

SUN SENIOR NEWS

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



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And Much More . . .

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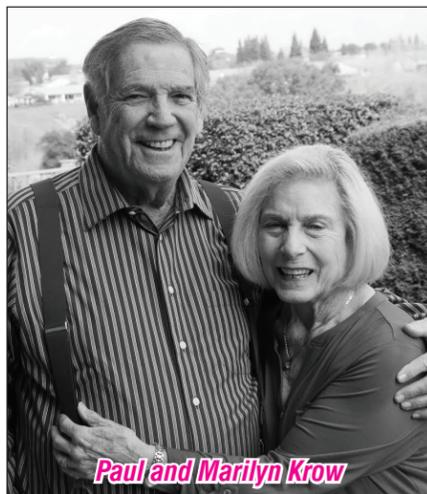
Sun Senior News
 5098 Foothills Blvd., #3-405
 Roseville, CA 95747

The Krows: A Very Active Retirement

BY RUTH MORSE

Paul and Marilyn Krow moved to Sun City Lincoln Hills on Marilyn's birthday in 2002. Their home looks out over the golf course. They moved from San Mateo and had loved living in the Bay Area. Invited by a former dentist of theirs to visit Sun City, they came back and settled on moving and buying a house in about ten days. They enjoy their life here and found great substitutions for the passions of their previous existence—attending live theater in San Francisco and, for Marilyn, working in the IT field.

Paul and Marilyn both attended Penn State and that is where they met. Paul took a trip to the Gator Bowl in Florida when Penn State was playing. He discovered someone from his college and the friend, who was dating Marilyn at the time, invited Paul to a party after he returned to Pennsylvania. Within a short period of time, Marilyn was no longer dating Paul's friend but Paul himself. It proved to be fortuitous since they will have been married



Paul and Marilyn Krow

Photo by Jeff Andersen

for fifty-six years this May. They have three adult children.

Before Penn State, Paul grew up in a steel-mill suburb of Pittsburgh, Pennsylvania,

called McKeesport. He was born into a Hungarian-American family and named Paul Alvin Morris Krow. A retired rabbi friend of the Krows visited Europe and found the Krow family tree going all the way back to 1370. The rabbi recognized the name of Paul's great-grandmother since he personally had known her and the Krows have the family tree displayed in their home.

Marilyn was born into a Polish-American family located on the opposite end of Pennsylvania in Philadelphia. She was born Marilyn Brodsky. Her family was not wealthy, so when she attended Penn State she crammed four years of study into three to save money.

Paul majored in marketing and retailing and worked in the women's clothing industry for forty years, including time at Bloomingdale's. In fact, it was his job that brought them to California initially. He was working for a ladies' sportswear manufacturer

(cont' on page 41)

The Wearing of the Green and Bingo

BY DENISE BOWDEN

The first quarter of 2020 is almost over but the month of March brings us lots to celebrate. Daylight Savings comes early in the month followed by National Pi Day, St. Patrick's Day, the First day of Spring and if that is not enough excitement we will have Bingo in the Ballroom toward the end of the month.

Join the Lincoln Hills Foundation on Tuesday, March 24th for Bingo. We welcome all our regulars and hope to see 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



Night On The Town — Dinner and Show!

BY BECKY NICHOLSON

An evening of food and fun awaits you when you buy tickets for "Night On The Town" a dinner and show package to be presented on Thursday, April 2 at 6:00 PM, Friday, April 3 at 6:00 PM, and Saturday April 4 at 2:00 PM. The evening will combine a sit down dinner with a fabulous stage show in the Meridians Ballroom. For the bargain price of \$39, it's quite a deal; and tickets will be selling fast, so don't miss out on this great opportunity. The dinner will start with salad and rolls; and entrees are pot roast or chicken piccata. There will also be a vegetarian pasta dish available. All dinners include dessert, and of course wine will be available for purchase.

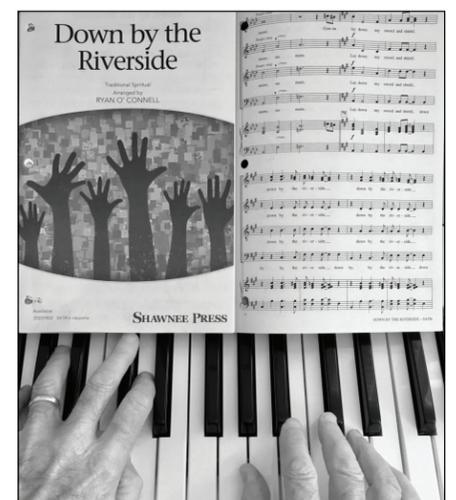
Talented singers and dancers have been practicing to get their numbers polished to perfection. The opening number is fast and spicy with a jazz dance performed by "All That Jazz," a group of dancers under the direction of Melanie Greenwood, local choreographer and jazz teacher. The Lincoln Hills Tap Dancers will also do their part to wow you with their fast tapping feet. Tap instructor, Alyson Meador, has a knack for choosing just the right music to please an audience. Not to be outdone, the singers in this show have the best sounds around. Paul Carroll is a local favorite, whether he's singing rock 'n roll, country or Broadway

(cont' on page 4)

LH Community Chorus

BY BARRY MACKINTOSH

Our upcoming concert on May 3-5 titled "Folk Jamboree!" features a sparkling array of folk music and other old favorites. We'll sing you the unforgettable Irish tunes "Danny Boy" and "The Salley Gardens" along with timeless Americana like "Cindy," "Oh Susanna," "This Land Is Your Land," "Pineywood Mountain,"



and "Simple Gifts." Rivers are a common theme in others: "Oh Shenandoah," "Down by the Riverside," "Red River Valley," and "The Water Is Wide." We'll preface all these and more with "Americana Jubilee," a rousing medley of seven songs you'll surely recall.

(cont' on page 5)



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Back issues are available to download there as well.

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

SUBMISSIONS

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

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Thinking about Spring — Plus More!

BY JANET ROBERTS
 ARTWORK BY RUDI FRANKE



It's time to think about your spring chores around the house and yard in March and April. As winter winds down and the beginning of spring is right behind, there are plenty of things to do. Here are just a few:

- **Thermostat:** With temperatures changes so frequent, you may want to adjust thermostat settings. Our Handy Helpers can program your thermostat when you're ready. Call us at 916-223-2763.
- **Spring cleaning and window washing:** If you'd like some help on major house cleaning jobs, we can offer referrals for vendors recommended by SCLH residents. Are you downsizing and need places to donate items no longer needed? We have referrals for organizations that may take your donations.
- **Irrigation controllers:** While it's raining, you can decrease the number of days you water so the water is not running straight to the gutters. Do an early morning check for water runoff on the sidewalks. When the rains slow down or stop, you can increase your watering. Our Handy Helpers will reprogram your controller as your needs change.
- **Irrigation drip lines:** Check your lines for leaks and breaks. If you find a few, we can help. But if you've observed a lot of leaks or need the whole system checked, we'll give you referrals for vendors to do the job.
- **Yard clean-up:** If you need help with

yard clean-up or pruning, we can offer referrals for handymen or gardeners.

Neighbors InDeed News
 We wanted to bring you up to date on what Neighbors InDeed volunteers did last year.

- Information & Referral responded to 7,531 calls for Handy Helper and Medical Equipment requests and for vendor referrals.

- The Handy Helpers made 2,842 home visits responding to 3,497 task requests, primarily for changing smoke alarm batteries, furnace filters and light bulbs.

- The Medical Equipment Program loaned 457 pieces of equipment.

Volunteer Recruitment: We are doing a special recruitment for a Treasurer position for the Board of Directors. Experience in bookkeeping is preferred. Call the number below if you're interested.

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



Letters to the Editors...

Authors are solely responsible for the content of their letters.

ADA Lawsuit...

In light of the recent ADA lawsuit filed against the Sun City Lincoln Hills Association what's going to happen to their nature trails? Will they have to send out an army of people to capture all of the local wildlife and strap a voice amplifier around their little necks? After all, no

one can be denied the joy of nature's melodies while they are on association property.

Mike Nusink

• • •

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Lincoln Hills January Sales Snapshot

Address	Street	Sq Ft.	Price	Model
1778	Beckwith	1767	\$520,000	Tahoe
1812	Prairie View	2801	\$684,576	Meadowgate
317	Snapdragon	2390	\$616,000	San Mateo
2164	Monument	1910	\$555,000	Fremont*
1146	Secret Lake	2151	\$685,000	Sausalito
106	Chicory	1673	\$476,000	Trinity
1951	Fallen Leaf	2955	\$935,000	Meadowgate/*/**
1520	Topanga	1509	\$339,000	Condo
1704	Cottage Rose	1910	\$569,000	Fremont*
2444	Rubicon	1531	\$492,000	Alpine ***
1987	Glenbrook	1473	\$475,000	Almanor
1225	Secret Lake	2373	\$580,000	Monterey
1875	Laurelhurst	1715	\$512,000	Mendocino
1910	Starview	1549	\$469,000	Alpine
1573	Dapple Dawn	2073	\$620,000	Annadel
941	Wagon Wheel	3081	\$839,000	Santa Barbara *
2445	Hidden Hills	1687	\$528,000	Baldwin
1310	Ivy Arbor	1138	\$365,000	Sequoia
698	Wagon Wheel	1190	\$395,000	Calaveras***

Per Sacramento mls reported sales 1/1/20 - 1/31/20

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Night On The Town — Dinner and Show!

(cont' from page 1)

music. In our show Paul will be singing “It Had Better Be Tonight.” Ken Reiss is well known to Lincoln Hills audiences, and really knows how to sell a song. Ken is singing an all time favorite, “Mack The Knife.” His easy going style makes performing look easy. Duet singers, Karen Hardage and Jeri Ferris will harmonize together with “Mama’s Never Seen Those Eyes.” The Sunny Singers will take you “All Aboard” with their sassy mix of “Chattanooga Choo Choo” and “Aitchison, Topeka and the Santa Fe.”

The Hula Wahines are a local favorite hula group that take you to Hawaii with every beautiful movement. Led by Carol Rose, the Wahines have been dancing together for several years and perform at local events all year round. Yvonne Krause-Schenck has been performing in a variety of local shows at Lincoln Hills and



Becky Nicholson and Carol Rose are friends that love dancing and choreography.

will sing a classic “Any Time.” Her style is cool and relaxed; she’s always fabulous to watch.

The production staff of “Night On The Town” includes directors Becky Nicholson and Carol Rose, Producer Sharon Lefkov, Technical Director Jim Moon and Set Designer Wendy-Jean Iannico.

So join us on April 2nd, 3rd or 4th in the Meridians Ballroom for a dinner and stage show that will delight every age group. Tickets available now at the Orchard Creek or Kilaga Lodges, or online.



Paul, Ken and John are singing a medley of rockin’ songs.



Paul Carroll, Yvonne Krause-Schenck and John Baarts make sweet music together!

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LH Community Chorus

(cont' from page 1)

Our hundred-plus resident voices are rehearsing weekly under the professional direction and accompaniment of Paul Melkonian and Nina Malone to match the high quality you applauded at our sold-out "Music from Around the World" performances in December. "Folk Jamboree!" is sure to fill the Ballroom again in May, when the talented Lincoln High School Elite Choir will join us after singing at Carnegie Hall.

Concert tickets go on sale March 17 in our lodges and online at sclhresidents.com (click on Online Entertainment). See the March Compass for details and get yours early!

For more information about us visit lincolnhillschorus.org and contact our membership chair, Suzanne Rosevold, at 916-587-3035 or suzannechorus@gmail.com.

LH Music Group

BY DAN LEHRER

We met on Wednesday, February 26, and our opening number "Que Sera, Sera," led by Julie Rigali, evoked memories of simpler yet enduring times. An exciting idea in the works called "Play Music On the Patio," a prospective Community event of resident musicians playing outdoors, was discussed. We closed with "The Yellow Rose of Texas" then after solo and small group performances, jammed



to "Kansas City". Our Group encourages all levels of musicianship and we especially love to watch our residents who have not picked up their instrument in a while, return to the world of playing. 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.

Players Club

BY KAROL MENDEZ

We are very excited to announce two wonderful shows for 2020. Our June 4, 5, 6, 7 show at Kilaga Springs will be Murder on the Orient Express, based on Agatha Christie's novel. The play was adapted by Ken Ludwig and feature's Christie's famed detective Hercule

Poirot. We're promised we won't know "who dun it" until the end. The cast calls for 6 women and 5 men and will be directed by Julie Africa. Auditions will be held on March 23 and March 25 (room to be announced).

Our November 19, 20, 21, 22 show at Orchard Creek ballroom will be Damn Yankees. This beloved musical has such great hits as "What Ever Lola Wants," (Ya Gotta have) "Heart," "Six Months Out of Every Year," "Shoeless Joe from Hannibal Mo," "A Little Brains, A Little Talent," and "Two Lost Souls." This is the story of Joe, a die-hard fan of the Washington Senators baseball team. Joe sells his soul to the devil for a chance to beat those damn Yankees in the World Series. The cast calls for 20-25 people, and will be directed by MaryEllen Vogt. Auditions will be August 10, with rehearsals starting September 14.

Readers Theatre had two successful shows

(cont' on page 9)

**Spring is Here!
So Let's March On!**



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Next Steps Made Easy

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

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

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

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

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



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Placer County Receives Funding to Help those Impacted with Dementia

California Department of Public Health announced last month the six local health jurisdictions that were awarded funding for programs seeking to help those affected by dementia. These programs, guided by the Healthy Brain Initiative, will demonstrate the effectiveness of a public health strategy in helping our state address the impacts of dementia. The six local health jurisdictions receiving funding are: Los Angeles, Placer, Sacramento, San Diego, Santa Clara, and Shasta counties.

This funding originated from the legislation sponsored by the Alzheimer’s Association, and authored by the Association’s 2018-19 Legislator of the Year, Assemblymember Monique Limón.

“It is important for our state to raise collective awareness of the early signs of Alzheimer’s and Dementia,” said Limón. “This awareness and information is critical and can improve the quality of life for both caretakers and those directly impacted by the disease.”

California is home to 670,000 people living with Alzheimer’s, and 1.6 million caregivers supporting them. Individuals impacted by the disease will benefit tremendously from these newly funded programs, as the state will be given the opportunity to see the Healthy Brain Initiative in action. The activities in these

programs include; utilizing data to evaluate programs, educating the public on brain health and cognitive aging, engaging public and private partnerships, and empowering workforce with dementia specific understanding.

“We are not only grateful to Assemblymember Limón, and Governor Newsom for this investment, but to our Alzheimer’s Association volunteers and advocates,” said Jared Giarrusso, Government Affairs Director of the Alzheimer’s Association. “This historic investment would not have been possible without them, who worked so hard to get this done.”

2019 Tax Season is Here!

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

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From Your Placer County Supervisor

Keep Transportation in Placer County Moving

BY ROBERT M. WEYGANDT, District 2 Supervisor



Robert M. Weygandt

Who knew that transportation planning and conservation often go hand in hand? I've spent nearly my entire life in Placer County, and much of my career serving Lincoln as a county supervisor working to preserve our open space through the Placer County Conservation Plan.

Leaders in our county have garnered national recognition for the foresight, careful consideration and balance we have struck between conservation and development when planning our communities.

A key element of any plan is to determine how to protect open space and preserve a community or a city's character, yet allow for some development that fosters economic growth.

Economic growth must be a part of any plan; without industries that provide good-paying jobs, people wouldn't be able to live in the cities and communities we're all working so hard to protect and preserve.

Transportation is vital to any long-term plan. Whether it be a general plan or a conservation plan, we must move people, goods and services in the most effective, efficient, cleanest way possible.

The Placer County Transportation Planning Agency is the entity responsible for our transportation infrastructure and transit network.

Projects like the Highway 65 Lincoln Bypass were in the works for nearly two decades from inception to the point it was open for travel to relieve congestion on Lincoln Boulevard.

The agency is small with less than 10 employees, mostly comprised of planners and engineers, with a proven track record of delivering projects – like the Highway 65 Bypass – on time and on budget, and often, ahead of schedule and under budget.

PCTPA is also the agency responsible for delivering the first phase of the Interstate 80 - Highway 65 Interchange Safety and Design Improvement Project.

The agency has always been a good steward of taxpayer dollars. For instance, it repurposed savings from other projects to fund the first phase of the 80/65. Unfortunately, what has changed is the funding it receives. It used to be that the state and federal governments funded transportation projects at nearly 90%, with a 10% match from local jurisdictions.

That is no longer the case. Now local

agencies – like PCTPA – must put up nearly 50% of the funding while the state and federal governments issue the remaining 50%. If a local agency doesn't have the funding, it essentially has to wait in line behind all of the other local agencies for funding – there is never anything left over.

Due to the fact that Placer County does not have this local funding match, and 26 other California counties do, our projects have fallen to the bottom of the priority list. Astute planning isn't the issue in Placer County; the issue is finding and receiving available funding. Incremental funding of these projects is not a viable solution - even with the 50% match.

We have seen some funding from the California gas tax but it can only be used for a very specific purpose: repairing roads and bridges, and replacing old transit vehicles.

The planned projects Lincoln is set to benefit from - like the Highway 65 widening project, the Nelson Lane and Nicolaus Rd interchange upgrades, and the remaining three phases of the 80/65 Interchange Safety and Design Project - cannot be funded with gas tax dollars. Those gas tax dollars are controlled by the state. Dollars generated by a local transportation funding source would stay in south Placer County and be managed in south Placer County – not Sacramento or Washington, D.C.

If we want to ensure our beautiful county doesn't end up looking like the Bay Area or Los Angeles with bumper-to-bumper congestion polluting our air, we must implement our transportation plan. To do so we need a

local transportation funding source that gives us local control of our transportation infrastructure and transit network.

A conservation plan won't help as much if our infrastructure is outdated and rife with traffic congestion.

To learn more about south Placer County's transportation needs, and solutions, please visit www.KeepPlacerMoving.com.

In Memory



Elvira Mae Flanagan of Lincoln, age 87 passed away on February 6, 2020. She was a gentle person with a million dollar smile, loved by all who came in contact with her.

