

SUN SENIOR NEWS

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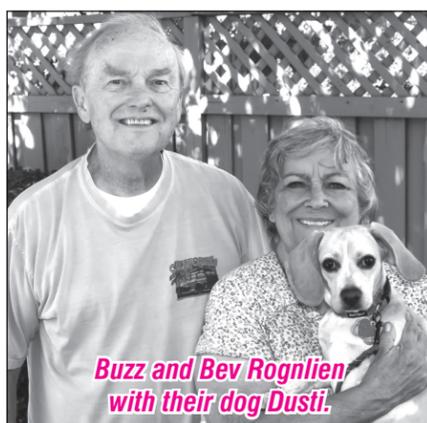
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Buzz and Bev Rognlien — Down-to-Earth Success

BY RUTH MORSE

I was welcomed at the Rognlien residence by both Buzz and Bev. There was also another special greeting provided by a lemon beagle puppy named Dusti. Dusti is not yet a year old and has lots of energy and love to give. The dog also exhibits some of the same appealing characteristics of its owners—friendly, down-to-earth, intuitive, and smart. Buzz and Bev both are very welcoming and practical people. Their down-to-earthiness belies, I realized later, two very accomplished and successful people who are a joy to their neighbors and others in the Sun City community.

Buzz's given name is Loren. He started to use the moniker "Buzz" while in college and it has stuck with him ever since. Bev can detect those people who have known him since before college since they still refer to him as Loren. Buzz's last name is quite rare—it is Norwegian and means literally "tree on a hill." The Rognliens believe they



Buzz and Bev Rognlien with their dog Dusti.

PHOTO BY JEFF ANDERSEN

are currently the only ones with their last name in Lincoln Hills.

Loren's childhood was unusual by twentieth century standards. He grew up in northeast Iowa on a twenty-acre farm with his family. His father tended the family farm and, in addition, worked for Loren's uncle

on a much larger farm nearby. Loren and his family had no electricity, no indoor plumbing, and, as Buzz says, "the running water was him running with the water." Because of the unique nature of the courtship of Buzz and Bev, Bev was not even aware of the rustic nature of the farmhouse until after the couple was married.

Buzz attended Luther College in his hometown of Decorah, Iowa. Luckily, his tuition was covered at the private school since his father worked in the student union. While there, he went on a summer trip with a friend to go to work in Texas. On the way, they stopped in Albuquerque and Buzz met Bev Noles on a blind date. Because of the distance, the couple only had three dates before they wed in Colorado over fifty years ago.

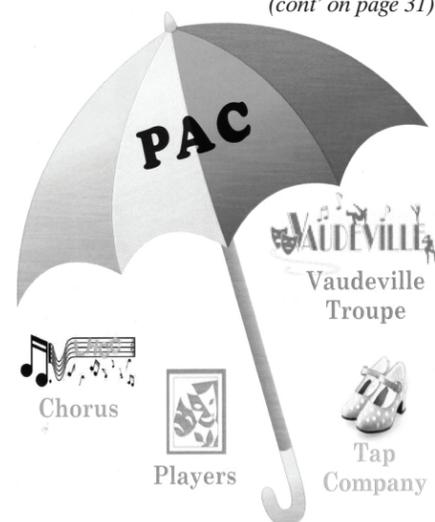
Bev had gone to school in Albuquerque as preparation for becoming a dental
(cont' on page 23)

Celebrating Our Performing Arts!

BY DOUG BROWN, P.A.C. President

When Lincoln Hills was a brand-new community of a few hundred people and growing daily, quite a number of those residents had already been performing in community arts programs and churches (theater, singing, dancing, comedy, instrumental music...) and thought, "Let's continue to perform right here in our new community." Others had never taken the stage to perform anything and thought, "I'd love to try acting, singing in a chorus,

(cont' on page 31)



Players

BY DAVID AFRICA

Are you missing something in your life? Well so are we.

Our membership of approximately one-hundred and thirty-four actors, singers, dancers, directors, producers, lighting techs, audio techs, set designers, set painters, set builders, and stage hands are very disappointed in the decision to cancel our major production of *Damn Yankees* in November. Because of the covid 19 pandemic—social distancing, and other special restrictions regarding rehearsal rooms and auditoriums—the Players will be unable to bring our wonderful audiences another stupendous production. But stay tuned for 2021 productions. We will be presenting Agatha Christie's *Murder on the Orient Express*, and the musical *Damn Yankees*. If you are new to Lincoln Hills, and interested in being part of the Players, contact info below.

Music Group

BY DAN LEHRER

Now, on to the "at the time of this writing", it is unknown if the OC will be open for our June meeting. The June songs posted to our website are still "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.

Tap Company

BY LOUISE SEIDENVERG

As we move into another month of social distancing, the nominating committee has received enough online votes to seat a new leadership team, commencing July 1, 2020. Here is a brief introduction to our board: the two newest members are, President - Mary Adamson, Vice-President - Alison Wolfe. Both of these ladies have been enthusiastic, competent, and have shown leadership skills.

Mary Adamson has a background in Jazz, loves taking tap classes since she moved here. She loves the camaraderie among the dancers. Her future hope is to build on membership, strengthen sisterhood, and work hard for the future of this company.

Alison Wolfe, had never tapped until 2018. She finds tap fun, great for self-esteem, good exercise both mentally and physically and socially rewarding. She hopes the tap company will continue to grow. She says, "having a sense
(cont' on page 3)



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Tap Company

(cont' from page 1)

of accomplishment doesn't come easy, but its fun trying!"

Freddie Demester will serve her second and final year as Secretary. Freddie started tapping in second grade, taking lessons through the years. She finds tapping a fun way to exercise, and meeting up with friends after class. She hopes current students will continue once classes open up, and new ones will "give it a try!!"

Wendy-Jean Iannico will serve her second year as Treasurer. Wendy-Jean is a lady of many talents. She's a clogger, member of the Players' group, and the strong force in creating sets for the shows in our community.

Here's hoping tap classes will begin again soon, as this enthusiastic board plans to attract new members and invigorate our membership!

• • •

Ballroom Dance Club

BY ERNIE MICHELI

With the closure of SCLH facilities, the Ballroom Dance Club lessons and activities have been temporarily suspended. Until we are able to resume normal Ballroom Dance functions, we would like to highlight individuals who have been participants in the Ballroom Dance program.

Meet Mark and Karen Worley. Mark and Karen, both retired accountant CPAs, moved to SCLH in April 2016 after living in Elk Grove, CA for 26 years. They have two children, one son in Sacramento, and a daughter with family in Flower Mound, Texas.

Mark had 2 years of tap dancing lessons starting when he was 9 years old and a ballroom dance class in college at age 19. When Mark was 9 years old, students in Mark's dance class were asked to learn to walk on their hands up to three steps for a dance recital. The first one to learn this would receive a one dollar reward. The next week Mark was very excited as he learned to walk on his hands for three steps and collected the one dollar. Mark also enjoyed night club dancing Friday & Saturday nights from ages 19 to 21.

Karen grew up with many relatives in the Midwest where she learned beginning Waltz



Mark and Karen Worley

at family wedding receptions. Then at age 19 she completed a ballroom dancing class for a semester in college, the same dance class and at the same college that Mark attended.

Mark and Karen have been in SCLH ballroom dancing for one year and learned enough in that time to dance beginning Waltz, Night Club Two Step, East Coast Swing, Foxtrot, Cha Cha, Tango, and Rumba. The SCLH ballroom instructors break down the dance steps to make it easy to learn and are always willing to help when needed. The other amazing feature they like about SCLH ballroom dancing is the open dance between the beginning and intermediate lessons where they can practice dance steps they learn each week.

Karen likes the East Coast Swing dance the best because of the rhythm and fast pace. Mark likes the Foxtrot dance the most because the dance has slow walking steps with a rhythm similar to the Country Two Step and the Waltz. He enjoyed dancing the Country Two Step and Waltz in his younger days.

Mark has taken an interest in dancing as it is associated with reducing dementia. Mark says taking dancing lessons at an older age was alarming at first because the brain and feet weren't communicating. After a few months of dancing, it became much easier. Mark and Karen both enjoy dancing as it is good exercise and it allows them to socialize.

Karen and Mark enjoy dancing so much that they wished they would have continued

(cont' on page 4)

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Ballroom Dance Club

(cont' from page 3)

taking dancing lessons when they were young. They also attend the ballroom dancing parties at SCLH which they think are awesome as it allows them to meet many nice people. The SCLH ballroom dancing is well organized, easy on the budget, and the volunteer teachers are excellent.

• • •

Country Couples

BY KATHY LOPEZ

Hope all you Country Couples folks have been making good use of this time of sheltering in place to be able to review the steps to at least a few of our dances. It is surprising how quickly we can forget them; however, it is also nice to know that they do come back after just

a little practice. The list of our dances is on our website (see below) under Events, then click on Friday Dance Review Program, the Review Dance lists are at the bottom of this page. They are listed by level. For visuals, a lot of our dances are on YouTube. Not sure when things will get back to the way they were a few months ago, but I believe we are seeing signs that we are getting close to gradually reopening soon. So we might as well be prepared and start reviewing if you haven't already.

Jim Christie (Club Chair) recently informed you via email that the Steering Committee recently met via ZOOM to discuss what the next few months will look like for Country Couples. However, it was determined until we get guidelines from the Association we really can't decide on much. We do hope to get back to our Friday morning review sessions (perhaps July or August?). We are anticipating that we will know soon when the Association will allow Country Couples dance lessons to

resume on Monday evenings (this may happen in July or August also). We do have a dance event scheduled for September at Kilaga and another one in October at Roseville Sun City, but again we will have to wait & see how COVID-19 develops. The Steering Committee will meet again at the end of June to see if we have enough info to make some more concrete determinations about future events in 2020.

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

• • •

LH Line Dance Group

BY JUNE WILLIS

Although some of our businesses and restaurants are opening up after "quarantine", as of this writing, we are still not line dancing. We miss dancing and most of all we miss the "people" contact that is such a big part of our line dance class experience. Since we can't be together on the dance floor, this month we are going to give some background information on one of Line Dance's long time participants. Dennis Dawson and his wife, Georgi, are the



Georgi and Dennis Dawson

featured Line Dancers for this month. Dennis and Georgi were both raised in San Francisco and that's where they started their married life and eventually moved to Pacifica where they raised their two children. They met in 7th grade while attending A.P. Giannini Junior High school in San Francisco. This year, on July 9, they will be celebrating their 55th wedding anniversary. The couple has two children and four grandchildren. Dennis worked in the automotive field with a 29-year career with Ellis Brooks Chevrolet and Georgi retired after 31 years with First American Title in 2002. After one daughter and two of the grandchildren moved to Folsom, Dennis and Georgi wanted to be closer to family. So, in 2004, they found Sun City Lincoln Hills and just fell in love with the community and all the opportunities for a fulfilling retirement. They have been involved with Country Couples classes since the latter part of 2009 and the Club since inception in

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LH Line Dance Group

(cont' from page 4)

2010. They help out as substitute instructors for Country Couples classes and volunteer for Saturday practice. Dennis has been Line Dancing for 15 years, and has been a substitute instructor for Sandy Gardetto's line dance classes 2, 3 and 4 as well as Jeannie Keener's Country Line Dance Class. Dennis and Georgi look forward to the day when we can be together again on the dance floor, but until then, we have to keep a positive outlook. We thank Dennis and Georgi for being a vibrant part of our line dance community.

...

Mixed Media

BY JILL SHORT

We are making our way to another month. Hot days are here and we just try to stay cool amidst a new normal. The past month leading up to July has been even more difficult for our country. Mixed Media Art can be a great way to just get away from what is happening around us and get into our own world of imagination. It also is a way to release feelings of fear, frustration or any other raw emotion. As artists we have a choice to either make a representation of those emotions or journal our thoughts inside our art piece. Sometimes we don't want anyone to read what we wrote so as artists we know how to hide those words underneath our work. There are some of us



who had trouble even doing any art during these times, but that is ok, someday you will return to it and maybe someday is sooner than you think.

As far as our club is concerned, we are trying to make plans. Wednesday, May 20th our club Board met on Zoom to discuss the activities for the new normal. The Board consists of Nancy Griffin, Jan Stephens, Frima Steward and Jill Short. Two topics on our agenda were how to proceed with a new limit of people that can be in the ceramics room and secondly, when to start our meetings. We decided to ease into club monthly meetings. We started with a Mixed Media Club meeting on Zoom June 17 at 11:00 AM. This was a

different time than our usual time of the 3rd Wednesday of the month at 1:00 PM. Jan Stephens facilitated the meeting. We had a time of sharing. It was good to see our members and hear from each of you who participated. More details will be in the August news article about our Zoom Meeting.

During isolation how many of you cleaned out closets, garages, did deep cleaning or even organized your crafts? Are you stir crazy yet or just enjoying staying at home to do things you never had time for? Last month I gave you some places to check out for demos, lessons and supplies in mixed media. I hope you were able to look into some new places online.

