

SUN SENIOR NEWS

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And Much More . . .

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The Dalies—Scouting for Family Stories

BY RUTH MORSE

I visited Stewart and Reena Dalie in their open, two-bedroom, Santa Cruz model home in Lincoln Hills. Reena had a sister and brother-in-law who lived in Sun City and, after many visits to their home, the Dalies decided to buy one also. They are the original owners, and, when they moved to the home July 7, 2004, they were the youngest couple in Village 33. Spring Valley Parkway was not yet connected, and Lincoln was a much smaller community. Village 33 is known for their duck-named streets and the residents have a village-approved annual December Christmas decorations display of ducks and luminarias, small paper lanterns, in their Village. The couple relocated from Alameda in the Bay Area where they had most recently resided for thirty years. The house they had in Alameda was a one-hundred-year Queen Anne Victorian which was listed in Alameda Historical records.

Stewart Dalie III was an only child born



Stewart and Reena Dalie

PHOTO BY JEFF ANDERSEN

to a family in Ohio. His family moved to San Francisco and then relocated to Santa Rosa when he was ten years old. He has the same name as both his grandfather and father. He is a fourth-generation newspaperman. Stewart's father grew up in Ohio, was in

the military in World War II, and decided to relocate to San Francisco after the war. He worked for the San Francisco News which merged with The Call Bulletin and eventually ceased publication in 1965 after being bought out by the San Francisco Examiner. Stewart's father worked for the San Francisco paper based out of Santa Rosa and Sonoma County for many years. Because of his father's strong links to newspapers, Stewart became involved in writing and newspapers at a young age. He won various awards and has a notebook with articles featuring his skills. It was no surprise that he would go on to have a long career in the newspaper business. But first he graduated from Santa Rosa High School. He loves the school and is a member of the school foundation. After high school, he joined the United States Marine Corps and served from 1961-64
(cont' on page 23)

Return of the Bored Actors' Society — A Ten-Minute Play Festival

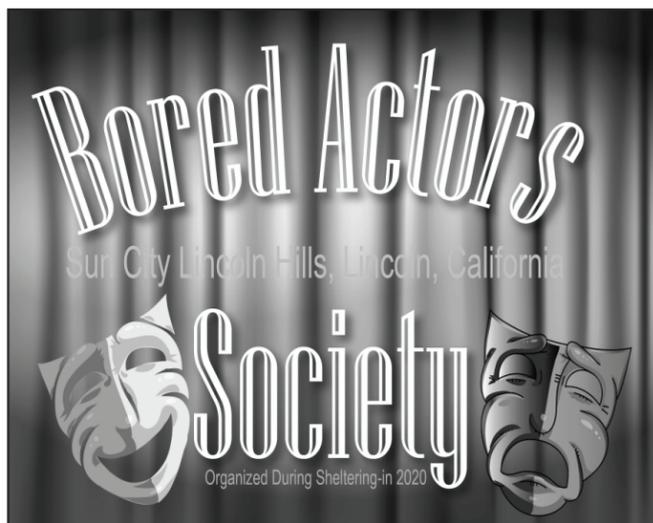
BY DOUG BROWN

We're back! We were pleased with your accolades for our first performance in The Shame of Tombstone, a delightful Western melodrama with good guys and bad guys, damsels in distress, and heroics to save the day.

So, of course, actors who love the stage (or the closest thing via Zoom) needed only a nudge of encouragement to seize the day and exercise our stifled thespian yearnings. This time we're pleased to present A Ten-Minute Play Festival. These six short plays are drawn from everyday life with characters you can easily identify with, plots you don't have to stretch too many brain cells to figure out, and most importantly, plenty of humor packed into each play!

Here's the line-up:

1. In the opener, The Trouble with Cashews finds Paul (Ken Reiss) and his sister Tara (Mary Brown) at a July 4 family barbecue.



Their cousin Dorothy has taken a special liking for the cashews in a bowl of mixed nuts, which has not gone unnoticed by Paul and Tara. Will a few nuts in a bowl lead to convincing the two siblings that Dorothy is the harbinger of the end of the human race?

2. In Great Escapes, a somewhat rebellious assisted care resident Lorraine (Jeri Ferris) who has escaped from Shady Meadows. Daughter Freida (Karol Mendez) desperately tries to "parent" her mom, chastising her for
(cont' on page 16)

LH Music Group

BY DAN LEHRER

The recent songs posted to our website are "All of Me" and "Country Roads". I'm sure our members have been practicing these numbers at home, perhaps even shared a video screen with fellow musicians. We hope to meet in the future to play and jam together. We meet every fourth Wednesday of the month from 6:30 to 8:30 PM, Fine Arts Room (OC). You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. You can also contact Dan Lehrer at dlehrer72@gmail.com. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM, (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information.

LH Community Chorus

BY BARRY MACKINTOSH

You'll be sorry but not surprised to learn that our mostly Christmas concert scheduled for December 6-9 has been canceled. We planned to begin weekly rehearsals for it on September 1, but there's little chance a group our size could meet and vocalize in Presentation Hall even if it's open by then. And the long-range forecast discourages singing on a crowded Ballroom stage to large audiences in December.

The best we can hope for is to begin rehearsing in January for our spring concert next May. Of course that will depend on how
(cont' on page 4)



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

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Letters to the Editors...

Authors are solely responsible for the content of their letters.

Strong Leadership for a Strong Community

As we go back and forth into our pandemic cocoon and look around at our Community of Lincoln Hills, we are feeling secure in our footing, that we will come through this as a strong, viable community as we ever were.

Why do we find ourselves in this good place? Throughout this entire crisis, Chris O'Keefe, the Executive Director of Sun City Lincoln Hills has been the beacon of safety, caring, and communication. Chris led this community, residents and staff, through places we had never been with confidence and innovation. He is the lightning rod of



Chris O'Keefe

leadership in the community.

Before most of us grasped the significance of this new pneumonia in the news, Chris organized a COVID-19 Response Team to plan how to keep residents safe, balancing personal interaction and personal safety. Chris led us to engage with each other, began communicating daily as the coronavirus pandemic closed our doors. The F&B department immediately expanded meal delivery with to go service as well. The WellFit department produced exercise videos for use at home and trail exercises for outside. Committee and Board meetings were quickly changed to Zoom meetings, bringing many of us into a new technical world.

Lincoln Hills is not the only focus of his leadership. Chris organized a food drive to supplement grants provided by the Lincoln Hills Foundation to the Salt Mine and was the point on gathering financial resources for students and families of the Phoenix School.

As the President of the Lincoln Chamber of Commerce, Chris understands how Lincoln Hills fits into the City of Lincoln and has an awareness of what works and how to model the spirit of taking care.

This attention to the needs of SCLH is not a surprise. Chris has always been on the forefront of what will enhance the community. Boards change but we are extremely lucky to have the consistency and operational acumen that comes from our Executive Director, Chris O'Keefe. We have a lot to be thankful for here so take a moment and drop Chris a note or better yet let the Board of Directors know how much you appreciate him.

Marilyn Clark

...

Community Standards

My wife and I recently visited relatives who've moved to the Bay Area. They have a nice home with a beautiful view of the bay and its surroundings. But their neighborhood is marred by unevenly maintained houses of incompatible colors, unkempt yards with tacky decorations and chain link fences, and RVs, boats, and trailers parked everywhere.

Some think Sun City Lincoln Hills property standards are too picky and enforced too strictly. If that's how you feel, visit communities where you can do whatever you want with your property and see if you'd rather live there. We were happy to return home where we have CC&Rs and Design Guidelines, Architectural Review and Compliance committees, and Community Standards staff to define, maintain, and enforce the requirements and restrictions we agreed to when we bought here.

Compliance is catching. Unfortunately, so is noncompliance. When properties decline and don't adhere to standards, their neighbors may have less incentive to follow the rules. To counter this tendency our Board asked the Compliance Committee and Community Standards to develop a proactive Community Review Program, which schedules periodic

(cont' on page 31)

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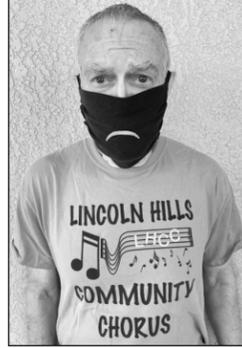


LH Community Chorus

(cont' from page 1)

viral the virus is then. As eager as we are to return, the health of our singers and our audiences r e m a i n s paramount.

We'll update you about our plans in December. Until then, stay safe!



Players Club

BY KAROL MENDEZ

We were all hoping things would get better when the summer weather would knock back the virus and the lockdown was eased. But unfortunately, that has not happened. As I write this, Placer County is on the watch list and restaurants are closed again. No one really knows what will happen in the next few months. My hope is that here in Sun City, where we are all vulnerable, people will be careful and continue to be healthy.

Here's a shout out to a small group of actors within Players that formed the "Bored

Actors Society." This group responded to the pandemic's physical distancing requirement by working on Zoom to hone their acting skills. Recently they posted several "10-Minute Plays" with mostly 2-3 actors per play. Their work can be found at <https://vimeo.com/437492049>. There is an entire genre of "10-Minute Plays" out there. Books of ten-minute plays are available on Amazon for anyone wishing to try them out.

There will be no November show this year as we would have to start working toward that end in August, and we all know that can't happen. We are planning to present Damn Yankees next year. We are always looking for new faces as actors, dancers, support, and technical crews. This is a very fun group when we can get together, and a very welcoming one. When the Lodges open again, our meetings will be held on the second Monday of the month at 4 pm, Kilaga Springs, Presentation Hall.

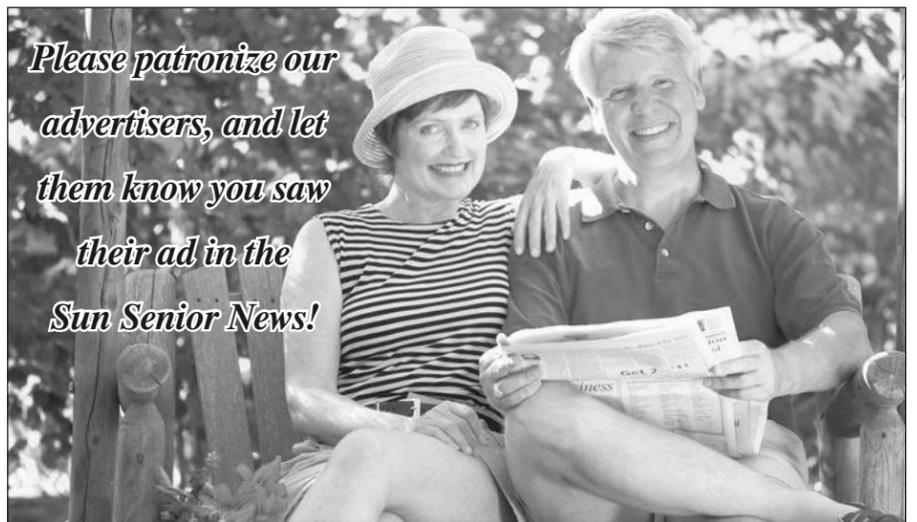
Contact: David Africa, President 916 708-0009, djafrika@sbcglobal.net. Website: www.lhplayers.org.

(more Club News cont' on page 6)



Front row Doug Brown and Julie Africa, second row left to right Vic Albertazzi, John Baarts, Ron Hanson and Paul Carroll.

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From Your Placer County Supervisor

BY ROBERT M. WEYGANDT, District 2 Supervisor



Robert M. Weygandt

As many of you know, Placer County has been engaged in discussions with the City of Lincoln for some time on the City's request for financial assistance. While these discussions are still ongoing, Lincoln approached the County with a proposed agreement to advance its ask, an issue that came before the Board of Supervisors earlier this month. This is not a re-visitation of a tax share or a permanent revenue shift and is not a reevaluation of the County's tax share policy.

Critically important is the fact that the County provides services to citizens who live in our cities (prison, District Attorney, Public Defender, Court facilities, Health and Human Services are a few). Funds to assist Lincoln will reduce funds to serve other responsibilities.

As the July 7 Board discussion made clear (<https://placer.granicus.com/player/clip/2655?>), Board members indicated a willingness to assist the City with temporary financial aid to address its challenges, but expressed concerns that any approach must (1) comprehensively address all outstanding fiscal/financial issues and (2) not obviate the City of its responsibilities to responsibly manage its own financial future, as other cities in Placer County do. Further information on

each of these concerns is noted below:

- **A Comprehensive Approach.** Any financial agreement must cover current outstanding Lincoln obligations, most notably contributions to help fund the regional Placer Parkway transportation improvement

(known as Tier II or SPRTA fees), as well as its regional sewer facilities. The City-proposed agreement did not address these issues and is therefore only a partial solution to the financial issues under discussion by the City and the County.

- **City Financial Responsibilities.** At the same time, the City has the responsibility to manage its own finances, now and into the future. While past City leaders were inconsistent in their approach to ensuring growth pays for itself, any temporary aid from the County will sunset, again leaving the long-term financial management in the City's hands. As other Placer cities have faced public service challenges, they turn to their voters (not the County), as evidenced by sales tax increases proposed/advanced in recent years by Roseville, Loomis, and Auburn.

As long-time Californians know, state and local revenues are limited by voter-

approved tax measures dating back to the 70s. Due to these constraints, it has been imperative that local governments prudently manage their budgets and establish community service districts to fund the costs of growth. Growth drives subsequent increased demand (and costs) for public safety and the requisite roads, sewers and parks that make our communities work. Many of Lincoln's challenges are due to the fact that growth was not assessed adequately to fund its associated service/infrastructure costs – a significant driver for the shortfall the City faces today vs the tax sharing agreements negotiated with the County in good faith over the years.

It bears repeating the County is willing to help, but the City of Lincoln must also help itself. A temporary agreement does not obviate the City from its other financial obligations, nor its responsibilities to its taxpayers for prudent management, fiscal accountability, and public transparency on behalf of its community's future.