Elvira graduated from San Jose State with great distinction and later graduated from Sacramento State. Elvira was a former third grade public school teacher in Sunnyvale, CA. She was in the 67th year of marriage to Paul Flanagan.

Elvira leaves her husband Paul Flanagan at home and her two daughters Nancy Woodbury of Sacramento, CA and Deanne Watson of Elk Grove, CA, grandchildren Amelia Watson, Rose Watson and Nicholas Woodbury, her sister Freddie Lou Turke of Sierra Vista, AZ and brother James Charles Knight of Dallas, OR.

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Players Club

(cont' from page 5)

on February 8, 9. A lot of extra effort paid off with two very good readings of the plays. A big "hats off" to the casts and a big thank you to our appreciative audience.

Our Annual Valentine's Dinner Dance Party at Turkey Creek Golf Club was a blast! With almost 80 people in attendance, after a lovely dinner, we packed the dance floor. Thank you to our Party Decorators Joan Reiss, Jennifer Carrol and Nancy Mah for making the room so festive.

We are looking for two volunteers to take over the Historian and Web Master posts at the club. Jeri Ferris and Doug Brown have served for several years and are looking forward to training their replacements.

If you have ever wanted to find your "inner actor" or help out with our production crew, we would love to have you join us. We meet at Presentation Hall, Kilaga Springs at 4:00 pm on the second Monday of every month. Dues \$5 annually.

Contact: David Africa, President 916 708-0009, djafrika@sbcglobal.net. Website: www.lhplayers.org.

• • •

LH Line Dance Group

BY JUNE WILLIS

This month's instructor focus is on Jeanie Keener. Jeanie teaches Country Line Dancing and along with her husband, Jim, also teaches Country Couples. Jeanie and Jim met in high school and have been married 67 years. Jim is retired from the Air force and Jeanie worked in civil service. They have three daughters who were born in Washington State and one son who was born in Laon, France. Being



Jim and Jeanie Keener

in the military provided the family with lots of travel and the opportunity to meet lots of people. They were stationed at Vandenberg Air Force Base in the Santa Maria area for 27 years, and that is where they became interested in line dancing. In 1982, they started taking lessons at a club in Santa Maria and traveled to Texas and Florida to attend many workshops. Through the ensuing years, they brought back many dances to teach and sponsored Central Coast Western Days at Pismo Beach. Every year, they would attend an international competition in Las Vegas featuring 8 or 9 countries. Their loved of line dance grew and when they moved to Sun City Roseville in 1996, they started teaching at that community. They have been teaching Country Couples at Sun City Lincoln Hills for 10 years and Country Line for about 9 years. Jim is the "music man" for both endeavors. Country Line dance is a mixture of beginner and intermediate dances. It features the popular "old" line dances and some new ones which are done at country dances around the area. Jeanie says, "Dancing is fun and it's a great way to meet people and have some enjoyable exercise." And she enjoys her student's reactions as they are having fun too. We thank Jeanie and Jim for their enthusiasm and sharing their love of dancing with our community. Check the Compass for information about these and other line dance classes.

If you are currently a line dance student, plan on attending our next Line Dance Social will be held on Sunday, March 22, in the Ballroom at Orchard Creek from 1:00 pm til 4:00 pm.

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Ballroom Dance

BY ERNIE MICHELI

Our Valentine Dance was held February 15, 2020 at Kilaga Springs. It was a terrific evening attended by 81 members. The Multipurpose Room was decorated with a Valentine theme. Hearts, balloons and the color red surrounded the dance floor. Table center pieces featured an Antherium plant with small hearts on a stick. The table center pieces became door prizes during the evening. The Valentine setting created was



Decoration and Set Up Crew

enhanced by the music selection of Ruth Algeri and the participation of the dancing membership. The dessert consisted of cheesecake and fruit pies. Many thanks to the following individuals whose contributions made the Valentine Dance such a successful event: Barbara Swerdlow's, Decorating and Set Up Crew—Jim and Dixie Parker, Mark Worley, Ed Bader, Ruth Algeri



Clean Up Crew



Kitchen Crew

and Nancy Lane; Clean Up Crew—Bob and Dtim Tatum, George and Sarah Thomas, Mark and Karen Worley, Mary and Ron Swanson; Camille Grabowski's Kitchen Crew—Sharon Micheli, Karen Worley, Millie Lelio, Carol Stanton, Joanne Bader and John and Mary Kirkwood.

As a member of the Ballroom Dance Club you can learn the West Coast Swing, Waltz, Cha Cha, Rumba, Fox Trot, East Coast Swing, Tango

and the Night Club Two Step during weekly lessons throughout the year. The month of March will emphasize the Cha Cha.

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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(more Club News cont' on page 13)

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Thoughts From Jack—

This Became Flat-Out Funny

BY JACK FABIAN

I was born so many years ago, “re-boot” meant I was getting a new pair of shoes. “Stool softener” was a padded ring to put on your toilet seat. Lots o’ things are funny; thank goodness for that. But, sometime humor erupts in some very unexpected places.

Back in the ‘50s, I was on a business trip in Tulsa, Oklahoma I arrived mid-afternoon, got checked in, too early for dinner, so I decided to walk around town a bit.

It was a nice day. A nice day in Oklahoma was a day without tornadoes. Strolling down the street, I arrived at the next intersection, glanced to my left and saw this big beautiful church, surrounded by hundreds of people.

I went over, joined the crowd, and asked an elderly gentleman what was happening here. He told me one of the city workers had passed away, as the result of being run over by a steam roller. Man, that is not a nice way to end it all.

Pretty soon the huge wood doors of the church opened up and out came 8 pallbearers carrying a coffin. (Down here, they don’t call ‘em pallbearers, they call ‘em ‘carry-okies’.)

As they got to the bottom of the brick steps, and arrived on the street, they made a right turn toward us to move to the hearse. The chuckle running through the crowd was very audible as we all noticed the coffin was only 3 inches thick.



Daylight Saving Time begins on Sunday, March 8, 2020 at 2:00 A.M. On Saturday night, set your clocks forward one hour (i.e., losing one hour).

Lincoln Police Department Volunteer Program — Patrol

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

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

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

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



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Favorite Restaurants

BY MARTIN GREEN



Some years ago when Beverly and I went on a trip (with the SCR Travel Club) to Branson, MO., we went to a Cracker Barrel and I recall having a good lunch there, browsing around their store and sitting outside on their porch in one of their rocking chairs. So, when we saw that a Cracker Barrel was opening in Rocklin we were curious to see it and happily our LEO (Lets Eat Out) lunch group went there in January.

The restaurant is a fair distance from SCR but our peerless driver, Betty Fritsch, negotiated it successfully by freeway and managed to find a space in the crowded Cracker Barrel parking lot. The store and the restaurant were both crowded. After a short wait, eight of us were ushered from the store into the restaurant to a table (two tables put together) and seated close to a stone fireplace. I learned later by going to the Cracker Barrel website that every restaurant has a fireplace as well as a barrel with a checker board in front of it.

The first thing you notice is that the walls of the restaurant are filled with a variety of items. Among others, I saw farm implements, musical instruments, a rifle and a number of signs. The website says that each restaurant has an average of 1,000 pieces of décor; no wonder I noticed this first thing. Other things peculiar

to the Cracker Barrel were that silverware for everyone was on a silver tray that was passed around the table, and that we had two kerosene-looking lamps and two peg games on our table(s). The restaurant itself is high-ceiling with more kerosene-looking lamps hanging down.

The Cracker Barrel menu is also a little different, four pages; on the front page it says: "Southern homestyle cooking since 1969" and "50 years of homestyle favorites." Again referring to the website, Cracker Barrel was the vision of a Tennessee man Dan Evins who, when interstate highways were built, thought drivers should have a place to stop, refuel, stretch their legs and "get a good meal at a fair price." Evidently Dan's vision was a good one as Cracker Barrel now has 661 restaurants in 45 states. The crowds at the Rocklin restaurant testify to its popularity.

The menu offers about a dozen breakfast dishes, among them the "Old Timers Breakfast" (two farm-fresh eggs with grits, choice of fried apples or Hashtown Casserole, plus turkey sausage, thick-sliced bacon or smoked sausage patties); Moma's Pancake Breakfast (three buttermilk pancakes topped with butter, served with two eggs, plus thick-sliced bacon or sausage); and "Biscuits 'N Gravy With Bacon or Sausage."

Lunch/Dinner offerings include chicken 'n dumplings, meatloaf, country fried steak, farm-raised catfish, grilled fried steak, and country fried shrimp. Then, featured prominently, there's the "Signature Fried Chicken," Southern fried (four hand-breaded pieces of

bone-in chicken, and choice of two "country vegetables 'n sides) or Sunday homestyle (two boneless chicken breasts, hand-dipped in our special buttermilk batter, breaded and deep fried, and also choice of two vegetables 'n sides. The last menu page has "Country Salads," "Sandwich 'n Burger Platters" beverages and a kid's menu.

Beverly had the Old Timers breakfast, as was predictable as she's from the South and it included grits, and I opted for the three pancakes, which came, as the website says, with Vermont maple syrup in a small bottle. I ate two of the pancakes, which were good and also large, and brought back one for my next morning's breakfast. Beverly also brought home half of her breakfast. Both of us also ordered the chicken 'n dumplings to go. They came with okra and fried apples. We had them, or I should say half, for dinner and the other half for a second dinner. As can be seen, going to Cracker Barrel is an experience and if you like country-style cooking, which means lots of food, (and a country store) you'll be fully satisfied.

Bon vivant and man-about-town Jim Sharp e-mailed: "We've enjoyed both Via Roma in Rocklin and Florentine on Fairway and both are 'authentic' enough for me ...I've had rigatoni and scampi with linguini at Via Roma. Via Roma is especially cozy." The Florentine, a relatively new restaurant, was recently reported on here but until now the Via Roma, open since 2006 according to its website, was unknown to me. I guess this shows that I don't get around much any more but in

any case it's good to know about another good Italian restaurant in our area.

The Via Roma offers the standard Italian dishes such as spaghetti with meatballs, rigatoni, linguini scampi, lasagna, gnocchi and chicken parmigiani plus a large number of pizzas. On Friday and Saturday specials are ossobuco, cannoli and cioppino. Italian meals are usually not complete without wine and Via Roma's wine list is very extensive. There are also desserts: sorbeto, crème brullet and gelato.

Via Roma is at 1230 Sunset Boulevard; the phone number is (916) 663-6141. Hours are: Monday, 4-9 PM; Tues-Friday, 11 AM-2 PM and 4-9 PM; Saturday and Sunday, 4-9 PM. As a reminder, the Florentine is at 10505 Fairway Drive; the phone number is (916) 299-5195. It's open daily 11:30 AM-2:30 PM and 4:30-8:30.

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



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Country Couples

BY KATHY LOPEZ

A couple weeks ago, a group of our members took an interesting tour of the SF Bay Coffee Company plant located right here in Lincoln. The company started in 1979 in San Francisco by the Rogers family and moved to Lincoln about 10 years ago. It is still owned and operated by the family. The tour was conducted by a couple of SFBCC employees, who were very knowledgeable about the business. The tour started in the Tasting Room where we all got to sample some of their coffee – it was delicious! We learned a lot about coffee and how it is roasted/processed at their plant. One of the more noteworthy facts about the SFBCC is how they are working towards making all their packaging biodegradable. In fact, a lot of the packaging is developed right on site through their R&D department. Their goal is to lead the industry in ethical and sustainable farming & packaging methods.

Also noteworthy is that their coffee comes from farmers they have partnered with all around the world. They have built a good working relationship directly with the farmers and the communities where the farmers live. A lot of these communities are living in impoverished conditions and SFBCC has built over 60 schools in these villages and about 1800 housing complexes. At the end of the tour we each got free coffee samples, and, of course, we visited the gift shop – where you can purchase coffee, t-shirts, mugs, etc.

Our first dance of 2020 had the theme

“Roarin’ Into the 20’s”. Talk about a ton of fun! There was lots of dancing to DJ Jim Keener’s music, delicious pot luck dinner, and good times had by all the attendees, including, flappers, mobsters, gun molls, and so on!

We are a friendly group and have several dancing and other interesting events throughout the year. Our next dance is April 17th and promises to be a good time for all! If you’re interested in Country Couples lessons, check out the Compass. Beginners lessons are at 7pm on Monday evenings at Kilaga Springs lodge. Country Couples Club is separate from the lessons and club dues are \$6 per person per year. Membership allows you to take part in our dances and fun activities throughout the year. Please see the contact info below if you have any questions.

Club Contact: Kathy Lopez

Club Website: sclhcc.com

• • •

Needle Arts

BY JILL SHORT

Where can you meet old and new friends, listen to interesting speakers, laugh, see what everyone else has created, share what you have done, get help with projects, learn new things? Needle Arts is where you want to be. Needle Arts is absolutely not about just quilting. There are a variety of interests in the group such as stitchery, thread painting, crochet, knitting, hardanger, applique, embroidery and more. We meet the second Tuesday of the month at P-Hall (KS) 1:00 PM. Before entering the meeting, check in at the membership table. All

members can get a ticket for the drawing of a special gift prize and those who want to join Needle Arts can do that at the membership table too. In February, we learned all kinds of fun facts about buttons from the Sacramento Button Club. Do you have some old buttons laying around? Look closely those buttons because they may have a story. After our speaker, we had a prize drawing for those members who attended. Of course, at every meeting we have a show and tell time. It is always fascinating to see the talent in our group.

Welcome to the new members and visitors who came to the February General Meeting. Come join us for the next General Meeting on March 10 and hear Mayra Ramos Chavez who is the Gallery Manager for Southside Unlimited Auburn Work of Art. They offer classes, open studio and private lessons in textiles, painting, printmaking, ceramics, digital art, fiber art, mixed media, jewelry, and more. Come and find out all about this amazing place.

As a reminder, news about the Sewing Room expansion will come directly from our President, Jean Storms. She will keep us informed as she gets news. Please direct all questions to her and not anyone else. You can Email her at jeanstorms272@gmail.com.

We have some great Breakout groups in Needle Arts. It is an outstanding way to get to know each other in a smaller setting. Let me introduce you to one of our groups: The Tuesday morning Quilt Group. As you come and visit this group you will notice that there actually is a wide range of interests, not just quilting. Although this is a quilt subgroup, you can find women quilting, doing applique work, embroidery work and even knitting. You will always hear laughter from this room during Tuesday mornings at 9 AM-11:30 AM. Anyone who has quilting questions can get answers from some very experienced women. This group loves to go out to lunch together. Every week Judy Horowitz leads a quick discussion at 10:30 on where they are going to go to eat lunch that day. This group tried something new in February. For those who wanted to participate a round robin was started. Debby Brainbridge came up with this fun, fabulous idea and coordinated it. Those who are participating started in February with bringing in a completed 12 to 14-inch block. Each month the blocks will be given to a new participant to add a border. There

are six women who chose to participate. The last border will be added in June. After the last border in added the project will go back to the original person. It will be exciting to see the end result of these at a future monthly meeting sometime this fall.

The Community Service Group is continuing their wonderful work by donating 17 quilts to children at the Acres of Hope in February. Sew Katie Jeans has been kind enough to give the group a huge discount on several bolts of Moda solids for the use in their quilts they will be making. Community Service has a need for longarm quilters. If you can help in this area or know someone who is willing to help out please contact the leaders of this group, Clareen Bolton or Bev Johnson. Contact information can be found on the Needle Arts website.

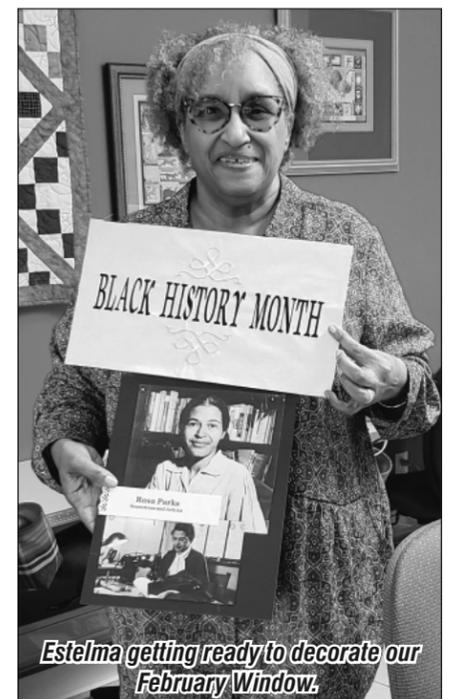
The 2020 Needle Arts Retreat has been scheduled June 1-5 at the Mercy Center in Auburn. The fee is \$465. Check out the club’s website for more information.

The February Sewing Room window highlighted Black History Month that our member Estelma Wilson put together. If you have not seen this window yet, this display will continue until after the March General Meeting. It is a fabulous window. After that,

(cont’ on page 14)



Country Couples group tour of the SF Bay Coffee Company.



Estelma getting ready to decorate our February Window.

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Needle Arts

(cont' from page 13)

the window will feature items that involve stitchery items.

Do you love shopping? If you do, grab some friends and get ready for fun. The Northern California's 21st Annual Shop Hop is April 15-19. Check out all the exciting details at quilrush.org and be ready to shop, shop, shop.

Did you check us out at the Lifestyle Expo in February? Thanks to all who participated. It is always fun to meet new people.

Save the date for the spring luncheon, May 12, 2020. More information will be coming in the future.

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

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Paper Arts Club

BY LINDA LUCCHETTI

During our March general meeting, we will be making spring-themed centerpieces, just in time to embellish with flowers, candles, Easter eggs, and more.

The Stampin' Divas – Judy and Randi -- will be back to lead us in a three-card project during our April general meeting. Don't miss them! These ladies are full of energy, ideas, and creativity when it comes to crafting and card design. Sign up before March 19.

Looking ahead, we'll be

having our Overstock Sale on May 7. Mark your calendars; details to follow.

Thank you to Donna Tewart and her committee: Mary Emmett, Sandy Garcia, and Carolyn Sanfillippo, who will be leading our community service projects. Stay tuned for more information.