During these last few months, I have dedicated a whole art journal book for my mixed media projects. It usually takes me at least a year to fill a whole journal book... probably by the time this article comes out the journal will be filled up and a new one started. We all have our favorite substrates to work on. Is "substrate" a new word for you? It simply means the surface for your mixed media art. There are three basic categories of substrates: board, paper, and textured. When choosing your substrate, consider what materials you'll be attaching and how you'll be attaching them. For instance, lightweight substrates may buckle under heavy objects or if wet mediums and adhesives are used. The surface of the substrate is also important; consider whether or not it is porous and will grab adhesives or paints. Another consideration is flexibility. For example, rubber stamping on a stretched canvas would be difficult because of the give

of the canvas. I found that out the hard-frustrating way.

I like art journaling on mixed media paper. For me, that is the substrate that best fits my style. My usual go to journal is Canson's Mix Media journal. I tend to like 7 in x 10 in size. I have tried their smaller ones and larger journal spiral books also. During our season of staying home I tried Master's Touch Mixed Media spiral pad from Hobby Lobby. These mixed media pads come in various sizes and the weight of the paper is 110 lbs. Whereas the Canson paper is 90 lbs. I have used, watercolor paper, chipboard, children's board books, hardbound books, made my own small books and the list goes on. Recently I moved my mixed media experience to outdoors. My husband wanted his 5 ft x 8ft shed painted with a mural and asked if I could do it. The shed was a very different surface to use my acrylic paints and a few stencils on. So, I went ahead with the project that was on metal surface primed but not with gesso! We always say in mixed media, "Embrace the process." That is what I did and it turned nice. I did have to venture out to figure out how to seal outside mural work.

Just like Goldilocks trying to find the "just right" chair, porridge and bed, I tried so many substrates just to find the perfect one for me...Cansons. Some Mixed Media Art journal people like to mix it up and work with various sizes, shapes and types. Others find their favorite and stay with that most of the time. Some of our members take the

(cont' on page 7)

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Neighbors InDeed — Summer Reminders

BY JANET ROBERTS

ARTWORK BY RUDI FRANKE

Summer has arrived and our new or old normal has yet to arrive. So, until it does arrive, let's take care of what we can control around the house. Here are our yearly summer reminders.

Indoor Temperature Control

- Reprogram your thermostat to its summer setting. When you turn on the AC, set it high in your "comfort zone" – 78 – 80 degrees. You'll adjust and still feel comfortable.
- Keep your furnace filter clean for maximum air circulation and efficiency.
- Have your HVAC system inspected to ensure maximum efficiency and fire safety.
- Open your windows on those cool evenings to let the cool air in and circulate.
- Use your ceiling fans to circulate the cool air during the night and daytime, too. Make sure the fans are in the DOWN draft position to push cool air down (turning counter clockwise).

Outdoor Irrigation

- Water 2-3 days/week only and minimize the duration of the watering time. Your greenery is more resilient than you think and the controllers can always be adjusted if needed.
- Check for runoff onto sidewalks and gutters and prevent it by readjusting timers and sprayers to retain all water within



lawns and plantings.

- Check your drippers, sprinkler heads, and sprinkler lines for any needed repairs for severed lines, leaks, drippers going nowhere, etc., and have them repaired.
- Water in the early morning for greater efficiency with less evaporation.
- Cover your watering valves by the side of your house to protect them from sun damage.

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Mixed Media

(cont' from page 5)

spiral pages of the art pads apart to make them easier to work on. When they are done with the project, they just simply attach them together with rings. There is no right or wrong art substrate. Try various ones and have fun finding your favorites. Be adventuresome and keep changing your mixed media surface. Don't be afraid to venture out of your comfort zone and experiment. Just start playing with what you find. Then maybe next time we meet, whether on zoom or in person you can share with us.

...

LH Painters' Club

BY JOAN MUSILLANI

Our May semi-annual Challenge was titled ABSTRACT. Due to closure, the 29 entries in the Open Category were presented online and our members were able to vote by email. Results: 1st Place, "Tide Pool" by Susan Berg; 2nd Place, "Little Dancers" by Susie Crawford, 3rd Place, "The Journey" by Margo Flanagan. Congratulations winners!

Although it was a small event, the Painters Club was happy to hold its annual spring luncheon in June at Turkey Creek Golf Course. The staff followed all the standards set by the County and safely served about a dozen members. There was lively conversation about continuing their art during



Artist=Chris Olsen,
"Organization" 48x36"

the stay-in-place restrictions and participants shared some of their work and their unique techniques and meanings during Show and Tell. Participant Chris Olsen showed his abstract "Organization" (see photo).

Have you thought of plein air painting while we are still unable to meet for classes or meetings? It would be easy to stay within the County Covid safety restrictions by setting up at safe distances, wearing your mask, and staying local. Talk to your friends who paint in Plein Air to make plans to meet at a nearby location for sketching, painting, or just daydreaming – we live in a community full of beautiful settings just asking to be painted.

Our planned program for the July 21

meeting is a presentation by Patty Miller, owner of Patris Studio Gallery in Sacramento, an accomplished painter and teacher. Members will be kept informed by email of the status of upcoming meetings along with shows planned with opportunities to display work in local venues, such as Simple Pleasure and Buonarroti's Ristorante.

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

President: Joan Musillani, e-mail: joanmusillay@gmail.com or 916 712-4393

Membership: Jerrie Crass, e-mail: jerriec68@gmail.com or 916 302-6178

...

Needle Arts

BY JILL SHORT

Welcome to our new normal, however that looks like. We all will be approaching this a different way. Some might be going out more, some of us may decide to stay home and wait and see what happens. Our club goes dark in July and August which means no General Meetings. The plan for Needle Arts is to get back to our meetings on September 15, 2020 and continuing in October and November. Our meetings are held in P-Hall (KS) at 1:00 PM. Program chair, Jeanne Helland, has been working on programs. Also, please be sure to "Save the Date" for our Holiday Luncheon, December 17, 2020. Remember that all up to date information will come through an email from our President, Jean Storms. Check out Needle Arts website at www.sclhna.com

Our club had an online Show and Tell scheduled June 10. Due to technical difficulties it was postponed until later in June. Those who participated, turned in 1 or 2 photos of projects they did during our quarantined time to Jean Storms. Each participant wrote up to 15 words about what they have been doing and/or about their projects.

Members of the Needle Arts Club are so multi-talented. Back during our "normal" life here, I enjoyed seeing what projects the knitters would be working on. Knitting is one area I don't partake in but admire all inspiring beautiful things that are made. I am amazed how many ladies in Needle Arts are knitters. Which led me to think about "Why knit?" It is a very portable hobby. Take it to meetings, waiting rooms for appointments, traveling, talking to friends, or watching TV. I am convinced after some research that knitting has so many more redeeming qualities than just making those lovely projects. Knitting has been around for quite a while. The knitting/purl stitches appeared in the mid-16th century. By the 20th century knitwear was part of mainstream fashion.

Did you know that knitting actually promotes good health? Knitting can improve dexterity in your hands and fingers plus helps with fine motor coordination. Knitting exercises both sides of the brain. It is calming, relaxing and keeps us centered because of the repetitive rhythmic movements. It helps prevent and manage stress, pain and depression

(cont' on page 9)

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Needle Arts

(cont' from page 7)

which strengthens the immune system. If you aren't convinced yet about taking up knitting there is more. It can boost your memory. Studies show that side to side eye movements as in knitting can significantly help boost memory. A study of over 2,000 people 65 and older found that regular participation in social or leisure activities that included knitting were associated with a lower risk of subsequent dementia. Knitting offers plenty of opportunities for socializing. A little socializing can benefit our health. Hopefully soon we can see that benefit again. Studies also show the repetitive movement of knitting along with the clicking sounds made by the needles trigger a physiological effect that helps lower your heart rate. Another health benefit is that it can help you lose weight. Yes, you heard that right, you can lose weight! It is the perfect way to keep your hands busy and off those snacks plus burn off calories as you knit instead of just sitting and watching TV.

Knitting is a truly unique hobby that is easy to learn for almost all. I will have to say that I might be the exception here. I, unfortunately, am a knitting drop out but I still drool over the wonderful projects I see coming from our group and wish that I could make some of them. It can take years of practice and study to master all the techniques. Just keep in mind the hobby allows for you to be able to create just about anything out of a few knitting needles and plenty of yarn to do the job. If you are a beginner there are lots of easy projects to start with to be successful and have something wonderful when you are done. Once our subgroups are able to get back together the knitting group would be a great place to check out and get encouragement and help if you are new to the world of knitting.

If all the positive benefits from knitting and seeing the beautiful projects our women create doesn't convince you to try knitting (or maybe you have tried it and it is not your cup of tea) then perhaps, well, I have another idea for you. There are lots of beautiful yarns available, so many wonderful colors. You can buy some, put them in a basket, and admire your collection of beautiful colored yarns. There is always room for another stash of something

in our house. Until we meet again, have fun creating and hope to see your lovely creations when we are together again.

• • •

Paper Arts Club

BY LINDA LUCCHETTI

Please continue to check the club's newsletters distributed to members via email, for updates on canceled or rescheduled events.

Speaking of our newsletter, many thanks to June Paquette who is responsible for creating and sending the club's newsletters. Not only do these contain important monthly updates and messages from the club president, but also include colorful photos of cards and ideas shared by members. Through these communications, we have been able to stay in touch during this time of separation. Each month, we look forward to receiving them. So, keep 'em coming, and thank you again, June!



Hopefully, it won't be too long until we're together again at our monthly meetings to share our ideas, our friendship, and enjoy our craft.

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

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Vintage Treasures Club

BY CLARE FLETCHER

The field of Victorian decorative arts is extensive, from the use of fine silver for highly ornate tableware to very humble compositions made from dried seeds and flower petals. However, so much of the outstanding and exquisite pieces we find at auction and in

antique shops today, have been left to us from the hands of women home-artisans of the period. Needlecraft treasures, in particular, comprise a good percentage of what is now available for us to enjoy. Many of the handcrafted pieces we find had been either mounted in frames made of various woods and metals or had been placed under glass domes for protection against damage and dust.

Popular crafts included the making of woolen flowers that were then skillfully gathered into beautiful bouquets before placement into frames, and "stumpwork," which was an embroidery technique carried over from the 17th century that featured raised, three-dimensional designs. Hair art was another prolific art form that fashioned human hair into flowers, insects, and interesting geometric or curly creations for assembly into remarkable wreaths, brooches, earrings, and mourning pieces that commemorated a deceased loved one.

Some of the most amazing works were woven from tiny glass or metal beads into stunning handbags, clothing embellishments, decorative wall panels, and candle screens that protected flames from drafts. Most works depicted flowers, birds, animals, and people, with occasional architectural features like houses or castles. Often times beads were used to accentuate needlepoint or embroidery work.

Items of a more commercial nature are available to us as well. These include wax figure dioramas of religious subjects or sentimental scenes depicting children, lovers, or animals, all positioned beneath a glass dome or within a frame. Taxidermy birds and small animals under glass were all the rage as well, along with the French wedding chair known as the "Globe de Mariee." This consisted of a small tufted velvet or satin chair adorned with golden metal florals, birds, and little framed mirrors, all presented under a glass dome. This item was a keepsake holder for the bride's wax crown, gloves, or other wedding tokens she wished to save. The couple selected their own personal items for the piece; for example, diamond-shaped mirrors represented fertility, and oak leaves stood for longevity of their union.

Contact: Sandi Janisch
916-253-9085

• • •

LH Photography Club

BY DIANE MARGETTS

We're all getting pretty good at online meetings! Our General Meeting has had a couple of false starts by the SIGs are making up for it.

The Enhancement SIG has been online the last two months doing super creative things! The July Online Enhancement SIG Challenge will give our members a chance to develop their compositing skills by creating "Landscapes of Outer Space" from multiple images of planets, nebulae, and landscapes from Mono Lake, Alabama Hills, Bristlecone Pine Forest or the Mars Lander. Should be fun—can't wait to see the results!

The Learning SIG's most recent challenge was Focus on Flowers. It was so interesting to see the various approaches our photographers took. The motivations ranged from artistic, botanical and some choose to a flowers relationship to wildlife. A link to the Learning SIG Gallery is on our website.

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

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Woodcarvers Club

BY LIONEL RAINMAN

Woodcarving is an enjoyable pastime. It can become an absorbing hobby. One is never too old to learn or to rekindle their desire to turn that piece of wood into another shape. More specifically carvers usually start with an idea, then a pattern and then the carving begins. A novice usually will attempt a simple object and may graduate to more difficult items along the way. Basic carving tools can be as simple as a penknife or several carving knives and gouges. As carvers become more proficient additional tools may be added to the collection as well as sharpening stones and hones. Along the way carvers may enhance their carving with wood burning for an added effect as well as a protective finish which could include wax, paint or stain, or clear varnish.

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

Due to the Corona Virus meetings are

(cont' on page 10)

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101	Hay Wagon	1531	420000	Alpine
2231	Stepping Stone	1547	419000	Quail Cove
100	Calistoga	1531	460000	Alpine
1173	Segolily	1793	463000	Tahama
2245	Cinnamon Teal	1785	534000	Santa Cruz
2927	Coopers Hawk	1793	525800	Tehama
1095	Dogwood	1687	537000	Baldwin
1260	Picket Fence	1791	545000	Tahoe
1188	Lasso Lake	2390	695000	San Mateo
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Woodcarvers Club

(cont' from page 9)

suspended until further notice. However when meetings resume they will be as noted.

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

Contact: Lionel Rainman, 916-253-9534.