Lincoln has growth potential that can uplift it, and it must work towards that end. The county will do all it can to help. I look forward to the continuing conversation with Lincoln's leaders and an agreement that comprehensively addresses the needs of both the City and the County.

Lincoln Community Blood Drive

Vitalant will be conducting a Lincoln Community Blood Drive on August 27 from 10:00 AM until 3:30 PM. This will be a whole blood drive and will be conducted at McBean Park Pavilion. Donating blood is perfectly safe. Social distancing will be observed and you must wear face covering/mask. Vitalant staff will be wearing face masks. You must pre-register prior to your arrival. Please pre-register at: <https://bit.ly/Aug272020BloodDrive>

Pick a time that is available and which suits your schedule. Observe the instructions on the Vitalant website.





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Ballroom Dance Club

BY ERNIE MICHELI

Ballroom Dance Club lessons and activities continue to be suspended. Currently the Ballroom Dance Board of Directors are working on a plan to safely resume dance activities that are consistent with state and local guidelines. Until that time, we would like to highlight two more individuals who have been participants in the Ballroom Dance program.

This month we would like to introduce Jim and Pat Gabriel. Jim and Pat have been active participants in the Ballroom Dance Club for the past five years. Originally Pat is from Dublin, California and has lived in Sun City Lincoln Hills since 2000. Jim lived in Sun City Roseville until their marriage in 2015. It was during their courtship and marriage that the Ballroom Dance Club became an activity they could participate in as a couple. They found that dancing was good exercise, and the lessons are fun.

Pat remembers her high school days included dancing in the gym during lunch breaks. Her mother was an excellent role model in that she danced to great bands led by Guy Lombardo and Harry James. Pat participated in line dancing some time ago,

but currently Pat and Jim favor the Fox Trot among the ballroom dances.

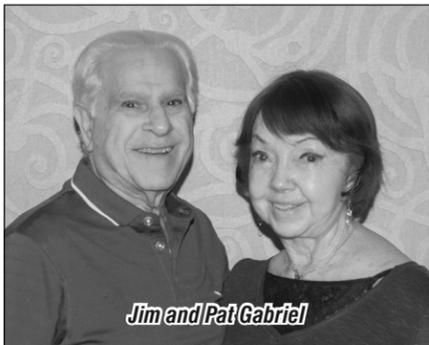
Jim's youth centered around sports especially wrestling. He aspired to be a wrestling coach and taught wrestling while in the Navy.

As adults Jim owned a sales firm that represented ten different military manufacturing companies. Pat was a registered nurse.

They are very proud of their children. Jim has a daughter who lives in Truckee and grand daughter in Grass Valley with two great grandchildren. Pat has a son living in Los Angeles, and he works for Fox Studios. She also has a daughter who lives in Elk Grove and works in the Sutter Surgical Center as a receptionist.

Jim and Pat have enjoyed their ballroom dance experience here in Lincoln Hills. They are especially grateful for the knowledgeable and patient instructors.

For more information contact Ruth Algeri at 916-408-4752.



Country Couples Club

BY GARY MOULTON

Needless to say, Country Couples Club activities have pretty much been a bust this year due to COVID-19. We did get the year started off in January with club members enjoying a tour of the SF Coffee Company (in Lincoln) and having an exciting time at our Roaring Into The 20's dance event in February.

To help keep our spirits up I thought it might be fun to look back at the busy times our club had just last year. We held 7 dances in 2019 plus the club was invited to Jim and Jeanie Keener's Halloween event at Roseville Sun City. You can view photos of several of the dances on our Club website (listed below). The club was also invited to tour Sierra Pacific Lumber Mill in Lincoln. In addition, 34 of our members cruised together on the Grand Princess to the Pacific Northwest, where participants had a great time socializing and dancing aboard ship. Thank you to Irene Hesson (our PR person last year) for organizing the Sierra Pacific tour and the cruise – great job, Irene!

Country Couples participated in the Sun City 20th Anniversary "On Stage" variety show with five couples demonstrating their dancing skills. We were also invited to take part in one of Lincoln's Kiwanis Club's largest annual fund-raising events. Five of our couples volunteered to demonstrate a few of our Country Couples dances at this sold-out affair.

Hopefully, we will be back to "normal" soon and can back to participating in the varied



activities our Club enjoys.

When our facilities/activities open again, if you're interested in Country Couples lessons, check out the Compass. Beginner lessons are at 7pm on Monday evenings at Kilaga Springs Lodge. Country Couples Club is separate from the lessons. Membership allows you to take part in our dances and fun activities throughout the year. Please see the contact info below if you are interested or have any questions. Take care – stay well and safe!

Club Contact: Kathy Lopez; Club Website: sclhcc.com

(more Club News cont' on page 7)

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LH Line Dance Group

BY JUNE WILLIS

As of this writing, Sun City Lincoln Hills residents are enjoying our outdoor activities, such as tennis, softball, pickle ball and bocce ball. But, the Line Dance Group is still not line dancing. We hope to resume in the not-to-distant future, but only time will tell.

This month we are focusing on one of our Group's long time members, Ginger Fullerton. Ginger was born in Little Rock, Arkansas, but moved to Danville, California, at the age of three. She had a long career as a teacher and administrator and Principal for the Palo Alto Unified School District for 38 years. She also taught and implemented the Special Ed Credential program at the College of Notre Dame.

Ginger has been married to her husband, Joe, for 50 years, and when they retired, Sun City was on their radar. Ginger had an aunt who lived at Rossmore Del Webb and was introduced to all the activities that were offered. They watched Sun City being built, but didn't move until Ginger's mom was willing to move. They now have resided in Sun City for 11 years and they love the people, variety of activities, and the sense of freedom in a positive space. Ginger became interested in line dancing after living here only three



Ginger Fullerton

months. She started on the suggestion of a friend in Palo Alto who said it was difficult to learn the steps. Since Ginger loves a challenge, she signed up for a class, and after only one class, was hooked. Because of the wonderful teachers and line dancers, she has been a practice leader for all teachers for about six years. Chairperson of the Line Dance Group steering committee was her title for two years but has been actively involved with the board for five years. During the quarantine, Ginger has been reading a ton of books, taking short walks, completing jigsaw puzzles and playing computer games. Ginger says: "I miss line dancing to the core of my being. My goal is to still be dancing when I die." We thank Ginger for her enthusiasm, time and effort she has put into our Group and look forward to seeing her on the dance floor when classes resume.

Tap Company

BY ALISON WOLFE

Is it over yet?

Who would have believed that we are still waiting for our lives to return to "normal". With the lodges closed and no classes opening up, the Board is keeping in touch with Alyson and pondering future club events (such as show, luncheons).

Earlier last month, Mary Adamson, President, spoke with Alyson. She is doing well and hopes all of you are staying active. As we are still in uncharted waters, no one knows when classes will start up. But rest assured Alyson is anxious to resume our classes when that time comes.

In looking down the road to future club activities, the Board is optimistically pessimistic our winter luncheon in December will be held. Stay tuned.

Please stay safe, healthy happy and motivated. On that note, check out this video on YouTube: Happy Tap #Tappy – Pherrill Williams

Mixed Media

BY JILL SHORT

We are Zooming right along in Mixed Media. In June we had our first Zoom meeting. The members that joined shared what they have been doing, how they are coping and showed some art projects. The time went too quickly for us. After the Zoom meeting I got a request for an art challenge. I quickly came up with tea bags as our challenge. Those who joined in doing the challenge could use tea bags however they wanted in a mixed media project. Remember there are no rules, or right or wrong way to do a challenge.

We had plans to Zoom again in July. During the Zoom time those who joined in shared as well and did an art project together. The new art challenge is "window". Use the challenge word however you want in a mixed

media project. Then share it next time we get together on Zoom. Amazing that just a few, months ago the word, "zoom" was not in our vocabulary and now look where we are in the community. It has become a way to get together and continue the friendships we have developed.

Are you looking for up to date information? Our President, Nan Griffin will keep members updated through emails.

For those who are just beginning in Mixed Media the question of what to buy can be daunting. When walking into the "big box" arts and craft stores, it's super easy to become overwhelmed when you are a beginner. There is so much out there that you can spend a fortune before you know it. I suggest start off inexpensive with basic supplies. Look around and see what you already have at home. You might be surprised to see that you have lots supplies. Of course, you will want to have something to do your artwork on such as a pad of paper, old book, canvas or art journal pad. A good small pair of scissors is important and is something used often. Inexpensive acrylic paints are fine. Start off with some basic colors and of course black and white. You can make other colors when you add either white or black to the basic colors. Watercolors are fun to use in mixed media. You can buy a kid's Crayola brand set. Add a few cheap paintbrushes and you will be ready to paint. White Gesso is something that is used frequently in mixed media. It is great to have it on hand because

(cont' on page 9)



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Mixed Media

(cont' from page 7)

Gesso helps prime and strengthen the surface of the artwork. It can also be used to tone down colors that are too bright or to tone down the busyness of an art piece. You will need glue; a glue stick will work or white glue. Save old magazines, dictionaries, sheet music, and books. These are all great for collage work. Old credit cards, used gift cards and makeup sponges can be used for applying paint. Black Sharpies are something that is used for mark making and drawing. Crayons and colored pencils are wonderful to have on hand and can be inexpensive if you buy Crayola brand. Stay away from cheap unknown brands at the Dollar Tree. There usually is not good pigment in them. A stencil or two for background designs add an interesting element to add. But if you don't want to buy stencils yet, look around the house for things you can use for stamping, such as empty toilet paper roll, bubble wrap, fork, end of paint brush to make dots even Q-tips are great. Just grab an item and see what you can do with it. Use your imagination and don't be afraid to experiment with what you have. As Pablo Picasso said, "Every child is an artist, the problem is staying an artist when you grow up." Get back to that child and let go of fears, inhibitions, and striving to be the perfect artist- relax, create, play and enjoy.

• • •

Needle Arts

BY JILL SHORT

Hot August days are upon us and we are still living in this strange world of uncertainty. So, are you all running out of your favorite supplies yet? Shirli Lent said that she finished two more quilts and was running low on fabric. That is when she decided to make some summer jammies. Digging deep...very deep she found some knit fabric that has been in her stash for quite a while. She had to put on her thinking cap when the discovery was made as there was not enough fabric for sleeves. Shirli took an old t-shirt that was no longer wearable in public and used it for the sleeves for her jammies. Sweet dreams, Shirli!

Are you shopping online?

Our local store Sew Katie Jeans is open for business, if you need fabric. They are still holding monthly challenges. Interested in a class? Contact them, they have some classes but the number of participants is limited. Of course, in person classes may change by the time this article comes out. Sadly, Thistle Dew Quilt shoppe in Fair Oaks will be closing in September due to the owner's retirement. It is heartbreaking to see stores close and less places to shop in person (during normal life). The good news is we still have some quilt stores not that far away to drive where you can go in and see fabrics and notions in person.

- Swifty Stitches <https://www.swiftstitches.com/>

9045 Fair Oaks Blvd, Ste D in Carmichael

- Runs with Scissors <https://www.runwithscissorsquiltshop.com/>

7130 Auburn Blvd. in Citrus Heights

- Quilter's Corner <https://www.quilterscornersac.com/>

9500 Micron Ave., Suite 110 in Sacramento

- Fabric Garden <https://www.fabricgardenquiltshop.com/>

2654 Marconi Ave. STE 155, Sacramento

For those who finished some projects, Needle Arts had a wonderful online show in June. It was so successful that we are doing it again. All entries had to be turned in the end of July. This second Needle Arts online Show and Tell Show will be August 10 and can be viewed on our website. What a wonderful way to see what everyone has been up to since we

can't share in person. Thank you, Jean Storms for putting these together for us. Check out last months Online Show and Tell on our Needle Arts website at <http://sclhna.com/2020-show-and-tell.html>

The Tuesday morning quilt group started Zooming in June thanks to Debby Bainbridge for coordinating this. What a lovely time to be able to chat with each other and share what we are working on. This group is Zooming weekly, and hopefully will continue through our time of confinement at home.

Who are those masked women at the Sports Pavilion all carrying large paper bags Wednesday July 8? What could be in those mysterious bags they carried? It was the Round Robin Group from the Tuesday morning quilt group. The ladies were meeting to exchange the quilt blocks that they each put a new border on. No peeking in the bags! These are a secret until they have all the borders completed. At the completion of the last border this group will get together again for the final reveal of the completed blocks. They are close to the end of adding blocks... so exciting. Who are these masked women really? Under all the masks are smiling faces of Debby Bainbridge, Sue Salinger, Gail Cretcher, Kris Volker, Jan Hess and Sheila Haddad. You ladies know how to rock a mask!

I have heard that the ladies from community service are still busy sewing some fabulous quilts that will someday be given away. It will be exciting to hear how many quilts were donated and where at the end of the year.

Let's keep a positive thought that Needle Arts will be back to having General Meetings starting September 8 in P-Hall at 1:00 PM. Our President, Jean Storms, will keep us all with up to date information with her emails to members. Remember to check out the Needle Arts website at sclhna.com

"Sewing fills my days, not to mention the living room, bedroom, and closets" (author unknown). Keep going ladies with your projects and fill up your houses!

• • •

Paper Arts Club

BY LINDA LUCCHETTI

Please continue to check the club's newsletters with calendars distributed to members via email, for updates on canceled or rescheduled events. Hopefully, it won't be too long until we're together again at our monthly meetings sharing ideas, friendship, and enjoying our craft!



Our members continue to stay busy making cards for all occasions. Thank you to those who have heeded the call and sent in photos of some of their latest creations to share in our monthly newsletters.

To keep you smiling, here are a few 'crafty' quotes:

"I'm obsessed with famous couples... paper and markers, glitter and glue, and stamps and die cuts."

"If all else fails, add another embellishment."

"My craft room isn't messy - I just have everything on display."

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

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(more Club News cont' on page 10)



Round Robin group masks up to exchange quilt blocks.