Don't forget to visit the Open Lab sessions for members. The next one is March 19. Like our general meetings, the sessions are held in the Terra Cotta Room at the Kilaga Springs Lodge. Open Lab is yet another chance for you to work on your projects, get ideas from others, and just enjoy the camaraderie within our club. Are you a scrapbooker? Come on down!

We meet for our general meetings 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.

• • •



Creating February's project.

Mixed Media

BY JILL SHORT

Can you believe that it is already March? Things are blooming and changing. It is a great time to get creative in mixed media as we look all around us at all the beauty. Some exciting things are continuing in our club this month. First, let's look at what the club has been up to. We did not finish our name tags in January. So, we shared those at our February meeting and voted for our favorite. That person got a gift certificate to Starbucks. Our art challenge



Working on projects at the February meeting.

for February was "snow". We were challenged to create an art piece inspired by the word. We had a sharing time for what we created. The challenge for March was introduced which is to use napkins in an art project and share the completed piece at our March meeting. The club made the challenge a little easier since members brought their own stash of napkins to share with others in February. Mixed Media Arts Club meets the 3rd Wednesday of the month at 1 PM in the Ceramics Room (OC).

Our guest artist was in February Deidre Trudeau. She led us in part 1 of her 2-part series, "Illuminate Your Creative Dynamics." At our March 18 meeting she will do part 2. We needed to bring items to do these projects which included clean erasers, rulers, pencils, water media brushes (all sizes), indelible black fine to medium tip markers, masking tape, glue sticks, sketch paper 9x12, mixed media paper (9x12, 12x16) wrapped gesso canvas, watercolor paints, acrylic primary colors (yellow, red, blue), matte gel, gesso, white Elmer's glue. Some optional materials were

colored pencils for wet or dry, chalk pastels, stencils, craft and sea sponges, palette knife, and items for texturing.

Mixed Media Club took part in the SCLH Lifestyle Expo in February. Thanks to the members who helped us at the table and let us show your art pieces.

Since March is the month our challenge is using napkins there are some helpful tips for

(cont' on page 15)



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Mixed Media

(cont' from page 14)

using them. First, fun napkins can be found everywhere. Check out Dollar Tree, Tuesday Morning, Ross, Target, or TJ Maxx for some napkins with different designs. Napkins are in layers and it is always a good idea to check to see how many plies there are. The plies need to be separated. It can be upsetting when they are not separated and at the completion of the art piece the layers start coming apart ruining the finished piece. Separate the layers by pulling off the backing. If you have a hard time finding a place to separate the napkin then tear a little off the corner to grab a starting point. Or try rubbing the layers together to separate them. Some people have found that using a piece of scotch tape in one corner and pulling the layers apart works.

Now that the napkins are separated, they can be used in a variety of ways. They can be adhered with glue, matte medium or gesso. They will be semi transparent allowing to see fun text underneath. It is a great option to use parts or all the napkin. Bits and pieces can add interest to an art piece. Napkins tear easily when using glues so work carefully or embrace the tears. Adding texture can be done by bunching the napkin up a bit. Just play around with napkins and let a whole new world open up to you.

We invite people to stop by and see what we are doing. For those who are new to mixed media, a great place to have fun and learn more is by taking the Mixed Media Art Journaling

class that is offered twice a month. The teacher is great and brings most of the supplies you need. Every class is different and you always are learning something new. It is just a fun time and everyone is very friendly. Check out the class in the monthly Compass.

• • •

LH Painters' Club

BY JOAN MUSILLANI

The Fine Arts Show in February was a great community event, as always. There were 50 participants and a great collection of over 200 works of art, all enjoyed by a large turnout of visitors. The next event open to all residents of the Lincoln Hills community will be the annual Art and Craft Tour on May 2-3, 2020. Last year we had participants with paintings, ceramics, needlework, jewelry, wood work -- any hand-crafted item is eligible for the tour. The Call to Artists went out February 25, and the Registration Day will be March 24. If you have questions about the Tour, contact Bill and Cathie Szabo, Chairs of the Tour Committee (at billszabo49@gmail.com).

The LH Painters Club's show at Buonarroti's Ristorante at 460 Lincoln Blvd in downtown Lincoln continues, featuring Sharon Duley's watercolors and Ain Veske's abstracts. It's definitely worth checking out, AND you can enjoy great Italian food at the same time.

The March Painters Club meeting (March 17) will feature Telagio Baptista, with his focus on watercolor, using color harmony, a limited palette, simplicity and restful space, without

distracting backgrounds. You can see his work at his website: <http://connect.faso.com/telagiowatercolorist>

As always, visitors are welcome to our club meetings. We meet on the third Tuesday of every month at 1:30 p.m. in the Fine Arts Room of Orchard Creek Lodge. Art appreciators are welcome, as well as painters!

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

President: Joan Musillani, E-mail: joanmusillani@gmail.com or 712-4393

Membership: Jerrie Crass, E-mail: jerriec68@gmail.com or 302-6178.

• • •

LH Photography Club

BY DIANE MARGETTS

Gary Wagner took us on a magical tour of black and white photography at our February General Meeting. Color verses black and white is a decades-old debate with advocates romanticizing black and white by insisting that the world of color leaves no space for dreams. No matter where your preference falls, Gary's work is undebatably spellbinding.

Our own photographers will have the opportunity to show off their black and white or color images at our Members' Show and Tell in March. This Club-favorite meeting is not limited to sharing photography. Got a new camera or editing software? Stumble upon an awesome new photo location? Anything of topical interest to Club members is welcome.

On the topic of photo locations, 40 plus

members are enjoying an early March trek to Death Valley, the unique and ever-changing playground for photographers! From canyons and sand dunes to desert wildflowers, Death Valley does not disappoint. Following Death Valley and currently in the planning stages is a coastal field trip that, depending on personal preference, will venture either up the California coast to favorite spots like 'Dream Town' Mendocino and the enchanting Redwood National Forest; or down the Oregon coast for picturesque lighthouses and magnificent waterfalls. The two groups will converge at a designated location in the middle.

The Learning SIG recently completed a three-month session on flash photography featuring topics ranging from basic in-camera flash techniques to advanced topics like introduced light. The Enhancement SIG has been featuring a monthly photo challenge. The upcoming session will offer topical videos and show and tell. Wondering how to get that perfect exposure? Don't miss the Round Table SIG!

Interested in improving your photography skills? New members of all skill levels are always welcome. Joining is easy; sign up at any of our General or SIG meetings. To make it easy, the Club has adopted an across-the-board policy to start all meetings at 9:00 am. Check our website for monthly meeting schedules.

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

• • •

(more Club News cont' on page 16)



Shari McGrail



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

Holly Stryker



916.960.3949
strykerhomes@gmail.com
DRE# 01900767

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Woodcarvers Club

BY LIONEL RAINMAN

Woodcarving is an enjoyable pastime. It can become an absorbing hobby. One is never too old to learn or to rekindle their desire to turn that piece of wood into another shape. Of course someone, years ago, may have carved their initials into a tree or worse yet the school desk with a penknife. The Woodcarvers Club doesn't endorse that type of carving. More specifically carvers usually start with an idea, then a pattern and then the carving begins. A novice usually will attempt a simple object and may graduate to more difficult items along the way. Basic carving tools can be as simple as a penknife or several carving knives and gouges. As carvers become more proficient additional tools may be added to the collection as well as sharpening stones and hones.

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

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

Contact: Lionel Rainman, 916-253-9534.

• • •

Vintage Treasures Club

BY CLARE FLETCHER

The decade of the 1930s was a period of great trial for America and the world, beginning with the Depression and ending with the start of WWII in Europe. However, despite the hardships, it was also a decade that produced unforgettable music, motion pictures, world

fairs, and the Art Deco/Modernist styles. Our April 6 meeting will feature a longstanding member presenting memorabilia from the year 1939. The membership is invited to bring one or two items from any year of the 1930s to share.

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

Contact: Sandi Janisch: 916-253-9085

• • •

OC Book Club

BY CATHIE SZABO

"So many parts of our complicated human lives don't easily lend themselves to measurement or experimentation." Louis Aronson

If there's any stage of life the above quote really applies to, it's the one all of us here in Lincoln Hills are in - elderhood. And in her book, *Elderhood*, Dr. Aronson takes a hard look at this vital yet disparaged stage of life. Most of us will spend more years in elderhood than in childhood - isn't it time we took a thoughtful look at this life stage we're all going through?

How many of us shirk from calling ourselves "old"? Is everyone but me "old"? Why does my brain think I'm still a teenager, while my body struggles to straighten up? Where did my youthful figure go? Mourning the loss of youth? Terrified of the next years?

Relying on her years as a geriatrician, Dr. Aronson weaves stories from her practice to explore and redefine elderhood in a hopeful

and joyful life stage. No promises that all answers to all questions will be given, but a read and discussion of *Elderhood* may help alleviate those concerns.

Read the book, come to the book club on March 19, add your voice to the discussion. Or come and listen to decide if the book ends up on your to-be-read list.

We're all in this boat called elderhood. Let's see if this book club discussion can smooth the waves a bit.

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

For the balance of 2020, we'll be enjoying:

April 16 - *The Tattooist of Auschwitz* by Heather Morris

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

June 18 - *Year One* by Nora Roberts

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

August 20 - *Small Great Things* by Jodi Picoult

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

October 22 - *The Testaments* by Margaret Atwood

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

December 17 - HOLIDAY LUNCHEON

For further information about the OC book club, contact Maureen Deal at

modeal2010@gmail.com, Joanne Johnson Felt at ivyarborcourt@aol.com, or Cathie Szabo at catsickle@gmail.com.

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Writers Group

BY ANDY DEXTER

Happy St. Patrick's Day!

Have you ever celebrated St. Patrick's day in a manner you would prefer to forget, or maybe a funny one you'd like to share with others. I bet we all harbor a story about March 17th. Like the time I drank so much green beer that my urine turned a lime green. Or, perhaps the time I made dinner with green mashed potatoes, which weren't too bad, but the brown gravy I added green food coloring to made a nauseating color. My wife buried it. I know you have a story to tell about St. Patrick's Day, write it and share it with your Writers Group. We meet in the Multi-purpose room of the Orchard Creek Lodge at 6:30 PM on the 2nd, 4th and 5th Mondays of each month. In March we meet on the 9th, 23th and 30th.

We hope you'll share your story with us. If you're apprehensive, our group is here to help. Bring about a dozen copies of something you have written to share with us, or just come, listen and get acquainted. Let's get you started on that writing project you've been putting off. Your children and grandchildren will love hearing your stories. Time is marching on so don't procrastinate too long.

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(more Club News cont' on page 17)



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Astronomy Group

BY BILL WEAVER

On January 10, 2020, Lincoln Hills Astronomy Group (LHAG) President John A. Combes unexpectedly passed away. John was one of the original founders of the LHAG in 2005 and dedicated much of his time and effort over the past 15 years in building and maintaining a viable club with membership of 100 Sun City Lincoln Hills (SCLH) families. A celebration of life was held on January 17th in the Orchard Creek Lodge Ballroom that was attended by family, friends and many LHAG members.

John and the other founding members established the LHAG to provide a forum to increase the knowledge in Astronomy, develop observation skills, provide enjoyment in the field, and to meet people with like interests. Today, the LHAG membership consists of SCLH households comprising general astronomy novices, amateurs, and professionals and continues to grow in membership. The LHAG is privileged to have local, national and international scientists and educators deliver astronomy-related presentations at its monthly meetings. All SCLH residents are eagerly invited to attend any of its general and sub-group meetings.

On March 4th, 2020 at 6:45 PM in the Kilaga Springs Presentation Hall, Dr. Charles Hunt will discuss his experiences and present photos from his trip to Alaska to observe the "Fire in the Sky" that was the result of a solar coronal mass ejection. Come and learn all

there is to know about the Aurora Borealis. On April 1, 2020 at the same time and location, Anthony Oreglia will present and update on the "US mission to explore the planets". These presentations are open to all SCLH members and guests.

On Monday, March 16th at 6:45 PM in the Fine Arts room of the Orchard Creek Lodge, the Cosmology Interest Group (CIG), a sub-group of LHAG, will 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). Future sessions will take place in the SCLH Orchard Creek Lodge on the third Monday of each month and are open to all SCLH residents. For more information contact CIG coordinator Morey Lewis at mlewis_cc@sbcglobal.net.

The Telescope Interest Group (TIG) normally schedules a "star party" on the fourth Thursday of each month at the SCLH Sports Pavilion to view objects in the sky with telescopes and other observing methods. However, because of new construction activities on the SCLH Sports Pavilion Site, it is not known as of this date if a March star party will take place. Updated information can be found on the LHAG website or by contacting TIG coordinator Bob Collins at bobpcoll@community.net.

Questions regarding the LHAG and

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

Big History

BY CAROLE WADE

Our club explores big themes in history, with presentations by members and invited speakers. On March 2, BH member and Cannabis Club founder Richard Thornton will tell us about the long history of marijuana use, which extends back thousands of years. Cannabis is a versatile plant that has played many roles over the centuries--as a medicine, to make clothing and paper, in religious rituals, to get high...In Taiwan, cords of hemp, one version of the plant, have been found on excavated pottery from as early as 10,000 BCE. You'll find out much more at Richard's presentation.

On March 16, member Jeff Davis will describe the many historical sites that he and Becky Davis were lucky enough to see on a trip to Israel and Jordan. Do you know where the dramatic chariot race in the movie "Ben Hur" was filmed? Where Indiana Jones finally found the Holy Grail? Slides and film clips will provide answers to these and other questions you may not have even thought of. We'll learn about such historically significant places as Caesarea, Mt. Carmel, the Sea of Galilee, the Dead Sea area, and several important religious locations in Jerusalem.

We'll hear about Masada, where a supposedly impregnable fortress was conquered by the Romans in six months. And we'll be introduced to the Jordanian city of Jarash, known for the most undamaged Roman ruins outside of Italy; chariot races still take place there!

The club meets on the first and third Mondays of the month from 10 AM to 11:30 in Kilaga Springs Presentation Hall. For a short pre-meeting video to get your brain into BH mode, come early and sign in before 9:45 AM. Contact: David Lewis, 916-626-2795 or stuff619@gmail.com. Website: www.bighistory.sclh.com

Genealogy Club

BY DR. BARBARA BRANCH

The next Genealogy Club presentation will be held on March 16, 6:30 - 8:30 PM in P-Hall (KS). Our presenter, Richard Hanson, will present Writing and Publishing Your Family History.

Rick was a career computer programmer/analyst, now retired. He has been working with other family members on genealogy since 1983. He authored and self-published seven books (working on the eighth). He created a database of almost 4000 scanned family photos and source documents. He is webmaster for the USGenWeb - Sierra County (CA) web site. He's active in several local genealogy and historical society groups.

Members should come a few minutes early

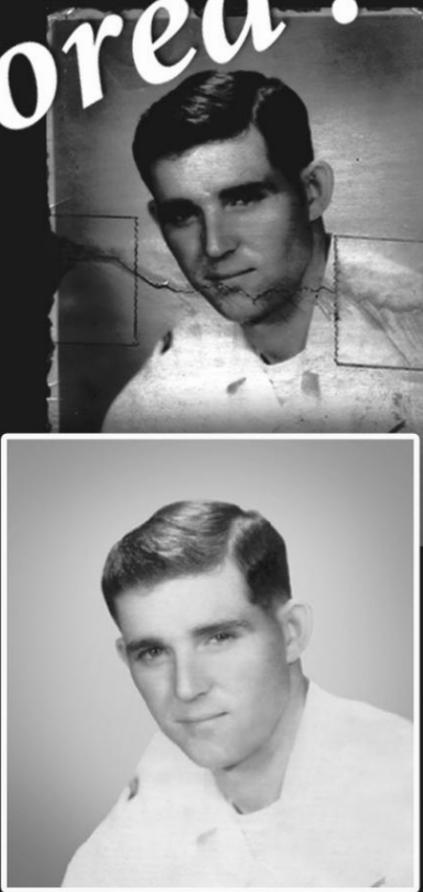
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Genealogy Club

(cont' from page 17)

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

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

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

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Postage Stamp Group

BY TIM MILES

We're into March already and that means upcoming stamp shows all over No. California. March 14-15 is the date for the Fresno Stamp Showing Clovis. April 4 and 5 is the Easter Seals Stamp Show at the Sacramento Stamp Club site on Hurley Way in Sacramento. Then the biggie is the Westpex at the SF Airport

Marriott in Burlingame on April 24 thru 26. It may be possible to carpool to the show. Talk to other members at our upcoming meetings about carpooling . It is always quite a show - lots of dealers, friends, and exhibits.

We had a very nice dinner at the Lodge on January 16. Everybody had a good time and we set Wednesday, April 15 as the next dinner date. We'll be at the Lodge again (Sun City Roseville Lodge, 7050 Del Webb Blvd.) which is our meeting site. Timbers catered a beautiful buffet for a reasonable price in January and members felt they wanted to do it again. Many thanks to June Stark for this one, too!

The meeting date list is out for April and the pertinent recap is as follows: Tuesday, March 17 and Tuesday, March 24 followed by Tuesday, April 14 and Tuesday April 28 at the Sun City Roseville Lodge. All meetings start at 6:30 pm. All are welcome. For further information, call Al Capparelli at 916-771-8288.

As for meeting functions, we have door prizes, swaps, auctions, access to any sort of philatelic needs, dealer assessments, etc. We have a tableful of used stamps and album pages available and they vary from meeting to meeting. Bring the "old" album to a meeting and get it appraised.

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LH Italian Club

BY LINDA LUCCHETTI

We're back in the saddle on Wednesday, March 11, at the Blue Goose Event Center in Loomis, where we'll enjoy another Western



Night, from 5:00 to 8:00 p.m.

On April 18, learn more about the Lombardy region of Italy at "All Things Lombardia" at Kilaga Springs Lodge in the Multi-Purpose Room. These events that highlight the regions of Italy are not only educational, but fun! (See the flyer for more information, when it is posted on the website.)

Coming soon: Warmer weather and Bocce! Stayed tuned for more information about our Annual BBQ and Bocce, scheduled for May 17.

