

# SUN SENIOR NEWS

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## A Dissimilar Couple Produce a Forked Book

BY P.J. CONRADI

Forked in a nice way, meaning that the book has several sides and was produced for multiple reasons; one to demonstrate to children, especially boys, the joy of reading, another to educate children about when the outdoors, bicycles and neighborhood kids provided adventures and exercise, spurred imaginations and developed character, and another to release a wonderful story too long sequestered in the author's memory.

Dianne Carroll grew up in a largely idyllic suburban region of Castro Valley, playing outdoors with neighborhood kids. While attending Chabot College, she found herself in need of money, and her work ethic sent her "knocking on doors" in downtown San Francisco. One day it started to rain, so she ducked into the lobby of a well-known stock brokerage. She spied an "older" gentleman in a rain coat taking notes as he watched the stock price ticker, and approached him just to chat. He appeared quiet, private, and possibly



Dianne Carroll and James Kyle

PHOTO BY KEN SHAHOLIAN

concerned that she might be prying into his portfolio, but he seemingly could not help but to converse with the very forward and bubbly Dianne. When she expressed genuine interest in the stock market, he described some of the

processes.

She sought refuge in that lobby on two more occasions. Each time he was there. When he learned that she was job hunting, he pointed out the office of the branch manager, and his gatekeepers; a security guard and secretary positioned behind a waist high fence and gate. He told her that they both took lunch at 1:00 pm, and suggested that she just walk into his office and state her case.

The rarely intimidated Dianne did exactly that. The manager was flustered initially, but then admiring of her pluck, he called in two mid-level stock brokers and turned her over to them with a favorable recommendation. It turns out both were looking for someone with her personality and she was immediately among the employed. Oh, that gentleman? Cyril Magnin of the department store family.

Dianne proved to be a quick learner, and she found success on the individual accounts side of the business. Moving up to the (cont' on page 25)

## SCR Foundation

A charitable service organization by and for the residents of Sun City Roseville

BY TONI FISHER,  
Public Relations Director

As the Weather  
Warms —  
We Get Active!



The days are getting longer and landscapes are still showing the benefit of recent rain and sun. This time of year, we are energized to get out and enjoy the fact that we live in California where, even this early in spring, golfers, cyclists, those going for a stroll or playing bocce, croquet or tennis can count on comfortable weather. For the Foundation, this is the time of year that begins our stretch of activities intended to meet our mission "... to provide services that address the physical, cultural, educational and social needs of Sun City Roseville residents."

This month, pleasant weather will encourage us to come to the lodge on March 8 to socialize with family and friends while engaging in a fun afternoon of Bingo! A 15-game package costs just \$20 and the final, 16th game sells for an additional \$2. Many participants bring snacks and non-alcoholic beverages to enjoy while playing and possibly winning a game or two. Prizes are \$100 for each of the first games and a generous \$250 for the final game. If you happened to miss the

(cont' on page 26)

## SC Singers

BY JACKIE PROETT

It's March and the color is green! Everyone magically becomes Irish. The aroma of Corned beef and cabbage fills the air. Leprechauns can be seen secretly hiding their pots of gold 'neath rainbows ends. St. Patrick lurks by smiling at our folly and making sure that beer turns a cheeky jade green. All this sorcery begins on the seventeenth of the month, St. Patrick's Day.

Others may be green with envy when they see the fun The Singers are having with our list of new members. Welcome Tenors Bruce Ahnberg, Charlotte D'Agnostino, Dennis Hellman and Gene Preston. Welcome back Bass, Ray D'Benedetto. Welcome Altos Nancy Johnson and Barbara Soria and also to you Sopranos Arlette Bennett, Shari Jarrett and Sylvia Wishnoff.

The Singers are never green when it comes to preparing for a Concert. Ours is June 1, Monday evening at 7:00pm in the Ballroom and the title is, COME ON ALONG. Join us on our travels. We'll be trekking by train, boat, shanks mare. And remember, the destination is never as important as the journey.

Green is all about "Go" but we have to "stop" and think about the red attire so many wore to the wonderful Valentine's Day Luncheon. We had a great turn-out and all seem to be pleased with the menu and the yummy dessert Jennie provided. Thanks, Flora and Hospitality.

Green makes us think of new life and beginnings, but like Kermit the frog said, "It's

not easy being green", nor is life easy. With all our Hellos we have to say Good-byes. One of our original members, Carol Del Sarto, Alto, passed away on January 28. She was a nurse by profession and never retired from caring for and helping others. She is missed.

Happy St. Pat's!

...

## Music and Laughter

BY JANE BOHN

The list of entertainers at our "open mic" was over the top. After our happy birthday song to those born in February accompanied by pianist, Belita Anatalio, our amazing story teller Jackie Proett began donning an array of over twelve hats while infusing a captivating story along the way. Also appearing was our talented regulars, singer guitarists Charlie Kidd and Ken Roberts, who not only performed solos but always encourages the audience to chime in on a song or two. A new writers group namely; Jennifer Martin, Letha Dawson, Cheewa James, Dave Enloe and James Whittaker delighted the audience performing the Hot Water Gang skit. Jokesters were varied and included Richard Paine, Ed Lick, Jan Montero and Nancy Schaefer. Belita Anatalio, our virtuoso pianist performed as well as another one of our favorite pianists, Derek Tegg. Extemporaneously and to my prompting, Joe Lopez and Tom Roth performed their unrehearsed rendition of Unchained Melody a cappella. What a fabulous

(cont' on page 7)

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Back issues are available to download there as well.

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**SUBMISSIONS**

The Sun Senior News - Roseville 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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## Why A Leadership Academy?

BY MARY ANN CHITTICK, *Chair, Leadership Initiative*

"I love living here" and "moving here is the best decision we've made" are just two of the responses frequently cited by new and nearly new residents when asked. With that oft-heard answer, it makes sense that the Association would want to ensure that such a response would live on far into the future.

Currently, many of those who were in on the "ground floor" of Sun City Roseville and who made significant contributions in developing the policies and amenities we all enjoy are choosing to be less active or have moved.

The ultimate aim is that graduates of the program will have the knowledge and confidence to step into the shoes of those early leaders and assume responsible roles on the Board of Directors, Association committees, clubs and groups, or even in meaningful opportunities outside Sun City.

Through the Leadership Academy, Members will have an opportunity to learn more about what is required to keep our Association at the premium level that it is. The following topics will be covered: team leadership, history, finance, organization and governance, and strategic planning. The final session will give participants their chance to share findings from their own research into a

topic related to one of the sessions offered.

Following the completion of the Academy, students who have completed all six classes will be honored by the Board of Directors in a special presentation at the Board meeting on Friday, June 24.

Applications for the Academy will be available at the Administration office through March 17 at 4 p.m. In the meantime, you are invited to attend the Informational Meeting that will take place on Thursday, March 12, at 1 PM, in the Cedar Room.



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).

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## Ambassador Committee

BY DANA EGGERTS

As I write this article I'm looking outside; the sun is shining, the grass is green, spring can't be too far off. I confess, I'm solar powered and spring makes me smile. May we all enjoy the changing weather and beautiful signs of spring.

Sun City Roseville truly is the premier 55+ active adult community, in my opinion. There are many Clubs and Groups that offer a variety of activities, games and/or interests that offer residents the opportunity to participate in activities they enjoy or wish to explore. These clubs and groups would not exist without resident volunteers. I'd like to spotlight 3 roles that don't always receive the recognition they warrant: Chair, Vice Chair and Past Chair. Those serving in these roles often perform duties outside of their job descriptions. They devote hours and energy making sure the club/group operates within association guidelines and is a source of enjoyment for its members. In our club, the Past Chair, Ardis Wedemeyer, is strong support and a valued resource to the current Chair. She is familiar with the ins and outs of the club and the association's requirements and guidelines for clubs and groups. Ardis is a mentor to all of us in the club. Our Vice Chair, Rosemary Dinse, monitors our budget spending and balance with the monthly report received from the Activities Director. She secures and/or schedules speakers for our monthly meetings. In addition, she fills

in for the Chair as necessary. Our Chair, Connie deBlaquiere, ensures the Club fulfills its purpose: (a) Encourage use of SCR public facilities by residents of the surrounding areas, and (b) Attract new residents by promoting and conveying the positive image of a healthy, vibrant lifestyle within SCR 55+ active community. She's responsible for meeting agendas and ensuring committee members are doing their jobs. All three of these ladies step up and help committee members as needed. They have set a high bar and I'm honored to serve with them. As you attend clubs/groups I encourage you to take a moment and voice your appreciation to those who have volunteered their time to take a leadership role with your club/group. I'm confident they'll appreciate hearing from you.

## Compliance Committee

BY DIANE DOOLEY

Wall Art Changes to the Design Guidelines (DG): On January 24, the Board of Directors approved a change to the Design Guidelines (DG) regarding wall art. Previously, wall art was only permitted in "private space." For a complete definition of Private Space, please consult the DG glossary. The most current version of the DG can be found on the SCR website under the documents tab.

What Are the Changes? Wall art may now

be placed in specific areas outside of private space, but only with the approval of the ARC. It may be placed on either wall along the side of the walkway leading to the front door and must be centered on that wall. Wall art is still prohibited on the front, side and certain areas of rear walls that are not in private space. Only one piece of wall art is allowed per house outside of private space. The minimum size is two feet by three feet and the maximum size is three feet by five feet, or if round the diameter must be between two and three feet. Multiple pieces will not be allowed even if they are grouped within these size parameters. Wall art must be flat, made of metal and be "abstract, geometric or free style in design." In other words, no shapes of objects or animals, etc., are allowed. They may only be "in shades of black, brown, bronze or natural patina" and may not be multicolored. Nothing can be "hung from or attached to Wall Art" and it "may not contain adornments such as mirrors, lettering, numbers, artificial plants, pots or religious symbols." For the exact verbiage of these new requirements you may view Resolution 2019.30 on our website.

Important — Wall Art Must Be Approved By ARC:

Please be aware that all wall art outside of private space must be approved by the ARC prior to installation. Applications should be submitted to the Administration Office using the Decorative Feature Application available in the hallway outside the Administration Office or it can be printed from the SCR website (Documents > Committee-Architectural

Review > Appendix A-2 Decorative Feature Application). As with any application, two copies of both the application and any additional requested documentation (detailed description including dimensions, exact location, and photo of the proposed Wall Art) are required. The members of the ARC will then compare the application to the specifications in the Design Guidelines before approving the wall art.

For additional information please call Ryan O'Connell, Assistant Director of Community Standards at 916-774-3836, or stop by the Administration Office.

## Website Workgroup

BY CHARLYN ROSS

Sun City Roseville is Us!

Recently, I was in line to buy a movie ticket, when I overheard two women ahead of me remarking how much they enjoyed dining at Timbers Restaurant. I asked them if they were residents of Sun City Roseville (SCR) and they said no. I replied that as I am one of the owners of Timbers Restaurant, I was pleased that they enjoyed it. Yes, it is true. I am "sort of" an owner.