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LH Photography Club

BY DIANE MARGETTS

Every cloud has a silver lining. With large group meetings no longer viable, the Photography Club has successfully introduced virtual meetings. Jim Moon, our tenacious and progressive Club President, has embraced the virtual meeting concept as a rare opportunity to feature presenters that would otherwise be unattainable.

Our July presenter was Hugh Brownstone. He and Claudia (who could not make the presentation) are well known New York City street photographers: aka: Three Men and an Elephant. You can see their work at www.3bmep.com. You might also have seen Hugh on YouTube, where he has a plethora of videos discussing equipment, the future of photography, street photography, and many more topics. Since the presentation was in an online meeting format, it was surprisingly more intimate that it would have been in a presentation hall. He is a very talented person who was most willing to share his tips and photography secrets.

The Learning SIGs July presentation delved a little deeper into flower photography – last month's topic. This session challenged participants to think about the message they want to convey with the photo, specific messages include botanical, still life and birthday card.

The Learning SIG is restructuring to an every-other-month format. The Enhancement SIG will be filling the available time slot with a new Enhancement Learning SIG. The current Enhancement SIG attracts the more advanced photographers so the new SIG will be structured for the enthusiastic-but-still-in-the-learning-stage photographers. Hope to see you there.

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

Woodcarvers Club

BY LIONEL RAINMAN

Currently, our meetings are on hold due to the Covid-19 virus. When the time comes to meet again you are invited to visit the Woodcarver's club. You will see woodcarvers in action with work in progress and maybe a finished carvings. Members can talk about their carvings or answer questions about woodcarving. Our member's range in experience is from beginners to advanced.

Woodcarvers club is open to all members of SCLH and carvers choose their own designs to carve or there are several club projects available as an option. Carving books and magazines are plentiful as well as help from our members

When clubs are able to resume, Woodcarvers club meets every Wednesday, in the Sierra Room at (KS), from 1:00-4:00 PM

Contact: Lionel Rainman 916-253-9534
Lrainman1414@yahoo.com

Vintage Treasures

BY KAREN REEVES

We're staying connected through email presentations by our program committee and club members. Similar to our pre-COVID monthly meetings, email presenters have researched their treasures, shared specifics of the items and histories of their acquisitions, and attached wonderful photos.

Our April presenter sent weekly information and pictures on a variety of antiques and collectibles. In May, we asked members to participate with an item they had received from a Mother or other special woman in their lives. The June theme was toys, with a program member submitting a presentation twice weekly to our delight, bringing back memories with personal stories of special pieces in her and her husband's collections.

We took a break in July, hoping to resume regular meetings in August. As that does not seem likely, our committee is planning to continue the email presentations to keep us connected. August will feature vintage vanity items.

*Note: Vintage and antique decorative arts, paintings, jewelry, toys, clothing, silver, etc., may be viewed online via a multitude of auction house sites. Most large houses have a good number of categories to choose from, with dates of online auctions, and item lots are available to view. It's a great opportunity to experience rare and extraordinary works without a trip to shops or museums. Here are a few sites to try: bonhams.com; sothebys.com; christies.com, or locally, witherell's.com

Contact: Sandi Janisch 916-253-9085

Writers Group

BY ANDY DEXTER

The SCLH Writer's Group is comprised of people with all writing abilities, from beginners to those who are published. Some write poems, novels, biographies, short stories, children's stories and even memoirs. Now is a good time to get started on that writing project you've been putting off! Your children and grandchildren, will enjoy reading about the things you did during your life, growing up, your careers, hobbies etc. If you're apprehensive about writing or don't know where to begin our members are here to help

The Writers' Group meets at 6:30 PM, on the 2nd, 4th and 5th Monday of each month, in the Orchard Creek Multi-purpose/Computer Room. We are scheduled to meet August 10th, 24th and 31st. If you want to read something you wrote, please bring 10-12 copies to share. We provide each other with excellent feedback about our writings.

(more Club News cont' on page 11)

Book Club

BY CATHIE SZABO

“Equality is treating everyone the same. But equity is taking differences into account, so everyone has a chance to succeed.” – *Small Great Things* by Jodi Picoult

Just in time to get us thinking about the current state of affairs, our August book takes up the challenge of racism. A black nurse is accused of killing a white baby. Complications set in when the baby’s white supremacist father sues the nurse. A legal thriller – yes; but so much more. Ms. Picoult delves much deeper into unconscious racism, prejudice and much more. A bit of a heavy read at times; but the thought provoking challenges to self-make it worthwhile. Take a deep breath, settle in and read this terrific book.

As is our norm lately, our August book club meeting will be virtual via Zoom. Details will go out to members shortly before. If not a member and you wish to attend, email Cathie at catsickle@gmail.com and she will pass along your info to our webmaster for inclusion on our notifications.

Now for things a bit lighter. Promised last month to let you know my “lockdown book count.” Drumroll, please. From about early March to early July, have read 45 books. Does not include those books I started, only to discard them after a few pages. Isn’t it funny, now that we’re older, we get impatient with books that don’t immediately grab our attention? Guess the old “too many books, too little time” is true. What’s your count/

guesstimate on your lockdown count? Still got a stack of TBR (to be read) books staring at you? Never thought I’d look forward to a week with no books for me at the library as I contemplate the stack on my nightstand.

All right, you readers. Step up, don’t be shy – what books would you recommend for 2021 reading? Have not heard a peep from anyone since last month. I can’t be the only person reading! Email your suggestions to Cathie Szabo at catsickle@gmail.com and she’ll compile them for our November ballot (probably an email vote this year). To get your brain thinking about those books you’ve read, here’s what we’d gotten pre-lockdown. (OK, I cheated a bit and added a few from what I’ve read recently).

- Historical Fiction
 - The Giver of Stars* – JoJo Moyes
 - The Lost Girls of Paris* – Pam Jenoff
 - The Huntress* – Kate Quinn
 - Beneath a Scarlet Sky* – Mark Sullivan
 - Remarkable Creatures* – Tracey Chevalier
- Historical Non-Fiction
 - Code Name: Lisa* – Larry Loftus
 - A Woman of No Importance* – Sonia Purnell
- Young Adult
 - The Westing Game* – Ellen Rankin
- Award
 - City of Windows* – Robert Pobi
 - A Judgement in Stone* – Ruth Rendell
 - Darling Rose Gold* – Stephanie Wrobel
 - Fair Warning* – Michael Connelly
- Sci Fi/Fantasy
 - Classic

- Non-Fiction
 - The Honey Bus* – Meredith May
 - The Moment of Lift* – Melinda Gates
- Modern/Realistic Fiction
 - In Five Years* – Rebecca Serle
- Multi-Cultural
 - Biography/Autobiography
 - Other

As you can see, there’s plenty of room for your favorites. If you’re unsure what category a favorite fits into, nominate it anyhow. Cathie will research it a bit and find its perfect home on our lists. Let’s see if we can fill some of those gaps!

For the balance of 2020, we’ll be discussing:

- September 17 – *The Widows of Malabar Hill* by Sujata Massey
 - October 22 – *The Testaments* by Margaret Atwood
 - November 19 – *The Tattooist of Auschwitz* by Heather Morris
 - December 17 – HOLIDAY LUNCHEON
- A last word from Ms. Picoult – “If I cannot do great things, I can do small things in a great way.”

Words to live by nowadays – wash those hands, keep your distance, wear a mask.

Stay safe, stay well.

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

Genealogy Club

BY DR. BARBARA BRANCH

Jim Baker was our July 20th speaker on Zoom. We are connecting with future speakers to see if we can Zoom their talks. Watch for emails to announce future Zoom presentations. We tried an “Ask the Team” session for members in June but only got three attendees. Let us know if you want us to try again. Maureen Sausen has kept the membership supplied with links to genealogical resources. Some members are creating videos and articles to share with members. Mary Ann Barker recently shared an article about her search for step-siblings. If you have a research story, send it to us and we’ll share with the members. In the meantime, it’s a good time to keep up your genealogy research.

Check our SCLH Genealogy Club website for handouts and updates:

<https://www.suncitylhgc.com/>. For more information contact Dr. Barbara Branch, 916-543-8219.

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(more Club News cont’ on page 13)



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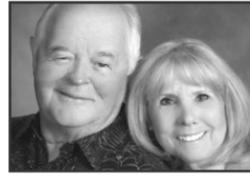
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LH Astronomy Group

BY BILL WEAVER

The recent increase in transmission rates for the Coronavirus in Placer County and subsequent closure of certain indoor events has forced the LHAG to cancel efforts to resume regular gatherings for meetings and activities at least through August 2020. However, the LHAG Steering Committee will continue to hold web-based planning meetings for future resumption of club activities. All LHAG members will be updated through email as new information is gathered. In the meantime, our members continue to maintain updates on astronomical events. One of the most recent updates provided by our solar specialist, Carla LaFave, involves the latest information from the NASA Parker Solar Probe.

Carla writes, "While we are trying to figure out ways to stay safe from the coronavirus, it is easy to forget that our majestic Sun is re-creating itself out of its own inexhaustible fire. NASA's Parker Solar Probe (PSP) is presently helping us to see our Sun in a whole new light and helping us to get in touch with our Sun in new ways. Get on the sunshine track and join those of us who are following the probe as it uncovers the awesome mysteries of our own star."

The first findings released to the public were: There is a dust-free zone around the Sun. Surprise! There are switchbacks...flips in the direction of the magnetic field, which flows out from the Sun, embedded in the solar wind. The solar wind moves in "chaotic jets" at times. Shocking! There is a breaking point or transition point where the solar winds abruptly change direction. Small burst events of small, fast-moving, energetic particles ride along the magnetic field lines. Each time the PSP orbits the Sun, it will reveal more exciting details. Stay tuned. Learning new things can be like sunshine to us and can help us to refocus on more positive thoughts."

Questions regarding the LHAG and its Cosmology (CIG) and Telescope Interest (TIG) sub groups should be directed to LHAG President Bill Weaver at hamweaver@wavecable.com.

Additional information about the LHAG, its meeting, activities and its subgroups can be found on its website at www.lhag.org .

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LH Italian Club

BY LINDA LUCCHETTI

Please check the event calendar on our website, as well as e-mails to members, for updates on cancellations or rescheduled dates of activities. We are all looking forward to the days when we can have fun at our events, together again!

Let's go shopping! The Italian Club has set up an online Apparel Store hosted by Premier Graphx in Roseville. Purchase items with the club's logo and be ready to wear them at club events or anytime. The club does not receive any proceeds from the purchases in this store. For more information, go to the website.

"Reaching Out and Keeping in Touch," now a growing series of more than 35 installments, is available on our website. These cover a wide range of Italian interests, locales, food, beverage, and folklore, so check them out if you've missed them, or view them again.

If you are a Lincoln Hills resident of Italian heritage, check out our website at www.lhitalianclub.org. Contact: Sandi Graham, membership, at 916-826-5711.

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Lavender Friends Club

BY SANDI DOLBEE

One of the most recent posts on our club's Facebook page was an endearing one—a video of a surprise golf cart parade to celebrate the end of chemo treatments for one member.

It was a great reminder of how our members-only page can help keep us connected

while we stay safely apart during this pandemic.

Members post all sorts of helpful tips. One person shared about where to get fresh, local peaches. Another posted a link for what to do if you got your federal stimulus check as a debit card but threw it away thinking it was junk mail. And share updates on a knee replacement surgery and notices of online concerts.

Several of them come with photos — from local scenery to ducklings that took up residence in a back yard.

The Lavender Friends Facebook page was created by president Joan Lacktis, who also serves as the page's moderator, ensuring that posts abide by the guidelines of being "social in nature and reflect positive things happening in the community" (no rants, partisan pleas or commercial solicitations).

Yes, you have to have a Facebook account — but did you know you can open one up with just the briefest of information? After setting up your account, send an email to Joan and she'll take care of rest.

Oh, and that golf cart parade? Paula Kregel, its recipient, loved it. "I was very touched," she said. "It was a fantastic surprise." She added this: "It just shows who the people in Lavender Friends are, they're just a group of very wonderful and caring people."

Lavender Friends is a club of LGBT residents and allies. More about us and what we're doing is on our website, www.lavenderfriends.com

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LH Amateur Radio Group

BY DANIEL LEHRER

This year's Field Day was quite different than all past Field Days. Like most Clubs and Groups across the Country, we chose to participate from our homes due to Covid-19 health concerns. Despite the lack of camaraderie and pizza, it was fun and productive. Five of our members made contacts from their home base. A variety of modes, bands and power sources were employed. CW and phone were the main modes and Commercial and Battery power were utilized. We recorded 143 contacts in 15 different States and 25 different Sections. Two rookie members, Paul KN6DRM and Dan KN6DRN, participating in their first Field Day, recorded a combined contact list of 69 stations. Well done! This was a Field Day to remember with unique circumstances. We look forward to a more traditional event next year when we can all be together. The club would like to welcome new member Dan Blake K6KU.



If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG. We hope to resume our Summer Monday meetings at the Sports Pavilion soon. The LHARG conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 443.2250 MHz, 167.9 PL. For more LHARG information visit our Website, the URL is: lharg.us or email Stuart.Gallant@gmail.com.

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(more Club News cont' on page 14)



Denise Webfield (left) and Carolyn Otis gear up for the golf cart parade.