The Italian Club presents social events and activities that are always entertaining. 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

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

Ports: Tallin, Estonia; Helsinki; St. Petersburg; Gdansk, Poland and Copenhagen
Spotlight on New Orleans (Oct 10-15, 2020) Single hotel stay (Teena)

WWII Museum, jazz revue, swamp tour, St. Louis Cemetery, French Quarter Tour
Oceana Insignia Cruise – Montreal to Miami (Oct 26-Nov 10, 2020) (Sheron)

Repositioning cruise: Quebec City, Halifax, Portland, Newport, NY, St. George Is. Nashville & the Smoky Mountains Holiday (Dec 10-17, 2020) (Sheron)
Grand Ole Opry, Dollywood, Asheville,

(cont' on page 19)

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LH Travel Group

(cont' from page 18)

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
Possible Trips (2021) —

Colors of Morocco (Small Group) –
Casablanca, camel ride, Marrakech (Sheron)
Switzerland (By Rail) (Small Group)
Bern, Zermatt, Lake Geneva, Tvl Pass (Teena)
Tropical Costa Rica – coffee plantation,
Arenal Cruise & Volcano (Sheron)

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

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Shalom Social Group

BY JUDY GANULIN

The Shalom Social Group has a number of
events scheduled in the coming weeks. We still
have our ongoing hiking and bowling activities.
Our Men's Club will meet on Sunday, March
22 to hear Harry Cohen, an instructor in the
Renaissance Program at Sacramento State,
speak on "Populism, Authoritarianism and
the Rise of American Authoritarianism." On
April 2 our Women Together will hear Dr.
Terry McIntyre, a popular professor in the

OLLI program, speak on elections.

New members are always welcome. For
more information about our activities and
membership, please contact Joanne Levy, 508-
333-8590.

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Lavender Friends

BY SANDI DOLBEE

One of Lavender Friends' newest
members has now become one of our most
integral volunteers. Nancy Newhart has taken
the helm as our new Communications Chair,
in charge of the weekly emails and other
announcements to keep members informed
about what's going on in the club.

"I felt like it would be a good way for me
to get to know everybody more personally,"
says Nancy. Besides, she adds, "I want to be
part of what's going on. And I thought, I have
the skills to do it, so why not?"

Nancy, a retired sales representative,
moved to Lincoln Hills last August from the
East Bay. She was looking for a 55-plus
community and fell in love with two things
about her new home: the resort-like beauty of
it and the presence of the Lavender Friends
Club, which represents the LGBTQ residents
here. "I really liked that Lavender Friends was
here. That was a big factor."

Indeed, the club was a tipping point for
her. "I wanted to be in a community where I
would be welcome," she says.

So now, she's giving back as the new
communications go-to person, writing about
our weekly coffee gatherings, monthly Thunder

Valley breakfasts and dog walks, along with
special events as they come up. For more
information about Lavender Friends and our
calendar of events, see our website at www.lavenderfriends.com.

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Singles

BY SUSAN FOSTER-PLATT

Our birthday celebration kicks off the
month on Sunday, March 1st at 4:00 PM in the
Sports Bar. (OC) Join us as we celebrate our
members, who have a birthday this month. A
free drink is yours, if your birthday is in March!
On Tuesday, March 5th at 4:00 PM, we will
be staying in Lincoln and going to Old Town
Pizza. This is a favorite location for our group
and they do serve outstanding pizza!

We are now planning our upcoming
activities for the spring and summer months.
Come to the Ceramics Room (OC) on Tuesday,
March 10th at 4:30 PM to help us with your
thoughts and ideas! We welcome your input!

Thursday, March 12th at 6:00 PM, we will
be meeting in the Ballroom (OC) for a short
business meeting, which will then be followed
by a White Elephant (re-gift exchange.) Check
our e-blasts for further information on this
great event! Nominations for your 2020-2021
Board of Directors will open on this evening.
Start your weekend on Saturday, March 14th
at 9:00 AM in the Sports Bar (OC) with our
Second Saturday Breakfast. A tasty buffet
breakfast and good conversation with friends
is a great way to start the day! Rudy will be
your host!

For Dine Out, we will be traveling
on Thursday, March 19th at 4:30 PM to
the Cheesecake Factory at the Galleria in
Roseville. Call Sue to make your reservation for
a delicious dinner and a piece of cheesecake!
Make plans to carpool with friends for this
event!

Trivia is back! At our Social meeting at
6:00 PM on Thursday, March 26th, we will be
playing this all-time favorite. Great prizes for
the winners! Join us in the Ballroom. (OC)

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

Would you like to join the SCLH Singles?
Check at the main entrance of Orchard Creek
for our calendar and membership form. For
only \$20 per year, you will be glad you did!
We welcome you!

• • •

Computer Club

BY KARL SCHOENSTEIN

Main Meeting March 11, 06:30 PM "Ask
the Tech" and will cover Windows 10 updates
and printer problems. Panel is Bob Ringo,
Terry Rooney, and Rita Wronkiewicz. The
panel will answer questions from the audience

(cont' on page 20)

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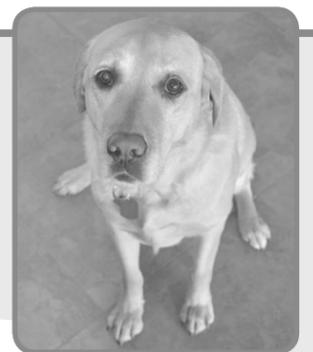
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Computer Club

(cont' from page 19)

about desktops, laptops, pads and phones (maybe cord cutting) as time permits. Having any problems, bring your questions and we will all learn from each other, lots of "Q & A"! P-Hall (KS)

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

• • •

Apple User Group

BY RICH THAYER

The group begins March with seminars on two heavily used functions, email and texting. Ken Spencer and Doug Thom will discuss setup and use of Apple Mail features, and will cover features that will help you save time and get the most out of Apple Mail.

Bill Smith and Sharon Worman will explain the basics of texting, attaching photos to texts, sharing texts across your devices, group texting, and more.

Later in the month, Ken Silverman and Doug Thom will present "Self-Help for Mac Users." This will provide some do's and don'ts for those rare cases when your Mac misbehaves. They will show you how to create a Mac Information Sheet, cover quick fixes for

common problems, complete a simple Mac tune-up, recover a lost file with Time Machine, and get help from reliable sources.

Finally, Vicki White will wrap up the month with some Mac photo apps that can take your photos from good to great! Some of these apps can be used within Photos and others are stand-alone apps. Many are playful and fun to use!

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

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

• • •

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

BY PATTI KINGSTON

SCHOOLS is still looking for a volunteers in the Lincoln schools K through 5 and Phoenix

High School. Age and wisdom have made you a perfect candidate to make a difference in a young person's life. You can help a teacher in many different ways and enjoy being part of the classroom learning experience. There is always an opportunity to volunteer because requests for volunteers keep coming from our local K through 5 classes.

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

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

• • •

LH Veterans

BY B.L. LEWIS

The LH Veterans St. Patrick's Day Luncheon/general meeting will be on Thursday March, 12, 2020 at 12:00 p.m. in the orchard Creek Ballroom. The No-host bar opens at 11:30 a.m. and Luncheon will be served at Noon. The menu has three entrée choices; Corned Beef and Cabbage with Potatoes; Chicken Piccata; and Vegetarian Lasagna. All meals include rolls and butter, iced tea or coffee with cake for dessert. The price is \$25 per person and the last day to sign-up is March 6, 2020.

All veterans are invited to support the funding of Lincoln Veterans Memorial at McBean Park in Lincoln. You can contribute by donating \$25.00 for a Memorial Coin; with a \$150.00 donation you can have a Black Granite Plaque with your name and service information inscribed; or you can make a donation of any amount to the Lincoln Veterans Memorial Coalition. Send your checks and information to LVMC, Treasurer, Larry Yaggi, 2300 Cinnamon Teal Lane, Lincoln, CA 95648.

Memorial Plaques for Lincoln Hills Veterans that have passed. Please notify Chaplain Bill Lewis, 916-408- 3771, email: bllewis1977@gmail.com if you would like to order a Plaque for a Lincoln Hills Veteran that has passed.

As of December 12, 2019, the group's paid membership stood at 164, including 124 life

(cont' on page 21)



Sandi Wanzer volunteering at First Street Elementary School.



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LH Veterans

(cont' from page 20)

members and 20 Associate members. World War II veterans (including Spouses) total 21. The total membership was 205.

Remember that Flag sales are available in the Orchard Creek Lodge on the 15th of each month for \$20 and the pole rings and holders are also available. Volunteers are always welcome to man the table. Also Michael Amerio will deliver them to your home; 661-304-6519. Residents can turn in their tattered or faded American Flags for retirement by placing them in the box located in the utility room to the right of the Activities Desk in Orchard Creek Lodge. Remember to fly your Flag proudly on National Vietnam War Veterans Day, March 29, 2020.

In Memoriam —

Russell Steele, U.S. Air Force

Frank Propersi, U.S. Navy

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

• • •

LH Democratic Club

BY JUDY GANULIN

Sierra College President William H. Duncan IV will address the Lincoln Democratic Club on Thursday, March 19, at Kilaga Springs Lodge, 1167 Sun City Blvd., Lincoln. Social hour is at 6:15 PM, meeting and program at 7 PM. He will talk about the general state of the college and the particular needs of its students,

especially homelessness, food insecurity, and the role of the college as students struggle to meet their educational objectives.

Duncan was appointed in 2011 and is the college's sixth president. He has revitalized the college's facility master planning efforts, is actively involved at the state level, and serves on multiple committees and task forces.

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

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Bosom Buddies

BY VAL SINGER

Bosom Buddies is so fortunate to have dedicated members such as Mae and Sharon. Between them they have secured wonderful speakers for us. February's speaker was Dr. Barash, a Sutter surgical oncologist, who so graciously agreed to come once again to talk with us.

Doctor Barash said treatment for breast cancer has changed over the years and

the theory now is that lumpectomies and mastectomies have the same survival rates. And, that MRIs are now the most accurate test for breast cancer. While taking our questions, his demeanor was very warm and made you feel like he had all the time in the world. Thank you doctor for the valuable information you gave us all. There were several ladies presently in treatment asking questions and Dr. Barash was able to alleviate their concerns.

The March meeting's speaker is Dr. Vijay Suhag who specializes in hematology and medical oncology at Sutter, Roseville. We are so fortunate to have him as our speaker again. Dr. Suhag is Sharon's, my husband's and my daughter's oncologist so we know him very well. He has a great sense of humor and is very compassionate and understanding. I know everyone will enjoy hearing what he has to say. He is a member of the tumor board at Sutter and is up to date on the latest treatments.

Everyone is welcome to come to Bosom Buddies' meetings whether a member or not.

Bosom Buddies is a very unique group of ladies. We laugh, cry, and moan to each other but at the end of the day we are simply there for each other. If you know of someone who is in treatment or has had breast cancer years ago (like me) bring them to a meeting and introduce them to the members. It's been 39 years since I was diagnosed but I feel now it's my turn to give back and be an example of how life goes on after breast cancer. It's pretty darn good actually!

Welcome to our new member!

If you have any questions regarding

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

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

We end each meeting by holding hands and saying:

"Together we are strong; together we will make a difference; together we will survive!" And, we will, hopefully with a little fun...

• • •

Hearing Impaired Support Group

BY JOANNE MITCHELL

The Hearing Impaired Support group will meet on Thursday March 26, 2020 in the all-purpose room at Orchard Creek Lodge from 2:30 PM to 4:30 PM. Our guest, Dr. Laura Gaeta, will be returning to speak with us again. Her topic will be an update on the latest technology for hearing aids. Last month representatives from Neighbors In Deed and Neighborhood Watch came to dialogue with us regarding how their groups could assist those with hearing loss. Please let Donna Szabados know you will be attending so that adequate seating may be arranged. 916-543-3288.

• • •

(more Club News cont' on page 24)



Dr. Barash and Sharon.

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15 DAY HAWAII from SFO! Princess	Mar 7, 2020	\$1,649	\$1,699	\$1,899
Grand Princess ~ 2600 Passengers	Apr 20, 2020	\$1,279	\$1,399	\$2,099
Ruby Princess ~ 3080 Passengers	Oct 24, 2020	\$1,399	\$1,599	\$2,399
(Thanksgiving Cruise)	Nov 23, 2020	\$1,299	\$1,399	\$2,399
(Christmas Cruise)	Dec 23, 2020	\$1,699	\$1,799	\$2,799
	Jan 17, 2021	\$1,399	\$1,599	\$2,499
	Feb 16, 2021	\$1,399	\$1,599	\$2,399
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California. *ROUND TRIP LINCOLN SHUTTLE TO SHIP!				
10 DAY ALASKA From SFO! Princess	May 23, 2020	\$999	\$1,099	\$1,699
Star Princess ~ 2600 Passengers	Jun 22, 2020	\$1,199	\$1,299	\$1,899
	Jul 2, 2020	\$1,299	\$1,399	\$1,999
	Aug 11, 2020	\$1,099	\$1,299	\$1,799
	Aug 31, 2020	\$1,199	\$1,299	\$1,799
Sail round trip from San Francisco, California to Juneau, Alaska; Skagway, Alaska; Hubbard Glacier, Alaska; Ketchikan, Alaska; Victoria, BC, Canada; San Francisco, California. *ROUND TRIP LINCOLN SHUTTLE TO SHIP!				
7 DAY CA Coastal from SFO! Princess	Mar 29, 2020	\$899	\$999	\$1,599
Grand/Star Princess ~ 2600 Passengers	Sep 20, 2020	\$999	\$1,099	\$1,699
	Oct 4, 2020	\$899	\$999	\$1,499
Sail round trip from San Francisco, California to Astoria, Oregon; Seattle, Washington; Vancouver, BC, Canada; Victoria, BC, Canada; San Francisco, California. *ROUND TRIP LINCOLN SHUTTLE TO SHIP!				
10 DAY MEXICO From SFO! Princess	Dec 13, 2020	\$999	\$1,199	\$1,599
Ruby Princess ~ 3080 Passengers	Feb 1, 2021	\$799	\$949	\$1,299
Sail round trip from San Francisco, California to Puerto Vallarta, Mexico; Manzanillo, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California. *ROUND TRIP LINCOLN SHUTTLE TO SHIP!				
28 DAY Tahiti/Bora Bora Princess	Oct 3, 2020	\$3,399	\$3,599	\$5,699
Emerald Princess 3080 Passengers	Mar 26, 2021	\$3,399	\$3,599	\$6,699
Star Princess ~ 2600 Passengers		INCLUDES SACRAMENTO AIRFARE & AIRPORT SHUTTLE!		
Sail round trip from Los Angeles, CA to Hilo, Hawaii; Honolulu, Hawaii; Lahaina, Maui, Hawaii; Pago Pago, American Samoa; Apia, Western Samoa; Bora Bora, French Polynesia (2 Days); Papeete, Tahiti (2 Days); Moorea, French Polynesia.				
31 DAY LOS ANGELES to LONDON Princess	May 9, 2020	\$3,699	\$3,999	\$5,699
Island Princess ~ 2200 Passengers		INCLUDES SACRAMENTO AIRFARE & AIRPORT SHUTTLE!		
Sail from Los Angeles, CA to Southampton (London), England visiting Puerto Vallarta, Mexico; Huatulco, Mexico; San Juan del Sur, Nicaragua; Puerto Caldera (Puntarenas), Costa Rica; Fuerte Amador, Panama; Full Transit of the Panama Canal; Cartagena, Colombia; Fort Lauderdale, Florida; Saint John's Canada; Reykjavik, Iceland; Isafjordur, Iceland; Faroe Islands (Torshavn), Denmark; London (Southampton), England. Ask about post cruise London hotels.				
15 DAY Panama Canal Princess	Feb 8, 2021	\$2,299	\$2,599	\$3,299
Emerald Princess ~ 3080 Passengers	*Feb 23, 2021	\$2,299	\$2,599	\$3,499
INCLUDES SHUTTLE TO SHIP & AIRFARE RETURN TO SACRAMENTO!				
Sail from San Francisco, California to Fort Lauderdale, Florida visiting San Juan del Sur, Nicaragua; Puntarenas, Costa Rica; Fuerte Amador, Panama; Transit the NEW LOCKS of the Panama Canal; Cartagena, Colombia; Fort Lauderdale, Florida. *Feb 23 Reverse Itinerary from Fort Lauderdale to San Francisco. Flight from Sacramento to Fort Lauderdale and shuttle from ship to Lincoln is included.				


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CST # 2033380-40 February 2020a edition



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

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

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

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

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

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

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

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

15 DAY GRAND EUROPEAN Viking River Cruise Various Dates - Call for details \$3,999 \$4,899
Various Ships ~ 190 Passengers INCLUDES DAILY EXCURSIONS SACRAMENTO AIRFARE & AIRPORT SHUTTLE!

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

21 DAY Australia Boomerang Cruise 1 Cunard Feb 6, 2021 \$3,999 \$5,099 \$6,099
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Sail from San Francisco, CA to Sydney, Australia visiting Hawaii; Apia, Western Samoa; Suva, Fiji; Tauranga, New Zealand; Auckland, New Zealand; Bay of Islands, New Zealand; Sydney, Australia. This cruise ends in Sydney on Feb 28, 2021

25 DAY Australia Boomerang Cruise 2 Holland America Mar 4, 2021 \$2,899 \$3,199 \$6,599
Maasdam ~ 1258 Passengers INCLUDES SACRAMENTO AIRFARE RETURN & AIRPORT SHUTTLE HOME!

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

Prices are per person; based on double occupancy and subject to availability. Other items not included in the cruise prices are airfare-unless otherwise noted, taxes, transfers, fuel surcharge and travel insurance. Some restrictions may apply. See brochure for complete details. *Lincoln Shuttle is \$125 per person round trip unless otherwise noted as included.



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CST # 2033380-40 February 2020a edition

Low Vision Support Group

BY JOAN BRANT-LOVE

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

“Assistive Devices in Lincoln”

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

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 star.

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

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

• • •

Wise Aging Resource and Support Group

BY CAROL EISENHOWER

We are a support group for residents of Sun City Lincoln Hills, and we provide a forum for discussion, support, education, and sharing of aging-related resources for all residents wanting to plan for their older years, whether ageing in place or exploring other options. 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 at 1 pm, Gables/Heights Room, Orchard Creek Lodge. Our March meeting is March 3.