• • •

Genealogy Club

BY DR. BARBARA BRANCH

The Genealogy Club's July 20th speaker session has been cancelled. We are sending a message to members to join us on July 27th for an "Ask the Team" session from 6:30 - 7:30. We will send a link to members to join us on GoToMeeting. We will be available to answer questions and give suggestions to members regarding genealogical research. Stay tuned for the time when we can resume coaching, speakers, workshops, and Boot Camp. Maureen Sausen has kept the membership supplied with links to genealogical resources. Some members are creating videos which will be shared with members when they are finished. 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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LH Astronomy Group

BY BILL WEAVER

To minimize the risk of exposure to the Coronavirus the LHAG and its subgroups, gatherings for meetings and activities are postponed through July 2020. However, the LHAG Steering Committee has been holding web-based planning meetings for future resumption of club activities. Following the lifting of restrictions for gatherings within the SCLH community, look for the LHAG to resume some of its meetings and activities in August that will include the following.

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

We will also pursue a previous invitation for Mark Miller of the Lawrence Livermore National Laboratory to present his program about the Apollo 11 mission guidance computer. This revolutionary computer made autonomous travel to the moon not only possible but added profoundly to crew safety, flight profile accuracy, and mission flexibility.

We are working on securing a presentation about the "7th & 8th planets". These presentations sponsored by the LHAG are always exciting and all SCLH residents are invited to attend. Watch for the new dates in the Sun Senior News and the SCLH Compass

(cont' on page 11)



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LH Astronomy Group

(cont' from page 10)

magazine, as well as the LHAG website.

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

The Telescope Interest Group (TIG) normally schedules a "star party" on the fourth Thursday of each month at the SCLH Sports Pavilion to view objects in the sky with telescopes and other observing methods. However, it is unknown at this time when these gatherings can continue as social distancing is not feasible when viewing through telescopes.

Although all SCLH club activities have been put on hold due to the Coronavirus, it does not mean that astronomy enthusiasts must miss out on the enjoyment of viewing the night sky. Here are a couple of noteworthy objects in the night sky that can be viewed in July and August with the naked eye or binoculars. Saturn, the ringed planet is the 2nd largest in solar system; and Jupiter, the largest planet in the solar system. Look in the southeastern skies just after sunset and you will see both bright planets rising along the ecliptic (the path that

the planets follow in the sky).

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

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The 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. In July we are scheduled to meet on the thirteenth and twenty-seventh. 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.

• • •

Book Club

BY CATHIE SZABO

"In the midst of life, we are in death" – Agatha Christie, *And Then There Were None*

Just a minute, Dame Agatha. You're not the author of that quote! Yes, it certainly applies to this familiar tale of murder; but where did the quote originate? Curious? Keep reading, keep guessing – all will be revealed!

And Then There Were None – a Christie classic, for sure. A book – sometimes titled *Ten Little Indians*. Numerous film adaptations. You probably have read/seen this mystery. But do you remember "whodunnit"? Refresh your memory, reread the book, check out a movie – then join us in discussing the genius of Dame Agatha at our July meeting.

Unless circumstances change radically, our July 16 meeting will be a virtual one via Zoom. Details on signing up to Zoom and access to the meeting will go out later this month. If you are not on our email list and would like to attend this meeting, please email Cathie Szabo at catsickle@gmail.com to be added to our contact list.

If we are back to normal times, we will meet on the 16th at 1 PM in the Multi-Purpose Room of OC.

(First guess at the author of our quote – Shakespeare. Hmm, sure sounds like him. A hero/anti-hero flinging up his arm as he declaims that quote. Sorry, Shakespeare – you're out of the running.)

Lots of news this month for us readers.

Most libraries in the area are "open" to a certain extent – books can be returned and books on holds picked up. For particulars on the process, log onto the library you're interested in. No card? No problem usually. Libraries can issue a temporary online card good to hold books for now. In addition to "real books", libraries also have eBooks available via various sources. If you haven't checked out a library lately, stroll through their website – you'll be amazed at the resources available now during the lockdown.

(Second guess – let's move back a bit farther in time. In the confused times of the mid-1500s, post Henry VIII, the Book of Common of Common Prayer came into being. One of its authors is Thomas Cranmer, Archbishop of Canterbury – a hero/villain in England depending upon who was on the throne at the time. And yes, our quote can be found in the Book of Common Prayer, usually as part of a funeral/burial service. Getting warmer, but not quite there yet.)

Time to think about titles for 2021 book discussions. Yes, a large monkey wrench has been thrown into the works this year; but never fear, our fearless members can overcome all. Don't deny it, you've been reading some good books these last few months. Time to let us know about them. Instead of listing them in person at our meetings – we'll just go virtual! 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 refresh your memory, the

(cont' on page 13)

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Book Club

(cont' from page 11)
categories for titles are:

- Historical Fiction
- Historical Non-Fiction
- Young Adult
- Award
- Mystery
- Sci Fi/Fantasy
- Classic
- Non-Fiction
- Modern/Realistic Fiction
- Multi-Cultural
- Biography/Autobiography
- Other

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.

(Third and final guess – “Media vita in morte sumus”, the first line of Gregorian chant found in a New Year’s Eve service in the 1300s. There is also a reference source to 912’s battle song of Notker the Stammerer, a monk-fighter of the Abbey of Saint Gail. Don’t you love the name? Wonder if he stammered while chanting? Ok, we’ve reached the end of the thread. Gregorian chant wins!)

That’s all the wisdom for the month. A challenge for next month – calculate/guess how many books you’ve read since the start of the lockdown. I’ll let you know my total next month.

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

August 20 – *Small Great Things* by Jodi Picoult

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

October 22 – *The Testaments* by Margaret Atwood

November 19 – ??? (had been *Where the Crawdads Sing*)

December 17 – HOLIDAY LUNCHEON

Finally, let’s give Dame Agatha the final word – “Best of an island is once you get there – you can’t go any farther . . . you’ve come to the end of things . . . “

And so have we. 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.

• • •

LH Italian Club

BY LINDA LUCCHETTI

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

The series of more than 24 installments named, “Reaching Out and Keeping in Touch” is now available on our website. If you’ve missed any of these e-mails that cover a broad range of Italian interests, locations, food and folklore, check them out or view them again. They have become an enjoyable way to learn something new while staying in touch with the club during this time of separation.

Italian word connection: “Music to my ears.” The music of Italy is one of the cultural markers of Italian identity. Many English words referring to music come from Italian origins. Here are just a few: Concert comes from the Italian word, concertare or harmonize. Diva, a famous female singer often characterized as difficult to please, is derived from the Italian noun diva, a female deity. Finale, the last part of a piece of music, comes from the Italian word finale, or final.

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.

• • •

Big History

BY CAROLE WADE

Until it is safe for large groups to meet at KS, we will continue to meet via Zoom at our regular times, the first and third Monday of the month at 10 AM. But note: because of the Independence Day weekend, we will not be meeting on July 6.

On July 20, Jerry Steinman will explore the many positive aspects of the viruses and bacteria that plague us—a timely topic. He plans to cover their non-disease effects on humans and their impact on our evolution and functioning. Humans are in a symbiotic relationship with many microbes; they need us, but as it turns out, we also need many of them. Come find out more about these fascinating organisms.

We will email updates regarding our future schedule. For more information contact David Lewis at 916-626-2795 or stuff619@gmail.com.

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Shalom Social Group

BY JUDY GANULIN

The Shalom Social Group is looking forward to, and making plans for, the future. We will hold elections in the fall, and our new Board will take over in January. Meanwhile, we are optimistic and starting to plan for the remainder of this year and the start of next year. Outreach to members and possible new members, and community programs, are among the options we are considering. Our group focuses on Jewish history, culture and cuisine, but membership is open to all. For more information about membership and our activities, please contact Joanne Levy, 508-333-8590.

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SCHOOLS

BY PATTI KINGSTON

Lincoln schools are planning to reopen on August 20. Scott Leaman, Superintendent of Western Placer Unified School District, is waiting for State guidelines but preparing for school openings with the new CDC guidelines pertaining to testing, distancing and facemasks. Because the climate may be unclear when schools open, they are exploring a full distance option, a hybrid option with attached supervision so K-8 students can stay on campus, or a full week option. The district will be offering a full distance learning if parents would prefer having their children at home.

Those guidelines may prohibit volunteering, but teachers use and depend on the volunteers. The District hopes to have SCHOOLS volunteers in the Fall but many will self-regulate over fear of becoming infected if they are more vulnerable. Volunteers will be notified about being allowed in the classrooms when guidelines are established.

The State budget adopted on June 25 greatly reduced the funds for schools, so there will have to be adjustments to the Western Placer school budget. In his 33 years in



Scott Leaman

education, Mr. Leaman has never experienced a budget year like this one.

Two new schools are on schedule to open as planned. Twelve Bridges High School in the Fall of 2021 and the Scott Leaman Elementary School in the Fall of 2020. The renovations at the Glen Edwards Middle School may not be completed by the Fall because the work has slowed since it is not new construction.

The Scott Leaman Elementary School will have a STEAM emphasis: Science, Technology, Engineering, Arts and Math. Reno Penders will be the Principal of this new school. He comes from Creekside Oaks which will now have a Spanish immersion program.

Scott Leaman received his Master’s Degree from California State Hayward, with an emphasis on online learning. He has been very involved in discussions about developing a curriculum should the State mandate total or partial distance learning.

In order to implement “distance learning” there needs to be a curriculum developed for each grade level in the district. The distance learning that teachers and students have relied on during this pandemic has been created by the teachers for their individual classrooms and was created very quickly when the schools were shut down. Chrome books and access to the internet were made available to elementary students in the hope that teachers could communicate using Zoom or another kind of group meeting. Because it has been up to parents, as well as the children, to tune in, many elementary age children have not been able to participate.

• • •

Apple User Group

BY RICH THAYER

July will provide you with three great opportunities to learn how to put Apple technology to work for you.

Bill Smith, an early adopter of Apple Pay and Apple Card, will show the power of this new and innovative approach to payments and credit cards. Come learn how Apple has moved security and privacy to a new level, and how you can make contactless payments using your iPhone and Apple Watch.

Photographer Ken Spencer will show you how to take the best photos, whether you’re

(cont’ on page 14)

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Apple User Group

(cont' from page 13)

shooting price tags at Costco, emotional shots of people, or magnificent scenery. He'll show you tricks to improve lighting and focus that make simple snapshots become compelling photographs. And you'll get his answer to the question, "What is the best camera in the world?"

What can you do with your photos once you've taken them? Andy Petro will walk you through some photo projects on the iPhone and iPad using the Motif app and the Mixbook website. He will show you how to create hardcover books, softcover books, calendars, wall hanging photographs, and occasion cards.

Check lhaug.org for the latest schedule information, and, since these seminars are conducted through Zoom, watch your email for sign-in information. Also, if you are experiencing a problem with your Apple device, the LHAUG Help Line continues to be available.

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

• • •

SCLH Computer Club

BY NORMAN SEIDENVERG

June 10, 2020 on Zoom, Rita Wronkiewicz presented a talk on "Security for your Computers". This talk will be available on the club website, www.sclhcc.org, soon. The

powerpoint slides and explanations were excellent. Heed these lessons and have less or no hacking of your system. 3 prizes of Malwarebytes Premium were drawn at random and shall be delivered to the winners. Thanks to Terry Rooney for setting up the Zoom and assisting in answering questions. The Kilaga and Orchard Creek facilities remain closed with no date for reopening. The next talk will be "Windows Ten Update" by Terry Rooney on July 8, 2020 on Zoom or another online program. Email will be sent to all members prior for exact access. Past recorded presentations remain on the club website. Stay healthy, this will be over someday.

• • •

LH Veterans Group

BY B. L. LEWIS

The Lincoln Hills Veterans Group is optimistically planning for our general meeting on Thursday, July 16, 2020 at 1:00 p.m. in the Kilaga Springs Presentation Hall. Robert G. Teames, SMSgt., USAF will be our featured speaker, talking about development and training of the new Millennial Warrior. Today's Air Force is not only Citizen Airman, but Warriors and Leaders during two decades of war on Terrorism. At this time, we do not have all of the details on the Corona Virus rules and seating arrangements. We will keep you informed as we receive the information.

During the Corona Virus lock down, LHVVG Vice President, Michael Amerio and

is wife Tina have assumed the duty of Flag Sales and have done an outstanding job, selling and delivering 129 flags to the residents of Lincoln Hills. He also included the guidelines for displaying the U.S. Flag. (See attached photo) Michael has turned the American Flag Project over to LHVVG President, Joan MacAdams and her husband Doug until the lock down is over and we can resume selling flags at the Flag Table in the Orchard Creek Lodge. Until then 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 \$25.00 for a Memorial Coin; or with a \$150.00 donation you can have a Black Granite Tile with your name and service information inscribed; or you can make a donation of any amount to the Lincoln Veterans Memorial Coalition. Send your checks and information to LVMC,

American Flag Project

Thank you for showing your patriotic spirit by displaying the U.S. flag. Before you start hanging up the red, white, and blue, it is a good idea to brush up on some flag etiquette. Here are few basic guidelines to keep in mind, based on the U.S. Flag Code:

- Always make sure the flag never touches the ground or anything below it.
- Do not display the American flag in inclement weather, unless it's an all-weather flag (flags sold by the Veterans Group are all-weather flags).
- If you want to fly the flag after sunset, keep it well lit.
- When you hang the flag vertically on a flat surface, make sure the Union (blue section) is on the observer's left.