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Lincoln Hills June Sales Snapshot

| Address | Street | Sq Ft. | Price | Model |
|---------|-----------------|--------|-----------|------------------------|
| 2429 | Winding | 1130 | \$369,000 | Sequoia |
| 685 | Hopkins | 1130 | \$379,000 | Sequoia |
| 850 | Anton | 1184 | \$379,000 | Milpond |
| 925 | Lake Crest Lane | 1190 | \$400,000 | Calaveras |
| 105 | Prairie View | 1298 | \$423,000 | Bridgeway |
| 1392 | Periwinkle | 1361 | \$413,000 | Madera |
| 1947 | Hawk Hill | 1449 | \$400,000 | Almanor |
| 1500 | Topanga, 105 | 1509 | \$360,000 | Condo |
| 755 | Waterfield | 1515 | \$440,000 | Pine Hill |
| 1170 | Shadow Glen | 1515 | \$435,000 | Pine Hill |
| 201 | Quail Covey | 1531 | \$450,000 | Alpine |
| 355 | Stags Leap | 1531 | \$435,000 | Alpine |
| 1446 | Periwinkle | 1549 | \$490,000 | Alpine |
| 812 | Rustic Ranch | 1549 | \$450,000 | Alpine |
| 2450 | Fountain Hill | 1595 | \$439,000 | Pine Hill * |
| 1290 | Peak View | 1714 | \$465,000 | Lassen* |
| 1813 | Monument | 1728 | \$500,000 | Echo Ridge |
| 596 | Rustic Ranch | 1785 | \$545,000 | Santa Cruz |
| 2380 | Winding Way | 1791 | \$620,000 | Tahoe */** |
| 1772 | Maple Grove | 1873 | \$610,000 | Orchard Crest ... |
| 2068 | Stonecrest | 2073 | \$579,000 | Annadel*** |
| 445 | Huntsman | 2211 | \$615,000 | Fremont** |
| 2568 | Black hawk | 2262 | \$727,000 | Shasta |
| 1696 | Willow Grove | 2536 | \$909,000 | Tiburon *** |
| 1782 | Hill Grove | 2612 | \$730,000 | Springcrest |
| 1142 | Stone Pine | 2801 | \$750,000 | Meadowgate** |
| 288 | Sawmill | 3081 | \$825,000 | Santa Barbara **/** |

Per Sacramento mls reported sales 6/1/20 - 6/30/20

** Expanded Sq. ft., **Casita ***View/Golf or Open Space*

Shalom Social Group

BY JUDY GANULIN

The Shalom Social Group is planning a Zoom presentation for our members on Monday, August 24. Professor Terry McAteer will discuss "The Wonderful Wizard of Oz as an Economic and Political Allegory." We also continue our weekly Bocce Ball play. And though we cannot meet in person these days, we keep in touch with members who can't get out readily to make sure they are doing well. Our group's focus is on Jewish history, culture and food, but membership is open to all. For more information please contact Joanne Levy, 508-333-8590.

...

LH Travel Group

BY TEENA FOWLER

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

See our website for detailed information about all our booked trips.

www.LincolnHillsTravelGroup.com

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

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

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

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

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

Guanacaste, Monteverde Cloud Forest and options on tour

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

Sahara Desert Lux Tented Camp, Marrakech, etc. & Choice of Cooking Class

America's Cowboy Country (Jun 14-21, 2021) (Sheron)

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

Switzerland by Rail (Summer 2021) (Teena) Small Group Tour

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

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

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

Travel Group Committee Member

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

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LH RV Group

BY STEVE BEEDE

Just as we thought we were re-opening our Lodges, the late June Covid-19 surge kept the doors shut for our July Meeting. Meanwhile, many of our Members are hitting the road in their RVs while practicing social distancing. 26 rigs are headed for Graeagle August 31st and others are traveling around the State and beyond. Quarantines in other States remain a challenge. We're still on for the Plymouth Wine Crush in September; Marina Dunes in October; and our Octoberfest at the Sports Pavilion on October 8th. We're scheduling our 2021 Rallies including Palm Springs in February; then San Diego; Bodega Bay; and hopefully Ashland for the Shakespeare Festival. Many Members are hoping to recreate their Cross-Country RV trips that got cancelled this year.



Cheryl and Bill Bisson

We normally meet on the second Thursday each month at 4:30 PM in the Placer Room (KS) to discuss up-coming Rallies; gain RV education; and get to know each other better. Residents interested in RVing are welcome to visit, meet new friends, and discuss the joys of RV travel. Our Members are always willing to share knowledge of RV types, pros & cons, and most importantly the places they've been and are going. Come join us.

If you have any questions concerning the Lincoln Hills RV Group, or RV'ing in general, please feel free to contact me.

Contact: Steve Beede at stevebeede5@gmail.com; 916-752-6972, or check us out on our website at www.lhrv.org.com.

...

SCLH Computer Club

BY NORMAN SEIDENVERG

We continue to have lockdown of Kilaga Springs and Orchard Creek facilities, with no change in sight. Placer county Covoid-19 cases are rising, cause unknown. Information about our club, services and presentations are available on our website: www.sclhcc.org. July, 8, 2020 Terry Rooney gave a great talk about the WIN 10, latest changes (20/04 update). The slide show is on the website for those who missed the ZOOM meeting. Settings, the Updates, will tell you if your computer is ready, or you may override and download the update. Further presentations will be announced to the membership as we schedule them. For help with your phone, pad, laptop, or desktops send questions to sclhcc@gmail.com and we will try to respond. Be careful and stay healthy.

...

Apple User Group

BY RICH THAYER

Mark your calendars! The LHAUG virtual banquet is scheduled for September 8 at 7:00 PM. We can't have the usual in-person banquet, but we can still meet on Zoom for entertainment and prizes.

August virtual seminars will cover Apple CarPlay, Apple Health, organizing Mac files, and iPhone basics. Apple CarPlay is a smarter, safer way to use your iPhone while you drive, and it makes getting there a whole lot easier and more fun. Ken Silverman will show you the all-new CarPlay dashboard that helps with tunes, turns, maps, and apps. Come learn how CarPlay works and how to use the apps while keeping your eyes and hands where they belong.

The Apple Health app allows you to capture data from health applications, activity devices, health devices, and health providers, keeping you and your health providers informed. Bill Smith will demonstrate key features of the iPhone Health app, showing you how to set up and use many of its powerful features.

Do you wish you could more quickly find the files you need on your Mac? Helen Rains will discuss some best practices for organizing your Mac files. She'll cover techniques for saving, labeling, deleting, moving, and finding files, and she'll show you how to use the right view for the files you work with. Come learn how to create an efficient folder structure, keep your desktop clean, and quickly find

what you need.

Finally, Ken Spencer will cover some of the essentials of the iPhone, including the most important settings and uses of this incredible tool. You'll have a chance to ask questions after each subject. Beginners and experts alike will come away with new knowledge.

See lhaug.org for virtual banquet information, seminar schedule information, and videos of past seminars. Also, check out the two new Zoom video tutorials, one for iPad and one for the Mac.

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

Stamp Club

BY TIM MILES

We are still "up in the air" as far as actual meetings are concerned but we were given Tuesday, August 18 and Tuesday, August 25 as meeting dates at the Sun City Roseville Lodge (7050 Del Webb Blvd, Roseville). The usual starting time of 6:30 pm will be observed. As this is being written in July, the Lodge is still closed for meetings or for use of the Grand Ball Room and ancillary meeting rooms. However they are trying to get things reopened but are exercising caution due to the pandemic. Remember the government is dictating how and when we can open so we have to "stand by" and follow the parameters laid down by the State of California.

As to a dinner in September, Al Capparelli was working on that with the Lodge reps. It would be socially-distanced so that means less

participants. The dinner would be a buffet but with waiters doing the food serving from tables right in the meeting room area. This way, there would be a more open availability in the room.

On the hobby side, the APS has been issuing some wonderful newsletters on a weekly basis during the pandemic as they try and ease the stress of home confinement. They have been quite helpful and entertaining. It sure helps our hobby.

If anybody has a question they need help with, call Al Capparelli at 916-771-8288 and he probably can help you. If you have collections you need to be updated or disposed of, Al can guide you and be of good service.

We look forward to getting back on track this month, hopefully. Meanwhile, watch your emails for contact from our secretary. We'll endeavor to keep you posted on the latest updates on the club and the hobby.

LH Veterans Group

BY B. L. LEWIS

The Lincoln Hills Veterans Group is optimistically planning for our general meeting on Thursday, August 20, 2020 at 1:00 p.m. Captain Alan F. Hearl, U.S. Navy Chaplain will be the guest speaker, the meeting will probably be held via Zoom and the directions to logon will be sent to all members via email. Alan served as a military Chaplain for 27 years in a number of duty stations aboard ships and ashore. Navy Chaplains provide pastoral, spiritual, and emotional support for Navy, Marine Corps, and Coast Guard personnel;

they conduct religious services on ships and military bases and they also lend a friendly ear to the homesick. Alan was commissioned a Lieutenant Junior Grade upon completion of Navy Chaplain's School. His career included, Chaplain for Hospital Ships, Naval stations in London England and Keflavick, Iceland; Marine Corps Bases in Iwakuni, Japan and Marine Air Group 42; Coast Guard Academy New London, CT. and the Coast Guard Station at Governor's Island, N.Y. Alan retired in 1999 as a Navy Captain and moved to Lincoln Hills in 2004. He presently serves as Care Pastor, Bayside Church and is the LHVG Secretary of or Board of Directors.

Joan MacAdams and her husband Doug are selling U.S. Flags to the community. Flags can be purchased by calling Joan MacAdams at 703-217-4735 or 916-751-9272, email: joan.macadams13@gmail.com. They will deliver, but you must make specific delivery arrangements.

All veterans are invited to support the funding of Lincoln Veterans Memorial at McBean Park in Lincoln. You can contribute by donating \$25 for a Memorial Coin; or with a \$150.00 donation you can have a Black Granite Tile with your name and service information inscribed; or you can make a donation of any amount to the Lincoln Veterans Memorial Coalition. Send your checks and information to LVMC, Treasurer, Larry Yaggi, 2300 Cinnamon Teal Lane, Lincoln, CA 95648 or notify Chaplain Bill Lewis, 916-408-3771,

(cont' on page 17)



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

Return of the Bored Actors' Society — A Ten-Minute Play Festival

(cont' from page 1)

such reckless behavior. Lorraine buys none of it but in their heated exchanges, will they both end up learning something about each other after all these years?

3. Everybody Hits is set in a pricey luxury suite in San Francisco Giants' Oracle Park on opening day. Two marketing reps are trying to convince Phil (David Africa), a "superfan," that he needs a Superbox. Phil is a rabid Giants fan, and lets everyone know it, but why on earth do ballpark marketers Ashleigh (Julie Africa) and Ted (Craig Stults) want to offer Phil a free one-year lease on an airconditioned suite? Will beer-drinking, hotdog-eating superfan Phil jump at the chance to have his very own luxurious suite?

4. Esperanto transports the audience to Zoo Atlanta, where two giant pandas are innocently watching and commenting on the strange human spectators. While Po (Tom Quallick) and his female friend Tian Tian (Mary Beth Quallick) shower each other with straw, Tian Tian wonders, "Is Esperanto is the perfect language for communicating with humans?" Or...with each other?

5. Pay it Backward is set in the homespun office of "Random Acts of Kindness (RAK) Credit Bureau." Here, people can call in and tell the two humanitarian proprietors, Sam (Doug Brown) and Chris (Paul Krow),

about "RAKs" they have performed—"Perform a RAK, we'll pat your back!" But then, Tracy (MaryEllen Vogt) comes in with a bit of an attitude that throws the bewildered hosts for a loop.

6. The finale, The Voice of the People, features election day excitement in Home Haven, USA, a town of 500 people about to elect a new mayor. Who will win? Shawn Tigon, a model citizen of Home Haven, or the reclusive, completely unknown John Smith (Craig Stults)? As TV reporters (Doug Brown, Karol Mendez) conduct exit interviews of 12 different voters (The Ensemble), will they get the answer to the question, "What are these people thinking?"

Three of the plays are directed by Julie Africa, and the other three by MaryEllen Vogt. Commanding all the technical aspects of editing, sound effects, virtual backgrounds, and more is our Zoom Wizard, Keith Vogt. Thanks to our leaders!

So, get ready to sit back in your favorite easy chair with a glass of beer, wine, or stronger drink, and enjoy our Zoom-assisted, 60 or so minutes of playlets. Just click on the "vimeo" link below. Enjoy!

<https://vimeo.com/showcase/7343356>

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LH Veterans Group

(cont' from page 15)

email: bllewis1977@gmail.com if you would like to order a Tile for a Lincoln Hills Veteran that has passed.

Welcome Aboard to New member, James Kirby, U.S. Air Force. As of June 15, 2020, the group's paid membership stood at 221, including 133 life members and 22 Associate members. World War II veterans (including Spouses) total 19. The total membership was 262. Remember to Fly your Flag Proudly in Honor of all of our Medical Personnel, First Responders, and all of our Law enforcement officers.

In Memoriam —

Myron Nadolski, U.S. Air Force, LHVG Life Member

Edwin (Skip) S. Morton, U.S. Air Force, LHVG Life Member

Ronald Dale Anderson, U.S. Navey
Thomas McKay, U.S. Army

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

• • •

Lincoln Democratic Club

BY JUDY GANULIN

The Lincoln Democratic Club will host a local candidate forum by Zoom on Thursday, August 27, at 6:45PM. (Note: This is a week later than our usual meeting date). Attendees will be Brynne Kennedy (U.S. House of Representatives, District 4); Pamela Swartz (State Senate, District 1); Jackie Smith (State Assembly, District 6); William Lauritsen (Lincoln City Council, District 4, Sun City); and Harold Ashe (Western Placer County Unified School District). If you are not on our mailing list and want a Zoom invitation, please send an email to lincolndems@gmail.com.

For more information, or to participate, please see our website: www.democraticclublincolnca.org

• • •

LH Republican Club

BY SUE DUMAS

Our next virtual meeting, via ZOOM, will be on August 25. Speaker will be announced. Check your LHRC emails or website for specifics.

Activities in July included July 4TH Patriot Parade with 25 decorated cars and trucks flying American and TRUMP flags. We drove through Lincoln and Roseville

with much fanfare. Honking horns, waving flags were part of this fun and inspiring caravan, celebrating our Country, Law Enforcement, and support for TRUMP 2020!