In April, we will begin meeting twice a month on the first and third Monday of each month. In April we will meet April 6 and 20.

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

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Alzheimer’s Caregivers Support Group

BY JEFF ANDERSEN

Amazed that some trees and bushes have begun to grow and blossom in mid February, could this be a metaphor for the spirit we sometimes fail to recognize in ourselves and the people we care for and care about? Or is the thought the result of a misunderstood request at the cannabis store that yielded a purchase of THC instead of TBD? No, the metaphor is accurate, and the sight of blossoms in February is a pleasant reflection on the third Friday in February which was National Caregivers Day, an homage to the professionals who provide care that we cannot. Thank goodness they are among us when we are unable to meet the task.

Those of us remaining in the caregiving role meet regularly here in Lincoln to support one another. The Ladies group meets on March 4, the Men’s group on February 19th, and the General Meeting is on March 25. See times and locations below.

The Alzheimer’s/Dementia Caregiver’s Support Group meetings are held each month except December. The Large Peer group meets at 1:00 PM each 4th Wednesday in the

MultiPurpose Room (OC). All are welcome to attend, especially caregivers with recently diagnosed family members. The program for the Peer group gatherings alternates monthly between group discussion moderated by 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

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(more Club News cont’ on page 25)

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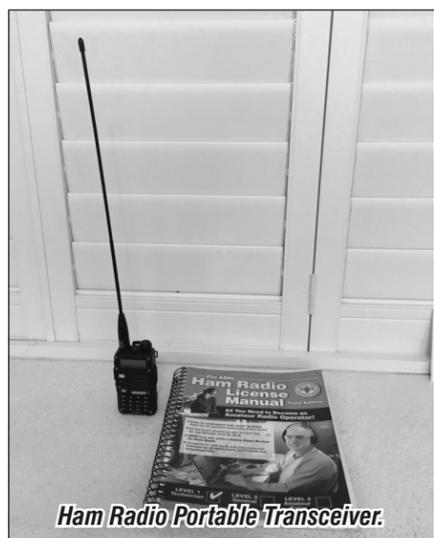
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LH Amateur Radio Group

BY DAN LEHRER - KN6DRN

Talking on our cell phones is usually an efficient means of communicating. Well, Ham Radio operators also have hand held transceivers or “handhelds” (HT’s). HT’s are reliable and not dependent on the power grid, but are designed for short distance use. That’s where repeaters come in, capturing those signals and sending them to more distant locations. The LHARG maintains its own repeater and we have been trading ideas on how to maintain and upgrade it at our meetings. In an emergency the LHARG is prepared to communicate with first responders and others should the need arise. If you are looking for a



Ham Radio Portable Transceiver.

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

LH RV Group

BY STEVE BEEDE

Our February RV Group meeting opened with a fun slideshow of the many memories from our 2019 Rallies and progressed with planning for the many RV Rallies we have scheduled throughout 2020 and new ideas for 2021-22. This month, our Members are heading out for Bodega Bay and preparing for our April Rally in Las Vegas. Lots of interest was generated at the recent Club Expo and each month we’re gaining new Members. We pay a lot of attention to education and this Month we had presenters from Harp’s RV Service getting us ready to hit the road safely.

Our Spring Fling will take place in June at the Sports Pavilion and we’ll celebrate our Fall Holiday Party at beautiful Cata Verdera in December. Thank you Vickie White for your leadership. Our Intro to AED Training with Susan Brenden has moved to April.

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.

SCLH Sports Car Club

BY PAM BERRY

We can hardly wait for good weather and more exciting car tours. Planning is on for several trips with more ideas being developed. Our first trip is a favorite because what more could you want but a curvy road, good food and tasty sausage. The Lockeford Sausage with lunch at Teresa’s Place in March fits the bill.

Currently the next trip is to beautiful Pacific Grove and the Seven Gables Inn that sits along the Pacific Ocean. The tour is usually



Wayne Sloan and Michelle Breckon discussing Pacific Grove tour.

for two-nights but many members extend one or two days. While dinner is scheduled for Fandangos the rest of the time people will choose other activities that are available in the area. Some will take a Whale Watching trip while others will enjoy the sights along the Seventeen Mile Drive around Pebble Beach.

This year is shaping up to be another great one!

RoadRunners Motorcycle Club

BY MIKE SMITH

The arrival of March means it’s time to start the club’s official riding season. First up on March 14 will be a ride led by Road Captain Mike Smith around the Sutter Buttes to lunch in Gridley. The club has some great rides lined up for 2020, covering a wide section of Northern California.

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 March 26.

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

(more Club News cont’ on page 27)

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Rod & Relics

BY ELNA RAGAN

Although the Car Show season has not officially started, our Car Club has been busy since January holding meetings to organize the committees and activities that will make our June 6 Downtown Lincoln Car Show a resounding success. We have been busy lining up trophy and major sponsors for the event, chairs to coordinate the numerous activities held throughout the day, and vendors, providing both food and products.

We welcome three Platinum Sponsors: Caliber Collision and Waffle Farm are returning as sponsors and O'Reilly Auto Parts is a new sponsor. During the Car Show, music will be provided by Professor Rockola, there will be great Raffle prizes, a Children's Activity area, a Chamber of Commerce Bar-B-Q in Beermann's Plaza, and the downtown shops and restaurants to visit.

Through the years, the Rods & Relics have donated over \$181,000 to local charities from its Car Show proceeds. The two charities that will benefit this year are RRUFF Healing Heroes and the Assistant League of Greater Placer.

Three Board positions were open and nominations were held at the February 20 General Business Meeting for the positions of President, Vice President, and Secretary. Candidates will be voted on at the March 19 General Business Meeting.

There were two breakfast get-togethers in February at the Twelve Bridges Waffle Farm Restaurant on the 4th and the 18th. Club members also got together for a relaxing evening of friendship at Old Town Pizza on the 12th.

We are always looking for new members! If you own a 1975 or older American-made or American-powered vehicle and enjoy getting together with like-minded auto enthusiasts, come out to the get-togethers listed below! Check out our website and become a member of our Car Club!

Upcoming Events —

March 19: General Business Meeting will be held at the Meridians Restaurant, 965 Orchard Creek Lane, Lincoln. Dinner is available from 5:00 p.m. on and may be followed by a speaker at 6:00 p.m. The General Business Meeting starts at 6:15 p.m.

March 3, 17, 31: Breakfast at the Waffle Farm in the Twelve Bridges Shopping Center. Members start arriving at 7:45 a.m. Join us

for a tasty breakfast and to catch up on Car Club-related news.

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

Website: www.rodsnrelics.net

Garden Group

BY LORRAINE IMMEL

Herbs: The Multifunctional Workhorses of the Garden! This is the focus of the presentation of our General Meeting—March 26, Kilaga Springs, 2-4 PM with speaker—Rose Lovell-Sale. (Hardworking herbs...the culinary stars, the medicinal marvels, the pollinator magnets and the landscape design workhorses.) Learn more about incorporating herbs into your designs with Rose, the owner of Morningsun Herb Farm. She will speak about the extensive and sometimes unusual uses of some of the lesser known herbs that will add color, fragrance and texture to your planting designs.

Rose Loveall-Sale was raised in Vacaville, Ca. She attended U.C. Berkeley, graduating with a B.S. in Forestry in 1985. After working for the California Department of Forestry in Fort Bragg, CA for 2 years, she returned to U.C. Davis, graduating with a M.S. in Environmental Horticulture in 1990. She managed research greenhouses for the U.S. Forest Service in Chico and Placerville, CA for 4 years before opening her own herb nursery, Morningsun Herb Farm, in 1995, where she propagates more than 700 different kinds of herbs, vegetables, and unusual drought tolerant perennials. Lavenders and Salvia are both specialties, with more than 40 types of lavender and 60 types of Salvia in production. Rose is a much sought after garden speaker, giving presentations and classes to many garden clubs and community colleges around the Bay Area and Sacramento Valley, as well as teaching classes about herb growing at her nursery.

Bring some extra cash if you want to buy some of these herbs as Rose will be bringing a variety of 10-12 flats of them to sell after the meeting!

Also, there will be no Brown Bag Sales



at this meeting as the garden items usually available will be sold at the upcoming PLANT SALE on Saturday, April 4th at the Sports Pavilion (9-11am). Please remember to donate and bring any plants, garden items, etc. you have for the plant sale that morning (8-9am)... thank you!

March 31 is your last chance to renew your membership before you are dropped from the membership and email lists. New members and renewals may go to the website to join (lhgardengroup.org) or bring a \$20 check made out to SCLH Garden Group (or cash) at this March meeting. Be sure to fill out the liability sheet and send that along, too.

Bird Group

BY DON BAYLIS

March begins the transition from our winter avian residents to the migrants passing through and incoming breeding pairs. Cranes, geese, ducks and flickers will become less common, as the swallows, warblers, and flycatchers arrive and pair up.

This issue will report on day trips to the foothills above Linden and Bridgeway Island in West Sacramento. Linden has been a perennial trip for January, as the foothills are a mix of open rangeland with less-common raptors, Salt Valley reservoir for water birds, and oak woodlands for woodpeckers. This year sightings followed the pattern of earlier trips elsewhere with reduced count of birds, but a good species count. We did get at least a few Ferruginous Hawks, and the later part of the tour found us with Prairie Falcon, Bald Eagle, Osprey, Rough-legged Hawk and Lewis's Woodpecker. Our total of 52 species was among the best of recent years, despite finding few birds of each species.

Bridgeway Island pond is located in West Sacramento along the ship canal, and just east of Vic Fazio refuge. This catch basin of modest size is famed for having one of the highest concentrations of Blue-winged Teal in the area. Blue-winged Teal are usually hard to find locally, yet here we spotted several, though not as many as in previous years. Only a handful of Cinnamon Teal, and no Green-winged

Teal, were found. Bird counts again were limited, but coupled with our return through the rice fields west of Lincoln, we identified 63 species. Less commonly found birds included a juvenile Bald Eagle, Wilson's Snipe, Sora, Virginia Rail, and Spotted Sandpiper.

Our regular meeting on February 10 featured Heath Wakelee with an expanded program. Heath usually briefs us on our Western Bluebird neighbors, but this year added two other year-round birds, Burrowing Owls and Wild Turkeys. Burrowing Owls are threatened by habitat loss and are a declining species, but they can be found (with difficulty) in the Lincoln area. Wild Turkeys are not at all threatened or declining and seem to be moving even into busy parking lots as long there are roosting trees in the vicinity.

Our upcoming speaker for March 9 is Luke Matthews from the California Rice Commission. Rice growers, encouraged by the commission, have been moving from the old practice of burning their fields and filling the valley with smoke to instead flooding the fields. These fields, with the remaining rice straw as a food source, have provided habitat for hundreds of thousands of waterfowl. Luke will update us on how this is supporting bird life, and now even experimentally serving as a location for juvenile salmon to grow up before migrating to the ocean.

For April 13th, Genelle Treaster and Brian Gilmore of the Nimbus Fish Hatchery in Folsom will discuss the operations of the hatchery and the impact on fish and birds in the lower American River.

Bird trips are planned as follows:

- Friday, March 6, Keeping it Local.

(cont' on page 28)



Blue-winged Teal by John Garfein.

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Bird Group

(cont' from page 27)

Depending on weather and birding reports, we will pick one of our more local spots to explore. Yolo Bypass, Bobelaine, and Lincoln Wastewater Treatment Plant are all possible, stand by for more information the week before the trip.

- Friday, March 20 will be the Twelve Bridges Trail. This City of Lincoln trail winds along a branch of Orchard Creek from Coyote Pond to Joiner Parkway. We will meet at Coyote Pond Park, walk the trail, then shuttle back to our cars. This is a morning only trip.

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

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

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

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Fishing Club

BY HENRY SANDIGO

At our February General Meeting our guest speaker spoke of a type of fishing called Tenkara.

Wikipedia states - Tenkara fly fishing literally (“fishing from heaven”, or “fishing from the skies”). Used for mountain stream trout fishing, tenkara is one of the most popular methods of angling among fresh-water mountain anglers in Japan.

Tenkara as our speaker explained to us originated over 200 years ago. So the western fly fisherman can’t really look at tenkara as something new. Western fly anglers know that the fly person have accumulated a lot of equipment: rods and reels of different lengths and strengths, different types of flies that float on the water and wet flies that sink into the water and a float-tube to venture onto a lake. Whereas the tenkara fisherman may use at the most 3 flies or as our speaker stated many tenkara fisherman only use one fly all the time. No reel, boat or float tube required! The simplicity of Tenkara is that all the tools can fit into a small pouch and the rod collapses into it self making it easy to store in a back pack or pouch. The conventional fisherman have boats, pontoons, prams and a host of equipment to help them find that particular fish. So we are preoccupied by equipment, while the tenkara is not. Tenkara focuses on the fisherman and outsmarting the fish while evening out the playing field.

The tenkara rod is an amazing invention,



while collapsed its about 18-24 inches long, and when extended, some models can go to 14 feet! Normally the line of the tenkara rod is no longer then the rod it self, remember no reel either and the line can be shorter. You can just wade out a bit into the water and reach out with your rod all 12, 13 or 14 feet of it and with a flick of your wrist or forearm land the fly where you want it. That is the premise. Whereas with a conventional fly rod, you must master the back cast and forward cast precisely to place the line onto the water, while mending to insure the line and fly aren’t dragged along and down into the water line and away from the fish. The concept of fishing with a tenkara rod is pretty cool if you ask me.

• • •

Hiking and Walking Group

BY STEPHANIE HUNTINGDALE

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

We participated in the Sun City Club Expo in February and it was nice to talk to many residents who had interest in hiking or

walking. The biggest statement heard was “I would really like to do this (walking or hiking) but I’m really out of shape and I’m not sure just how much I can do.” Well, you never know till you try. Also heard, “I don’t have the time”. Joining the walkers is a brief time commitment to walk about 3 miles and then get on with your busy schedules. The best place to begin is with the walking group that meets each week on Wednesday, at 8:00 a.m.; everyone walks at their own pace. The walks are about an hour on Sun City trails. The nicest thing is that you are in a group and no one is going to leave you behind. The meeting location changes each week so be sure to check on the website, for their schedule. Just click on the Walking Group. You may surprise yourself and realize that you really are ready to attempt an easy hike.

The SCLH Hiking Group usually plans two “getaways” each year. While “getaways” are not carved in stone or mandatory they are planned for areas that are not typically good for a day trip. You do have to be a member of SCLH Hikers. Many hikes are planned for all hiking abilities and there are activities for non-hikers too. Currently a fall getaway to Sequoia National Park is planned. I understand there is a waiting list. Are you interested in putting a spring or early summer getaway together? Contact Dan Cortinovis with your idea. These are such fun and members are always willing to help if you need it.

Plan on joining a walk or hike this month! It is very important for you to check the website,

(cont' on page 29)

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Hiking and Walking Group

(cont' from page 28)

www.lincolnhillshikers.org, on the morning of the hike as rain and mud usually means the hike is canceled or now we may have an alternate trail.

Upcoming Easy Hikes: March 10, Bobelaine Wildlife Sanctuary (Nicholas)

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

Upcoming Moderate Hikes: March 19, Hidden Falls Creeks and Pools (Auburn), April 9, Table Mountain (Oroville)

Upcoming Moderate/Strenuous Hikes: March 31, Rockville Hills Regional Park (Fairfield)

Upcoming Strenuous Hikes: March 26, Cardiac Bypass (Auburn)

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

Call Dan Cortinovic 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

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Shooting Group

BY JOHN KIGHTLINGER

Would you like to join a friendly group of residents enjoying recreational shooting sports? The shooting group may be just what you are looking for. Our purpose is to make friends among residents who are interested in

enjoying safe recreational shooting sports. If you have not shot in years, or have never shot before, you will find the group welcoming with members available to help. You may join our shooting activities on any of our scheduled dates, regularly or intermittently. Just come out and have fun!

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

Generally, the rifle and pistol activities occur 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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Water Volleyball

BY ROSEMARY ELSTON

The Steering Committee has been diligently working on the #2020 Vision for the Club during monthly meetings, obtaining feedback from members individually and in a group format and reviewing past Club history. The member survey identified three member areas of importance to focus on in 2020

--- member recruitment, filling all nets and championing sportsmanship(positive player interaction when competing). The Steering Committee has received comments from members who attended the monthly meetings to combine with the information obtained through the member survey. During the February 11th Steering Committee Meeting, the Committee prioritized #2020 Vision initiatives; nine initiatives were identified to focus on over the upcoming months. Steering Committee members were asked to review and consider volunteering for initiatives compatible with their position on the Committee, interests and skills/experience. The Steering Committee will be soliciting additional support from Club members to ensure the success of the #2020 Vision directed toward the future growth of the Water Volleyball Club. The Steering Committee views the future success of the Club dependent on the support and involvement of all members. A wonderful example of Club involvement is the annual Community and Club Expo on February 25th; several members have volunteered time, supplies and equipment toward the success of this important event. Thank you!

Beginning in February, the Spring Ranking process commences for competitive Levels 4, 5, and 6. Competitive players have been attending valuable training sessions, working with mentors and participating in scheduled playing times. Results of the Spring Ranking will be posted in alphabetical order and communicated via email to participating members. Questions or concerns

can be forwarded to Eric, Competitive Play Coordinator via Club email.