Wondering what you should do when your flag becomes worn and no longer suited for public display? The U.S. Flag Code requires it to be disposed of respectfully, preferably by burning. The Lincoln Hills Veterans Group has placed a flag-disposal box in the utility room next to the activities desk in the Orchard Creek Lodge. All discarded flags placed in this box will be retired with respect in accordance with the U.S. Flag Code.

Treasurer, Larry Yaggi, 2300 Cinnamon Teal Lane, Lincoln, CA 95648 or notify Chaplain Bill Lewis, 916-408-3771, email: bllewis1977@gmail.com if you would like to order a Tile for a Lincoln Hills Veteran that has passed.

As of June 15, 2020, the group's paid

(cont' on page 15)



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LH Veterans Group

(cont' from page 14)

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 on Independence Day, July 4, 2020.

In Memoriam

Hal Hunt U.S. Navy,

Bill Kendall, U.S. Navy

Dale Hendren, U.S. Army

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

• • •

LH Republican Club

BY SUE DUMAS

In lieu of meeting, LHRC held a rousing Recall Newsom Rally June 23, led by Assemblyman Kevin Kiley. Kevin reported on the events, cause and effect, of what has been going on at the Capital. Since all normal celebrations had been cancelled, LHRC joined with other Clubs and Central Committee of Placer County to celebrate 4th JULY — by participating in a joint caravan. The vehicles drove a carefully planned route through Lincoln Hills, Lincoln, and Roseville. Decorations depicted the holiday, and the Republican Party. United States and TRUMP flags were flying! People came out to see, and cheer us

on! Our next LHRC meeting is Tuesday July 28 location TBA. Bar-B-Que is September 17. We have more specific, interesting activities planned for our Lincoln Hills Resident Republicans before the 2020 Election. We welcome you to be a part of these activities! Annual Dues \$15 per person payable to LHRC due July 1 (see website). LET'S FINISH REPUBLICAN STRONG in 2020! Make sure your membership is current so you do not miss important LHRC update emails. Website comms@RepublicanClubSCLH.org

• • •

Democratic Club

BY JUDY GANULIN

The Lincoln Democratic Club will meet virtually on Thursday, July 16. Jeffrey S. Brown, M.P.H., M.S.W., Director of the Placer County Health and Human Services Department, will give an overview of the Department's services and highlight several areas of focus. The HHS Department is the umbrella for a wide variety of public services --- aging/adult services, children and family services, public health, MediCal, housing/homelessness, and veteran services, to name a few. Between meetings our members keep busy with assorted community service projects. For more information on our meetings and activities, please see our website, <https://democraticclublincolnca.org/>

• • •

SCLH Singles Club

BY SUSAN PLATT

Great news from Placer County and Sun City Lincoln Hills! Little by little, we are slowly reopening! As I write this, we are not able to immediately reinstate all of our usual activities, but we do have a date when we can get together in July. Please save the date of Thursday, July 23, when we will all be able to meet in the Ballroom at Orchard Creek. Further information on our first time back together will be sent out in mid-July. It will be a great evening and wonderful to see everyone!

Keep on wearing those masks and practice social distancing, so we can make this meeting happen — take care and be safe!

• • •

Alzheimer's Caregivers

Support Group

BY JEFF ANDERSEN

The steering committee decided the Peer Group meeting last month on the 24th via Zoom was the best option, especially since we had no assurance the lodges would be open to use. Too, the social distancing requirements would have cut seats available to about half. Many of you are probably now old hands (no pun intended) with meeting this way, so it will work well for us.

Hopefully, it will be both allowable and be safe for us to meet in group form again in the

near future. Like the other groups, we'll adapt. One interesting result of this epidemic is that it will be easier now for people to understand the "locked in, left out" feeling that dementia caregivers experience every day.

With no updated information on arrangements for the Ladies Group and the Mens Group, please check with your group leader about when, where, and how. Stay safe.

The Alzheimer's/Dementia Caregiver's Support Group meetings are held each month except December. The Large Peer group meets at 1:00 PM each 4th Wednesday in the MultiPurpose Room (OC). All are welcome to attend, especially caregivers with recently diagnosed family members. The program for the Peer group gatherings alternates monthly between group discussion moderated by an licensed counselor from Del Oro Caregiver Resource Center, and formal presentations by professionals in the industry. The Women's group meets usually with Jo Fratessa, and sometimes with Valerie Jordan, is discussion only, and is designed for women who prefer talking in a less crowded setting. The Women's group meets on the 1st Wednesday at 1:00 PM in the MultiMedia Room (OC) (across the hall from the Large group location). The Men's group with Al Roten meets on the third Thursday of the month at 10:00 AM at Granite Springs Church, 1170 E. Joiner Parkway in Lincoln.

The caregiver's groups and programs are supported by the Lincoln Hills Foundation.

(cont' on page 16)

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Alzheimer's Caregivers

(cont' from page 15)

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

And on we go! Another month of avoiding people, places, and things.

Do you ever wake up and think, "is all this for real?" The sun is shining, the flowers

are blooming and it seems to be just fine and then, wham, reality dawns and you realize the world is upside down and the worst of it is, it may never be the same again!

The term, "New Normal", is the battle cry now but I'm not sure Webster has a definition for it yet. Us "older folk" thought we had seen it all but what an awakening it's been. World Wars we understand but World Virus is incomprehensible to our minds.

Oh, well, one thing that has stayed stable is our group of caring ladies in Bosom Buddies. Staying in touch with each other, whether by phone or talking in the backyard, we've tried to project a loving and caring attitude. This is "Old Normal" and I have to say it feels good.

Our president, Patty, came up with the idea of having a get together under the big willow tree at Kilaga. As the picture doesn't

show, everyone was smiling under their masks. I have that on good authority, maybe?

All the ladies were asked to tell something about themselves and their journey through breast cancer. It was wonderful to see everyone and fun was had by all.

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

The following is subject to change if restrictions are extended.

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

Kathleen Shevlin, Manager of Senior Programs at Society for the Blind, will discuss their history, funding, and senior services. Services include a week-long training that teaches how to maintain independence while living with vision loss.

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

Registered Occupational Therapist and Director of Clinical Services at Society for the Blind, Toni Boom, will discuss therapies and other Low Vision Clinic services that are available. Learn how you can identify your "blind spots" and adjust the way you see things. Toni has office hours at both the Roseville and Sacramento locations.

Eye Injections for Wet AMD May Soon Be Unnecessary

International Low Vision Support Group Newsletter, June 2020

www.mdsupport.org

Genentech has announced positive top line results from its Phase III Archway study, evaluating Port Delivery System (PDS) with Lucentis (ranibizumab) in people living with

(cont' on page 17)



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Low Vision Support Group

(cont' from page 16)

wet macular degeneration.

PDS is a permanent refillable eye implant, approximately the size of a grain of rice, which continuously delivers a customized formulation of Lucentis over a period of months. The Archway trial 3 ILVSG Newsletter Volume 15, Issue 6 demonstrated that patients who received refills every six months achieved visual acuity outcomes equivalent to those receiving monthly injections. The implant was generally well-tolerated with a favorable benefit-risk profile.

“For people around the world receiving frequent eye injections for [wet] AMD, this continuous delivery system could greatly reduce their treatment burden,” said Levi Garraway, M.D., Ph.D., Genentech’s chief medical officer and head of Global Product Development. “We look forward to presenting detailed Archway results at future medical meetings and discussing these data with regulatory authorities, with the aim of bringing this new treatment option to patients as soon as possible.

In addition to Archway, the Portal study is investigating the long-term safety and tolerability of PDS for the treatment of diabetic macular edema (DME), a vision-threatening complication of diabetes.

Full results from the Archway study will be presented at an upcoming medical meeting and submitted to health authorities around

the world, including the U.S. Food and Drug Administration and European Medicines Agency, for consideration of regulatory approval for the treatment of wet AMD.

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 cathy.mcgriff1010@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 and third Monday each month at 1 pm, Gables/Heights Room, Orchard Creek Lodge. Meetings will resume when the lodge

opens for meetings.

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

website: lhwiseagers.com

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Multiple Sclerosis Meeting

BY JERI DI FIORE

The July 14, 1 PM Multiple Sclerosis Meeting, will again be Zoom Member participation, as our first experiment was heartwarming and successful.

We caught up with busy Pat Barnhill, who has made hundreds of protective masks for hospitals and Barbara Whitcomb, currently quarantined in a Lincoln Assisted Living.

For the July 14 Meeting, be sure you have the Zoom App on your cell phone or iPad. If you are an MS Support Group Member, by Sunday, 7/12, you will receive a Zoom invite with details.

Have questions or want to inquire about future Membership, Call Jeri Di Fiore 916 408-7565 and leave a message.

• • •

Glaucoma Support Group

BY BONNIE DALE

The Glaucoma Support Group will meet on July 8 at 4:00 virtually on Zoom. Our last meeting using this new way of communicating was a great success. Because of limitations due to social distancing, we may need to use this form of meeting for a while. We will continue

our regular discussions sharing any new information we have learned. All members on our roster will receive the information prior to the meeting. If you are interested in joining our meetings, please contact Bonnie

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LH Travel Group

BY TEENA FOWLER

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

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

www.LincolnHillsTravelGroup.com

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

Ports: Tallin, Estonia; Helsinki; St. Petersburg; Gdansk, Poland and Copenhagen Islands of New England (Sep 16-24, 2020) (Teena for Shirley Cerny) 1 Hotel Stay

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

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)

(cont' on page 19)

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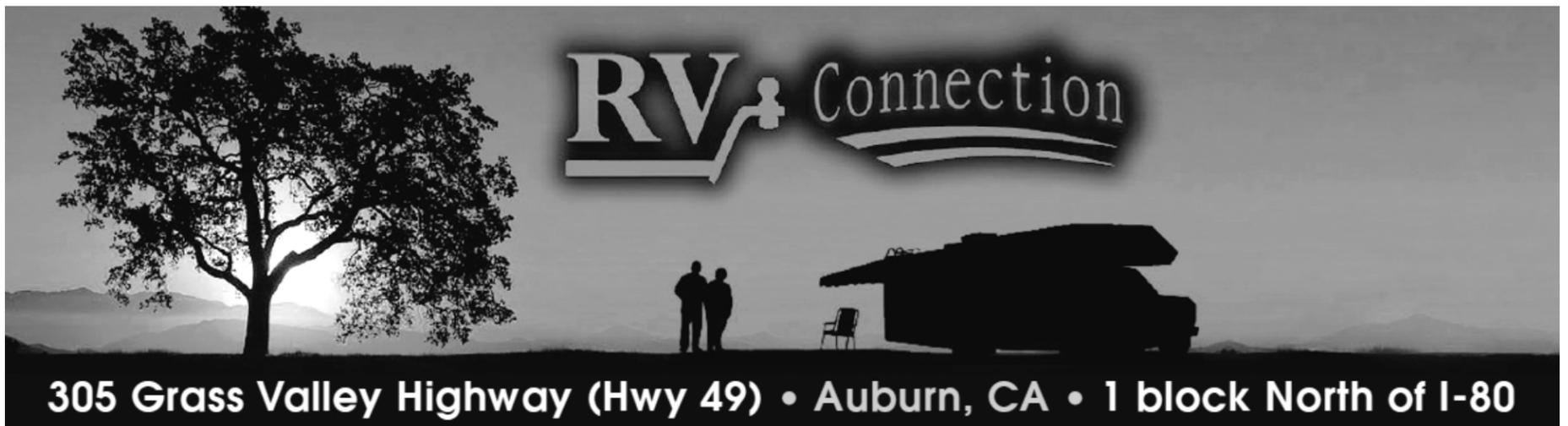
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LH Travel Group

(cont' from page 17)

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, Marraqkech, etc. & Choice of Cooking Class America's Cowboy Country (Jun 14-21, 2021) (Sheron)

JacksonHole, GrandTetons, 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

At last the Coronavirus lockdowns are being lifted, campgrounds are re-opening, and our Members are hitting the road for personally organized trips. Group Rallies remain out for now but we're booked for Clio/Graeagle in August; Plymouth Wine Crush in September; and Marina Dunes in October. We've rescheduled our Spring Fling into an Octoberfest Party on



October 8th at the Sports Pavilion and our Holiday Party is set for December 10 at Catta Verdera. We're rescheduling all of the cancelled Rallies for our 2021 Season. If your RV has been sitting for an extended period, be sure to go over your fluids, condition of your batteries, and other check-points before heading out. Harps RV Service in Lincoln has an excellent and affordable RV Inspection program that many of our Members use.

Assuming that our Lodges are open, our July 9th monthly Meeting should resume in the Placer Room (KS) at 4:30 PM. These are held on the second Thursday of each month where we discuss up-coming Rallies; gain RV education from Members; and get to know each other better with social time and (possibly) shared appetizers. Residents with an interest in RVing are welcome to visit, meet new friends, and discuss the joys of RV travel.

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.lhrvg.com.

