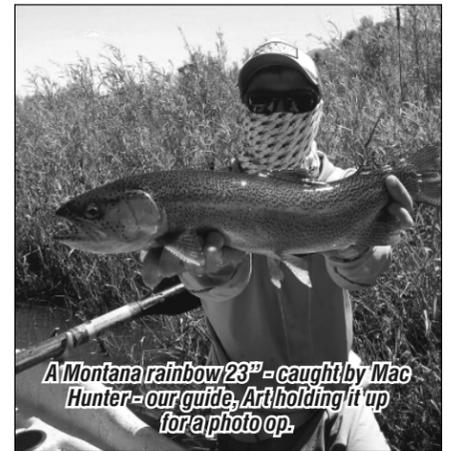
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LH Fishing Club

BY HENRY SANDIGO

“Once there were brook trout in the streams in the mountains...On their backs were vermiculite patterns that were maps of the world in its becoming. Maps and mazes. Of a thing which could not be put back. Not be made right again. In the deep glens where they lived all things were older than man and they hummed of mystery.” — Cormac McCarthy, *The Road*

Fishing Through The Apocalypse is a book written by Matthew L Miller. The book



A Montana rainbow 23" - caught by Mac Hunter - our guide, Art holding it up for a photo op.

is about how he became a conservationist, biologist, hunter and angler. In the story he discusses the alarming situation of the water world becoming an Apocalypse, a destruction in so many ways.

Essentially the story is about how our fishing environment is trying to hold itself together. Several entities impact this environment: development, corporations, people in general, and government entities. There have been some recent decisions by the EPA that have put “water” in harms way affecting fish and other aquatic creatures. The clean water act is slowly being dismantled by government and developers subjecting water creatures to toxic waste dumped into these waters.

Matt has fished the creeks and ditches

(cont' on page 17)

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LH Fishing Club

(cont' from page 16)

of America with a fly rod using a fly, worm, and popper. He has discovered that giant Gold Fish, Asian Carp, monster Asian Hoplo Catfish, Beta Fish and other introduced exotic creatures dumped by man, thrive in the sewerage environment of the ditches. The ditches and creeks are polluted by: run off of farms (dairy, cattle and agriculture), the debris of a household (cabinets, toilets, tires, etc.), and humankind's natural functions.

You as an angler, hunter, or lover of our natural world are under attack. This means there will be a time when our personal outdoor hobbies slowly disappear. We must stand up for our rights to enjoy fishing, hunting, picnicking, or hiking. Don't you think?

No doubt there are wonderful places to still fish, hike, and enjoy. Places that are still pristine. This will be the case until some entity sees a way to develop it. Bears Ear in Utah is an example.

In Drake's magazine, it is mentioned how the Madison river in Montana is under attack, droves of anglers keen to experience the bite of a rainbow or brown trout are swarming this pristine river. Whitefish and Arctic Grayling and others were the original native fish sought after by our native Americans. Rainbows and Browns have been introduced because of their fighting prowess, a trait native fish do not exhibit. This was to the detriment of native fish. Angling pressure is a pollution that we also need to reduce along with waste pollution.

We should explore all options and alternatives in making sound decisions for nature and man regarding changing our water ways. We would hate to inadvertently destroy that world.

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Garden Group

BY LORRAINE IMMEL

Save the Dates: something for everyone! Due to the Garden events in April, there will be no General Meeting this month due to the Home Garden Tour that day.

April 4 (Saturday) Plant Sale - The Sport Pavilion, 9-11 AM. If you are donating plants, pots, garden objects, bulbs, etc. beforehand, please try to have them there by 8 AM so we can price and place them. Be sure to have them labeled! Contact: Marie Salers, 916-408-3895 or Linda Bringle, 916-645-3862.

April 25 (Thursday) Home Garden Tour - Save the date! We've moved it earlier in the day: 9:30-1:30, hopefully to avoid the heat if it turns out to be a hot day. Thinking of a makeover for your yard? Come see what eight homeowners have done, with a wide variety of designs represented this year. Packets with driving directions and garden descriptions will be available for \$5.00 per packet starting at 9:25 AM. Drive through the portico at Orchard Creek to purchase your packet and then head out for a morning of garden diversity and floral wonder.

April 27 and 28 (Saturday and Sunday) Amateur Rose Show and Competition. (10 AM- Sat. to 4 PM Sun.) All the information

will be sent to members by email for entering your home grown roses! Also, information and guidelines are on the website: lhgarden group. org. Contact: Marian Reeder, 916-408-1739 or Robin Juhasz, 916-899-2382. (Competition in the categories is for members only, but all residents may bring roses or arrangements for a display table.)

• • •

Shooting Group

BY JOHN KIGHTLINGER

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

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

sbeglobal.net

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

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LH Cyclists

BY TOM FRADY

As cyclists, we all know bike riding here in Placer County is just some of the best in the state, if not the country. There are so many different routes to get to the same bakery. Generally, LHC "turf" is a triangle from Meadow Vista to Wheatland to Folsom, over 320 square miles of back country roads, suburban bike lanes and creek-following bike paths. The bakeries and coffee shops in Auburn, Roseville, Rocklin, Loomis and Newcastle benefit from our mid-ride breaks. Some groups will occasionally make it up to Colfax, out to Cool or Foresthill, west through Nicolaus to the levee or down the American River Bike Trail to Old Sacramento.

Depending on your mood, ability or the range of your e-bike battery there are rides with no hills worse than your driveway in 50 miles or you can climb 100 feet per mile for 35 miles. While there are still some lumpy surfaces, the roads are generally good, some with outstanding paving.

Even with all this diversity, it is sometimes fun to try a few roads less traveled by us. It

(cont' on page 19)

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LH Cyclists

(cont' from page 17)

doesn't have to be a two week tour of the Greek Islands, just something out of our usual riding zone.

Recently, some members of the Tweeners and Hills R Us have traveled out of the immediate area for some social rides. This writer can attest to the fact they have been great experiences. One ride was suggested by a member of another bike club and one was a route a local rider (OK, it was me) had done before.

There really are no rules established – yet, but so far the starting point for the rides have been about an hour away from Lincoln. Carpools have been arranged, post-ride lunch spots suggested and Ride w/GPS maps provided.

The first ride started in tiny Loma Rica (look it up) with a break at a Mennonite bakery in even tinier Bangor. Muffins for a buck. While only 35 miles, it was moderately challenging. There were no long, steep hills, but seemingly continuous rollers, at least for the first half of the ride. After our pastry, there was quite a bit of downhill and flat terrain. For the most part, the roads were fine, many recently repaved. The drivers seemed extra friendly. The day was finished at a small, even funky, taqueria in Loma Rica.

Our second ride originated in Winters, with an out'n'back up to Lake Berryessa and the "Glory Hole" at the dam, then around the valley before returning to Winters, for a 40 mile ride. This was an easier ride than the previous one, but no less beautiful. The weather was perfect for the 11 riders who made the trip. Another post-ride taqueria at the end capped a perfect day (there may have been beer involved).

It makes no difference who arranges the ride. It seems reasonable to invite other riders/groups with similar riding abilities, but part of the attraction to these special rides is that you will get to pedal with folks you don't usually see. Hey, you might even meet someone new! It's a bonus to have lunch somewhere new, too.

• • •

Hiking-Walking Group

BY STEPHANIE HUNTINGDALE

Coronavirus – Stay safe, stay healthy. Many events have been canceled forcing us to quarantine ourselves. Make sure you check the website this month to see if there are any cancelations. If you think you are not feeling well, please stay home. There will be future hikes.

Hiking Poles – to use or not to use, that is the question this month.