When you buy a home in our community, you become a fractional owner of all we have available ...the Lodge, Fitness Center, restaurant, golf courses, tennis courts, Sierra Pines, and more. True, you only own a very small part of the community, 1/3,110 to be



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## Website Workgroup

(cont' from page 4)

exact. However, this ownership comes with responsibilities as well as privileges. We have a great staff to assist us in managing our community, but the residents are the mainstay in putting all of it to good use. To do this it is necessary for residents to get involved in various ways.

Volunteers are needed to operate the variety of clubs and groups that provide us opportunities to enjoy this time in our lives. They are also needed to run the various committees and the Board of Directors who provide important input to our staff to maintain and update our facilities, to satisfy our current needs, and to protect our investment by keeping SCR attractive to future homeowners.

A major effort is in progress to encourage participation by making residents aware of the various volunteering opportunities that are available.

- Articles are included in our monthly Village Courier magazine.
- A Volunteerism information table is in the Lodge Lobby on the first day of the month when the new issue of the Village Courier is available.
- A "Mix and Mingle" event is scheduled for Wednesday April 29, from 4:00 – 6:00 p.m. in the Ballroom, to provide an opportunity to learn about volunteering.
- Volunteering information is accessible on our Resident Website, www.sces.org.

To parody the old recruiting poster... SCR Needs You!

In Fact, Our Websites Need You!

- You are the one who logs onto and uses the Resident Website www.sces.org.
- You are the one who can help publicize our community by promoting the Public Website, www.suncityroseville.org, to non-residents.
- You are the one who might see a need for change, revision, or improvement to the features on both our websites.

The Website Workgroup needs your input.

The group meets on the first Wednesday of each month at 9:00 a.m. in the Aspen Room. Residents interested in our websites are welcome to attend to provide staff with information about what You see, what You like, or what You believe might need to be revised. If you cannot attend a meeting, you can provide your input by using the "Contact Us" feature accessible from the Resident Website home page in the "Contact" menu. Your comments and suggestions are always welcome.

## Sports Activity Committee

BY KAREN COCHRAN

Ralph Friend, began the meeting with an open forum. Pete Franz announced that new light weight horseshoes have been ordered to allow more seniors to play the game. Then the sport representatives presented their

updates. Bob Buckman reported that there are 168 tennis members and the year ended with a \$2500 budget carryover. He announced that there are five tournaments planned for 2020 so get ready to sign up for some fun. Several pickleball members worked together to assemble a new storage locker which will be used to store the volleyball and pickleball equipment. Gina stated that the resurfacing of the outdoor pool now is complete and opening day is April 15th. There are several new specialty classes starting so be sure to check at the fitness desk.

Jerry Fredericksen, who is the bocce rep, announced that there are 594 members and that elections for new officers were held. The winter league concluded play with an awards breakfast, and the Spring Mini-league begins in April. Jerry has been incredibly active since moving to Sun City in 2013. He has acted as bocce court manager, volunteers for Citizens Patrol, works for Ramp, acts as Evening Host, and supports Woodcreek High School by working on the Chain Gang and timing at the swim meets. And he plays billiards and golf. Whew... he is a very busy guy and aren't we lucky he moved here with his interest and energy for volunteerism?

Jorene Page reported that there are 40 members in the volley ball club, 18 of whom play water volleyball. Jorene will be moving to Union City soon, after living here for 20 years. She has always been interested in sports, beginning her teaching career as a P.E. instructor, so joining the Sports Activities Committee was an obvious fit. Over the years,



Jerry Fredericksen and Jorene Page

she has chaired the Charter Club Committee and the Sport Activities Committee, presided as president of the Needle Arts Club, and is now secretary of Sun City Singers. She will be sorely missed, but we wish her well.

Don't forget to touch base with Steve Gustafson if you have an interest in playing corn hole. He is working diligently to get approval for a Cornhole Resident Group.

We welcome you to join us at the next Sport Activities meeting which will be March 9th at 8:30.



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# Citizens Patrol/Neighborhood Watch Monthly Meetings/Speakers

BY P. J. CONRADI

I keep discovering residents who know nothing about our monthly meetings, so I am happy to expound here that we provide speakers who present on a wide range of public safety topics.

The meetings, held at 10:00 every second Monday (except December) in the ballroom, are open only to our residents. Coffee is hosted. Flyers at Courier Days and NW emails herald the speakers.

If available, the Roseville Police Beat 6 officer will discuss recent activity and/or provide safety tips. That will continue when Beat 7 is added—please see the October note below.

Occasionally, the crew from the firehouse near the dog park on Pleasant Grove Blvd will drop in and give updates, as well.

Then, the keynote speaker then presents for 45 to 60 minutes, usually including Q & A. 2019's roster describes the program well:

In January, a representative of the Placer County Courts spoke on Jury Duty and Jury Duty Scams.

In February, an FBI Special Agent FBI presented on financial crimes and scams.

In March, officers from Animal Control, which is part of the police department, gave an overview of their responsibilities and procedures.

In April, the police sergeant who

supervises the police department's K-9 program explained how the dogs and officers are trained and deployed.

In May, a representative from the state agency that provides special telephone equipment for folks with hearing and/or sight deficits demonstrated the devices and explained the program.

We did not meet in June—a rarity—and in July, a 911 supervisor and the administrator provided information on what to expect when you call them and how calls for service are prioritized.

In August, a fire division chief and a police captain explained how we can be better prepared for safety matters. And, these guys have to be the funniest presenters in the entire public safety world.

In September, the public information officer from the FBI demonstrated their various web sites and how we can utilize them.

In October, the chief of police and a police captain updated us police operations and management, including the addition of Beat 7, which will cover Sun City in early 2020. The staffing increase is one result of the sales tax increase for which we voted.

November is owned by KCRA TV 3 chief meteorologist Mark Finan, who entertained us for the 5th year.

I hope to see you every second Monday.

### Important Phone Numbers —

P.J. Conradi, Citizen Patrol & Neighborhood Watch Director

Citizens Patrol Office: 774-3853 [citizenspatrol@scrca.org](mailto:citizenspatrol@scrca.org)

Neighborhood Watch Office: 774-3817 [neighborhoodwatch@scrca.org](mailto:neighborhoodwatch@scrca.org)

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## 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 it's 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 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](http://rosevillesouthplacer-ca.aauw.net) For reservations, please call: 916-708-5463.

## Music and Laughter

(cont' from page 1)

array of entertainment. Needless to say the hour ran over as we called out our raffle ticket winners. First prize of \$10 to Shirley Fisher, second prize \$5 to Ilah Larson, third prize of \$3 to Mike Dover, fourth prize of a bottle of wine to Nancy Pontier and last prize of \$2 to Belita Anatalio. A huge thank you to all our entertainers, our appreciative audience, my helpers Maria Hajgato, Arlette Bennett and Nancy Stetz. Without all your support our group would not be the success it is today. For your convenience, our detailed flyer is located in the Club and Group section on the left as you enter our main lodge. You will note the dates we meet located at the bottom of the page. We hope you'll come join us at our next Music and Laughter "Open Mic" on March 11 at 7:00 pm held at our Sierra Pines Lodge located on the corner of Del Webb and Whistlestop Way. We know you will enjoy an hour of uplifting entertainment. The cost is one dollar and it's actually a donation which allows you to get in on the prizes. A pretty good bargain don't you think? Bring your smiles and we'll look forward to seeing you there.

## All Tuned Up

BY LETHA DAWSON

All Tuned Up Spring Show, March 31, 2020 — All Tuned Up's old gang and our new members are having a great time rehearsing for the Spring Show. They're getting ready



to bloom like daffodils, (at least the women are; maybe the men like crocuses). There'll be sing-a-longs, cowboy favorites, fifties goldies, and a hot cajun opener: "Down at the Twist and Shout." Get your tickets while they last. Call Cory Blasser, 408-802-5245, the little lady with the Linda Ronstadt voice. Your favorite guitar players will pluck and strum for you. Banjo man may pick, and crooners will croon and make you swoon. Early birds get the top branch. Doors open not a minute before 6:30 p.m., Timbers Creek Ballroom. Showtime: 7:00 p.m. We look forward to giving you a great show.

(more Club News cont' on page 9)



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# From City of Roseville

## Green Means Go: Proposed state housing and transportation program will make smart investments in Roseville

BY JOHN B. ALLARD II - Roseville Mayor

Across the state, California continues to face a housing crisis that affects everyone.

Roseville and other local communities are doing what we can to combat the different factors that affect this nationwide problem, but despite individual community efforts, the problem continues.

As we plan as a region for new housing, jobs, and overall growth, it is important to remember that there is an opportunity to build smarter. We need more housing and more jobs – but where they get built is important for the quality of life of people living and working there.

We want shorter commutes, less congestion, better air quality, good health, and less frustration, so we need to build with the understanding of how people will travel to and from their homes, jobs, schools, and entertainment.

To achieve these goals, we must grow



Roseville Mayor John B. Allard II

together and remember that people don't live exclusively within the boundaries of their individual city or county.

The Capital Region is projected to grow by about 25% by 2040. It cannot be ignored. That means each community has a role to play in infill development and transportation projects that help reduce greenhouse gas emissions.

Together we can continue to make Roseville resilient and successful, by taking advantage of existing opportunities in our

downtowns, our existing commercial corridors, and our cherished main streets.

That is why I support the Green Means Go program and am urging state legislators to fund it in this year's state budget.

Green Means Go is a four-year pilot program to accelerate these types of new housing opportunities and cleaner transportation options. This multipronged approach will help us meet the ambitious



reduction in greenhouse gas emissions the state has set for our region while meeting the needs of existing and future residents.

This program is not focused simply on making urban cores denser, rather it's about looking at communities like Roseville where there are existing building sites on commercial corridors that could be used better to promote economic activity.

But the costs of such projects are daunting.

Green Means Go will make a clear difference in Roseville while also helping the state identify how to best make the transportation and housing investments needed to meet the urgent housing and climate challenges.

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."

## 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,

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# From Your Placer County Supervisor

BY BONNIE GORE — *Supervisor Placer County, District 1*



Bonnie Gore

Here in Placer County and we are lucky to have our very own search and rescue team serving alongside our Sheriff deputies.

Tahoe Nordic Search and Rescue (SAR) is a volunteer, 501 c(3) non-profit that works under the direction of the Placer County Sheriff's Office for search and rescue functions and mutual aid.

They are the premier winter environment search and rescue group in the Tahoe area mountains, have served our community for more than 44 years and have 500 saves in that time.

In January 2020, we had a horrible incident where one individual perished and another was seriously injured in an avalanche here in Placer County. The Tahoe Nordic Search and Rescue team wants you to be prepared for the next time you are out on the mountain with these important tips:

- When you go out into the winter environment, be prepared physically and mentally with the proper gear and knowledge.
- Know what to look for concerning avalanche terrain.
- Understand basic winter survival skills and execute them early to save energy and increase your odds of surviving and being rescued.

- Have a plan: advise family and friends where you are going, how long you plan to be gone and where you plan to park.

- Travel with a partner whenever possible, it is not only more enjoyable but also much safer.