• • •

SCLH Sports Car Club

BY PAM BERRY

As they say if once is good then twice is better! Mike Stafinbil made arrangements for the Sports Car Club to drive over to Kaiser Roseville to circle their facility with signs to thank the members for all the difficult and dangerous work they do on our behalf. So again, off we went and we waved our signs and thanked anyone that was out and about. It was a good day and

people waved back and gave us thumbs up. But we noticed that there were not too many people out and about but figured that maybe we had missed their change of shift that had been our target. A few days later Mike received a call from Kevin Clark their Communications Manager, explaining that on that day there had been a 67% increase in patients and everyone had been busy. He asked if we could come again and of course we were more than happy to oblige. This time there were 28 cars and many hospital personnel were out to see the cars and signs and to receive our heart felt THANK YOU. Dr. Rich Isaacs, CEO and Executive Director of the Permanente Medical Group rode around with Mike Stafinbil and Tom Hanenburg, Interim Regional President for Northern California rode with Rob Phillips.

We are grateful to have so many options for health care. These Covid days have highlighted how fortunate we are in this area.

Stay safe and keep up the mask and social distancing that have allowed Placer County to have a low number of infections and deaths.

• • •



RoadRunners Motorcycle Club

BY MIKE SMITH

On May 31, the club was privileged to ride in a parade organized for Sun City Lincoln Hills resident Steve Pizzo who was celebrating his 100th birthday! On June 13, Road Captain John Marin led the club ride on a tour of great local places near Lincoln. Riders saw many sights including Camp Far West reservoir and a 100 year old gold dredge near Olivehurst. Lunch was enjoyed at the Sutter Buttes brewery in Yuba City.

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

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

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(more Club News cont' on page 20)

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Rods & Relics

BY ELNA RAGAN

On Saturday, June 13, Club members involving 12 vehicles, did a “drive-by” to surprise Mason, a young man who loves old cars and who was celebrating his 13th birthday. We drove through Del Webb on our way to his home in Twelve Bridges and were greeted with waves and cheers by many of the residents! Mason’s family and friends were in the front yard as we passed his house twice, sharing helium balloons and birthday cards. He smiled from ear to ear ... one very excited, happy young man!

The Coronavirus/COVID19 pandemic is continuing to impact our Downtown Lincoln Car Show. The June 6 Car Show was postponed. The new date is Saturday, October 10, 2020. Our event falls into the State’s/ County’s final 4th Stage Timeline. We are at the mercy of the Placer County regulations. Time will tell.

The monthly General Business Meeting and the bi-weekly breakfast at the Waffle Farm have all been canceled until future notice. The Waffle Farm (916-434-7822) is open for Take-Out or dining-in meals Monday – Friday from 7:00 a.m. until 3:00 p.m. Our Club members continue to purchase meals from this local restaurant each week. The Waffle Farm has been supportive of our Car Show over the years and continues as a major sponsor for 2020.

General Car Club information can be found on our website www.rodsrelics.net

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Amateur Radio Group

BY DAN LEHRER - KN6DRN

We have resumed our weekly Monday night meetings outdoors at the Sports Pavilion. Adhering to CDC guidelines, we practiced Social Distancing, sitting comfortably in individual lawn chairs or standing. Needless to say, we were happy and grateful to see each other. Throughout June, leading up to the Annual field Day event on June 27-28, detailed discussions were held outlining Field Day Antenna locations and Bands to be covered. One member will be working digital while another will be making contacts via the microphone. Radios are powered in several different ways to replicate difficult

real life conditions on Field Day. Battery and solar power are examples of different energy sources. In the next issue we will report on how the Annual Field Day went. 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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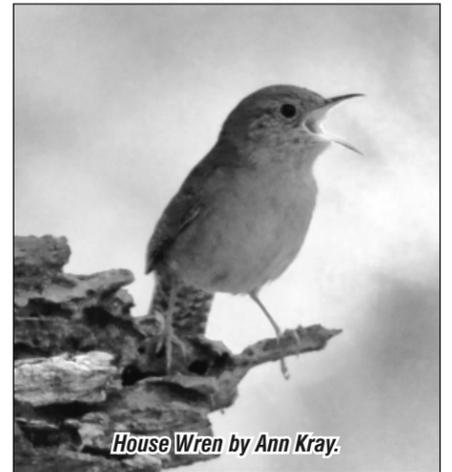
Bird Group

BY DON BAYLIS

The Bird Group is on summer hiatus in order to shelter in place from the COVID-19 virus.

A statement from our Chairman, Sal Acosta:

“As much as I wish I did not have to do this, all official bird group activities (meetings and trips) are canceled until September 2020. After discussing this with our former and current staff members, I made the decision to not schedule any group meetings or bird trips until September. We are doing this because your health and welfare is our primary concern. With the coronavirus pandemic creating



(cont' on page 21)

Michelle's Featured Listings



699 Canyon Oak – Sausalito

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

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894 Slawson Lane - Woodleaf Model

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Bird Group

(cont' from page 20)

uncertainty and angst, it is in everyone's best interest to practice social distancing and take the needed safety precautions. Our June 8 and July 13 monthly meetings will not be held. We normally do not have an August meeting. If things go well, we are hoping to have our next meeting tentatively scheduled for Monday, September 14, 2020. We will keep you informed during the coming months on any changes or updates."

You may remember that we engaged in a Shelter-In-Place Bird Count in April and May. Final results were announced too late for last month's article. Across all participants, 107 separate species were identified, all seen inside Sun City Lincoln Hill during the contest time. Western Meadowlark, Calliope Hummingbird, Rock Wren and Black-crowned Night Heron were each spotted by only a single participant.



Snow Goose in LH by Suzanne Hutchinson.

First place went to Suzanne Hutchinson with 90 species, leading Linda Morley with 84 species and Ruth Baylis with 75 species. Since the golf courses were open to walking during the contest, more than our official trails were traversed, but Suzanne walked 250 miles and Linda 175 miles in their quest. Thanks to all participants in making this an interesting (hopefully one-time) event.

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

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

• • •

Fishing Group

BY BOB FIELDS

My experience fly fishing for Shad on the American River — On a very warm night, in early June I hired Ben Thompson, a drift boat fishing guide, out of Kiene's Fly Shop. Ben also works out of Confluence Outfitters.

My high school fishing buddy Mike and I met Ben at 4 o'clock at the Rossmoor boat ramp, our take out point. We left our cars there, and rode up to the Sunrise boat ramp with Ben and launched his drift boat. He had a shuttle driver return his truck and trailer to



Nice Shad/Bob!

rowing back upstream numerous times in the slower current to get us back on a good fishing hole for another pass. We passed a lot of bank and wader fisherman using both spinning and fly rigs, and did not see much catching.

The last hour and a half the fishing and catching got more exciting as the sun started to set, which is the best time to catch Shad. I think we both caught about a dozen Shad each, with at least that many fish on then off and many more hits which made for an exciting evening of fishing. We reached the Rossmoor boat ramp at about 8:45PM.

I also used my hand held Garmin GPS unit to track our course down the river and imported the course file into Google Earth. This allowed me to make a visible map of the locations we fished for future reference.

• • •

Rossmoor.

We started fishing about a third of a mile downstream of the Sunrise Ave. bridge. Using the nymphing method with a bobber, floating 6 wt. line and three barbless size 14 flies, two Bloody Marias and a Cooper John on 6# fluorocarbon leader. Barbless hooks are required in this section of the river. Fishing was slow for the first hour and a half. We also used the swing method with a fast/slow twitching retrieve with just two flies on 6 wt. sinking line. This method proved more productive for us.

Ben is very knowledgeable about fishing the lower American river and did a great job

(more Club News cont' on page 24)

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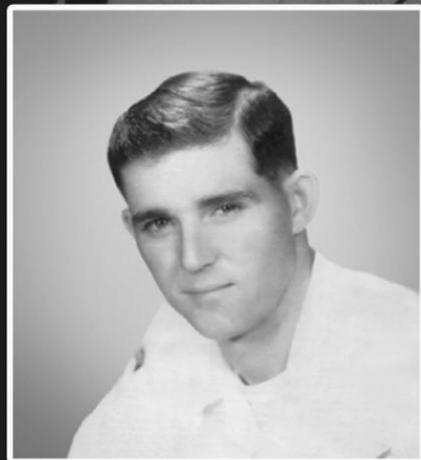
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SUN SENIOR PROFILES *Getting to know you...*

Buzz and Bev Rognlien

(cont' from page 1)

hygienist. She had grown up with a mother who had wanderlust and split her time between Colorado and Santa Barbara in California. Bev's mother continued this tradition for the rest of her life, moving back and forth between places every few years.

Bev still works as a dental hygienist today in Lincoln. She loves the job and has been doing it off

and on for decades now. She is employed as needed each week at a dental office that she loves, although she said it was a shock recently when she realized none of her coworkers were alive at the time of the moon landing in 1969. She recognized there is a little bit of an age gap, but the dentist recently commented that he knows some people are able to work into their nineties and he is hoping that will be true for her.

After a Christmastime marriage for Bev and Buzz in her mother's house in Colorado near Castle Rock during Buzz's senior year of college, the couple lived in Iowa. Bev worked in the fabric department of a nearby store. While still in school, Buzz received his draft notice—it was the 1960s and the time of the Vietnam War. He enlisted in the Air Force to become a pilot and entered officer training school followed by pilot school. It was difficult, but he passed the class while some others did not make it. He spent six years in the Air Force flying refueling missions over Vietnam. His final location in the Air Force was in Del Rio, Texas. The couple had heard that Sacramento was a good place to live so they requested that the Air Force move them here after Buzz finished his six-year stint.

After the couple moved to the Sacramento area they lived in Citrus Heights for seven years. Then they lived in Folsom for nineteen before moving to Sun City Lincoln



Buzz and Bev Rognlien with their dog Dusti.



Buzz and Bev Rognlien—Circa 1970.

PHOTOS BY JEFF ANDERSEN



Bev Rognlien at home with her prize quilt "Hocuspocusville"

Hills nineteen years ago.

Buzz had a long, illustrious career in medical sales—starting and ending with Pfizer. He was a successful salesman with a laid-back style. At one point, he jokes, he did so well they cut his pay. He worked for Warner Lambert for a while and they ended up merging with Pfizer.

The couple have two sons—Jeff and Mike. Bev took some time off and stayed home with them from the time they were born until they started school. Jeff is married and now works as a teacher at Soledad Prison. He teaches the most basic courses to assist the inmates to work towards their GEDs. He brings a unique perspective since he had some difficulties in school and is a survivor

of a brain injury. The job is very satisfying when he sees his students succeed. Buzz and Bev pointed out that prison recidivism can be reduced when the inmates are given education and life skills for survival when they leave prison.

The Rognlien's other son, Mike, currently lives in Chicago and is having a home built near the Sacramento airport. He

may divide his time or move to California full-time. He inherited the same wanderlust his maternal grandmother had. Mike had a book published in 2018 entitled *This is Now Your Company*. Mike shares that "every person must own their contribution to the organizational fabric of a company." He was the "builder of awesome people at Facebook from 2011-2017." The book received kudos from Ken Blanchard and Marcus Buckingham, and Mike is a person in demand for management training and classes about bias.

When Bev and Buzz moved to Lincoln Hills nineteen years ago, the area and city were quite different. Bev wanted to move out of their large house and was intrigued by the

social aspects of the retirement community. The couple have both been active in water volleyball. Buzz has been active in the Lincoln Hills Chorus for many years, and, for a decade, was part of an octet called the Hills Brothers. Bev loves her activities in local quilt guilds—she is currently President of the Pioneer Quilt Guild and was an officer in the Needle Arts Group in Sun City for years. Bev is an award-winning quilter who has some of her creations displayed in her home. Bev and Buzz were active in the NEV Group (Neighborhood Electric Vehicles). That group is behind many of the changes that allow the vehicles to travel freely around Sun City and are even allowed in the City of Lincoln on some streets.

While I was leaving, Bev showed me the interior of her "casita." It is a quilter's dream and where Bev does her sewing. In addition to a large sewing machine, she has an intricate quilt displayed on the wall called "Hocuspocusville." It illustrates a complete town including, of course, a dental office. It won Best of Category one year at the California State Fair. That visit to her room was a perfect example of the surprises that await the people who take the time to get to know the couple. They are down-to-earth and practical and not ones to toot their own horn, but they are also very skilled and adept in many of the things they have chosen to spend their lives. Dusti gave me just as much love as I was leaving as when I had come. She is becoming a joy to the couple even though some questioned the wisdom of starting with a puppy at their age. Hopefully, more people in Sun City will have the pleasure of meeting and spending time with the couple and their dog.

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

Just let us know!

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LH-Garden Group

BY LORRAINE IMMEL

At the time of the publication deadline, our Lincoln Hills facilities remain closed due to the Coronavirus. If we are able to resume our in-person General Meeting, it will be Thursday, July 23, 2:00 PM-place to be determined. Guest Speaker Debbie Flower, a retired professor of horticulture, will be the presenter on "Container Gardens: Water Wisdom." Successful gardening in containers



Guest Speaker Debbie Flower

is very different from gardening in the ground. What container to use? What medium? Grow what plants? Put the container where? Water when? How much water? Debbie will answer these questions and more! She learned the rules of horticulture while obtaining her BS from Rutgers University (the State University of NJ, which is The Garden State) and MS from UC Davis. Debbie started learning the exceptions to those rules while living and gardening in numerous varied places in the US.