I've been reading some hiking articles that point to the fact that hiking poles are not cool, not fashionable, and make you look like a wimp or tourist hiker. We all know that when hiking on a steep incline or going downhill they can make a big difference. We all know that. But for those who aren't in prime condition (like me), a pole or two can make an otherwise moderate hike downright pleasant by adding just the right amount of support. As much as I hate to admit it, my joints, my knees and back hurt. I'm not twenty something anymore. Poles help, and I'm not ashamed to admit it or use them.

Hike (slowly) with them. Power walk with them. There is no wrong way to use them—with the exception of leaving them at home when you should have brought them along.

I want to use them on every hike, not just the hard ones.

Where do you stand, pole or no pole?

Upcoming Easy Hikes: April 16, Avery Pond (Folsom)

Upcoming Easy/Moderate Hikes: April 2, Buttermilk Bend/Point Defiance (Bridgeport)

Upcoming Moderate Hikes: April 14, Table Mountain CF&W day license required (Oroville), April 28, Weimer Institute (Colfax)

Upcoming Moderate/Strenuous Hikes: April 21, Johnny Cash Trail Loop (Folsom), May 12, Kirby Cove/Hawk Hill (Marin Headlands)

Upcoming Strenuous Hikes: April 7, Echure Bar (Alta)

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

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

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

• • •

Water Volleyball Club

BY ROSEMARY ELSTON

The Lifestyle Expo on February 25th was a great success for all participating SCLH Clubs. The Water Volleyball Club members spoke to numerous residents about the sport of Water Volleyball. Residents were impressed with the benefits reaped when exercising in the water --- agility, strength, endurance and balance can improve with every session. Hopefully, the twenty plus residents who expressed interest will give Water Volleyball a try. Thank you to the volunteers who helped man the table during the Expo!

Saturday mornings have become an exciting option for residents interested in giving Water Volleyball a go. Residents are being introduced to Water Volleyball on "Free Saturday" at the Kilaga Springs Pool. With a quick email to the Water Volleyball Club a potential player can arrange to play with Recreational players during the 9:00 a.m. session. If a potential player would first like to see Water Volleyball in action, combine a few minutes observing play on a Saturday with your gym workout. The club has waived any fees for the Saturday opportunity to encourage participation.

Ladies Night continues to be a fantastic option for both the Recreational and Competitive Players to "meet and greet" while playing a friendly game with the Red Ball. The month of March saw sixteen Club members participate in Ladies Night; attire for the first Wednesday of the month affair was green St. Patrick Day headbands.

The Water Volleyball Club is entering the Spring ranking period. Currently, Competitive players in Level 6 and Level 5 are either preparing in weekly play or completing the ranking ballots. Results of the Spring ranking will be posted in alphabetical order and communicated via email to players. Questions or concerns can be forwarded to Eric using the Water Volleyball Club email.

In the interest of member safety, club members can sign up to attend CPR training. The club will subsidize ten Recreational and ten Competitive players attendance in the CPR training. This offer is first come first serve --- please respond as soon as possible to ensure we are able to fill all of the allocated spaces. Email: sclhwatervolleyball@gmail.com Website: lhwatervolleyball.com

• • •

LH Coyotes Sun Eagles 75 Softball

BY RON RODDA

The Lincoln Hills Coyotes Sun Eagles 75 softball team will be playing some tournaments this year as the Sun Eagles and a majority as the Coyotes. Their season opened at Big League Dreams in Manteca on March 5th and 6th with a close but not quite outcome.

Thursday the team, playing this tournament as the Sun Eagles, won all three games. The opening game vs. Who produced a by a six run margin, which would prove to not be enough. The next two games were exciting last inning wins by a single run, including two extra innings vs. Seals before beating Triple Play 70s in walk off fashion.

Friday did not start well when a rematch vs. Who saw the Modesto based team hit the ball hard throughout the lineup and consistently find holes in the defense. A flurry of Sun Eagle runs in the final at bat closed the losing margin to 9 runs which proved to not be enough.

After blasting an undermanned California Oaks team, the Sun Eagles and Who were tied but the larger margin of victory in their 2nd match meant Who was the tournament champion.

As of now, the team will not play another tournament until May 2nd and 3rd in Lodi, wearing the Coyote uniforms for the first time this year.

• • •

LH Senior Softball League

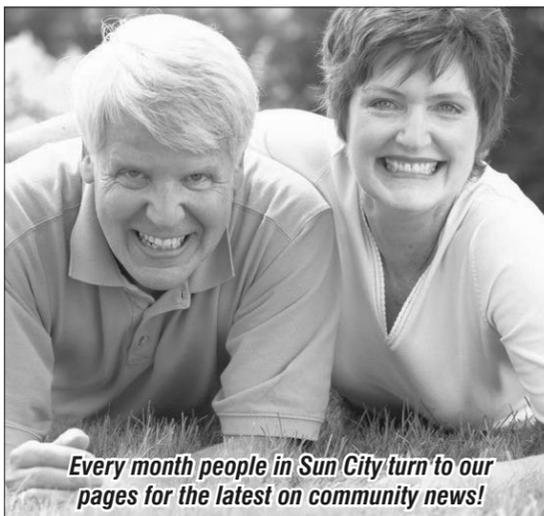
BY BRUCE BRIGGS

Wednesday, April 15th is the beginning of our twenty-first season of softball. It's our first day of play, so it's also our Opening Day with games all day and food and beverages available for purchase. The games are free to watch with no admission.

Our beautiful softball facility, Del Webb Field, is located at 1050 Del Webb Blvd. in Sun City Lincoln Hills near the corner of Ingram Blvd. We have plenty of seating in the grandstands and we have a very large "picnic hill" where many spectators prefer to sit. Bring your own folding chair.

This Summer Season of the Lincoln Hills Senior Softball boasts ten teams, all of which are comprised of Sun City Lincoln Hills residents who choose to participate in our coed

(cont' on page 20)



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LH Senior Softball League

(cont' from page 19)

league. Most of our team sponsors have been with us for more than ten years. Their colorful banners grace our outfield fence.

Many of you may not know that the man, Del Webb, was a part owner of the New York Yankees in the late 1940's and early 1950's until the team was sold to CBS. That is why almost every Del Webb community that reaches a certain size has a softball field as one of its amenities.

Our new Lincoln Hills Ladies Softball League is currently scheduled to begin play Wednesdays in early June and continue until mid-August. Continue to check the Sun Senior News for more information as soon as it becomes available.

We look forward to seeing you on Opening Day, Wednesday, April 15, 2020.

• • •

Mad Hatters Bocce Group

BY PAUL MAC GARVEY

We will be a full month into the Corona Virus Pandemic by the time you read this and you will be aware of the local, regional and national closures and policies. We decided to cancel our remaining Bocce sessions for the month of March and we anticipate that we will be cancelling more sessions in April. We will, of course, be taking our cues from the association and other authorities regarding when it is safe to resume group activities. We suspect they are not playing much Bocce in

Italy either. It will probably be safe to play Bocce on your own but we routinely have 20-30 people show up Thursday mornings and that's probably not safe.

The Special Olympics cancelled their practice sessions on our courts for the month of March and we don't know what they will be doing in April under the evolving circumstances. The athletes will be extremely disappointed if they have to cancel their Bocce tournament in late April. In other changes at the Sports Plaza they have finished sodding the new Croquet court behind the Bocce courts and we await word on when we can start using it. The sod needs a while to establish itself so we're staying away from it for now. We usually close with some kind of invitation to come join us on Thursday morning but we're not going to do that under the circumstances.

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

• • •

LH Pickleball Club

BY MOLLY MORRIS

The information regarding the Coronavirus seems to be changing daily.

As of March 16th, the pickleball courts are open for individual play with germ prevention guidelines posted at the courts. This can change, please read the emails from Sun City Lincoln Hills for updates.

While open for play, the Club has

(cont' on page 21)

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LH Pickleball Club

(cont' from page 20)

cancelled all ladders and lessons. Cal's beginning class on Wednesday and Welcome Saturday are also cancelled.