Player health and safety during Water Volleyball play is of the utmost concern to not only the Steering Committee but to all members. The Steering Committee is researching the possibility of partially subsidizing CPR training for Recreational and Competitive players. The costs for the CPR training are currently under investigation to determine how much budgeted monies could be allotted and how many members would be able to participate. Email: sclhwatervolleyball@gmail.com Website: lhwatervolleyball.com

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Table Tennis

BY DENNIS ZARO

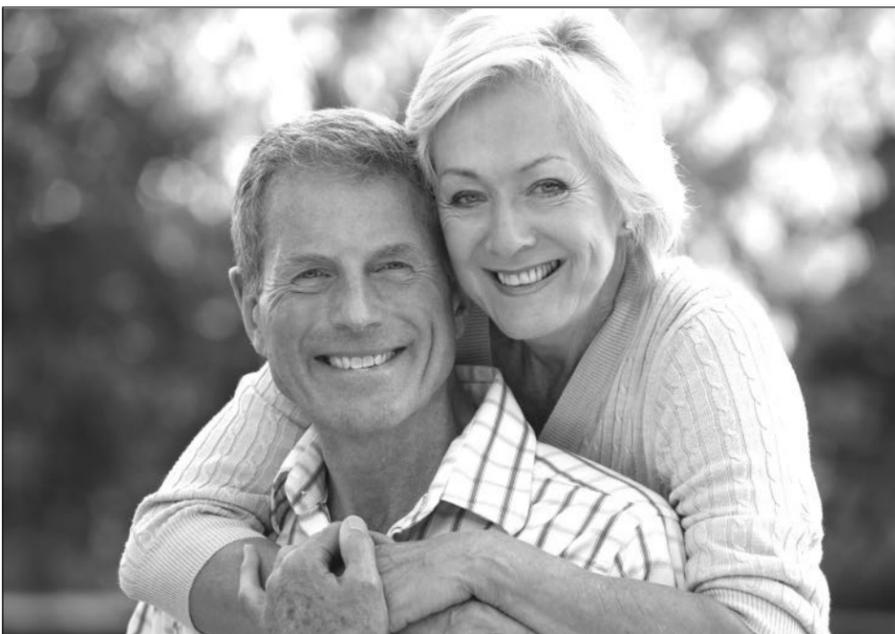
Some pickleball players come in to play table tennis when the weather is inclement or windy. You don't have to be a pickleball player avoiding harsh weather conditions to play table tennis.

All are welcome with sets of tables designated for five skill levels. Loaner paddles and free lessons are available. We play doubles in the Kilaga Springs (KS) Multipurpose Room at the following times: Sundays, 9:00 AM to KS closing except the first Sunday of the 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 timfrank@gmail.com.

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(more Club News cont' on page 32)



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Neighborhood Watch

BY KATHY GIRE

March has several events to talk about, but celebrating Saint Patrick seems to be the most popular. He is associated with Ireland, but he was actually born in Scotland. His birthday is assumed to be March 17, but that was the date of his death. The “wearing of the green” was connected to the luscious green grass of Ireland but the color of St. Patrick’s robes was blue!

“Corned beef” was unheard of in Ireland until the late 19th century when immigrants bought corned beef from the Jewish Delis in New York City. And those snakes? In truth, the Emerald Isle owes its lack of slithering snakes not to St. Patrick but to the Ice Age and geography. Even if the snakes could reach the glaciers, they were too cold for the reptiles.

Alerts —

A resident received a call supposedly from PG&E. The scammer told the resident that he needed to pay his bill or his electricity would be shut off in two hours unless payment (in cash) was made at a PG&E outlet. Then the scammer recommended that to “expedite the payment,” the resident should meet him at a nearby 7-11 store and promised to give him a “contract to accept payment.”

Fortunately, when the resident got the scam call, his PG&E bill was on his desk, and no payment was due.

Residents in the 900 block of Gold Nugget Circle report that a suspect stole a package containing miscellaneous items from their front porch on January 16, 2020. The residents were home at the time and heard their “Ring Door Camera” sound an alert. They checked the camera and found pictures of the “Porch Thief” and get-away vehicle.

The police were contacted and the residents posted photos on social media. They were contacted by a person in Yuba County who had pictures of the same thief stealing packages. The Yuba County Sheriff’s is on the case.

The suspect is a white male, 20-30 years old, wearing glasses, dark clothing, and a card on a lanyard around his neck. His hair appeared to be a wig, and facial hair looked faked. A female suspect was driving the vehicle.

Another resident received an email

with his son’s correct email address. The resident was asked to buy a \$200 Gift card for a birthday gift. The resident purchased the card and forwarded the information via email. Unfortunately, the money was hacked from the son’s email. This time of year, 1099 forms and other tax forms are in the mail. Pick up your mail as soon as possible. The forms may have your security numbers on them.

You may sign up for a free service called USPS.com. The Post Office will send you an email every day that you have mail and/or packages coming. Then you can pick up your mail as soon as it arrives.

Be suspicious of any text messages or emails that require you to “click a link” and then provide personal identifying information like a credit card number.

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

Mission Statement —

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

New Mail Box Captains —

Welcome to our new Mail Box Captains: Peggy Anderson, Village 38B, MS#6
Helga Bell, Village 36, MS#4
Donna Bradford, Village 39, MS#2
Rosemary Bryan, Village 15, MS#2
Marsha Micik, Village 39, MS#2
Nancy Newhart, Village 38B, MS#7
Alison Phillips, Village 21, MS# 9
Bernice Ramsey, Village 32A, MS#4
We also welcome Cindy Davidson as new Village 16A Coordinator.

These are villages that need help: 24C, 26C, 29, 38C, 39, 40A and 40B.

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

As always, thanks to our wonderful new volunteers!

New Village Coordinator —

If you are in need of a very pleasant person with whom to talk, I suggest you pick Mona Matthias who is Village 38B’s new Village Coordinator. We had a lovely “breakfast” in Meridians throughout our interview.

Mona was born in Oroville and as an adult lived in Grass Valley on 3-1/2 acres. She is a very easy person to gather information from. She had been widowed twice and has a son in San Francisco and several step-grandchildren as well.



Mona Matthias

Mona taught as an educational consultant which she explained was “teaching teachers.” She was a math major herself but traveled extensively to Russia and Canada.

While on a trip to Russia in 1993, Mona was staying at the Cosmos Hotel when their group was denied entrance to the Kremlin but they did make it in the Science Presidium however.

In 2017, she discovered SCLH! Her interests were fulfilled here, and she plays Bocce Ball, attends the Bird Club, likes photography, and the Mixed Media art group.

Mona is a cancer survivor and very interesting to talk to. We welcome her to the list of Village Coordinators.

March 18th Spring Safety Symposium — This year, “Placer County PROTECT”

has been added to the symposium. The speakers will define the following topics:

- Define Placer County PROTECT – Placer County elder abuse task force
- Define elder/dependent adult
- Define criminal physical abuse
- Define criminal financial abuse – emphasizing ID theft, communication scams, in-person scams and general theft
- Define criminal neglect
- Define the role of Adult Protective Services and how to report suspected abuse or self-neglect
- Explain how Placer County DA handles elder abuse cases

Speakers —

Shanon Lemons – Adult Protective Services
Laura Mitchell – Victim Advocate
Shannon Quigley – Deputy District Attorney

Doug Lee, Public Safety Chief, will discuss the police and fire departments and personal safety. A representative from the Fire Department will also be there to discuss the Vial of Life Program, smoke detectors, discussion on how to avoid falls and answer any questions.

Join us on March 18 at Orchard Creek Ballroom from 1:00 PM to 3:00 PM. The Community Forum will video tape the event that will be available on the Association and Neighborhood Watch websites.

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





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Lincsters

BY JOYCE KIRK

Lincsters golfer Darlyne Giorgi was recently recognized as the 2019 “Most Improved Golfer of 9-hole Golf Clubs NCGA Sacramento Area.” Giorgi, an active member in the Lincsters, credits “taking many golf lessons” as one of the reasons for her improved scores. The award was presented by Jeanne Lambson NCGA/PWGA Sacramento Chairwoman at a workshop held at Haggin Oaks Golf Complex on February 4.



Darlyne Giorgi received a NCGA 2019 “Most Improved Golfer” award from Sacramento Area Chair Jeanne Lambson.

Upcoming Spring events for the Lincsters include the General Meeting set for March 11. Players who sign on for the Seniors Rule Tournament, set for April 29, will be treated to some “creative rules for the senior

golfer” according to tournament chair Alyce Stanwood. Register to play by April 15. Plan to invite a non-member to the Bring A Friend Tournament scheduled for May 20. The tournament chair is Jane Hall.

Shari Loyd won the Low Gross Prize at the Grandmother’s Tournament played on January 29 with a score of 47. Other winners: Flight 1: Jane Hall, 1st Place; Sue Spengler, 2nd Place; Nancy McDonald, 3rd Place; Sue Pharis, 4th Place. Flight 2: Michelle Howard, 1st Place; Kay Franks, 2nd Place; Nancy Hastings, 3rd Place; Barbara Korenthal, 4th Place. Flight 3: Suzanne Lundberg, 1st Place; Cheryl Brindley, 2nd Place; Marlene Anderson, 3rd Place; Bev Johnston, 4th Place. Flight 4: Carol Sexto, 1st Place; Gay Gladden, 2nd Place; Alyce Stanwood 3rd Place; Ann Diddly, 4th Place.

For membership in the Lincsters 9-Hole Golf Club, contact Nancy Hastings 916-645-5590, nhast38@yahoo.com.

Ladies Golf 18-Holers

BY CANDICE KOROPP

2019 culminated in our annual Awards Luncheon, where The Most Improved Player for the 18-Holers was announced. Lynn Lapera was stunned upon hearing her name presented by Linda Chappellear, Chair of Handicapping. Lapera kept repeating that she never thought it could be her. Her January handicap of 29.8 fell



Lynn Lapera, Most Improved Golfer for 2019.

to 25.3 in 11 months time, edging Patti Tilton whose handicap fell nearly two strokes to a 14.1 for the season. The Birdies and Chip-ins category was won by Kathi McCoy, with 22. Other notables included Candy Koropp with 19, Donna Sanderson with 14 and Lissi Bedford with 12. For the Eclectic category, the lowest net on the Orchard was earned by Katie Sween with 48, followed by Koropp with 49. Tied with net 50, were Bedford, Kelley Royball and Karen Thom. On the Hills Course, the lowest net was scored by Sandy Tamanti with 46. The next lowest net was for Royball, 47, and three players had net 48: Bedford, Judy Emge and Linda Chappellear.

The first NetChix winner for the year was Sandy Tamanti, with a net 64. Sandy is a repeat winner from last year, and she broke 100 to begin the year. Flight One was won by Deb Dunipace in a tiebreaker over Tilton; Flight Two by Wendy Wohl; and Harriet Orlove earned first place in Flight Three. Wohl also took the CTP on Hole Seven and finished with a birdie. Then, after some January weather cancellations, we had near-perfect golf weather for February. The February NetChix was Barbara Grant, from Flight Four. She had a fabulous round, carding a net 57, including a birdie on #12, on the Hills. Pat McNiff was first in Flight One with 65, Nancy McDonald, a new member, also had a net 65 in Flight Two, and Mikie Briggs netted 66 in Flight Three. Usually a net 65 can win

it, but this day belonged to Grant.

In mid-month we celebrated Valentines Day a day early with a team, 2BB event on the Hills. Lots of red, pink and some purple outfits flooded the field of 35. First place was captured by Patti Tilton, Jody Watson, Donna St. Peter and Carol Tilley, by one stroke over the second place team of Kathi McCoy, Lissi Bedford, Peggy Carr and Mitsuko Cameron. With one more stroke, Donna Sanderson, Lynn Lapera, and Ofra Unger (with a blind draw) took third place. Fourth place belonged to Candy Koropp, Judy Emge, Mikie Briggs and Millie Sams. The CTP was claimed by Monica Sperling on Seven. There were a slew of birdies and chip-ins by McCoy, Bedford, Sanderson, Lapera, Robyn Kain, Chris Biswell, Suzanne Hutchinson, Yeong Hur, Donna McDonald and Tilton.

The club has welcomed several new members for 2020 including, Mitsuko Cameron, Michelle Carson, Judy Hazen, Robyn Kain, Sharon Knoll, Chantal LeFloch, Linda Mann, Nancy McDonald, Mary Roy, and Donna St. Peter, and hailed the return of Joyce Herrerias, a former captain, after a two year absence. Most were in attendance at our first general meeting of the year led by our new Board: Julie Storer, Captain, supported by Deb Dunipace, Co-Captain, Dori Knorr, Secretary, Aileen Martinez, Treasurer, and Val McElroy, ex-Captain. We are now 100 members strong, and many of the new member are showing on the leaderboard.

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(more Club News cont’ on page 33)

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Men's Golf

BY DOUG HINCHEY

For the amount of play on our courses, they are in pretty good condition this winter. There are some drainage and natural wet area, but the dallisgrass is being treated! Hopefully it will finally disappear. Repairing or filling any divots while waiting your turn to hit keeps our courses looking and playing well, thank you to those that fill divots.

Next up is the Tournament of Champions on March 10. There will also be a Just for Fun division. Recent gross score winners of their flights in the Two Man Slossfest Scramble: John Michel and Bill Rapp, Jerre Haynes and Mike McGuire-Back, Jack Drinkard and Rick Lamb, Dan Kramer and Warren Mercer, Ron Balderston and Bob Napoli. Net score flight winners were: Joe Angel and John Vass, Edward Rocknich and Ken Storer, Wally Gibson and Doug Hinchey, James McCarthy and Bill Zeek, Larry Brown and Greg Nakamoto. Michael McGuire-Back qualifies for the 'Penny Carolyn Shootout' before the Tournament of Champions for his closest to the pin on the par three hole, sponsored by Penny Carolyn. Thank you to Jesse Reuter and Rich Henrikson who have put out and retrieved our Sponsors signs for all 12 tournaments the last 3 years. Sylvan Braa and Gary Anderson have graciously volunteered for Sponsor sign duty going forward. Thank you guys! All tournaments, results and other news is posted on our website, mgclh.club.

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LH Tennis Group

BY HELEN BEROTT

We kicked off our 2020 event schedule with the Mid Winter Blues Tournament on February 14, and it was a huge success! We had a beautiful day and a great turn out. Thanks to all that participated. Kudos to our tournament directors Dennis and Cathy Vaillancourt, and social directors Pam Geernaert, Sarah Solberg, Jill Gossard and Jan Soto. We were divided into three brackets for play. Here are our winners:

First bracket: 1st Place: Terri Miladinovich and Russ Smith, 2nd Place: Paula Dwelly and Phil Meth

Second bracket: 1st Place: Trish Ross and Terry Padovan, 2nd Place: Helen Berott and Al Giuliani

Third bracket: 1st Place: Pam Geernaert and John Burke, 2nd Place: Jan Soto and Jack Williams

Plans for our next tournament are underway. The annual St. Patrick's Day tournament will be held on Wednesday, March 18. Get ready to sign up for another fun day of tennis!

Over time we have had great success with our USTA teams. To date we have had 57 teams win the local Sacramento league and advance to post-season play against other Northern California teams. We have renewed four of our championship banners, and they are now hanging on Court 4. More new banners will be hung over the next few months.

Our Ladies 6.5 Combo team, captained by Marilyn Duncan and Cindy Fuog have won, and

are advancing to the District Championships. A link to each of our league teams can be found on the LHTG web site, where you'll find dates and times for matches.

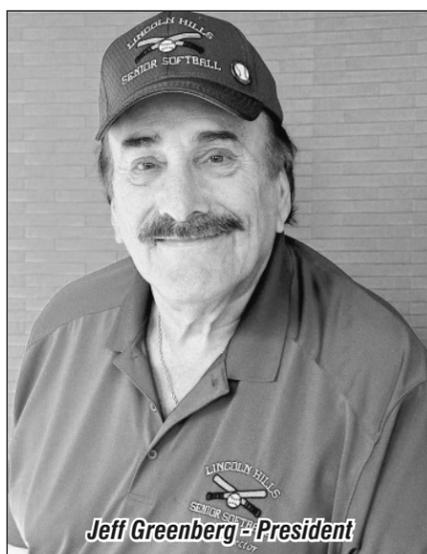
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LH Senior Softball League

BY BRUCE BRIGGS

Are you ready for some softball? Our games, usually played on Mondays and Wednesdays, are free to watch at our beautiful Del Webb Field in Sun City Lincoln Hills.

By now, our 2020 managers have been selected and we've had our summer league draft of eligible players that were placed on our Recreational League teams sponsored by local businesses.



Jeff Greenberg - President

Planning ahead, our Opening Day - First Day of Play is scheduled for Wednesday, April 15th. This is a full day of softball with as many as six games scheduled. It is planned to include games of both our Coed Recreational League and our new Ladies League. The day's results will count in our standings.

We're scheduled to have breakfast available for purchase early in the morning on the 15th and then our famous "Hot Dog Day" meal deal will be available for purchase later in the morning and well into the afternoon. This is the twenty-first year of this special event. Net proceeds help to fund scholarships for Lincoln High School graduates entering college. We have a long tradition of supporting the Athletic Department at Lincoln High School, Lincoln High School Girls Softball and deserving seniors as they begin their college studies based on the fund raising efforts of our volunteers.

Our season runs from mid-April to mid-August, followed by a double-elimination playoff tournament that occurs in late August to early September, where we crown our Recreational League Champion.

We'll look forward to seeing you at the ball field at 1050 Del Webb Blvd. in Lincoln Hills.

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(more Club News cont' on page 35)



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Mad Hatters Bocce Group

BY PAUL MAC GARVEY

The weather made a liar out of us twice this last month. In February we bragged about not having to cancel any Thursday morning sessions despite the inclement weather the previous weeks and, of course, it immediately rained all morning the following Thursday, and then it stopped raining and we went back into drought mode. Go Figure.

Without a doubt the highlight of the month was the morning Fay and Kevin brought three boxes of donuts from Pink Box. Everyone must have been in a donut kind of mood because they disappeared rapidly. Which reminds us; we have to start talking about when we want to switch to 8:00 AM. Waiting until May gets us into some fairly hot weather a 10:00 AM. And another reminder; Special Olympics will be showing up on our doorstep any time now for their Saturday morning practice sessions.

You've probably noticed the work going on behind the Bocce courts. The association is moving ahead rapidly to get a Croquet Court set up so they can start work on two new Tennis Courts on the old "grassy knoll." There is a new shade structure behind the playground but as yet no sign of the proposed shade structures for the Bocce Courts. Shade or no shade we'll be on the Bocce courts on Thursday Mornings. We currently start at 10:00 AM.