Debbie has worked in horticulture research, cooperative extension, and at wholesale and retail nurseries, and ended her formal career as Professor and Chair of the Horticulture Department at American River College in Sacramento. She now lives and gardens in Fair Oaks.

• • •

Hiking-Walking Group

BY STEPHANIE HUNTINGDALE

Well, things are starting to open up again. Are you comfortable with that? Our Meridians restaurant is now open for dining in; you can still enjoy the take-out meals. I haven't heard anything about our gym. I have read every book in the house; I'd really like to see them open the library. I know some libraries are opening by appointment. My Kindle has been a lifesaver.

Our hike leaders are still being cautious about gathering together for hikes. We postponed the annual BBQ until August, hoping that we will be able to do it then. Our walking group has not resumed their schedule.

There is still no carpooling. We are not out of the woods yet or in our case into the woods.

We have had an update on our Fall Getaway to Sequoia. The park is open, all trails are open. Good news! Montecito Lodge is looking forward to our coming in September. Crystal Caves remains closed and we won't be able to have a ranger program for our group. Darlyne Giorgi is planning hikes for all levels. You will have to provide your own transportation since there will be no carpooling arranged. The trip is full, but if you are interested contact Darlyne and get on a waiting list. Things happen and you may get to go on this spectacular trip to Sequoia which we all need.

You can still hike on your own or in a small group keeping your distance. We just did Page Meadows in Tahoe. Beautiful! Wildflowers are still coming out and the Mules Ears were just beginning to bloom. Lots of mosquitos, take spray. There were others on the trail but everyone kept their distance.

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.

Now I am looking forward to my haircut, and finally getting my nails done this month. Stay safe, stay healthy. I look forward to seeing you all soon.

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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Water Volleyball

BY ROSEMARY ELSTON

Residents in Sun City Lincoln Hills are anxiously awaiting the opening of the courts, softball fields and facilities. Water Volleyball is unique; Water Volleyball requires access to the gym, pool area and locker rooms. On June 16th, the Water Volleyball Club Steering Committee is meeting remotely to brainstorm guidelines for resuming game play at Kilaga Springs. Areas of concern to be discussed center on the number of players, spectator allowance, locker room utility, social distancing recommendations and club/gym user interaction. It is the hope of the Steering Committee an approach can be identified that will promote safety to all Water Volleyball Club members and community residents. Information on the Lincoln Hills Water Volleyball Club is available on the Club website: www.lhwatervolleyball.com

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(more Club News cont' on page 25)



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Mad Hatters Bocce Group

BY PAUL MAC GARVEY

We hope you have managed to stay healthy over the last month. As you probably know we have not held a Mad Hatters Bocce session over the last month due to the threat of Covid-19. That may change in July. The SCLH Association has decided to open the gyms and pools on a limited basis. We are still concerned about the recent increase in cases in Placer county and are keeping an eye on that. Most people in Sun City seem to be trying to maintain their social distancing posture, although we've seen major exceptions to that that give us pause, and the community outside Sun City doesn't seem to be interested in social distancing anymore.

We have been keeping an eye on the Bocce courts and have seen an increase in couples and small groups (four people) playing Bocce. No one seems to be following the association guidelines of wearing masks and gloves. We don't think that's a problem with four people playing but we are concerned with what will happen when we get twenty or thirty people together. We are keeping an eye on the situation and will let you know the minute we make a decision about group play.

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

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LH Pickleball Club

BY MOLLY MORRIS

We are still playing pickleball! And the good news? Many people have been wanting to learn after walking by the courts. We will once again be offering our "Intro to Pickleball" class led weekly by Cal Meissen. We will be limiting the class size and requiring reservations; see the Pickleball website for dates, times and more information.

The crews have been hard at work and we should be playing on our 7 new courts by mid-July. We are very excited to be able to offer pickleball to more of our members with safety and distancing. Our rules for playing during this pandemic remain in effect and we are proud of our many members who have agreed to act as monitors each morning from 6:45 – 11:15 daily. Thank you also to our players who are following the rules and helping everyone have fun while remaining safe. At this time the Pickleball courts 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

Some of us continue to enjoy table tennis in our garages and homes. However, the opportunity for socializing and playing doubles are limited. We are anticipating the reopening of Kilaga Springs with modified venue and schedule. Continue to look for more information in future editions of the Sun Senior News.

...

LH Tennis Group

BY HELEN BEROTT

The tennis courts opened on May 19, and have been filled to capacity on most mornings, with the overflow going to the park courts on Groveland. Players have been conscientious about maintaining social distance, and we are all getting accustomed to the "new normal". Restrictions on spectators and visitors are still in place, and you must supply your own water and hand sanitizer.

We remain optimistic that we will be able to proceed with our Fall schedule of events.

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Ladies 18 Holers Golf

BY CANDICE KOROPP

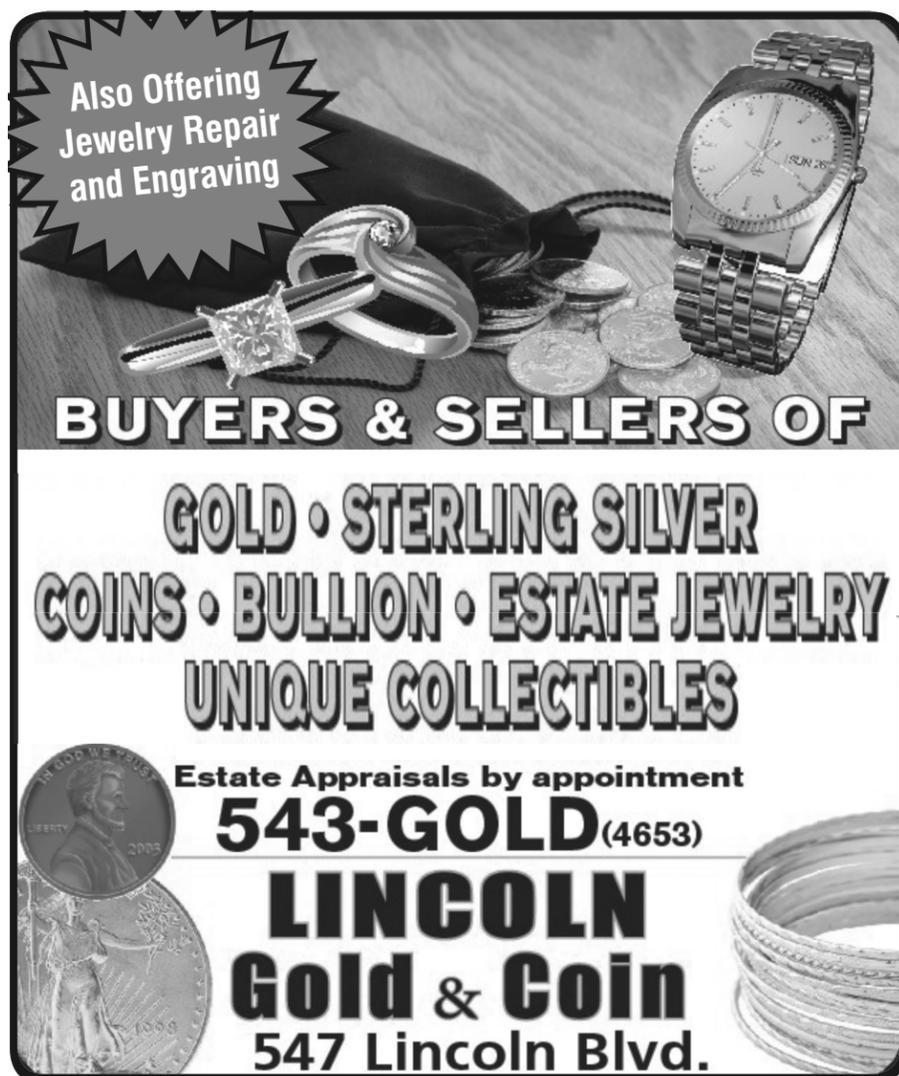
After a four month hiatus due to the coronavirus, we are finally swinging into summer beginning in July. The NetChix is moving to the second week of the month, as our play-days adjust to the new normal. Some other changes include adhering to the social distancing rules, general to Northern California golf courses; and we will have tee times every ten minutes, and must abide by the single-rider cart rule. Members will be encouraged to take their own carts during this unusual circumstance, to alleviate the cart shortage problem. Shotgun starts and sweeps may be reinstated soon. The good news is we are golfing.

On tap for the coming weeks, the formats will include some team play events and games that count only certain holes. Tournament Chair, Mikie Briggs will be infusing our playdays with fun twists. Mikie has the game format posted on GolfGenius. The sign-ups look promising for a robust start to our suspended season. Sign-ups are available through August.

Our second general meeting is scheduled for July 9, with the location still to be determined. Captain, Julie Storer, will be entertaining ideas to grow our membership. Julie also announces that our Special Event tournaments will be cancelled for the foreseeable future, but could resume by the fall.

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(more Club News cont' on page 29)



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Neighborhood Watch

BY DR. BARBARA BRANCH



It's been a long few months with sheltering in place. We hope there is inspiration from the time you have had to spend enduring this existence. Hopefully, you helped a neighbor, shared a good story or a good laugh, planned on what you'll do when we can move freely again, and have reached out to friends and family. I recently read that grapevines only produce grapes when they are slightly stressed, not when they are in good and perfect soil. Too much stress is not good but a little stress produces rich, tasty, grapes which in turn produce rich, tasty wine. From our current situation, can we take the stress and produce good wine of our lives.

Alerts – We only had two alerts in May and June both regarding rumor control over rioting and possible threats to our community. Fortunately, nothing came of any of the rumors. We did not experience any consequences from protesting or rioting. In the City of Lincoln newsletter of June 9, the mayor posted a statement about the regulations, processes, and policies that help ensure that Lincoln Police Officers conduct themselves in a manner free from the type of behavior that has been the subject of national angst. Read it at <http://www.lincolncity.gov/Home/Components/News/News/2690/73?backlist=%2f>.

FYI – Some residents have been concerned about grazing goats and sheep being out of their fenced areas. The city asks if you see animals out of their fenced areas or have urgent safety concerns, please contact the Public Works Department immediately at (916) 434-2450 M-F from 8am-5pm, and the Lincoln Police Department at (916)-645-4040 during all other hours and weekends.

FYI - Golf cart registration is not available from the City of Lincoln at this time. You will not be cited for having an expired golf cart registration but you should carry a driver's license and proof of registration with DMV. The city is receiving an inordinate number of phone calls about this. Use the City of Lincoln website at <http://www.lincolncity.gov/> to check

on these matters rather than calling the city.

Due to the shutdown, NW announces several changes to the calendar: schwatch.org

- National Night Out has been rescheduled for Tuesday, October 6th by the National Night Out headquarters.

Neighborhoods should notify residents that NNO events will be rescheduled.

- The NNO Kickoff event scheduled for May 23rd is tentatively rescheduled for Friday, August 21st. More details will follow as we get closer to August.

- As of this writing, we do not know if the New Resident Orientation scheduled for July 9th will be held. Stay tuned to the NW Website and the Association Website for details.

- 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.

- NW General Meeting will be held on July 24th. The NW Directors may meet live but it will probably be virtual for attendees. We will post a link on our website so you can join us for this important yearly meeting. We will have reports from each director about their villages, updated alerts and pet alert reports, calendar updates, and budget reports. We also entertain questions from members regarding Neighborhood Watch.

While we cannot do live training for NW Volunteers, NW has produced two training videos and PowerPoint presentations available on the website for anyone to view: 1. Village Coordinator's Training Workshop, April 15, 2020 and 2. Mailbox Captain's Resident Information Report Training. A discussion of our newly updated by-laws and Policies and Procedures is available in the Coordinator's Training that might be of interest to all residents. The training materials are available

at schwatch.org/tutorial/. Future training materials will be produced at scheduled training dates, if necessary.

Several residents have recently volunteered to become Mailbox Captains. We welcome a new Mailbox Captain: Angela Najjar, Village 11 MS 2;

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 Reneé Plummer, Executive Assistant, at 559 940-5576 if you are interested in becoming a Neighborhood Watch volunteer. You can also go the website at schwatch.org and click on "Want to Volunteer?" The following villages need Coordinators: 3B, 10A, 24C, 26C, 29, 30, 30B, 38C, 39, 40A and 40B. The following Mailbox Captains are needed: V3B, MS 3; V10A, MS 5, 6, 7 & 9; V23, MS 3; V24D, MS 2, 3, & 5; V25B, MS 5; V26C, MS 5, 6 & 12; V28, MS 2, 4, 5 & 6; V29, MS 2; V30A, MS 3; V30B, MS 1, 9, 11 & 12; V30C, MS 3, 5, 6, 7, 8, & 10; V36, MS 1, 6, & 8; V38B, MS 8, 9 & 19; V38C, MS 1, 2, 4 & 8; V39, 2, 5, & 10; V40A, MS 5; V40B, MS 1, 7, & 8, and V41B/C, MS 9.

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 schwatch.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

Stay safe, stay well, and we will get through this together.

No Bingo in July

BY DENISE BOWDEN

This July we will celebrate our country's Independence, national sugar cookie day and we will be socially distancing at picnics and other small gatherings. The Lincoln Hills Foundation usually takes a break from Bingo in July, so this month will be no different than other years, but right now we don't know what August will bring. Both the Foundation Bingo team and our regular players are anxious to get back in the ballroom but we are continuing to follow the county guidelines and respect what is best for the residents of Sun City Lincoln Hills to keep us safe and healthy.