Frustrated? There are tons of Pickleball videos explaining the game and showing past matches on YouTube. This is a great way to learn the essence of pickleball before ever stepping on the courts.

For more information regarding pickleball or the LH Pickleball club visit our website at lhpclub.com or call Molly Morris at (408) 386-9054.

• • •

Table Tennis

BY DENNIS ZARO

Betty King and Chris Negus did a great job promoting our game at the recent Life Style Event. Their table was beautifully decorated with a table cloth, two little robot players, and candy all demonstrating table tennis themes.

Twenty-six informational fliers were distributed. Our next social event is scheduled for Sunday, May 17, 12:00 PM.

We will be having an ice cream social and hosting the Roseville Table Tennis Club. We play doubles at the

Kilaga Springs (KS) Multipurpose Room. All skill levels are welcome. Also, free lessons and loaner paddles are available. Play times are Sundays, 9:00 AM to KS closing except the first Sunday of each month when play commences at 12:30 PM, Tuesdays, 6:00

to 9:00 PM, and Fridays, 8:00 to 11:00 AM. For more information, contact Tim Frank at timcfrank@gmail.com.

• • •

LH Tennis Group

BY HELEN BEROTT

Just as we are set for a busy spring schedule of tennis events, we are hit by cancellations due to the Corona Virus. The St. Patrick's tournament scheduled for March 18 was cancelled. We are delaying the start of our Saturday ball machine practices, and most USTA and SATA matches are on hold.

The status of upcoming events will be announced as soon as possible. The men's and women's singles tournaments are scheduled for April, and the Intramural Team Tennis is scheduled to start in May, followed by the general membership meeting in June.

The good news is that you can still play tennis! The fresh air and sunshine are good for you. It's easy to avoid close contact and still have a good game. The Association is providing us with sanitary wipes at the Sports Pavilion and pickle ball courts to help combat the spread of germs. Do your part to limit the spread of germs!

Our weekly social drop-ins continue to be active. If you are new to the Tennis Group it is a great way to meet other tennis players. Drop-in times are 9-11am on Wednesday and Saturdays. It is open to all Lincoln Hills residents.

• • •

Ladies Golf—18- Holes

BY CANDICE KOROPP

During week three in February, 38 gals took to the Orchard Course, with the addition of a Low Putts contest. Patti Tilton scored the fewest putts of the day, with 29, followed by Reta Blanchard with 32, Barbara Korenthall with 33 and Darlyne Giorgi with 36. In the Stroke Play game, Candy Koropp carded the low net of the day, 65, for first place in Flight One. Second belonged to Donna Sanderson in a tiebreaker with Donna Brinkerhoff, at 69. In Flight Two, Blanchard claimed first, with 70. She also landed her ball within nine feet, on Hole 11, to earn the CTP. In another tiebreaker, Nancy McDonald took second over Lissi Bedford, scoring 74. Ofra Unger had the low net with 66 to take first place in Flight Three, followed by yet another tiebreaker between Diana Lilienthal and Peggy Carr. Lilienthal prevailed for second place. Then, in Flight Four, Millie Sams, also with a net 66, claimed first by eight strokes. The final tiebreaker had Mitsuko Cameron with the better nine over Sandy Tamanti, for second. It is rather unusual for all of the second place finishers to win in tiebreakers. There were also a host of chip-ins by Giorgi, Koropp, Kathi McCoy, Parker, Sanderson and Tilley. And, birdies were logged by Emge, Koropp, Sams, Sanderson, and Tilton.

The fourth week of February, a Stroke Play event was played by 43, on the Hills. Kelley Royball was back after a shoulder injury, to claim first place in Flight One, shooting a net

69. Robyn Kain was second in a tiebreaker over Koropp (70), and Brinkerhoff was fourth, a stoke back. In Flight Two, Chris Biswell squeezed out Judy Emge in a tiebreaker (71), for first place. Another tiebreaker determined third place for Lilienthal and fourth for Nancy McDonald. Flight Three was topped by another tiebreaker, but Yeong Hur had the game over Unger. Tamanti was third and Cathy Kramer, fourth. Flight Four belonged to Katie Sween, with 67, including a birdie on nine. Dorie Knorr was second with 70; Harriet Orlove bested Cameron in a tiebreaker for third and fourth places. Koropp had a chip-in birdie on seven, Cameron birdied ten, and Linda Mann birdied 14. Tilton claimed the CTP, about five and a half feet from the cup, on seven.

The Spring-like weather brought the field up to 46, for NetChix this March. Congratulations goes to Cameron, one of our newest members. She began the year with a 42 handicap, but now sports a 36, with play in both the Lincsters and the 18-Holers. Lani Dodd led Flight One with a net 66, followed by Brinkerhoff, one stoke behind, and Koropp, three behind. Valerie Green took a break from skiing, and landed fourth place, after toasting the rest of her foursome with a 39 on the front. In Flight Two, Chris Biswell netted 68 for first place. A tiebreaker decided the three-way tie, at 71, for second. Dee Arts came away it, with the help of a birdie on Hole 12, as well as the CTP, as she was just over a foot away from a hole-out. Third place went to Deb Dunipace

(cont' on page 25)

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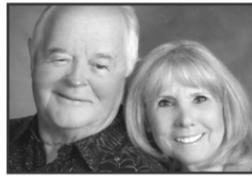
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Neighborhood Watch

BY TERESA TANIN

A Very Special “Thank You”! — Before highlighting upcoming events, a very special “Thank You” is in order for Kathy Gire, an exceptional writer and long-time volunteer and friend to Neighborhood Watch. Kathy has decided to retire after almost 8 years of writing in the Sun Senior News for Neighborhood Watch. Her articles brought readers closer to the events unfolding in our community in a very entertaining prose. Other writers may attempt to follow her informative yet entertaining style, however, Kathy’s writing skills will be difficult to follow---she has been writing for more than 67 years!



Although Kathy was born in Chicago, she grew up in Cincinnati, Ohio. After achieving first place in a seventh grade English writing exam, she had a feeling she may have the aptitude for writing. She built on that same feeling and her love for writing blossomed in high school while writing for clubs and then through college under her major of History. After graduating from Denison University, Ohio, Kathy took a different path attending Law School at the University of Cincinnati, where she met and married her husband of 53 years. Her husband’s work brought them to California, where they both lived in several areas, enjoying their love of horses, until moving to Lincoln Hills in 2011. Since that move, Kathy has been involved with Neighborhood Watch, first as a Mailbox Captain, then Village 5AB Coordinator, and finally a Director. Kathy became the writer for Sun Senior News after Neighborhood Watch Alerts Coordinator, Mary Cranston, received a very informative incident report from Kathy. It was the style of writing that prompted Mary Cranston to pass her name along to Pauline Watson, Director, and Secretary for Neighborhood Watch at the time. Kathy never missed a deadline after that!

Kathy will continue to volunteer for Neighborhood Watch in many supportive capacities while she also enjoys her love for

painting, and her continued work as “governor” for the Northern California Mayflower Society. Kathy Gire may be retiring from the Sun Senior News, but she will never retire from being a writer---that is something she was born with and we have been blessed to enjoy. Thank you Kathy!

Upcoming Events —
 April 24, Pet Fair & Parade, 9:00 AM to 12:00 PM, Parking Lot (OC). April 1 is National Walking Day, and for many Lincoln Hills residents, walking has become a daily routine. We walk for health reasons or to just get out and about, greeting neighbors along the way. Who most often accompanies us on our walks? Our furry friends of course! A great time to celebrate our furry friends is to bring them to the Association’s annual Pet Fair & Parade. Many local vendors, veterinarians, K-9 presentations, and other pet-related merchants will provide helpful products and information to attendees. Neighborhood Watch Lost Pet Alerts members will also be offer microchip scanning. For more information about attending with your pet or registering for the parade, visit the Lifestyles Desk (OC/KS).