As a gesture of appreciation for our local Law Enforcement, four of our members delivered fresh donuts to the Lincoln Police Station on July 14. They were greeted with smiles.

LHRC ZOOM meeting on July 28 - Guest Speaker was Folsom Station KFBK 93.1 FM/1530 AM, John McGinness, former Sacramento County Sheriff. John had interesting insights from both political and law enforcement experience. Members were encouraged to participate. Using ZOOM for our meetings, seems to be a good solution for connecting during these pandemic regulations.

The Board has been busy doing what it can to unite and inform Club members in this important Presidential Election, and to ensure that the "American Dream" and Constitution

remain intact. In addition to TRUMP 2020 activities, the Chairman has been diligently working with volunteers to gather signatures on Petitions to Recall Gavin Newsom.

Upcoming Events will include our Annual BBQ - for Members, September 17; also, a Lincoln/Reagan Dinner on October 2. Read your bi-monthly LHRC email on the first and fifteenth of each month, or check the LHRC website for details.

As always, we welcome new members and encourage volunteers. Our goal is to have everyone in our Club participate! Annual Dues \$15 per person payable to LHRC (see website). Make sure your membership is current so you do not miss important LHRC update emails.

Let's finish Republican strong in 2020!
Membership: comms@RepublicanClubSCLH.org
www.RepublicanClubSCLH.org

• • •

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

BY PATTI KINGSTON

Western Placer Unified School District (WPUSD) schools will open on August 20, 2020. According to Superintendent Scott Leaman there will be a distance education program offered. It will be very different than the program at the end of last school year as they have had more time to prepare and there are strict State guidelines in place. Many families have said they will homeschool in the fall. They may take advantage of the online

(cont' on page 19)



Victor Jew, Jacqueline Stoll, Dianne and Jerome Herfindahl with Lincoln Police Officers.

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

(cont' from page 17)

classes offered by the school district.

The timeline for schools is in progress and plans are yet to be enacted as of the writing of this article. At the end of July meetings were still being held and decisions were being made concerning in classroom learning, hybrid instruction and full distance learning. Parents will have chosen programs based on those options. On July 21 school protocols were to be released. August 17 is teacher orientation and preparation for the first day of school.

With Governor Newsom's announcement to close offices in non-critical sectors, district office employees continue to work on-site because education is an 'essential service.' The district is working under the guidelines from the Placer County Health Dept.

The Summer Student Food Distribution will continue every Tuesday throughout the summer starting at 10:00 a.m. for one hour or until supplies last at Creekside Oaks Elementary School, Lincoln High School, McBean Park and Sheridan Elementary School. In addition there is a 4:30 distribution at Creekside Oaks Elementary School.

At this time there is no plan for volunteers to be in classrooms.

• • •

RoadRunners Motorcycle Club

BY MIKE SMITH

With coronavirus restrictions still in place there was no club ride or meeting in July. As of this writing it is not known if there will be a ride or meeting in August. Once restrictions are eased the club will continue with a scheduled ride on the second Saturday of the month, along with the club meeting on the fourth Thursday of the month at 5:30 PM Multipurpose Room (OC) Guests are always welcome.

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

• • •

(more Club News cont' on page 20)

Neighborhood Watch

BY DR. BARBARA BRANCH

How different our lives have been since March. We worry about the infections and spikes but we are most worried about those who are isolated. A recent AARP study stated that social isolation and loneliness has been calculated as being the equivalent of smoking 15 cigarettes a day. These effects could be worse than the medical effects of the virus. Neighborhood Watch encourages you to check in with your more elderly neighbors who may not be going out, who may not have technology, and who may not have family or friend connections.

Alerts - We have had a few alerts in June and July. 1) Golf Cart registration has been extended to July 31. Watch eNews and the City of Lincoln website for updates on registration. You will not be cited for not having an up-to-date sticker. 2) Watch for SCAMS from Publisher's Clearing House Sweepstakes and other SCAMS related to Covid-19. 3) Stay updated on Placer County Covid-19 data and information at <https://www.placer.ca.gov/coronavirus>. 4) There have been a few incidents of people knocking on doors. Do not open your door unless you know the person knocking. 5) 211 Placer Launched July 1, 2020 What is it? It's a single source of information about Placer County resources. For details on all alerts, go to <https://sclhwatch.org/PostAre/all-alerts>.

National Night Out - National Night Out (NNO) has been rescheduled for Tuesday, October 6th by the National Night Out headquarters. Neighborhoods should notify residents that NNO events will be rescheduled. Go to sclhwatch.org under documents to download the NNO Flyer and Guidelines. The City of Lincoln has approved free permits for street closures on October 6th to celebrate NNO. Neighborhoods who want to close streets for the evening of October 6th must complete the Street Closure Permit found at the NW Website. Questions about NNO should be directed to Barbara Branch at nnocoordinator@sclhwatch.org or 916-543-8219.

Due to the shutdown, NW announces



several changes to the calendar: sclhwatch.org

- New Resident Orientations are cancelled until further notice.
- The NW Directors are holding all Board Meeting virtually until further notice.

Welcome Packet Tuesdays are cancelled until further notice. There is a Virtual Welcome Packet PowerPoint and Video on the website. The link is on the top of the Homepage. Please share the link with new residents.

Mailbox Captains will be contacting residents in July and August to update the Mailbox Captains Resident Information Reports. Please respond to your Mailbox Captain when they contact you to make sure we have your latest contact information. Thanks to our Captains for connecting with residents and completing their reports by August 15. Staying up-to-date is how Neighborhood Watch can best serve all of our residents.

Mailbox Captain, Kate McCarthy from Village 40B has added Mail Stations 7 and 8 to her list of Mail Stations. Thanks for taking on the extra duties, Kate.

Neighborhood Watch is always looking for new volunteers to be Mailbox Captains and Coordinators. Please contact Linda Minor, Executive Director at 707 235-0778 or Renee Plummer, Executive Assistant, at 559 940-5576 if you are interested in becoming a Neighborhood Watch volunteer. You can also go the website at sclhwatch.org and click on "Want to Volunteer?" The following villages need Coordinators: 3B, 10A, 24C, 26C, 29, 30, 30B, 38C, 39, 40A and 40B. Many villages need Mailbox Captains. Check with your Village Coordinator to see if your neighborhood needs a Mailbox Captain.

There are three ways to stay informed and connected to Neighborhood Watch, SCLH Association, and Placer County News.

1. To receive NW Alerts, using your personal computer, go to sclhwatch.org & click ADD ME TO ALERTS
2. To receive Association eNews, go to www.sclhresidents.com (log in) & click SIGN UP FOR ENEWS

3. To receive Placer Alerts go to www.placer-alert.org & click on SIGN UP

Assuming we are still sheltering in place or just slowly opening back up in June, Neighborhood Watch would like to remind you of our Mission Statement:

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

Staysafe, staywell, and we will get through this together.

LH Foundation — Money Matters

BY DENISE BOWDEN

The Lincoln Hills Foundation may be on hiatus from Bingo right now but we are as busy as ever and we would love to have your help.

Volunteering for a role in the Foundation can range from helping run Bingo to working on committees and special events to joining the Board as a Director or an Advisory member. The Foundation is always looking for people with skills in grant administration/writing and those with ideas for marketing, promotion and writing as well as those who just want to be a part of something special that gives back to the community.

We have an immediate opening for a Treasurer responsible for managing the finances and ensuring the financial stability of the Foundation. The Treasurer oversees the budget, safeguards the financial integrity of the Foundation, manages filings and is liaison with our CPA and the Investment Committee. The Foundation has a bookkeeper who tends to the financial details. The transition to the next Treasurer will take place at the end of the year so there is plenty of time for training.

If you are interested in participating in an organization that has been serving the residents of Sun City Lincoln Hills for almost 20 years and would like to make a difference in your community, please contact Lincoln Hills Foundation President, Jeff Andersen at 2jeffa@gmail.com.



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SCLH Sports Car Club

BY PAM BERRY

First a special thanks to our member Carla LaFave for pictures and information provided. Also, to member Ron Goleno for his pictures of this month's event.

This month the SCLH Sports Car Club was invited to join the Rods and Relics for their 4th of July parade. Since they were unable to have the traditional parade through Lincoln, an alternative was planned. Both groups gathered at OC and went on a 18-mile ride through Lincoln Hill neighborhoods. People decorated their cars with patriotic streamers, bows, balloons, and American flags. Even the canine companions were dressed up and joined in the fun. There was yelling of Happy 4th of July, horns were honking, and lots of waves. Everyone had fun on the ride but it was especially great to see all the viewing people enjoying themselves. There were many

many people in their yards, in golf carts, some had their own decorations. One viewer even played patriotic music on outside speakers. Of course, there were smiles galore. The event was planned and coordinated by Chuck Barnhart President of Rods and Relics with Tom Breckon President of SCLH Sports Car gathering our club's participants. The event was a happy diversion from the uncertainties of today's situation and a reminder of all that we have much to be thankful for.

Rods & Relics

BY ELNA RAGAN

Chuck Barnhart, Rods & Relics Club President, organized a Fourth of July Parade that toured through the 6,700 homes here in Del Webb. The Sports Car Club joined us and we had a total of 60 vehicles, enjoying a very successful parade that stretched around 800 feet. We were greeted by hundreds of residents

along the way who waved flags, yelled "Happy 4th of July, and joined in the celebration!

Many vehicles were adorned with flags; patriotic red, white, and blue decorations; and balloons. After the hour and 45-minute parade, participants returned to the parking lot at Meridians and enjoyed a Bar-B-Q lunch. Participating in the parade provided an uplifting time in the sunshine on a lovely day! It was a perfect morning for the parade. A big "Thank You!" to all who participated!

The Board of Directors met and decided to cancel the Downtown Lincoln Car Show scheduled for Saturday October 10, citing the health and safety of volunteers and participants."

The monthly General Business Meeting and the bi-weekly breakfast at the Waffle Farm have been canceled until future notice. General Car Club information can be found on our website www.rodsnrelics.net

Alzheimer's/Dementia Caregivers

BY JEFF ANDERSEN

Water, water everywhere, and have you had enough to drink? That's a goofy spinoff of Coleridge's Ancient Mariner, but the point is that especially during hot weather, water intake is essential. Interestingly, when you feel thirsty, you are already dehydrated, so staying ahead of thirst is a healthy habit. Alzheimer's patients need to be reminded

to drink water - it's one of many things they forget. Water hydrates our blood, making it easier to travel around the body, transporting oxygen and essential nutrients to places that need it — including the brain.

** (Egads, we've become Zoomers, but that's a good thing. Not as good as in-person interaction, to be sure, but still an opportunity to connect and not contract. Our caregiver gatherings will continue to be via Zoom until meeting at the OC becomes safe and comfortable for everyone.

Be safe. Be well. Be happy.

The Alzheimer's/Dementia Caregiver's Support Group meetings are held each month except December. The Large Peer group meets at 1:00 PM each 4th Wednesday in the MultiPurpose Room (OC)**. All are welcome to attend, especially caregivers with recently diagnosed family members. The program for the Peer group gatherings alternates monthly between group discussion moderated by an licensed counselor from Del Oro Caregiver Resource Center, and formal presentations by professionals in the industry. The Women's group meets usually with Jo Fratessa, and sometimes with Valerie Jordan, is discussion only, and is designed for women who prefer talking in a less crowded setting. The Women's group meets on the 1st Wednesday at 1:00 PM in the MultiMedia Room (OC) (across the hall from the Large group location)**. When the church will allow, the Men's group with Al Roten meets on the third Thursday of the

(cont' on page 21)



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Alzheimer's/Dementia

(cont' from page 20)

month at 10:00 AM at Granite Springs Church, 1170 E. Joiner Parkway in Lincoln.

The caregiver's groups and programs are supported by the Lincoln Hills Foundation. More information is available from our Steering Committee members Valerie Jordan 909-625-7443, Cathy Van Velzen 916-409-9332, Jo Fratessa 916-408-7209, Al Roten 916-408-3155, or contact Jeff Andersen 2jeffa@gmail.com.

• • •

Bosom Buddies

BY VAL SINGER

Wish there was something new and exciting to write about. It seems the virus is getting worse, not better. But the good news is that more people are wearing masks and trying really hard to protect themselves and others. This too will pass as someone a lot smarter than me once said, so hang in.

The American Cancer Society Relay that was originally scheduled for August has been put off until September. What it will consist of is still up the air as no one really knows what the virus will be doing at that time. However, donations are still gratefully accepted. Please contact Peggy Ryan (916-408-0599) if you wish to donate. Remember, Peggy has those beautiful bottles made by Kathy that are available for your donations.

As of last report our team is number one! Remember we are the only group that are all survivors so we need to make a showing even if it's only virtually. One idea Peggy mentioned is for Bosom Buddies to make individual videos outlining our journey through breast cancer. Stay tuned. The relay committee is working feverishly to come up with unique ideas in this time of isolation. If I know this committee, they will do a great job!

Once again, we wish to thank the Foundation for their generous grant. The Foundation has enabled Bosom Buddies to take care of our members as well as enjoying

our lives as survivors. We currently have several members in treatment and if we can bring some joy their way, it is very appreciated.

The best thing for all of us is to touch base with each other. This virus has knocked the socks off all of us. The hugs and kisses we are missing from family and friends leave quite a hole in our hearts and we can only fill that by picking up the phone, sending a card or text saying hi, thinking of you. You have all received a current membership list, so making contact with members should not be a problem.

Mary is so good at sending cards to everyone and we thank her very much for her caring attitude and generosity.

I've attached a picture of several of our members in front of OC about three years ago in our Bosom Buddies shirts. Don't we look smart! I still have shirts in most sizes if anyone is in the market for one. They are \$20 and when this virus is all over and we get a chance to get together, it is really nice to wear our shirts. Please call me (916-645-8553) and I will get one to you.

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

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

• • •

Low Vision Support Group

BY JOAN BRANT-LOVE

Meeting notices will resume once Stay-at-Home restrictions are lifted and the Sun City Lodges are re-opened.