- If you do find yourself lost or injured, stay put. It is much more difficult to rescue a victim on the

move

For more information on winter survival tips or information about this special team, I encourage you to visit [www.TahoeNordicSAR.com](http://www.TahoeNordicSAR.com). Go out and enjoy the majesty our county has to offer! We are so blessed to have these activities only a few miles from our doorsteps, but we must always stay vigilant and safe.

Have a fantastic month and I look forward to seeing you very soon.



## Harmonicoots

BY BUD GARDNER

Bud Gardner, Head Coot, recently presented a Harmonicoots' Board of Directors' Certificate of Appreciation to Bill Hartman for his 14-year Coots' membership which includes serving on the Board and heading up our holiday caroling program. Bill and his wife, Elva, are moving to Eagle, Idaho, to live near their family. A second Certificate of Appreciation was mailed to Sandy Chandler, former VP of the Coots', who has moved to Lebanon, Pennsylvania, to live with her family.



Bill Hartman and Bud Gardner

They're here! That's right, the Jamboree tickets, a \$15 donation per ticket, are ready and available on March 1 and 2, during Courier Days at the Lodge lobby. The Jamboree this year is on Tuesday, May 12, at 7 pm in the Ballroom. You can get the tickets from any Harmonicoots' member or contact Bill Kimura at 916-774-7238. Don't wait, we expect another

sell-out performance.

P.T. Gazell will be our headliner this year. He has played harmonica professionally for forty years all around the world. He is known in the harmonica world for creating his own harmonica line which employs the unique half-valve harmonica method. He has also been nominated for three Grammy Awards, specializing in folk, bluegrass, blues and pop tunes. He is a regular performer in Nashville and at many harmonica conventions.

The Coots will play all new songs at the Jamboree which include an Elvis Presley medley, a Beatles' medley, and other popular tunes which fit our theme of "A Blast from the Past." In addition, a number of solos and small acts will round out the program.

Last month the Coots played for the St. Rose Catholic Church seniors, and on March 17 they will perform a gig for Roseville Commons to honor St. Patrick's Day.

Truly, the Harmonicoots are living their dream of playing beautiful music and sharing it with the community.

...

## SCR Dance Club

BY LINDA AUG

There are five levels of Line Dancing offered through the Dance Club. If you are a newbie to Line Dance, you can select the Line Dance 1 BEGINNER. Classes are Tuesday 5:00 to 6:30 and Thursday 1:45 to 3:15 in the Ballroom. Bill Swayne teaches basic dance

(cont' on page 15)

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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
<b>15 DAY HAWAII from SFO! Princess</b>	Mar 7, 2020	\$1,649	\$1,699	\$1,899
<b>Grand Princess ~ 2600 Passengers</b>	Apr 20, 2020	\$1,279	\$1,399	\$2,099
<b>Ruby Princess ~ 3080 Passengers</b>	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. <b>*ROUND TRIP LINCOLN SHUTTLE TO SHIP!</b>				
<b>10 DAY ALASKA From SFO! Princess</b>	May 23, 2020	\$999	\$1,099	\$1,699
<b>Star Princess ~ 2600 Passengers</b>	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. <b>*ROUND TRIP LINCOLN SHUTTLE TO SHIP!</b>				
<b>7 DAY CA Coastal from SFO! Princess</b>	Mar 29, 2020	\$899	\$999	\$1,599
<b>Grand/Star Princess ~ 2600 Passengers</b>	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. <b>*ROUND TRIP LINCOLN SHUTTLE TO SHIP!</b>				
<b>10 DAY MEXICO From SFO! Princess</b>	Dec 13, 2020	\$999	\$1,199	\$1,599
<b>Ruby Princess ~ 3080 Passengers</b>	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. <b>*ROUND TRIP LINCOLN SHUTTLE TO SHIP!</b>				
<b>28 DAY Tahiti/Bora Bora Princess</b>	Oct 3, 2020	\$3,399	\$3,599	\$5,699
<b>Emerald Princess 3080 Passengers</b>	Mar 26, 2021	\$3,399	\$3,599	\$6,699
<b>Star Princess ~ 2600 Passengers</b>		<b>INCLUDES SACRAMENTO AIRFARE &amp; AIRPORT SHUTTLE!</b>		
Sail round trip from Los Angeles, CA to Hilo, Hawaii; Honolulu, Hawaii; Lahaina, Maui, Hawaii; Pago Pago, American Samoa; Apia, Western Samoa; Bora Bora, French Polynesia (2 Days); Papeete, Tahiti (2 Days); Moorea, French Polynesia.				
<b>31 DAY LOS ANGELES to LONDON Princess</b>	May 9, 2020	\$3,699	\$3,999	\$5,699
<b>Island Princess ~ 2200 Passengers</b>		<b>INCLUDES SACRAMENTO AIRFARE &amp; AIRPORT SHUTTLE!</b>		
Sail from Los Angeles, CA to Southampton (London), England visiting Puerto Vallarta, Mexico; Huatulco, Mexico; San Juan del Sur, Nicaragua; Puerto Caldera (Puntarenas), Costa Rica; Fuerte Amador, Panama; Full Transit of the Panama Canal; Cartagena, Colombia; Fort Lauderdale, Florida; Saint John's Canada; Reykjavik, Iceland; Isafjordur, Iceland; Faroe Islands (Torshavn), Denmark; London (Southampton), England. Ask about post cruise London hotels.				
<b>15 DAY Panama Canal Princess</b>	Feb 8, 2021	\$2,299	\$2,599	\$3,299
<b>Emerald Princess ~ 3080 Passengers</b>	*Feb 23, 2021	\$2,299	\$2,599	\$3,499
<b>INCLUDES SHUTTLE TO SHIP &amp; AIRFARE RETURN TO SACRAMENTO!</b>				
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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<b>Vision of the Seas ~ 2435 Passengers</b>		<b>INCLUDES SACRAMENTO AIRFARE &amp; AIRPORT SHUTTLE!</b>

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

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

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.

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

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.

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

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.

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

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

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

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

<b>21 DAY Australia Boomerang Cruise 1 Cunard</b>	Feb 6, 2021	\$3,999 \$5,099 \$6,099
<b>Queen Victoria ~ 2061 Passengers</b>		<b>INCLUDES LINCOLN SHUTTLE TO THE SHIP!</b>

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

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

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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# 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](mailto:mgreensuncity@yahoo.com). Thank you.



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



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# Executive Director Comments

## To Lead or Not to Lead, That is the Question!

BY EARL WIKLUND

For many residents leadership doesn't always come easy. Our whole lives we have chosen to let others lead the parade. Many times it is because our priorities have been focused on other aspects of our lives such as creating a career, raising a family or caring for family members. Sometimes it is because we just haven't felt comfortable with making decisions that may affect others. But as we have gotten older and priorities have changed, some of us are looking for different challenges. If this sounds like you, the Association would like you to consider running for the Board.

With becoming a senior citizen comes the life experiences that help to qualify you as a candidate for the Board. You certainly have had to work with household budgets throughout your life and the only difference with the Association budget is that the dollar amounts have a few more decimal places. And if you have survived the teenage years of raising your children, you are certainly adept at crisis management and problem solving. Also, dealing with an aging parent or a spouse comes the patience and the compassion for the

position. But most of all is the common sense that you have developed that guides you each day. The only remaining trait missing is your conviction of taking the first step.

Those deciding to take that first step, need to go to the Administration Department in the Lodge and fill out a form declaring yourself as a candidate. You need to take the action to return the application by April 20th ... so you need to be proactive and make a decision right away. Once you have become a candidate, the Elections Committee will provide an orientation for all candidates and open the campaigning time frame. The Committee also sponsors two candidate forums where the residents come to get acquainted with the candidate's opinions and positions are certain issues that may be facing the community.

Your time has come to get out in front of the parade ... the view is much better in the front. Regardless, go out into the Community and enjoy a fine day.

*(Originally appearing in April 2007 and still pertinent today)*

# Sunshine Services

## "We're Here to Help"

BY PAT OTEILH

Many resources are offered to the Sun City Residents. Below three main resources are highlighted because, "We're Here to Help."

**Caregiver Relief Program** — Provides relief for Sun City residents who are full-time caregivers for a loved one who is unable to leave home without assistance. Four hours a week of caregiver relief is provided by a professional caregiver agency. The scheduling of care will be determined by the resident and the program coordinator. The agency collects a \$5 per hour co-pay from the caregiver and bills the SCR Foundation for the balance. The program is limited to two years. First-time applicants can pick up a form on the wall rack inside the Administration Office and drop it in the locked box located below the rack. The Sunshine coordinator will contact the applicant within 24 business hours to schedule a meeting.

**Transportation Program** — On the first Thursday of the month, you can buy tickets at the Lodge for the Dial-A-Ride program which provides curb-to-curb bus services (with 24-hour notice), Monday through Friday from 5:45 AM to 10 PM and Saturday through Sunday from 8:00 AM to 5:00 PM. Tickets are sold in a book of 10 tickets for \$10. Wheelchairs are OK. Tickets are sold on the first Thursday of every month in the Timber Creek Lodge lobby from 8:30-10:30 am. Just look for us at

the small round table and look for our sign "Dial-a-Ride."

**Medical Equipment Loan Program** — If you are in need of medical equipment help, we have canes, different kinds of walkers, wheelchairs and ice machines available for free 3-month loan. Simply give us a call at 916-367-1695 and leave a message. When you call, one of the monitors will get back to you to arrange a time for you to pick up the requested equipment at our storage building near the Lodge. Many thanks to this group of resident members who help you behind the scenes.

*Thought for the Day — Respect other people's feelings. It might mean nothing to you, but it could mean everything to them.* — Roy T. Bennett

# 2020 — Is This the Year for You to Step Forward?

BY MARY ANN CHITTICK, *Chair, Elections Committee*

On approximately March 21, you will be receiving a letter from the Elections Committee calling for candidates to run for the Sun City Roseville Board of Directors.

If placing your name in nomination has been on your mind, please give this letter your special attention.



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**SCR Dance Club**

(cont' from page 9)

steps and short sequences.

Line Dance 2 BEGINNER PLUS is for those wishing to increase their skill level. Sandy Gardetto instructs dancers on Tuesdays from 1:15 to 2:15 in the Ballroom.

Line Dancers can select the Line Dance 3 HIGH BEGINNER classes for more challenging steps and turns. Sandy Gardetto teaches class on Tuesday 3:45 to 4:45 in the Ballroom.

Line Dance 4 INTERMEDIATE dances are held on Thursday 3:45 to 4:45 in the Aerobics Room. Steps are more complex and offer a variety of step combinations.

CLASSIC LINE DANCE taught by Jeanie Keener is held on Tuesday in the Ballroom from 2:30 to 3:30. Jeanie leads the dancers to a variety of old classic dances and steps. Find the right class for your level and join the Line Dancers!