May 23, National Night Out “Kick Off” 6:30-8:30 PM, Multipurpose Room (KS). This evening offers a great opportunity to share stories of past National Night Out events, learn how to host your first event, and share a favorite potluck dish with friends and neighbors. The theme for 2020 is denim and lace, so wear your jeans or your lace, or both! National Night Out occurs annually, the first Tuesday in August. This day is a national event and activities are shared throughout neighborhoods everywhere. Whether residents plan a block party closing off their street, host a BBQ in their backyard, or meet in a nearby restaurant, their events emphasize the collaboration between police and fire personnel; a shared effort to help keep our community a safer place to live. This May 23 “Kick Off” will provide helpful

information on how to organize a successful August 4, National Night Out event. Learn how to reserve a visit from police, fire, or city officials, register to close off your street, and learn the process for submitting group photos. Photos meeting certain criteria could appear in the September Compass or in the Neighborhood Watch website schlwatch.org video slideshow.

Current Alerts —
 Timely Reminders: Clocks “Spring Forward” one hour; Daylight Savings Time was Sunday, March 8.

Some Additional Items to check or change: microwave, stove, car, irrigation timer, HVAC thermostat, manual timers on lamps, and smoke detector batteries. Neighbors InDeed can assist - call 916-223-2763.

As the weather gets warmer, remember to keep your front garage door fully closed to keep out intruders, Snakes, and Skunks.

A resident reported that the Social Security scam is active again. She received a phone message stating that her Social Security account was frozen and that she should call back. She did not call back. Your social security number is a skeleton key to identity theft. Make note that the IRS will NEVER call you, email you, or text you. They only use snail mail Once they have your social security number, it is easier for the scammer to be “become” you. The scammers ask you to confirm your number so they can reactivate it or issue you a new one, for a fee. This is no emergency but a ploy to get money and personal data: Social Security does not block or suspend numbers, ever.

This con is sometimes executed via “Robocall”. The recording provides a number for you to call to remedy the problem. In another version, the caller says your bank account is at risk due to the illicit activity and offers to help you keep it safe.

Warning Signs of a Robocall Scam:
 You receive an automated sales call from a company you have not given consent to contact you.

A prerecorded message tells you to press “1” or some other key to be taken off a call list.

The message offers you goods or services for free or at a suspiciously deep discount.

Says you owe back taxes or unpaid bills and face legal or financial consequences if you don’t pay immediately.

Message says you’ve won a big lottery or sweepstakes prize and tells you to press a key

or call a number to claim it.

- The short list regarding scams:
 1) Phone: Just Say NO & HANG UP.
 2) Email: Delete
 3) Online: Look for “https” at the beginning of the address or a padlock next to the address.

Visit schlwatch.org to learn more about Neighborhood Watch Alerts.

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SCLH WRITER'S CORNER...

55 Land

BY JEROME I STEINMAN

Here in over 55
 We have a locale in which to thrive
 Clubs galore
 Myriad activities to explore
 None of which designed to bore
 Frenzied activity
 If that should be your proclivity
 Continue to thrive
 In over 65
 In over 75
 In over 85
 In over 95
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 Now pretty please
 Take that to heart

Jerome I Steinman is a member of the SCLH Writer's Group.

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Walk on the Wild Side

BY BARRY MACKINTOSH

The Trails Enhancement Team invites you to explore the beautiful and varied habitats of the Kingfisher and Fountain Hill Trails on a “Walk on the Wild Side. We will be looking for Nature’s Spring bounty of wildflowers, birds, butterflies and anything else that crosses our path. So dust off your binoculars and maybe your old wildflower book and join Diane Marten and our volunteer experts as we explore these interesting trails. Our route will wind across Kingfisher Bridge through copses of trees and into open fields where it joins the Fountain Hill Trail.

This Spring offers a special opportunity to compare side by side areas in our Open Space that were recently grazed with areas left on the “wild side.” Visiting sheep and goats help maintain our wildlife preserves by controlling invasive plants and reducing thatch. Their hoof action and manure condition the soil, giving a boost to native



plants. Will we be able to observe differences in vegetation (and more or fewer wildflowers) in areas grazed just a few weeks ago over areas not yet grazed this year?

Let’s meet at the Kingfisher trailhead on Blue Heron Loop (between Song Sparrow and Warbler Lanes) at 10 AM on Friday, April 17th to explore this lovely area right in the middle of our Sun City community! Paved trail, about ½ mile each way, some long slopes. Rain cancels walk. Questions? Call Gay Mackintosh, 916-209-3628.

It’s Not Too Late to Save on Taxes This Year

BY JERRY JOHNSON

With the April 15 tax filing deadline rapidly approaching, we tend to question why we are going to pay so much in taxes again this year. If you are 70 1/2 years or older and have had to take a minimum required distribution (MRD) from your IRA this year, you may have been unexpectedly pushed into a higher tax bracket and now face an even higher tax bill. Before the April 15 deadline you may want to consider transferring some or all of your MRD (up to \$100,000) from your IRA directly to a worthy local charity, such as the Lincoln Hills Foundation. Such a qualified charitable distribution (QCD) allows you to make a direct contribution without counting the distribution as income.

If you donate to the Foundation, 100% of the funds you contribute will be used to enhance the quality of life of senior residents of the Lincoln community. Your contributions will pay for care giver respite, for reduced price hot meals for low-income seniors, for assistance to the Bosom Buddies Group, the Bereavement Group and the Alzheimer’s Caregivers’ Support Group. For more information on how you can make a real difference see the Foundation’s website at www.lincolnhillsfoundation.org.

Beyond the social impact of your

contribution, your IRA transfer will count toward your IRA’s required minimum distribution. IRA distributions are not subject to annual charitable deduction limitations, even if you continue to itemize. No income taxes will need to be paid on your gift. You benefit, even if you don’t itemize your deductions. And, your IRA distribution will not increase your adjusted gross income.

Here are the caveats: (1) you cannot do this if you have already taken out your MRD for this year; (2) the money cannot pass through your hands before you make the contribution; (3) you cannot do a QCD and itemize the contribution as a charity deduction; and, (4) you must document the donation’s delivery and receipt.

Here is what you need to do: Contact your IRA administrator and ask to make a “qualified charitable distribution.” If you wish to make the contribution to the Lincoln Hills Foundation you can provide your IRA administrator with the Foundation’s tax ID number (68-0488670) and address: PO Box 220, Lincoln, CA 95648. Then put on a happy face. You will have saved some tax dollars and made a difference in the lives of those in need in our community.

Art & Craft Tour Postponed

BY CATHIE SZABO

Out of concern for our residents in light of the current health crisis, the Art & Craft Tour announced for the first weekend of May has been postponed.

A future date for the Tour has not been decided but the committee hopes to meet shortly and are eyeing a weekend in early Fall.

Notifications will be sent to all outlets that received the Call to Artists and checks refunded to those who registered.

Artists and crafters will now have a few additional months to create more items that promise to make the rescheduled Art and Craft Tour even better.

Keep an eye out for the announcement of the revised dates and be sure to mark them on your calendar.

Ladies Golf—18- Holes

(cont' from page 21)

and fourth to Karen Thom. Mikie Briggs claimed first place in Flight Three, with a net 66, and Trisha Ramirez was second with 68. Peggy Carr had 69 and Ofra Unger, 71, to wrap up the flight. In Flight Four, first place went to Millie Sams, who just keeps winning. This time with 68, Millie edged Dorie Knorr, who had second. Third place was captured by Barbara Korenthal, another niner, who shot 69, and Ida Cicci took fourth, with 70. Birdies were plentiful: Aileen Martinez had two (one, 13), Brinkerhoff had one on 16, Lani Dodd drained one on 12, Koropp, on nine, Trisha Ramirez on seven, and Maureen Senn on 13.