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

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LH Billiards Group

BY STEVE FOWLER

The Rack-N-Roll Tournament held February 3rd had 15 participants who played seven games of 8 ball (no 1/15). The big winner was Don Cook with 6 wins and 1 loss. Second Place went to Peshu Irani with 5 wins and two losses. Congratulations to our winners.



Peshu Irani and Don Cook

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 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 will take place June 6, Saturday at the Sports Pavilion. The cost is \$10.00 per person with no refunds. Mark your calendar as last year's event was well attended with 100 attendees so space will be limited. The Flyer that includes the application form are located on the Bulletin Boards at both Kilaga and Orchard Creek, and in the Association's Club Info bin located across from the library. You do not have to be a LHBG Member to attend, but must be a resident of Lincoln Hills Sun City, or the guest of a LHBG Member.

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

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

Mentoring - Tuesday- 9 AM-10:00 AM and 10:15 to 11:15 AM. Learn how to play pool.

Level: Novice - Intermediate Players

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

Ladies- Tuesday- The first Tuesday of the month straight 8 is played. Otherwise 8 Ball (1/15) 12:30 PM- 3:00 PM. 12:30 PM to 12:45 PM check-in. Play starts promptly at 12:45 PM.

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

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

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

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

Level: Advance Players

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

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

Co-Ed, Upstarts, Breakers, Players, Challengers, Rookies and Ladies Tournaments

are free. The Cue-Masters and Rack-N-Roll tournaments require an entry fee of \$2 to play that day. All monies collected are paid out as prizes.

• • •

Tuesday SS Bowling League

BY JOHN VOGELI

As this article is being read by my "Fans", our league will be in the process of crowning our third qtr champion. As of this writing "Hot Pockets" (Linda Zierman, Pat Fisk, Robert Smith, Dave Fisk) hold a short lead on "We Don't Care" (Ellen Asbury, Richard Armentrout, CJ Johnson, PK Lewis). "4-2-Win" (Carol Torno, Bob Vincent, Roy Hackman, Ron Basnett) and "Terrible 2's" (Joe Ortiz, Vonda ortiz, Karol Rich, Dennis Cirrone) are in position to move forward if our leaders stumble. It could be an interesting couple of weeks. In the most improved bowler category Robert Smith heads up the men with a 13 pin improvement, 157 to 170. The most improved woman is Laura Silva with an 11 pin jump to 150 from 139. We have a new leader in the Team Scratch Series, "We Don't Care" overtook "Shuda Been" (John Cho, Delores Wydra, Jeff Mattimoe, Dave Harriman) by the sum total of one pin, 2359 to 2358. Team Scratch Game belongs to "Rock'n Bowl" (Gene Garman, Jill Munyan, Mike Becze, Dale Mellberg) with a solid 843 score. The Team Handicap Series is real competitive. "4-2-Win" leads with a 2772 series followed by "E Z Duz It" (Bernie Pratt, Patrick Heredia, Pete Farrar, Owen Brosh) with a 2755 series, and "Spare Us Da Split" (Pat Basnett, Hank Starr, Laura Silva, John Bache) fell 2723 pins.

The Team Handicap Game category is headed up by "Roll X" (Anita Miller, Helen Rodante, Jac Uchman, Rex Miller) with a fine 988 game. "Kelly Green Machine" (Paul Greenhaw, Judy Greenhaw, Ann Kelly, Wendy Green) are a couple of "marks" away with a 970 game. The Mens scratch series is being led by Dave Harriman with a 743 followed by a 714 from Roy Hackman. High scratch game was rolled by Ron Basnett late last year in December with a "perfect" 300, congratulations again Ron. The Womens best Scratch series to date is PK Lewis with a 612. Wendy Green has the best womans scratch game with a 238. The Mens best handicap series is Richard Armentrout with an 830 followed by a 783 from CJ Johnson. Linda Buechner is the womans leader with a 784 Handicap series and Ellen Asbury with a 725 and Bernie Pratt with a 720.

Rex Miller is the leader in the high handicap game for men with a 334, and Mike Becze is second with a 298. In the womens high handicap game Carol Torno has the best score of 287 while Jill Munyan is next with a 275. Congratulations ladies and gentlemen, nice bowling. On Tuesday the 11th of February our league held the first "Valentines Day Split-o-Rama" sponsored by the League Officers, Randy Dvorak; President, John Vogeli; Vice-President, Linda Zierman; Secretary, and Pat Fisk; Treasurer. The 1st inaugural winners were, Paul Greenhaw of "Kelly Green Machine" and Richard Wong of "The Pacers". The prize was a gift bag with a Teddy Bear, some chocolates and a heart balloon attached. Congratulations to Paul and Richard. As a side note on the 11th I rolled my personal best game ever, a

nice 254 including 10 strikes. Now that was fun. If anyone out there would like to join this competition you may contact Stacey Pudge at Strikes Unlimited in Rocklin @ 916-626-6361 for more information. You may also contact our league secretary Linda Zierman @ 916-408-2397 or lzierman@sbcglobal.net. See ya next month and good bowling.

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LH PM 19-20 Bowling

BY JOHN HABEIN

John's Bowling Tips—Simplify your spare shooting. You only need two arrows for all your spares. Schedule a practice session and devote it to figuring out your spares and how to throw the ball straighter. For right handers use the center arrow (20 board) for right side spares and 3rd arrow (15th board from right) for the left side spares. Middle spares you use your strike shot. Focus on the KEY pins or the front pin in every spare. Learn to pick up the 2, 3, 4, 5 and 6 pins and you'll pick up 95 percent of your spares. The 7 and 10 pins will become easier when you learn the 4 and 6 pin spares.

Let's shoot the 6 and 10 pins. Your target is the center arrow and place your "stance center" 20 boards left of center. It's a lot but do it. Turn your chest, not your feet, toward the 10-pin. Walk as straight as you can with your chest facing the 10-pin and roll the ball over the center arrow. If you hit the center arrow and the ball goes too far right, move your feet right five boards and try again making sure you hit the center arrow. If you miss it on the left, move left 5 boards. Adjust your feet back and forth until you get the ball into the corner consistently. Don't adjust unless you know you hit the middle arrow.

Week of 1/16 — Scratch Scores: Team Series - 2023 It is What It Is; Team Game - 683 Strike Force; Ladies Series - 509 PK Lewis; Ladies Game - 184 Marie Brown; Men's Game - 225 Roy Hackman; Men's Series - 598 Marv Zamba.

Handicap Scores: Team Series - 2813 Ready to Roll; Team Game - 963 Who Cares; Ladies Game - 259 Sharon Doney; Ladies Series - 720 Mona Wheeler; Men's Game - 286 Horace Snowden; Men's Series - 758 Jerry Gordon.

Week of 1/23 — Scratch Scores: Team Series - 2111 Sleepers; Team Game - 717 Split Personalities; Ladies Series - 575 PK Lewis; Ladies Game - 213 Jean Hackman; Men's Game - 241 Jeffery Carsley; Men's Series - 647 Roy Hackman.

Handicap Scores: Team Series - 2757 Rack'em Up; Team Game - 980 Desparadors; Ladies Game - 264 Judy Hawthorne; Ladies Series - 743 Patricia Carsley; Men's Game - 270 Joe Markus; Men's Series - 738 Scott Haskins.

Week of 1/30 — Scratch Scores: Team Series - 2767 Strike Force; Team Game - 993 Alley Oops!; Ladies Series - 762 Judy Hawthorne; Ladies Game - 261 Bestie Freiria (Mike said it!); Men's Series - 776 John Vogeli; Men's Game - 298 Fred Messina.

Handicap Scores: Team Series - 2088 Split Personalities; Team Game - 768 Here Four the Fun;

Ladies Series - 553 PK Lewis; Ladies Game - 222 Marie Messina; Men's Series - 658 Randy Dvorak; Men's Game - 267 Roy

(cont' on page 39)

Out & About in Lincoln...

BY RICHARD PEARL

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

Now thru March 8th – Lincoln Theatre Company Choristers will stage "Little Women – the Musical." Tickets are available at: www.lincoltheatrecompany.org or 1.916.409.7030. All seats are reserved and priced at \$15.50 and \$17.50. The play will be held in the Lincoln Civic Auditorium.

March 8th - Art League of Lincoln. Informative lecture on women in the arts through the centuries. Contact the Art league at: info@all4art.net.

March 14th - Art League of Lincoln. Sip & Paint Class with Unni Stevens. 1:00–4:00 pm; features acrylics and metallic paint. Complete a painting and take it home that afternoon. Limited space so contact the Art League asap.

Throughout the spring: Wine and Craft Beer lovers, remember that there are

numerous local adult beverage locations within 30 minutes of Lincoln. See www.placerwine.com for information about the 19 wineries in Placer County. See Placer County Wine and Ale Trail for info on the eleven craft beer establishments.

Upcoming major events:

April 25th (Saturday) – Lincoln Rotary Wine Fest. 1 PM thru 5 PM. Location – downtown Lincoln, centered at Beermann's Plaza (5th Street). The 8th annual Wine Fest features 20 Placer County wineries paired with yummy food from Lincoln restaurants and other food providers. Also: live music, specialty vendors, and the ability to purchase wine directly from the producer. Tickets: \$35 ordered on-line via the website – www.lincolnwinefest.org; \$40 at the gate.

May 2nd (Saturday). Tour de Lincoln (bicycles). This annual event offers a wonderful spring day of riding the scenic back roads of Lincoln and South Placer County. Special pre-registration discounts. See information at: www.tourdelincoln.org.

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

Attention Artists and Artisans

BY CATHIE SZABO

Painters, photographers, mixed media artists, ceramic artists, wood turners, stained glass artisans, jewelry creators, quilters, paper artisans – consider showcasing your work by becoming part of the Art and Craft Tour. All types of artists and artisans are welcome to be part of this event; the only requirement is that they be residents of Lincoln Hills.

A unique event, the Tour is set up to visit SCLH locations where artists display their work and have time to discuss its creation with visitors. Gathering of more than one artist at a location is strongly encouraged and efforts will be made to match up artists with those who have sufficient room to share display space.

This year's Art and Craft Tour will be held on May 2 and 3 and plans are well under way to ensure that 2020 will see the best yet event.

A detailed Call to Artist explanation and application form is available to interested parties. Registration for the Art and Craft Tour will be on March 24. If you are interested in participation, email Bill Szabo at billszabo49@gmail.com or phone at 916-434-6667 for further information and application.

For all interested in seeing the fruits of artistic labor, mark down May 2 and 3 now – details will be forthcoming on the tour.

Lincoln Library Local Author Event — Cindy Sample



Cindy Sample

When growing up Cindy Sample enjoyed reading Nancy Drew books and wanted to be a detective...then later she considered the possibility of becoming a mystery writer like Agatha Christie. Reality happened and Cindy Sample became a successful mortgage banker, a financial CEO as well as a motivational speaker.

Fast forward... today Cindy Sample is the award winning author of her own mystery series that features "Laurel McKay" with the setting being in our own Gold Country. To date there are 6 books in the series with the latest being "Dying for a Diamond".

Both the author and her books will be featured at the Lincoln Library Author Event on Thursday March 26 and is a free event for the community. Doors open at 6 pm with an author's reception sponsored by the Friends of the Lincoln Library. Samples presentation will be at 6:30. The Twelve Bridges library is at 485 Twelve Bridges Drive.

For additional information check the library website www.LibraryAtLincoln.org or www.FriendsoftheLincolnLibrary.org. which is the FOLL site.

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MARCH / APRIL

CPR Training

CPR Training is back for 2020. March 10 is the first class from 9:00 AM to Noon. The Lincoln Hills Foundation again will subsidize these classes for any residents of Lincoln Hills. The classes for CPR/AED/First Aid will be taught by our staff member, Jeannette Pyle, who works with the Well-Fit Department at the OC Fitness Center. The cost this year will be a flat \$15 and you will all get certified. Sign up in the Fitness Center before March 10. The class will be held in the OC Oaks Room at the back of the Ballroom. Sign up at either fitness center with your resident card and \$15. Check out the Compass for any other information.

Multiple Sclerosis Meeting

All are welcome to attend the Tuesday, March 10th, MS Meeting at 1:00PM, Kilaga Springs Sierra Room, as we are pleased and privileged to have Dr. Robert Calmes speak to us focusing on answering Multiple Sclerosis questions from you. Doctor is a retired Neurologist, specializing in Multiple Sclerosis and Parkinson's, and a Sun City Lincoln Hills resident. He is a new Member of our Group!

Please submit your questions regarding MS to me, Jeri Di Fiore, by March 7 for forwarding, 2020jeridifiore@gmail.com

Contact: Jeri Di Fiore, Facilitator 916 408-7565 (leave message)

Glaucoma Support Group

Luck of the Irish to Ya! Our March meeting is scheduled for March 11, at 4:00 PM in the Multimedia Room (OC). We may think that we ran out of luck when we were diagnosed with Glaucoma. Fortunately, we have an opportunity for outstanding care from Clinicians who are up to date with Glaucoma treatments. Please join us as we share the care we have fortunately received as we have walked our Glaucoma path. For more information, please contact Bonnie Dale at 916-543-2133 or Bjdale@aol.com.

Parkinson's Support Group Meeting

We meet on the third Tuesday of each month. This month we are meeting on March 17. We gather together to discuss current treatments for Parkinson's, hear informative speakers, and support one another. We meet at 10:00 AM at Granite Springs Church, 1170 E. Joiner Parkway, Lincoln. For more information contact Maggie White 916-367-3908, mag6693@yahoo.com

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., Roveville on the first Monday of the month. Breakfast (optional) available at 8:30 a.m., meeting starts at 9:00 a.m. Contact Mike Scott, 916-435-4940, or Richard Martinez, 916-543-7965.

LH Republican Club Speaker Night

Tuesday, March 24 at KS Presentation Hall • Doors open at 6:00PM and speaker starts at 6:30PM

John McGinness is president and CEO of McGinness Communication Solutions, a consulting and investigation enterprise. He also hosts a popular radio show on KFBK, Sacramento. A retired Sheriff with the Sac. Co. sheriff's dept. for 31 yrs. He served as a CSI investigator, homicide detective.

Holds a BA of Arts Degree in Criminal Justice. He is an Adjunct Professor of Criminal Justice, communications, Leadership and Professional Studies with the Calif. State University.

John McGinness will speak about contemporary issues of interest to the Republican Party, including observations regarding the election, as well as the failed impeachment effort. Topics change so he will be up on the latest news issues of the day.

Grupo De Conversacion

Nos reunimos para practicar y mejorar nuestro español. We meet every Tuesday at 4:00 pm in the "Living Room" area of Kilaga Springs Lodge, call Manuel 408-8163.

Sons In Retirement Branch 13

Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its monthly luncheon on Tuesday, March 17 at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. A three course gourmet lunch costs \$20pp. Arrive at 11:30 AM; luncheon adjourns at 1:30 PM. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending the luncheon as a guest, please contact Chet Winton at 916-408-8708.

Sons in Retirement Branch 98

The Rocklin/Roseville Branch of SIR meets monthly on the 2nd Wednesday in the ball room of the Timbers at Sun City Roseville beginning at 10:30a.m. Join retirees

for fellowship, lunch, golf, fishing, cards, and even bocce ball... many other activities also available. Call Tom Werth at 782-3536 for more information.

Lincoln American Legion Post #264

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

LH Lions Club Meeting

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

Lincoln Kiwanis Club Meeting

Lincoln Kiwanis appetizer meetings 6pm on the first and third Tuesday of the month and breakfast meetings 7:30am on the second and fourth Tuesdays all at Buonarroti's 460 Lincoln Blvd. Guests are welcome. Info: Kiwanislincolnca@gmail.com or 916581-2045 or lincolнкиwanis.org

Kiwanis Club of Lincoln Foothills

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

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

Rotary Club of Lincoln

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

Senior Peer Counseling

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

Retired Law Enforcement 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.

Grief Support

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

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.

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

SATURDAY, MARCH 28, 2020

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LUNCH: 11:30 AM | TICKETS \$75

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

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

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

**3715 Atherion Road, Suite 1
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For sponsorships, tickets, and more information, visit
www.casaplacer.org



AAUW-RSP 5th Annual Women of Distinction Awards Dinner & Fundraiser

The American Association of University Women Roseville-South Placer (AAUW-RSP) to honor two area women at its Women of Distinction Dinner featuring keynote speaker Beth Ruyak of Capital Public Radio.

Women Honored —
Tami Uhler, Assistant Director of Placer County Child Support Services Department will be honored for her work and volunteerism devoting her time to assist young women in reaching their full potential through interviewing techniques, speaking and communications skills, confidence building and exposing them to volunteerism.

Karen Wilkes will be honored for her volunteer work to create 1,000 Days for Girls kits (reusable feminine hygiene products) to be distributed to girls and young women in Africa. By utilizing her networking, program



Tami Uhler



Karen Wilkes

management and logistics skill, she doubled that number to 2,139. In September 2019 Karen accompanied a group of 11 to take 1500 hygiene kits to Uganda and Rwanda. Women and girls lose time away from work and school as they are forced to segregate themselves during their monthly cycles. Karen inspired hundreds of women to become involved with this project through speaking engagements, fundraising and recruiting volunteers.

The event will be held on Thursday, March 12, 2020 at 5:30PM, Union Brick Event Center (240 Conference Center Dr., Roseville. \$90 per person, no host bar.

Proceeds benefit the local scholarships and community programs present by AAUW-RSP.

For more information: rosevillesouthplacer-ca.aauw.net

For reservations, please call: 916-708-5463.

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LH PM 19-20 Bowling

(cont' from page 35)

Hackman.
 Week of 2/6 — Scratch Scores: Team Series – 2086 Split Personalities; Team Game – 702 Alley Cats; Ladies Series – 507 Barbara Parsius; Ladies Game – 180 Jennifer Iwig; Men's Series – 710 John Habein; Men's Game – 227 Jeff Carsley.
 Handicap Scores: Team Series – 2739 Rack'em Up; Team Game – 969 Time to Spare; Ladies Series – 710 Sharon Shevelson.
 Ladies Game – 265 Jennifer Carroll; Men's Series – 751 Mike Hart; Men's Game – 271 John Vogel.