We continue to feature our Dance Club Monitors as we swing into spring. This month we are featuring Judy Bickell, Dance Monitor for the Beginning Tap class. Judy and Bill Bickell moved to Sun City



Judy Bickell

in 1998 after raising their family in the Napa Valley. Judy plays golf, Mah Jongg, bridge and is a member of the Sun City Singers. She also is a member of "Dancing Needles" which is a knitting group. Judy sings in her church choir and enjoys traveling with Bill. Judy states "Being one of the Dance Club monitors is great as it allows me to meet and greet everyone." Hats off to Judy! The Dance Club thanks you for all you do!

**Needle Arts Club**

BY CAROLYN DESANTIS

At our February meeting Shirley Conzelmann was presented a Certificate of Appreciation, a bouquet of flowers and gift card to the Timbers in appreciation for all of her volunteerism and many hours of time she has given to our Needle Arts Club. Thank you for all you do Shirley.



Shirley Conzelmann

Our Thread Connection in January was another huge success thanks to Peggy Voakes with the help of Cheryl Finley. We had a wearable art presentation by the "Sew What" group from Placer County, Greater Sacramento area. These sewists (latest term for someone who sews and is an artist) showed samples of their incredible creative and chic outfits. Thank you Peggy and Cheryl!

March 4 we will have Rob Appell, "Man Sewing", textile designer and quilt educator, who teaches all over the country as well as being a host of "Man Sewing" at Missouri Star Quilt Co.

March 20 and 21, during the Fine Arts Annual Show our Needle Arts Room will be open with our members selling their creations.

**Fine Arts Club**

BY JEAN STEPHENS

We have March! This is it! It's the month of our annual Art Show and Sale. Friday evening March 20, the "Opening, No Host Cocktail Reception" starts at 5:00pm-8:00pm. The Show and Sale continues all day Saturday March 21, 10:00am-6:00pm. Fine Arts Club is partnering with SPCA as a Non-Profit group and will benefit from the proceeds of a fundraiser activity. You can enter to win original one-of-a-kind pet art! Needle Arts and Creative arts will also participate with the show and sale.

The March meeting will be on Thursday March 12, at 1:00pm in the Fine Arts Room. The demonstrator will be Patris Miller. She was born in Montana and before her love of art took control, she was a language development specialist. She holds art classes, workshops, life drawing and painting sessions and art exhibits in her gallery in Oak Park.

**Cinema Group**

BY CHARLYN ROSS

Good News! The Cinema Group will once again be presenting its monthly movie, thanks to their new leader, Brian Sutton. The movie chosen for the March movie is...



Bridge of Spies (2015): In this historical drama, directed by Steven Spielberg, Tom Hanks stars as the American attorney tasked with negotiating the release of a U-2 spy plane pilot, who was shot down over Russia at the height of the Cold War.

Also, starring Alan Alda and Mark Rylance, Rylance won an Oscar for Best Supporting Actor. The picture was nominated by the Motion Picture Academy in four other categories including Best Picture.

One film critic wrote, "Spielberg can't help but make the kind of inspiring, classically constructed drama that we keep being told Hollywood doesn't produce anymore. Thank goodness he still does."

Friday, March 20, 1:30 p.m., Spruce Room at Sierra Pines. Admission is free!

For additional info contact: Brian Sutton, 916-482-6393.

**Heartland Club**

BY RAYANN GOLDA

Spring Fun will be the theme of the Saturday, April 25, 2020 Heartland Group event at Sierra Pines at 6:00 pm.

Dinner will be catered by Original Pete's Restaurant with a mouthwatering complete pasta dinner (chicken/beef/or just pasta). Afterward a yummy dessert will be offered. As always coffee, water and hot chocolate will be provided. BYOB is accepted. We provide the bottle opener! Ticket price is \$15

per person and must be made prior to the event. Entertainment will be provided by the Sacramento Banjo Band.

You can mail your check to Ray Ille (Heartland Club 5416 Campcreek Loop, Roseville, CA 95747) or include it with your money for the next event. Phone: 916-780-1660. (Membership dues run from July 1 to June 30.) Membership is \$3 per person per year.

The Heartland Group is open to all Activity Card (previously referred to as Association Membership Card) residents of Sun City. We think you will be comfortable with the group whether you are single or couples. There you have it; a mix of residents who come to have some fun. You won't be disappointed.

The Heartland Group meets four times a year usually on the last Saturday of January, April, July, and October. The membership year runs from July to July.

Questions: Joe Flores (President) 580-3787.

**International Social Group**

BY CYNTHIA SINDREY

Our group did well "Bringing in the New Year". The food, and service by Sierra View Country Club was given kudos by all who attended and the music by the Cocuzzi Duet was enjoyed also. We are now in the planning stage for the next event which will take place on Wednesday, March 25, 2020 at Sierra Pines. Arrive by 6:00 pm to enjoy a traditional "Mardi Gras" complete with a parade, dinner catered by Mimi's Cafe, dessert provided by Huckleberry's, and the "Cocuzzi Duet" will be returning once again to play New Orleans style jazz music.

Looking ahead to May we will honor Holland with an event called "Tiptoe Through The Tulips" details will be forthcoming.

Although we lost a few members this year due to either illness or moving away we have also gained new members. As the word gets out we will continue to increase our membership. Flyers for the events will be mailed to our members and also available on the rack at the Lodge along with new member applications.

For further information please contact: Cynthia Sindrey, President 916-773-5151 or Gini Christiansen, Co President 916-772-0506.

(more Club News cont' on page 16)

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

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

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**Kindly RSVP to 916-297-4512 by March 19th, as space is limited.**

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## Travel Club

BY DAVE LEWIS

With winter on the wane and spring on the horizon, much is happening with the Travel Club. Our membership continues to grow and is now approaching 300. During the January membership meeting, Collette's Jay Fehan presented the first two 2021 trips; Costa Rica and Spain & Portugal. They are now open to members. Recently, five of our members returned from experiencing the "Treasures of Egypt" and shared their adventures with the Club during the membership meeting on February 24. For those who like to travel and socialize, planning has begun for the Spring Social to be held in Sierra Pines on April 26.

Club Registrars continue to process applications for the 2020 tours listed below. For additional information on duration, highlights, cost and Registrar, check the Club website or Timbers kiosk.

April 14 - 20: "Two-Steppin Thru Texas in the Springtime"

April 28 - 6 May: "Springtime Tulip River Cruise Discovery"

July 13 - 20: "Crystal Symphony Cruise - Scandinavian Splendors,"

September 18 - 29: "Croatia & its Islands"

September 30 - 5 October: "Albuquerque Balloon Fiesta and Santa Fe"

October 12 - 20: "Niagara Falls and New York City"

November - December: Under review

A Member Preference Survey for 2021 was conducted on January 27. After review,

the following offerings will continue to be refined during the March 3 Planning Meeting at 1:30pm in the Club Room:

January/February: "Tropical Costa Rica"

March: "Spain's Classics & Portugal"

May: "Painted Canyons of the West"

July: "Quebec in Depth and the Gaspé Peninsula"

August: "Exploring Scotland & Ireland" & Royal Edinburgh Military Tattoo"

September: "Africa during the Migration Season"

September: "A Magnificent Southern Coastal Experience"

October: "Autumn in Vermont"

November/December: "Tennessee Country Christmas"

Please join us for the Council Meeting (1:30pm) and/or the Membership Meeting (3:00pm) in the Timbers partial Ballroom. Safe travels!

...

## Boomer Generation Club

BY CAROLE MCCULLOUGH

Do you have Spring Fever yet? March is here and should warm us with more sunshine and wash away the winter blues.

The year has barely started and the Boomer Club is active. January was our After-Holiday Party featuring our first ever Chinese New Year theme. February our General Meeting was held at Sierra Pines where members heard what exciting events are planned throughout the year. We were very

(cont' on page 17)

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### Boomer Generation Club

(cont' from page 16)

fortunate to have Bob McBride present the members with information on the Foundation Home Maintenance Program, which was well received. Nancy Schubach reminded members the current council's term is ending and we are looking for nominees to run for Boomer Council. Council is made up with a President, Vice President, Treasurer,

Secretary, Event Coordinator and Membership Director. Volunteering is one of the privileges living here in SCR and part of what makes our events and club successful.

Featured SIG (Special Interest Group): This month's featured SIGs are our Wine Club and Progressive Dinner. Our members met at Sierra Pines to share wine, appetizers and fabulous company. We were asked to bring a wine that celebrated wines from the Old World and an appetizer to add to our Pot Luck table. The club has become quite popular.

Our second featured SIG is the Progressive Dinner. Members enjoyed the theme, Chef's Choice. A variety of food and friendship were shared.

Check out the other SIGs on our website. One can chose from Golf, Dining Out, Bunco, Bowling, Walking, Progressive Dinner, Movies or Book Club. Times, dates and who to contact are listed on the website.

Remember it's never too late to join the Boomer Generation Club. Are you young at heart or just like to socialize and have fun, you are part of the Boomer Generation?

• • •

### Singles

BY DAWN BECK

Looking for that pot of gold? Maybe it's available in March when St. Patrick's Day comes around. Just find the nearest Leprechaun and ask him, "Where's the end of the rainbow?" When he tells you, be sure to let the rest of your single friends in on the secret.

All fantasizing aside March does provide opportunities to have fun. Our guest speaker, Ann Estacio, is an independent distributor for Young Living. The organization sells essential oils, and Ann has traveled to Africa with the company to learn about the oils and also the groups that it helps support. Ann is the daughter of Nancy Shaffer, but her name was suggested before Vicki knew of the relationship. She will concentrate on the oils for specific problems including arthritis. That means she'll probably have many new clients.

Our March Social is on March 21 at 6:00 pm at Sierra Pines. A St. Patrick's Day celebration warrants green attire, shamrock hats, and clean Irish jokes. The Sun City Tappers and the Sun City Strutters will perform for your entertainment.

Original Pete's will cater with chicken gorgonzola bowtie pasta, vegetarian pasta, shrimp linguini, salad, garlic bread and dessert. Our hostesses are Birgit Mathis and Kay Krein who will take reservations at the general meeting on March 2. The cost is \$17 for members and \$19 for guests. All reservations must be in by noon on Wednesday, March 18. Call Kay Krein at 915-389-0168 to make

reservations. Bring your own beer, wine or soda.

Our game hostesses invite you to join a group. Janice Shreve at 916-733-1816 does Mexican Train and Elaine Pitt at 661-202-8888 does Hand & Foot. We need a replacement for Cela Armstrong who has been the Canasta coordinator for some time. Put your skills together on the second Sunday at the lodge card room. Shelia Martin arranges the event and welcomes all other card games. Bring your own equipment.

Call Marina Tan at 916-772-7913 to learn more about Singles which is open to anyone living single in Sun City.

• • •

### Jewish Fellowship Circle

BY LOIS ARLEN

As we move forward into Spring, the first activity of March will be a Shabbat service and Oneg on Friday, March 6 at 7:30pm at the Sierra Pines. Gus Ballis will conduct the service, and he and Shelley Weisman will host the Oneg.

There will be a movie afternoon on Friday, March 27 at 1:30pm at the Sierra Pines. The title has not yet been decided.