This four-week run ended with a ONES game on the Orchard. Most of the 38 gals sported the wearin' of the green, a nod to St. Pat's day. Using just nine holes for the game, Joyce Watson net 27 to best all others and to claim first place in Flight Four. Donna McDonald held second by one stroke over Cameron, who edged Sams in a tiebreaker. In Flight Three, Lilienthal won by a stroke over Briggs with 33, and the tiebreaker over Hur. Gadsby wrapped up fourth. Bedford walked away with it in Flight Three, netting 31. Suzanne Hutchinson was second after edging Lynn Lapera, both with 34; Mann was fourth. In Flight One, the self-proclaimed "old lady", Blanchard, did well enough to break the tie between five players, and win first place. Tilton was second, Dodd, third and Koropp, fourth. Sams rolled her ball within six feet, to

earn the CTP on Seven. Five players birdied a hole that counted: Bedford, Gatsby, Koropp, Sween, Tilton and Watson; eight had chip-ins. Tamanti was judged the Leprechaun of the Day. For some it was the luck of the Irish to count only nine holes.

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Lincsters 9-Hole Golf Club

BY JOYCE KIRK

April is a busy month for the Lincsters. These hearty golfer gals teed off on April 1 with their spring morning start time of 8:30 AM—which will continue into the fall. On April 29, spring fever may be a reason to bend a few rules at the Seniors Rule Tournament. Register by April 15. After the nine-hole tournament, stay for the picnic lunch and awards in the tent on the lawn.

The club's general meeting, originally set for March 11, was canceled due to Coronavirus restrictions and is now tentatively set for April 22. Topics for discussion will include the new USGA World Handicap System and clarification of a few course rules. The Lincsters welcome the new members for January, February and March: Deborah Dunipace, Robyn Kain, Edie Lucas, Judy Meyer, Connie Thomas, Patti Woolsey, Valerie Green and Teresa Becker.

Put the Bring a Friend Tournament and awards luncheon on the calendar for May 30.

Members are urged to brush up on the changes in golf rules made in 2019 and are encouraged to attend a rules class or review one of the many web sites which offer detailed

information. Several members attended the PWGA rule's clinic at the Haggin Oaks Golf Complex on April 9. If you missed the clinic, check out USGA.org for a full explanation and answers to the following questions and more -- What happens if the player accidentally moves her ball during a search? What is the new procedure for how to drop a ball? How long do you have to look for a lost ball? (answer tip: it is not 5 minutes.) For more information about Lincsters go to website Lincsters.com.

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LH Men's Golf

BY DOUG HINCHEY

April 14 is the Two-Man Better Ball Tournament to be played on the Orchard Course. On May 12 will be an ABCD scramble where the computer will build the teams based on handicaps. Low Gross score winners of the March Tournament of Champions were: Bob Schoenherr, Larry Hazen, Rick Lamb, Larry Brenden, Gary Anderson. Low Net winners: Chuck Gould, Mike Munro, Frank Merlo, Joe



Winners of the Penny Carolyn Shootout closest to the pin from 150 years — 1st Ray Engelhardt (center), 2nd Dennis Beldon (left), and 3rd Sylvan Braa (right).

Varner, Vince Cardinale. Congratulations to the other Low Net winners of proshop credit: Alan Elsey, Richard Long, Glen Walker. Tom Gorley, Tony Portman, Jim Pulliam, Dennis Plattner, Dennis Cumiford, B Hynes, Joel Kaufman, Carl Zierman, Brian Wanzer.

Just for Fun Low Gross winners: Rick Henrikson, Paul Carr, Dean Brumley. Low Net winners: Ed Rocknick, Bob Arts, Al Olivieri. Congratulations to the other proshop credit winners: Warren Mercer, Jesse Reuter, Lou Lovotti, Glen Arney, Larry Schulz, Ron Waisner. Karl Williams, John Milbauer, Bob Emge.

• • •

LH Billiards Group

BY STEVE FOWLER

Due to the popularity of the Mentoring Training Program a second session was recently added. Mentoring Training is offered at Kilaga Springs Lodge on Tuesdays from 9:00 AM to 10:00 AM and 10:15 AM to 11:15 AM. Training is offered for beginners, intermediate and advanced players. You do not need



Ladies Tournament 2/11/2020 — Joan Wendell (left) took second place winning 4 1/2 games, Margrit Blanc (right) took first place winning 5 1/2 games. Congratulations to our winners.

(cont' on page 26)

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LH Billiards Group

(cont' from page 25)

anything to play, just show up and see what we have to offer. It's free.

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

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

Our Summer Picnic scheduled for June 6, Saturday at the Sports Pavilion has been placed on a temporary hold so please hold off on signups until we can evaluate the impact of Coronavirus on that date.

The Club dues are \$10 a year. Membership year is Jan 1 through December 31 of each year. Dues paid in the month of October, November and December will be counted current for the following year. Membership

Forms are available on the Billiards Room Bulletin Boards at Kilaga and Orchard Creek Lodges. An individual may play in one tournament then they must join our club to be eligible to play in future tournaments.

Billiards Group Schedule - Recommended Playing Levels

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

Level: Beginners

Beginners Tournament - Monday 10:00 AM to 12:30 PM. Straight 8 ball (singles)/8 Ball 1/15 (singles). Strictly for new players to the game.

Mentoring - Tuesday- 9 AM-10:00 AM and 10:15 to 11:15 AM. Learn how to play pool. New and returning players. Beginning, Intermediate and Advanced Skill Levels.

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.

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LH Tuesday Bowling League

BY BRAD FLORANCE

We have had more good bowling in the Lincoln Hills Tuesday league in 2020. Here are some of the highlights for bowlers earning USBC awards: Davis Peyton bowled a 231 game earning a 225 game award, Bobbie Spiess bowled a 212 game earning a 200 game and 75 pins over average awards, Lenette Young earned a sour apple award, Lou Pansky bowled a 208 game earning 175 game, 200 game, and 75 pins over average awards, Brad Florance bowled a 255 game earning 225 game, 250 game, 600 Series, and 75 pins over average awards, Clark Garber bowled a 267 game earning 250 game and 75 pins over average awards.

Congratulations to these bowlers looking forward to more great bowling like this in the future. The Lincoln Hills Tuesday

AM League is open to anyone 55 and over. You do not need to be a resident of Lincoln Hills. We bowl at AMF Rocklin Lanes located at 2325 Sierra Meadows Dr., Rocklin every Tuesday at 10:00 AM starting September 3rd, 2019 and ending May 5th, 2020. Please come ½ hour early. This is a USBC Sanctioned handicapped league. We welcome anyone who is interested in having fun bowling. If you are interested in joining this league, please contact Brad Florance (secretary) at (916) 899-8125, email: trees4me7@gmail.com

• • •

Tuesday SS Bowling League

BY JOHN VOGELI

We have another quarter champion, "We Don't Care" (Ellen Asbury, Richard Armentrout, CJ Johnson, PK Lewis) defeated the "Pin Pals" (Claudia DeHart, Rumiko Asbell, Russ Asbell, Bob Zielinshi) with a couple of the games real close. So "We Don't Care" moves on to the finals in May to join "Roll-X" (Anita Miller, Helen Rodante, Jack Uchman, Rex Miller) and the "Alley Gators" (Michael Moyer, Bob King, Jim Helton, Debra Scott). The fourth quarter has started as of March 10th and there are two undefeated teams at this time. Guess who? "We Don't Care" and "Roll-X" lead the way. "Stars & Strikes" (John Vogeli, Renee Gann, Blaine Eisenbeis, Randy Dvorak), "Hot Pockets" (Linda Zierman, Pat Fisk, Robert Smith, Dave Fisk), "Kelly Green Machine" (Paul Greenhaw, Judy Greenhaw,