Vision Loss Influences Sound and Perception

International Low Vision Support Group Newsletter, July 2020

www.mdsupport.org

People with severe vision loss can less accurately judge the distance of nearby sounds, potentially putting them more at risk of injury, according to new research published in the journal Scientific Reports.

Researchers from Anglia Ruskin University's Vision and Eye Research Institute (VERI) tested participants with different levels of vision loss, presenting them with speech, music and noise stimuli, and different levels of reverberation (echoes).

Participants were asked to judge the distance of the different sounds, as well as the size of the room.

People with severe visual loss judged closer sounds more inaccurately compared to those whose vision loss is less severe, who in turn, were less accurate when compared to people with normal sight.

For more distant sounds, people with severe visual loss judged these to be twice as far away when compared to normal sighted individuals. Participants with severe sight loss

(cont' on page 25)



Members about three years ago in our Bosom Buddies shirts.



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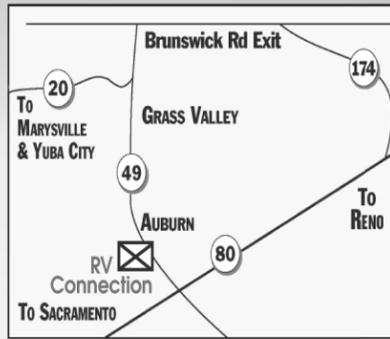
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The Dalies

(cont' from page 1)

where he was stateside for the entire time.

After he finished his military service, Stewart worked for the Oakland Tribune. He ended up staying with the paper for twenty-seven-and-a-half years. He started out on the loading dock and moved up to be the sales development manager, a position he held when he retired. The paper, like so many others, used to be quite large. After he left the paper, Stewart continued studying. He earned a PhD in philosophy with an emphasis on business ethics! He served in every position on many boards of directors and found his education useful in his later-life career in Securities, Brokerage and Finance. He had to maintain multiple state and federal licenses. He resigned from his last board of directors in 2015.

Reena grew up in Alameda and Oakland. Although her family resided in Richmond at the time of her birth, she was born in a Berkeley hospital. She graduated from Fremont High School. While in high school, she did a genealogy project and it remains a passion of hers to this day. After high school graduation, she worked for Dun and Bradstreet in San Francisco, but tired of the commute so she took a job with the Bank of America where she worked in the trust department probating estates. After marrying, she spent time raising her two sons while they were growing up. She eventually also worked in food service at a high school in Alameda for fifteen years and was working there even after Stewart retired.

Reena and Stewart met because of Masonic connections. Stewart was active in the Masons and had mentioned to a close friend that he had difficulty meeting a lady of quality that he wanted to spend

the rest of his life with. Another employee at the Tribune was also a Mason and knew Reena's father. Stewart's friend told him that a fellow Mason had a daughter that he might be interested in. Reena and Stewart's first date was, appropriately, a Valentine's Day dinner at the Masonic Lodge. Stewart remembers her wearing a beautiful green silk dress that she had made. It complemented her red hair and blue eyes perfectly. The couple married in 1968 and celebrated their fiftieth anniversary two years ago. Stewart encouraged Reena to be interviewed for the paper since the couple's fiftieth anniversary because he believes her to be a fascinating person. His wish is finally coming true.

The couple had two boys. The first is Stewart Dalie IV and he lives in Santa Rosa. He has a son who is twenty-two-years old and he decided to not name him Stewart Dalie V. The other son is Robert, and he lives in Glendale. He has four children ranging in ages from seven to fifteen, and the family has been challenged by the sheltering in place and homeschooling that has accompanied it.



Reena and Stewart Dalie on their wedding day.

Reena stayed home with the children while they were growing up which was necessary since Stewart's job could require long days and a lot of travel. Reena was able to manage the home front well since she brought

is cooking. The couple has raised beds of vegetable and herb garden in their backyard which Stew uses for fresh ingredients. He has published twelve cookbooks which can be purchased from Amazon including Left Coast Seafood Recipes, Chef's Table at the Gluttons' Club and Kitchen Chemistry. At one time, the couple was active in a "Gluttons' Club" which met monthly in Sun City homes for conversation, cuisine, and camaraderie. While that group is no longer active, they are in a wine group called The Third Fridays Wine and Appetizer Club that meets monthly on third Fridays with twenty to forty in attendance.

The Dalies love to travel and have taken one or two cruises per year. They will miss that this year. They have been to forty-four countries which includes both of them taking trips to Europe as teenagers.



Reena and Stewart Dalie with his books.

PHOTO BY JEFF ANDERSEN

considerable skills to the job—she is adept at computers, carpentry, sewing and plumbing, among other things. The younger son even became an Eagle Scout and the elder went on to be a Scoutmaster.

Reena's skills came into play from her childhood. Her grandfather taught her carpentry and she learned plumbing from her father. She also is an expert on the computer and has used the abilities on the machine to assist with her sizable love and passion for genealogy. She has researched the family history on both sides of the family going back for generations and has also catalogued and saved huge amounts of photographs from thirty boxes of slides. Her husband's family has Stewarts on both sides including Captain William Perry Stewart, a typographer for the Cincinnati Journal. She has Scandinavian roots. Her maiden name was Olsen. She is active in the Genealogy Club in Lincoln Hills and has been for the last ten years. She has a huge family tree pinned on wood with the generations listed for both sides of the family and, because of her computer skills, she also has a digital version. Her computer skills also assist Stewart in his book publishing endeavors.

One of Stewart's passions in retirement

One year, Stewart made a goal for himself to count the miles he logged swimming in the pool in Lincoln Hills. He managed to swim the 125 miles in one year, the distance between the retirement community and San Francisco.

As I sat at a dining room table doing the interview with the couple, I enjoyed delicious sun tea and homemade brownies. The table has been with the couple since the first part of their marriage. They miss some of their adventures during this time of sheltering in place but they are glad for their house, community, each other and their varied interests that keep them busy. They respect their extensive family history, enjoy their extended family and are glad for passing on a legacy of community service, love and the need to remember the past so that it can lead to a better future.

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Michelle's Featured Listings



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This gorgeous Alpine model has all the bells and whistles! The welcoming entry is oversized, perfect for greeting all the new friends you'll make when moving here. The kitchen has cherry cabinets, granite counter top, tiled backsplash and gas range. The great room has many windows making the home light and bright with little to no lights on during the day. The master bedroom has the builder's upgrade boxed window for extra square footage, perfect for a reading chair or lounge. The master bathroom vanity is extra long with dual sinks, shower stall and oversized walk in closet. The northern exposure backyard with the fully covered patio will be the favorite spot after a long hike, pickleball or tennis game. Trust me when I say, you'll love this home!
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745 Wagon Wheel Lane – Calaveras Model
Charming Calaveras model conveniently located to shopping, dining, fitness center and on-site spa at Kilaga Springs Lodge for regular pampering. This is one of the most popular smaller floor plans as it offers an inside laundry room (with gas and electric hook-ups), pantry closet in kitchen and covered patio prewired for outdoor ceiling fan. Inside you'll enjoy the cozy kitchen with Corian countertops, gas range, built-in microwave and dishwasher. The spacious great room has lots of windows making it light and bright with the added benefit of shades that are top down, bottom up. The cable/internet sources are on both sides of the room for furniture placement options. The backyard is private with established redwood trees and shrubs. The fully finished 2-garage is textured and painted. For added utility savings, the home has a radiant barrier!
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Low Vision Support Group

(cont' from page 21)

also judged the 5 ILVSG Newsletter Volume 15, Issue 7 rooms to be three times larger than the control group of normal sighted individuals.

Professor Shahina Pardhan, Director of VERI, said: "Vision loss means people rely more on their hearing for awareness and safety, communication and interaction, but it was not known how hearing is affected by the severity of partial vision loss.

"The results demonstrate that full blindness is not necessary for judged auditory distance and room size to be affected by visual loss, and that changes in auditory perception are systematic and related to the severity of visual loss.

"Our research found that more severely visually impaired people were less accurate in judging the distance of closer sounds, which may make it harder for them in real-life situations, for example such as crossing busy streets."

The Low Vision Support Group is subsidized by Neighbors InDeed and the Lincoln Hills Foundation

Low Vision Support Group Contact: Cathy McGriff 916-408-016 or cathymcgriff1010@gmail.com

• • •

Wise Aging Resource and Support Group

BY CAROL EISENHOWER

We are a support group for residents of Sun City Lincoln Hills, and we provide a forum for discussion, support, education, and sharing of aging-related resources for all residents wanting to plan for their older years, whether ageing in place or exploring other options. Some recent topics include senior peer counseling, local housing options, and financial abuse of seniors. Our meetings always include small group discussions to share ideas. Future topics include transitioning from home to a facility, ask the lawyer, coping alone, handling finances in a crisis, and how to leverage your assets. Come and join the other 60 people who have discovered the comfort in sharing information and being heard. Our meetings are the first Monday each month at 1 pm. via Zoom. To be added to our mailing list contact Marsha Van Wagner at mmvanwagner@gmail.com.

For other information contact Stefanie Spikell at stefhope@att.net or 916-253-7431.

• • •

Glaucoma Support Group

BY BONNIE DALE

The Glaucoma Support Group will meet at 4:00 PM on August 12. We will continue having a Zoom meeting for now. Zoom meetings are a great fit for our group, and our last two meetings have been wonderful. If you are not currently a member but would like to join us, please contact Bonnie Dale (Bjdale@

aol.com) to be added to the list to receive the information for Zoom meetings. If you have questions, please contact Bonnie Dale at 916-543-2133.

• • •

Multiple Sclerosis Group

BY JERI DI FIORE

The Lincoln Multiple Sclerosis Group is Zooming along, just completing our third successful gathering. We find Members who log in are liking the format as a means of keeping visually and verbally in touch. Our next Zoom will be Tuesday, August 11, from 1 PM to 3 PM and a link will be sent to you around Sunday, August 9.

• • •

Garden Group

BY LORRAINE IMMEL

As we move into another month of social distancing, it is unknown when Kilaga Springs Lodge will be open again for our monthly meetings. In the meantime, the Garden Group will continue to post Garden Related Videos on our website. (lhgardengroup.org)

Many articles on the Internet share information why gardening during a pandemic is so comforting and hopefully you take advantage of them! A few are listed below:

- A regular dose of gardening can improve your health. Studies report a wide

range of health outcomes, such as reductions in depression, anxiety, and body mass index, as well as increases in life satisfaction, quality of life, and sense of community.

- Gardening gives people a creative way to change their stress and frustration into something beautiful that offers comfort and joy.

- Reduced depression and anxiety result from 'active horticulture' (gardening), and emotional well-being and physical health are enhanced.

- Health benefits associated with exposure to and use of green spaces include long term reductions in heart disease, cancer, musculoskeletal conditions, and also reduced levels of obesity and higher self-rated mental health.

- The natural rhythms of a garden and of plants work as a counterpart against stress. There is silence and peace in the garden. A garden stimulates creativity and there is satisfaction and pride in growing things.

Garden member, Lois Wagner, reminds us all within the heat we are experiencing now not to give up on gardening, just be sure to do it early in the morning or later in the evening and keep yourself hydrated!

• • •

(more Club News cont' on page 26)



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Bird Group

BY RUTH BAYLIS

As most of you are already aware, all Bird Group activities are on hold until at least September, and we will hope for the best though things are looking a little bleak right now. Whenever we do get back together you can expect our first meeting to focus on photos that members have taken throughout this shelter-in-place period. That should be entertaining because many members have



Cooper's Hawk Chicks by Linda Morley.

been getting around safely, with mask and 6ft social distancing where appropriate, to visit various birding locations and to walk our Lincoln Hills trails. Meanwhile, some of these photos are displayed on our Bird Group website. Check it out.

Here is a mention of locations that our members have visited and what they have seen. The Woodlands wastewater treatment plant has been a popular location as it is a known breeding spot for White-faced Ibis. It did not disappoint this year. Also seen there have been Ruddy Ducks and Redhead Ducks, the latter are not common there. Another location has been the Sacramento NWR. A seasonal pond is now open there where many breeding grebes of different species can be seen, some with chicks riding around on their backs. Sierra Valley, north of Lake Tahoe, is a great place to visit any time of the year and



Cooper's Hawk Adult by Linda Morley.

several members have gone there recently to see Willets, Phalaropes, Ruddy Ducks, Yellow-headed Blackbirds, and Sandhill Cranes. Some are breeding and have chicks. Locally, drives out Catlett and Brewer Roads produce scores of raptor sightings. Swainson's Hawks and Red-tailed Hawks abound.

There seems to be a bumper crop of Cooper's Hawks this year that we have observed along our LH trails. Nests have been sighted, and well monitored by bird group members, along the Wetlands, Canyon Oaks, Orchards Creek (aka, Leavell Ranch) and Seep Trails. Not happy that some Cooper's Hawk parent took out a pair of doves nesting under our neighbor's eaves clearly visible to me. Pretty sure there were no chicks in the nest yet, but would be sure that some Cooper's Hawk's chicks were well fed.

As implied earlier, we cannot predict at this time for sure when we will be able to resume meetings and birding trips. In normal times, our programs are held in KS Presentation Hall at 1:30 PM on the second Monday of the month. We understand in the future that seating may be limited.

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

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

• • •

Fishing Group

BY HENRY SANDIGO

Fishing thoughts — The peace of a river brings about a soft still in the morning...if you're in a boat drifting along with the current and someone else is minding the boat, then enjoy the peace and beauty surrounding you, as you roll past the banks that line the river...a poetic statement I read somewhere. Sometimes I believe this is more important then catching fish. Take a moment and enjoy your surroundings, take a deep breath, feel the life around you, look at wildlife that probably is somewhere near you. Many anglers will disagree with me, but I don't care. Everyone has their own priorities.



A peaceful moment picture of Mt Shasta overlooking Fall River.