• • •

Cribbage Club

BY DON LLOYD

The Lincoln Hills Cribbage Club plays Tuesdays from 8:00 AM until 12:00 PM in the Card Room (Orchard Creek Lodge). Warm up 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 January were: Howard Beaumont, week one; Wayne Peterson, week two; Lisa Ferrero, week three and Grant Lee, week four.

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

• • •

Duplicate Bridge

BY PATRICIA MORGAN

Duplicate bridge players think beyond the cards. The members have given generously to local charities. The most recent charities have been the Salt Mine and Ride to Walk. The Salt Mine is a faith-based charity which is part of Feeding America. Ride to Walk provides physical and emotional support for disabled children through equine therapy. The duplicate bridge club received a \$5000 grant from ACBL (American Contract Bridge) to be awarded to the Salt Mine. Dianne Conforti, charity chair, said, "The ACBL is a silent partner with us." The duplicate bridge club welcomes new members and offers many opportunities for improvement.

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

• • •

Social Bridge Club

BY JODI DEELEY

We welcomed in the new year in January 2020 with some excellent social bridge! We have a lot of fun not taking bridge so seriously with friends laughing and finding common subjects to talk about. We singularly rotate around tables and play with different card players for six rounds.

Our winners in January were: First Place: Bob Wehner, Flo Hunt, Tom Moran, Lyman Olney, and John Griggs. Second Place: Ann Jensvold, Phil Sanderson, Linda Scott, Byron Hansen, and Nancy Murdick. Third

Place: John Woodbury (twice), Bette Dow, Phil Sanderson, and Jay Southard. Fourth Place: Nancy Griffin, Jaylene Gerdes, Harry Collings, Flo Hunt, and Henk Van Empel. Congratulations for the 7 Heart Grand Slam by Bob Wehner and Bob Belknap!

If you wish to join our Social Bridge Club please call Pat Mullins at 408-202-1865. We meet on Fridays at 12:15 PM and play bridge until 4:00 PM. Or join our free bridge class on Wednesdays in the Card Room (OC). Beginners start at 8:30 AM and Intermediates start at 10:00 AM until 12:00 Noon. No lectures, just play bridge with questions answered and help available. No reservations needed for class. Just join us. However, reservations needed for Friday bridge by calling Chet Winton at 916-408-8708.

• • •



SCLH WRITER'S CORNER...

Saint Patrick

BY JIM FULCOMER

Saint Patrick of the Emerald Isle, drove out the ones who did beguile fair Eve, the mistress of the Garden, who for hersin received no pardon.

Serpents banished from that shore would be dismissed forevermore. With snakes now gone from field and fen, the Leprechauns could dance again.

He pacified the warlike Celts, by introducing Paddy-Melts. Blarney was not tolerated, but Malarkey was exonerated.

Foregoing Stout and local ale, his exhortations did not fail to convert the common folk. (without a single Irish joke.)

With Shamrocks and with surplise green, he made the Glockamorra scene. Shenanigans forgiven daily without the use of his shelleaghly.

His Gaelic sermons entertaining, despite some whining and complaining. So finish off your Irish stew and give Saint Pat his rightful dew.

Orangemen won't interfere, when colleen barmaids serve green beer. The Patron Saint of ancient Erin, we'll raise a Guinness to his cairn.

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



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Observations on This and That (Mostly on Aging)

BY MARTIN GREEN

More on Aging: As readers know, the older I get the more interested I get in the subject of aging. I recently came upon a book review in the Wall Street Journal by Joseph Epstein with the headline “The Way We Age Now.” The book was “Elderhood,” by Louise Aronson, who’s a doctor, a geriatrician. The book evidently gives a lot of gloomy facts about aging. 5.3 million Americans had one form or another of dementia in 2015, over 80% of them over age 75. 13 million Americans are incontinent. Half of all Americans over 65 will have some form of arthritis. Live long enough and the body eventually fails. The smallest, most ordinary tasks—eating, shaving, walking—become difficult, time-consuming, dangerous or impossible.

Well, enough of these gloomy facts. I think we here at Sun City are all too familiar with the bad things that happen as we get older. But wait, Epstein writes that the book has an upside. Data shows that most people who reach 60 have levels of well-being comparable to 20-year-olds. How is that? If you reach 60, you don’t worry as much (maybe because you retire from that boring job and your kids are no longer teen-agers), and feel less depression and anger.

Then, if you make it to 80 you have a good chance of making it to 90 and beyond. So how, in spite of all the infirmities noted above, do you make those extra years better. Dr. Aronson

says it helps to have money. I agree with that. Be social, not lonely. She cites Loma Linda, California, as a place where people live longer lives. Loma Linda has a large population of Seventh Day Adventists; they have a close community, don’t smoke, do drugs or alcohol and have a vegetarian diet. If you’re not a Seventh Day Adventist, Dr. Aronson says to have good genes, good luck, money and one good kid, preferably a daughter.

So where does this leave us? Sun City, I’d say, has a close and supportive community, so if not Loma Linda, it’s good to be living here. Let’s hope for good genes, enough money, that one good kid and lots of luck. There’s still another possible avenue to having a long, and maybe satisfying, life. John McPhee, in a recent New Yorker article, writes that as a young man he interviewed classical American author Thornton Wilder, who told him he was cataloging the plays of Lope de Vega. The plays happened to number 1,800. McPhee writes that he couldn’t understand why Wilder had undertaken this task, but now that he’s 88 years old he does understand. It was a project never meant to end and therefore meant to extend Wilder’s life. McPhee writes: “Old-people projects keep old people old. You’re no longer old when you’re dead.”

As I’m a writer, this of course resonated with me and in fact it had occurred to me before. I’ve written a story in which a senior

citizen, a writer, resting on a bench from a walk in his retirement community, meets Death, who’s come for him. The writer protests that he’s just put out a book and his goal is to sell 50 copies. He persuades Death to hold off until he reaches 50; he’s sold 45 but at the rate things are going has no hope of selling any more. Then he goes home and his wife tells him she’s sold five of his books to her old college roommate and her family. So the writer thinks: he hopes he can convince Death that his real goal was to sell 100. In another story I wrote, the senior citizen writer has Death hold off until he completes his autobiography and so plans to write about one day in his life at a time starting from birth. This will be his project never meant to end.

So the reader can tell what my idea is, to keep writing one story or one book at a time in a never-ending series. But what if you’re not a writer? Well, if you’re a golfer, as many in Sun City are, you can have it as your goal to break par or shoot a hole-in-one. If you’re a bowler, it’s to bowl a 300 game. If you can still travel, your goal is to go to every state in the United States or to every country in the world. You get the idea. Embark on some never-ending project and maybe, if you’re lucky, you’ll stick around for a long, long time.

The View From 90: I ended last month’s “Observations” by writing that I’d like to say something about how the world looks to me

right now, not too good. For now, I’ll confine myself to our country, the United States, and observe what is all too evident--politically we are a nation divided and recent events have confirmed this. Evidently neither of our two parties have remembered the old adage “United We Stand; Divided We Fall.”

Curious, I did some research (yes, I googled) and found a few interesting things. I’d always thought this adage came from Abraham Lincoln during the Civil War, when our nation was really divided; he did use this analogy in a speech. However, way back Aesop used it in his fable “The Four Oxen and the Lion.” The phrase is also used in the Bible, New Testament. And the 1911 Encyclopedia quotes Robert Grosseteste (d. 1253), an English statesman, philosopher, theologian, scientist and Bishop of Lincoln, as saying “it is written that united we stand and divided we fall.”

So if Aesop, the Bible, Robert Grosseteste, not to mention Abraham Lincoln, all endorse this sentiment, it would do well if our warring political parties remember it and proceed accordingly.

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The Krows

(cont' from page 1)

and was offered a job in San Francisco on a Tuesday. By Friday, he was in California. The couple agrees that the move was the best one of their lives. They lived originally in San Rafael for ten years but needed to find something closer to the San Francisco airport, so eventually they moved to San Mateo.

Marilyn majored in mathematics. Although she would have a lifelong career in the tech industry, there was no computer major for her when she attended college. She learned about the computer industry by obtaining a job from a recruiter and Sperry Rand Corporation hired her. She started out as a girl Friday for seven men but the group was disbanded nine months later. At that point, she was sent for training in the early days of computers.

Univac bought out Sperry Rand and Marilyn continued to work for them until she took a break for six years to raise three children. During this time, she and a friend started a flower business named M and M Plant Lovers. After that hiatus, she went on to work for Bank of America, Lucky Grocery/Albertsons/Alpha Beta and then to Sun Microsystems.

At Sun Microsystems, she was an executive and supervised three to six hundred people. She was hired to install Sun Microsystems on their own computers. She also worked at the Gap and retired from there in 1999. She consulted for some time and then threw herself in to Sun City retirement life. She played tennis, danced tap and jazz, was President of the Tap Company, and, along with Paul, immersed herself in the drama group called Lincoln Hills Players.

However, she missed her work with IT and started working fulltime again in 2009. She telecommutes for a business where one of her sons also works. Her son told her that her work there had, at one point, actually



Paul and Marilyn Krow on their wedding day.

saved the company a million dollars. She does conference calls and works with both the UK and the United States and can be on call for up to sixty hours a week. She loves it and, because of the telecommuting, she can work around any schedule. It does not stop her from skiing in Tahoe, going on trips, visiting family or staying active in various Sun City community activities.

Marilyn and Paul both share a love of live theater. Marilyn has Produced and Directed three Tap Company shows that Paul wrote. Paul has written three Lincoln Hills Players shows, and, since moving to Lincoln, has performed in twenty-nine shows and ten vaudeville shows. He does stand-up comedy and writes his own jokes as well as researching such things as various Borscht Belt comedians who were once featured on the Ed Sullivan Show. Marilyn is a great editor for Paul's writing. They love attending local theater also. When I visited with them, they had just completed seeing three local shows in the previous ten days. Paul is also in the Players' selection committee that selects



Paul and Marilyn Krow—Circa 2009 for the show Hooray for Hollywood.

Photo by Jeff Andersen

the new plays for the LH Players to perform.

Paul and Marilyn also share a deep love for their children and grandchildren. They have three children, all who work in the technology industry. Their oldest child, a son, Joseph, lives in Palm Bay, Florida. He has one son who lives in Jacksonville, Florida, two stepdaughters and one of his stepdaughters has three grandchildren. The middle child of Paul and Marilyn, a daughter, Robbie, lives in Alamo and is married with two children. The youngest, a son, Evan is married with two daughters and lives in San Francisco. It is this child that works for the same company as Marilyn. He keeps his hand in many things, including a high-end liquor store in San Francisco.

Paul's older sister had her eightieth birthday party in April of 2019. The family planned and enjoyed a massive family reunion at Thanksgiving in Cleveland. There were twenty-seven people who attended. Marilyn runs a Grandma's Camp for a week every summer at their home in Truckee, near Lake Tahoe. All the grandchildren come and spend time with their cousins.

Paul and Marilyn thoroughly enjoy their life in Lincoln Hills. They had an open housewarming party to show off a new casita addition to their house three months after

their move to the retirement community. They were so socially connected that they easily had 150 people in attendance. They had already made so many new acquaintances because of their diverse interests and involvement in such areas as golf, softball, theater players, tennis, jazz and tap dance. They had to borrow serving trays and other items from neighbors since they had almost completely downsized before moving to the Lincoln area.

As age and injuries set in, changes are necessary in physical activities. Paul can no longer play softball because of a rotator cuff surgery. Marilyn still skis but is more careful since a tumble on the slopes last year.

Paul and Marilyn have taken interesting paths to retirement. Marilyn is actively working and enjoying it. Paul

is treating his retirement as a time to write and act in shows. They love their house that looks out over the golf course and has a sign by the entrance that states "Krow's Nest." It definitely is a nest in the sense that it is a safe place for staying, working and refreshing until their next trip to visit family, friends or other destinations. They are happy with their choices, their family, and their environment.

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— • —

Worship Service 9:30 am

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SUN SENIOR NEWS CLASSIFIEDS

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Call Sandy 916-960-6800.

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HEART OF CAREGIVER (attending class). Will help you this Spring!! Sue @ 707-450-5040.

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HEY, MY DOGGIE B&B is open for spring vacations. Book early, plan a trip and leave the care and lovin' up to me. Please call Marcia- day rate \$20- overnight \$30.

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DISCOUNT HOME FURNISHINGS: All New Model Home Style Furnishings, Sofas, Sectionals, Dining, Bedroom, Decor & More! Also FREE Interior Design Services Available. Call Model Home Accents at 916-409-7777, <http://www.modelhomeaccents.com>

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NEED A RIDE to doctor's appointment, airport or shopping? Call your SCLH neighbor Dianne! 916-759-8410. SAC Int'l. \$50. Lic#106453

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

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

• • •

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

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

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NOBLE TILE & STONE Full Service Tile Installation Company - Tile Flooring - Kitchen Backsplash's. 916-899-1022.

• • •

WHEELER CLOCK WORKS. Certified Journeyman Machinist. Repair, Restoration of clocks: Grand father, Antique, Cuckoo. Jim Wheeler 916-303-3459.

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FOR RENT

FOR RENT: MAUI Condos 2BR/2BA from \$195/nt. By SCLH owner Gil Van Valkenburg. 650-207-0567. Oceanfront - www.homeaway.com/368171. Wailea Ekolu - www.homeaway.com/368174. Wailea Ekahi - www.vrbo.com/1200140

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FOR SALE

GOLF PUSH CART, with all accessories. Pd. \$175 Sell for \$75. 916-791-0359.

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DINING ROOM SET: Table w/4 chairs, China cabinet and hutch. \$200. 916-276-3930.

• • •

OAK DRAW LEAF TABLE \$100, WIRE BASKET ON WHEELS \$15. Marian 916-396-4263.

• • •

2008 HYUNDAI SONATA LIMITED: Loaded, low miles, new tires, very good condition 916-849-4362.

• • •

WESTERN GOLF CART with sides and accessories. New batteries needed so price is lowered. Call 916-207-5511.

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*A musical journey
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May 3 - 2 PM
May 4 - 7 PM
May 5 - 7 PM



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2012 CHRYSLER TOWN & COUNTRY VAN. 38 K, excellent condition, SCLH. \$14,500. firm Call 916-626-0254.

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WANTED

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

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WANTED: CAMP TRAILER OR ENCLOSED TRAILER. Ready to buy. Up to \$12K. 530-402-5699

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

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

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ANY YEAR CAR, truck, suv in any condition. Pay Top prices. Montie Boatwright, LH resident. 916-434-5089.

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

• • •

WANTED: Chinese Mahjong player at the lodge. Sunday 1 to 4 pm. 916-434-5050.

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

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NON- PROFIT Organization in Lincoln needs Board Members . Ride To Walk looking for new, energetic board members. Enjoy helping individuals with disabilities. Applicants need good understanding non-profit, experience in leadership. ridetowalk@sbcglobal.net or 720 Sunrise Ave. #D-110 Roseville 95661.

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ANNOUNCEMENTS

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

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WINE GROUP: Lincoln Hills Couples Wine Group has openings third Wednesday monthly 6:00 PM. Call Bill or Sue: 916-408-0102.

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CANADIAN ROCKIES RAIL JOURNEYS & HOLLAND AMERICA LINE PRESENTATION, March 5, 3pm. Orchard Creek Lodge Lincoln Hills Ballroom. This one hour presentation from Rocky Mountaineer and Holland America Line will provide you with an overview of the Canadian Rockies Rail Journeys as well as Holland America Line and everywhere they go. Please join us for this complimentary event. RSVP is required and space is limited. Contact Club Cruise & Travel at 916-789-4100 or email book@clubcruise.com

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

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MS WALK: Join the Multiple Sclerosis Walk, food and fun, on Sunday, April 26, 8:30, along the Beautiful American River, Folsom. Choice of 3-or-5 mile course. Bring your family, friends, and dog for a romp! Choose not to Walk? Be a Virtual Walker! Sit home and root from your armchair. Although there is no registration fee, the purpose of the walk is to raise money to support the many programs offered by the MS Society. Lincoln Trail mixers. Mail to Jeri Di Fiore, 2245 Prairie View Ln, Lincoln 95648. We, placed 8 out of over 500 teams participating in the Walk last year, with the help of Sponsors like Team Nawabi Sterling Point Dental Group Lincoln (By Raley's) and Tupperware Director, Barbara Araujo.

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Winds of Faith Spring Concert Schedule

Under the direction of our new conductor, Bill Adam, Winds of Faith is pleased to announce its exciting Spring concert schedule! The 40-piece ensemble will present a variety of faith-based, patriotic, and popular music! With talented musicians and vocalists from around Northern California, Winds of Faith promises to entertain audiences with beautiful, inspiring music for the entire family. Admission is free to the public with a freewill offering taken. During intermission, there will be a drawing for door prizes.

March 31 at 7 PM • The Gables at Springfield 2801 Springfield Drive in Rocklin

April 19th at 6 PM • Hillsdale Blvd. Baptist Church • 6201 Hillsdale Blvd., Sacramento

May 24th at 5 PM • Lincoln Hills Community Church • 950 East Joiner Parkway, Lincoln

If you're interested in performing with Winds of Faith, please contact our new director, Bill Adam: badam@WindsOfFaith.com.

Winds of Faith, a Community Concert Band, is a non-profit organization and a member of the Sacramento Valley Symphonic Band Association. For more information, visit www.WindsOfFaith.com and on Facebook at <https://www.Facebook.com/WindsOfFaithCommunityBand>

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

**FREE ADS — INCLUDE

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

BUSINESS ADS

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

Classified Ad Submissions —

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

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

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

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

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

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

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

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

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

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



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2442 Swainson Lane	Tehema	\$460,000
252 Stags Leap Lane	Alpine	\$458,000
2555 Woodacre Lane	Bridgeway	\$450,000
1035 Stone Pine Lane	Lassen	\$478,000
1300 Tallac Lane	Echo Ridge	\$495,000
1265 Rose Bouquet Drive	Quail Cove	\$497,000
341 Snapdragon Lane	Alpine	\$500,000
100 Hay Wagon Court	Santa Cruz	\$510,000
2370 Swainson Lane	Santa Cruz	\$515,000
2445 Hidden Hills Lane	Baldwin	\$528,000



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