(cont' on page 27)



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Tuesday SS Bowling League

(cont' from page 26)

Ann Kelly, Wendy Green), "The Pacers" (Ann Holbak, Phil Washbum, Richard Wong, Larry Hickerson), and "Half Fast" (Jean Grupp, Susan Moore, Dan Anderson, Bob Grupp) are a couple of points behind. Should be a very interesting run to the roll-off. The following team and individual results are for the season to date. The most improved category is led by Robert Smith of "Hot Pockets" with a 170 avg for the men and Laura Silva of "Spare Us Da Split" for the women with a 150 avg. So far the season Team Scratch Series is headed up by "We Don't Care" with a score of 2359. The Team Scratch Game belongs to "Rock'n Bowl" (Gene Garman, Jill Munyan, Mike Bezce, Dale Mellberg) with a score of 843. The Mens High Scratch series is led by Dave Harriman of "Shuda Been" with a fine 743. The Womens High Scratch series is led by PK Lewis of "We Don't Care" with a very nice 612. And again I must congratulate Ron Basnett of "4-2Win" for the best Scratch Game with a "perfecto" 300 in the month of December. One thing is for sure is that he can't be beat, only tied, nice feeling. Wendy Green of "Kelly Green Machine" Leads the women with a 238 Scratch game. In the Team Handicap Series "4-2-Win" (Carol Torno, Bob Vincent, Roy Hackman, Ron Basnett) leads with 2772 pins felled. The individual Handicap for men series is led by Richard Armentrout of "We Don't Care" with a solid 830. Linda Buechner of "Good Times" has the womens high Handicap series with a

fine 784. The Team Handicap game belongs to "Roll X" with 988 pins knocked down. The individual mens high handicap game belongs to Rex Miller of "Roll X" with a fabulous 334. On the womens side there is Carol Torno of "4-2-Win" with a nifty 287.

Nice bowling by all the teams and individuals listed above. At this time we have several weeks left for the other competitors and teams to make their move, best of luck to all of you.

If there is anyone out there that would like to join our league, maybe next fall, or maybe a summer league, you may call Stacey Pudge at Strikes Unlimited in Rocklin @ 916-626-6361 or drop in at Lonetree Blvd. You may also call Linda Zierman at 916-408-2397 or contact her at lzierman@sbcglobal.net. Until we meet again get after that "damn ole ten pin".

SC Thursday PM League - Bowling

BY JOHN HABEIN

John's Bowling Tips — How Does Your Ball Fit?! If it's been a few years since you first purchased your ball it might not fit as well as it once did. Why? Because our body structure and hands change over time. We get weaker, we develop arthritis, or it gets worse, we sprain a wrist, thumb or finger, we gain or lose weight, it's summer or it's winter, skin is oily or dry, the bowling alley is cold or hot. All these factors influence our ball fit. An option is to take your ball to a bowling pro-shop and get your fit double checked. Almost all pro-shops will do this for free! If the pro-shop

doesn't, find a different one. Ask me and I'll tell you who I use.

Short of that, does your thumb fit? Your thumb fit is critical. Your thumb size can change even during a 3 games series. When you put your thumb into the ball you should feel a very light drag on all sides of your thumb when you move your thumb in and out of the ball.

Pick up your ball with both hands without putting your fingers/thumb in the ball. Cradle the ball in your non-bowling arm/hand and then insert your fingers into the ball first. Insert them to the first crease for a fingertip grip and the second crease for a conventional grip. Then insert your thumb all the way into the thumbhole to where the edge of the thumbhole is right on the first crease where your thumb connects to your palm. You absolutely need to be able to put your thumb all the way into the ball and your grip must be such that you don't have to squeeze just to hold on to throw the ball. If you must squeeze the ball you cannot execute consistently ever. You must be able to get the ball out on the lane at least a foot or two beyond the foul line. Any sooner and you lose direction.

Think of holding a small kitten or puppy in your hands. That's about the grip pressure you need. Anything tighter, your thumb hole is probably too big. Learn how to use bowling tape in your thumb hole to adjust the size. There are two types of bowling tape. There is a rougher white tape and smoother black tape. Usually in ¾ to 1" widths. White tape in the front of the hole and black tape on the back and sides of the hole. I personally like

the "black" tape. Putting it in and out of the thumbhole is easy to do and it's critical to consistency. Come see me and I'll show you how to use tape.

February 13th - Scratch Scores: Roy Hackman - 629, Bill Mayo - 213, Marie Messina - 511, Pat Olive - 224. Handicap Scores: Van Banghert - 753, Carl Zierman - 267, Ellen Asbury - 738, Linda Lopez - 272.

February 20th - Scratch Scores: Dave Fisk - 724, Roy Hackman - 239, PK Lewis - 528, Karen Markle - 202. Handicap Scores: Val Marchus - 733, Sam Munoz - 272, Cathy Bennett - 739, Robbie Crowley - 277.

February 27th - Scratch Scores: Roy Hackman - 694, John Habein - 258, Ellen Asbury - 499, Barbara Parisius - 190. Handicap Scores: Hank Lipshitz - 807 (WOW!), Rich Toms - 293, Judy Butler - 713, Jeanne Zincke - 260.

March 5th -3rd Qtr Finals - The "Desparedors" defeated "Who Cares?" in the position round to win the 3rd quarter and "Strike Force" moved up taking second place. Congratulations "Desparedors" and welcome to the playoffs! Scratch Scores: Randy Dvorak - 653, Roy Hackman - 234, Marie Messina - 548, Pat Fisk 232. Handicap Scores: Steve Sinclair - 787, Jim Lawrence - 265, Toni Brown - 743, Jean Abelle - 275.

(more Club News cont' on page 28)



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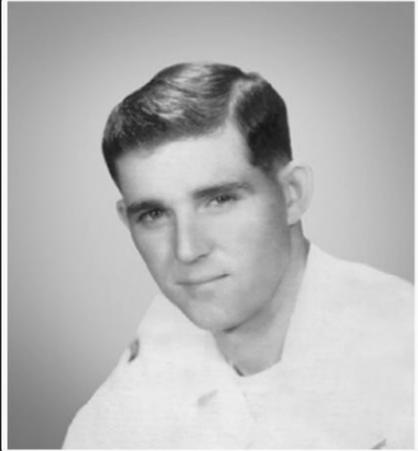
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Social Bridge

BY JODI DEELEY

No bridge classes since March 6th because the Sun City Lodges closed down due to the virus. But, normally our FREE bridge classes are every Wednesday, 8:30 AM to 10:00 AM for Beginners, & 10:00 AM to 12:00 PM for Intermediates in the Card Room (OC). No reservations needed. Just come! Social Bridge Players can join us every Friday starting sign-ins at 12:15 PM, Sierra Room (KS). Call Pat Mullins at 408-202-1865 for reservations. Only on March 6: Ed Thomas, Bob Calmes, Viren Sitwala, Marge Phillips were the winners. Congratulations! We'll catch up with April Winners in the May issue.

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Duplicate Bridge Club

BY PATRICIA MORGAN

The Duplicate Bridge Club has started the 2020 Ambassador Program with mentors and mentees. Each mentor has a designated mentee. The mentor/mentee team is encouraged to play one game a month from March through August. Limited discussion is encouraged during the game. Lessons are not expected. Mentors and mentees should feel free to call or email each other. Sharon Duley, Ambassador chair, and Pat Lewis, club president, are available for questions or concerns.

Contact: Patricia Morgan 916-543-0263, Patmorgan2260@hotmail.com

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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. Each player keeps track of his or her own score. The weekly winners for February were: week one Rae Cook; week two Rae Cook and week three Frank Cuchetti. New players are always welcome!

Contact: Don Lloyd 916-884-4554.