On Friday, April 3 at 7:30pm at the Sierra Pines a Shabbat service and Oneg will be held. Barry Tossman will conduct the service, and Diane Rishe will host the Oneg.

Our annual Passover Seder will be on the second night of Passover on Thursday, April 9 at 6:00pm in the Ballroom at the Clubhouse.

The Book Club meets on the second Monday of every other month. The next Book

Club meeting will be on April 13 at 7:00pm. The location has not yet been decided.

For a detailed list of this year's activities with our Fellowship Circle events please pick up the 2020 Activities Calendar flyer at the Sun City activities display at the Clubhouse. We genuinely welcome everyone to participate in our events.

• • •

### Veterans and Patriots Club

BY PAUL REGNIER

March and its winds have arrived. Our first event, the annual Bar-B-Que is just around the corner. We have talked our chef and auctioneer, Jack Ellison, into returning along with his friend and main chef, Carl. The mountains of steak are just waiting to be chosen. The date is June 7, 2020. The place is Sierra Pines. Stay tuned for prices and times. This event does sell out quickly. Yes, you can bring friends. Come on down.

Our meetings are starting a little earlier now, 9:30 AM for coffee, donuts and jokes. At 10:00 AM our meeting will start with the pledge, followed with God Bless America and on to business and our speaker for that meeting. Sit up close if you want to see a large screen or sit way back to see all of the action. See you soon. God Bless

• • •

(more Club News cont' on page 18)

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 Homes Sold in January: 9

Average List Price: \$449,689  
 Average Sales Price: \$447,489  
 Average Days on Market: 42

#### Homes Sold in January

Address	SqFt	Listing Price
7465 School House Lane	1167	\$355,000
4602 Wanderlust Loop	1334	\$399,900
7131 Dream Inn Ln	1334	\$405,000
133 Full Moon Ct	1505	\$438,000
332 Savannah Ct	1547	\$459,900
5117 Buckboard Way	1547	\$462,500
840 Huskinson Ct	1741	\$499,900
7192 Stagecoach Cir	1869	\$527,500
5162 Green Grove	1840	\$530,000
500 Washoe Ct	2287	\$549,000

FOR SPECIFIC QUESTIONS CALL 916-213-1320

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### SCR Republicans

BY CAROLE VAILLANCOURT

Please join us at our next meeting on Thursday, March 5, 2020 • 7 PM at Sierra Pines. Prior to the 7 PM start, (6:45 PM) we have a social time for networking, cookies, and coffee, our program will feature Members of the Committee to form the New State of California.

Please be aware that due to unforeseen, unplanned conflicts our scheduled speaker may be subject to substitution!

We continue to represent the Republicans at Courier Days each month, volunteers are needed in this endeavor, please call Janice Shreve, at 916-773-1816 to help out. By this interaction with fellow residents we are having a positive effect in growing our group.

For further questions or information about joining our active Club, please call Carole at 781-2468 or caroleva@sirewest.net.

• • •

### SCR Democrats Club

BY TONI FISHER

Our meetings in recent months have served to inform us of many issues and organizations based in Placer County aimed at enhancing our understanding of what these organizations do to benefit our lives and our cities. We also had a chance to meet several political candidates running for a variety of local and national positions this year.

As of this month, we move to politics, politics, politics as we discuss the results of our

Super Tuesday Primary Election, both locally and nationally, and discuss how we can actively support those candidates that we think will best represent our interests and needs. Our two politically savvy members, Peter Lorenzo and Kathleen Crawford, will share their thoughts on such topics as how California's move to an earlier primary will impact national elections and what the leading candidates need to do to achieve success. We are sure to have a very lively discussion as all members will have an opportunity to share their thoughts and ask many questions. We may also be visited by some of the candidates who will share their thoughts on the election results and likely thank us for our support. Of course, they will also look for our continued support as we move toward November.

We cannot speak of the recent Primary Election without sending a shout out to those committed, civic-minded members who stepped up to staff the two precincts in the lodge that helps the Board of Elections with their work to conduct the elections and helps us to earn funds for our treasury. All twenty-six members performed their duties very well and found the work to be enjoyable as their friends and neighbors stopped in to vote or to drop off their Vote by Mail ballots. Thanks to all!

• • •

### SCR Computer Club

BY P.J. PALMER

General Meeting – Monday, March 23, 10:00 am in Ballroom. JERROD Sieberg, DMV Driver Safety Manager will be talking

about Senior Driving Safety and the REAL ID program.

Everyone is welcome at this meeting.

Council Meeting – Monday, March 23, 9:00 am in Computer Room.

Special Interest Groups (SIGs):

Digital Imaging and Editing – March 6: First Friday, 10:00 am, Computer Room. Explore Camera Usage. Learn to edit, process images, and improve photos on your computer. Call Charlyn Ross at 916-772-1447.

Genealogy – March 12: Second Thursday, 2:00-3:30 pm in the Card Room.

PC Forum – NO Meeting in March. Do you have a Topic for more advanced computer users, that you need help with?

Android Phone Help – March 20, Third Friday, 1-3 pm in Computer Room for help with Android Phone and Tablet help with Tom Gottdiner.

All 'Bout Apple – March 10, Second Tuesday, 2:00 pm, in Computer Room. All user levels of MAC computer, iPad and iPhone. Information: Charlyn Ross, 772-1447 or Dennis Studer, 899-8221.

Photo Sig – March 20, Third Friday, 10:00 am, Computer Room.

March's theme is "Close Up" (Anything Goes)\* but it is time frame limited: Photos must be taken within 12 months prior to theme for the SIG meeting; i.e. March 2020 entries can only go back as far as March 2019. Members email up to three photos to PhotoSIG916@gmail.com by March 16th. Contact Dennis Studer-yostuder@yahoo.com or 919-899-8221 to leave a message or

for a call back.

idevices – Wednesday, March 22 Fourth Wednesday 6:00 pm in Computer Room. You can get help with your iphone in Computer Room most Tuesdays 9:30am-12:00pm or call for an appointment.

Please double check the room and time of your favorite meeting as they may have changed! Direct Line to Computer Room: 916-771-7032

Also, our Calendars and SIG meeting notices are on the Sun City Website, scres.org

• • •

### 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

(cont' on page 19)

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### Postage Stamp Group

(cont' from page 18)

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. Plenty of parking.

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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### 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

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### Birders

BY JANET MORELLI

SCR Birders are about half-way through their 2019/2020 schedule of birding field trips already and only one trip had to be cancelled due to rain. Last year at the same time, 3 trips had been cancelled because of rain and 1 cancelled because of smoke from the Paradise fire. The Birders are keeping their fingers crossed that the rest of the field trip days this season will be clear and dry.

On January 2, Birders visited Cosumnes River Preserve where they identified 34 species. Within minutes of arrival at the site, they had spotted 9 species of ducks and shorebirds. There were many migrating geese, pelicans, and cranes to be found in the area.

Later in January, Birders traveled to two sites between Galt and Lodi where they saw large numbers of Sand Hill Cranes, Tundra Swans, Blue Herons, Snow Geese, and White-fronted Geese, as well as, smaller numbers

of Western Meadowlarks, Yellow-rumped Warblers, Shovelers, and three species of sparrows (White-crowned, House, and Golden-crowned).

Next on the Birders' schedule will be a trip to Davis ponds, one on the west side of Davis and the other on the east side. The ponds on the west side will be new to the Birders; the ponds on the east side were visited in April last year. Here they saw 30 species including Black-crowned Night Herons, Northern Mockingbirds, Cowbirds, and Grackles. Birders will meet in the Timbers' lobby at 8:15 am on March 5 for this birding-by-foot trip.

On March 19, Birders will visit the Morgan Creek Trail, in Roseville. This will be a walking trip of 1-2 miles along Morgan Creek where we will see riparian area birds. And, on March 23, Birders will go to Sierra View Country Club in Roseville. Birders will meet at 7:15 am for these trips.

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### SCR Hiking Group

BY PETE GRADY

Join us to try out hiking. You can hike 3 times without joining.

We meet every Thursday at 8:45 AM in the Tennis Court Parking Lot.

Carpooling is organized for the drive to the Trail Head.

Rides vary in cost as do the hike distance and difficulty.

Please go to the SCR Website and Hiking

(cont' on page 21)



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**Club News**

(cont' from page 19)

Group to get more details on the hikes.  
 March 2020 Hikes —  
 March 5: Capay Valley - #5.5(moderate) 7 Miles. \$8 Ride.  
 March 12: Yuba Rim Trail - #5(moderate) 5.25 Miles. \$8 Ride.  
 March 19: Hidden Falls – 7 Pools Loop. #4.5(easy to moderate) 5.25 Miles. \$6 Ride.  
 March 25: Darrington Trail - #4(easy to moderate) 5.25 Miles. \$6 Ride.

**Cycling**

BY DIANA RISCHLING

The “Winter Lull” has passed. Days are getting longer, mornings are getting warmer and many of us are eager to get back outside. Why not dust off that bike that’s been hiding in the garage and explore the streets of our community with the Sun City Rovers. This group of cyclists meets at Sierra Pines parking lot on Wednesday mornings at 9:00am. Leaders Dori Zuchold and Elaine Turnbull are experienced riders who know the streets and neighborhood bike paths that are best-suited for those who just want to improve their cycling skills and confidence level. Combine the ride with a coffee break and you have the perfect start to your day! Please contact either Dori or Elaine for more details about this group. Now if your are a more experienced rider you may find that our daily rides offer longer rides at a faster pace. Weekday rides leave from the tennis courts at 8:00am. Alternatively, come to our next club meeting on the third Monday of the month at 8:00am at Sierra Pines. You’ll meet other cyclist and learn more about our club’s activities.

Our officers have been planning activities for the upcoming year, including our breakfasts at Oracle, a country-western might party and many club-sponsored ride opportunities. There’s something for everyone to enjoy.

Upcoming events —  
 4/4: Club Social@Sierra Pines  
 4/4: Party Pardee/Outside ride  
 4/18: Ride Around the Buttes/Outside ride

**Bocce Club**

BY PAM CABEZAS

April is a busy month for the Bocce Club. We are excited to have so many new and returning members we’re ready for the season to start with the Mini League beginning on April 16th.

Here are some important dates to remember:

- 4/7 - New member Orientation Social - 6pm Bocce Courts
- 4/10 - Mini League Sign Up 6pm - BYOP - Must have already joined Bocce Club
- 4/16 - Spring Mini League begins - Bocce Courts
- 4/19 - Spring Fling Party - Sierra Pines (more info coming)

Bocce Tournaments Begin April 11th & continue through the fall season

- 4/11 - Mixed Blind Draw - 8am Bocce Courts
- 4/18 - Mixed Blind Draw - 8am Bocce Courts
- 4/25 - Battle of the Sexes - 8am Bocce Courts

Come on out and have some fun on Saturday mornings, sign in is at 8am, play begins at 8:30am.

April 10, Friday - 6:00pm - Spring Mini League signup

Note: You need to be a registered club member by March 23 to join the spring league. BYOP (bring your own party-snacks & favorite beverage).