Do you know any legendary fly tiers? There are many; Gary LaFontaine, Bob Quigley, Darwin Atkin, Dick Angus, Charlie Craven, Jerry Bartlett, Lefty Kreh, Rob Scafe, Lenny Millen, Jim Hunter, are a few I've read up on. Actually some of them aren't legendary, but they could be. I have found that each of them has said in one way or the other "I'm

(cont' on page 27)

The Market is Still GREAT!



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Fishing Group

(cont' from page 26)

always learning," because fly tying is never mastered," for most of us. I presume their motto would be "the passion to fish and tie flies still beats strong." Fly tying is never mastered.

Oh, and its best to learn how to pilot a boat while you're not fishing or learn to look forward, not at the controls. Just a little bit of experience I picked up recently.

Why fish in the cold, when you can watch You Tube fishing videos, in the comfort of your home or cabin!

Tight lines everyone!

• • •

Shooting Group

BY JOHN KIGHTLINGER

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

Weather permitting, we meet on Tuesday of each week for Trap and on Thursdays for Skeet at Coon Creek Trap and Skeet, 5393 Waltz Road, Rio Oso, CA 95674, just minutes from Lincoln. You may join us for either trap

or skeet, or both. Occasionally other shotgun sports such as International Trap, Sporting Clays and 5-Stand are enjoyed. We have no fees but each shooter must pay the Coon Creek clay targets fee. For more information about shotgun shooting sports contact John Kightlinger at 916-916-408-3928 or johnnpat@sbcglobal.net

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

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Hiking-Walking Group

BY STEPHANIE HUNTINGDALE

Open. Close. Open. Close. What are we supposed to do? This new normal is making planning difficult. The Hiking/Walking club has had to cancel plans and take a wait and see stance for starting to get away for great outdoors fun. We thought August would be the beginning of some sort of normal, but that is not going to happen. The annual club BBQ and hike has now been moved, for the second time, to September. We'll have to wait and see if it will even happen this year.

Good news, the hike leaders are still optimistic and planning hikes for September, October, November and December. We are fortunate to have an online scheduling tool that everyone is using. So don't get down in the dumps, we may still have a hiking season this year. Go to the website for all up to date information.

"Many hiking trails in the Sierra Nevada are open." Dan Cortinovis, our President shared with me. "Although group hikes may not be appropriate at this time, family groups can enjoy the mountain scenery, wildflowers, and cooler temperatures. Check the Hikers and Walkers Group web site archives for hike descriptions at <http://www.lincolnhillshikers.org>"

He continued, "Examples of trailheads within driving distance from Lincoln are: Donner Summit and Soda Springs for the Pacific Crest Trail, Bowman Lake Road off Highway 20 for Lindsay Lakes and other lakes, and Wrights Lake off Highway 50 for Desolation Wilderness."

We certainly miss seeing everyone and enjoying our camaraderie on hikes. We look forward to hearing what everyone has been doing during this time. I know some are walking, hiking and doing local getaways, as suggested by Dan. I know it is difficult to wear a mask while hiking, so make sure you are keeping your distance. We are fortunate that it is reported to be safer outdoors.

If you have been checking the Hiking website, you're still seeing many hikes canceled. Always check the website for the most up to date information. If you think you are not feeling well, please stay home. There will be future hikes.

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

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

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

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LH Cyclists

BY TOM FRADY

I don't think any of us expected our cycling world to continue to be disrupted this many months after the start of the COVID-19 pandemic. In May, I wrote about the temporary changes the club is making and getting motivated to ride during the stay-in-place order.

Two months later, little has changed on the pandemic front. You are reading this a month after it was written, but I'm going to bet little will have changed by then (by now?).

It is hard to tell what temporary changes the club made will become permanent.

Some ride leaders are beginning to use the calendar again after a few months of darkness. There are rides starting at 7:00, 7:30, 8:00 and 8:30. I assume some would start later if it wasn't 123 degrees by 10:00.

Some groups continue to limit the number of riders and do not stop at a coffee shop mid-ride. Many groups have shortened rides, albeit that may be due to the 146 degree heat as much as anything. It seems more riders are jumping from one group to another, maybe depending on where the ride is going, how early it leaves Kilaga and how big the group is. There is a good selection.

(cont' on page 28)

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LH Cyclists

(cont' from page 27)

It appears to me, when we get back to “normal”, “normal” will have changed. There are some new ride leaders (yay!) and some ride leaders who have retired. There is at least one completely new group, while at least one group may have disbanded. It is possible my own group, which is running at reduced capacity, won't return to its previous numbers.

These changes may ultimately be good for the club. New blood, new routes, new ideas and all that. After all, the most important thing for club members is getting the chance to put rubber to the road as frequently and safely as possible. While we are told cycling in groups remains relatively low risk, I encourage you all to continue to observe social distancing – at least six feet at stop lights and other stops, and a good 2 – 4 second gap when you are riding, depending on your speed. In most situations, it is not necessary to wear a mask while you are on your bike, but have one with you in case you have an emergency requiring you to enter a business. If you are stopping for food, be sure that business is following the current state order related to the virus.

Change can be good. Let's all be around to enjoy it.

• • •

Water Volleyball Club

BY ROSEMARY ELSTON

Time in the water for exercising, socializing and having a general good time has been sorely missed by the Water Volleyball Club. Activities to date by the Water Volleyball Club Steering Committee include: ZOOM Meeting held on June 16th, creation of COVID Task Force to research the potential of safe water volleyball play in the Kilaga Springs Pool and outreach to the Association staff for feedback on the outcome of the COVID Task Force's efforts. The Water Volleyball Club members remain hopeful we will once again be able to enjoy each other's company in the near future. Website: www.lhwatervolleyball.com Email: slhwatervolleyball@gmail.com

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Mad Hatters Bocce Group

BY PAUL MAC GARVEY

August, UGH! It's too hot. As of this writing we still have not resumed group play on the Bocce Courts. Placer County, state, and national Covid-19 numbers are not headed in the right direction. We do, however, have something interesting to report. If you haven't seen it or heard about it already you might want to go up to the courts and take a look. The association has installed an example of the shade structures it would install at the Bocce Courts. It currently stands in the patio area between the two groups of front courts. As it sits, made of raw 4X4 wood and metal braces, the assembly is rather ugly and we have received

some negative comments. It should look better when painted. The structure, as pictured, would provide about twice as much shade as one of our existing awnings but whether that would be better in the end would depend on how many were installed and where they were placed. The structure has been up for a week as of this writing so a lot of people have seen it. The commentary should prove interesting.

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

• • •

LH Pickleball Club

BY MOLLY MORRIS

As other pickleball clubs are having to close again, we are still open because of the hard work of our monitors and members! We have adhered to the safety measures given by our task force and approved by the Association and sometimes it has not been easy! We are so grateful to be able to play this game we love. We will continue to put safety first as the virus continues to rage around us.

Cal's "Intro to Pickleball" class has gotten rave reviews. Reservations are limited for now. We don't want to turn anyone away and are looking forward to our new courts so we add

(cont' on page 31)



Bocce — example of the shade structures.



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Thoughts From Jack—

That's it Folks; I Ran Out of Ink

BY JACK FABIAN

Born June 4, 1928. Made an ash out of myself, June 29, 2020.

I gotta tell ya how this all came about. One day, a few weeks ago, I got an e-mail from St. Peter asking for an RSVP for this big event. I thought, holy cow, this guy holds a big position up there, I'd better RSVP. I had no idea what it was for, but I do now.

All of a sudden I traveled this great long distance in mere seconds and approached this beautiful celestial entrance being tended by St. Peter. He welcomed me with open arms just as a good lookin' angel winged in with a dry martini. I asked for her phone number, but her halo didn't move.

St. Peter said that martinis were standard up there, made by an Italian guy named Angelo Tangaray, the paradise bartender. And, although martinis were standard, iPhones were not allowed. Man! This is heaven!

I was then told, if I needed legal advice, they could not assist me because there were no lawyers or politicians up there. Also, no leaf blowers. Man! This is really heaven!!

St. Pete is a master at what he does. He told me that, when he was on earth, he was a greeter at Walmart. Experience makes such a difference.

I then proceeded through the gate, no 'password' required, and strolled into the

Garden of Memories Now, as I looked around, all the memories were there for me to see. That's when you realize the many wonderful times you've had in your life, and, how many mistakes you made.

As for those I left behind, missing all the loving family and friends, is, without doubt, the toughest part of this transition.

Regrets? Absolutely. There are many things I wish I had done differently, but hindsight is only good if you're backing your car out

o' the garage.

The joy of not being physical is the most peaceful experience you will ever have. You'll just have to wait your turn.

Now I'm going to find that angel with the martinis...

Jack Fabian was born and raised with 3 siblings in Trucksville, PA on June 4, 1928.

Loved flying and received basic pilot's license at age 16. Joined army and served in Japan after WW II. Worked as disc jockey on radio in Florida and Vermont for a time.

Married (Marilyn - deceased) and had 2 sons and 1 daughter. Career in aeronautics and electronics in several states.

In 1999, remarried (Regina) and moved to Sun City Lincoln Hills. Active in various groups (ambassador, bocce ball, poets group, volunteer).

Talented humorist and poet published in several newspapers and speaker at various functions.

Sadly missed by wife, children and 2 extended families and multitude of friends.



Jack Fabian

Out & About in Lincoln—Zooming!

BY RICHARD PEARL

Last month I hoped that I would soon be writing about events/goings-on in the Lincoln area, but as this is being written we've regressed a notch back into semi-lockdown. So, let's take a moment to explore a positive aspect (slim as it is) of COVID-19, specifically interpersonal communications... both within the business community and between individuals.

In the beginning there was Skype (2003); you needed a microphone and a webcam, but you could talk one-on-one to someone virtually anywhere in the world. A little clunky, but it worked. Skype was bought by eBay, then eventually sold to Microsoft.

Fast forward to today and there's a plethora of platforms of all levels of sophistication and security (highly important in the business world). For us regular folks, the three largest platforms are Zoom, Google Me (you need a Google account), and Skype (need app). Zoom appears to be the most dominant in the field for "casual" users. If you are all-Apple-all-the-time, there's also Facetime. There are free versions in all of the above, plus more comprehensive versions for added capability. All operate from any smart phone, tablet, or computer. If you're confused, ask your 12-year old grandchild.

So, now that you've taken the leap and downloaded the app, what can you do?

1. Contact your friends and/or family

and tell them to meet you on Zoom (used here as a placeholder for all platforms).

2. In lockdown, hold a virtual dinner. Place the tablet or computer on the dining room table and eat and chat away.

3. Hold a wine tasting. Heresy, NO! Everyone gets their own bottle, talks about the vineyard, opens the bottle, and describes what they see and taste.

4. Rather than just call up a friend on the phone, meet on Zoom.

5. If your club or organization isn't using tele-conferencing, see if it can be worked into your particular circumstances. The various platforms can handle scores of participants, controlled by a moderator.

There are excellent self-help articles, online (YouTube, others) to help guide you through the installation/use of the respective products.

A final word of advice. You are on camera so be sure that whatever can be seen is what you want them to see, i.e. if you're in your bedroom, perhaps it's best to make the bed, or if you're not wearing underwear, don't stand up.

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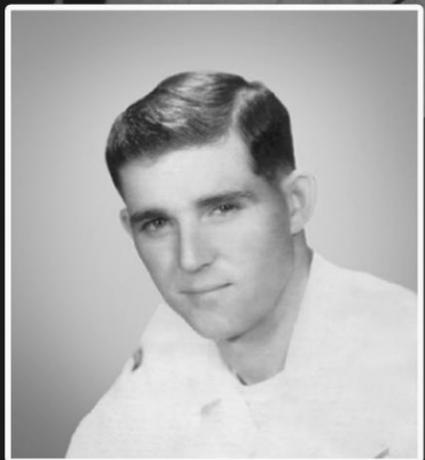
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LH Pickleball Club

(cont' from page 28)

more reservations and new members can learn to play this amazingly fun game. Please see the LH Pickleball website (lhpclub.com) for dates, times and more information.

We were scheduled to play on our new courts by mid-July, but like most construction, there have been delays. When the new courts open, we will be able to resume ladders and lessons for club members. If you want to be part of the club, see the website on how to join.

Please remember, at this time the pickleball courts are open for residents only. No guests, visitors or spectators, including grandchildren.

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

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Table Tennis

BY DENNIS ZARO

Our play venue is Kilaga Springs Multipurpose Room which continues to be closed to table tennis. Our club president, Robin Bistline, closely monitors guidelines for reopening. We are anxiously awaiting requirements for

resuming our fun game. In the mean time, the best we can do is play in our homes and garages. All updates, as soon as they are released, will be reported in future Sun Senior News editions.

• • •

LH Tennis Group

BY HELEN BEROTT

We have all done a great job with our social distancing at the courts. Please be sure to keep it up.

At the June 25 BOD meeting it was announced that construction of the two new tennis courts would begin the following week.

We continue to have robust play every day, and are fortunate to have an additional four courts at the park available for our use.

Please remember that we continue to not allow guests and spectators, and the water fountains are not functional. By continuing social distancing and safe practices, we can hope to return to our normal activities soon.

• • •

Men's Golf Club

BY DOUG HINCHEY

Our two tournaments have come off very smooth thanks to Tournament Director Mike Munro's preplanning and great direction to start on holes 1 and 10 on both courses, 10 minutes apart. Thanks Mike!

The July Red, White, and Blue tournament results. Gross winners: Flight 1 team: Kerry Baer, Keith Bergevin, Mark Hamilton, Jim Pulliam, Flight 2 team: Rob Davies, Wally Gibson, Tom Gorley, Russ Lynch, Flight 3 team, Dean Brumley, Ken Northgrave, Ron Roberson, Bob Varley. Low Net score winners, Flight 1 team: Jack Dillon, Lee Johnson, Jim Kiley, Jesse Reuter. Flight 2 team winners: Glenn Arney, Monte Boatwright, Charlie Kendall, Bill Mayo, Flight 3 team winners: Greg Didion, Dick Gootee, George Porzio, Karl Williams.