The generosity and concern for others generated continued giving in support of the Big Day of Giving far into June so, if you still want to make a donation to the Foundation, you don't have to wait until next year. Call 916-409-2016 and a Foundation Board member will pick up a check, or donate anytime on our website www.lincolnhillsfoundation.org.

Thank you for your support, stay safe and keep those daubers up and ready.



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Out & About in a Creative Way

BY RICHARD PEARL

These past few months have been pretty crummy: staying indoors, wearing face masks, social distancing; now that we're in Stage 2 at least there's some (restricted) in-door dining and slightly larger gatherings. The conventional wisdom is that our Community has been relatively untouched with actual sickness, which might be due to the fact that we're extremely aware of COVID-19 consequences.

discussion led by one or more individuals. With the shut-down, it's Zoom to the rescue, with the biggest impediment being folks learning how to use this "new-fangled" process. After sometimes rocky starts, it's coming together although everyone is waiting until the time they can re-gather. I'm sure the same "hook-up" exists for other clubs.

Cul-de-Sac get-togethers. What can be more fun than getting into the open air for

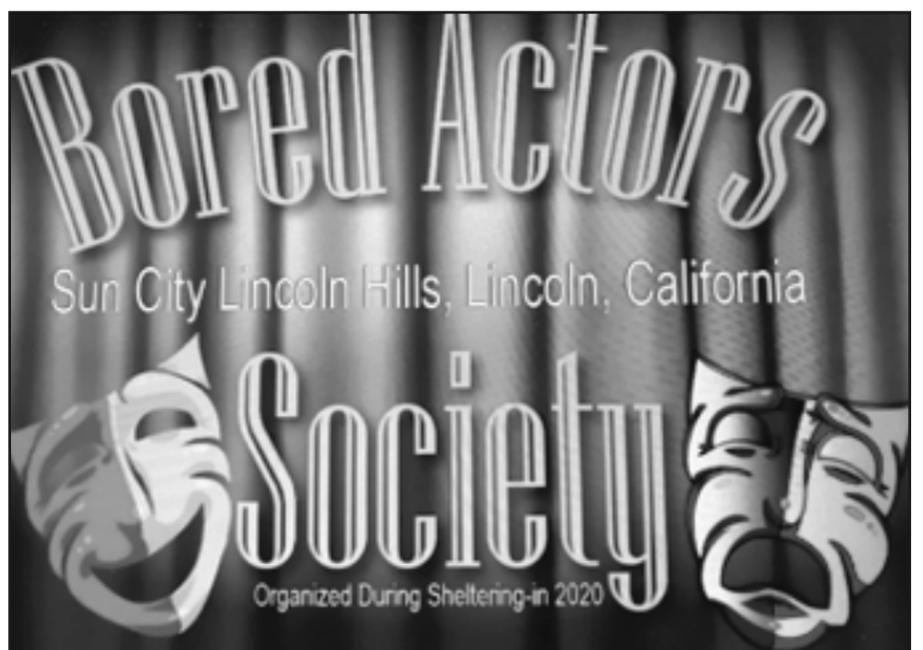


But all has not been doom and gloom as many groups have found creative outlets for our energies while maintaining proper protocols. Some cases in point:

The Bored Actors Society production of *The Dirty Shame of Tombstone*, or *Dirty Work in the Lucky Cuss* was a 12-person ensemble of many of SCLH's volunteer actors in a Zoom environment. This specially created, laugh out loud melodrama set in that frontier Arizona town made famous

a neighborhood wine fest or sing-along. No permits, no structure, no desired outcomes except to have fun. One neighborhood group invited The Entertainers, a SCLH singing group for an open-air concert (and subsequent libations) ...union scale not required.

Virtual Happy Hours. Who likes to drink alone - and with this pandemic I'm confident that alcohol sales have skyrocketed. Solution: call up your friends and have a virtual cocktail



by the Earp Brothers had hero's, villain's, cantankerous old timers, and just plain weird folks. The cast wasn't sure how many of our residents watched, or how much beer was consumed on either side of the (virtual) stage, but neither the actors nor the viewers seemed to care.

Zoom book club meetings. There are many book clubs in SCLH...mysteries, general works, true literature, etc. The normal format is for the 10 through 40 attendees to sit perimeter-style with the

hour. Again, Zoom to the rescue and no one has to worry about a DUI.

We've all seen many more small groups walking our streets and trails...socially distancing and masked, of course. The bikers are still heading out in their packs. Missing are some of our activities that make our community so special: group meetings, both for fun and for learning; the fitness centers and pools; packed dining rooms, etc. In time all this will return but until then, we're Staying Alive!

Lincsters Nine Hole Golf Club

BY JOYCE KIRK

Here are some Covid-19 safety guidelines and tips for Lincsters who are forming their own foursomes as an alternative to the traditional play day shotgun start. This list



was compiled from golf association guidelines and our proshop staff. (For details go to: <https://ncga.org/tournament-safety-procedures/> or <https://www.usga.org/content/usga/home-page/rules-hub/rulesarticles/covid-19-rules-and-handicapping-faqs.html>)

1. Bring a Mask: You might not wear it on the course but it is a safety courtesy when around the clubhouse or when social distancing is not possible.
2. Pay for Play: Call to reserve a tee time. Use a credit card to pay. Remember to stay 6 feet from others in line at the pro shop. After paying, wait in your car or cart away from club house until start time.
3. Lone Rider: Players may use a personal cart but all carts are limited to one player (unless partner is in your household). For the sake of timely play, hand carts are not allowed.
4. Starter: Tee times are 10 minutes apart. Do not arrive earlier than 20 minutes prior to start time.
5. No Touch: To reduce potential touch-

points, courses have eliminated drinking fountain stations and ball washers. Bring your own water and golf towel for drinking or cleaning. Do not remove flag stick or touch it.

6. Extra! Extra! (tees and balls) Avoid borrowing a ball or a tee. Bring a few extra and don't scrounge for a broken tee on the ground.

7. Rake Away: Bunker rakes have been removed. The Ground Under Repair (rule 16.1) can be applied for bunkers—drop from the bunker, no closer to the hole without penalty.

8. Watch your Distances. One player on tee box at a time and keep distance on the green. Each player may putt continuously until they've holed out—while other players wait at a distance.

Most Important Tip: Enjoy the round. How about asking a new member to be a part of the foursome? Check out the posting of new members' bios and photos at Lincsters.com. For June, extend a welcome to Olga Vinyard from San Jose and Michelle Williams from Roseville.

LH Mens Golf Club

BY DOUG HINCHEY

With the restrictions easing, the Mens Club is back to our tournament schedule. In mid June the Stableford format had a full complement of players. July 7 will be the Red, White and Blue four man scramble, followed in August by the Summer Heat tournament. To keep in compliance with county standards,

players are teeing off on holes 1 and 10 with 10 minute intervals. With no rakes to touch the bunkers are under local rules. Players have the the option of playing the ball on the grass, no closer to the hole. Overall the courses are playing well. Players with their own carts and divot bottles are encouraged to get sand in the barrels at the range and help by filling any large divots on the fairways. For further golf updates, visit our website: mgclh.com.

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 in September 2020, and ending in late April or early May 2021. Specific time and dates to follow. There will be a general meeting on Tuesday, August 25, 2020, to discuss specifics. 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 by August 1, 2020.

SCLH Thursday PM Bowling

BY JOHN HABEIN

John's Bowling Tips — Shooting spares! A little review first. Line up your feet so your starting point (spot or board) is always "between" your feet, be it a spot or a board, with your feet separated a couple inches. Your targets out on the lane are the range finders or arrows as most bowlers call them. The arrows are 5 boards apart and are numbered from the right to left for right handers and left to right for left handers. The lane is 39 boards wide so the 20th board is the center board or center arrow. So, when I say 20th board or 4th arrow it is the same for both right and left handers.

- Shooting spares is a study in logic.
- Logic #1 = straighter ball for spares, not a big curve.
 - Logic #2 = learn how to hit the 5-pin by targeting the 3rd arrow. You are not shooting a for strike; you are simply hitting the 5-pin. Just hit the pin! When you have mastered this shot you will have your starting point to adjust from for all your spares. If you can pick up the 5-pin you surely can pick up the 2 or 3-pins which are right next to it. If you can pick up the 2 or 3-pin you surely can pick up the 4 or 6-pin right next to the 2 or 3-pins. Then the 7 and 10-pin are the only spares remaining you need to learn. Start out adjusting 5 boards right or left with your feet. Remember, if you want to ball to go more

(cont' on page 32)

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Observations on This and That

BY MARTIN GREEN

A month or so ago, I read something about a non-emergency number to call if your smoke alarms gave out. I thought at the time that this would be a bad time for this to happen and what do you know, Beverly and I were getting ready for bed a week ago when I heard a chirp. I didn't know what it was and didn't think too much about it but then there was another chirp and still another and it became apparent that the chirps were coming from all three of our smoke detectors.

What to do? Like any sensible person, I panicked, then remembered the non-emergency number to call, but the number was available only to 5:30 and it was now 11:30. I got the number of our local fire station and a recording told me to call 911. I called and told the person who answered that I didn't know if this would qualify as an emergency and explained about the chirping smoke alarms. She asked if anyone in our house had symptoms of the virus, I said, "No", and she said that help was on the way. Sure enough, in a short time three big firemen (and I mean big) arrived. They had a gadget that checked the detectors, told us one had gone bad and they were somehow connected so all were chirping. One fireman replaced the battery in the bad detector and they were about to leave but Beverly said she was afraid the other two batteries, put in at the same time by the

Foundation people, would also go bad. Luckily, I had a couple of spare batteries so the fireman put them in and I hope we're OK for another year. By that time, I hope SCR will be back to almost normal and the Foundation people will be on hand. For the present, it's nice to know that you can rely on the fire department, even at around midnight.

The smoke alarm incident was the most exciting that has happened in our locked-down existence that I can recall. The other thing of note was that my health provider (Kaiser) for some reason wanted me to have a video exam; maybe to make sure I was still alive. I agreed and then came one of my least favorite things to do, getting the Kaiser app onto my iPad. Fortunately, I'd written down my Kaiser username and password so was able to do this in only an hour or two. We made an appointment time and 15 minutes before, as instructed, I got onto the App, pressed the appropriate thing and there was an empty room on my screen. In a mere ten minutes after the appointment time my doctor appeared. This was much better than when I visited his office and usually had to wait in that little cubicle for half an hour.

The first thing he wanted to know was if I had any of the virus symptoms. As I'd told the 911 lady, I didn't. He then ran down the list of my medications and we discussed a few other things but he couldn't probe and prod me as

he did when I was at his office. Also, my blood pressure didn't go up as it always did whenever I got within a mile of the Kaiser facility. I asked him if, considering our age and health status, he thought it was okay for Beverly and I to go out to a restaurant. He said he didn't think it was advisable, which was disappointing.

I wrote last month that I felt something was missing in my new virus-era life and realized it was sports. As I write, it doesn't seem as if the baseball owners and players can agree to have some kind of season, but there may be an NBA season, which even includes our Sacramento Kings. I also wrote last month that if any readers had been to a re-opened restaurant to e-mail me (mgreensuncity@yahoo.com) and maybe there'd be a "Favorite Restaurants" item next issue.

Finally, as has been the case the last few months events will have moved on since this column is written and I have no idea what the state of our nation — with the virus, economic and racial issues and who knows what else besetting it — will be by the time it appears. Things are opening up, the last jobs report was encouraging and there will be basketball. On the other hand, virus cases are going up in some places, the unemployment number is still staggering and today the stock market fell by almost 2,000 points. So, as some actress said, "Hang on, it's going to be a bumpy ride", and, following my doctor's advice, I'll stay sheltered for a while longer.



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Celebrating Our Performing Arts!

(cont' from page 1)

dancing...maybe now's my chance?"

With Orchard Creek Lodge about to be completed, and the promise of a second stage in the not-yet-constructed Kilaga Springs Lodge, early sparks of interest grew fast as performing arts aficionados found each other. One of the earliest clusters was a group of singers who formed an ensemble that performed a free Christmas concert for residents; that group eventually morphed into the current Lincoln Hills Chorus. In 2001, a group of 25 theater lovers held meetings to consider organizing a club; not long after, the "Theater Group," now known as the Players, performed Blithe Spirit, Tea House of the August Moon, and more. Dancers and other performers – with and without prior stage experience – soon displayed their talents in Tap Company and Vaudeville performances that have become popular semiannual and annual shows.

The performing arts in Lincoln Hills were off to a running start!

It soon became apparent that performing arts clubs had common interests and concerns, all of which might be efficiently enhanced by the formation of a steering committee to promote and support resident performing arts in Lincoln Hills. With leadership from Association staff, the

Performing Arts Steering Committee (PASC) was formed to pool the these efforts.

Fast forward to 2020...and now, twenty years later, four clubs – Chorus, Players, Tap Company, and Vaudeville – are thriving under a 2013 reformulation of PASC called the Performing Arts Council (PAC). PAC is best described as a cooperative partnership of the four clubs, an UMBRELLA organization (see accompanying image) whose purpose is to coordinate resident performing arts in Lincoln Hills by...