Remember to fill out the member form and submit with your check for \$8 prior to the evening of April 10th.

Beginning in March we will have instructors at the Bocce courts at specified times to help new members learn the game. More to follow.

**Croquet Club**

BY JANE MCNALLY

What does a club require to have happy, satisfied members? Volunteers, who get the necessary jobs done. Bert Donlon has served on the Croquet Club Council in many roles. At the moment,



Bert is the membership chairman. When asked which positions he is willing to take on, he said, “I fill in where there is a need.”

Bert has been a member of the Croquet Club Council for eleven years. His background as a high school teacher who taught Photography and Geometry as well as serving as Year Book Advisor gave him practice in skills he has put to use in a variety of roles in Sun City Roseville.

He has written personal memoirs as well as books about his favorite hobby, model trains. He wrote a detailed book about constructing a narrow gauge Colorado model train. Somehow he has time to work on his train with meticulous detail. No wonder he has written interesting and skillful articles for the Courier. The photographs he added to the articles appeared professional.

Have you seen the beautiful club logo on our members’ shirts and hats? Bert designed the logo using the four primary colors used in six wicket croquet: Blue, red, black, and yellow. SCCC signifies the Sun City Croquet Club. The crossed mallets on the design created spaces for the four balls.

Bert and his wife, Joan, take many trips, yet Bert always can be counted on by the Croquet Club to volunteer. Many of the duties Bert has performed include, teaching croquet, moving wickets when needed, and sending out colorful flyers whenever requested. Kudos, Bert.

Watch the lobby kiosk for flyers announcing upcoming lessons, or stop by the Croquet Courts during morning play time. This will be an opportunity to meet Bert and other members of the Croquet Club.

**Pickleball**

BY BOB VERZELLO

There has been considerable discussion lately about changing pickleball hours to afternoons during the coldest months. Or, we need a coffee machine and warming blankets.

Some have suggested simply moving the Pickleball Club to a warmer location during the winter. President Gene Cochran favors Palm Springs while others prefer the Villages in Florida. When Gene was asked to take a vote, he said he could simply do it by executive order per Article II of the Constitution.

Meanwhile, please be careful when using the Squeegee with wheels on it. The wheels get stuck and mark up the courts. It is easier to use the roller with the blue sponge. It

is relatively easy to squeeze the sponge to remove the water. Simply slide the sponge down the roller axle and press out the water. This can be done in both directions. Avoid water draining back onto the courts.

If you are trying to remove the net from a court, be careful to release just enough cable to remove the poles. If you release more than necessary, the cable will become disengaged. Take the entire net and poles to the end of the court for temporary storage.

Thanks to Jeff Robinson and Gary Pyle for picking out and installing improved hooks for backpacks and clothing.

Playing Tip: A good return of service is hit deep to keep the serving team back from the non-volley zone (kitchen). Then returners should rush up close to the kitchen line (i.e. within about two feet) to be ready to volley the serving team’s return. Likewise, the serving team needs to rush to the kitchen line after hitting their return. The idea is not to get caught mid-way between the kitchen and service line which gives the opponents better options for placing their shots.

**Senior Softball**

BY RICHARD EPTING

We’re in the middle of “Spring Training” and everyone is excited about the upcoming year. Our five managers have decided to reorganize our player draft to make it more efficient. Rather than wait until “draft day” to determine the draft order, they picked the draft order in January. So now they have a whole month to evaluate the talent. Jimmy Hebner, manager of Excel Realty, has the first pick and he’ll have a lot of excellent players to choose from. Ron Roberts, manager of Coldwell Banker, has the “defending champs” and is picking second. Larry Larson, manager of A/C Girl, an excellent judge of talent, picks third. This year, Eskaton has a new manager, John Pal, and if he manages as well as he plays, they should be one of the top teams. The team that picks last, Smart Move Property Management, which is on its third sponsor in three years, is coached by Eric Erickson, whose teams are always competitive, even if they change uniforms every year.

Our January practices were well attended and in February we had practices on Mondays

(cont' on page 22)

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### Senior Softball

(cont' from page 21)

and Wednesdays. Our draft should be completed by the end of February and Opening Ceremonies are scheduled for April 1. We provide coffee and doughnuts, and after a few short speeches, the umpires yell out "play ball", and our season begins. So come out to Mahany Park on Pleasant Grove Blvd. and join us in the celebration.

### Table Tennis

BY KAREN YEATES

Spring is in the air – literally. The first day of spring is March 19 and, as a reminder, daylight saving time change is on March 8 this year. For our members, it is also time to think about an upcoming opportunity to serve as one of our group officers. Ron Houston, who has served as our President for several years, will step down at the end of June. So we definitely need someone to fill that spot. While the remaining officers are willing to continue another year, if others in our group are interested in serving, please let us know. Vince Pratillo is the current Vice President, Frank Tom the current Treasurer and Karen Yeates the current Secretary.

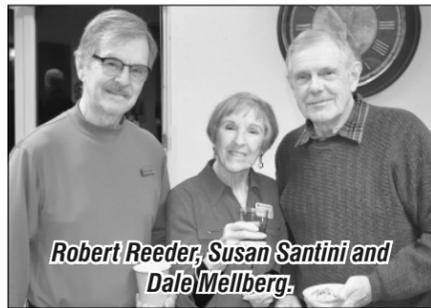
We have seen an upswing in our regular attendance over the last few months as well as some new people coming from time to time and they do enjoy playing. As a reminder, one is welcome to come out to our regular play times for three times during the year without

joining. After that, we do ask that you become a member of the group. Our fiscal year runs from July 1 to June 30 and dues are only six dollars for the remainder of this year.

### SCR Tennis Club

BY DIANE BARNETT

The first Social and Membership meeting of the new year was held at the Sierra Pines on February 5th with a theme of "Cupid's Caper." Preceding the Membership meeting, a Social was held where new members had an opportunity to meet other members and make



Robert Reeder, Susan Santini and Dale Mellberg.

some new friends. Pictured is Dale Mellberg greeting new members Robert Reeder and Susan Santini. Following the Social, and the Membership Meeting a dinner of Lasagna, salad, bread and cupcakes was served by Linda Gordon and her merry Social Committee.

Another great way to meet new friends is to sign up for a Tennis Tournament. The first Tournament of the new year will be held on March 21st when Lynne and Dale Mellberg

will host "Hawaiian Swinging into Spring." A sign up sheet is posted on the Courts. Sign up to play or to watch/enjoy lunch.

Did you know that the Tennis Club has a ball machine that is available to any Club member who has been "checked out" and issued a certification ball machine card? To date, 30 Tennis Club members have been trained and issued a Card that enables them to check out and use the Tennis Club Ball Machine during non-prime time hours. If you are a Tennis Club member and are interested in using the Ball Machine, contact Ray Barnett at 916 759-2578 to set up an appointment to become certified.

The 11th Annual Northstar trip has been scheduled for September 15, 16 & 17 in the beautiful Sierra Nevada mountains at the Northstar Resort. Last year 38 members attended this fun event and we hope to surpass that number this year. More information will be forthcoming as summer draws closer.

### He & She Golf Club

BY KATHIE DE VITO

January Play Results:  
Sierra Pines (9 holes)  
January 13 — 1st: Pam & Michael Hemingway, Bob Niznik and Dale Bailey.  
2nd: Kathy & Dirk Fowler, Marg Donnelly and Gary Pelzman.  
3rd: Pat & Bob Horning, John Desmond and Janet Morelli.  
CTP: Women: 1st - Diane Dooley 48'6"  
Men: 1st - Bob Horning 6'11" 2nd - Terry

Dooley 63'3".  
January 27 — 1st: Bob Niznik, Denise Gilbert and Michael Fitzgerald.  
2nd: Kathy & Dirk Fowler and Hideko Gongaware.  
CTP: Women: 1 No Women reached the green.  
Men: 1st - Dirk Fowler 21'1" 2nd - Michael Hemingway 38'5"  
Timber Creek (18 holes)  
January 13 — 1st: Bill & Barbara Wells, Jim Sherrard, and Jerri Lehnhoff.  
2nd: Sol & Nancy LaBrada, Ray Ortega and Victor Tom.  
3rd: Rich Aug, Johnice Swallender, Frank Patch and Steve Hennessy/  
January 27 — 1st: Sol & Nancy LaBrada and Al & BJ Dumm.  
2nd: Mark & Jo Anne Gregson, Rich Aug and Johnice Swallender.  
CTP: Women: 1st - Sandra Morea 15'4"  
Men: 1st - Sol LaBrada 6'8"  
March Play Schedule —  
Sierra Pines —  
March 2: Open Play 9am  
March 9: Tournament 9am and 11:30 am  
March 16: Tournament 9am and 11:30 am  
March 30: Open Play 9:00 am  
Timber Creek —  
March 2: Open Play 8:30 am  
March 9: Tournament 8:30 am  
March 16: Open Play 8:30 am  
March 23: Tournament 8:30 am  
March 30: Open Play 9:00 am  
...  
(more Club News cont' on page 23)





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### Sierra Pines Ladies Golf

BY DEBBIE GEORGE

Is it Spring yet? I don't know about you, but I have had enough cold and damp weather. It really is time for Spring. I've become a fair weather golfer (when did that happen). However, we have our share of brave ladies who continue to grace our course with their presence.

Pam Hemingway, our Handicap Chair, has reported that four ladies improved their HIs in January. Congratulations to Candy McDonald, Aud Bair, Roxanne Warloe and Jackie Burton. Great job to all of you!!

We had many Chip-ins recorded for January. Jan Rivera reported that ten of our lady golfers accomplished this. Barbara Simon had two, followed by Elizabeth Gustafson, Joanne Mastalski, Janet Preis, Arlene Lizotte, Aud Bair, Monica Konkel, Kathy Fowler, Marlene Bell and Norma Jones, each with one. Congratulations to all.

Our next Council meeting is Wednesday, March 11 in the Sierra Pines Clubhouse starting at 2:00 pm. Anyone is welcome to attend.

The General meeting is Wednesday, March 18 at 2:00 pm also at the Clubhouse at the Pines. Be sure to attend so you don't miss the latest news regarding SPLG. And, the social hour following is always fun to be a part of.

In March we will transition to two tee times, 8:00 and 10:30 am. Be sure to sign up for early or late. Be aware that Daylight Savings Time begins Sunday, March 8.

Looking ahead to April, our Spring

Luncheon is scheduled for April 15. More on that will follow.

Stay warm and have fun golfing.

• • •

### Timber Creek Women's Golf Club

BY BARBARA MILLS

It has been a real challenge to get out and play with the rain, wind, and cold temperatures! Sometimes it is hard to recognize each other all bundled up with hats, ear muffs, and scarves. Thank heaven for hand warmers!

The Most Improved players for January were: Barbara Berry (1st Flight), Janet Smith (2nd Flight), and Judy Bickell (3rd Flight).

Congratulations to Bobbi Dunk and Minell Fredricks who broke 90 and Robin Shaffer who broke 100! They each received a Break Pin.



Bobbi Dunk, Minell Fredricks and Robin Shaffer.