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The Webfields

(cont' from page 1)

was a single mom to a three-year-old girl named Cherish. Denise also had one Polish grandparent. She grew up attending Catholic school. She also went into the medical field, becoming a Licensed Vocational Nurse.

Denise and Leta managed their time in the medical field so that Cherish always had someone home with her. Leta was known as "Super Mom." Cherish Murdock is still in San Francisco working for the San Francisco Fire Department where she currently holds the position of Battalion Chief. She will be retiring from there in a couple of years.

Denise and Leta both worked towards their Nurse Practitioner degrees and ended up spending many years with Kaiser, usually in Ob-Gyn. Kaiser was great about letting them work in the same departments and they worked in Richmond, Vacaville and then finally, Roseville. One of the blessings of their lives was a surprise inheritance from the estate of one of their friends. They used the money to attend school and work on their Nurse Practitioner degrees, graduating from a Fresno satellite of UC San Francisco. They were both still employed when they moved to Lincoln Hills. Leta was barely fifty-five and Denise was fifty-one at the time of the move.

One of the reasons for their move to Sun City Lincoln Hills was Leta's lifelong love of softball. When she was growing up, she did not get to attend sports camp like her brothers, but she loved playing. While she no longer plays, she did so for ten years. At first, she was on a co-ed team since there was not a women's team at the time. She was a lefty who hit as a righty and learned to hit with her left arm while on the local team. There is a women's



Leta and Denise Webfield — Circa 1980

softball team now. She also loves to river raft and has some great pictures in her album of the raft she is on

racing through spraying waters.

Leta and Denise became domestic partners in California in 2000 when it became legal. They married in 2008 and combined their last names to Webfield. Fifteen years ago, they were part of the cofounding group for LGBT in Lincoln Hills known as the Lavender Friends. The group is still thriving and, along the way, was a social group that became a sanctioned group in Sun City. Sanctioned means they are able to use the shared Lincoln Hills facilities. This was the first such sanctioned group at any of the Del Webb locations. Some people have moved to Lincoln because of the group. They currently have about seventy-two members.

One of the other shared activities for Leta and Denise is the Polish Club of Greater Sacramento that meets in downtown Roseville at the Polish American Center. Leta and Denise both have one Polish grandparent and they help the club with the annual Festival in September. Leta has also been known to play an elf at the Christmas party. One of the special treats is a polish donut along with other delicious food. The group meets once a month.



Denise and Leta Webfield — Circa 1999 Nurse Practitioners at Kaiser OB/GYN.

When they are not active with activities near Lincoln such as volunteering at the Fieldhaven Rescue or the SPCA Thrift Shop in Roseville, they love to take cruises, sometimes several times a year. It was on such a cruise in January that Denise tripped on a wet surface during a walk and broke her kneecap in three places. Luckily, she received emergency assistance, and the cruise docked the next day. She has been healing but still walks with a little bit of a limp. They have several cruises planned this year.

Maintaining financial income in retirement can be a challenge. In Summer, 2005, Leta was interviewed for On Investing: The Financial Journal of the Charles Schwab Corporation in an article about "Living it up in retirement communities." It explained the savvy decisions that Leta and Denise made together in their real estate investments. The article states, "For many boomers, though, the move to one of these communities is about having fun as

well as wise investing. Take, for example, Leta Rosenfield, 58, who bought a home in Sun City Lincoln Hills, just 13 miles from her previous home in Roseville, California, three years ago. Because of savvy real estate moves in the past, Rosenfield was able to buy her home outright. One reason she moved was 'because of the sports and the recreation'—little surprise considering that Lincoln Hills offers two huge gyms, four swimming pools, 8.5 miles of jogging/walking trails, easy access to California's backroads (where Rosenfield rides her Honda), and, most important, 14 softball teams."

The house that Leta and Denise currently live in is the second home in Sun City for them. They saw the new homes being built and couldn't resist the open San Mateo floor plan. They enjoy their backyard gazebo, jacuzzi bathtub, and, of course, the appropriate black-and-white tile backsplash in the kitchen.

Leta and Denise are a study in contrasts

who present a pleasant united front. It is black-and-white meets color, Boston meets San Francisco, Jewish meets Catholic, introvert meets extrovert, and poodle mix meets Havanese mix. They are well-respected neighbors and members of the Sun City community for their various contributions and leadership abilities, all the while providing humor even in the small details, such as a garden gnome with solar-powered eyes which shine at night in their yard.

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

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Kiwanis Club of Lincoln Foothills



Kiwanis Club of Lincoln Foothills awarded a \$5,501 check for 13 Chromebooks to the Principal of C.C. Coppin Elementary School, Shamryn Coyle (center right). Kiwanis President Bob Day and other members of the Kiwanis Club are present: Mayor Dan Karleskint, Teresa Avelar, Joy Norman, Dottie Doctor with a dozen excited K-kids members and their Teacher Advisor Rene McGrath (top far left).

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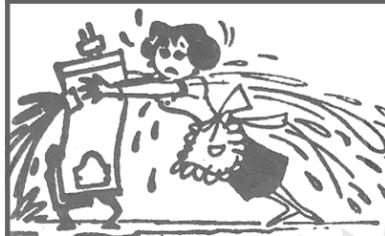
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Observations on TGH's (Things Guaranteed to Happen)

BY MARTIN GREEN

Everyone knows that there are certain things in life that are TGH's, i.e., Things Guaranteed to Happen, and that those things are usually bad. Common examples are: if you see an open spot in a crowded parking lot someone else will zip in there ahead of you. And, if you are in the bank, or the post office, or some place like that, where people are waiting in lines, the line you choose will always be the slowest. So here's a look at some TGH's that have come up lately.

Television: Beverly, a former occupational therapist, likes to watch hospital shows and I've noticed that if a patient will come in to a hospital with some minor complaint, like a headache or upset stomach, it will soon develop into a matter of life or death situation. If a patient is being operated on at some point something will go wrong, machines will start beeping and disaster will be imminent.

It's impossible to watch television without seeing a cops-and-robbers type show (maybe that's a TGH) and I've noticed that whenever a cop or detective or FBI or some other law enforcement guy comes to the crime scene he'll ask "Whatta we got?", never "What do we have?"

Technogadgets: At some time during the week one or more of your technodevices will go off the rails, a TGH. You might not be able to access your e-mails or get to an app or something else. TGH: if you try to fix things

and are asked for a password and put in what you're sure is the right password your device will tell you it's invalid.

TGH's for Senior Citizens: At some time during the day, whatever you're doing, some object will drop to the floor or the ground and you'll have to bend down to retrieve it.

At some time in the day you'll forget something--an appointment, a name, some object or objects.

At some time during the week some object in your house will disappear, maybe that remote, or your wallet or your car keys. You'll conduct a search and hopefully find it.

If you wear glasses, as most of us do, at some point, you'll misplace them and have to search for them even though you can't see that well.

At some time in the day some part of your body, most likely your neck, shoulder, back or knees, will start to ache.

If you're expecting an important phone call, like from your doctor with a test result, the next call you get will be a robo-call, or a call from someone wanting you to donate to something, or a wrong number.

If you place your TV remote on a chair or a sofa it will find its way down into a cushion and you'll wonder where it went.

Whatever medications you take the instructions that come with it will tell you it has dire effects, almost always headaches,

diarrhea and nausea, but if one of the side effects is deaths it will only be in rare cases.

If you turn on your TV you will see a commercial from the pillow man, a commercial for a catheter, a commercial for something that will prevent those skin blemishes, a commercial for a walk-in bathtub and definitely a commercial for a reverse mortgage.

If you go somewhere during the day—to a store, the bank, a restaurant—some young person will call you "honey" or "dear" or something similar.