The June Jitters tournament produced Gross Winners: Alan Eley, Ed Lazarek, Tom Horan, Walter Milgroom, Jason Hong, Bill Hynes, Richard Long, Mike Munro, Jim McGeough, Jeff Warner, Doug Hinchey, Mark Green, Doug Martin, Jim Worley, Jim Reed, Tom Kausch, Bob Emge Jack Smith, Les Hansen, Ron Waisner.

Net winners: Sandy Merola, John DeWildt, Ciro Estremo, Howard Hamilton, Pete Saco, Rich Henrikson, Bruce Lyau, Tony Portman, Ken Storer, Herb Ingraham, Gary Anderson, Hal McLaughlin, Jerry McCann, Jack Stermer, Rudy Lopera, Mike Shanahan, James Chan, Al Oliveri, Bernard Damele, John Duggan. The August 4 tournament will be a Two Man alternate shot format. Follow us on: mgclh.

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Ladies Golf - 18 Holers

BY CANDICE KOROPP

In July, our club welcomed the newest member, Linda Fitzmaurice, who played for three decades at Castlewood CC, before joining LHLG. We also had several new members at the beginning of this year, including: Michelle Carson, Mitsuko Cameron, Lynn Greene, Robin Kain, Sharon Knoll, Chantal LeFloch, Linda Mann, Nancy McDonald, Mary Roy, Donna St.Peter and Shirley Varner. Our membership stands at 101.

(cont' on page 32)

Letters to the Editors...

Community Standards

(cont' from page 3)

drives throughout SCLH to identify properties requiring corrective action.

SCLH property standards were developed by design professionals concerned about compatibility with our overall plan and image. After visiting that Bay Area neighborhood, we appreciate them and those who enforce them more than ever. By enhancing our community's appearance and property values, they benefit us all.

Barry Mackintosh

• • •

Bicycler's Peril

I think that Sun City Lincoln Hills is a wonderful place to live. There are so many nice people hereabouts, and so many organized things to do in my retirement. I have lived here for over thirteen years, and there is one thing though that has worried me a lot. I'm very concerned about the well being of those who ride bicycles in our community. Why could that be? Well, let me tell you about what happened to me shortly after I moved here.

I had just finished a nice round of golf one morning, and was driving my golf cart toward home on one of our main thoroughfares. I was doing about 25 MPH and suddenly a man riding a bike ran a stop sign, doing about 25 MPH, running right into my pathway. I braked hard, and swerved to miss him, almost turning my cart over. I missed probably killing him by only about one foot. He rolled along then, and I soon caught up with him and chewed him out for good. He didn't seem phased at all.

After that incident I was naturally concerned about bikers here, and I began to closely observe their riding habits, particularly at intersections that have stop signs. And I was astounded to see that almost every biker failed to stop at the intersection, even if they had a RED light! I caught up with them and yelled that they failed to stop and I suppose they ignored me, but one also gave me the middle finger salute.

With my concern, I had earlier checked with law enforcement, who confirmed to me that traffic rules that apply to autos also apply to golf carts AND bicycles. So, I think that

some riders are not aware of that. Also, being a very experienced rider myself, I can see how some riders don't want to stop completely, because it is a little difficult for them to have to put one foot back down on the ground, and then pedal hard to get started again. I assume that most SCLH riders are doing it for the exercise. Coasting through a stop sign at slow speed instead of stopping and restarting is not getting exercise. It is pretending to.

More recently I approached a 4 way stop intersection, again in my golf cart. I came to a full stop in the right-side cart lane, signaled for a right turn and because there were no other vehicles at the intersection, I proceeded to turn right. But here came a bicycle from the opposite direction, flew through the stop sign and turned to his left right in front of me. If I had not had my eye on him, and came to a sudden stop, he would have banged right into me.

Now it's possible that bikers are lulled into the feeling that they have the right of way because very many SCLH auto drivers purposely give it to them in order to be perfectly safe. But that feeling can be a very serious fault should a car driver insist on his legal right of way.

Not all of the errant bikers here are residents though. I've seen many who are much too young to be living here. Perhaps they have found the SCLH environ to be very quiet, traffic wise, which would make a much more pleasant ride. They are just as guilty though with their right of way violations.

So, I don't know how to correct the problem. I've never seen our local law enforcement stop any of them. Do we have to wait until some poor SCLH resident biker is killed?

Robert R. Loomis

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Ladies Golf - 18 Holers

(cont' from page 31)

The month of July marked the return of our club golf. In the first week, 43 gals emerged from the Covid-19 lockdown, to once again play golf on the Hills. It was a stroke play event without sweeps, but most persevered the hot July temps, riding alone in the cart and only touching their own equipment. First place in Flight One belonged to Rosie Warren, who played for the first this year, and chalked up four birdies to top the leaderboard with 77. What a comeback from shoulder surgery. Patti Tilton was second with 83. The Flight two winner was Edda Ashe, carding 90, followed by Karen McGraw with 98. Cheryl DeWildt and Barbara Korenthal tied (101) for Flight Three, and Peggy Carr was third with 103. In Flight Four, Cameron Mitsuko took top honors with 107, two strokes clear of Dorie Knorr. Birdies were made by Barbara Grant, Diana Lilienthal, Pat Morgan, and Maureen Senn. The second week of July, the Orchard Course was our canvas. Again, 36 ladies took the tee, enduring suffering heat by the end of the round. The July NetChix was claimed by Candice Koropp, with a net 68. The First Flight winner, Patti Tilton, had a net 72, and won a tiebreaker over Reta Blanchard. Pat McNiff, a stroke behind, captured third in a tiebreaker over Donna Sanderson. In the Second Flight, Dee Arts was on top with a net 74. She took the tiebreaker over Michelle Carson, who placed second. Chris Biswell was third with a net 75. For the Third Flight, June James was the winner

with a net 76, followed by Julie Storer, with a net 80 and second place. Linda Mann, was one stroke behind, with a net 81, for third. In Flight Four, Yeong Ja Hur placed first with a net 74, followed by Joyce Watson, in second with 75, and third belonged to Millie Sams, with 76. Birdies were carded by Michelle Carson on Ten, Barbara Grant on Eight, Pat McNiff on 17, Karen Thom on Seven, and Shirley Varner on 11. These two outings were just the remedy for a three-month absence from our club play.

Lincsters Nine-Hole Golf Club

BY JOYCE KIRK

It is a crazy up-side-down year," mused Lincsters Captain Ruth Pennington as she reviewed the first Lincsters Play Day in 4 months - Wednesday, July 8. When Pennington became Captain for 2020, no one could imagine the way golf and life in general would change. But even with the impact of the pandemic, Pennington focuses on the positives and possibilities of returning to normal. "I was happy to see 49 members on the course that morning even though it became a rather warm day. So many helped to ensure a smooth return to play. A special thanks goes to Alyce Stanwood for her welcome-back efforts."

Pennington admitted it was "disappointing to not have all members meet and greet together as we have done with the traditional

shot gun start." Group gatherings are now banned by Covid-19 restrictions. To help players to reconnect with others and also to have a chance to play during the coveted cooler early morning starts, pairings for future Play Days will focus on mixing tee times and flight levels.

Several players shared snippets of successes and funny bumbles of the kick-off day. Phyllis Patrick had a "hat check" with a Par, a Chip-in and a Birdie. Marie Bossert came within 5 inches of a hole-in-one on the 16th green. Margie Jewett had only 13 putts. One memorable shot came when Sherry Weech hit a

worm burner which connected with another ball in the fairway - propelling both balls into the air 20 feet.

Pennington, who joined Lincsters in 2004, is pleased to see so many enjoying the game together. As a retired first grade teacher of 34 years, she says "I like to see people learn . . . and appreciate the game of golf." She adds, "A good team member is thoughtful of

others, keeps up the pace of play and posts scores correctly."

Even in the face of uncertainty this year (at press deadline, general club meetings and most tournament play had been cancelled), Pennington is already thinking about next year. With a positive outlook on the future, she is encouraging members to step up to be on the ballot for board and committee positions for

2021. She is planning for "normal" to return.

For details about new developments or changes the club calendar, see the Lincsters.com website.

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LH Billiards Group

BY STEVE FOWLER

Everyone is anxiously looking forward to resuming tournament play. Initial play will be for all residents of Sun City, and LHBG tournament play will commence as soon as restrictions are removed sufficiently to allow tournament play.

Due to recent spikes in Coronavirus the opening for play has been further delayed with best estimate in Late August early September as of the date of the publication of the Sun Senior News. The final restrictions and rules for play will be determined once we get closer to opening again. As it currently stands LHBG Monitors will be at each lodge to assist and direct play for residents of Sun City.

LHBG will follow the COVID-19 pandemic directives, as defined by the Lincoln Hills Board of Directors, to be used by Lincoln Hill residents while using the facilities in Orchard Creek and Kilaga Springs. Anticipated conditions of play:

1. Signup sheets for pool players will be located at each lodge. They will be located at the entrance to each of the pool rooms or at the front desk of each lodge.

2. Players will only play for 1 hour each

(cont' on page 33)



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LH Billiards Group

(cont' from page 32)

day (will be modified as needed).

3. Because of limited pace, players cannot play two days in a row.

4. Wear a mask while in the billiard room (If required by the Board for entry into the lodges).

5. The pool balls will be washed at the end of each day.

6. Wear a pool glove or plastic gloves provided by CCOC.

7. Maintain Social Distancing.

8. There will be 8 chairs set up in the O.C. pool room and 12 chairs in Kilaga while the 6 ft. limit is being enforced. Chairs will be wiped down at the end of the day.

9. Bring your own water. Sanitizer will be supplied by LHBG.

10. No more than 2 players per table.

11. Arrive no more than 5 minutes before your scheduled playing time.

12. No guests, visitors, or spectators in pool room.

13. Players must use their own pool cues.

Two ball cleaners, four monitors provided by LHBG (two for each Billiard's room), two sign up monitors (one for each lodge). Eight (8 minimum) volunteers required per day. Contact Rich Lujan at rlujan1234@aol.com for additional information

Due to the popularity of the Mentoring Training Program a second session was added. Mentoring Training will be offered at Kilaga Springs Lodge on Tuesdays from 9:00 AM to

10:00 AM and 10:15 AM to 11:15 AM. Training is for beginners, intermediate and advanced players.

Contact Tony Felice at 916-955-0501 atfelice3@gmail.com for information on the below listed tournaments, membership application and social functions.

Our Summer Picnic scheduled for June 6, Saturday at the Sports Pavilion was cancelled due to the Coronavirus. Another event and date will be announced as soon as possible.

The Club dues are \$10 a year. Membership year is Jan 1 through December 31 of each year. Dues paid in the month of October, November and December will be counted current for the following year. Membership Forms will be available on the Billiards Room Bulletin Boards at Kilaga and Orchard

Creek Lodges. An individual may play in one tournament then they must join our club to be eligible to play in future tournaments. Once we get back into the tournament mode the below applies.

Billiards Group Schedule - Recommended Playing Levels

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

Level: Beginners

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

Mentoring Training - Tuesday- 9 AM-10:00 AM and 10:15 to 11:15 AM. Learn how to play pool, or refresh skills of former players. Basic, Intermediate and Advance Training available.

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

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

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

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

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

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

Level: Advance Players

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

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

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

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(more Club News cont' on page 34)




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LH Tuesday Bowling League

BY SHARON STOUT

Let's bowl! Come one, come all, it is time to have some fun. Join our happy bowling group. Neither your skill nor your experience matter. It is all about fun.

The Lincoln Hills Tuesday League is open to anyone 55 and over. You do not need to be a resident of Lincoln Hills. We bowl at AMF Rocklin Lanes located at 2325 Sierra Meadows Dr., Rocklin, every Tuesday starting at 10:00 AM on September 1, 2020. There will be a general meeting on Tuesday, August 25, 2020, at 10:00 AM to discuss specifics at AMF. This is a USBC Sanctioned handicapped league. We welcome anyone who is interested in having fun bowling. If you are interested in joining this league, please contact Sharon Stout (Acting Secretary) at 707 567-6791 or email: SharonMStout@yahoo.com or join us at the August 25 meeting.

• • •

LH Thursday PM Bowling

BY JOHN HABEIN

John's Bowling Tips—Points of emphasis for us “seniors” to improve our game are:

- Get rid of your big hook/curve and throw the ball straighter. Simply put, straighter is greater and more accurate.

- Get a plastic ball. They go straighter. Or, change your hand position so at the point of your release your thumb is directly in front of the ball and your fingers are directly in behind the ball. Do not turn you hand at all.

• • •

You should finish with your palm facing up and your thumb pointing to the ceiling.

- Make it a focus to hit the headpin every time so straddle the middle dot and shoot for the 2nd arrow to start with.

- Hitting the headpin more often makes your spares much easier because they will be 1 and 2 pin spares instead of 3, 4 and more pin spares. Even the pros cannot pick up 4 pin spares with regularity.

- Place more emphasis on spare shooting than strikes. If you can pick up 75% of your spares your game will improve 15 to 30 pins a game. You pick up 1 additional spare a game and your average will improve 8 or 9 pins. Two spares, at least 17 or 18 pin improvement. That's just math.

- Remember the KEY pin is always the pin in front.

- A good starting point for developing your system of spare shooting is to get your corner pins down first. Then adjust from there. Right handers - Right side spares you can use the center arrow and left-side spares you can use the third arrow (15 board). Just move your feet and shoot these two arrows and see where your ball goes.

- If you can pick up the 7 pin by rolling the ball over the 3rd arrow and your starting point was to straddle the first dot on the right side of the approach then your adjustment for the 4 pin is just 3 or 4 boards left with your feet and shoot the 3rd arrow again. The 2 pin will be another 3 or 4 boards left with your feet and you are still shooting the 3rd arrow.

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