At our General Meeting on January 15 Maggie Altnow, our Handicapper, spoke to us about the new World Handicap System and



Maggie Altnow

explained how to figure "pops" on our score cards.

There are many tournaments to look forward to this year starting with our 36-Hole Better Ball Tournament on April 8 and 15 which is always a lot of fun. We will play from the red and white tees as long as there are 12 players playing from each tee. Partners' handicaps must be no greater than 10 strokes based on the lower player's handicap, so pick your partner and sign up. We will all celebrate with a luncheon on the 15th.

Our Club Invitational on May 27 is going to be a lot of fun with the theme "Looney Toons Goes Golfing"! Chairs Suzie Everett and Mary Jorgensen and their committee are planning a great Tournament which includes breakfast and lunch. Members can invite friends, who do not have to be residents, to play on our beautiful Timber Creek course. Hole sponsorships are available for \$100; contact Suzie at 916.812.1714 or Mary at 916.425.1963 if you have any questions.

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### Timber Creek Men's Golf Club

BY KEN HANSEN

Well, we are off and golfing. As of this writing, we are set to play our Valentine's Pink Ball Tournament on February 11. Results will appear here next month.

We had our first meeting on February 5. Our budget was approved and the club is in fine shape financially. We currently have 260 members, nine of whom are social members. Please encourage neighbors, new arrivals



and even some who haven't played with us for a while to join. I think we have a superb club, with many members volunteering in a variety of ways.

Ernie Bell answered our trivia question and received a dozen balls. Chris Jacobson answered the question that was imbedded in this column. He and Jim Sherrard are the only two to email the answer. Does that mean they are the only guys who read this fine prose? Hope not.

Richard McGinnis received his flag for his hole in one on #6.

This month's question is: Who is known as the Jackie Robinson of golf, being the first African American to win on the PGA tour? Email your answer to kenandpenni@yahoo.com. First answer is the winner.

Our next General Meeting will be on March 4. Hope to see you all there.

• • •

(more Club News cont' on page 25)

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April 4, 2020 - Wine Blending Party & Steak Dinner

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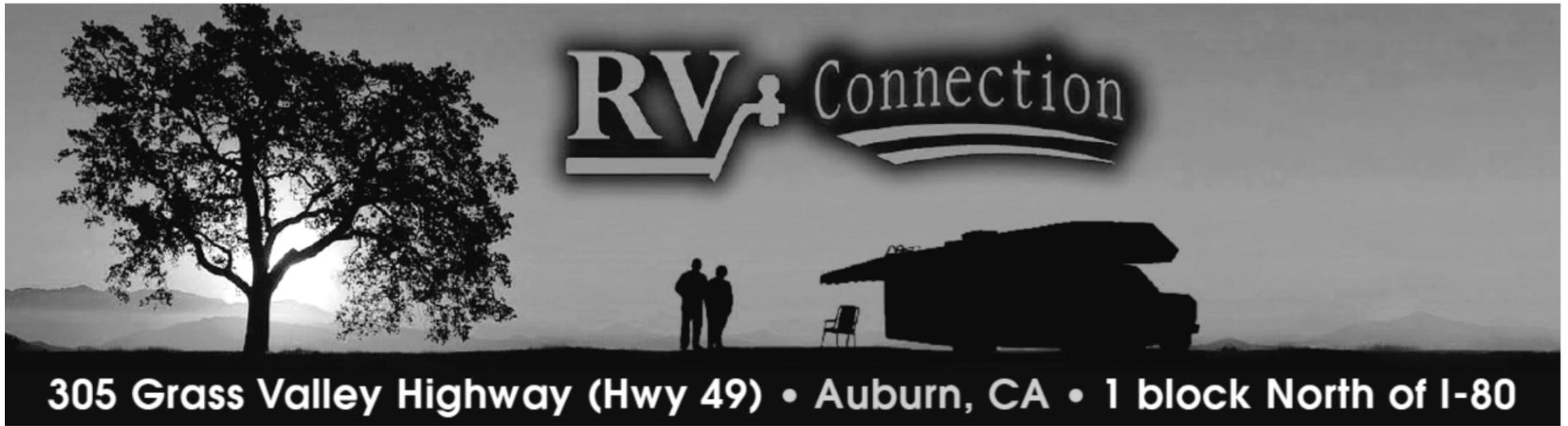
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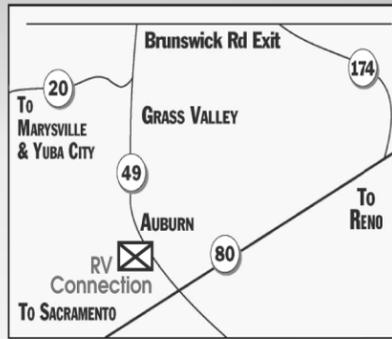
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### Golden Niners

BY RALPH FRIEND

Our club is filled with generous members as demonstrated by the providing of a First Tee scholarship for one of our young people playing golf. Currently donations are being accepted by our treasurer, Joe Campagna. The First Tee scholarship is awarded each year and is funded by donations from our members. Donations are currently being accepted.

Each month we provide a summary of our “big winners” from the tournaments we have each Tuesday morning. Here are the “big winners” in the month of January: Richard Heintz \$26; Phil Zeitman \$24; Stan Johnson \$22; Bud Haddix \$20; Bill Ledou \$20; Dale Bailey \$19; John Desmond \$18; Lloyd Leitz \$18; Howard Sandler \$18.

Next month we will start our early/late “shotgun starts”, as we have been going out together with only one starting time during the Winter. An email and posting in our sign-up book will announce the specific date.

• • •

### SCR Billiards Club

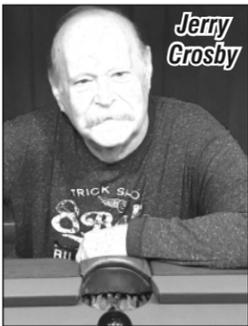
BY GERRY CRISTONI

The January tournament winners were:  
Men’s Open 8 Ball: Jerry Crosby  
Open 8 Ball: Norm Grabar and Ken Evans



Norm Grabar and Ken Evans.

Tournament winners, please make sure your name is noted on the tournament sign in sheet as a winner. This will make sure all winners will be posted in the monthly courier.



Jerry Crosby

(more Club News cont’ on page 26)

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

### Dianne Carroll and James Kyle

(cont’ from page 1)

institutional side required a four-year degree, so she lied and said she had one. This led to higher success, but several years of reporting in at 6:00 am to meet New York time began to wear thin, she wanted a divorce, and wanted more time with her daughter.

Dianne resigned and created a recruiting firm. She had made countless business contacts all over the world and parlayed many of them into clients who recognized that a go-getter knew how to find them go-getters. And, when many dot com businesses were expanding and offering stock options to employees, Dianne also recruited stock and investment consultants to help the companies manage those efforts.

She was having great success until much of the financial community was decimated on 09-11-2001. Many of her client firms were in the Twin Towers. With no one hiring, she suspended her company. Later, her bank manager explained that many Silicon Valley business owners and executives were in danger of losing a lot of money in the looming real estate downturn. It was decided that Dianne would be perfect at showing them how, with any of several loan packages, they could pull out equity and ride it through the downturn. More success.

James Kyle majored in theater arts at San Francisco State University. He performed in local theater for many years. As a 21 year old member of the San Francisco Shakespeare Company, he toured twenty-seven states in seven months, performing in mostly small venues. The name of the troupe sounded much more significant than it really was, so he enjoyed that they were usually treated quite well. To put bread on the table, however, he worked in his father’s golf fundraising business, which he now owns, and operates as Golf Outings by James from an office in Roseville.

Their niche was marketing and advertising to make fundraising golf tournaments more profitable. He enhanced sponsorship



James Kyle and Dianne Carroll

by developing unique hole-sponsorship signage, brought in pretty girls to flirt with players, enhanced player prizes, arranged for celebrities, and so on. 49ers quarterback Joe Montana and Steve Young hired him for their charity tournaments, as did the Bay Area Sports

Hall of Fame. Their banquets were often emceed by golf legend Ken Venturi, and he met Giants players Willie Mays, Barry Bonds, and Vida Blue.

In all, James has serviced over 2300 charity tournaments. Between tournaments, he drives with Uber. He both likes to drive, and to hear about people’s reasons for Ubering.

Knowing that, it would be easy to imagine James as a dynamic back slapper, but he is actually the polar opposite, and thus the perfect foil to livewire Dianne. They met on-line in 2007, found common interests, including movies followed by snacks, and never wanting to remarry. They became a couple three months later.

During all this, her parents, A. F. and Toni Carroll, moved into Sun Roseville about 2000. Her dad passed about a year later. Toni went on to be active in activities at St. Claire’s Catholic Church, Sun City’s Bridge, Hand and Foot, and Singles Clubs, and was a Red Hat lady. Dianne came up to visit over the years, eventually joined by James.

The time came that her daughter was grown, that she desired a slower lifestyle and that she wanted to be closer to her mom. James was supportive, so she sold her home and they moved here. Dianne has made friends among fellow swimmers, and she and James dance at the Timbers nearly every Friday evening.

About the time her granddaughter was exploring children’s books, Diane got to work at writing hers, the title of which is Buck’s Dragon. Its bright orange cover prominently displays the dragon’s forked tongue. It is a delightful tale about a boy who obtained what was not a simple pet lizard, and the



James Kyle and Dianne Carroll and her book

Huck Finn adventures he and the other neighborhood kids had as it grew, and grew, and grew some more.

Knowing nothing about writing or publishing did not stop Dianne. When one publisher wanted to change all her youthful characters, from who she knew them to be, to fit into politically correct categories and diverse stereotypes, she opted for self-publishing. While she admits to a little embellishment, and to changing the names to protect the innocent, the characters are typical of her personable and audacious childhood.

Enter James with his expertise in promotions, and she soon had a large trade show style roll-up banner, shelf and table toppers, and business cards with a QR code taking you to Amazon. T-shirts and bookmarks came next. All replicate the book’s almost bulbous cover. She uses these displays at readings, such as at the Cub Scouts or Barnes and Noble. James has even sold about fifty books to Uber customers.

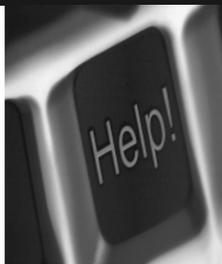
James and Dianne created, out of opposite personalities, an enjoyable life together, although it appears that neither has had to work very hard at their happiness—kind of like it was for children back in the day.

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

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## SCR Foundation

(cont' from page 1)

presale on March 1, game cards will be sold beginning at 12:30 pm in the hall outside the ballroom; the games start at 1:00 pm. Fresh daubers are provided.

March 1 is the first date that tickets will be sold at the monitor's desk for the April 13 Speaker Series event. While the Foundation funds these quarterly events, Sharon Mowry, Sun City Activities Director, finds a great variety of informative, interesting and enjoyable speakers. For those new to Sun City, the tickets cost just five dollars and we guarantee that you will get more than your money's worth!