The Coronavirus: It's impossible to ignore this topic and I was going to give a number of TGH's relating to it, starting with the thing most guaranteed to happen as it was stated in a Wall Street Journal article: "Making political hay of health scares is a commonplace activity that's also unfailingly bipartisan." As I write, the President has just declared the coronavirus to be a national emergency and things are moving so quickly that I for one have no idea of what the situation will be by the time this issue of the Sun Senior News comes out (although I can make a good guess of some TGHs). So I'll end by saying that I know our Sun City residents will take common sense precautions and, having survived depressions, wars and other health concerns we'll also successfully ride this one out.

Thoughts From Jack—

There's Just No End To It

BY JACK FABIAN

I always thought "birth control" meant the very deliberate, slow and careful delivery of a new child. Not so. Birth control is intended to be no baby at all. Same result if you're inconceivable, impregnable or unbearable.

Ya' know, you reach your 80's or 90's, you think you've heard most everything, but that just is not the case. And, you find life is just chuck full of surprises.

Back in the 30's, my Dad decided to take me to the zoo, which excited the heck out of me. When we got there, my Dad walked up to the zoo keeper, pointed at me and said, "You don't have one o' these, you can take this one." I could just see myself in the cage with 'the gorilla my dreams'.

However, that didn't work out, so on the way home my Dad was going to stop and get my mother some flowers, but the light turned green.

When we got home, I accidentally spilled 'spot' remover on my dog. Haven't seen him since.

But here I am, residing in the city of Lincoln, goin' on 21 years, And, in the old part of town, in a very old building, there's a sign in a window that says, "Get your ears pierced while you wait". Geez! What a brilliant idea!

There's just no end to it.



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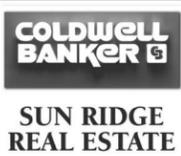
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BULLETIN BOARD

APRIL / MAY

Glaucoma Support Group

The Glaucoma Support Group will not be meeting this month due to the current health safety considerations. The speaker we had originally planned for this meeting will be joining us at a later date. Looking forward to seeing everyone at our next scheduled meeting in May.

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, April 21 at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. A three course gourmet lunch costs \$20pp. Arrive at 11:30 AM; luncheon adjourns at 1:30 PM. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending the luncheon as a guest, please contact Chet Winton at 916-408-8708.

Sons in Retirement Branch 98

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

Lincoln American Legion Post #264

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

LH Lions Club Meeting

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

Lincoln Kiwanis Club Meeting

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

Kiwanis Club of Lincoln Foothills

Kiwanis Club of Lincoln Foothills meets on the first and third Fridays. Lunch and Meeting 11:30 - 1:00 at Turkey Creek Country Club, 1525 Hwy 193, Lincoln,

Free lunch for first time guest if you call Beth 916-434-5372 to RSVP.

www.LincolnFoothillsKiwanis.org

Rotary Club of Lincoln

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

Senior Peer Counseling

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

Retired Law Enforcement Group

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

LH Airport Co-Op

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

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

Woman's Club of Lincoln

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

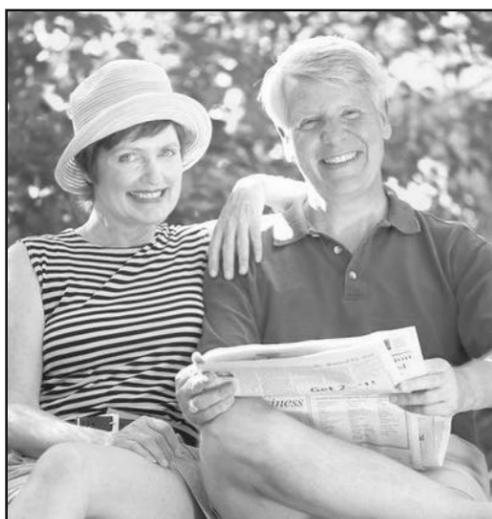
Craft Beer Enthusiasts

Are you interested in joining a club where the meeting agenda consists of talking to your friends and drinking beer? Then you may want to consider getting added to our e-mail distribution list that announces upcoming club activities. We meet the third Thursday of the month at a local tap room, brewery, or good happy hour location. Previous non-Thursday activities have included visits to breweries (Old Republic, Crooked Lane, Track 7, Dueling Dogs), visits to tap rooms, and bottle shares at members' homes. If you are interested, please contact Phil Hermanson at 530-320-7469 or philhermanson1@gmail.com. Wine lovers are welcome but must be accompanied by a beer geek.

Parkinson's Support Group

We meet on the third Tuesday of each month. This month we are meeting on April 14. 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.

Contact: Maggie White 916-367-3908, mag6693@yahoo.com



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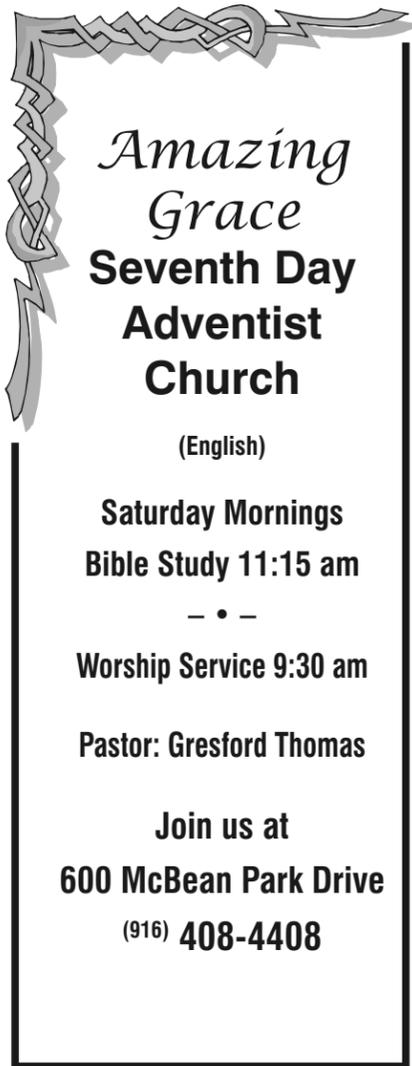
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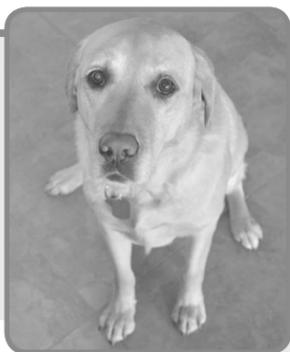
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ANNOUNCEMENTS

PLANT SALE APRIL 4: SCLH Garden Group Plant Sale 9-11 am, Sports Pavilion. Everyone welcome.

• • •

ESTATE SALE: 301 Chamberlain Court Lincoln. April 3, 4, 5, starting at 8am.

• • •

THUNDER SALE MISC.: Gifts, Cheap, Succulent plus Crafts, many items on Sale (you must see!) 1658 Beckwith Lane, LH. Saturday April 11, 9:00 to 2:00pm.

• • •

GARAGE SALE: 851 Castleberry Lane Sat., April 18, 8am-5pm.

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

• • •

"Murder on the Orient Express" LH Players Show Coming in June

(cont' from page 1)

of seats in the intimate surroundings of Presentation Hall.

In other Players' news...

Readers Theatre will be auditioning in June for its August shows. No lines to memorize! Scripts are read live on stage. Details to be announced.

The Main Stage Show on November 19-22 will be Damn Yankees! Director MaryEllen Vogt will fill a cast of up to 24 from auditions to be held August 10 and 12. Details will be forthcoming.

Upcoming Players' meetings will be in Presentation Hall on Monday, April 13 and Monday, May 11 at 4:00 PM. All are welcome to attend and consider joining this great group of people! For more information about Players, visit www.lhplayers.org

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.)

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

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1627 Grand Pheasant Lane	Tehama	\$525,000
137 Lakefield Court	Fremont	\$557,000
1860 Mary Rose Lane	Annadel	\$610,000
888 Granite Falls Lane	Fremont	\$615,000
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