- optimizing the use of performing arts resources in Lincoln Hills
- collaborating with Lifestyle/Entertainment staff in booking, publicizing, and producing shows on the two stages
- negotiating a smooth flow in the calendar of events among four different clubs
- consulting with resident technical staff on the use of technical equipment and resources

• encouraging newly arrived residents to consider joining one or more of the PAC clubs

The PAC Steering Committee has two representatives from each of its four member-clubs plus nonvoting reps from the technical crew (resident audio, video, lighting, and projection experts) and a member of the Board of Directors.

In March of this year, of course, the smoothly running gears of PAC clubs came to grinding halt. The coronavirus pandemic shutdowns and cancellations put the 500 resident members of the four clubs into a catatonic state of withdrawal!

Adding to our frustration is the prediction by epidemiologists that reopening for gatherings in close quarters – in auditoriums and on stages – will not be happening soon.

But stay tuned! The performing arts WILL be back! Lincoln Hills stages will someday – we're not sure when – be buzzing with excitement and with exuberant resident performers evoking joy, inspiration, and humor!

[Note: Our thanks to Liz Goldthorpe for inviting this submission, the first of what we anticipate to be quarterly articles in Sun Senior News about the Performing Arts in Lincoln Hills. Questions, comments? Please email dougbrown@wavecable.com]



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SCLH WRITER'S CORNER...

Wrong Message, Right Recipient ©

BY ANNE CONSTANTIN BIRGE

Have you ever called someone and left an odd message, to embarrassingly discover you dialed the wrong number? We've all read about people sending texts, tweets or emails to the wrong people, just to receive uproariously funny responses. Because of an errant text in 2019, Wanda Dench and Jamal Hinton celebrated their 4th Annual Thanksgiving Dinner together. Though nothing that poignant has happened to our family, we had an interesting email which required a comical response. On May 14, 2020, I forwarded a Monarch Butterfly video to family and friends. In the email it, I asked: "Ever seen Monarch Butterflies by the gazillions? Well, here you can! I remember thousands passing through our 88-acre farm in central Oklahoma, in the 1950s and early '60s. But, our pastures had loads of their favorite meal - Milkweed!"

Hours later, I received Bill's reply. He asked if Frank needed any help and if he'd heard anything from Hulk Hogan. As a child, I learned the Art of Snappy Comebacks from

a podium at our Table of All things Smart Alecky. So, while quarantined, I had no qualms about quickly quenching my Queenly quiddity and quiriness to quickly quip a quaint and questionable response:

Dearest Billy,

The following is a tongue-in-cheek response to your email to Frank. People occasionally say, 'Well, to be frank,...' And, Ray (my hubby) has called me a few names like: Honey, Ollie, Annie and the occasional, 'Hey!' Although that's an odd name, many people say Hey! to their family, friends and pets. Why? Maybe we just can't remember their names. Occasionally, these same people change our formal names to the diminutive: Robert becomes Bobby, James becomes Jimmy, Amanda becomes Mandy and sporadically, Wilson becomes Hey! Though this is the first time anyone called me Frank, I love it!

But, hey! Let's be frank! I can't use the name attributed to so many luminaries. Unlike, Frank Lloyd Wright who designed Fallingwater, I can't draw a straight line! Because I can't even catch a simple cold, NY Giants' superstar, Frank Gifford, would heave me off the field! If I could croon like Frank Sinatra, Ray would Fly Me to the Moon! Lastly, I was just 8-years old when that he-done-me-wrong murder ballad, Frankie and Johnnie, was released. Thankfully, after almost 33-years, my own Ol' Blue Eyes Ray is grateful he ain't never done me wrong!

Dearest Billy, All kidding aside. Your

email came to the correct recipient and for that - thank you! Your delightful mistake provided Thanksgiving in May to our family. However, since I'm loving my new name of Frank, it must be in the diminutive! Until the next wrong message to the right recipient, may we always be thankful for life's little mistakes.

Sincerely,
Frankie

BTW After this missive about my new name, to answer the question you asked in your email: Nope! I haven't heard anything from Hulk Hogan! Still want me to check into it?

Anne Constantin Birge is a member of the SCLH Writer's Group.

SCLH Thursday PM Bowling

(cont' from page 29)

right, move your feet left and vice versa.

- Logic #3 = know your KEY pins. If you can pick up your KEY pins you can have a good shot at picking up 3/4 of your spares. KEY pins are the front pins in practically every spare you shoot. If you do not hit the front pin on a spare you are 99% of the time going to miss it. The pins are just not that far apart from each other. You do not have to have a different starting position and target for each spare, just shoot your KEY pins. Think of the 3-pin and all the spares you can shoot when the 3-pin is the front pin. There is the 3-9 spare, 3-6 spare, 3-5 spare, 9-pin spare, 3-5-6-9 pin spare and the 3-5-6 pin spare. You even have the 5-6 split.

- Logic #4 = all your spares can be had by moving your feet right or left on the approach from your 5-pin shot and using the 3rd arrow for 2, 4, 7 spares on the left and the 4th arrow for the 3, 6, 10 spares on the right (vice-versa for left handers).

...

(more Club News cont' on page 33)

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Duplicate Bridge Club

BY PATRICIA MORGAN

Lincoln Hills Duplicate Bridge Club held the board meeting on Zoom recently with near perfect attendance. Officer changes are: Joyce Clark, vice-president, and Susan Brenden, treasurer. Two possible charities to support are the Salt Mine and Ride-to-Walk. Because of social distancing many members are playing duplicate bridge online. ACBL has joined with Bridge Base Online to offer master points online. Pat Lewis, club president, is investigating various clubs who have set up bridge games online for master points and want another club to join them. A good website for "How to..." videos on how to manage Bridge Base Online is: <http://www.sagamorebridgeclub.com/help-everything-bbo>

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

• • •

In Memory –

Edwin "Skip" Stuart Morton

4/23/40-5/31/20

Edwin "Skip" Stuart Morton passed away Sunday, May 31st, after a brave and valiant battle with Parkinson's Disease. His wit and charm brought a smile to anyone who knew him. He loved his family with pride to the end.



Skip was born in Fort Collins, Colorado, graduated from Palo Alto High School, and earned a degree in Engineering from Cal Poly San Luis Obispo. As an engineer, Skip was a pioneer in the fledgling Silicon Valley. He worked tirelessly on many start-up companies such as Vidar and Bell Northern Research. Later, he served as Vice President of many notable tech companies such as Selectron, Advanced Fiber Communications, and ended his career at Hewlett Packard in Roseville.

Skip was an important member of the Experimental Aircraft Association and built a Burt Ratan Long EZ in his garage which is now displayed on the roof of the Hiller Aviation Museum in San Carlos, California. He was an avid reader, loved to sing, and donated over 10 gallons of blood to the Red Cross in his lifetime. Before attending college, Skip served in the Air Force for four years, as a radio communications repairman for B52s during the Cold War in

Fort Fairfield, Maine.

It was in Fort Fairfield, Maine that he met his loving wife of 57 years, Carolyn Dewley Morton. They married in 1962 and moved to California to have a family and a lifetime of happiness. Skip is survived by his wife, Carolyn, his children, Melody Fullmer of San Jose, Kyle Morton and his wife, Shannon Morton, of Discovery Bay, grandchildren, Chance Fullmer (Nicole Ptak) of Richmond, Drake Fullmer (Holly Hiltner) of Glen Burnie, MD, Alaya Eveland of Humboldt, Avery and Carter Morton of Discovery Bay. He is also survived by brother Rex Morton (Peggy Morton) of Oswego, Oregon, sisters Lynn Befera (Stephen Gold) of San Francisco, Carla Befera (Bruce McLeod) of Palo Alto, Lisa Farfan (Marty Farfan) of Redwood City, and stepfather, Vic Befera of Palo Alto.

A Celebration of Life Open House is set for Sunday, July 12, 2020 from 2:00-5:00 pm at Pajaro Dunes. Please contact Kyle Morton at 925-980-3071. In lieu of flowers, the family requests charitable contributions in memory of Skip Morton be made to Brain Support Network, www.brainsupportnetwork.org

his family decided to "go west" to Hanford, California where he entered and completed high school, lettering in many sports. It was the end of the Korean War when he served his stint in the Army stationed in Germany. A special fondness for the people and the language of Germany remained with him throughout his life and he was able to return for a visit with his children years later.

After Germany, he returned to California to complete a four year Industrial Engineering Degree at San Jose State College. Dale married, raised three wonderful daughters and retired from a very successful career in upper management with Safeway Stores in the San Francisco division. It was in 2004 that he moved from Pleasanton and fell in love with Sun City Lincoln Hills. During the next 16 years there weren't many activities that he missed. Some of his many adventures included joining the Reader's Theater, modeling in one of the fashion shows, umpiring men's softball, working out at the great clubs, taking many dance classes, joined Singles and won lots of their Halloween costume contests. He loved the fabulous Meridians restaurant and participating appropriately dressed for Mardi Gras, St. Patrick's Day, Oktoberfest and New Year's Eve. He didn't miss many concerts both in and outdoors and also loved the many workers and volunteers. He made many friends and will be missed by them as well as his family.

Dale Hendren

Dale was a "Cheesehead", born in Wisconsin in 1934 where he spent his childhood. As he entered his teen years,



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The Fourth of July traditionally means fireworks, barbecues and rodeos – and maybe a family tradition or two. Certainly, a day of fun, but it's also a day of thanksgiving. Yes, we usually reserve our focus on "thankfulness" for November with our turkey, but the two go hand in hand. With the Declaration of our Independence comes freedom of choice – truly one of our greatest gifts. We could not be more grateful that YOU chose US to represent you in the sale or purchase of your home. We remain the #1 Sun City Roseville selling team due to YOUR continued support and confidence in us. The opportunity to serve you, and your referrals, are the life blood of our business. We know you have a choice and we THANK YOU for choosing us. Blessings to you on this holiday and every day.

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Through Poetry

★ 16th Annual ★

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✦ **RULES AND ENTRY FORM** ✦

- POETS WANTED!** 1st, 2nd, and 3rd place winners will be selected in each contest category.
- The five (5) contest categories include the following: **What Do I See When I Look In The Mirror?** **I See You In My Dreams** **You Should Have Seen What I Saw Today** **I See A World With Many Opportunities** **See If I Can Make You Laugh**
- Poets may submit a maximum of three (3) poems. Select three (3) of the contest categories and submit one poem from each.
- Poems may be in rhyme, free verse, Haiku, or other accepted poetry forms and of any length, up to a maximum of 60 lines.
- Poems should be written in English. They should be typewritten and not centered (read left to right). Please use the Arial font 12-point. The title should be listed at the top of the poem and the category should be included at the top right corner of the poem page. The name of the poet should not be indicated on the poem.
- Young Poets**, 18-years of age or under, are encouraged to submit poems and will compete in a special "Young Poets" category. Young poets should follow the same rules as noted above. However, they should include their age, grade, and school on the Entry Form.
- All poems must be submitted on hard copy to the address listed on the Entry Form below and must be received **no later than Saturday, July 18, 2020.**
- Early submissions are appreciated. A separate Entry Form should be attached to the hard copy of each poem submitted. Duplication of the form is permitted. Questions—contact Alan Lowe at www.dickand.com
- The top three winners in each category will be contacted by phone. Winners will be asked to submit their poems electronically, by email attachment. Winners will read their poems on **Sunday, October 11, 2020** at the Voices of Lincoln event to be held from 3:00 to 5:30 p.m., Lincoln Public Library at Twelve Bridges (Willow Room), 485 Twelve Bridges Drive, Lincoln, CA. Winners also will be presented with a commemorative chapbook of the winning poems.

**2020 VOICES OF LINCOLN POETRY CONTEST
ENTRY FORM**

(One Per Poem – PLEASE PRINT)

Name: _____ Phone: _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

Young Poets Only--Age: _____ Grade: _____ School: _____

Contest Categories (Check appropriate category of poem submitted): What Do I See When I Look In The Mirror? I See You In My Dreams You Should Have Seen What I Saw Today I See A World With Many Opportunities See If I Can Make You Laugh

Title of Poem Submitted: _____

Please insure that poems comply with all contest rules. No names should appear on the poems submitted. Include the title at the top of the poem. Place the category at the top right corner of the poem page. Use a paper clip to attach a copy of this Entry Form (cut along dotted line) to each poem submitted. Mail poems to Voices of Lincoln Poetry Contest, c/o Alan Lowe, 1235 Picket Fence Lane, Lincoln, CA 95648. Poems must be received **no later than Saturday, July 18, 2020.** Early submissions are appreciated.

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

<p>**FREE ADS — INCLUDE</p> <ul style="list-style-type: none"> ◆ First 15 words are FREE (for SCLH residents only), additional words \$1 each ◆ ONE AD PER HOUSEHOLD, PER MONTH ◆ <i>Any Real Estate or Business Ads</i> are not free. Please see "Business Ads" ◆ Lost and found items/pets. 	<p>BUSINESS ADS</p> <ul style="list-style-type: none"> ◆ Anything of a commercial nature, including pet sitting, real estate, rentals, timeshare/condos, etc. ◆ 15 words for \$35. Additional words \$1 each. ◆ \$65 for three months, same ad! (15 words only) additional words \$1 each
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Classified Ad Submissions —

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

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

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

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

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

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

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

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

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

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



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