Mark your calendars now for our annual golf tournament, scheduled for June 5. Foundation Director Kent Hilburn is already planning some new and fun components for this year's event, so start polishing your clubs.

Please Note: Last month, we encouraged that you work with DonateLocal California, a program we have partnered with to remove your unused vehicles, prepare them for sale, donate net proceeds from the sale to the Foundation and provide you with a receipt for the full sale amount as a tax-deductible donation. We are currently studying our partnership further and, until we can decide our future relationship, we ask that you put your vehicle donation on hold and not engage this group.

## 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](http://www.WindsOfFaith.com) and on Facebook at <https://www.Facebook.com/WindsOfFaithCommunityBand>

## 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

(cont' on page 29)

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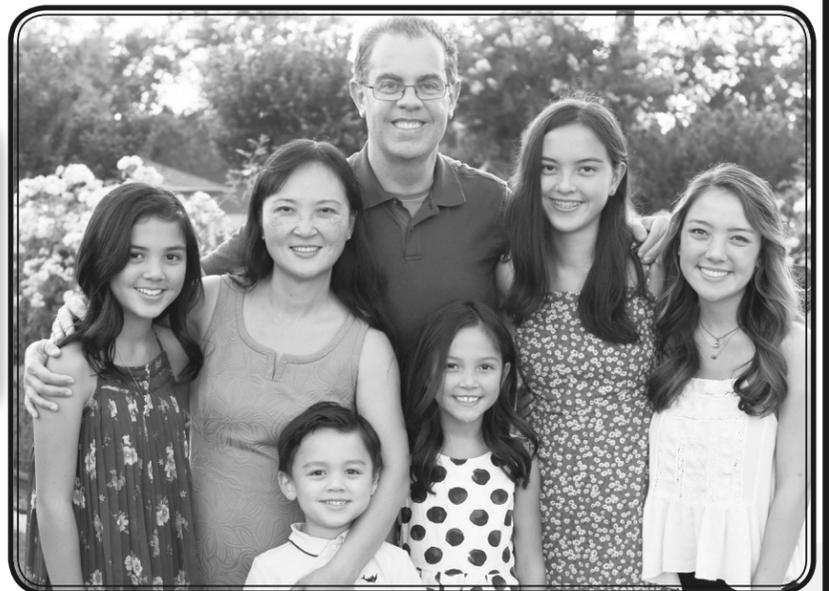
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### MARCH / APRIL

#### AARP – Free Tax Return

AARP volunteers will prepare and electronically file Federal and State income tax returns for low-to-middle income seniors at the SCR Lodge Computer Room on Sundays. There is no charge for this services which is sponsored by the IRS and AARP. Volunteers are tested and certified annually and are trained for most returns. Real estate rentals, K-1s for limited partnerships, and complex small business returns are a few of the exceptions. Appointments are required and can be made by calling 916-741-0506. Your call will be recorded on an answering machine and an AARP volunteer will return the call to schedule your appointment.

#### Play Reading Group Forming

If you've got a little ham in you, or if you're psychologically-minded, or if you're a student of world drama, or if you're a lover of Broadway, Sac Theatre Company, the Sophia, or Cap Stage, this new group may be just what you've been hoping for—a monthly play-reading, or theatre production group. Calling all interested actors, readers, drama critics, live-theatre lovers, and retired drama teachers. Contact Letha Dawson, by email at lethadawson@gmail.com, if you'd like to get in on the stage floor and create a monthly gathering of like-minded thespians.

#### Sunshine Programs

Home from the hospital, live alone and need assistance? Sunshine Services' Individual Care Program offers 40 hours of care per year. Our Caregiver Relief Program offers 4 hours of respite per week for 2 years for 24/7 caregivers of residents who can't be left alone. There's a \$5.00 per hr. co-pay for both programs which employ licensed home health workers. Call Melissa Shelton-Kinoshita at 916-865-4913 for details.

#### Dial-A-Ride Tickets!

Sunshine Services sell Dial A Ride tickets in the Lodge Lobby. Tickets are sold the first Thursday of the month from 8:30 - 10:30 am. Funded by SCR Foundation, tickets cost residents \$10 for 10 one way-rides.

#### Attention Scrabble Lovers

Join us for a weekly Scrabble session in the Card Room • Fridays, 12:30-4:00 pm. For details, call Jennifer Martin, 916-781-2830.

#### All Tuned Up

All Tuned Up meets every Thursday, 9-10:45 A.M., at Sierra Pines, Ponderosa Room. All musicians are welcome. Sun City Roseville has a lot of talent. We want people with and without instruments. Come and sing or just listen. For more information, call Letha Dawson at 916-872-8019.

#### Do you speak French and/or Spanish?

FRENCH - 3rd Tuesday 2-4 PM. SPANISH - 3rd Wednesday 2-4 PM. Have fun retaining or improving your language skills with videos, games and other activities. Fluency not required, but some knowledge of the language is helpful as activities are not lessons. - Sandy Haley sjhwemh@comcast.net, 792-2881.

#### Tuesday Evening Men's Poker

Got the Tuesday night blues, how much idol and reality TV can you watch! All right I made my spiel, come on down to the lodge and join us in the poker room from 6 to 9:30pm for some friendly action of poker. Our games are 95% "split the pots" and remember we don't have a yearly dues. Questions, give me a call Ed Day at 771-0638.

#### Grief Support Group

If you are experiencing grief, loss, or transition, you may be able to find support and encouragement as you grieve and heal.

Diane Wilson, Health and Wellness Chaplain, is available to receive Individual Grief Support telephone calls and emails.

Karen Bolte, Sutter Health Bereavement Chaplain facilitates the Sunshine Services

Grief Support Group, which meets on the 2nd Wednesday of each month, 9:30 to 11:00 a.m., in the Club Room. Please contact either of us at 916-837-1109 for further information and questions about the group, or to schedule an appointment for individual support.

#### Alzheimer's Support Group

Alzheimer's Support Group meets the 3rd Thursday of each month, 6:30pm at SCR main lodge.

### COMMUNITY —

#### Semper Fi Association

The Semper Fi Association meets the first Monday of the month at 9:00 am at the Legends Restaurant at Woodcreek Golf Course, 5800 Woodcreek Oaks Blvd. in Roseville. Come early to purchase breakfast before the meeting. For more info: Semper Fi Association: Don Witt, Public Relations Chairman, Phone: 916-573-1704 Ext: 0001. Email: semperfiassociation@gmail.com Web: www.semperfiassociation.org Marines and Navy Corpsmen especially invited. Hope to see you there.

#### 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.

#### Retired Law Enforcement

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

#### Parkinson's Support Group

If you have been diagnosed with Parkinson's Disease or care for someone who has, we invite you to join us at the monthly West Roseville Parkinson's Support Group; for informational and inspirational discussions with others on the journey, every 4th Tuesday from 11:00-12:00 p.m. at St. John's Episcopal Church located at 2351 Pleasant Grove Blvd, Roseville. Contact: Arlene & Ken Fujino at 916-474 -4688 or Kfujino1@msn.com or Parkinson Association of Northern California 916-357-6641.

#### 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.

#### Essential Tremor Support

Essential Tremor will now be meeting on the first Saturday at Kaiser Permanente, 1600 Eureka Rd, Roseville Woman's and Children's building B16. Our meeting starts at 10AM. For further information call Paula Lavin 771-4866.

#### 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.

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### Tuesday SS Bowling League

(cont' from page 26)

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.

### Bridge Club

BY COLLEEN TOVEY

Do you want to sail to Alaska with your bridge playing friends? Set sail August 31 from San Francisco on the Star Princess to see Alaska, including Glacier Bay, on a 10 day cruise. Bridge instruction and play will be available daily. 18 lucky Sun City bridge players have signed up so far.

Bridge lessons for beginners are available in the card room on Wednesday mornings. We thank Susan Rollinson and Sarah Traweek for instructing them.

Our next bridge luncheon is March 16 at 11:00 in the Ballroom. There will be Duplicate, Fun and Friendly, and Social Bridge sessions of play. Menu choices are chicken taco salad or chicken salad sandwich for a cost of \$19. The deadline for signup is March 6.

Are you just learning bridge or looking for a way to learn more? If you are not a member of ABCL ( American Contract

Bridge League), consider joining. They publish a monthly bulletin which has extensive informational articles by experts. They also track your master points, sponsor sanctioned play and tournaments, and organize travel. You can find more information at ACBL.org.

### Mah Jongg

BY CINDY FAULKNER

A nice round of applause for Janet Preis and Anglie Gamble, assisted by Sidnee McKinney, for our February luncheon at Sierra Pines. Food and the players made for an enjoyable afternoon.

Mark your calendar for another luncheon at Sierra Pines on Friday April 24, 2020. Details for the lunch will be emailed to you and will be in the card room late in March.

It is getting close to April 1, 2020 when we will get our new cards in the mail. We are looking forward to seeing the new cards and griping about the hands that are taken away and the new ones to be played for another year. This is an ongoing occurrence, out with the old and in with the new.

All members are requested to wear name badges to assist our newest members to get acquainted with everyone at all Mah Jongg events. Play continues on Monday from 12:30 pm to 3:30 pm and on Friday from 9:00 am to 12:00 pm with lunch in the Timbers for whoever wants to join us.

All Mah Jongg play is fragrance free.

### Bunco

BY PAT OBERLANDER

Winners for January 13 —

Most Buncos: Jackie

Most Games: Debbie Phillips

Booby: Susan

Winners for January 27 —

Most Buncos: Helen Blankenhorn

Most Games: Audie Gould



Bunco Winners!



Booby: Julie Mc Collander  
Bunco plays the 2nd and 4th Monday of every month. Come join us! No training necessary, just luck. The cost is \$4 Sign-in starts at 8:30 am and we start playing at 9:00 am. Good way to meet neighbors and loads of fun. We'd love for you to join us. We're in the card room at Timber's Lodge. You don't have to commit to every time, but once you start, you'll be hooked. Come on down!

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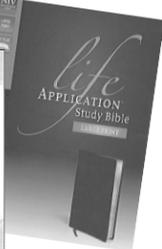
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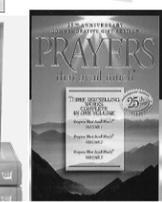
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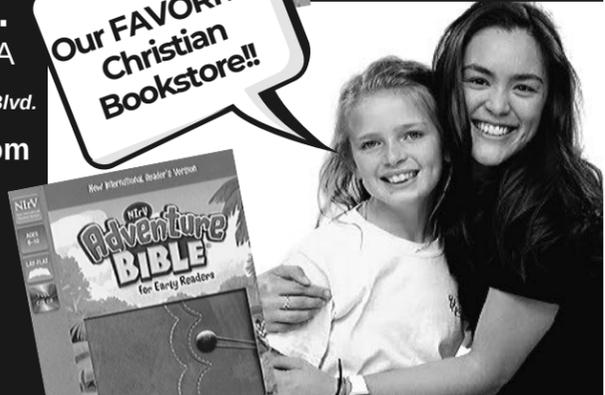
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# Observations on This and That (Mostly on Aging)

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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